



## **Black Team Meet Report Round 2 NASL 2018 Nov 10<sup>th</sup> at the Triangle Burgess Hill**

Back to the Triangle at Burgess Hill for Rd 2, a pool we know well from the NASL last year. A fabulous 8 lane pool with an AOE that actually works! Few, if any pools, are as good in Kent. A no-show meant a few last minute changes with Michael drawing the short straw (taking the 100m Men's Fly Open).

Athina started off the proceedings with a well-judged 200IM earning three points and beating the rd 1 time by 5secs. Calum beat the rd 1 time by nearly 9 secs but made a mistake on the back to back turn using a back to breast turn by mistake – an unfortunate DQ.

The 9-11 free relays began with Grace M, Oliva P, Sophie and Ellie R gaining 3 points and Mason, Harri, Zach and Joshua N gaining 5 points. 34 sec legs from Grace and Joshua particularly impressed. The 13 yo medley relays followed with Cicily, Phoebe, Mia D and Ellie M came a strong second beating the last round time by 4.5 secs. An awesome 37 sec brst leg from Mia! Harrison, Thomas, Harri and Daniel picked up their expected points in the boys' version.

In the 15 yo free relays Julia, Olivia Holly and Grace swam solid 31/32 sec legs to come 3<sup>rd</sup> in the girls' event and Sam, Anthony, Toby and James gaining a point for the team in the boys' event. In the Open Medley relays Athina, Olivia, Leoni and TJ came fifth and Thomas, Phil, Ed and Michael also did in the boys' version – 2 secs quicker than in rd 1.

Back to the individuals. In the 10/11 50m Ba Olivia and Joshua N both came 2<sup>nd</sup> – times both quicker than rd 1. In the 13 yo 100Br Mia came 2<sup>nd</sup> (a nice 1:25) and Thomas B 6<sup>th</sup>. In the girls 15 yo Ba Grace swam a 1:16 and came 3<sup>rd</sup> and Toby picked up a point for the team. In the Open 100Fly event Athina swam a 1:15 and Michael a fine 1:12 for 2 and 1 points respectively.

Returning to the youngest: the 10/11s with Sophie and Harri coming 6<sup>th</sup> and 4<sup>th</sup> respectively in the 50Fly. Cicily T-G and Daniel were second and 5<sup>th</sup> in the 13 yo 100Ba, Cicily with a smoothly swum 1:17. In the 15 yo 100Fly Grace was back up after a 5 minute rest to score a fab 5 pts in the fly with Sam earning 3pts. In the Open 100Ba T-J and Thomas grabbed 2 points each for the team. In the 10/11 50Br Ellie R and Oliver B both came 4<sup>th</sup> and in the 13yo 100m Fly Kayla and Harrison came 5<sup>th</sup>, Kayla gradually getting back towards her pre-injury times. In the 15 yo Fr Olivia came 4<sup>th</sup> and Sam, after no rest came 5<sup>th</sup>. In the Open 100Br T-J and Phil secured 3 valuable points each.

Grace M and Harri were 4<sup>th</sup> and 5<sup>th</sup> respectively in the 10/11 50m Fr followed by Phoebe and Daniel in the 13yo Free – 3<sup>rd</sup> and 5<sup>th</sup> places achieved respectively. In the 15yo 100Br a 1:26 and a 1:19 for Olivia and Toby to yield 4 and 3 points respectively. Athina and Ed finished off the individual races with a 1:07 and a 58 in the 100Fr.

In the reverse relays the 9-11s Medley Olivia P, Ellie Sophie and Grace were 4<sup>th</sup> and Joshua, Harri, Oliver and Mason were harshly Dq'd for an early take-over when finishing in 2<sup>nd</sup>. In the 13yo Free relays Mia, Ellie, Kirstie and Phoebe came 2nd (4secs quicker than rd 1) and all swimming 30s/31s/32s splits. The boys came 6<sup>th</sup>. In the 15yo medley relays Holly, Olivia Grace and Julia came 3<sup>rd</sup> as did James, Toby, Sam and Anthony - a 35 sec dead relay split from Toby really helping in the Brst leg. In the ladies open squadron Athina, Olivia, TJ, Holly, Kirstie and Mia came 4<sup>th</sup>, with Mia the quickest (29 secs). Phil, Christopher, Michael, Calum, Thomas and Ed also came 4<sup>th</sup> (much quicker than in rd 1) with all bar 1 swimming 26 & 27 relay legs.

In the end, we came 5<sup>th</sup> with 137 points, well ahead of Dartford and just 7 points behind a much rejuvenated Edenbridge who we beat in rd 1. Even with our 2 DQs ignored we still would have come 5<sup>th</sup> on count back (races won, 2<sup>nd</sup> places etc) but with equal points to Edenbridge. We did very well, and were faster in 21 of the 50 races

compared to rd 1 and with Josh B and Nell Y “pinched” (promoted to Green) by the Green team! We also faced 2 other strong teams who we did not meet in rd 1 and Edenbridge had a different/much strengthened team!

Final Scores:

Mid Sussex Marlins B 241, Shepway 211, Redhill and Reigate 190, Edenbridge 144, KWSS Black 137 and Dartford 115

Well done all. A great team spirit, as there was in rd1, with some super-fast swimming. Well done in particular to those who gained PBs or acquired County QTs. Photos are now on the KWSS Flickr account.

**The KWSS coaching team**