



Lisa Hartley Long Course Meet at K2 Crawley – 20/21 September 25

A great weekend of swimmers from the Hythe Aqua Team who travelled to Crawley to swim long course at the K2 – 50m pool.

Long course PBs for everyone on the Saturday - Laura (50 fly), Lauryn (50 free, 50 fly), Chloe (50 free, 50 fly), Ella (50 free, 50 fly), Eva (50 free), Seb (100 free), Millie (50 free, 50 fly), Oscar (100 fly), Jacob (50 back), and Hayden (50m breast, 100m breast).

On top of that, we had a few beat their short to long course conversion entry times - Hayden knocked 1.58s off his 50m breast and 1.23 off his 100m breast; Oscar knocked 0.71s off 50 free, Seb knocked 1.02s off his 100m free, and Lauryn knocked 2:07s off her 50m free and 2.56s off her 50m fly. Sunday results were also excellent with a brilliant 3rd place in the 16yr olds 100 back Millie Another huge PB for Lauryn in 100 back

Also a new Kent consideration time in the 50 Fly for Oscar brilliant.

Excellent results from Hythe Aqua swimmers. The additional two hours of training each week is really starting to deliver results – well done.

A very big thank you to our poolside team managers, coaches and officials, who all made the trip to Crawley to support our team





