

DASC at South Tyneside September Meet, 18,19 September 2010 at Hebburn Pool

A group of 14 girls and 5 boys from DASC travelled to Hebburn Pool to compete in their first gala of the 2010/11 swimming season hosted by South Tyneside SC. They were all raring to go, three of them raring a bit too much resulting in disqualifications for false starts! Despite this the swimmers put in many very good performances, especially considering how early in the season this gala took place.

9 year old **Sally Abbott** was competing in her first ever open gala and started off her competitive career with 100% PBs and a silver medal in 100m Freestyle.

Our talented quartet of 10-year old girls was both busy and successful during the weekend. **Elizabeth Fenby** won 3 gold and 3 silver medals with all but one PB times in her 7 swims. **Jade Cook** competed in 10 events winning a bronze in the 200m Breaststroke, and achieving a qualifying time for the regional NER Championships in November, narrowly missing out on 3rd place in 4 other races and clocking up a wonderful 7 PB swims. **Hannah Briggs** was also on good form in her 6 swims, and braved her first-ever 200m Butterfly winning silver in it and a bronze in 100m Butterfly. **Alice Eynon** knocked almost half a minute off her previous 200m IM time and swam a great 100m Freestyle.

Competing in the 11-year old agegroup, **Samantha Hawkes** swam 3 PBs and **Anna Troy** one PB. **Victoria Pinner** had a hectic weekend with 10 swims, including her debut at 200m Butterfly and was well rewarded for her hard work with a gold, 2 silvers and a bronze medal as well as 6 PB swims. **Bridget Upton**, after a week of training interrupted by illness, swam well in her Freestyle events to produce 2 PBs.

13-year old **Abbi Hawkes** had a magical meet producing a PB (or a first ever swim) at all of her 8 events and a great bronze medal in her debut 400m Freestyle. A weekend to be treasured by her. **Victoria Fenby** was on good form in her breaststroke swims, as well as coming home with 2 golds, a silver and 2 bronze medals.

The trio of 14 year old girls **Kate Troy**, **Lucy Proctor** and **Helen Murray** all acquitted themselves well with 6 PBs between them, Kate winning 2 bronzes in Backstroke events, Lucy a silver on Backstroke, and Helen winning gold in 100m Breaststroke.

Richard Murray swam in Sunday's 10 year-old events, having spent Saturday at football training and taking part in the Junior Great North Run, so was somewhat weary, although did a PB in 100m Backstroke. In the 12 years agegroup **Jonathan Abbott** swam a speedy 50m Freestyle, John **van Mourik** lowered 2 of his previous best times and **Liam Carrigan** knocked almost half a minute off his 200m Freestyle time. **Christian Brown** continues to make great progress with PBs in all 4 of his events in the 13 years agegroup, including a big leap forward in 200m Freestyle.

Head Coach, Glen Fenby, said, "Wow – a great start to the new season with some fantastic results. Swimmers tried hard and have done extremely well, and I know there is a lot more to come now we are back in full time training."