



POOLE SWIMMING CLUB

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

Founded 1931

Development Meet 04/05 July 2009

The club had a fantastic weekend at the Dorset Development Meet taking 43 swimmers with a total of 152 Personal Best Times set which is just reward for all the hard work the swimmers have put into their training. A lot of swimmers stepped up to the mark & demonstrated both improvements in speed & endurance which allowed a large number of swimmers to record 100% PB success over the 2 days.

It was great to see our new swimmers to an Open Meet perform so well in Joseph Miles, Tony Graham, Lauren Smith, Grace Parish, Isobel Yeatman, Phoebe Lambourne & Stephanie Anwyll. Well done to all those competing for the first time.

There were some amazing PB improvements, the pick of the bunch were:-
Jessica Richens 1.08.48 seconds improvement in 400 F/S, Gemma Norman 51.98 400F/S, Maddy Kemp 59.39 400 F/S, Alex Bourne 1.08.28 400 F/S, Ben Porter 23.40 400 F/S, Hayley Goddard 18.90 200 Br, Tyler Graham 17.33 200IM, Jade Norman 18.60 200 Br, Sarah Mills 11.88 200 Br
Georgia Kemp 27.29 200IM, Daniel Monk 33.46 400 F/S, Emily Clarke 21.76 200 Fly, David Martins 32.59 200IM, Katie Mills 13.93 400 F/S, Lewis Winter 21.77 400 F/S

In terms of swimmers with a 100% record over the weekend of improved PB's:

1 PB out of 1 swim Tony Graham, Stephanie Anwyll & Phoebe Lambourne.

2/2 Lauren Smith & Jade Norman.

3/3 Georgina Tucker, Maddy Kemp & Gemma Norman.

4/4 Georgia Kemp & Anouska Tucker.

5/5 Declan Callahan & David Martins

7/7 Daniel Monk

8/8 Lewis Winter

9/9 Jessica Richens

A further 11 swimmers were just 1 PB short of 100%.

Congratulations to Phoebe Notley who was rewarded for the fastest swim of the day with 615 points for a time of 4.50.51 in the 400m Freestyle, Alex Bourne with the most improved 400m FS (14.6%).

Declan Callahan won the backstroke skins and James Newbon came 3rd in the freestyle skins.

Well done to all those who participated. Overall we were the second most improved club on show.

Mark Winter