

2015 NSW STATE AGE RESULTS - TEAM ABBOTSLEIGH

Name	Event	Result	PB	Comment
13-18				
Katie	20IM	Gold	<7.08	Congratulats Katie on a wonderful meet. A massive improvement on last year as you did everything you could and more to achieve this fantastic result. On top of this you raced 7 relays for Abbotsleigh! people asked about your training, hoping for a secret, my answer was; "She does the prescribed work and the extra's!"
	100Fr	Gold	<1.24	
	50Fr	Gold	<0.37	
	200Fr	Silver	<3.04	
	100BK	Bronze	<2.81	
Shaun	100Fly	Gold	<1.14	Shaun - a massive improvement on last year Not only on the podium - but on the top! You are an excellent swimmer and have overcome huge obstacles through simply working hard. You have so much more in you when you improve on some skills and body work! A huge program for a huge talent. 100% PB's
	200Fly	Silver	<4.09	
	200FR	8th	<5.18	
	100FR	10th	<0.63	
	50Fr	11th	<0.40	
	400IM	12th	<3.35	
	200IM	18th	<0.91	
	100Bk	28th	<0.23	
Tash	50 FR	Silver	>0.09	2 podium finish's and a 200M National time Pleaseing to see you shining in the 100M and 200M races. Watching you grow, improve and learn so much in the past 12 months has been epic. Such a huge year for you (W back injury) Patience has given you great results at State 2015.
	100FR	Silver	<1.24	
	200FR	7th	<6.35	
	100BK	23rd	<4.39	
Clare	50FR	Gold	0	The most excited girl on the deck when you hit that wall first Awesome to see you so in control and loving your swimming.
	100FR	4th	>0.19	
Kaea	50 Fr	Silver	<0.54	Incredilble improvements in Fr for Kaea. Some exciting finish's achieveing 2nd and 4th! 2 more national times and some awesome relay lead offs. Such an amazing asset to our team. Got to love 100% pb's
	100Fr	4th	<2.31	
	100BK	6th	<0.44	
	200BK	14th	<1.26	
	200IM	29th	<3.51	

Annabelle	100Bk	Silver	>0.04	This time last year you were 14th and 20th in the 100 and 200Bk respectively. To see you 2nd and 4th this year is a great achievement. You have great race intelligence. With a solid 10 weeks of training ahead - we know what you must do to achieve National goals!
	200Bk	4th	<2.32	
	50Fr	25th	>0.92	
	100Fr	21st	>0.16	
	400FR	20th	<1.74	
Rani	100Bk	5th	<0.70	Yeehaa! On the podium again. Its been a huge year for Rani Ru! Moving out of home, boarding, overcoming squillions of obstacles and coming out on top! What didn't kill you made you stronger girl! Such a pleasure to coach and so full of gratitude!
	200Bk	Silver	<0.91	
	200Fr	23rd	>1.45	
	100Fr	25th	<0.24	
	50Fr	17th	<1.11	
Matt	100BK	6th	>0.32	Fantastic pb's in your non main events. Things to work on in your main events. So great to see you get motivated by both outcomes. This shows great maturity, passion for the sport and an enormous amount of resillience. A true champion and great team leader. You know "What It Takes" You have 'WIT" lets do 'WIT"
	200BK	8th	>1.20	
	200IM	7th	<1.78	
	100 Fr	22nd	>0.77	
	100Br	19th	>2.07	
	50 FR	17th	<0.07	
	200Fr	24th	<0.12	
	100Fly			
Keely	50FR	7th	<0.08	Relay results were great - Tick! Final swims a lift from the morning - Tick! PB in 200BK and 50FR - Tick! race plans - all over the place - cross! plans for improvements - Tick! Plans for future - Tick! Gracious in defeat, humble in victory - Tick!
	200 Back	11th	<4.76	
	100 Fly	20th	>1.29	
	100 Fr	19th	>1.20	
	200 Fr	13th	>0.75	
	100 Bk	14th	>1.29	
	200 IM	18th	>1.94	

Morgan	400Fr	16th	<7.38	<p>Morgz - the plan for State when way better than planned. Congrats on some awesome PB's Fantastic swim in the 10x50 What a happy way to end a good meet for you! Extremely proud for so many reasons!</p>
	100BK	27th	>1.12	
	200BK	19th	>1.63	
	50Fr	20th	<0.07	
	200FR	20th	>0.70	
	200IM	26th	<5.01	
Harry	50 Fr	16th	<0.91	<p>Another fine example of someone who has done all the right things in order to be in a better place than last year. Fantastic FR swimming and chipping closer every swim to those National times. Very happy with your commitment and never say die attitude!</p>
	100Fr	17th	<0.51	
	200Fr	37th	<0.33	
	100Br	24th	<1.26	
	200Br	31st	>2.88	
Tom	200BK	5th	<5.09	<p>Wow! You can race! Time and time again when Tom hit the water we were guaranteed something amazing and fast! 100% PB's, numerous finals and more national times So successful and so well deserved from one of the toughest trainers in gold squad. Proof that gutsy input equals gutsy output! Proof that happy swimmers make fast swimmers! Proof that planning and positivity work!</p>
	400FR	7th	<6.08	
	200IM	8th	<4.01	
	100BK	9th	<0.67	
	200FLY	11th	<2.99	
	200FR	12th	<2.08	
	100FR	16th	<1.19	
	50FR	31st	<0.51	
	100FLY	34th	<0.06	
Zoe	100FR	11th	>0.21	<p>Zoe - you are climbing your way back to your best. Some season PB's and a very very close 4th. This should give you some confidence leading into Nationals. Loved your smile's after your races!</p>
	100BK	4th	>2.38	
	50FR	13th	>0.76	
Geoff	100BR	7th	>0.70	<p>Geoff - A solid 200 IM with a huge 5.6PB. Very close to being back to your 100BR best. Quality training with your huge school program will be the key!</p>
	200BR	7th (DQ)	>2.21	
	200IM	25th	<5.67	

Lachi	400FR	25th	<6.98	Quality not quantity from this young man. Enjoyed your races so much. Well done Lach. Keep it coming! Lach was ripped off in the 5k and did well to compose and finish
	50FR	45th	<0.35	
	5K	18th	>1:46.00	
Sophie	200 Br	10th	>2.53	A terrific effort to make a State final in your first State age. A huge learning experience that you will only grow from.
Sam D	200 Fr	34th	>0.16	A terrific effort in your 400 Free, it is tough having to wait almost a whole week in between races. Keep up the huge effort in training.
	400 Fr	20th	<8.69	
Jacqueline	100 Fly	24th	>1.22	Some very, very good results for our Jacqui! Congrats on your first State final. Learnt a lot as the week progressed, especially implementing race plans. Keep on chipping away at those times towards Nationals.
	100 Fr	15	<0.01	
	50 Fr	14	>0.04	
	100 Br	27	<1.64	
	200 Fr	9th	<2.59	
Claudia	200 IM	20th	<5.16	PB, PB, PB, PB & PB Terrific results from a terrific trainer! The most encouraging part is that last year you only had 3 individual races! Your swimming is only going up & up & up.
	100 Fly	21st	<0.83	
	100 Fs	46th	<0.68	
	50 Fs	48th	<0.05	
	100 Bk	12th	<1.63	
Winona	200 IM	28th	>0.41	Not every carnival can be your best. A terrific teammate, not afraid to lend her voice for the cause. We will learn from our mistakes in the lead up to State and be far more disciplined for our charge at National Qualifying.
	200 Bk	19th	>2.37	
	100 Fr	41st	>0.82	
	50 Fr	20th	<0.30	
	100 Bk	22nd	>0.90	
Em	100 Fly	9th	<0.71	What a terrific meet for our Hawaiian Taper! You obviously worked hard while on holidays and it made a huge difference! Congrats on another National Qualifying time in the 100 Fly and making a final in your first Senior State. Congratulations on a terrific week!
	200 Bk	27th	<7.22	
	100 Fr	49th	>1.16	
	50 Fr	10th	<0.04	
	100 Bk	21st	<0.32	

Georgia P	200 Fr	8th	<5.70	<p>27+ seconds worth fo PB's across the week!!!</p> <p>A huge week of racing for our Georgi but that did not detere her fighting spirit.</p> <p>A huge congratulations to your first National Qualifying time in the 200 FS</p> <p>Displayed a great racing intelligence; sticking to her race plans across all strokes and distances.</p> <p>We've got to do something about all those 12ths though.</p> <p>You are a great teammate and an absolute pleasure to coach.</p> <p>Let's see what you can do in between now and Nationals!</p>
	200 Brs	12th	<7.0	
	200 IM	7th	<4.94	
	100 Fly	14th	<1.78	
	100 Fr	12th	<2.08	
	400 Fr	12th	<5.30	
	50 Fr	19th	<0.97	
	100 Brs	12th	>0.33	
Cal	5km	Bronze	<2:00.0	<p>Our open water specialist. A huge PB to go with a bronze medal is a terrific achievement. Pool swimming didn't go quite the way we planned but champions pick themselves back up and with only a week left until Nationals he's back training the house down for preperation for Perth.</p>
	1500 Fr	10th	>9.54	
	400 Fr	23rd	>5.67	
	200 Br	17th	>0.38	
Old Girls Relays	13-16	4x100IM	4th	<p>Annabelle, Imy, Keely, Katie</p> <p>Imy, Katie, Tash, Keely</p> <p>Imy, Tash, Katie, Clare</p> <p>Keely, Imy, Tash, Katie</p> <p>Keely, Katie, Tash, Imy (swam out of order)</p> <p>Keely, Rani, Georgia P, Imy</p> <p>Zoe, Katie, Clare, Tash</p> <p>Tash, Imy, Bec, Keely, Jacq, Rani, Morgz, Zoe, Clare, Katie,</p> <p>Fantastic being all in top 10, however looking closely at some split times would have seen us a place up and on the podium more often! Congrats to the record breakers!</p>
	13-14	4x 50FR	Gold (RECORD)	
	13-18	4x100FR	Bronze	
	13-14	4x50IM	Silver	
	13-16	4x100FR	2nd (DQ)	
	13-18	4x200FR	8th	
	13-18	4x100IM	4th	
	Open	10x50	Silver	
Old Boys relays	13-16	4x100IM	11th	<p>Tom P, Harry, Shaun, Kaea</p> <p>Kaea, Tom P, Harry, Matt</p> <p>Harry, Kaea, Tom P, Shaun</p> <p>Matt, Geoff, Shaun, Kaea</p> <p>Kaea, Harry, Brandon, Lachi, Geoff, Cal, Tom P, Shaun, Matt, Chris</p> <p>Great seeing Abb Boys rise to the occasion.</p> <p>You really work well together and its so inspiring.</p> <p>3 x top tens - moving closer to the podium every time you race!</p>
	13-18	4x100FR	7th	
	13-16	4x100FR	8th	
	13-18	4x100IM	5th	
	Open	10x50	12th	

12/U				
Tane	100 Bk	Gold	<3.24	Boy can this guy race!!!! A terrific result in the 100 backstroke winning the 10&under age group at 9 years old. Great Pb's in your Freesytle and a terrific team member in the relays. Well done Tane
	100 Fr	19th	<0.13	
	50 Fr	8th	<0.27	
Loz	200 Bk	15th	<1.69	A big program for loz in such a short period of time.
	100 Fr	40th	>0.42	A terrific PB in the 200 back!
	50 Fr	54th	>0.71	Great individual performance in relays to help her to teams
	200 Fr	24th	>1.73	to some great results.
	100 Bk	28th	>1.82	Fitness and technique will be key to your development! Well done Loz
Zac	100 Brs	23rd	<4.60	One swim One PB, terrific effort mate! How many events next year?
Abby	50 Fr	25th	<1.05	Trained like a champion and raced like one to! How many events can you make for next years summer State?
Charlie	200 Bk	4th	<4.45	Cool, Calm, Collected, Composed & Confident!
	100 Fr	20th	<1.57	What more can be said, terrific results that have backed up your training.
	200 IM	12th	<1.96	You were very mature with your application of Race plans, showing great
	50 Fr	20th	<1.26	composure through the beginning of your races and having great faith in
	200 Fr	13th	<3.17	your ability to finish.
	100 Bk	Bronze	<1.82	Congratulations on your first State medal.
Georgia O	200 Bk	10th	<4.86	It has been a tough season for you Georgia, but you put that all aside and
	100 Fr	13th	>0.21	and just raced!
	200 IM	27th	>2.31	A great PB in your 200 Back first up to get the ball rolling
	50 Fr	25th	>0.18	on what was a very busy w' end. To have all swims so close to your PB
	200 Fr	16th	>2.53	is a fantastic effort from your preparation.
	100 Bk	13th	>3.72	Keep working hard so you are back fighting fit!
Sammy R	100 Fr	34th	<1.30	Consistency Pays off. Terrific training standards have translated to
	50 Fr	17th	<0.98	some terrific performances. Massive Pb's in her FR and BR
	100 Brs	33rd	<1.33	and her swims in the relays were to the highest of standards.
	100 Bk	26th	>0.14	Congrats and good luck for the rest of season

Ashton	50 Fr	51st	<0.27	One swim, one PB and terrific performances for your relay teams. Congrats pal
Felicity	50 Fr	58th	>0.33	Great effort on very little training Flic! No lets see what you can do when you're fighting fit!
Becca	200 Bk	11th	<8.23	<p>Our marathon, wonder woman of JNR State! A terrific meet for our Becca, 2 national Qualifying times, 1 bronze medal, 4 top 10's and most importantly 7 PB's.</p> <p>Your consistency during training has definitely paid off with so many terrific performances in only 1 and a half days of racing. A great team member leading our realy team off the gun with a fantastic PB and National Qualifying time. Congrats Becca</p>
	100 Fly	4th	<1.27	
	100 Fr	Bronze	<0.22	
	200 IM	4th	<4.08	
	50 Fr	5th	<0.22	
	200 Fr	11th	<3.97	
	100 Bk	11th	<1.40	
Bailey	100 Fr	46th	>0.48	Not every race can be your best race, but like a champion he turned his attitude and performance for his team when they needed it.
	50 Fr	63rd	>0.29	
Jacinta	100 Brs	28th	<1.73	One swim, one PB. Terrific effort Jacinta. Lets see how many races you can qualify for come winter State.
Young Girls Relay	10/U	4x50FR	19th	<p>Flick, Sammy C, Cammy, Tahlia Becca, Loz, Sammy R, Georgia O Abby, Carolyn, Georgia, Adrianna Loz, Sammy R, Becca Georgia O George O, Sammy R, Flick, Jacinta, GeorgiaB, Becca, Caz, Adri, Loz, Mads</p> <p>Our young girls were terrific, great team spirit and really lifted for their teams. Congratulaions on the medal girls backing up winter State achievments. Finally girls we can take a a darn good selfie :)</p>
	12/U (A)	4x50FR	Silver	
	12/U (B)	4x50FR	42nd	
	12/U	4x50IM	6th	
	12/U	10x50	7th	
Young Boys Relay	12/U	4x50FR	13th	<p>Charles, Bailey, tane, Ashton Tane, Charles, Ashton, Bailey</p> <p>Congrats boys on these fantastic results! It's great to see our young boys have such a strong mateship and it showed in the way they raced for each other.</p>
	12/U	4x50IM	25th	