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XLR8 AWARD WINNERS SEPTEMBER-OCTOBER 2010

15th November 2010

Congratulations to the following swimmers who have been named the XLR8 Award Winners for September-October 2010:

- 10 year old girls: Ciara Duncan (Thames) 4060 points
- 11 year old girls: Madaleine Thomas-Beck (Swim Zone Racing) 3836 points
- 12 year old girls: Paige Schendelaar-Kemp (HPK) 3902 points
- 13 year old girls: Rachel Smith (Coast) 3997 points
- 14 year old girls: Natasha Lloyd (Kaiapoi) 4247 points
- 10 year old boys: Josh Spence (HPK) 3593 points
- 11 year old boys: Joshua Young (Northwave) 3467 points
- 12 year old boys: Jordan Rahurahu (Wharenui) 3526 points
- 13 year old boys: Bailey Main (HPK) 4024 points
- 14 year old boys: Bradlee Ashby (Hamilton) 4049 points

Every two months Swimming New Zealand awards the top male and female XLR8 point scorers in each age category (10 & Under, 11, 12, 13, 14) determined from rankings on [Take Your Marks](#). These award winners receive a unique XLR8 cap, 2010 Commonwealth Games team postcard, and SNZ sticker.

Swimming New Zealand believes strongly in the XLR8 program for those swimmers 14 years and younger as it encourages aerobic development, versatility and all round ability (rather than performance in a single event) which are key principles of Long Term Athlete Development. The XLR8 programme ranks swimmers over four events:

- One DISTANCE Freestyle event (distance varies with age)
- One INDIVIDUAL Medley event (distance varies with age)
- One 200m FORM event (200m Bk, 200m Br, 200m Fly)
- One OTHER event (next highest ranked result)

In addition to the personal benefits of training and racing a variety of strokes and distances, Swimming New Zealand uses the XLR8 rankings to select swimmers ages 13-14 year onto the first level of the national program - the Regional Age Group Development camps.

For further informatin on the XLR8 program please [click here](#).

- [2010 XLR8 Award Winners 2.pdf \(pdf 130.26 KB\)](#)

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