

## City of Sheffield No Frills Meet

11 members of the National Squad took part in the No Frills meet:

Adam Williams, Cade and Chase Darby, Ellie Baister, Ellie Tibbett, Georgia Stockdale, Jack Turnbull, Oliver Hall, Olivia McAvoy, Lucy Turnbull and Rebekah Worthy.

The competition, although low in numbers, was extremely tough with many strong swimmers competing from such teams as Barnet Copt, Co Sheffield, Leicester Sharks and Team Ipswich. Medals for the Middlesbrough swimmers were scarce (3 silver and 5 bronze). However, our swimmers swam with great credit all having PBs, always a sign of improvement and a step to future success.

Our medal winners were (in swim order) silver, Ellie B 400m IM, Adam 1500m freestyle and Chase 200m backstroke, bronze, Olivia 800m freestyle, Oliver Hall 200m butterfly, Chase 100m backstroke and 400IM and Cade 200m backstroke.

Olivia McAvoy and Lucy Turnbull were the first two Middlesbrough Swimmers to compete at the meet, both swimming in the 800m Freestyle. The Girls didn't manage to record Personal Best Times, but raced tough amongst a strong field of competitors, Good Effort Ladies

Ellie Baister kicked off her weekend of racing and she raced her way to a second place in the 400IM (12yrs Girls). Ellie also competed the following day in the Girls 400m Freestyle, where she swam to a 4th place in her age group. Nice Work Ellie

Staying with the Girls, Rebekah Worthy and Georgia Stockdale were sprinting at Sheffield, as they competed in the shorter events (Georgia; 100m Butterfly, 50m Freestyle, 50m Butterfly & Rebekah; 50m Freestyle, 50m Butterfly, 100m Freestyle, 50m Backstroke). Rebekah also added the 200m Backstroke to her collection of events. Well Done Girls

Ellie Tibbett was one of the other girls to race at the weekend, and she had an array of events over the course of the weekend (50m/100m/200m Backstroke, 200m/400m Freestyle and 200m IM). Ellie was close to her Personal Best Times and her stand out Swim for the Weekend was the 200IM, Great Job Ellie

Moving onto the Boys, an excellent set of swims from both Cade and Chase Darby, who had a busy schedule of events. Both lads recorded Personal Best Times consistently throughout the weekend with Cade and Chase both competing in; 200m Breaststroke, 100m Backstroke, 400m IM, 100m Breaststroke, 200m Backstroke. Brother Bragging Rights? Nice Job Lads

Jack Turnbull was also on the Sheffield Scene as he raced his way to PBs in the 50m & 200m Backstroke Events. Jack also added the 50m Butterfly to his weekend of racing. Great Swims from Jack!

Adam Williams was another of the Middlesbrough Boys competing, and he also was racing in a mixed bag of events (200m Butterfly, 400m Freestyle, 1500m Freestyle, 50m Freestyle, 200m Freestyle & 50m Butterfly). Some really good swims from Adam who recorded a number of PBs in most of his events, awesome Job Ad

Finally, Oliver Hall had a quick fire weekend with the 200m Butterfly & 50m Backstroke. Ollie really attacked both of his swims and came out with two good results

Well Done to all the Swimmers, and we are looking in good shape for the NERs which are drawing closing. Keep up the hard work