

GALA REPORT



Octopus League Round 1 - Sunday 31st January, 2010 @ Whitgift School

Cheam	219
Eltham	214
Bromley	203
Edenbridge Piranhas	170
Erith	167
Woodside & Thornton Heath	152
Streatham	124
Croydon Amphibians	110

Well done to all our swimmers on Sunday. 4th place is a really good result for the first round of this league and a time restricted gala.

We had a number of swimmers in their first gala; so well done to Jessica Lawes, Hannah Nunn, Amy Dickson, Joe Robson, Joe Tanswell, Oscar Green and Max Borland.

We obtained a fantastic number of Personal Best times (PBs) and Relay PBs, with some of you taking over 4 seconds off your previous PBs; a special mention for Natalie Graham (fly) Emily Thompson (breaststroke) Leticia Nightingale (freestyle) and Jed Fairchild (freestyle)

As mentioned above this was a time restricted gala which means that if you swim faster than the given minimum time you incur a time penalty disqualification for that race. Please do not be disappointed if you did incur a time penalty - marked as "TP" on the results list. We endeavour to put swimmers in the individual races where, based on their previous recorded PB time, they would have some margin for swimming within the time allowed. However, it is very difficult to assess this for the younger swimmers who are all improving so rapidly and, indeed, for some of you we had no times for reference! Please do not worry, all times recorded on Sunday will be kept in our database and so it does not matter if you were disqualified for swimming too quickly; you can still keep this time as a PB, and enter it into your training diary.

I would like to thank all those parents and coaches who helped on Saturday, Lynda W ansbury, Pete, Jason, Paul Norris, Sharon Stark and Debbie King-Powrie, It was a very busy, hectic gala and great to have your help in particular with so many new swimmers.

All times recorded are on the results list; remember in relays you can only get a badge if you swim a PB in the first leg. However we do keep all Relay PBs for reference. Also this list will show new badges for some who already have them; this is because you may have previously achieved them for the same stroke but at a different distance.

Jayne Adams: 2nd February 2010