

Thoughts on Nationals 2009:

This year was my second year at my nationals; I qualified for 100m and 200m breast again but also got the 100m fly time as well. Last year I came 4th and 5th just missing out on a medal, so this year I wanted to make sure I do better. However it was not easy as I got an injury about half a year ago, but I recovered from that well. For the 200m breast heats I did a 2.37. this was a 7 second pb. In my final, I probably had the best race of my life, in terms of pacing, and I was able to gain a bronze with a 9 second pb altogether medal by saving a bit of energy for the last 25m's to over take the boy who was 3rd then. I did a time of 2.35.04 which I was really proud of but it was a bit annoying as I missed the 15 & 16 national time by 0.04 seconds. After my race I said to myself and my mum that I would have to get an even better position in the 100m breast as people always call me a 200m breast swimmer, will Jackson for example, and I wanted to prove them wrong. When the day came on Saturday, I did a 2 second pb in the heats and was seeded first for the final with a time of 1.11.85, in the finals I did another second pb and won my nationals!!!!!! I was so excited afterwards, I did a time of 1.10.85 but what I didn't like about winning was that there was a guy with a camera on my starting block pointing it at me, and it was all on a massive screen above me, it felt like he was the paparazzi. I couldn't have done it with out all the help I have been given from Chris and also previous coaches and other people who have helped me. Thank you all. And thanks to the people who wrote my good luck card as it was very thoughtful.

Bye

Hiro Harazawa