



NATIONAL ARENA LEAGUE ROUND 1 HELD AT MEDWAY PK SATURDAY 13 TH OCTOBER **GREEN TEAM**

The age, youth and open swimmers from Kent Weald Swim Squad returned to the Pool since its last competitive outing at 2018 Summer regionals and, previous to that, the successful NASL 2017 campaign where the squad gained promotion from Division 2 East. New season, new division new challenge, this time Division 1 East and KWSS were pitted against Chelmsford, 7 Oaks B, Black Lion SC, Ashford SC and Bromley B.

After an inspiring team talk on process and outcome goals, team captains Brandon Harris and Caitlin Ebbage led the pre-pool mobility. Richard Carr after a long journey back on the train from his first term at Uni of Lincoln got stuck in helping to run the younger swimmers warm up. We were informed that no coaches or team managers were to be allowed behind the starting blocks, by the referee, always a bit tricky for the younger ones who sometimes need reminding to stay in the water at the end of a race, and before you could say Brexit KWSS were good to go with engines fired up, starting the 200 IM blue ribband events was Caitlin swimming up to open taking a solid second place followed by Brandon also swimming up to the open event, equalling the points and position.

The next 8 races are all relays starting with the girls 9/11 fs relay consisting of Kahlen, Kara, Sarah P, and Sofie Rolfe - the girls got off to a good start taking 5 points. The Boys 9-11 fs relay not to be outdone took max points - well done: Thomas L, Charlie B, Ruben, and Max B.

Caitlin ,Holly, Erin and Maddy of course took top points in the girls 13 u medley relay, Josh P, Fred D, Evan N and Dan O out performed and took 4 points as did the girls 15/u 4x50 fs relay led off by Lily D, followed by Amelie T-G, Georgia Mac and anchored by Nell Young taking 2 points beating their predicted 6th place. Brandon, Ollie I, Dan B and Angel took 4 points in the 15 yrs boys 4x50 fs. Next we moved on to the Ladies open medley relay the girls, Jodie M, Millie R, Georgia Mac and Tilda D hitting a 28.3 on her split taking their predicted points. Last of the relays was the men's 4x50 medley relay led out by Richard C, Stew G on the Adam Peaty leg, the Ed D (Ed man) on the fly leg and Dave C on the anchor fs upsetting the predicted outcomes by taking the top spot and 6 points.

Next tranche of races were the individuals KWSS had Sarah P take 4 points in the girls 10-11 yrs 50 bk, Thomas L took top points in the boys Erin N earned 6 points for the team in the girls 13 u 100 brst. Fred brought home 3 points in the boys 13 yrs 100 brst. Caitlin again took top points swimming out of age in the 15 yrs 100 bk Brandon took another 6 points in the boys 100 bk. Jodie M made a gutsy swim in the ladies 100 fly taking an unexpected extra point, up next was Richard c taking his expected points total in the mens 100 fly

The points total by this stage had Chelmsford just slightly ahead , Kahlen bagged 4 points in the girls 10-11 yrs 50 fly, Thomas L took second place in the boys 50 fly, Maddy Holland swam out of her skin in the girls 13 yrs 100 bk posting a 72 and a 3 second pb. A second place Josh P replicated the process in the boys 13 yrs 100 bk and a nice tidy unofficial 69 pb. Georgia Mac was back for her 3rd swim in about 20 mins in the girls 15 yrs fly equalling her predicted points total, Dan B suffering from an ankle injury acquired playing Rugby in the big Judd match between Judd and Skinners schools swam through the pain to take 2 points in the boys 100 fly. Caitlin swimming in the Ladies 100 bk and her 3 rd race in 20 mins took top honours. Richard C took the expected 5 points in the men's 100 bk.

Half way through the meet and KWSS were leading Chelmsford by 5 points, Sarah P swam well taking 2 points in the 10-11 yrs 50 brst, Max B acquired 6 points in the boys and a county auto q time, Erin added another 6 points to the tally in the girls 13 yrs 100 fly, Evan N swam brilliantly in the boys 13 yrs 100 fly taking 4 points and an auto kent q time. Lily D took more points for KWSS in the girls 15 yrs 100 free with a new Pb. Ollie I upset the odds in his 15 yrs boys 100 free picking up top points when he was predicted 1 point - another gutsy swim!! One of many adding to the KWSS hoard of points an Millie Ray swam a nicely controlled race in the ladies 100 brst picking up the required points good swim - well done Millie. Last of this section was Richard c clearly feeling the effects of the long journey down from Lincoln but still managing a brave 4 points.

Scores at this stage saw KWSS leading the points with Chelmsford in second 7 oaks in third The last group of individuals before the relays began again and Kahlen taking 1st place in the 50 free, Ruben made his expected 4 points, Caitlin in her 5th race took the top points by a long way in the 13 yrs 100 free. Josh P made his expected 4 points in the boys 13 yrs 100 free and a pb, Nell Young took 4 points in the 15 yrs 100 brst, Brandon placed first in the boys version in his 4th race, Tilda guts it out in the ladies 100 free. The Ed man gave the team an unexpected extra point in the mens open 100 free

Points total going in to the last group of relays was as tight as it could possibly get with KWSS and Chelmsford joint leaders

The two 9-11 boys and girls relays were BOTH won by KWSS but were both unfortunately disqualified, that's sport with the small margins however, the team stayed on task with the girls 13 yrs medley relay resuming KWSS service with a great race and top points from Caitlin, Erin , Maddy and Holly. The boys 13 yrs made up from Josh P, William (Fitzy) Fitzpatrick, Dan O and Evan Norris swam superbly picking up 3 points. Lily Nell, Georgia and Amelie also took 3 points in the girls 15 yrs medley relay.

Brandon, Ollie I, Dan and Angel smashed their way to first place in the boys 4x50 medley relay.

And now we arrived at the penultimate race the Ladies 6x50 squadron fs relay taking their expected 3rd place Caitlin on the last leg going in 4th to 5th place and bringing the team home in 3rd place well done Erin Tilda, Jodie, Georgia (again), Millie and Caitlin

Last race of the night the men's squadron relay Dave C 26.15, Ed 26.87 Stew with a stupendous 25.95, Brandon 25.86 Ollie 26.53 and anchored by Angel in his second relay in 5 mins backing up a second 26 secs in 5 mins.

A very exciting meet and so many cool performances for KWSS swimmers too many to really go in to but loads of pbs loads of County auto and consideration times were achieved.

KWSS just got edged out by 5 points to Chelmsford in a really high energy and fun meet to attend.

Well done everyone see you in the next round Saturday 10TH November.

Go Green Machine

FINAL SCORES (tbc)

Chelmsford	226
KWSS	215
7 Oaks B	185
Bromley B	161
BLSC	155
Ashford	106

Pete