

every swim was in the top 3 places and that shows the quality of these swimmers. Do I need to mention that the Girls beat the Boys again?

How do I pick the swimmer of the night? On her individual performances with maximum points it goes to Becki with 3 individual wins, but on sheer guts and determination, I'm giving it to **Bethan Walters** – well done – you were tremendous all night and an absolute pleasure to have on poolside!

Thanks to my helpers and officials on poolside – again a fantastic job to make the gala run smoothly. Now I'm going to lie down on the coach to recover!

Excellent effort – Excellent Team – well done to you all.

Jason