



Coaches Report

Queensland Championships Day 3

Heats

Caitlin Roberts looked great this morning swimming a solid 27.85 in the Women's Open 50m Freestyle. Well done and great week for Caitlin.

The boys were next with Jye Cornwell 23.90 PB, Thomas Bergin 23.92 and Daniel McConnell 24.22 PB, all posting great swims. Excellent news to see both Jye and Tom qualify for tonight's B final. Well done fellas.

Jacqueline Davison-McGovern made another final this morning in the girls 14 years 200m Butterfly. Jacq cruised 2.23.21 and goes into tonight's final ranked 3rd.

Abbey Lynn was all smiles this morning swimming a nice new PB in the girls 15 years 100m Backstroke 1.12.70. (33rd). A great result and well deserved after all the great training Abbey has put in this season. Well done Abbey.

Robert Friend swam like a demon this morning posting another PB in his pet event, the Open 200m Individual Medley. 2.09.52. Good news is that I know the Robdog can go faster, and even better news is that he gets another chance tonight in the B final.

Laura Brosnan had a big morning swimming the 200m Freestyle, 2.09.64 (11th QLD'er), and 800m Freestyle 9.22.90 (8th). Great swims today for Laura.

Our 15 year olds had their 100m Breaststroke heats this morning. Elke Becks is through to the final with an impressive 1.13.30 heat swim. Macy Gaynor swam her heart out, probably trying too hard swimming a 1.21.48. At this level, even trying too hard can be detrimental to high performance. I'm positive Macy will learn from this experience and be back stronger in the 200m later this week. Jake Fordham could push for the Yeronga Park swimmer of the session with his majestic swim, smashing his PB 1.13.81. Jake also PB'ed through the 50m and finished 16th in QLD. Great swimming guys.

Jonathon Friend will contest the 17 & 18 years 200m Breaststroke final tonight after cruising through the heats in a 2.30.22. I love watching Jono swim when "Jono wants to win". Good luck tonight buddy.

Charlotte Webby is 7th into tonight's women's Open 200m Butterfly final. She must be spending too much time with Jono, because she was also cruising through this morning's heat 2.18.44. Well done to Chloe Healy-Johnson 2.23.13 (9th QLD'er), just outside the final. Our 16 year olds all swam fast in the 100m Backstroke heats this morning, Claire Evans 1.07.51 2nd reserve for tonight's final, Amelia Mackie 1.11.93 PB (27th), and Ethan Nagle 1.06.49 PB (22nd). Well done guys.

13 year old Dougal Richmond closed out our heats session with another sneaky PB in the 200m Backstroke 2.37.69 (23rd). Great stuff Dougal.

Great session for YP with 8 finals tonight.



Coaches Report

Finals

Congratulations to Jye Cornwell 23.97 (11th) and Tom Bergin 24.02 (12th) for their great swims tonight in the Open 50m Free B Final. Very proud to have these 21 year old fellas swimming at a high level and enjoying the sport so much. Plenty to look forward to in 2019.

Jacqueline Davison-McGovern swam a sneaky PB tonight securing the Bronze medal in the girls 14 years 200m Butterfly 2.22.46. Top swim for Jacq with plenty more races to come.

Jonathon Friend's best mate, Robert Friend, swam like a man on a mission tonight. Rob swam another PB, faster than his heat swim placing 10th in QLD 2.08. 95. Rob swam right on his PB for the first 50m Fly (26.62) and 100m split (59.29). Let's just say that his last 50m hurt more than listening to one of Kevy Nagles jokes.

Yeronga Park's Breaststroke Queen, Elke Becks, won silver tonight in the girls 15 years 100m Breaststroke (1.12.95). Only the National Champion stood between Elke and the gold, but our Elke is catching her quickly. The 200m event will be just as exciting to watch. Congrats Elke.

Jono Friend should give himself a high five after tonight's epic bronze medal swim. Jono swam 2.25.79 in the 17/18 years 200m Breaststroke. This kid loves racing. Well done Jono.

Charlotte Webby improved on her heat time swimming a very impressive 2.18.09 (8th) in the Open 200m Butterfly. Webby is a New Zealand rep in swimming, and it has been wonderful having her join our team at Yeronga Park. Great swim Webby.

Capping off a wonderful night for Yeronga Park, and winning our 4th medal of the night was Ebony Blackstone. In the short 2 years that Eb has been a part of our family, she has become one of our senior role models and leaders of our club. Winning a Bronze medal in the Open 800m Freestyle, 8.52.25 PB in a world class field was truly inspirational. Every person competing at this level has pretty much swum their whole lives to be here. But for Ebony, that feeling of being back on the podium after 6 years must be amazing. Swimming is a tough sport, but the real indicator is just being the best you can be. Ebony has worked hard on this, and the medals and finals are all bonuses. Congratulations on a wonderful swim Eb.

Half way there...

Rob and Alberto