



Coach Report:

Romford County Qualifier 26/11/16 at London Aquatics Centre, Stratford, London

A small contingent of 9 Beachfield swimmers made the trip to the Queen Elizabeth Park in Stratford East, London for the Romford County Qualifier. Three of the Medway network clubs Beachfield, Black Lion and Maidstone warmed up and sat together demonstrating how the network helps to pool resources.

As many Beachfield swimmers had few long course times on the rankings, we knew it would be a bumper meet for personal bests and this proved to be true, with 23 personal best times from 29 swims.

There were two swims from Ollie in the 50 free and Polly in the 50 breast that were exactly on pb, to the hundredth of a second, followed by an auto Kent time from Ed in the 50 free. The biggest pb came from Brandon in the 100 Brst taking 6 seconds off his LC pb and collecting an auto county qualifying time.

Tilda was consistent again on personal best times in the 50 fly and 50 free, Lois took a second off her 100 Bk long course pb, Tierney went under 31sec LC on the 50 free for the first time, with Lois right on 31s and Rachel swam a very solidly paced 200 free, producing a pb as well. Ollie dipped under 30 secs for the first time in the 50 fly.

Polly delivered a 4 from 4 record in long course personal bests in the 100 fly, 200 IM, 50 fly and the 50 breast. Sam had two races both long course pbs in the 100 fly and the 50 free.

Ed led the pack in the 100 free, taking two seconds of his entry time, Ollie was on pb in the same event right at the end of the 10hour meet. The last event was the girls 50 breast which saw Polly and Tierney who after 10 hours on deck both raced well, both going faster than their entry times and grabbing personal bests.

A good test meet at the venue that will host part of the 2017 county championships.

Well done all swimmers.

Beachfield coaching team