



POOLE SWIMMING CLUB

Exeter open meet 22/23/24 January

Exeter open meet level 1 was a great opportunity to provide our swimmers with long course races and high level of competitors. The competition started on Friday night with Jade Norman who won the 800m freestyle on 10'46''88 which was 27 seconds faster than her entry time. Jade also won the 200m freestyle 2'30''45, came second in 200m back (2'51''43) and 400m (6'06''44) and came third in 400m freestyle (5'16''42). 5 swims, 5 pb's, 5 podiums!

Harry Moore swam very well and got the 200IM RQT (3'01''22), won the 200m fly on 3'02''67 and also achieved the RQT. Harry came 2nd in 400m 6'14''65, improving his personal best by 15 seconds.

Harry Kemp was the youngest swimmer in the Team (9yr) and managed to win the 400m free category 10/under on 5'27''70! Harry also came 3rd in 200m back 3'03''61 and qualified for the Regionals in both events.

Jessica Richens was the youngest girl in the Team. Jessy Jess performed really well and achieved 2 RQT: 200m breast 3'37''10 and 200m back 3'09''50.

Kiran Olenicz achieved the 200m back regional time, 2'51''57 and came 4th. Madison Kemp came 2nd in 100m fly 1'21''66 and 2nd in 200m fly 3'03''16 improving her time by 2 seconds. Katie Mills came 3rd in 400m IM 6'02''39 despite her head injury that kept her away from the pool for the whole week.

Georgia Kemp, David Martins and Daniel Monk did their best and experienced the difficulties of racing really fast swimmers in a 50m pool. However it was a great place for them to learn from some of the best age group swimmers in the country.

Last but not least, the Team won the "Dancing on the Blocks" Contest on Sunday at lunch time, making me feel really... well let say proud!... 😊

Well done to all of you guys, I'm really looking forward to the Dorsets now!

Robin