



23rd September – Dover

Well done to all the junior swimmers that represented the club at the last round of the Kent Junior League at Dover last Saturday. We have seen a steady improvement in the performance of the team over the last three rounds of the league.

We had a much smaller number of DQ's this time, with only five disqualified swims. Of course, five too many! Three of the DQ's were in relays. Something to work on in training.

As many of you know most of the clubs have far more training than we have at Hythe, with Tonbridge as an example having six hours a week. We have three hours available with more time available if you want to train more. You will only improve your swim times by training more.

Lots of new PB's were swum last Saturday, well done to:

Kyla Alecks 200m IM

Benjamin Duncan 200m IM + 100m Fly + 100m Back

Dexter Aitchison 100m Back + 100m Free

Eva Clark 50m Breast+ 50m Fly

Toby Simmons 50m Breast + 50m Back

Diana Leon-Kolodziej 100m Free + 100m Back

Oscar Simmons 100m Free

Poppy Duncan 100m Breast

Oliver Richley 100m Breast + 100m Fly

Ewan Alecks 50m Free

Oliver Lewis 50m Breast + 50m Free

Chloe Mills 100m Fly

Jessica Robb 100m Breast

Many thanks to our poolside team:

Chris Clark, Hayley Richley, Stuart Duncan, Lois Newman + others