

**Berkhamsted Swimming Club**  
**Wycombe Long Course Dual award meet**

A small group of Berkhamsted swimmers enjoyed their meet at the Wycombe 50m pool with a host of medals and personal best performances from just about all of the swimmers. A chance to compete in a 50m (Olympic length) pool is a rarity for the youngsters and they took the opportunity with both hands.

Saturday began with the boys 400 IM and a 2<sup>nd</sup> place in his heat and silver overall for Owen Strakosch. His final 5:48.94 converted to a short course (SC) pb and was excellently constructed showing good race craft throughout.

He was followed by Lydia Wisely slicing more than 3 seconds from her long course (LC) pb for 50m Fly posting 36.34 for 7<sup>th</sup> in her age group.

Owen Strakosch was then back up with Cam MacDonald in the 50m backstroke. Owen Strakosch clocked 34.39 for another heat 2<sup>nd</sup> place and the silver medal whilst Cam MacDonald posted a converted pb of 33.66 to take Gold.

Lydia Wisely claimed her first gold of the meet in the 200 Individual medley with an all course pb of 3:09.33 winning her heat easily in a time that would have won the following (seeded faster) heat as well.

Owen Strakosch's busy day continued in the 200 Free and another Gold and heat win in an all course pb of 2:23.91 whilst Cam MacDonald took silver in 2:25.25.

Lydia Wisely had a good start to her 100m fly but tired towards the latter end posting 1:35.52 for 4<sup>th</sup> overall but should be pleased to have improved on her LC best time.

In the 200m back Owen Strakosch, in his 4<sup>th</sup> race of the first 2 sessions came home in 2:36.65 for another silver before finishing his day with gold in the 200m fly with 2:48.96.

Some of the younger girls arrived for the 100m freestyle and there were all course bests from Jemima Cadge (1:26.00 – all course best by 4 seconds); Tamsin Moren (1:14.47 – all course pb 3 seconds); Evie Light (1:20.65 – All course best by 2 seconds) and Millie Harrison (1:26.26 – all course pb by 3 seconds). The all course bests are significant because, typically, the 25m pool swims will be quicker due to the extra turns in every race and so show that the girls are getting both fitter and technically better. Millie Harrison and Evie Light swam different races with Evie Light just holding on to beat her team mate after starting faster in the same heat. Lydia Wisely posted 1:18.22 for her silver medal.

Sam Newman does not get to race very often these days but always goes out hard. In the same heat as Owen Strakosch in the 200 Fly he led early on before falling away slightly to record 2:49.87 but still good enough for gold.

Next up was the 100m Back for Lydia Wisely and a 6<sup>th</sup> place with a lc pb of 1:30.95. Then Sam Newman showed the 200m fly had been a good warm up as he pocketed another gold in the 50m free, streaking away off the blocks to win his heat comfortably in an all course best again of 27.20.

The first day ended with the girls' 50m Breast. Lydia Wisely dropped her LC time to 49.23 whilst Millie Harrison was 7<sup>th</sup> with 49.24 and Tamsin Moren completed a successful day 1 with gold in 41.45, more than a second faster than her old LC pb.

Sunday saw the reverse events being held and Amelia Dewar started things well improving 2 seconds with 43.84 for 6<sup>th</sup> in the 50m Back and Izzy Sansom began her day by chopping 1.5 seconds from her LC 50m back pb in 37.59 and another gold medal. Final 50m backstroker (and another gold medal) was Charlotte Watson returning towards her 3 year old best form with 34.72.

George Thorne joined the action in the 200 IM and finished 7<sup>th</sup> after what was a deliberately technique rather than speed-oriented swim, still improving his old LC best significantly in 2:44.14.

Another coming to the fore is Victoria Ayles and she had a busy day 2, beginning with the 100m Breast and a silver medal in 1:38.86. Her second in the heat could have been a heat win with a little more experience but she is learning all the time. Cadge sliced 10 seconds from her breast pb in what would also be a sc pb if converted with 1:53.82. Lydia Wisely's busy meet continued with 1:46.61 (4 second

pb) and Harrison clocked an all course best of 1:43.94 and then Tamsin Moren just got pipped into 3<sup>rd</sup> in her heat with 1:26.51 and another silver towards the club's haul.

In the 200m Free Millie Harrison's 3:11.59 would be a converted pb (her first swim at the event LC) and then Victoria Ayles streaked away from her opposition to hit the pads in 2:39.73 almost 16 seconds quicker than her previous SC pb and an overall silver medal as she grows in confidence. Evie Light put up an all course pb by 7 seconds with 2:57.32 in an aggressive swim, showing her ability, Lydia Wisely clocked 2:47.86, another all course best time and another silver and then, finally, Izzy Sansom went pb with 2:35.31 and gold.

George and Harry Thorne collected silver and bronze respectively for the 100m fly efforts and then Victoria Ayles jumped back into the fray in the 200m Back and her own bronze in 3:06.13 (her first attempt in any pool at 200m back) and there is more to come from her. Izzy Sansom walked away with the silver in 2:53.14 and there was another silver for Tamsin Moren in 2:59.28.

In the boys 100m Free the Thorne brothers improved enormously on their old LC best times, George posting 1:04.08 and Harry 1:03.95 as they both continue to look towards the magic 60 second barrier. George was then in for his final event, the 100m back swimming an all course best of 1:14.71 and the young girls, Amelia Dewar, Lydia Wisely and Izzy Sansom concluded the meet for the club in the 50m Free. Amelia Dewar posted 36.80, Izzy Sansom 33.15 (LC pb) and Lydia Wisely 33.11 (also a LC pb).

With a heavy schedule in the coming weeks the meet showed that training is going in the right direction for the club's athletes.