



Central Beds Swim Squad (CBSS)

Gala Feedback for Press Releases 2016 – 2017

Meet Information	Basildon and Phoenix 17 th and 18 th December
MBSS Swimmers	Emma Shoobert, Katie Shoobert, Gemma Trott, Georgina Curtis, Laurent Thomas, Beth Thomas, Lauren Goodyer, Mea Roberts, Lauren Grice, Lauren Faulkner, Lauren Wright, Amy Edwins, James McFarland, Eddy McFarland, George Hart, Cameron Manley, Jack Wears, Conor Ferguson, Will Robins, Sam Townsend, Rachel Andrews, Rhea Mason, Charlotte O'Dell, Katie Cheeseright, Autumn Handscombe, Rebecca Grogan,
MBSS Coaches	Tom McManus, Ali Kerr, Liv Thomas
MBSS Team Managers	Anita Goodyer, Jo Hart, Debbie Curtis, Anna O'Dell
Number of Races	143
Number of PB's	97
PB Success Rate	68%
Medals / Finals	57 Medals (G24 S18 B15) plus additional top three places but they were categorised as time trials
Coach Comments	<i>"The Basildon and Phoenix meet was the target competition for the first phase of our training season. The swimmers were trained to swim fast and perform at this meet. Wow they certainly did perform! 68% pb success rate with 57 medals is excellent at any competition, but to achieve this at the end of a very busy few months involving lots of additional racing far exceeded my expectation. The swimmers have really embraced the challenge of the season and their applications and efforts to improve their stroke technique and racing skills were rewarded. At CBSS we talk a lot about our process or journey through the swimming season. The success of Basildon and Phoenix meet is a reflection and reward for their process focussed approach to bettering themselves as swimmers. We now all take a well-deserved break during Christmas and look forward to the long course season in 2017. A special thank you to all of the CBSS</i>



	<i>coaching team, team managers, parents and of course the swimmers for not only being so supportive but for also having lots of fun along the way making it an enjoyable experience” Tom McManus Head Coach CBSS.</i>
MBSS Website	www.centralbedsswimsquad.com
MBSS Facebook	facebook.com/Mid-Beds-Swim-Squad
MBSS Twitter	cbss@midbedsswim

Medal Winners

GOLD	SILVER	BRONZE
Georgina Curtis 400IM	Jack Wears 50Breast	Beth Thomas 50Fly
Georgina Curtis 50Fly	George Hart 200Back	Beth Thomas 100Free
Autumn Handscombe 200Breast	Lauren Faulkner 100Free	Jack Wears 200IM
Sam Townsend 100Fly	Cameron Manley 200IM	Charlotte O’Dell 50Free
Jack Wears 100Fly	Rachel Andrews 50Free	Lauren Thomas 50Free
Georgina Curtis 50Free	James McFarland 200Free	Will Robins 200Free
Sam Townsend 50Back	Lauren Goodyer 100Fly	Jack Wears 100Back
Sam Townsend 200Free	Sam Townsend 100Back	Rachel Andrews 50Breast
Rachel Andrews 100Fly	Autumn Handscombe 100Breast	Will Robins 200Breast
Lauren Thomas 100Fly	Rebecca Grogan 100Breast	Cameron Manly 200Breast
Jack Wears 100Breast	Charlotte O’Dell 400Free	Katie Cheeseright 50Fly
Georgina Curtis 100Breast	Autumn Handscombe 50Breast	Eddy McFarland 100Free
Lauren Grice 50Breast	Lauren Thomas 200Back	Rachel Andrews 200Free
Jack Wears 50Fly	Gemma Trott 200Back	Rhea Mason 200Free
Autumn Handscombe 200Back	Katie Cheeseright 100Fly	Lauren Thomas 200Free
Emma Shoobert 200Back	Georgina Curtis 200IM	
Georgina Curtis 100Fly	Rhea Mason 50Back	
Sam Townsend 100Free	Charlotte O’Dell 200Free	
Jack Wears 100Free	Autumn Handscombe 100back	
Lauren Thomas 200IM		
Lauren Grice 200IM		
Lauren Grice 200Free		
Rachel Andrews 100Back		

