

**Combined Meet report of TSC and BSS Kent County Championships 2019 held at Crystal Palace 10/2/19**

**DAY 8 Session 17**

And so to the last day of counties 2019 , with more swimmer illness's from a team I have coached than I can remember over the 4 week period ,  
TSC and BSS were not the only teams to experience this after consultation with other head coaches it seems this year there was an almost epidemic of sore throats, high temperatures, chest infections than most can remember for many a year ,  
The day began with the girls 100 fly and Genny Hunter smashing her pb by 3 seconds to take gold in the 13 yrs Age agroup. We had BSS Kayla Moerman coming in 23 rd place with a pb

15 yrs age groupers and BSS swimmers Grace Dolman lane 6 and Lily Durnford lane 3 were drawn in the same heat both girls posting personal bests Grace placing 16<sup>th</sup> and Lily placing 11<sup>th</sup>

14 yrs age group Erin Nisbet was in heat 18 lane 1 taking the first 50 out super quick a strong back end second 50 saw Erin take a two second pb and lead the 14 yrs age group field in to the finals

Last to swim was 13 yr old TSC Caitlin and BSS 18 yr old Callie in the last and fastest heat 20 Caitlin put in a solid performance progressing to the final of the 14 yrs in second place to Erin and Callie making her best 100 fly performance in two years to finish in 11 th place

We went straight in to the boys 200 free ,we only had two swimmers TSC Ruben Cowley Antello leading the charge still recovering from illness Ruben made a pb and came 14<sup>th</sup> in the 12 yrs age group and 13 yrs age grouper Josh Prendergast who came through again to win his 8<sup>th</sup> gold medal in these 2019 championships and knock off an incredible 12 seconds from his previous pb despite several days off training this week with high temperatures

**Finals**

Erin and Caitlin lined up against each other in lanes 3 and 4 in the final of the girls 14 yrs 100 fly, Caitlin got off to a scintillating start with a superb underwater phase taking her out to lead the pack by an almost three quarter body length on Erin, However Erin fought back and by the turn Erin had taken the lead with the Folkestone Girl in second and Caitlin in third.

Erin started to pull away on the final length , meanwhile Caitlin was also fighting tooth and nail up the final 25 where she overhauled the Folkestone girl , whilst Erin was heading for home touching first in a faster time than her heat and another 2 second pb , Caitlin touched out winning a silver and also racing to a faster final time, a nice one two for Tonbridge

**Session 18**

11 yr old Charlie Brice began The last session of counties 2019 for TSC in heat 4 lane 2 of the boys 100 free so we could all shout at him , Charlie responded by ripping apart his pb by 5 seconds finishing in 16<sup>th</sup> place in the 12 yrs age group , Ruben was next in heat 6 lane 8 so unfortunately we could not hurl our verbal encouragements too him , Ruben smashed out a 6 second pb finishing in 11<sup>th</sup>

Josh Prendergast made his 16<sup>th</sup> final of the boys 13 yrs 100 free in third place with a 4 second pb.

Ollie Isaacs shaved off a couple of seconds off his 100 free in the boys 15 yrs to come 16<sup>th</sup>

Ollie Durrant knocked out a super fast first 27.57 first 50 in the 17 yrs /over age group gutsing out the second 50 finishing in 21 st just off pb

The last event of the championships saw 4 of our swimmers competing in the girls 200 fly

Kayla knocked 5 seconds off her pb in the 13 yrs age group with a 16<sup>th</sup> place finish Grace was next with a very well paced swim picking up a 2 second pb from a converted short course entry , (quite difficult to achieve) winning her first points for the club in 7<sup>th</sup> place and also swimming the event long course for the first time - well done Grace.

14 yrs age grouper Erin was in heat 8 of 10 in lane 4 leading out well taking a strong lead over her 7 oaks competitor at the 100 Erin was still ahead but the 7 oaks girl was gaining ,the 3<sup>rd</sup> 50 saw the 7 oaks girl close the gap and by the turn Erin was playing catch up ,Erin hung in there to finish in second place.

We had to wait until the next heat with Caitlin being the fastest qualifier to get a resolution ,Caitlin started out well but faded, due to the first week of a 7 week heavy rehab programme of rolling and weights on her knee which is quite debilitating Leaving Erin winning the silver a great achievement considering Erin was one of those swimmers having to take time off this week from training due to high temperatures sore throat and a chesty cough.

## **FINAL**

Josh Prendrgast found the going tough in the final of the boys 13 yrs 100 free coming in 5<sup>th</sup> place looking a bit drained of energy after a few sessions off in the week with illness

## **2019 Summary**

Caitlin Ebbage was the top points performing female in the 14 yrs age group a feat after missing the 1<sup>st</sup> weekend away on international duty in Belgium, and at the beginning of her injury rehab programme, also winning the junior 16 and under trophies for the 100 and 200 bk breaking her own regional record

Erin Nisbet came 4<sup>th</sup> in the top performing female 14 yrs points table.

Josh Prendergast came second in the top performing points table for 13 yrs age group

Brandon came joint top of the boys 16 yrs top performers points table also winning the junior 16 and under trophy for the 100 bk.

## **CLUB POINTS**

TONBRIDGE 9<sup>TH</sup> PLACE WITH 278. 5 POINTS

BEACHFIELD 14<sup>TH</sup> PLACE WITH 91 POINTS

## **MEDAL TABLE**

TONBRIDGE 8<sup>TH</sup> PLACE WITH 14 GOLDS , 5 SILVERS AND 8 BRONZES

BEACHFIELD 10TH PLACE WITH 4 GOLDS , 5 SILVERS AND 0 BRONZES

2 golds and 4 silvers for Genny in the para- table

