

## DASC at Wear Valley Level 3 May Meet 15,16 May 2010 at Bishop Auckland

A team of 15 girls and 7 boys from DASC took part in the Wear Valley Level 3 May Meet at nearby Bishop Auckland. Some teams travelled to it from much further afield including City of Bradford, City of Sheffield and Kingston-upon-Hull. Competition for the top three placings and some very handsome medals in each agegroup was fierce amongst the younger swimmers.

Once again DASC had a fabulous weekend of competitive racing, personal best swimming and enthusiastic supporting of teammates. They competed in exactly 100 races and had a PB success rate of 66%, good in any gala, but even better considering it comes after several similarly successful galas. We also came away with 3 Golds, 7 Silvers and 12 Bronzes.

Arguably the highlight of the DASC performances was the achieving of a first NER qualifying time by each of the fast-improving young 10-year-old A Squad girls, **Alana Prior** in 200m Backstroke and **Hannah Briggs** in 200m Freestyle. This was the last opportunity to qualify for the 2010 Regional BAGCAT (Agegroup) Championships to be held in Sheffield in June. It is a fantastic achievement by these swimmers, and we look forward to watching their progress in the months to come.

Despite having lost some valuable days of training by having their overseas Easter holidays extended because of the disruption caused by the volcanic ash cloud, **Richard and Helen Murray and Fern Turner** all still managed to achieve PB swims in several of their events, with Helen winning a silver and a bronze in two of the 14 years Breaststroke events.

**Jonathan Teague** (13) won a gold in 50m Butterfly and a silver in 100m Backstroke, making a big dent in some rather old PBs. **Alex Field** (13) had a busy and very successful weekend knocking huge chunks off his PBs in every race and gaining very valuable racing experience, as well as winning a silver in 50m Freestyle and bronzes in 50m Butterfly and 200m Freestyle. **Jonathan Abbott** (12) recorded big PB swims in all 4 of his events and **Richard Coxon** (14) in his 2 events where he won silver in 50m Butterfly and a bronze in 100m Backstroke. **John van Mourik** (12) and **Edward Day** (10) each finished with 3 PBs from 3 swims.

Our youngest competitor, 9-year-old **Alice Eynon**, had a very successful weekend of swimming with a gold in 50m Freestyle and 2 bronzes in 50m Breaststroke and 100m IM and 3 PBs. 10 year olds **Alana Prior** won

2 silvers in Backstroke events with 5 PBs from 6 swims, and **Hannah Briggs** gained a bronze in 100m Butterfly and 3 PBs. **Mikayla Jordens** (also 10) achieved 3 fastest swims. **Anna Troy** (11) swam best times in all 4 of her events. 12-year-old **Emily Bell** continues to improve, especially in the Butterfly events and won 100m Butterfly and came third in the 200m event, finishing a busy weekend with 4 PBs. **Bridget Upton** (12) was on good form in her Butterfly and Freestyle events, as was **Lauren Bell** (13) on a variety of strokes. **Robyn Wilkinson** (12) lowered her long-standing 100m Backstroke PB. **Kate Troy** (13) won bronzes in both 100m and 200m Backstroke events and did a PB in 50m Butterfly. For the 14 year olds, **Lucy Proctor** produced a super 5 PBs in 5 swims with two bronzes in 50m Butterfly and 100m Backstroke, **Rebecca Kell** was 2<sup>nd</sup> in 100m Butterfly and clocked up 3 PBs, and **Ineke van Mourik** was close to her best on the sprint Butterfly event.

It was a super weekend to be a DASC swimmer, parent or coach.