

WEAR VALLEY ASC MAY 2009
LEVEL 2 GRADED MEET
16,17 MAY 2009, BISHOP AUCKLAND

Darlington ASC was represented at the Wear Valley Graded Meet by a large group of 26 swimmers, 16 girls and 10 boys, from Top, A, B and C squads. It was an excellent weekend of swimming for the club, with many great results. Out of 112 DASC swims there were 85 new Personal Best times recorded and 24 medals won.

We had five new young swimmers competing for the first time in such an event - **Edward Day, Liam Innes, Richard Murray, Lauren Sanderson and Kayleigh Tones**. They made a fabulous start to their swimming careers, producing great swims and hopefully learning lots from the experience.

Some of our swimmers were in action all weekend and swam best times in many of their events. In particular **Emily and Lauren Bell, Kye Cowton, Richard Murray, Kayleigh Tones and Fern Turner** came away with multiple PBs from a busy schedule of racing. Some swimmers reduced their previous PB times by many seconds, notably several girls in the 200m Freestyle and 200m Individual Medley events. Others improved on PB times that they had set only a week or less ago!

In total DASC won 6 golds, 6 silvers and 12 bronzes. **Michael Cole-Robinson** in the 15 & over agegroup won 2 golds, 3 silvers and 3 bronzes. **Tom Short and Laura Bailey** won 2 medals each in this agegroup. **Adam Howell and Kye Cowton** picked up 2 medals each in the 11-year agegroup and **Jonathan Abbott, Lucy Proctor, Emma Shackleston, Anna Troy, Fern Turner, Jonny van Mourik, and Robyn Wilkinson** all won one medal each.

A special mention must go to **Kate Troy** from A squad who achieved her first-ever qualifying time for the NER BAGCAT (North-East Regional Agegroup) Championships. She knocked 12 seconds off her previous best in 200m Backstroke and has entered for the Championships to be held in Sheffield in early June. CONGRATULATIONS.

It was great to see **Grace Carlton, Jade Fletcher, Helen Murray, Holly Short, Ineke van Mourik and Joe Wilson** also competing at the weekend and all swimming some personal best times, in some cases after a longish period without having done so. Be encouraged and keep working hard.

Brenda Seaton and Emma Hughes (A and B squad coaches) were thrilled with your swimming.

Brenda Seaton (A squad coach)