

DASC at Middlesbrough AA Grade Meet 1 February 2009

A large DASC team of 20 girls and 9 boys competed at the ever-popular one-day AA Grade gala organised by Middlesbrough ASC at the Neptune Centre. The programme of events consisted of 50m of each stroke and 100m Individual Medley and 200m Freestyle for all ages.

DASC was represented by swimmers from Top, A and B squads. Between them they competed in 117 swims, producing a superb total of 82 Personal Best times and 24 Top Six placings. Several of our swimmers had a very busy day competing in all six events open to them.

Our most successful competitor in terms of medals was **Lucy Proctor** (age 13) who was placed in the Top Six in all six events, winning the 200m Freestyle and coming 2nd in the 50m Backcrawl. **Laura Johnson** (age 12) achieved placings in all 4 of her swims, coming 3rd in 50m Backcrawl. **Iain Rossington** came 2nd in the 15 & over 50m Butterfly and 4th in 200m Freestyle. **Claire Heffey** was 3rd in the 12 years 50m Butterfly. **Kye Cowton, Tom Short, Ineke van Mourik and Thomas Waterworth** gained two Top Six placings each, and **Joe Anthony, Jonny van Mourik and Joe Wilson** gained one each.

It was great to see that every single DASC swimmer produced at least one PB swim at this gala with several of them knocking many seconds off their previous best times. **Bridget Upton** produced 6 PBs, **Thomas Waterworth and Lucy Proctor** produced 5 PBs and **Lucy Davies, Lauren Bell, Jade Fletcher, Laura Johnson, Rebecca Kell, Holly Short and Fern Turner** all swam 4 PBs. There were massive improvements in times in some events shown especially by **Richard Coxon, Iain Rossington, Thomas Waterworth, Lauren Bell, Rebecca Kell and Anna Brewster. Alex Park, Lucy Gent and Sarah Bendle** were all swimming in only their second gala away from Darlington and all gained valuable experience. There were PB times also for **Emily Bell, Grace Carlton, Robyn Wilkinson, Anna and Kate Troy and Emily Waterworth.**

A squad coach, Brenda Seaton, and B squad coach, Emma Hughes, said that it was a very good overall performance and were thrilled to see so many swimmers improving on their Personal bests. 'Well done! You can't do much better than that!'

Emma Hughes and Jane Teague