

THE SPEEDO LEAGUE - 2008 - B TEAM.

Venue: Beckenham Spa

Pool Length: 25m

Date: 13th December, 2008

<u>Event</u>	<u>Swimmer</u>	<u>Position</u>	<u>Time</u>
1: Ladies Open 100m IM	H Clifton	3 rd	1.21.98
2: Mens Open 100m IM	D Upsher	3 rd	1.11.24
3: Girls 11/u 4x50 FS	H Verrier	4 th	42.22
	O Maunders		37.64
	A Dimond-Varley		39.01
	E Jeffrey		42.21
4: Boys 11/u 4x50 FS	O Ajanaku	4 th	46.23
	D Wesley		42.89
	M Ellis		39.69
	R Trinder		40.86
5: Girls 13/u 4x50 Medley	L Osborne	1 st	38.61
	L Frape		43.20
	C Colman		36.29
	L Gardner		32.67
6: Boys 13/u 4x50 Medley	J Capstick	DQ	41.22
	A Noonan		42.93
	S Durnford		42.23
	C Case		31.24
7: Girls 15/u 4x50 FS	R Gravell	1 st	31.94
	E Kennedy		31.77
	L Gardner		33.17
	L Osborne		32.61
8: Boys 15/u 4x50 FS	C Case	5 th	33.03
	S Durnford		34.12
	M Bibby		39.61
	T Ajanaku		36.49
9: Ladies Open 4x50 Medley	M Bassett	3 rd	38.08
	L Cowell		39.80
	J Ball		37.05
	H Clifton		31.47

10: Mens Open 4x50 Medley	T Ball T Wilkes D Upsher G Upsher	3rd	33.93 35.57 30.73 28.67
11: Girls 11/u 50m BA	Holly Verrier	5 th	49.34
12: Boys 11/u 50m BA	Myles Ellis	5 th	48.69
13: Girls 13/u 100m BS	Lauren Frape	3 rd	1.35.64
14: Boys 13/u 100m BS	Anthony Noonan	1 st	1.33.69
15: Girls 15/u 100m BA	Rebecca Gravell	1 st	1.17.28
16: Boys 15/u 100m BA	Matthew Bibby	5 th	1.50.81
17: Ladies Open 100m FLY	Joanne Ball	2 nd	1.19.57
18: Mens Open 100m FLY	Dan Upsher	3 rd	1.11.18
19: Girls 11/u 50m FLY	Olivia Maunders	5 th	52.58
20: Boys 11/u 50m FLY	Myles Ellis	5 th	57.64
21: Girls 13/u 100m BA	Lily Osborne	1 st	1.22.47
22: Boys 13/u 100m BA	Jack Capstick	5 th	1.30.58
23: Girls 15/u 100m FLY	Rebecca Gravell	1 st	1.18.41
24: Boys 15/u 100m FLY	Anthony Noonan	DQ	
25: Ladies Open 100m BA	Helen Clifton	3 rd	1.27.09
26: Mens Open 100m BA	Mark Nicholls	1 st	1.12.12
27: Girls 11/u 50m BS	Olivia Maunders	5 th	53.52
28: Boys 11/u 50m BS	Daniel Wesley	2 nd	49.84
29: Girls 13/u 100m FLY	C Colman	2 nd	1.24.59
30: Boys 13/u 100m FLY	Toluwa Ajanaku	5 th	1.59.80
31: Girls 15/u 100m FS	Elizabeth Kennedy	1 st	1.11.48
32: Boys 15/u 100m FS	S Durnford	5 th	1.18.57

33: Ladies Open 100m BS	L Cowell	2 nd	1.27.18
34: Mens Open 100m BS	T Wilkes	3 rd	1.20.72
35: Girls 11/u 50m FS	H Verrier	5 th	37.20
36: Boys 11/u 50m FS	Ryan Trinder	5 th	42.38
37: Girls 13/u 100m FS	Lauren Frape	2 nd	1.15.07
38: Boys 13/u 100m FS	C Case	3 rd	1.13.76
39: Girls 15/u 100m BS	Elizabeth Kennedy	3 rd	1.30.92
40: Boys 15/u 100m BS	S Durnford	5 th	1.44.30
41: Ladies Open 100m FS	Jo Ball	3 rd	1.11.92
42: Mens Open 100m FS	George Upsher	4 th	1.04.35
43: Girls 11/u 4x50 Medley	H Verrier	DQ	51.12
	A Dimond Varley		51.04
	O Maunders		53.68
	E Jeffrey		44.01
44: Boys 11/u 4x50 Medley	O Ajanaku	4 th	53.82
	D Wesley		53.27
	M Ellis		57.60
	R Trinder		43.44
45: Girls 13/u 4x50 FS	L Gardner	1 st	34.34
	C Colman		33.89
	L Osborne		34.16
	L Frape		32.68
46: Boys 13/u 4x50 FS	C Case	2 nd	32.63
	T Ajanaku		35.06
	S Durnford		33.82
	J Capstick		35.58
47: Girls 15/u 4x50 Medley	R Gravell	1 st	36.73
	E Kennedy		43.35
	L Gardner		39.80
	C Colman		31.71
48: Boys 15/u 4x50 Medley	J Capstick	5 th	42.83
	A Noonan		44.99
	T Ajanaku		48.52
	M Bibby		40.73

49: Ladies Open 6x50 FS	M Bassett	2 nd	32.75
	L Cowell		31.75
	R Gravell		33.87
	H Clifton		32.60
	Jo Ball		33.25
	E Kennedy		31.44
50: Mens Open 6x50 FS	D Upsher	2 nd	28.09
	M Russell		26.07
	M Nicholls		28.60
	G Upsher		28.81
	S Redpath		30.41
	T Ball		27.47

Final Result

1st Eltham Stingrays	190
2nd Sutton	159
3rd= EDSC B	137
3rd= Orington Ojays B	137
5th Edenbridge Phoenix	117

Well the final gala of the series turned out to be most competitive. After 2 consecutive 6th placings joint 3rd was a welcome relief and huge praise must go to all the swimmers who swam really well, sometimes out of age and sometimes on their less than favourite stroke.

Special mentions to Rebecca Gravell with 2 individual wins, Anthony Noonan with a first place in the breaststroke and Mark Nicholls and Lily Osborne for storming finishes in their backstroke races to secure victory. **The B team certainly proved that no matter what the standard you can enjoy racing and create a great team atmosphere.**

One lesson to be learnt is that not all pools are like a sauna and many swimmers had blue lips and were physically shaking before their races, clearly not ideal.

Remember cold swimmers = cold muscles = slow swimmers. In the future spare clothing **MUST** be taken to keep warm on poolside.

A final thank you to all our wonderful officials, the Kennedys for the splits and of course Ruth Bassett for her "End of Lane" support.

Mark Russell, Team Manager