



POOLE SWIMMING CLUB

Affiliated to: A.S.A SW Region, D.C.A.S.A, R.L.S.S. Founded 1931

TIGERSHARKS WINTER LEVEL 2 LICENSED OPEN MEET

Saturday 17th of January (Mark Winter)

We took 23 swimmers to Swindon for this 2 day Open Meet. The first day highlights were the 26 PB's.

The most impressive was Harry Moore in the 200IM who literally smashed his lifetime best by 38.33 seconds to 3.21.88. Also David Martin's with a remarkable improvement of 12.92 seconds to 2.55.15 in the 200m B/K & 9.97 seconds to 2.32.42 in the 200 F/S, just rewards for the hard work he puts into every session. Sarah Mills did very well with an inspired improvement of 11.46 seconds in the 200IM to 3.14.77 & Emily Clarke in the 200IM who bettered her time by 6.35 seconds to 3.13.78. Tom Watson swam a determinedly impressive stunning 200 F/S to beat his PB by 5.58 seconds to 2.09.58.

The swimmers with 2 PB's from Saturday (that I know of) were Daniel Monk, Declan Callahan, Harry Moore, Lewis Winter, David Martins, Tom Watson, Inez Griffin, Lucinda Sandom-Allen & Emily Bolden who had brought her own travelling support in the form of Jessica Richens, Tyler-Nicole Graham & Hayley Goddard.

In terms of medals Declan Callahan led from the front with a gold in the 200 Fly & 200 F/S, Emily Clarke with a gold in the 400IM, Danni Callahan with a silver in the 200IM, Inez Griffin with a silver in the 400IM, Jacob Lambourne with a silver in the 200 Fly & Bronze in the 200 F/S, Daniel Monk with a Bronze in the 200 F/S & Lewis Winter with a Bronze in the 200 Br.

With a 9 medal haul & 26 PB's from day 1 we were in a good position to build on this rich vein of form.

Week end report (Robin)

The Tigersharks Open Meet was a good start to the season. It was interesting to see some swimmers who were in their first Level 2 meet as well as more experienced swimmers who came to get pb's and RQT. We had some very good swims despite a very long week end and a lot of great racing. I saw a lot of swimmers working on the skills we have been going over during our training sessions which was very good and encouraging!

Swimmers with **100% pb's**: Hayley Goddard, Tyler Graham, Jessica Richens and Lucinda Sandom-Allum. Well done girls! You've been amazing!

!!!Congratulations to our Regional Qualifiers!!! (5 swimmers, 10 events)

Rachel Bolden (200m Backstroke), Becky Brown (200m backstroke, 50/200m freestyle), Declan Callahan (400m IM, 400m freestyle), Phoebe Notley (200m backstroke), Tom Watson (200/400m freestyle and 200m backstroke).

I have no doubt that more Regional Qualifiers and many best times will come soon! Keep up the good work, **YOU ARE DOING GREAT!!!** The next open meet will be the Dorset Championships, **GET READY!!!!!!!!!!!!!!!**



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NAME	PB'S	Regional Qualifying Times	MEDALS		
			Gold	Silver	Bronze
Emily Bolden	2				1
Rachel Bolden	2	1			
Becky Brown	2	3	3		
Danni Callahan	0			3	1
Declan Callahan	4	2	3	1	1
Emily Clarke	3		2		
Hayley Goddard	3				1
Tyler-Nicole Graham	3				
Inez Griffin	5			1	
Jacob Lambourne	2			1	1
David Martins	6				
Katie Mills	3			1	
Sarah Mills	4				
Daniel Monk	3			1	1
Harrison Moore	2				
James Newbon	1				1
Phoebe-May Notley	2	1		3	
James Rafferty	1				
Jessica Richens	2			1	
Lucinda Sandon-Allum	6				2
Tom Watson	4	3		1	3
Lewis Winter	3				1
TOTAL	61	9	7	13	13