

Peterlee Graded Gala 11 January 2009

Coach's Report

A large group of 20 DASC swimmers from B, A and Top squad took part in this one day graded gala. From a total of 77 swims the 15 girls and 5 boys achieved an admirable

- 46 Personal Best times
- 3 Gold medals
- 7 Silver medals
- 9 Bronze medals

The medal winners were:

GOLD	Emily Bell	100 Free	10 years	A squad
	Kye Cowton	100 Free	11 years	A squad
	Thomas Waterworth	100 Breast	12 years	A squad
SILVER	Kye Cowton	200IM	11 years	A squad
	Robert Murray	100 Breast	13 & over	Top squad
	Anna Troy	50 Fly	9 years	B squad
	Emily Waterworth	200 Free	9 years	B squad
	Thomas Waterworth	100 Fly	12 years	A squad
	Robyn Wilkinson	100 Back	11 years	A squad
BRONZE	Joe Wilson	50 Free	10 years	A squad
	Emily Bell	50 Fly	10 years	A squad
	Kye Cowton	200 Free	11 years	A squad
	Kye Cowton	100 Back	11 years	A squad
	Jade Fletcher	200 Free	10 years	A squad
	Claire Heffey	100 Fly	12 years	A squad
	Anna Troy	50 Breast	9 years	B squad
	Thomas Waterworth	100 Free	12 years	A squad
	Robyn Wilkinson	200 IM	11 years	A squad
	Joe Wilson	50 Back	10 years	A squad

Congratulations to **Kye Cowton** for achieving another N&D qualifying time in his 200m IM swim (3.09.33), and to **Anna Troy** for her first N&D qualifying time in her 50m Fly swim (48.52).

B Squad

Bridget Upton, Emily Waterworth, Lucy Gent, Sarah Bendle, Anna Brewster and Anna Troy all gave very promising performances and gained new PB times in almost all their swims, with medals for **Emily W and Anna T**. Their coach, Emma Hughes, is extremely pleased with their endeavours.

A squad

There were excellent swims from our newest A squad members – **Emma Shackleston, Jade Fletcher, Lauren Bell and Joe Wilson** all gaining several PB times each. **Thomas, Kye, Joe, Jade, Robyn, Claire and Emily B** all brought back medals. **Richard Coxon and Claire Heffey** also produced PBs and **Kate Troy, Helen Murray and Fern Turner** each had a busy day of racing. Their coach, Brenda Seaton, is delighted with the progress her squad are making, and is hoping for much more yet to come.

Top squad

Robert Murray produced 3 new PBs and a medal in the top agegroup.

The swimmers have been working very hard in training and it is good to see them gaining in confidence and achieving the success they richly deserve. They have made a great start to 2009.

KEEP UP THE HARD WORK EVERYONE AND MORE SUCCESS WILL FOLLOW.

Brenda Seaton (A squad coach)