



**Coach Report 23-01-2011
PORTSMOUTH & NORTHSEA OPEN
Lots of PB and regional qualifying times**

Last weekend 17th Jan (3 swimmers were ill/school commitments) swimmers competed at the Portsmouth Northsea meet and for 5 of them it was their first experience at a long course meet. This gala replaced the old PNSC Blue Ribbon and Junior meet and was excellent as it covered all of the events necessary including the 1500 for boys and 800 for girls and all ages.

Lots of Pb's and 5 x regional times with 8+others not far off their Regional times. Most improved swimmer on times was Jack Boreham improving his 1500m time on last year by 1m 38 seconds and knocking another 30+ seconds off in the 400IM and gaining 3 Regional Qualifying times into the bargain. Callum Lelliott and Chris Emery both massive Pb's on 400 free and Regional QT for Callum. Louis Prodger's first outing to a LC competition and ALL pb's on all 4 races. Callum Hunt and George Smith, recently back from the Shiverers winter training camp also pb's on ALL events!

The gala was well run and friendly and operated a "no sign in or sign out" policy so that the gala programme acted as a start list as well and swimmers could just turn up to whip in shortly before a race knowing what heat and lane they were in already. ALL heats were seeded correctly on entry times using the Hy-Tek's system.

Coach – Karen Woolliscroft