



NATIONAL ARENA SWIMMING LEAGUE ROUND 3

Edmonton Phoenix ended our National Arena Swimming League campaign when we competed at in the middle ranking gala for Division 1 of the London Region, held at Watford on the 12th December 2009. We were competing against Greenwich Borough Mariners, Wandsworth, Colchester, Bishops Stortford, Teddington, Hoddesdon and Harrow and Wealdstone.

The team were feeling quietly confident following good performances in the previous two rounds and the team went into the gala as the third ranked club. Any feelings that this was going to be easy were quickly dismissed as the first 10 races only yielded a best of two third place finishes and included 6 fifth place finishes. We knew then that we were in for a hard night but it was our strength across the whole squad that was to prove decisive. We averaged a top three finish in at least half the races to the end of the gala which pulled us steadily through the field to finish in a comfortable second place ahead of Wandsworth, Colchester, Bishops Stortford, Teddington, Hoddesdon and Harrow and Wealdstone but behind our regular rivals Greenwich Borough Mariners. This placed us 10th out of the 48 clubs competing in the London Region, a massive achievement for a club of our size and emphasises the progress the swimmers are making.

Whilst all the swimmers swam well, there were several swims of note, breaking existing club records. Josh Kirlow claimed age group records in the 50m Back 37.38s (10 and 11 yrs) and 50m Fly (10 yrs) 35.71s. Ryan McCarthy further reduced his age group records in the 100m Back (13 and 14yrs) to 1:06.76s. Charlotte Payne claimed Open records in the 50m Free 28.05s and the 100m Fly 1:06.43s and Ben Zuccolini broke the Open record in the 50m Free 24.54s.

The Swimmers

Mia, Emily, Afton, Amy, Hannah, Charlotte N, Taria, Sarah, Nina, Connie, Charlotte P, Alice, Emma, Tom N, Ben H, Ross, Josh K, Ryan, Tom D, Joe, Sam, Harry, Reece, Michael T, Zach, James, Louis, Matt, Ben Z, Christos and Jo.

Congratulations to all the swimmers who competed in the League this year and special thanks to Head Coach Barry Thomas and Club Coach Rob Howe.

GO PHOENIX!