

NATIONAL ARENA LEAGUE - ROUND 1

WELL DONE to everyone who took part in the National Arena League round 1 - we finished **6th out of 6 leaving us 17th out of 18** with 2 rounds to go, but it has to be unquestionably the fastest we have been in 3 years with **48 Personal Bests**. Thanks to **Jason Middleton** for Time Keeping and **Ruth Bassett** for Team Managing.

Our only individual winner on the night was **Lewis Hayes** (twice 10-11yrs 50m FREE & BR) but for the first time in the 4 seasons I have been coaching we WON the 4x50m Open Medley relay with; **Michael Cook, Conor Middleton, Daniel Bassett** and our new recruit **Billy Tapsell-Mcavoy!**

We had some HUGE pb's from **Rebecca Tough** (10-11yrs 50m BK), **Georgia Burdett** (twice 13/u 100m BR & 6 seconds FLY), **Holly Fryett, Stuart Cunningham** (4 seconds 15/u 100m BK), **Caitlin Colman** (twice Open 100m FLY & FREE), **Lucy Jeffery** (10-11yrs 50m FLY), **James Vick** (4 seconds 13/u 100m BK), **Daniel Wesley** (2 seconds 15/u 100m FLY), **Madison Retour** (twice 10-11yrs 50m BR & FREE), **Alex Song** (2 seconds 13/u 100m FLY), **Ruby Verge** (2 seconds 13/u 100m FREE) and **George Leigh** (3 seconds 15/u 100m BR).

A special mention to; **Danielle Hills, Jade Lucas, Charlotte Clark, Nathan Butterworth, Sean Pereira, Connie Theobald, George Hills and Sarah-Louise Shattock-Gomez** who swam in only relay events all evening with just as much passion as everyone else :)

MAN OF THE MATCH: **Emily Simmons** who swam a 6 second pb in her 15/u 100m FLY and a pb in her FREE relay and is real proof that hard work pays off!