



SHREWSBURY OPEN MEET 2010

It was an early start as Team Fleetwood set off for Shrewsbury. By early we mean 5:30am and by team we mean Liam plus parent/coach.

We arrived 5 minutes before warm up after stopping off to refuel: Liam that is, not the car. God bless Little Chef.

First event was the 200IM. Not a good swim as he was 2 seconds slower than his PB. Fortunately Liam was not too disappointed as he had an explanation for his slow time. He claimed it was a strange pool, he couldn't see the bottom at the deep end, the walls were slippy and a mysterious current kept dragging him towards the lane ropes. The silver-lining, or should I say bronze-lining, was that he finished 3rd in the 13/14 year age group.

Event 2 was the 200m backstroke. Liam quickly adapted to this strange pool to produce a PB and a 2nd place finish. He was all smiles until parent/coach pointed out he had missed gold by 14 hundredths of a second. Liam responded that the lad who beat him was actually 14 and by his estimations looked likely to turn 15 any day now.

It is important that during a long day swimming that an athlete has a proper nutritional lunch. So one portion of chips, one sausage butty and one Danish pastry later Liam was good to go for the afternoon session. As some of you may know Liam is somewhat of a connoisseur where sausage butties are concerned and this one ticked all the right boxes.

Event 3 was the 200m Breaststroke. No PB and no medal, but Liam was not disappointed as the effects of lunch had not worn off. It was good that parent/coach was on hand to point out that bronze had been missed by 11 hundredths of a second. He tactfully suggested that next time Liam spent less time looking around and admiring the other swimmers and spent more time on looking in the direction he was heading.

After a long and tiring day it is always good to look at the start list to find your son is swimming in the last heat of the last event. Fortunately the thought of tea and more food spurred him on to a PB and gold medal in the 100m backstroke.

All in all, a long, but enjoyable day. Shrewsbury put on a well organised gala in a lovely setting on the banks of the River Severn. Will we be back next year? Of course, it was one heck of a sausage butty.