

FRIDAY SWIMMERS OF GUILDFORD MEET

PRESS REPORT

8TH MARCH 2009

With a depleted team the Reading Cygnets Swimming Club sent just 5 swimmers to the Spectrum Leisure Centre, Guildford to compete at the Friday Swimmers Meet on Saturday 8th March.

First in the pool was Morven Miller in the 75m Individual Medley which consists of swimming 1 length on Backstroke the next on Breaststroke and the final length on Freestyle. Morven was second to the first turn and stayed in that position throughout the event to take the Reading Cygnets first medal, Silver in a time of 1:58.86.

Tiffany Stroud was the first Reading Swimmer in the pool for the 25m Backstroke events and Stroud swam a time of 49.71 to take another bronze for the team. Sally Brown not known for her Backstroke swimming was determined to go one better than her teammate and she most defiantly did taking silver in a time of 34.57, which was her fastest time in the last 2years. Brown recorded. Miller was back in the pool in the 25m Backstroke that she found a lot harder than the Individual Medley but swam well to finish just outside the medals in fourth place. In the next heat the Reading Cygnets had 2 swimmers competing, David Smith and Daisy Garrett. Smith was the stronger of the two swimmers and he took an early lead in the event but was hauled in by the swimmer from London and was piped at the finish into silver place. Meanwhile Garrett took the bronze in a below standard time for Garrett but even so the gratifying part of the race was the quality of the swim which I know that coach Helen Aldridge has been working on recently.

In the Breaststroke event the Reading Cygnets only had two swimmers competing Miller first in. Miller who swam the breaststroke as part of her Individual Medley was 8seconds faster than then to finish fourth in a time of 40.66sec. Brown however swam her favourite event strongly to take silver in a time of 29.09sec only 0.24sec off the gold spot.

In the 25m Freestyle event the Reading Cygnets got there first gold of the event via Smith in a great race in a time of 28.18. Also in the same event was his teammate Stroud who took well-deserved silver. Garrett was back in the pool in the next heat in a tough race where she was really up against up from the off where she was just piped out to the fourth place position. Miller in the next heat took her second medal of the meet, bronze, in another quality-loaded heat, which was evident from the start. Brown who was the fastest entry for the Reading Cygnets in the 25m Freestyle swam well to finish fourth in another hard heat.

In the penultimate event 50m Freestyle every swimmer took a medal for a fantastic finale to the meet. Stroud was the first of the Reading swimmers to compete in the 50m Freestyle. Stroud took silver in a time of 1:13.52 where she was only 0.32sec off the gold spot! Miller also took silver in another close fort heat where Miller finished off her hectic individual event schedule. Brown an Garrett were placed next to each other in the next heat ad where the slowest of the eight swimmers in this heat but in the 50m Freestyle Brown surprised the Team Manager Gordon Dart by swimming a fantastic race to take the gold in a time of 59.15. Garrett however finds the 50m Freestyle a real challenge at the moment and will be doing more distance work during training to try and rectify this. Smith recorded the fastest Reading swimmers time of the day in the 50m Freestyle in a time of 58.49 that finished the individual event on a high with the 5 swimmers taking a magnificent 13 medals!

In the team events the Reading Cygnets had 1 team entered per event, 3x25m Medley and 4x25m Freestyle relays. The first team was Garrett, Brown and Smith in the 3x25m Medley that consists of the swimmers swimming Backstroke, Breaststroke and Freestyle. With Garrett first to swim she set off strongly on the Backstroke leg to put the Reading Cygnets well in the mix finishing her leg in place. Brown maintained the teams second place during her Breaststroke leg but Smith was up against so very good swimmers and although her swam well he was unable to maintain the position and the team finished up in fourth place. In the 4x25m Freestyle Relay the team of Stroud, Garrett, Smith and Miller were out gunned from the off but all the swimmers swam as fast or faster than in there individual events and no more could be asked. Over all Gordon Dart Team Manager and Club Chairman said *"With only five swimmers I was unsure how they would fair, but the five swimmers were amazing and swam out of their skins and were a credit to Reading and themselves to take so many medals and record more importantly so many good times"*.

	Sally Brown	Daisy Garrett	Morven Miller	David Smith	Tiffany Stroud
25m Backstroke	34.57 Silver	33.90 Bronze	32.26 Fourth	30.26 Silver	49.71 Bronze
25m Breaststroke	29.09 Silver		40.66 Fourth		
25m Freestyle	25.55 Fourth	31.40 Fourth	29.48 Bronze	28.18 Gold	33.93 Silver
50m Freestyle	1:14:40 Gold	59.15 Fifth	1:04.25 Silver	58.49 Bronze	1:13.52 Silver
75m Individual Medley			1:58.86 Silver		