

Flight of the Concorde



“6 competitions 96 events, in 6 days in 3 towns”

Dean Karnazes (USA ultra marathon runner)

The man who ran 50 marathons in 50 days in 50 states. He has been hailed as the fittest man on the planet but he believes he is very average.

How does he do it..... Day two insight: *Preparation is everything.*

The day dawned in Mowtown (aka Masterton) humid but with a hint of rain. The Conchords were up and into a hearty breakfast before heading to the pool for the start of racing. A rush of swims with some great results rocketed the Concorde to the number 1 spot after the morning session. Back for lunch and a short session on Drugs in Sport, then it was back to the pool for session 2. The session saw some great swims with a relay finale that saw the Concorde gain some much needed points. Roll on Taupo.....

Dinner and the celebration of our two swimmers of the sessions – Bernadette and Ryan.

Congratulations and well done the Concorde for walking tall and moving forward.



Freddies top tips for the day



From his mum.....

#1 Never overtake on the open road

#2 Get out in front and slowly increase your lead (Bassett family motto)

Team Captains Corner

Shane says the Concords were an outstanding team today that gelled together, overcame the odds and supported each other.

Lauren says step up to the plate as one.



Concords – Session 1 at Motown

Standing Left to right: Sophia Batchelor, Dave Prattley (Asst Coach), Lauren Speer (Team Captain), Lil Clearwater, Bernadette Reidy, Luke Morgan (Head Coach) Shane Hornby (Team Captain), Thomas McCarthy (Billy), Chris Dawson, Brock Wilson, Zac Aitken, Freddie Bassett (Hi Mum), Ryan Holder, Anna Kitching (Asst Coach), Jade Tuwhangi, Rebecca Roling.

Sitting Left to right: Emily McGill, William Griffith, Josie Kydd, Caroline Baddock, Emma Robinson (The C is for Concords), Tom Ward

Mascots: Emma and Joseph Samuel

ABSENT Manger Sharon Arlidge RIP (now a Smurf) and new manager Clive Wheeler taking the photo