

## DASC at N&D BAGCAT Championships 2011 5,6,12,13 March at Middlesbrough

NDSA (Northumberland & Durham Swimming Association) held the annual BAGCAT (British Agegroup Category) Swimming Championships over two busy weekends of very competitive racing at The Neptune Centre in Middlesbrough.

Swimmers had to achieve qualifying times to be eligible to enter the Championships. The best 9-13 year old girls and 9-14 year old boys in the area took part. Heats were swum in the morning sessions and in the afternoons there were finals for the fastest 8 swimmers in each year group for 11 years and above. All the 9 and 10 year events and all the 400m Freestyle and 400m IM events were decided on a HDW (Heat Declared Winner) basis.

DASC were represented by 5 boys and 8 girls from Top, A, B and Club squads who competed in a total of 66 events. In 2010 we had 7 swimmers in 32 events at N&D level, so this is a great indication of the progress which our talented younger swimmers have made over the last year. The Personal Best rate was about 70% with every swimmer achieving PB times in at least one event, so well done to the coaches and the swimmers for being well prepared and rising to the challenge.

### 9 years agegroup

It was the first N&D gala for all four of our 9 year olds, who have been too young to compete in previous years and each swam well and gained valuable experience. **Sally Abbott** did 6 events and made PBs in 50m sprints on Free, Back and Fly. **Hannah Coates** swam in both Backstroke events, knocking 8 seconds off her 200m PB which she only set 2 months ago. **James Hooper** has only been competing since October and swam a very fast 50m Back. **Emilia Jones** competed in 5 events with PBs in all but one of them and a very good 8<sup>th</sup> place in 50m Breast.

### 10 years agegroup

Our four 10 year old swimmers swam in 32 events over the two weekends and all demonstrated their fitness levels by being able to race well over such an extended period. **Hannah Briggs** managed a fantastic 7 PBs from 8 events with two silver medals in the Fly events. She knocked 11 seconds off her previous best time in the gruelling 200m Fly. **Jade Cook** was our busiest swimmer doing 11 out of a possible 12 events! She did very well to be 2<sup>nd</sup> in the 50m Breast and came very close to achieving a qualifying time for the NER (North-East Region) Championships in 200m Breast as well as clocking up another 6 PBs. **Alice Eynon** produced 4 PB swims from her 5 events, knocking 6 seconds off her 200m Free time. **Richard Murray** was also busy with 5 PBs from his 8 events and Top 8 placings in 5 of them.

### 11 years agegroup

**Elizabeth Fenby** knocked 7 seconds off her 100m Fly time and made the final in it, as well as knocking 11 seconds off her 200m time, and doing PBs on Free and Back. **Aaron Morton** swam in 8 events, making finals in 4 of them, where he rose to the occasion very well, bettering his heat time in 3 of them and storming to a bronze medal in 100m Free, breaking the 1.10 barrier for the first time. **Alana Prior** has an unfortunate birthday for the N&Ds being less than a month into counting as an 11 year old and therefore competing against swimmers considerably older than her.

Nevertheless in her first N&D Championships she swam really well in both the 100m and 200m Back and Breast events, turning out great PBs in all of them and 3 NER qualifying times, as well as making one final. **William Smith** was also competing in his first gala at this level and did a good PB in 100m IM.

### **14 years agegroup**

**Jonathan Teague's** birthday is even worse for these Championships than Alana's. On the first weekend he produced a speedy 100m IM only to be disqualified for a (rather blatant!) false start. On the second weekend he managed to wait for the starter and was thrilled to knock over 3 seconds off his 100m Free time and sneak under the NER qualifying time by 0.05 seconds.

### **Overall BAGCAT Positions**

Each competitor clocks up BAGCAT points for each swim. Swims are divided into 4 categories. For these championships the categories were

- Sprint (either any 50m or 100m)
- Form (200m Back or Breast or Fly)
- Distance (200m or 400m Free)
- IM (100m/200m/400m IM)

For each swimmer the best score in each of the categories is added up to give a final total.

Our best placed swimmers were

- Jade Cook           8<sup>th</sup>
- Hannah Briggs     10<sup>th</sup>
- Richard Murray    10<sup>th</sup>

### **To summarise**

Coaches Emma Hughes and Glen Fenby were more than delighted with the swimmers performance over both weekends and can only pass on more praise to them all with their new found dedication and ability to train hard and therefore reap the rewards in galas. They deserve all the success – Well Done!