

DASC at Rotherham Metro Level 3 Meet Sheffield, 22, 23 January 2011

DASC swimmers

15 girls and 9 Boys from Top, Club, A and B squads competed in 115 swims. Their ages ranged from 9 to 22.

It was the first Long Course (50m) experience for **Jonathan and Sally Abbott, Anna Brewster, Hannah Briggs, Richard Coxon, Alex Field, Abbi Hawkes, Richard Murray, Alex Park(?), Anna Troy and Emily Waterworth.**

NER (Regional) Qualifying Times

David Carter achieved NER qualifying times in 50m free and fly and 50 and 100m breast, **Iain Hodgson** in 50m free, fly and breast, and **Joe Walsh** achieved his first ever NER times in 50 and 100m fly.

Top 3 Placings in their Agegroups

Jonathan Abbott (13)	3 rd	50m breast
David Carter (15+)	1 st	50m breast
	1 st	50m free
	2 nd	50m fly
	2 nd	100m breast
	2 nd	200m breast
Iain Hodgson (15+)	2 nd	100m free
	2 nd	50m breast
Hannah Briggs (10)	1 st	200m fly
	3 rd	100m fly
Catherine Fenby (15+)	3 rd	50m back
Alana Prior (10)	2 nd	50m back
	2 nd	200m back
	3 rd	50m free
	3 rd	100m breast
Kate Troy (14)	2 nd	50m back

PBs

Some DASC swimmers recorded times in a 50m pool which were faster than their 25m PBs (without conversions) in more than 30 swims! **Jonathan Abbott, Sally Abbott, Lauren Bell, Alex Field, Iain Hodgson, Bridget Upton, Joe Walsh and Emily Waterworth** did this more than once.

It was excellent to see two senior swimmers, **David Carter**(22) and B squad coach **Iain Hodgson**(21), both making a return to competitive swimming after a long break and recording life-time Personal Bests in several events.

Notes

- Commiserations to **Joe Walsh** who missed breaking the 60 second barrier on 100m free and claiming his £10 reward from Head Coach Glen Fenby by 0.10 sec! However his times this weekend were magnificent, especially considering it is only a year since he committed himself to swimming training and competing.

- **Michael Patan** had a very busy and tiring weekend with 9 events, including all 3 breaststroke events after a long lay-off from them because of knee problems. As ever he swam consistently well and lowered several of his previous Long Course PBs.
- **Lucy Proctor and Kate Troy** both had good weekends lowering their previous Long Course PBs in 6 events and 5 events respectively.
- **Elizabeth Fenby** narrowly missed out on Top 3 places three times in the free, back and fly 50m sprints.
- It was good to see **Catherine Fenby** break 2 of her 50m PB marks.
- **Helen Murray** was disqualified in 200m Backstroke for remaining underwater after the start for more than 12.5 metres. We don't recommend you repeat this next time, but your underwater work must have improved!

General

DASC Head Coach, Glen Fenby, said, 'Overall what a wonderful weekend spent in Sheffield. I saw some fabulous swimming and we achieved some superb PBs in our first long course meet of the season. We enjoyed our Saturday evening out as a group of parents and swimmers in a memorable 3 hour meal - for more than one reason! Then we came back the next day, raised our performance level and continued to have great swims throughout the second day.'

Glen thinks the club has a great group of swimmers and is moving in the right direction.