



MEET REPORT NAL ROUND 3 HELD AT CROOK LOG BEXLEYHEATH SATURDAY 10/12/16

The last round of the National arena league saw depleted team of 26 Beachfield swimmers arrive at the notoriously slow Crook log pool, on a wet and windy December Saturday night, unfortunately 6 swimmers were unable to turn out as a result of various issues, work, illness etc, etc, leaving the 14 girls and 12 boys to step up, which they all did, despite several being ill for most of the week.

After an extended warm up, due to the Shepway team's coach breaking down in outer Mongolia, we got under way 30 minutes late at 7pm, so no chance of any Strictly viewers getting home to see the antics of a bunch of prima donnas.

By the end of the first 10 events, 8 of which are made up of relays every Beachfield athlete had already swam several times in two races in very quick succession.

Polly started the ball rolling in the Ladies 200 IM after being laid up in bed most of the week, Polly always delivers. Charlie was next in the Mens 200 IM taking a good 3 seconds off his pb and also one place better than the virtual gala predicted. Charlie also passed his driving test earlier, so a good day for Charlie, well done mate, happy driving.

Special mention to the girls 9/11 4x50 free team consisting of Kirstie, Kayla, Alice and Kara taking 5 seconds off their predicted time, the boys 9/11 4x50 free team responded by taking 2 seconds off their predicted time. Well done William, Fred, Frasier and Alfie stepping in for Ben who took 4 seconds off his own predicted 50, Event 5 saw Lois, Grace, Leonie and Amelia take 3 seconds off their predicted time and finishing two places better than the virtual gala suggested. The boys 13/u 4x50 medley team equalled the 4 points they were expected to acquire, the team saw William return for a second race in 5 minutes, William was another one who was also not too well in the week, the other team members were Brandon, Sam and Charlie M, the first top score and max 7 points came from the girls 15/u 4x50 free relay take a bow Tierney, Tilda, Lois, and Poly, again some big efforts from these girls who were under the weather.

The boys 15/u 4x50 medley team beat their predicted 4th place to come in 3rd taking some extra points, good job from Ed leading off, Rob, Brandon (in his second race in 5 mins) and Sam (the same as Brandon in his second race in 5 mins) stepping in for a laid up Cameron,

Event 9, The ladies open 4x50 med team saw Lois and Polly have to race again in a quick turnaround from only 4 mins before in event 7, Jodie and Leigha with an injured shoulder making up the quartet, Leigha was determined to swim after waiting patiently with an ice pack on her shoulder from the warm up and not being able to train as she would have liked as a result of the shoulder over the last several months, the last of the relays was the men's open 4x50 med relay Charlie must have been on a high from passing his driving test as he beat his previous 50 bk relay best (Ed and Rob were both asked to race again after only 1 relay in between their last race with Ollie anchoring the team home on a very fast split of 26.00.

The individuals began well with Kirstie taking 3 seconds off her last outing from the last round. William took a solid 5 points in the 50 bk, Brandon took our next top position in the boys 13/u 100 brst, Lois took 6 points in the 15/u 100 bk, Rob, Jodie and Ollie took a combined 10 points to finish the first points check by the announcer, with BSS in 4th place. Kayla, Fred (6 points), Lois (6 points) Brandon (top points) Tilda 5 points) Rob (top 7 points) Tierney 5 tenths off pb and Charlie took us to the next points announcement where BSS were again in 4th place.

Next up was Kayla in the 50 brst pb, Fred swam well to pb in the 50 brst, Grace, Sam consolidated the points followed by Tilda taking the max 7 points in the 15/u 100 free, Ed also took top points in the boys 15 u 100 free, leading the field by at least 5 meters Rachel competed well taking a pb in the 100 brst, and Brandon in the open 100 brst, after 34 events the club maintained its 4th position.

Kirstie took a pb in the 50 free, William with top points in the boys 10/11 50 free, Lois, Charlie M, Poly were next, Brandon stole another 6 points in the 15 u 100 brst, Leigha took max points in the

Ladies open 100 free maintaining her 100% record of never having lost in a National arena league and lastly Oille taking 6 points in the men's open free.

After the next points check the club was still in 4th place going in to the last tranche of relay races We collected two max points from the ever reliable girls 15/u team this time in the medley format ,well done the girls ,Lois, Polly, Rachel, Tilda a perfect win record the last race for the girls was the ladies open 6x50 free relay team led off by Leigha, Tilda, Jodie,Lois, Tierney and with Steph anchoring competing in her last gala and handing over the girls captaincy to Polly for the rest of the season , thanks Steph you have been a great servant of the club

We are a small club and this means that a lot of pressure is placed on a few swimmers ,some of whom had 8 races in 90 mins to contend with, but this responsibility demonstrates the confidence the coaching staff have in all of you

Well done all swimmers 450 points in 2015 season 552 points in 2016 season

Shepway B	100 points
Larkfield	173 points
White Oak	176 points
BSS	202 POINTS
Thanet C	216 points
Tonbridge	243 Points
Herne Bay	271 Points

We now turn our training focus to counties 2017 campaign only 6 weeks away, we train with purpose and commitment

BSS Coaching staff