

Kings Birthday Weekend 1 – 3 June:

There will be no Learn to Swim, Club Lane or Squad Sessions on Kings Birthday Weekend.

Matariki Public Holiday:

There will be no Club Lane or Squad Sessions on Friday 28 June due to Matariki Public Holiday.

Annual General Meeting:

Thank you to all those who gave the club their support by attending our AGM on 19 May.

Our committee for 2024/25 is,

| | |
|----------------|--|
| Patron | Matt Meehan |
| President | Viv Morton |
| Vice President | Brent Harris |
| Secretary | Yvonne and Mark Macrae |
| Treasurer | <i>to be confirmed</i> |
| Club Captain | |
| Registrar | Brent Harris |
| Race Secretary | Elouise Thomas |
| Auditor | Jeanette Adams |
| Committee – | James Alderson, Jessie Guo, JayMi Ng, Steve and Vanya Pyne |

During the meeting presentations were made to our volunteer coaches, qualified officials and team managers who have taken the PCA teams away, as well as Karen Johnston and Jasmine Hardy-Mills who both stood down from the committee. Karen and Jasmine have each made a huge, valuable and much appreciated contribution to PCA and the committee in recent years.

PCA does require a few more people on the committee, and if we had a person with an interest in bookkeeping/accounts in our club who may like to become PCA's treasurer that would be great!

This is the smallest committee I have ever presided over. For a big club like PCA, we do need more people to step up to spread the load. If you wish to know more about the committee and their work, please email me on president@swimporirua.co.nz or ring me 027 645 1146. Specials skills are not required - just need a passion for swimming and a degree in common sense!

During the meeting a presentation was made to **Bronagh Ryan**, probably our most successful swimmer who recently hung up her racing togs to continue her interest in surf.

The earliest result that could be found for Bronagh was a swim at a Gold Coast meet in 2005 where at 11 yrs old she swam 50m breaststroke in 54.58. Evidently, she also swam 100 breaststroke that day and was disqualified!

Since that early swim Bronagh has been on quite a journey and swam at numerous meets in NZ and overseas and has won a number of National titles.

She represented NZ with success at the Oceania Games in 2016 and again in 2018, and at the Commonwealth Games in Brisbane in 2018.

Bronagh was selected to swim in NZ women's medley relay team at the Commonwealth Games and was then able to enter individual races.

Swimmers should never underestimate the value of being a good relay swimmer because that is why Bronagh was on the team. In 2016 and 2017 she broke the NZ Women's Open Short Course record for 100m Breaststroke three times.

One of these records was swum at WRAC – what an exciting race to watch. Currently Bronagh holds Women's Wellington records, both long and short course for 50m and 100m breaststroke set between 2016 and 2018.



Bronagh with her medals at the Oceania Games in Papua New Guinea.

Prizegiving:

While most of the cups and trophies presented at the prizegiving were based on results at the club champs, the following were awards for performances during the year.

Leaders Real Estate Cup – Swimmer of the Year - David Zhu

Southern Cross Cable Network Cup – Junior Swimmer of the Year - Rebecca Yu

Record Trophy for the swimmer who breaks the most club records during the year - Rebecca Yu.

Pru Young Memorial Cup – Top performance of the Year - Rebecca Yu – for breaking the Wellington Record for 11yrs 100m freestyle that had stood since 1993 – Rebecca Yu.

Personal Best Trophy for making the biggest improvement over all stroke and distances over the year – Justin Wang

Time Trial Trophy for making the biggest improvement over 200m freestyle over the year – Anna Han.

Junior Boys Long Distance Trophy – Asher Thomas

Senior Girls Long Distance Trophy – Lauren Crawford

Senior Boys Long Distance Trophy – Joe Reiher.

Nicols Trophy – for sportsmanship, attitude, being a good role model, attendance etc – Girls Jade Lin and Boys, Joes Reiher

Volunteer Cup – this cup recognises a volunteer who has made a huge contribution to PCA over the year – Louise Thomas.

Junior Coach:

Exciting things are happening for Heli and her husband with a baby due in November. Therefore PCA are now advertising for a replacement Junior coach. In the past usually we have found Junior Coaches through word of mouth and from who we knew in the community. If you know of anyone who would be interested, please get them to contact Viv, president@swimporirua.co.nz or ring me on 027 645 1146

Have-a-Go Race Night - Friday 14 June:

Cannons Creek Pool.

6:00pm warm up, 6:00pm start

Note; Maximum of 4 swims per swimmer.

Race night is open to all our club members and especially those who swim on Friday and Monday nights, Sunday morning and the Tadpoles, Seals, Swordfish and Sharks squads. Entries are taken on the night. This meet is not about winning - it is about "Having

a Go", learning to race, learning race rules, trying new events and establishing a club time.

Times recorded will not be official and can't be used as entry times for other meets. Because of race night Tadpoles and Seals normal training is cancelled. Swordfish training will be held as normal, although these swimmers are welcome to join race night after training – 200m medley is on the programme as event 1, especially for those and who may like gain valuable medley racing experience. Any queries, please speak to your child's coach or email president@swimporirua.co.nz

Please bring some cash – BBQ sausages will be available.

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals, the next one is at Tawa on 30 June.

These are very relaxed, official meets, and a great place to learn about racing.

Distance Badge Swims:

Distance badge swimming held on the two Monday evening's of the school holidays proved a great success with many swimmers challenging themselves and swimming non-stop further than they ever expected, much to the surprise of their parents!

A huge thank goes to all those who helped count the lengths and time those swimming 1K (40 lengths).

Congratulations to all the swimmers.

Distances

25m, 50m, 100m - Sasha Eastham. **25m, 50m, 100m 200m** – Avery Sun. **25m, 50m, 100m, 200m and 400m** – Lucy Bryant, Harvey Coffin, Andrew Ellis, Finn Pickett. **All the above plus 800m** – Emilia Bleach, Matthew Bleach, Indy Clayton, Jordyn-Leigh Jacobs, Nathaniel Siave, Hannah Lewis, Max Lewis, Ruby Lewis. **Also all of the above plus 1500m** – Cassandra Simmons-Godinet, Jackson Smith.

800m – Malloy Brown, Orion Kallahar, Aiden Lea, Josh Thomson. **1500m** - Olivia Mitchell, Addison Parish,

Well done to those who swum 1k for a time.

Under 30 minutes – Parik Perla. **Under 28 minutes** – Cam Andrews. **Under 27 minutes** - Kevin Liu.

Under 26 minutes – Addison Parish, Dan Zhang.

Under 25 minutes – Melody Liu, Archer Thompson,

Anushka Van Niekerk. **Under 24 minutes** – Ashlyn Van

Neikerk. **Under 23 minutes** - Fergus Conroy, Indigo

Eastham, Jackson Ellis, Ella Head, Emma Ng, Quinn

Spalding. **Under 22 minutes** - Charlotte Head. **Under**

21 minutes – Tai Lewis, Aidan Van Niekerk. **Under 20**

minutes – Max Seefa,

Parumoana Inter-School Swimming Sports:

Planning is underway for the 2024 meets – please mark your diaries now.

Dates – both are morning sessions.

Years 5 and 6 – Tuesday 27 August 2024

Years 7 and 8 – Wednesday 28 August 2024

Schools in the Parumoana cluster are Rangikura, Papakowhai, Paremata, Postage, Pauatahanui, Discovery, Adventure, Whitby Collegiate (years 7 and 8) St Therasas, Plimmerton and Pukerua Bay.

The schools should organise their teams as well as timekeepers and team managers. Please encourage your school to enter a team. Often it is the PCA parents who drive this along at school level.

For those new to *interschools* these meets have been held successfully for a number of years and are jointly organised by Porirua City Council/Dash Swim School, Porirua City Aquatics and Easyswim Swim School.

Lastly if your school doesn't have a school swim cap – please encourage your swimmer to wear their PCA cap – after all our swimmers are our best advertisements!

Meet Reports:

National Age Groups 2024 (13 to 18 yrs):

In the first week of the school holidays PCA took a team to Hawkes Bay for the NZ Age Group National Champs. PCA'S 12 swimmers had worked exceptionally hard to meet the tough qualifying times for this event.

Our team was Joe Reiher, Felix Thomas, Eric Yuan, Holly Sorenson, Frederick Mills, Lauren Crawford, Alyssa Bai, Dannielle Rule, Lewis Parker, Justin Wang, Patrick Reiher and Asher Thomas. We also had three Team Managers - Rose Crawford, Jasmine Hardy-Mills and Catherine Liu, Coach – Gerusio, Matonse and one official - Brent Harris.

It was a 7 day trip, 5 days of competition with morning and evening sessions. The morning sessions were the heats, and the evening were the age groups finals. PCA ended up 20th out of 70 clubs in the age group points results, an impressive result for our 12 swimmers.

There was an awesome atmosphere at the pool and our team put in impressive performances. We had some wonderful results including 7 Medals, 45 great PBs from the 72 individual swims and we also entered 6 relay teams.

Individual results can be found attached.

It was great to see the relationships between the swimmers grow over the week. A big thanks to Brent for Officiating the entire meet, Gerusio for coaching and

supporting our swimmers, Jasmine for cooking and Rose & Catherine for team managing.

Rose, Catherine, and Jasmine
Team Managers

Div III:

PCA hosted Div III, our annual fundraising meet at the Tawa Pool on 27 April.

The meet attracted 130 swimmers, 27 from PCA, and they were joined by others from Ice Breaker Aquatics and Kiwi West (both Palmerston North clubs) Masterton and most Wellington clubs including Pirates, Capital, Tawa, Swimzone Racing and Nga Tai Tuatea a Taraika

Running a meet with 102 events, over two sessions is a huge undertaking but pleasingly all went well and the feedback from our visitors has been fantastic.

A big thank you to everyone who contributed to the running of the meet - the officials, announcer, marshalls, office staff, BBQ cooks, refreshment ladies, runners, door people and medal presenters.

Thanks to Matt who organised the donated bread, and the Mills and St Just families for transporting the podium from Cannons Creek and back.

Thanks also to the PCA families who did provided a plate of food to keep the officials refreshed. The officials were certainly fed well!

As you would expect a lot of works goes in prior to a meet like – thanks to Elouise for organising the entries and Blair and Brent - the officials.

It was great to see most of those who PCA supported to recent National Meets and other Senior Squad swimmers along encouraging the PCA team and helping out.

The criteria for this meet allows developing swimmers to shine. Overall, the PCA team did very well with many standing in the podium for the very first time. Medals were presented to the first three in each race with those finishing 4th to 7th receiving a finalist ribbon.



PCA dominated the boys 10yr old age group with Lincoln Thomas, Lawrence Wang, Chao Wang and Alastair Bai swimming some exciting races that saw them share the podium a number of times.

A big thank you also goes to PCA's team managers Rose and JayMi and coach Todd Morton for guiding the swimmers.

A full list of results is attached at the end of this newsletter.

Swimming NZ Div II:

PCA's team of six along with managers, Becky St Just and JayMi Ng travelled to Hamilton to swim at this 5 day, held from 7 to 11 May.

Just qualifying to go to this meet is a tremendous achievement – Congratulations to the PCA team - Cody Chen, Jade Lin, Jayden Ng, Dannielle Rule, Maddy St Just and Daniel Turetsky

The PCA team did really well finishing 18th out of 77 on the club points table. Everyone finishing in the top 8 earned points for the club.

Like National Age Groups heats were held in the morning with finals swum in the afternoon sessions. The 800m and 1500m events were swum as timed finals.

Medals weren't on offer instead swimmers were presented with extra-long placing ribbons.

Those making the podium were:
Jayden Ng 14yrs, 1st 50m freestyle, 2nd 50m backstroke, 3rd 200m backstroke.
Cody Chen 13yrs, 2nd 50m breast, 3rd 100m butterfly.
Jade Lin 17yrs, 2nd 100m butterfly.
Daniel Turetsky 14yrs, 2nd 800m freestyle.

Those to finish 4th to 8th were Dannielle Rule 9 events, Jade Lin, Jayden Ng, Maddy St Just and Daniel Turetsky one each. Dannielle had a very heavy schedule of ten events. To finish in the top for nine of these was a great result.

Thanks to the managers for rearranging their families for a week, and also to Natalia Turetsky who helped with the cooking for a few days.

Gold Coast Meet:

PCA hosted this meet on Mother's Day (12 May) at the Tawa Pool.

PCA had by far the biggest team with 52 of the 85 swimmers competing. Other swimmers came from Raumati and Tawa Swimming clubs.

It was great to see a number of new swimmers taking part in their first Gold Coast while many swimmers swum new events for the first time.

PCA did extremely well winning the Personal Best Time trophy with 73% of our swimmer's races being swum in a PB. Raumati was second with 56% with Tawa close behind on 54%.

Winning a PB's Ribbons is the goal at Gold Coast Meets and while some PB's were a few splits, Congratulation goes to Livvy Andrews, Madison D'Oliveira, Indigo Eastham, Ashley Liu, Amokura Olsen, Hugo Pearce, Lincoln Thomas, Justin Wang, Nathaniel Wood and Elizabeth Yang who all achieved PBs in excess of 8 seconds.

A big vote of thanks goes to coaches Steven and Gerusio for guiding our swimmers, the PCA team managers and everyone who officiated or helped with duties.

Thanks especially to PCA's Senior officials who continue to support the club.

Swim Wellington Long Distance Champs:

This meet held at Coastlands on 25 May and was particularly successful for PCA's team of 19 swimmers.

There were only two events on the programme, with boys and girl swimming separately – 800m (32 lengths) and 1500m (60 lengths) freestyle.

For a number of swimmers this was the first time they had raced these distances while others were aiming to PB.

This was a Championship meet with medals were on offer.

Congratulations to PCA medal winners.

Gold medals – Cody Chen 13yrs 1500m, Lauren Crawford 14yrs 1500m and Rebecca Yu 12yrs 800m

Silver – Justin Wang 14yrs 1500m, Patrick Reiher 13yrs 800m, Frederick Mills 14yrs 800m and Emma Harrison 12yrs 800m.

Bronze – Asher Thomas 13yrs 1500m, Joe Reiher 17yrs & over 1500m, Dannielle Rule also 17 & over 3rd 1500m. Felix Thomas 15yrs 800m, Eric Yuan 16yrs 800m and Charlotte Harrison 14yrs 800m

Other placings 1500m 14yrs Daniel Turetsky 4th, Jayden Ng 5th, Maddy St Just 4th and 17yrs & over Jade Lin 5th. 800m 14yrs Victor Yu and Indie Spalding 13yrs 4th.

Thanks to coach Gerusio, our team managers and all those who officiated. Congratulations to Dennis Wang, winner of the officials raffle and Julia Wang for helping Viv with medal presentations.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$200.00 for club members. That is, those who swim in the Tadpoles squad and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$160.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals and those who swim in PCA's Johnsonville squad.

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs are due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our Treasurer at treasurer@swimporirua.co.nz to make an arrangement.

Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the start of the final session at 8:00pm on a Monday and 7:30pm on a Friday.

Those interested should contact Viv Morton on 027-645-1146 or email president@swimporirua.co.nz.

BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzle (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who did the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Viv Morton e-mail president@swimporirua.co.nz or phone 027-645-1146 for further information.

PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

The cost of caps are \$10 each if a swimmer requires another cap.

It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek) or the Team Manager at swim meets.

Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount in stock of PCA uniform hoodies with zips, T shirts, shorts and ponchos in various ages.

Please contact Jessie Guo on 021-232-1533 or e-mail uniforms@swimporirua.co.nz if you would like to purchase any PCA uniform items - see the web site for details, order form and bank details.

Bank Account Details:

Sunday Learn to Swim 03-0547-0205093-01
Squad Fees 03-0547-0205093-02
Everything Else 03-0547-0205093-00

If you are unsure which account you should be using, please contact treasurer@swimporirua.co.nz.

Upcoming Events:

8 June – Otaki National Qualifier (SC) – Coastlands - Entries Close 2 June.

14 June – PCA Race Night (SC) – Cannons Creek – Entries on Night.

22 June – SWN Winter Champs (SC) – WRAC – Entries Close 16 June. This meet is for swimmers 12 yrs and over as at 22 June.

30 June – Gold Coast Ribbon Carnival (SC) – Tawa – Entries Close 26 June.

Report of Best Times:

If you require a list of your times, please email Elouise Thomas the Race Secretary at race@swimporirua.co.nz and they will be sent back to you.

Club Contacts:

President (Viv Morton)027-645-1146
Vice-President (Brent Harris).....027-489-1120
Secretary (Yvonne Macrae).....021-177-1916
Treasurer (Vanya Pyne) [e-mail](#)
Race Secretary (Elouise Thomas).....022-140-5068
Junior Squad Coachdaveh@swimporirua.co.nz
Senior Squad Coach.... matonseg@swimporirua.co.nz
Squad Liaison
 Junior Squad (Viv Morton).....027-645-1146
 Senior Squad (Rose Crawford)021-701-109
 Johnsonville Squad.....
Officials Co-ordinator (Blair St Just)021-782-591
Uniforms (Jessie Guo).....021-232-1533
Newsletter e-mail info@swimporirua.co.nz

Swimming NZ Age Group Champ 2024 Swimmer Results

| Swimmer/Student | Event | Ranking for age group in New Zealand |
|------------------------------|----------------|---|
| Frederick Mills 14yr boys | 50 Breast | 2 nd /Silver |
| | 100 Breast | 5 th |
| | 200 Breast | 10 th |
| Lauren Crawford 14yr girls | 200 back | 8 th |
| | 800 Freestyle | 5 th |
| Felix Thomas 15yr boys | 50 Breast | 18 th |
| | 100 Butterfly | 19 th |
| | 50 Butterfly | 21 st |
| | 50 Freestyle | 23 rd |
| Joe Reiher 17/18yr boys | 50 Breast | 5 th |
| | 100 Breast | 4 th |
| | 200 Breast | 5 th |
| Asher Thomas 13yr boys | 50 Breast | 2 nd /Silver |
| | 100 Breast | 7 th |
| | 200 Breast | 9 th |
| | 50 Butterfly | 21 st |
| Alyssa Bai 13yr girls | 100 Butterfly | 4 th |
| | 50 Freestyle | 3 rd /Bronze |
| | 100 Freestyle | 8 th |
| | 200 Butterfly | 2 nd /Silver |
| | 50 Butterfly | 3 rd /Bronze |
| Eric Yuan 15yr boys | 50 Butterfly | 10 th |
| | 100 Butterfly | 5 th |
| | 200 Butterfly | 2 nd /Silver |
| Holly Sorenson 13yr girls | 100 Breast | 5 th |
| | 50 Breast | 2 nd /Silver |
| | 50 Butterfly | 8 th |
| | 100 Freestyle | 9 th |
| | 50 Freestyle | 9 th |
| | 100 Butterfly | 10 th |
| | 400 Medley | 8 th |
| | 200 Medley | 9 th but an injury prevented her competing the final |
| Lewis Parker 15yr boys | 50 Breast | 15 th |
| | 100 Breast | 10 th |
| Patrick Reiher 13yr boys | 50 Breast | 15 th |
| | 100 Breast | 20 th |
| | 200 Breast | 17 th |
| Dannielle Rule 17/18yr girls | 100 Backstroke | 22 nd |
| | 100 Butterfly | 21 st |
| | 400 Medley | 11 th |
| Justin Wang 13yr boys | 200 Butterfly | 7 th |

| Swimmer/Student | Event | Ranking for age group in New Zealand |
|-----------------------------------|------------------------------------|--------------------------------------|
| | 200 Breast | 20th |
| | 200 Backstroke | 19th |
| | 400 Medley | 8 th |
| | 400 Freestyle | 11th |
| | 100 Butterfly | 18 th |
| Justin, Fred, Felix & Lewis | 4x50 Medley Boys 15 & Under | 13th |
| Lauren, Fred, Holly & Felix | 4x50 Medley Mixed 15 & Under | 14th |
| Lewis, Holly, Alyssa & Felix | 4x50 Freestyle Mixed 15 & Under | 16th |
| Lauren, Holly, Dannielle & Alyssa | 4x50 Medley Girls 16 & Over | 14th |
| Dannielle, Joe, Eric & Alyssa | 4x50 Medley Mixed 16 & Over | 16th |
| Lewis, Felix, Asher & Fred | 4x50 Freestyle Boys 15 & Under | 14th |

Some Interesting comparisons with the past.

- 12 swimmers – our biggest team ever!
- 28 top 10 placings – previously PCA’s best was 2011 with 25.
- 20th in the club points rankings equally PCA’s 2011 result and far exceeding the 38 equal achieved last year.

PCA Results – Div III

| Name | Age | Gold | Silver | Bronze | Finalist | Pbs |
|--------------------|-----|------|--------|--------|----------|-----|
| Alastair Bai | 10 | | 3 | | 2 | 5 |
| Heidi Chen | 10 | | 1 | 1 | 1 | 3 |
| Jackson Crawford | 12 | | 2 | 3 | 1 | 6 |
| Dominic Dai | 9 | 1 | 2 | | | 2 |
| Madison D'Oliveira | 12 | 1 | 1 | | | 1 |
| Jackson Ellis | 10 | | 1 | | 2 | 4 |
| Charlotte Harrison | 14 | 3 | 1 | | | |
| Emma Harrison | 12 | | | 2 | 1 | |
| Yiqi Liang | 10 | | | | 6 | 7 |
| Ashley Liu | 11 | | | | 5 | 5 |
| Xinzhi Mao | 15 | 3 | 2 | | | 5 |
| Emma Ng | 9 | | 4 | | | 4 |
| Jed O'Donnell | 14 | 1 | 1 | 2 | 1 | 5 |
| Cooper Olliver | 11 | | | | 3 | 4 |
| Sam Olliver | 12 | 7 | 1 | | | 7 |
| Amokura Olsen | 11 | | | | 3 | 3 |
| Abigail Parker | 13 | 1 | 1 | 1 | 1 | 2 |
| Maddy St Just | 13 | | 4 | 2 | | 5 |
| Asher Thomas | 13 | 1 | 3 | | | 3 |
| Lincoln Thomas | 10 | 3 | | 2 | 1 | 1 |
| Peixin Tian | 10 | | | | 2 | 2 |
| Chao Wang | 10 | 4 | 1 | 2 | | 5 |
| Julia Wang | 9 | 2 | | 2 | | 4 |
| Lawrence Wang | 10 | 2 | 2 | 1 | | 4 |
| Michael Winton | 9 | 2 | 1 | 1 | | 4 |
| Kristen Young | 11 | 4 | 1 | | 1 | 6 |

Isabel Dowd (11yrs) swum well with 3PBs from 3 races a 100% result – amazing!