

## **DASC at Peterlee Graded Meet, 9 January 2011**

Twelve girls and five boys from DASC competed in our first gala of 2011 – the Peterlee Graded Meet, with age-groups being 9 years, 10 years, 11 years, 12 years and 13&over years. On offer to all swimmers were 10 events packed into a busy one-day schedule – 50m and 100m of each stroke and 200m Freestyle and Individual Medley.

Would the break from training over the Christmas holidays have done the swimmers good, or would they be feeling the effects of it especially over the longer distances? With time to achieve 2011 N&D (Northumberland & Durham) qualifying times running out, would DASC swimmers achieve any more to boost our current numbers?

For **Katie Noble** (10 and in C squad) this was her first licensed gala and she swam well, recording a PB in 50m Back and 50m Breast and first swims in two other events. **Maisie Elliott** (10) is another new DASC swimmer and she clocked up PB times in all 4 of her swims. She has knocked 9 seconds off her 100m Free time since November! Our very experienced trio of 10 year olds **Hannah Briggs, Jade Cook and Alana Prior** swam 19 events between them. Hannah came away with a gold, a silver and 3 bronze medals and 4 PB times, with her improved Breaststroke swimming accounting for three of these. Jade won 2 golds, 2 silvers and a bronze, with PB times on three different strokes, and got her **NER** (North-East Region) qualifying time on 100m Breaststroke. Alana had success with 3 golds, a silver and 2 bronzes with PB times in both 200m events.

**Emilia Jones** (9) had an excellent swim in 50m Free winning a silver medal, achieving her N&D qualifying time and breaking the 40 second barrier for the first time. She also came 3<sup>rd</sup> in 50m Breast and swam a PB on 50m Back.

**Emily Waterworth** (11) won gold in 100m Back and a silver in 100m Fly with a new PB. **Mikayla Jordens** (11) came back from her holiday 'down under' refreshed and swam 4 PBs in her 6 swims, winning 2 bronze medals in Backstroke events. **Lauren Allinson** (11) was the busiest DASC swimmer competing in 8 events and swimming a best time in 50m Back. **Samantha Hawkes** (11) had her first go at 200m IM and swam a PB in 100m Back.

In the 13&over agegroup **Helen Murray** (15) continues to improve with every gala, with 3 PB swims and 2 golds, a silver and a bronze for her efforts. **Abbi Hawkes** (14) competed in 6 events but found PBs rather elusive.

The ever-busy **Richard Murray** (10) won medals in 5 of his 6 swims with 2 golds, 2 silvers and a bronze and an improved PB on 50m Breast. **Michael Cousins** (10) competed in 3 events, coming 4<sup>th</sup> in 50m Back.

**John van Mourik** (12) knocked 10 seconds off his 200m IM and came 3<sup>rd</sup> on 100m Free. **Liam Carrigan** (13) improved his 200m IM time by 25 seconds. **Christian Brown** (13) swam in 7 events with a PB on 100m Breast.

A Squad coach, Emma Hughes, said, 'This was a great gala. I am so happy with all the PBs, after having time off at Christmas. It was nice to see some new swimmers try their first gala. So keep up the good work!!!'

