

NATIONAL ARENA SWIMMING LEAGUE

9 OCTOBER 2010 – ROUND 1

The team:

| | | | |
|---------|----------|---------|----------|
| Aaron | Nicholas | Alex | Emily |
| Adam | Nick | Becky B | Emma |
| Devan | Phil | Becki C | Hannah |
| Graham | Sam M | Beth | Nat |
| Jake | Sam T | Bethan | Rochelle |
| Joe | Tom A | Ellie C | Sophie |
| Michael | Tom McC | Ellie L | |
| Myles | | | |

Some great opposition tonight with Gloucester A, Boldmere A, Derby Phoenix, Mansfield and Worcester so we would have to be on top form. We had a few new faces in the team tonight and I would like to say a warm welcome to them.

Becki C got us off to a flying start with a great win on the 200 IM for the Open Ladies. The next 9 events saw some steady results coming in with our Under 11s Boys relay (Jake, Devan, Michael and Aaron), Girls 13s Medley Relay (Emily, Emma, Nat and Becky B) and our Open Ladies Medley Relay (Becki C, Ellie L, Nat and Hannah) all taking 2nd places. After 10 events Boldmere were ominously taking the lead and we were sitting in 3rd place but only 1 point behind us were Gloucester so the pressure was already on.

No wins for us in events 11 to 18 but some good 2nd places coming from Bethan and Aaron on the under 11s Back, Tom A on the 15s Back (putting in a blistering 4th length) and Becki C on the Ladies Open Fly. So after 18 races we had switched places with Gloucester and were now lying in 4th place.

Races 19 to 26 saw an excellent team effort with wins coming from Emily on the 13s Back and Becki C on the Open Back. Emily was fighting hard all the way and put in a tremendous last length to take the win. Becki was stroke for stroke with the Derby swimmer until 15m to go when she opened her shoulders and took the win. So after 26 races we had moved back into 3rd position, just overtaking Worcester. You can see how tight the scores were by the constantly changing positions!

2 wins again in Races 27 and 34 with Aaron taking the spoils on the under 11s Breaststroke and Nat on the 13s Fly. Now in joint 3rd position with Worcester we were going to have to go some in the last section of the gala to maintain our position.

Events 35 to 50 saw us take 2nd place on the under 11s Medley Relay (Michael, Aaron, Jake and Devan) and 13s Girls Freestyle Relay (Becky B, Emily, Emma and Nat). We had fought hard for every point but sadly it was not enough for us to hold our 3rd place. The final scores were:

| | |
|--------------------|-------------------|
| Boldmere A | 236 points |
| Gloucester A | 211 points |
| Worcester A | 189 points |
| Stourbridge | 175 points |
| Derby Phoenix | 127 points |
| Mansfield | 110 points |

Well done to the swimmers but the opposition was just too good on the night.

I had several swimmers who stepped up for me and swam above their age group tonight and you did a fantastic job. A special mention must go to Tom McCallum who put in a tremendous effort on the Under 15s Breaststroke. Clear winners for the stroke of the night go to our backstrokers – an outstanding effort from you all. Age group of the night on points was our Under 11s swimmers (Ellie, Alex, Rochelle, Bethan, Jake, Devan, Michael, Aaron) taking an amazing 49 points from their swims – well done all of you and especially as for some of you this is your first experience of a league gala. My

team of the night, goes to the 13s Girls for their superb all round efforts all night – well done Emily, Emma, Nat and Becky B.

Swimmer of the night was a very tough call. I had a lot of outstanding performances to pick from but the honours go to **Aaron Costigan** – well done – you were tremendous all night!

I would like to thank my helpers and officials on poolside without whom my job would be impossible and to our hosts Boldmere for a great gala.

Jason