



POOLE SWIMMING CLUB

Affiliated to: A.S.A SW Region, D.C.A.S.A, R.L.S.S.

Founded 1931

DORSETS, 14/15th February (Mark Winter)

Poole SC was looking to build on their previous weeks success once again targeting Regional Qualifying Times, Medals & Personal Best Times. It was another successful weekend with us achieving 9 RQT's.

Leading from the front following a weeks re-charging was Declan Callahan with RQT's for 100 Fly & 400 F/S. Also with 3 was Becky Brown blazing a trail in the 200 IM, 400 F/S & 50 B/K. Also with Western qualifying times were Phoebe Notley in the 100 Fly, Danni Callahan 100 B/R, James Newbon 50 F/S & swimming with a maturity beyond his years Kiran Olenicz in the 200 B/K.

With regards our medal haul Jade Norman led from the front with 2 Gold's & 3 Silvers. Kieran Olenicz picked up a Gold. Declan Callahan 3 Silvers & a Bronze, Georgina Tucker 1 Silver & 2 Bronze's. Danni Callahan 1 Silver & a Bronze. Tom Watson a Silver. Becky Brown with 2 Bronze's & Jacob Lambourne, Phoebe Notley & James Newbon with a Bronze each.

Swimmers who achieved 100% PB's over both weekends were Philip Bourne 9/9, Georgia Kemp 2/2, Gemma Norman 2/2, Jade Norman 6/6, Jessica Olive 2/2, Isobel Yeatman 1/1, David Martins 2/2, Daniel Monk 4/4 & Kyran Yeatman 3/3. Well done all!

Over the 2 weekends we achieved 166 PB's, 84 from the girls from 27 swimmers in 158 races & 82 from the boys with just 17 swimmers in only 114 races proving conclusively once and for all the boys rule the pool! ;)

Swimmers with 5 or more PB's (not previously mentioned) were Danni Callahan 6, Emily Clarke 9, Inez Griffin 8, Katie Mills 6, Jessica Richens 5, Rochelle Stott 7 & Georgina Tucker with 6. For the boys Alex Bourne 5, Kieran Butlin 7, Declan Callahan 8, Ben Porter 7, Ben Tucker 9 & Lewis Winter 7.

Most impressive PB's were Alex Bourne 200 F/S improved by 23.44 seconds, Kieran Butlin 100 IM 7.90 secs, Emily Clarke 400 F/S 38.45 secs, Maddy Kemp 200 Fly 16.38 secs (just 0.24 outside RQT), Jade Norman 400 F/S 26.01, Kiran Olenicz 200 B/K 12.44, Rochelle Stott 200 IM 16.40, Georgina Tucker 200 B/K 10.60 & Lewis Winter 400 F/S 25.53.

Leaving the best until last was one of our youngest swimmers Jessica Richens who more than justified her promotion to Junior Squad with her improved times in the 200 B/R 23.08 secs, 200 IM 26.58 & 200 B/K 26.68.