



MEET REPORT NASL ROUND 1 SATURDAY 14/10/17 AT THE TRIANGLE BURGESS HILL
HOME OF MID SUSSEX MARLINS

The sun was shining on the way down to Sussex on Saturday. It was a good omen. I arrived in good time, walked into the foyer to a sea of luminous green and smiling faces. I was not sure whether the smiles were due to the sartorial choice of shirts, a random green Mohawk wig or the anticipation of racing for the first time as Kent Weald, maybe a mixture of all. Whatever it was the atmosphere was electric, I thought if nothing else, and things go sideways, we could join the motorway crew of Mc Alpines on the way back and fill some pot holes on the road wearing the High Vis shirts. In the event, we ended up at that paragon of culinary rigour and well known Scottish restaurant McDonald's just off the M25 Clacket lane, for some fast food that was very slow in the serving, but that was later and after the main event.

The warm up proceeded as all warm ups do, with a lot of people crammed in to a small space, which kind of resembled the opening day of the new year's day sales at Harrods, and after the bunfight, comically described as a "warm up" we were off with the ladies 200 IM, the ball got rolling with Caitlin Ebbage taking a creditable 2nd place to Hailsham. Brandon Harris was up next picking up a third place with a tidy Pb. Next came the first series of 8 relays, consisting of Free and Medley teams from the boys and girls 9/11, the 13 /u, the 15 and under and lastly the men's and Ladies' open. Of the eight relays, Kent Weald took four second places and four third places. Amongst the relay swims there were split time improvements from Kayla, Kara Mitchel, Cicily Thomas-Green, Ruben Cowley -Antelo, Holly Geake, William Fitzpatrick, Ollie Isaacs, Dan Brice, Charlie Curtis, Toby Henbest, Tilda Durrant, Amelie Thomas -Green, Noemie Thomson, Brandon, Isaac Davis, Ellis Kottas, Sarah Brown Jodie Mitchel, David Carr and Ollie Durrant. On Pb, or just a couple of tenths off, were Maddie Holland, Tom Allen, Lois, Erin Nisbet, Evan Norris, Charlie Brice and Phoebe Kirkby.

The next 34 races were individuals of which 15 personal bests were achieved by Cicily Thomas-Green, Brandon, Ollie Isaacs, Lois, Kayla, Evan Norris, Dan Brice, Elle Nikhwai, Josh Prendergast, Isaac Davis, Caitlin and Noemie

11 First places were gained by Erin Nisbet, two from Ollie Isaacs, two from Lois, two from Brandon, two from Dan and two from Caitlin

6 Second places were taken by Cicly, Kayla, Evan, Josh, Erin and Stew.

5 Third places by Sarah, Elle Nikhwai, Tilda, Noemie and Leigha

Kent consideration times were delivered by Cicily Thomas- Green, Sarah Brown, Evan Norris, Elle Nikhwai, Leigha Mitchell and Noemie Thomson.

Kent Auto times were served up by Josh Prendergast, Dan Brice, Caitlin Ebbage, Ollie Isaacs and Kayla Moerman.

There were also three tough to get Winter regional q times won from Brandon, Lois and Caitlin.

After the first set of points totals KWSS were in second place to Hailsham, Beckenham B were in third, Mid Sussex Marlins B in 4th, White Oak and Canterbury in 5th and 6th and Dartford in 7th and it pretty much stayed that way throughout the next three points checks.

The last set of relays were the boys and girls 9/11 the 13/u, the 15/u and the Mens and Ladies open medley and free relays this time the opposite way around from the first set of relays. Of the eight relays KWSS achieved six second places a third and a first from the boys 9/11 medley team consisting of Charlie Brice, Josh Prendergast, Evan Norris with Ruben Cowley Antelo anchoring the team home.

The Ladies' and Men's squadron were the last two events to be raced. In two very exciting relays KWSS Men's and Ladies' teams romped to solid 2nd places.

The final totals were

Hailsham	290
KWSS	273
Beckenham B	218
Mid Sussex Marlins	199
Canterbury	168
White Oak	126
Dartford	113

Let me say, it was and is, an honour to be picked for this team. There was a lot of competition for places, some tough calls had to be made, but by and large the best current swimmers from both clubs were selected and came together as one team. I and the coaching team from both clubs, challenge those that just missed out on selection to step up in training over the next 4 weeks and compete for a place in the next round.

What started yesterday won't change the world, but it will change the TSC and BSS world. But the question is what will things look like after we have changed it, well I am confident it will look much, much better. It's thanks to all of the support from the members from both clubs and two very passionate chairmen and the committees. It really was a thrilling and exciting team performance on the night.

KWSS Coaching Team