



**SOUTH EAST REGIONAL SWIMMING CHAMPIONSHIPS HELD AT K2 CRAWLEY SUNDAY 13th,
14th, 27th & 28th May 2017**

SESSION 11

The South East region is one of the strongest regions in the United Kingdom - just to qualify for this meet is a challenge in its own right. Two Beachfield swimmers made the grade this year. First to swim was Brandon Harris in the boys 14 yrs 200 breaststroke, a very demanding event. He finished in 18th place with a 4 second personal best and the 5th fastest Kent swimmer.

Lois Duchesne swam a very brave race after qualifying in 5th place for the meet but subsequently injuring her leg on a trampoline and not being able to train until 3 weeks before the meet Lois swam a great 100 metres and finished only a second off her pb and all agreed that it was a great effort finishing in 13th place and the second fastest Kent swimmer - well done Lois.

Last to swim was Brandon on the 50 Backstroke finishing in 27th place and 3rd fastest Kent swimmer demonstrating how fierce the competition is in this region.

Session 13

Day two of the 14 /u age group South East Regions held at K2 Crawley and after an early 8.30am warm up, Beachfield returned to battle the best swimming clubs in the South East of England, who also coincidentally happen to be among the best clubs in the UK.

Brandon Harris was the sole Representative after Lois Duchesne had to pull out due to her knee injury. Brandon was competing in the boys 14 yrs 100 Breaststroke, coming second in his heat with a 3 second personal best time of 1.16.50 finishing in equal 16th place with the boy from Crawley in this extremely strong region, moving him up from 8th to fifth in Kent County rankings.

Session 16

Beachfield Swimming Squad resumed their South East Region swimming campaign here at Crawley's K2 50 metre pool. After after a storm outside, the temperature was rising on the pool deck when Brandon Harris took to the water in the boys 14 yrs old 200 individual medley. Brandon started out ranked 29th in the region he set off like a steam train on the Butterfly leg, by the time the backstroke segment had been completed he was 1.6 seconds faster than his equivalent 100, Brandon amazingly went even further ahead of his Kent split times and after the Breaststroke split he was 3.3 seconds ahead of his 150 split at Kent counties, finishing with a 3.59 sec personal best moving up this fiercely contested region to a ranking of 21 and the second fastest swimmer from Kent at Regionals.

Session 17

Session 17 saw Lois Duchesne competing in the girls 14 yrs 50 metres Backstroke , Lois unfortunately slipped on the wall at the start , but still managed to be in the mix at the halfway mark and on target for a pb, the last 25 took a toll after the extra effort to make up ground from the slip. Lois continued to swim tough to the wall finishing as the second fastest girl from the county of Kent at this year's South east Region champs and only a few tenths off her pb.

Session 19

The last day of a successful South East regional swimming championship campaign for Beachfield began bright and early with an 8.30am warm up. The temperature was already soaring in the morning. After a long wait, as the boys 14 yrs 50 metres Breaststroke began, Beachfield's last contestant Brandon Harris was primed and ready to go in the last heat in lane 7 Brandon went in to the event ranked 15 in the region , he stormed to a 0.7 second personal best finishing in 10th place as second reserve to the final and 4th fastest swimmer in Kent .

At the end of the 2017 South East regional championships, Beachfield had 2 swimmers representing the club at this high level event 14 yr olds Lois Duchesne and Brandon Harris who swam in 7 events over two weekends making 5 personal best swims.

Well done

Head Coach Pete