

METRO SOUTH WEST LONG COURSE CHAMPIONSHIPS~

2ND & 3RD NOVEMBER 2019

The competition season began with the MSW championships. The age groups being split between 13 & Over and 13 & Under is still something for everyone to get used to. It certainly reduces the team size but it did not reduce the enthusiasm in the team. There was a good feel amongst the athletes to see where they were at in their preparation and what they could produce at this early stage in the long course season.

There were a few rookies in the team as the 13 year old athletes were experiencing their first senior meet and the multi-class athletes were included in these championships regardless of age. We were missing a couple of team members due to travel, illness and injury which would have allowed for relay team entries if the additional athletes were in favour of committing to a team.



The following 19 representatives competed in a total of 114 individual and 4 relay:-

Luke AHERN, 16; Jordan AMIES, 14; Lucas BENTLEY, 16; Matthew BONE, 14; Taylor CAMERON, 19; Megan CLARK, 21; Tanna DAVEY, 13; Sienna DURKIN, 12; Teagan HINDS, 13; Matilda MOBBS, 10; Anique PANTAZAKOS, 14; Michael PAYNE, 16; Stephanie ROWLEY, 14; Kiani SLAUGHTER, 13; Ryan SLAUGHTER, 15; Oskar STANIUCHA, 16; Riley STEVENS, 15; Arianne THOMAS, 16; Monique WILSON, 16

Chloe and Mackenzie Kimmings sending a Cheerio from the London Olympic Aquatic Centre"

The team decided to set up their camp in the underpass to the pool deck at the northern end of the facility. Music was supplied by Club Captain Arianne Thomas however, the selection of song was often challenged (or sabotaged) by Riley Stevens and others.



Matthew Bone and Stephanie Rowley each recorded a 100% pb rate which was very encouraging for these two (2) athletes. Matthew was most impressed with the improvement in his 200 IM and 200 freestyle events whilst Stephanie was particularly pleased with dropping time in her favourite backstroke events. Matilda Mobbs entered 3 multi-class events and also recorded a 100% pb rate with an accumulative improvement of more than 30seconds.

Stephanie Rowley

There were some other very impressive personal best times recorded and these were mainly in distance events that had not been contested frequently. Lucas Bentley improved his 1500 time by 15.67 seconds ;Tanna Davey took off 1minute 23.82 seconds in the female event of the same distance plus reduced her 800 freestyle by 36.08 seconds and the 400 freestyle by 13.44 seconds. Also performing extremely well in the 800 freestyle event was Kiani Slaughter with a time reduction of 52.53 seconds – of equal impressiveness was her 7.77 second improvement in the 200 IM. The 400 event was a new challenge for Ryan Slaughter who smashed his previous personal best time by a staggering 23.66 seconds whilst Michael Payne shortened his normal distance to compete in the same event and posted a 8.32 second improvement.

The 400 IM is a favourite of Teagan Hinds and she did not disappoint with a beautiful swim. Her personal goal was to break 6 mins and that she certainly did posting a time of 5:53:96, which was a 10.97 second improvement. Breaststroke is a stroke that Jordan Amies has been looking to improve to assist in her medley strength and it paid off with a massive 10.80 second drop in her 200 breaststroke time. Admittedly it is not an event that she chooses to compete in very often but for any 400 IM athlete, it is certainly one of the requirements and she looked class at this meet.

Accumulated pointscores are amassed by all Metro South West clubs and NACSC was off to a good start from the results of these championships. The highest pointscorers were Luke Ahern with 145 points; Taylor Cameron with 112 points; Jordan Amies earning 107 points and Sienna Durkin posting results to earn 95 points. ~ Top Efforts!

Medalists:-

Luke Ahern ~Gold MC 50 Fly ; Gold MC 50 Free ; Gold MC 50 Back ; Bronze MC 50 Breast

Jordan Amies ~Silver 14 years 100 Back ; Bronze 14 years 200 IM

Taylor Cameron ~Silver MC 50 Free ; Silver MC 50 Back ; Bronze MC 50 Fly ; Bronze MC 50 Breast

Sienna Durkin ~Bronze MC 50 Back

Riley Stevens ~Bronze Open 100 Back

Arianne Thomas ~Silver Open 100 Free ; Bronze 16 years 100 Back

Top 10 Ribbons:-

Luke Ahern ~7th 16 years 100 Back

Jordan Amies ~4th Open 200 Back; 7th Open 200 Free; 7th 14 years 100 Fly

Lucas Bentley ~6th Open 1500 Free; 8th 16 years 100 Free; 8th 100 16 years 100 Breast; 9th 16 years 100 Fly

Megan Clark ~4th 17&O 50 Free; 6th 17&O 50 Breast; 6th 17&O 50 Fly; 7th 17&O 50 Back

Tanna Davey ~6th Open 1500; 7th 13 years 100 Free

Sienna Durkin ~4th MC 50 Fly; 4th MC 50 Breast; 4th MC 50 Free

Teagan Hinds ~4th 13 years 100 Fly; 5th 100 13 years 100 Back; 7th Open 400 IM; 8th 13 years 100 Free; 10th 13 years 100 Breast

Matilda Mobbs ~4th MC 50 Back; 5th MC 50 Free; 5th MC 50 Breast

Anique Pantazakos ~6th 14 years 200 IM

Michael Payne ~8th Open 1500 Free

Stephanie Rowley ~10th 14 Years 200 IM

Kiani Slaughter ~6th 13 Years 200 IM; 6th 100 13 years 100 Breast; 10th 13 years 100 Back

Ryan Slaughter ~6th Open 200 Fly; 6th 15 years 100 Fly; 7th 15 years 100 Free; 9th 50 Open Free

Oskar Staniucha ~4th 16 years 100 Breast; 5th 50 Open Breast; 6th 15 years 100 Breast; 9th Open 50 Fly

Riley Stevens ~7th Open 50 Back

Arianne Thomas ~6th Open 50 Back; 8th Open 200 Fly

Monique Wilson ~4th 16 years 200 IM; 7th Open 1500 Free; 8th Open 100 Back

There were some excellent results.....Well done team! Hopefully, there will be some Metropolitan South West trophy winners amongst you and the PB times keep rolling down over the next couple of major season meets with Metropolitan Championships followed by NSW Age State Championships. I am sure that there will be some athletes knocking on the door a little harder to achieve their first National Age or Open Qualifying Time or to post their first qualifying time to enter the 2020 championships to be held in Perth WA.

Keep up the solid training as the academic year winds down and end of the year functions cause interruptions to normal schedules.



Jordan Amies



Teagan Hinds



Ryan Slaughter



Tanna Davey

