

NATIONAL ARENA LEAGUE - ROUND 3

A deserving WELL DONE to everyone who took part in the final round of this year's National Arena League - we finished **4th out of 5 leaving us 16th out of 17** clubs meaning we have been relegated to Division 2 but we put in our strongest performance of all 3 rounds this year as we were at our fastest in 40 out of 50 events with **38 personal bests** to boot. Obviously relegation is not a cause to celebrate, but the stats tell us we did our best, it just so happens at the moment our best isn't good enough and another 3 Disqualifications (1 in R1 and 3 in R2) robbed us of finishing 3rd although this would not have saved us from going down. Very simply next year our goal must be to win Division 2 so I would like everyone to have that at the forefront of the minds when we come back in January. Thanks to **Jason Middleton** for Time Keeping and **Ruth Bassett** for Team Managing.

We had 5 wins on the night; 2 from **Lewis Hayes** (a repeat of his 10/11yrs 50m BR + FREE performance in round 1 - great stuff!), **Ruby Verge** improving on her Club Championships winning time and dipping under 1.14 for the first time in her 13/u 100m BK and **George Leigh** with his first win at Arena League Level also in a pb for his 15/u 100m BR, I was thrilled for him. George was also part of our only winning relay team on the night which also included; **Stuart Cunningham, Daniel Wesley** and **Ben Hughes** in their 15/u 4x50m Medley. This has been a great team for a long time so I'm glad they got rewarded on the last time they will swim together. Individual PB's came from; Emily White (15/u 100m BK), Caitlin Colman (Open 100m BK), **Ashton Middleton** (15/u 100m FREE) and **Danielle Hills** who had to swim in the Open age group 100m BR at only 12!

Relay pb's came from; **Rebecca Tough, Lucy Jeffery, Connor Parker, Freddie Corder** (9-11yrs 4x50m FREE), **Nathan Butterworth** (FLY in 9-11yrs 4x50m MED), **Georgia Burdett, Jade Lucas, James Vick, George Hills, Alex Song** (9-11yrs 4x50m FREE) **Luke Turner** (FLY in 13/u 4x50m MED), **Jade Hughes, Emily Simmons** (15/u 4x50m FREE) and **Conor Middleton** (Open FREE Squadron). Special mention to our veterans who came back to help us out; **Mark Russell** 1.05.33 100m FLY (4th), **Michael Cook** 1.05.94 100m IM (2nd), 1.03.62 100m BK (3rd) and **Paul Nicholls** who swam 26.49 his fastest 50m FREE in 7 years!

MAN OF THE MATCH: George Leigh