

NATIONAL ARENA LEAGUE - ROUND 2

WELL DONE to everyone who took part in the National Arena League round 2 - we finished **5th out of 6 leaving us 15th out of 17** with 1 round to go. It was always going to be hard to top round 1 in terms of speed but the good thing is we pushed ourselves up the league table and nearer the safe zone. We swam just 17 personal best performances but it was more about points this evening and we got those so in terms of the big picture it was a successful evening. Thanks to **Eileen Colman & Lisa Burdett** for Time Keeping and **Ruth Bassett** for Team Managing.

Our only individual winner on the night was **Lewis Hayes** (10-11yrs 50m BR). It was a bit of a shame to see 3 DQ's sneak in as they cost us valuable points and they were for moving at the start and backstroke turns - let's try and make sure we're nice and sharp on these basics especially throughout the Club Championships. Always take 10-15mins out of every session to practise a start, turn or finish. Finishes are just as important as the others by the way I saw us lose at least 10 points on Saturday because instead of finishing on a long arm we started another stroke and let the other clubs touch before us. Let's stamp this one out asap.

James Vick swam a 2 second pb in his 13/u 100m Backstroke, the best swim I've seen him do in a long time, **Madison Retour** pb'd in her 10-11yrs 50m BR, **Jade Hughes** and **Alex Song** chipped away at their 15/u + 13/u 100m FREE respectively and **Sarah-Louise Shattock-Gomez** swam her first individual at Arena League level and took 2 seconds off her Open 100m Breaststroke. In our relays all 4 9-11yrs FREE girls swam a pb including **Rebecca Tough** and **Lucy Jeffery** as well as **Joseph Leigh** (13/u MED 50m BR) and **George Leigh** (15/u MED 50m BR). It was also nice to see **Mark Russell** back swimming to form on his Open 100m FLY in a time of 1.04.65 and coming 3rd representing all levels of the club.

A special mention to; **Abbey Retour, Jade Lucas** (1 second off her 50m FLY), **Connie Theobald, Nathan Butterworth** (taking 2 seconds off his 50m FLY), **Freddie Corder** (who took 3 seconds off his 50m FREE!), **Connie Theobald, Luke Turner** and **Paul Nicholls** who travelled all the way to Dover (probably missing Strictly AND X-Factor!) to swim in relay events. They really made the difference :)

MAN OF THE MATCH: RubyVerge who made two huge strides in her 13/u 100m Backstroke and Freestyle going under 1.18 and 1.10 respectively for the first time edging herself ever closer to those all important Kent times as well as swimming in both the 15/u and Open relay teams!