

## Meet Report

# March Age Group Championships at St. Mary's Saturday & Sunday, March 10th & 11th



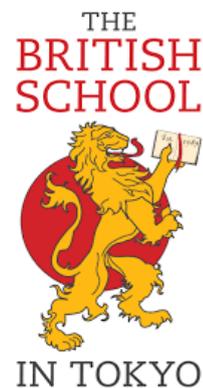
Last weekend was a big two day meet at St Mary's School with 25 teams participating. This included teams from overseas, with over 500 swimmers taking part. BST had of squad of 40 swimmers attending over both days, competing in many different races. It was impressive to see some of our swimmers participating in three individual events and two relays over the weekend. Great job!

It was a first swim meet for Georgia Henrich (10) swimming in the 50m Freestyle, 50m Backstroke and the 200m Medley relay. It was great to see her positive attitude and determination to want to further improve her performance in the pool.

Unfortunately, it was the last meet for Jensen Ward (9), Charlie Hadlow (11) and Rafaella Hadlow (8) as BST swimmers. They all swam very well and got PBs on their individual events. Congratulations to Rafaella who took ten seconds off on her 50m Freestyle. I wish them every success in the future, keep working hard and enjoying your swimming.

I would also like to make a special mention to some of our other swimmers from the weekend. Ewan Smith (11) took one-two seconds off on all of his 50m events and five seconds off on his 100m Freestyle. All of that extra training in our morning sessions has really paid off. Radu Mandrea (13) who has attended training regularly, was able to get PBs in all of his events. He took five seconds off on his 200m Freestyle, displaying some nice tumble turns.

Even Fei Waddington (12) who swam with a sore shoulder was still able to finish her 50m Backstroke in first place. Congratulations to Yuma Teshirogi (13) who came second in the 100m Breaststroke. Richard Solvsteen (11) showed us his beautiful start in the 100m Backstroke, Dylan Fouracre (9) produced a fabulous tumble turn in his 50m Freestyle and Nana Ohashi (13) finished strongly and got a PB in the 200m Freestyle.



There were some Crescendo relays held at this weekend's competition. It was really nice to see some of our younger and older swimmers racing together as one team. Relays are always fun. It's about being part of a team and swimming fast for each other. There was certainly a lot of cheering during the relays, both swimmers and their parents getting very excited. This really helped our BST swimmers swim faster and take some extra seconds off their PBs. I would like to say thank you to Yuichiro Kamiyama (10) and Koh Wilson (10) for swimming twice in the relay, a fantastic effort.

Great job everyone!

BST Swim Coach  
Yumiko Uehara

