

## NSW SENIOR (13&OVER) METROPOLITAN LONG COURSE CHAMPIONSHIPS 30<sup>TH</sup> NOVEMBER – 1<sup>ST</sup> DECEMBER 2019

Over the weekend of 30<sup>th</sup> November – 1<sup>st</sup> December 2019 at the NSW Senior State Age (13&Over) Championships, I was witness to some good racing and some positive application on some areas of skills that have been worked on and there were some class swimmers recorded. **Taylor Cameron** may have hit a winner with her new race start! It was a 'good feel' meet within our small team that was reduced to eleven(11) representatives as a few qualified athletes elected not to compete at this meet and also, after the withdrawal of Teagan Hinds due to her recently fractured arm – heal fast!

Congratulations to the following athletes who took to the pool in their representative cap on behalf of Nepean Aquatic Centre Swim Club:-

Luke Ahern S9 (16)	Anique Pantazakos (14)
Jordan Amies (15)	Ryan Slaughter (15)
Lucas Bentley (16)	Riley Stevens (15)
Matthew Bone (14)	Arianne Thomas (16)
Taylor Cameron S8 (19)	Monique Wilson (16)
Tanna Davey (13)	

There were some frustrations – none greater than **Matthew Bone** in trying to break the elusive minute mark with differing tactics and **Tanna Davey** missing her 200 freestyle State QT by a mere 0. – it was a top swim non-the-less and a solid pb effort from an athlete who has been particularly trying hard in her freestyle distance sets and who has been constantly improving since posting all personal best times as member of the touring team to Hobart.



The pb rate was reasonable with all swims either a long course pb or very close to their entry time which is particularly pleasing to me. The biggest pb smile had to be noticed on **Monique Wilson** after she looked at the board after finishing her age 100 backstroke event having qualified to compete in her first ever Metropolitan Championships. For **Monique and Arianne Thomas and Lucas Bentley**, they found themselves in a somewhat perturbing age group of 16&Over...



## CONGRATULATIONS TEAM !!

**Nepean Aquatic Centre Swim Club** finished in 24<sup>th</sup> position with 211 points out of 53 point scoring clubs.....top effort !

35 Individual Events were contested wherein a total of 7 actual long course personal best times were posted at a conversion rate of 20%.

Accolades to **Jordan Amies** who achieved a top 10 placing in each of her events including a close 4<sup>th</sup> place in her age 100 backstroke and a Bronze medal in the 15years female 200 backstroke.....Excellent result !! **Luke Ahern and Taylor Cameron** also finishing the meet with a NSW Ribbon in each of their contested multi-class open events and Taylor posted a 100% pb rate. A special congratulations to **Luke Ahern** who achieved new qualifying times at this meet for the 2020 Multi-Class Age National Championships to be held in Perth WA. The first ones are generally the hardest to achieve and then you are on track towards more swims and just getting faster – so, good luck with further qualifications in the upcoming NSW State Age Championships later this month.



### Top 10 Ribbon Results:-

Luke Ahern - 100 freestyle 9<sup>th</sup> ; 50 Freestyle 8<sup>th</sup> ; 100 Backstroke 6<sup>th</sup>

Jordan Amies - 100 Backstroke 4<sup>th</sup> ; 400 Individual Medley 9<sup>th</sup> ; 200 Individual Medley 8<sup>th</sup>

Taylor Cameron – 100 Freestyle 7<sup>th</sup> ; 50 Freestyle 6<sup>th</sup> ; 100 Backstroke 4<sup>th</sup>

Ryan Slaughter – 200 Butterfly 5<sup>th</sup> ; 200 Freestyle 10<sup>th</sup> ; 100 Freestyle 5<sup>th</sup> ; 100 Butterfly 9<sup>th</sup>;

**MEDALS = 1**

**Bronze** -Jordan Amies 15 years 200 Backstroke

I am looking forward to some heats and then finals racing at State Age from 13<sup>th</sup> to 18<sup>th</sup> December 2019. Some new national qualifying times are sure to be knocked over by those swimmers who have been sitting just outside their goal times. With school winding down, please give everything to your training over the next 2 weeks and you may just be pleasantly surprised with what can be achieved when pushing to make a final and then looking at a podium finish in a final...

I hope that we can all be positive in our training approach towards State and be vocal in our support of each and every athlete who is striving to earn their seat on the national age plane to Perth in April 2020...



...jb