

## Excellent Performances at Derventio eXcel Meet

**HODDESDON** swimmers Georgina Pryor and Georgina Fisher travelled through heavy snowfall after competing at the UK Challenge, Hatfield on 4<sup>th</sup> February 2012 in order to take part in the Derventio eXcel Swimming Squad's Level 1 open meet at the International Pool Ponds Forge, Sheffield. This was the last opportunity for people to qualify for the 2012 Selection Trials in March at the London Aquatics Centre.

Pryor had qualified the week before for the 100 butterfly swimming a time of 1.06.15, however, this event was a chance to race and feel confident and relaxed without the pressure so it was still important to go.

The first session saw Georgina Pryor swim the 100 freestyle in a time of 1.04.51 coming 25<sup>th</sup>. This was a good swim matching her current pb and coach Janet Warrington was pleased considering how tired Georgina was, arriving at their hotel at 1.30am. Her second race was the 100 backstroke swimming a time of 1.12.22 and coming 19<sup>th</sup> again another matched pb. The final race of the first session for Georgina Pryor was the 200 IM where she swam a 4 second pb and came 11<sup>th</sup>.

Georgina Fisher arrived to keep Georgie company for the second session. Pryor had her favoured event first the 100m butterfly where she swam a new pb of 1.05.42 and earned a place in the final ranked 3<sup>rd</sup> place.

The heats for the 50 freestyle saw both girls competing; Pryor was up first and swam a pb

of 29.00 seconds, Fisher up two heats later swam a pb time of 29.44 seconds.

The final for the 100 butterfly saw Pryor swim another solid performance and claiming the bronze medal finishing 3<sup>rd</sup> in a time of 1.05.75.

Not long afterwards was the final for the 50m freestyle where we saw Pryor and Fisher competing against each other. The qualifying time for the Selection Trials in London and the time they needed to beat was 28.73. Fisher finished in 7<sup>th</sup> place with a new pb time of 28.86 and Pryor finished 10<sup>th</sup> with a time of 29.10.



Even though they had both narrowly missed the qualifying time, both girls were smiling at the end of a very busy weekend of racing, and all that was worrying Janet Warrington was the stress of driving home in the snow.

We are now looking forward to the next few weeks of competition: final round of the Herts Major League, London Selection Time Trials on 3<sup>rd</sup> March and then the County Championships throughout the month of March. Head Coach Janet Warrington said "The swimmers are showing great skills and their performances are excellent. It is going to be an exciting few weeks."