

## Erith and District Swimming Club

## Meet Results

National Arena League 2011 R1 08-Oct-11 [Ageup: 31/12/2011] SC Meters  
Erith and District [EDSC]

Time	F/P/S	Relay	Place	Pts	Improv
<b>Event # 1 Female 100 IM 16 &amp; Over</b>					
1:14.65S	F	Gravell, Rebecca	1	6	-0.07
<b>Event # 2 Male 100 IM 16 &amp; Over</b>					
1:05.94S	F	Cook, Michael	1	6	1.78
<b>Event # 3 Female 200 Free Relay 9-11</b>					
2:27.13 S F	A Relay	Erith and District	1	6	
Alexander Song (11)		George Hills (11)	Tom Shea (11)	Lewis Hayes (10)	
34.41	36.75	40.75	35.22		
<b>Event # 4 Male 200 Free Relay 9-11</b>					
2:22.22 S F	A Relay	Erith and District	2	5	
Alexander Song (11)		George Hills (11)	Tom Shea (11)	Lewis Hayes (10)	
35.13	35.82	37.01	34.26		
<b>Event # 5 Female 200 Medley Relay 12-13</b>					
2:38.41 S F	A Relay	Erith and District	3	4	
Olivia Fryett (13)		Olivia Maunders (13)	Ashton Middleton (13)	Emily Gray (12)	
39.90	42.49	39.31	36.71		
<b>Event # 6 Male 200 Medley Relay 12-13</b>					
2:33.16 S F	A Relay	Erith and District	4	3	
George Steer (13)		James Vick (12)	Alexander Song (11)	Myles Ellis (12)	
40.30	42.24	39.22	31.40		
<b>Event # 7 Female 200 Free Relay 14-15</b>					
2:06.78 S F	A Relay	Erith and District	2	5	
Holly Fryett (14)		Jade Hughes (14)	Alix Bliss (14)	Sarah-Louise Shattock-Gomez (15)	
30.54	31.82	32.80	31.62		
<b>Event # 8 Male 200 Free Relay 14-15</b>					
1:58.65 S F	A Relay	Erith and District	2	5	
Daniel Bassett (15)		Jack Capstick (15)	Ben Hughes (14)	Daniel Wesley (14)	
28.13	28.95	30.46	31.11		
<b>Event # 9 Female 200 Medley Relay16 &amp; Over</b>					
2:17.97 S F	A Relay	Erith and District	1	6	
Rebecca Gravell (17)		Holly Fryett (14)	Caitlin Colman (16)	Emily White (16)	
33.68	39.64	34.18	30.47		
<b>Event # 10 Male 200 Medley Relay16 &amp; Over</b>					
2:02.37 S F	A Relay	Erith and District	3	4	
Michael Cook (20)		Conor Middleton (16)	Barry Cusselle (29)	Tommy Cowell (16)	
29.72	34.90	29.75	28.00		
<b>Event # 11 Female 50 Back 10-11</b>					
38.75S	F	Verge, Ruby	1	6	-0.95
<b>Event # 12 Male 50 Back 10-11</b>					
41.53S	F	Shea, Tom	2	5	0.87
<b>Event # 13 Female 100 Breast 12-13</b>					
1:29.69S	F	Middleton, Ashton	2	5	-5.34

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<b>Event # 14 Male 100 Breast 12-13</b>				
1:34.82S	F Vick, James	3	4	3.75
<b>Event # 15 Female 100 Back 14-15</b>				
1:14.53S	F Fryett, Holly	1	6	0.79
<b>Event # 16 Male 100 Back 14-15</b>				
1:13.78S	F Capstick, Jack	2	5	-1.39
<b>Event # 17 Female 100 Fly 16 &amp; Over</b>				
1:18.53S	F Colman, Caitlin	1	6	1.64
<b>Event # 18 Male 100 Fly 16 &amp; Over</b>				
1:12.16S	F Cusselle, Barry	3	4	8.39
<b>Event # 19 Female 50 Fly 10-11</b>				
41.79S	F Burdett, Georgia	1	6	0.28
<b>Event # 20 Male 50 Fly 10-11</b>				
38.25S	F Song, Alexander	2	5	-0.69
<b>Event # 21 Female 100 Back 12-13</b>				
1:24.72S	F Fryett, Olivia	4	3	-1.11
<b>Event # 22 Male 100 Back 12-13</b>				
1:25.35S	F Steer, George	3	4	-2.30
<b>Event # 23 Female 100 Fly 14-15</b>				
1:28.25S	F Hughes, Jade	1	6	4.33
<b>Event # 24 Male 100 Fly 14-15</b>				
1:14.00S	F Bassett, Daniel	2	5	-3.19
<b>Event # 25 Female 100 Back 16 &amp; Over</b>				
1:12.56S	F Gravell, Rebecca	1	6	1.74
<b>Event # 26 Male 100 Back 16 &amp; Over</b>				
1:04.12S	F Cook, Michael	2	5	1.96
<b>Event # 27 Female 50 Breast 10-11</b>				
44.81S	F Burdett, Georgia	1	6	-1.41
<b>Event # 28 Male 50 Breast 10-11</b>				

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46.29S	F	Atolagbe, Ahmed	2	5	-2.18
<b>Event # 29 Female 100 Fly 12-13</b>					
1:36.25S	F	Maunder, Olivia	4	3	-2.20
<b>Event # 30 Male 100 Fly 12-13</b>					
1:29.31S	F	Ellis, Myles	4	3	-8.01
<b>Event # 31 Female 100 Free 14-15</b>					
1:11.88S	F	Shattock-Gomez, Sarah-Louise	3	4	0.36
<b>Event # 32 Male 100 Free 14-15</b>					
1:00.06S	F	Bassett, Daniel	1	6	0.04
<b>Event # 33 Female 100 Breast 16 &amp; Over</b>					
1:33.84S	F	Hughes, Jade	4	3	0.49
<b>Event # 34 Male 100 Breast 16 &amp; Over</b>					
1:18.93S	F	Middleton, Conor	2	5	-0.42
<b>Event # 35 Female 50 Free 10-11</b>					
34.25S	F	Verge, Ruby	1	6	0.25
<b>Event # 36 Male 50 Free 10-11</b>					
35.56S	F	Hayes, Lewis	2	5	0.94
<b>Event # 37 Female 100 Free 12-13</b>					
1:08.44S	F	Middleton, Ashton	1	6	-0.47
<b>Event # 38 Male 100 Free 12-13</b>					
1:12.56S	F	Vick, James	2	5	0.93
<b>Event # 39 Female 100 Breast 14-15</b>					
1:27.38S	F	Fryett, Holly	1	6	-0.03
<b>Event # 40 Male 100 Breast 14-15</b>					
1:28.60S	F	Wesley, Daniel	4	3	-3.60
<b>Event # 41 Female 100 Free 16 &amp; Over</b>					
1:07.91S	F	White, Emily	3	4	1.01
<b>Event # 42 Male 100 Free 16 &amp; Over</b>					
1:01.40S	F	Cowell, Tommy	3	4	1.25

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<b>Event # 43 Female 200 Medley Relay 9-11</b>								
2:50.65 S F		A Relay	Erith and District			1	6	
	Ruby Verge (11)		Danielle Hills (11)		Georgia Burdett (11)			Jade Lucas (11)
		39.18	48.88	44.82	37.77			
<b>Event # 44 Male 200 Medley Relay 9-11</b>								
2:46.94 S F		A Relay	Erith and District			2	5	
	Tom Shea (11)		Ahmed Atolagbe (11)		Alexander Song (11)			Lewis Hayes (10)
		42.90	48.47	40.00	35.57			
<b>Event # 45 Female 200 Free Relay 12-13</b>								
2:19.16 S F		A Relay	Erith and District			2	5	
	Ashton Middleton (13)		Olivia Maunders (13)		Olivia Fryett (13)			Emily Gray (12)
		32.17	34.26	35.07	37.66			
<b>Event # 46 Male 200 Free Relay 12-13</b>								
2:18.12 S F		A Relay	Erith and District			4	3	
	Myles Ellis (12)		James Vick (12)		George Steer (13)			Alexander Song (11)
		34.63	33.26	34.62	35.61			
<b>Event # 47 Female 200 Medley Relay 14-15</b>								
2:27.44 S F		A Relay	Erith and District			2	5	
	Holly Fryett (14)		Jade Hughes (14)		Alix Bliss (14)			Sarah-Louise Shattock-Gomez (15)
		35.87	43.23	35.80	32.54			
<b>Event # 48 Male 200 Medley Relay 14-15</b>								
2:17.59 S F		A Relay	Erith and District			2	5	
	Jack Capstick (15)		Daniel Wesley (14)		Daniel Bassett (15)			Ben Hughes (14)
		33.36	40.73	32.61	30.89			
<b>Event # 49 Female 150 Free Relay16 &amp; Over</b>								
3:07.00 S F		A Relay	Erith and District			1	6	
	Rebecca Gravell (17)		Caitlin Colman (16)		Emily White (16)			
		32.29	29.43	31.79				
	Ashton Middleton (13)		Jade Hughes (14)		Holly Fryett (14)			
		31.58	NTR	NTR				
<b>Event # 50 Male 150 Free Relay16 &amp; Over</b>								
2:45.16 S F		A Relay	Erith and District			3	4	
	Michael Cook (20)		Barry Cusselle (29)		Paul W. Nicholls (31)			
		26.73	27.33	26.90				
	Conor Middleton (16)		Tommy Cowell (16)		Daniel Bassett (15)			
		28.00	28.32	27.82				

Round 1 of III Gala Result				Our League Postion is 3rd out of 12			
1	Redhill & Reigate	256		1st	Redhill & Reigate	256	6
2	<b>Erith &amp; District</b>	<b>226.5</b>		2nd	Sevenoaks B	251	6
3	Eltham Stingrays	137.5		<b>3rd</b>	<b>Erith &amp; District</b>	<b>226.5</b>	<b>5</b>
4	Cheam Marcuda	120		4th	Ashford Town	192	5
5	Edenbridge Piranhas	95.5		5th	Eltham Stingrays	137.5	4
6	City of Rochester	DNS		6th	Hythe Aqua	179	4

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We had a cracking start to our 2011 Arena campaign **finishing 2nd** (out of 5 clubs) on the night seeing us **3rd overall in the league** (out of 12) with 2 rounds to go, baring in mind it is the top 3 clubs who will be promoted at the end of round III. We had a massive **40 personal best performances** on the night, which I think is the most we've ever had in one gala since I have been here and a whopping **17 race wins!**

Our individual winners were; **Rebecca Gravell** (Open 100m IM & BK), **Michael Cook** (Open 100m IM), **Ruby Verge** (10/11 50m BK & FREE), **Holly Fryett** (15/u 100m BK & BR), **Caitlin Colman** (Open 100m FLY), **Georgia Burdett** (10/11 FLY & BR), **Jade Hughes** (15/u 100m FLY), **Daniel Bassett** (15/U 100m FREE) and **Ashton Middleton** (13/u 100m FREE). Also winning as part of a relay team were; **Danielle Hills**, **Jade Lucas** (9-11 4x50m FREE & MED) and our open girls won both their Medley and Freestyle Squadron event which included **Emily White**.

On top of these names the following people also swam in personal best times; **Jack Capstick** (15/u 100m BK), **Alex Song** (10/11 50m FLY), **Olivia Fryett & George Steer** (13/u 100m BK), **Ahmed Atolagbe** (10/11 50m BR), big shout out to **Olivia Maunders** who bounced back from her DQ at White Horse to grab a 2second pb in the 13/u 100m FLY, **Myles Ellis** who smashed his 100m FLY time in the same age group by 8 seconds! **Conor Middleton** (Open 100m BR) and **Daniel Wesley** taking 5 seconds off his 100m BR time in the 15/u. A Big thank you to **George Hills** who was pulled out of the balcony to swim in the first 9-11yrs relay because one of the swimmers was late. No doubt a 50m Free pb made it worth it though. Other pbs in our relays came from; **Lewis Hayes** (9-11 4x50m FREE), **Alix Bliss**, **Sarah-Louise Shattock-Gomez** and **Ben Hughes** (15/u 4x50m FREE).

It was nice to see us winning at a top level gala, it really helped energise the swimmers and **there was a great spirit to the whole night**. I was pleased that **we did not have any disqualifications** as that is something that has dogged us in the past, it would be great to repeat that feat in the remaining two rounds and have a clean sheet for the whole year. Our starts are so much better now than they were this time last year. We are quicker off the block, we are streamlined going in to the water and the majority of our swimmers were performing a 10m underwater phase or more. **I think the next task is to apply that same volume of work to our turns and in particular our exit from our turns**. The 3rd link above goes into this in much more detail. I was writing TR on my sheet quite alot which refers to training standards need to be improved. Please re-read and enforce the criteria, check the registers to see how often swimmers are attending, enforce pushing off into a streamlined glide and finishing at the wall on every occasion and start to talk about why we are doing certain sets in our training and how they are helping us. The more information the swimmers have the more likely they are to remember the things they should be doing, rather than just performing a set on command.

Thanks to **Ruth Bassett** for Team Managing and **Sam Hayes** for Time Keeping, not to mention all our officials for hosting. Round II sees us back at The Spa, but crucially without either of the top 2 clubs in the current league table so we must ensure we get a full team out and that we go in to win - because we can!