

## DASC at Newburn New Year Graded Meet Stanley, 23,24 January 2010

With the Christmas break behind us, DASC started the New Year with a visit to Stanley in a relaxed mood with a squad of 14 swimmers from the newly formed Top & A squads.

The Newburn Gala was heavily over subscribed resulting in many rejections. It was highly competitive with medals awarded for the first six places in each event. DASC picked up a total of 31 medals over the weekend; 12 of them were for top three places. In their 47 swims, our swimmers also recorded 25 Personal Best times and majority of the rest were matched PBs. It was good to see at this level so soon after the Christmas break.

The gala was busy and the warm up was more like a 'wacky races' event with 35 swimmers in each lane. DASC swimmers did well to come out of it uninjured, unlike some other teams!

The small squad of 4 boys won 5 medals. **Michael Cole-Robinson** (16) came 4<sup>th</sup> in both 100m Breaststroke and 50m and 100m Backstroke and matched his PBs. It was pleasing to see **Richard Murray** (9) receive a medal for his hard effort in the 200m IM with a 6<sup>th</sup> place finish. **Michael Patan** (16), now establishing himself in swimming, found himself in many of the final heats but did not let this unsettle him, producing some great swims with a 5<sup>th</sup> for his 100m Freestyle and a 6<sup>th</sup> place for his 50m Freestyle. The highlight for the boys' team was a swimmer who just missed out in the medals **Alex Park** (15) but who managed to break the 30-second barrier for 50m freestyle showing he is rapidly improving in the sprint events and he also matched his 200m freestyle PB.

The squad of 10 girls won 26 medals - an excellent effort. The highlight of the weekend was 12 top three places and it could have been better if we had finished a little harder at the end of the race!

**Alice Eynon** (9) showed great style with bronze medals in the 100m IM and 50m Butterfly with a good 2 seconds off her Butterfly PB. **Elizabeth Fenby** (10) did not manage to train all week leading up to the gala because of a virus and her Dad was not expecting her to complete all her swims! However she recorded one PB after another. Her 100m freestyle gained a gold medal with a fantastic swim in a time of 1:16.93. She continued to impress throughout the day and she came 2<sup>nd</sup> in the 200m IM, 4<sup>th</sup> in the 400m IM, a gruelling swim, and 100m Butterfly and 5<sup>th</sup> in 100m Backstroke. However, the coach wishes to comment that no training normally equals no PBs, but on this occasion she managed to surprise the coach. **Emily Bell** (11) gained a silver medal from the 200m IM and a strong controlled swim in the 200m Freestyle gave her a 6<sup>th</sup> place. **Victoria Pinner** (11) managed two good PBs in 100m Freestyle and 100m IM and impressed with her attitude. **Victoria Fenby** (12) is definitely finding some form with five medals from five races and four PBs to go with a silver medal in her favourite event - 50m Butterfly.

Amongst the older girls, **Kate Troy** (13), now back in serious training after her dancing exploits over Christmas, had a fantastic 200m Backstroke and claimed a bronze medal and followed that up with a 400m Freestyle PB. **Lauren Bell** (13), another swimmer showing dedication by turning up for just one swim, did herself proud by going under 1.20 in the 100m Backstroke and a fourth place medal. **Lucy Proctor** (14) is another swimmer who is starting to train at the right rate and therefore producing PBs - three from four swims, including an excellent 400m Freestyle where she claimed a 5<sup>th</sup> place medal, as well as 5<sup>th</sup> place medals in 50m Freestyle and 50m Backstroke. **Catherine Fenby** (15) remained on course for a good season by matching and beating her PBs throughout the two days. She finished with a haul of three silvers from 50m & 100m Freestyle and 50m Butterfly, a bronze from the 50m Backstroke and a 4<sup>th</sup> place medal in 100m Backstroke. **Chloe Shearing** (15), turning up for one race, recorded exactly the same time in 100m Freestyle as a long standing PB, but to her credit she has now changed her technique and swam a smoother race. At the next gala I am confident she will beat this PB.

All in all, it was another fine showing from the Darlington swimmers who are improving with every gala. Well done to everyone who swam, and it's clear that all the hard work put in by the swimmers is paying off.