

Rotherham Metro "A" & "B" Grade Level 3 Meet Written by Glen Fenby

The Rotherham Graded Meet was held at Ponds Forge in Sheffield on the 19th/20th January 08. For the DASC swimmers who went, it was their first gala after the Christmas break and with mountains of selection boxes probably consumed over that period the prospect of medals was pretty distant, or so I thought. However a small squad of 9 swimmers from DASC attended the weekend and did themselves and the club proud with 9 medals awarded: 4 gold, 2 silver and 3 bronze.

The pool at Ponds Forge is a 50m long course pool and most of the children who attended have never swum there before and actually most had never swum in a 50m pool either. During warm up **Ineke Van Mourik** (12) came back and said, "this pool is massive and I can't believe how far it is before I turn." This became very clear to her in one of the hardest races she attempted in the 200 fly. Luckily Ineke had great technique and never let the pool size affect her and swam beautifully throughout, but was extremely tired at the end of the race. Ineke continued to swim well in all her races - 50 & 200 breast, 50 fly and the 100 free with some great PBs throughout.

The girls were starting now to get to grips with the size of the pool and **Lucy Proctor** (12) stylishly took gold in the 50 back and silver in the 200 free. **Rebecca Trenholme** (13) also took gold in the 50 back and bronze in the 200 free, **Chloe Shearing** (13) was not going to come away without gaining a medal and was awarded gold in the 50m fly and bronze in the 100 back. **Helen Murray** (12) had a tremendous swim in the 50 free, her last event of the weekend, with a well deserved gold and also **Fern Turner** (11) performed extremely well by taking bronze in the 200 Fly. Other girls who need to be congratulated for their good swims are **Joanna Wilson** (17), **Lauren Turner** (13), and **Kate Troy** (11) who all achieved great PBs just missing out on a medal.

Robert Murray (13), the only boy who attended the meet, could not be outdone by the girls' success and he received a gold medal for his efforts with the 50 free. He also gained PBs in his 200 free, 100 back, 50 & 200 breast.

Swimming in a 50m pool gave the swimmers valuable experience. They and their parents also thoroughly enjoyed the long weekend stay in Sheffield.