



## **Nore Command L4 meet at Medway Pk Saturday 1 June**

The Nore is a sandbank at the mouth of the Thames estuary and the river Medway before the North Sea going back 150 yrs the Nore command was traditionally the operational commander usually a rear Admiral of a Royal Naval flotilla based in Chatham the Nore Command was finally decommissioned in 1961 after over 300 years of service.

And so to the meet

Callie Ann led the charge with a second place in the ladies 200 free with a season's best time and fastest time for two years. Brandon was next winning the men's 200 free going under 2 mins for the first time. A series of 8 relays played out next Willow, Veronica, Chloe and Ophelia in the 11 yrs Med relay, Phoebe Lilly rose Burke, Kara and Alice in the 13 yrs med relay Josh p, Max b, Evan, Harri in the 13 yrs med relay, Lily Grace Leoni, Julia in the 15 yrs relay, Josh B, Toby, Sam, Ollie I in the 15 yrs med relay. Caitlin, Erin, Jodie and Callie in the ladies open med relay and lastly Brandon, Ollie I, Ed and Ollie D in the men's open med relay. Some very fast splits were recorded here notably Ollie I 32.79 on the 50 brst Lily D 32.06 on 50 bk, Leoni hit a fast 35.60 on the 50 fly Ollie D 25.41 on 50 free Ed 29.06 on 50 fly and Caitlin 29.41 on 50 bk. Brandon 27.85 on 50 bk

The individuals started with Willow going 3 seconds under her pb the 10/11 yrs 50 Fr. Jack Marsh knocked a chunk off his pb in the 50 Fr. Phoebe Kirkby 3 second pb on the 100 bk, Holly Geake knocked 1 and a half seconds off her 100 brst pb. Toby shaved a second off his 100 brst. Chloe Ann Naylor knocked a second off her 10 / 11 yrs 50 bk time, Lilly Burke equalled her pb on the 100 brst, Max b took a couple of seconds off his 10" brst. Josh b went under 67 for the first time on the 100 bk. Callie cruised to victory in the ladies 100 free sub 60. Willow hit another pb in the 50 brst Charlie page swam very fast in his 3 events Evan and phoebe were close to pb in the 100 fly. Lily Durnford took a nice pb in the 100 free, Ollie Isaacs took first place in the 100 free. Caitlin took firsts in almost back to back 100 backstrokes in the ladies and girls 14/15 yrs age group basically a broken 200 bk Brandon took first in the 100 bk, Josh p was around pb in his 100 bk and 100 free Erin took firsts in the 100 brst and 100 fly. Ollie isaacs had a very exciting 100 brst race knocking a second off his pb. The last tranche of relays finished off the meet with more fast 50's the ladies and men's 4x50 free relays going to Beachfield. Final positions were Beachfield winning the ladies' and men's cups and coming 2nd in the boys cup and 3rd in the girls cup

The first time I'm told that Beachfield has won any trophy's at this meet in its history!

Loaded meet with tons of personal bests, fast swimming and exciting races

Well done all

Pete