

**Berkhamsted Swimming Club**  
**Watford Regional Qualifier 3<sup>rd</sup> & 4<sup>th</sup> March**

Watford SC ran their annual Regional Qualifier at Woodside and a dozen or so athletes from Berkhamsted took advantage of the opportunity to swim in a fast, local pool, despite the weather conditions and those who made it made the best of it.

On Saturday, Euan Donald began a heavy schedule with the 15 years bronze medal in the 400m Freestyle and was followed by Lydia Wisely and Issy Soulsby in the 200m Individual Medley where Lydia Wisely won her heat easily, slashing over 8 seconds from her previous best to post 3:02.22.

Lydia Wisely & Issy Soulsby were joined by Club Captain, Charlotte Watson in the 50m back and it was the older Charlotte Watson who turned in the best placing with Open bronze in 33.04 on the back of some superb underwater work off the start.

The evening session began with more success for Euan Donald as he improved his 200 Free time by 3 seconds, clocking 2:09.37 for 2<sup>nd</sup> in his closely contested heat and 4<sup>th</sup> overall before picking up silver in the 100m Fly, swimming right to his pb on 1:06.43 and claiming his first Regional Qualifying time (RQT) of the weekend.

Then Lydia Wisely stepped back in to chip away at her 100m back pb, lowering it to 1:24.41 for 6<sup>th</sup> place with Watson 7<sup>th</sup> in the Open Category.

Tilly Anderton stormed to her own bronze in the 50m breast as she improved to 51.97 taking over a second from her old time.

The final swim of the first day came from Jack Eyles whose 35.79 for the 50m free, after a long wait, shaved some more time from his pb as well.

Sunday dawned with clearer roads and began with Alex Kalverboer continuing his form from County Champs and dropping his 200 IM time to 2:55.29 following an explosive (and possibly too quick) first 50m on the butterfly leg but he held on to finish 2<sup>nd</sup> in the heat and 12 years 5<sup>th</sup> place. The 200m IM proved rich pickings as well for Euan Donald (2:26.82, pb) and Owen Strakosch (2:37.12) who both collected bronze medals.

Lydia Wisely swam both the 200m fly and 100m breast as technique orientated swims rather than looking for fast times and showed really good form throughout.

In the 100m Free there were further big drops for Alex Kalverboer, Owen Strakosch and Euan Donald. Firstly, Alex Kalverboer set his pb with a 3<sup>rd</sup> in his heat to clock 1:12.93, then Owen Strakosch improved by almost 2 seconds to record 1:03.62 but Euan Donald was both delighted and frustrated with his swim in equal measure. He fought hard to claim second in his heat with a well-constructed swim to go nearly 2 seconds quicker than ever before but the frustration came from posting 60 seconds exactly to just miss cracking the iconic minute barrier for the 100m.

Another RQT came the way of Tamsin Moren as for the first time in a while, she attacked the 100m Breast. Swimming in the slowest seeded lane she surprised the others in her heat by finishing 2<sup>nd</sup>, taking the 13 years Gold and dropping 2.4 seconds from her best to go 1:23.38 and claim her 2<sup>nd</sup> RQT of the year.

The session finished with the girls' 50m fly and Alex Farnham setting her pb at 37.10. Lydia Wisely clocking 36.28 and Ellen Northwood entering the fray to claim silver in 31.66.

The final session of the meet saw Owen Strakosch smash his 400 IM pb by 13 seconds to take gold in his age group in 5:35.69 whilst in the same heat Euan Donald touched out in 5:11.62 for 3<sup>rd</sup> in heat (silver overall) after a race long battle with the swimmer inside him.

Lydia Wisely showed superb resilience after a long campaign to lower her 200m free pb by 4 seconds to 2:46.96 and then, in the 200 Breast Kalverboer collected another bronze medal with his 3:19.28.

Ellen Northwood picked up her second fly silver medal in the 100m version of the stroke, Alex Kalverboer and Owen Strakosch both ended 5<sup>th</sup> in their respective 100m back events with the younger Alex Kalverboer setting new personal figures of 1:11.84.

Amelia Dewar showed terrific endurance in her 200m backstroke going hard from the off to lower her best by 19 seconds with 3:16.73 and then Donald claimed his final best of the meet in the 50m breast with 35.43.

The meet ended with the girls' 50m free and after Tilly Anderton set another rpb in 38.64, Alex Farnham and Amelia Dewar went head to head in adjoining lanes. Showing excellent skills, Alex Farnham blasted out from the start and off the turn, the after burners came on and she won their private battle with 34.53 to improve by almost a second and the meet finished on a high for the busy Wisely as she showed her own depths of stamina by posting her own pb in 32.44.