



NATIONAL ARENA SWIMMING LEAGUE SOUTH 2009

DIVISION ONE EAST

ROUND UP

Well done to all the swimmers who have taken part in the above galas. Following promotion from Division Two East last year we knew the competition would be tougher this year and we found ourselves up against very strong opposition in Round One at Dover on 10th October 2009. The team performed well on the night, only narrowly missing out on 5th place by a single point. Whilst only managing to achieve a solitary victory, Gareth Evans in the Men's Open 100m Fly, we gained 3 second places courtesy of Matthew Hall in the Men's Open 100m Backstroke, Andrey Brightwell in the Boy's 11/u 50m Breaststroke and Sally Nicholas in the Girl's 15/u 100m Backstroke. In addition 9 other swimmers achieved 'personal bests' in individual events and a further 18 improved 'split times' in relay events. A big 'THANK YOU' to our team of 10 year old boys who 'swam up' in the 13 & under relay teams. Your commitment and effort on the night was highly commendable.

DDSC hosted the second round on the 14th November at Beckenham Spa. After a delayed start due to the team from Chelmsford being delayed in traffic, the team got off to a great start with Grace Begley-Hunter winning the Ladies Open I.M. This success was shortly followed by both the Girls 11/u and Girls 15/u Freestyle Relay teams. Not to be out done the Ladies Open Medley Relay team then followed up with yet another win. This left the team in a very healthy 3rd position after the first 10 events only 5 points behind the leaders. With the arrival of the full team from Chelmsford, further first places proved more difficult to achieve. However, Andrey Brightwell was successful in the Boys 11/u 50m Breaststroke, Sally Nicholas won the Ladies Open Breaststroke and a great victory was achieved by the Ladies Open Freestyle team. The team also achieved 6 fine second places courtesy of Sophie Pembroke in the 11/u 50m Fly, Miren Elphick in the 15/u Freestyle, Sally Nicholas in the 15/u breaststroke, Grace Begley-Hunter in the Ladies Open Freestyle, Sam Nicholas in the Men's Open Freestyle and the Girls 11/u Medley Relay Team. Special thanks to Ethan Bonthron who came into the team at the last minute to replace a late flu casualty and swam extremely well in the 15/u relays. At the end of a very close fought gala, with only 32 points separating the six teams, DDSC finished in 5th place.

The final round was held on Saturday 12th December 2009 at Beckenham Spa where a top 3 finish was required to secure our place in this division for another season. A positive start was made with Grace Begley-Hunter finishing 3rd in the Ladies Open 100m Individual Medley in a new personal best. We didn't have to wait long for a first victory with the Girls 11/u Freestyle Relay team of Amy Farthing, Alice Gleeson, Sophie Pembroke & Maya Willis storming to a well deserved victory. The Boys 11/u freestyle team of Charlie Knight, Kavan Swain, Andrey Brightwell & Max Parris followed up with a fine 2nd place. Further victories came from Amy Farthing, Girls 11/u 50m Backstroke, in a new personal best, Grace Begley-Hunter, Ladies Open 100m Fly and Sally Nicholas in the Girls 15/u 100m Breaststroke. Ten second places were secured by the team and a total of sixteen personal bests achieved. Most notable of these was James Fiddimore's two second PB in the Boy's 13/u medley relay (freestyle) where he swam the last leg on his own as the other teams had already finished and Luke Saheed's double of personal bests in the breaststroke leg of the medley relay and 100m freestyle. This gala was always going to be closely contested and at the halfway stage DDSC were lying a creditable 4th only 15 points behind the leaders. However, the second half of the event proved more difficult and with five unfortunate disqualifications we slipped to 6th place at the end of the night resulting in relegation to Division 2 East next season.

Looking back over all three events, the team should be proud of their achievements. There has been some very fine swimming, excellent team spirit, commitment and great support for every team member at each of the galas. Whilst it is disappointing to be relegated you must remember we have been competing against bigger clubs than ourselves and hopefully the experience will encourage you all to train harder and secure a speedy promotion back to Division One in 2010.

Finally, as this is my last year as Team Manager, I would like to take this opportunity to personally thank all swimmers who have represented DDSC in 'A' galas over the last three seasons and made the job a rewarding one for me. I would also like to thank all coaches & parents who have helped me out to ensure the team has been fully supported in every way.

DDSC results for all three League gala's can be found on the website and noticeboard. Full National League results can be located via www.nationalswimmingleague.org.uk

GOOD LUCK TO YOU ALL FOR 2010

Nick Pembroke

Team Manager