

Erith and District Swimming Club

Meet Results

Octopus League R5 24-Sep-11 [Ageup: 15/10/2011] SC Meters
Erith and District [EDSC]

Time	F/P/S	Relay			Place	Pts	Improv
Event # 1 Mixed 200 Breast Relay 18 & Under							
2:57.59	S F	A Relay	Erith and District		2	7	
	Lucy Jeffery (10)		Nathan Butterworth (10)	Danielle Hills (11)	George Hills (11)		
		27.57	26.15	22.45	23.95		
	Olivia Fryett (13)		Lewis Preater (13)	Jade Hughes (14)	Daniel Wesley (14)		
		21.25	19.75	18.65	18.75		
Event # 2 Female 25 Free 10-10							
20.63S		F	Steer, Emily		2	7	-0.68
Event # 3 Male 25 Free 10-10							
20.57S		F	Graimes, Alex		1	8	0.01
Event # 4 Female 25 Back 11-11							
22.87S		F	Hills, Danielle		1	8	-0.19
Event # 5 Male 25 Back 11-11							
24.65S		F	Graimes, Alex		4	5	1.28
Event # 6 Female 50 Breast 12-13							
46.78S		F	Fryett, Olivia		3	6	0.82
Event # 7 Male 50 Breast 12-13							
43.54S		F	Preater, Lewis		4	5	-1.31
Event # 8 Female 50 Fly 14-18							
38.50S		F	Shattock-Gomez, Sarah-Louise		4	5	0.53
Event # 9 Male 50 Fly 14-18							
35.21S		F	Wesley, Daniel		3	6	0.10
Event # 10 Mixed 100 Free Relay 10-10							
1:19.69	S F	A Relay	Erith and District		2	7	
	Lucy Jeffery (10)		Nathan Butterworth (10)	Emily Steer (9)	Alex Graimes (9)		
		20.35	18.15	20.05	21.14		
Event # 11 Mixed 100 Free Relay 12-13							
1:05.94	S F	A Relay	Erith and District		3	6	
	Amy Butterworth (13)		George Steer (13)	Ellena Jeffery (12)	Lewis Preater (13)		
		17.15	15.95	16.55	16.29		
Event # 12 Female 25 Back 10-10							
24.10S		F	Jeffery, Lucy		1	8	0.09
Event # 13 Male 25 Back 10-10							
22.69S		F	Butterworth, Nathan		---	---	-4.46
Event # 14 Female 25 Breast 11-11							

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25.13S	F	Hawkins, Lauren	3	6	-0.16
Event # 15 Male 25 Breast 11-11					
25.65S	F	Butterworth, Nathan	2	7	-1.19
Event # 16 Female 50 Fly 12-13					
44.82S	F	Jeffery, Ellena	5	4	0.04
Event # 17 Male 50 Fly 12-13					
41.54S	F	Steer, George	4	5	1.22
Event # 18 Female 50 Free 14-18					
33.41S	F	Perkins, Kathryn	3	6	0.05
Event # 19 Male 50 Free 14-18					
30.93S	F	Hughes, Ben	1	8	0.31
Event # 20 Mixed 100 Free Relay 11-11					
1:16.10S	F	A Relay	2	7	
Lauren Hawkins (11)		Erith and District	Danielle Hills (11)	George Hills (11)	
	18.95	19.55	20.15	17.45	
Event # 21 Mixed 100 Free Relay 14-18					
57.75S	F	A Relay	3	6	
Jade Hughes (14)		Erith and District	Sarah-Louise Shattock-Gomez (15)	Ben Hughes (14)	
	14.75	14.15	14.75	14.10	
Event # 22 Female 25 Breast 10-10					
27.83S	F	Jeffery, Lucy	5	4	1.36
Event # 23 Male 25 Breast 10-10					
28.91S	F	Graines, Alex	3	6	0.85
Event # 24 Female 25 Fly 11-11					
22.68S	F	Hawkins, Lauren	5	4	0.08
Event # 25 Male 25 Fly 11-11					
26.53S	F	Graines, Adam	5	4	0.81
Event # 26 Female 50 Free 12-13					
36.57S	F	Butterworth, Amy	4	5	0.65
Event # 27 Male 50 Free 12-13					
36.63S	F	Preater, Lewis	3	6	-0.53
Event # 28 Female 50 Back 14-18					
41.13S	F	Perkins, Kathryn	3	6	1.76

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Time	F/P/S	Relay	Place	Pts	Improv
Event # 29 Male 50 Back 14-18					
36.72S	F	Hughes, Ben	5	4	0.43
Event # 30 Mixed 100 Medley Relay 10-10					
1:36.78 S F	A Relay	Erith and District	5	4	
Emily Steer (9)		Lucy Jeffery (10)	Nathan Butterworth (10) Alex Graimes (9)		
	24.75	27.85	22.65	21.53	
Event # 31 Mixed 100 Medley Relay 12-13					
1:16.66 S F	A Relay	Erith and District	3	6	
Olivia Fryett (13)		Lewis Preater (13)	Ellena Jeffery (12) George Steer (13)		
	20.25	20.55	19.35	16.51	
Event # 32 Female 25 Fly 10-10					
DQ1	F	Steer, Emily	---	---	---
Event # 33 Male 25 Fly 10-10					
22.88S	F	Butterworth, Nathan	---	---	-3.59
Event # 34 Female 25 Free 11-11					
19.84S	F	Hills, Danielle	3	6	0.20
Event # 35 Male 25 Free 11-11					
20.51S	F	Graimes, Adam	3	6	1.01
Event # 36 Female 50 Back 12-13					
40.00S	F	Fryett, Olivia	2	7	-0.06
Event # 37 Male 50 Back 12-13					
40.72S	F	Steer, George	1	8	0.75
Event # 38 Female 50 Breast 14-18					
43.71S	F	Hughes, Jade	2	7	0.29
Event # 39 Male 50 Breast 14-18					
41.16S	F	Wesley, Daniel	7	2	0.07
Event # 40 Mixed 100 Medley Relay 11-11					
1:26.66 S F	A Relay	Erith and District	2	7	
George Hills (11)		Danielle Hills (11)	Lauren Hawkins (11) Adam Graimes (11)		
	20.75	23.25	22.85	19.81	
Event # 41 Mixed 100 Medley Relay 14-18					
1:08.68 S F	A Relay	Erith and District	5	4	
Kathryn Perkins (16)		Daniel Wesley (14)	Ben Hughes (14) Sarah-Louise Shattock-Gomez (15)		
	19.45	18.75	15.25	15.23	
Event # 42 Mixed 200 Free Relay18 & Under					

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2:20.87 S F		A Relay	Erith and District	4	5	
	Emily Steer (9)		Alex Graimes (9)			George Hills (11)
		21.35	22.25			
			18.55			
			17.35			
	Amy Butterworth (13)		George Steer (13)			Ben Hughes (14)
		16.75	16.75			
			14.55			
			13.65			

Round V Gala Result			Gala & League Points after Round V of VI			
1	Bromley	229	1	Erith & District	1138	38
2	Erith & District	228	2	Bromley	1064	35
3	Edenbridge Piranhas	217	3	Eltham Stingrays	998	30
4	Cheam Marcuda	169	4	Edenbridge Piranhas	989	25
5	Eltham Stingrays	159	5	Cheam Marcuda	916	22
6	Woodside & Thornton Heath	147	6	South Croydon	709	13
7	South Croydon	137	7	Woodside & Thornton Heath	663	10
8	Streatham	131	8	Streatham	397	5

Another strong performance mirroring that of round 4 **saw us finish 2nd** (out of 8 clubs) with **26 Personal Best performances**. This means the **league race is now down to just two clubs**, us being one of them. As long as we finish 4th or above we will successfully defend our title, and having not finished outside the top 2 so far it really is ours to lose (or perferably WIN!).

Individual winners on the night were; **Alex Graimes** (10yrs 25m FREE), **Danielle Hills** (11/u 25m BK), **Lucy Jeffrey** (10yrs 25m BK), **Ben Hughes** (18/u 50m FREE) and **George Steer** (13/u 50m Back) so well done to all of them. Our individual personal bests came from; **Emily Steer** (10yrs 25m FREE), 2 our of 2 for **Lewis Preater** (13/u 50m BR +FREE), 3 out of 3 for **Nathan Butterworth** (10yrs 25m BK + FLY + 11yrs 25m BR) and **Lauren Hawkins** (11yrs 25m BR). In our relays more pbs came from; **George Hills** (brought in on the day), **Daniel Wesley** (8x25m BR Squadron), **Sarah-Louise Shattock-Gomez** (18/u 4x25m FREE), **Ellena Jeffrey** (13/u 4x25m FREE) and **Jade Hughes** (8x25m FREE Squadron).

Things I picked up from the block were Backstroke rotation, especially in our younger swimmers, we need to turn our arms over in Butterfly instead of allowing them to stop after the recovery when they are in front of us, and getting our hands together one on top of the other, head under our arms before we hit the water all need to be addressed. We had just **2 time faults** which is our lowest so far but unfortunately we had **1 disqualification** costing us 4 points - note we came 2nd by just 1 point, that's how important they can be sometimes. All in all though, there was a great spirit about the whole night, the swimmers were early and stretched as a group beforehand and completed the warm up to full without any stopping at all which I was most impressed with.

Thanks to **Mark Preater** for Team Managing, **Mr Perkins** for Time Keeping, **Claire Fryett** for taking the Splits (not doing them), **Barry Cusselle** and **Alexandra Bonner** for Whipping.