

Watford Open Meet 2011

On the 15th & 16th January 2011, 11 Newport Pagnell SC competed at the Watford Swimming club Open meet. This was the first time the club had entered the meet and although it was rather hot on poolside, (and in the spectator area) the pool was fast and many swimmers achieved personal best times.

A grand total of 5 Gold, 5 Silver and 8 bronze were achieved by our swimmers.

A summary of each swimmers achievements are detailed below:

James Chandler competed in the 50 Breastroke and the 50 Freestyle and was only milliseconds away from achieving accepted county times in both.

Rory Dougall achieved a Regional qualifying time in the 100 Butterfly (He also competed in 50 Breastroke; 200 Freestyle)

Georgia Forrow achieved PB's in all 4 of the events she competed in.

Josh Forrow competed in 7 events and achieved 3 PB's.

Tom Moore won the 50 Butterfly and came 3rd in both the 50m Breastroke and 100m Backstroke (also competed in the 50m Backstroke, 50 Freestyle, 100m Breastroke, 100m Butterfly, 100 Freestyle and 100m IM)

Abi Moroney came 1st in the 200m Breastroke, 2nd in the 50m & 100m Breastroke as well as 3rd in the 50m BK and 100 IM. (She also competed in the 50m & 200m Freestyle)

Helen Sanderson achieved a county time in her 50m Butterfly which gained her a Bronze medal and also came 4th in the 50m Backstroke.

James Sanderson won Bronze in the 100m Freestyle and the 50m Butterfly.

Matt Shacklady, achieved 2 PB's over the weekend and one of these came after a mix up that almost cost him his last chance of achieving a county time. Thankfully this was resolved and Matt competed in a Time Trial and performed extremely well under the circumstances. Special recognition goes to our Boys Captain **David Wilcox** for swimming with Matt in his time trial.

David Wilcox competed in the 50m Freestyle, 100m Butterfly and 200m Butterfly.

Sophie Patrick competed in the 100m Breastroke and achieved a PB in the 100m IM.

Beth Brooks competed in 5 events and achieved 2 PB's.

James McLean came 1st in the 100 IM, 2nd in 50m Breastroke and 200m Freestyle, achieving PB's in all three of the events he competed in.

Overall Newport Pagnell swimmers achieved 30 PB's and 2 club records.

Swimmer of the Meet goes to Tom Moore for an excellent swim in his 100m Butterfly achieving a 2 second PB. This was achieved because of Tom's effort in training over the past few months especially during Butterfly sets and shows that if you put in the hard work, the results will come.

Congratulations go to Tom and all the swimmers that competed.