

Berkhamsted SC
Herts County Swimming Championships 2022
Weekend 3 – The Venue Borehamwood

After 2 hectic weekends of County Champs, the only Berkhamsted swimmer in action for the third round was Tamsin Moren, looking to add to her 17-year-old age group haul from the previous two rounds.

The 800m freestyle was her event, one that requires a lot of tactical nous and an ability to react to changing circumstances as the race progresses.

There are many ways to tackle the event and swimming in Lane 1 in her heat, 7th fastest seed of the 8 swimmers, Tamsin's race plan was to try to negative split the race and it went almost flawlessly.

Turning at 100m in 1:12.07 and 4th place she swam a strong but controlled first half moving into a solid 3rd place during the next 50m and consolidating this through until 400m where she was almost exactly on her 400m pb with 5:07, following three 1:18 100m splits.

At this point she started to up the pace and put in three consecutive 1:17 100m splits to seemingly securing her 3rd place in the heat. However, the Watford swimmer 4 lanes inside her had other ideas and started a rapid comeback. Picking up on this with 50m to go, Tamsin had to increase her pace again and, fortunately, was able to find a final 1:14 (her second fastest 100m split of the race) to touch home in 10:14.62, slicing 8 seconds from her personal best. Her final time claimed third in the heat and was good enough to pick up another silver medal in her age group.

With just one weekend of competition left, she has shown that her endurance has returned and that she can look forward with confidence to the 400m Free and 400m IM in the same session next Saturday.

Geoff Wood
Coach
Berkhamsted SC
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