

## **City of Derby Long Course Open Meet**

(Level 1 Meet)

### **12,13 January 2008 at Ponds Forge, Sheffield**

Five members of Top squad, Chloe Coates, Jake Cowton, Michael Robinson, Iain Rossington and Helena Teague competed with some of the best swimmers in the country at the well-attended, well-organized City of Derby meet at Sheffield, gaining further valuable long course experience.

Head Coach, Fiona Miller, said 'I was happy to see all our swimmers produce fantastic results this early in the season. All the hard work in training is now paying off in the pool.'

A special mention must go to both Jake Cowton and Chloe Coates for their individual performances. Jake achieved his first National Youth Championship qualifying time this weekend in the 100m Freestyle and Chloe was second in her age group for the overall BAGCAT's award, also coming second in the 200m IM and the 50m Breaststroke.

Fiona is looking forward to a very successful season for the entire club and we wish all the swimmers in Top Squad well in their next competition in February.

Fiona Miller