

## North East Region Age Group Championships

The regional age group championships are second only to the British Age Group Championships. To compete at the regional finals is an achievement in itself, irrespective of where you finish, as it is proof of your swimming capabilities and a tribute to ALL your hard work. The age categories are 12years and under, 13years and 14years. Extremely demanding time qualifications are required and as such the competition is severe between swimmers who are the “cream of the North East”.

Apart from the men's' 1500m freestyle and the women's' 800m freestyle, all other races are qualifiers for a 10 lane final. Unfortunately this year, as a result of problems at the John Charles Aquatic Centre, the youths' championships were incorporated into the age group schedule. This resulted, for the first weekend, in the age group finals being held after the afternoon youths' races. This increased the demands on the young swimmers' concentration levels and race preparation techniques as they had to leave the centre and return later for the warm up. Some swimmers coped with the break better than others.

Middlesbrough had 22 swimmers competing over the weekend (in swim order), Toma Saha, James Woods, Millie Bozbayir, Ellie Baister, Rebecca Keetley, Rachel Bradley, Thomas McDermott, William Morris, Evie Dilley, Ellie Tibbett, Rachel Maguire, Danielle Horner, Chase Darby, Jack Atkinson, Louise Emma Williams, Oliver Hall, Violet Hearfield, Bethan Palfreeman, Sadie Dickinson, Emma Bell, Jack Turnbull, Molly Dorsi and William Morris. Congratulations to all of you for qualifying for the event.

Didn't we get off to a great start with the 1500m freestyle. Toma swam a great race to finish 7<sup>th</sup> and THEN WE HAD A CHAMPION'S PERFORMANCE FROM JAMES WOODS winning the 13year age group. It was a great disciplined swim with consistent fractions and a wonderful PB. Well done young man.

This was then followed by the girls 400m IM where in the 12year age group Millie (only eleven) with a great PB just missed out on a finalists spot by 0.16 seconds. Ellie B (PB) and Rebecca Keetley swam great heats to qualify for the final of the 13year age group where they finished 7<sup>th</sup> and 10<sup>th</sup> respectively. Great swimming all of you.

In the boys 200m butterfly (12year age group) Thomas (only eleven) swam an immense race knocking approximately 6.5 seconds off his PB to qualify for the final where he had a HUGE SWIM TO TAKE THE RUNNER UP SPOT. Well done young man. William (only eleven), again with a great PB knocking approximately 6.5 seconds off his previous PB finished just outside the final placings in 13<sup>th</sup> and Toma (struggling after his 1500m freestyle) finished 16<sup>th</sup>. Again, well done boys.

The girls 100m backstroke (12 year age group) saw Evie (only eleven) swim a great PB to qualify for the final where she finished a very creditable 6<sup>th</sup>. In the 13 year age group Ellie Tibbett finished 19<sup>th</sup> overall and in the 14year age group Rachel (PB) and Danielle swam great heats but just missed out on a finalists berth by 0.18 and 0.39 seconds respectively. Well done to all the girls.

In the boys 100m breaststroke Thomas swam a great heat (PB) to qualify for the final where he was 4<sup>th</sup> – another great performance. In the 13 and 14 year age groups Chase (PB) and Jack finished 27<sup>th</sup> and 23<sup>rd</sup> respectively.

In the girls 200m freestyle heats, Evie and Louise finished 20<sup>th</sup> and 21<sup>st</sup> respectively and in the 14 year age group Rachel swam a great heat to qualify for the final, finishing 10<sup>th</sup>.

In the boys 50m freestyle Oliver was our only competitor but he swam a great heat (PB) to qualify for the 14 year age group final where he finished 10<sup>th</sup>. Well done young man.

The final qualifying race of the day was the girls 50m breaststroke. In the 12year age group Violet (only eleven) swam a great race (new club record) to qualify for the final, where she finished 9<sup>th</sup>. Bethan was the most unlucky Middlesbrough swimmer of the day, just failing to qualify for the final by 0.01 seconds. Congratulations to both girls, outstanding PBs and club record.

In the 13 year age group Rebecca swam a fine heat to qualify for the final where she finished 8<sup>th</sup>. Well done young lady. In the 14year age group Sadie finished a creditable 15<sup>th</sup>.

Overall not a bad day, one champion and one runner up together with 8 finalists.

The second day started with the girls 800m and again a great start to the day. Ellie B and Rebecca swam great races to finish 7<sup>th</sup> and 10<sup>th</sup> respectively in the 13 year age group, but then, in the 14 year age group, we had a great RUNNER UP PERFORMANCE BY RACHEL BRADLEY with yet another disciplined race and great PB. Well done young lady.

The boys 400IM followed where Toma finished 15<sup>th</sup> in the 12 year age group. In the 13 year age group James, with another great PB, qualified for the final where he had a very creditable 5<sup>th</sup> finish. Chase finished 18<sup>th</sup> overall with a great PB. Not the easiest discipline well done boys.

The girls 200m butterfly followed where Millie swam a great PB to finish 12<sup>th</sup> and Emma (PB) in the 13 year age group finished 22<sup>nd</sup>. Well done girls.

The boys 100m backstroke followed and in the 12 year age group Thomas again qualified for the final where he finished 4<sup>th</sup> – a great PB, Toma finished 18<sup>th</sup>. In the 13 year age group Chase (PB) finished 15<sup>th</sup> and in the 14 year age group Oliver just missed out on a final spot finishing 11<sup>th</sup> and Jack T finished 18<sup>th</sup>. Well done to all the boys.

In the girls 100m breaststroke, in the 12 year age group Violet (PB) and Bethan (PB) finished 15<sup>th</sup> and 21<sup>st</sup> respectively. In the 13 year age group Rebecca swam a great race to qualify

for the final where she finished a fine 7<sup>th</sup>. In the 14 year age group Sadie finished 17<sup>th</sup>. All great performances girls.

Only two Middlesbrough swimmers competed in the 200m freestyle with William finishing 26<sup>th</sup> (12 year age group) and James 15<sup>th</sup> (13 year age group). Well done boys.

Our girls Bethan (12), Emma (13/PB) Molly and Rachel (14) in the 50m freestyle all swam great heats but unfortunately no finalists each finishing 16<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> respectively – fine margins from qualification – good racing girls.

The final qualifying race of the weekend was the boys 50m breaststroke. Middlesbrough only had one representative – but what a representative. Thomas swam a great heat (PB) to qualify for the final where he finished a creditable 6<sup>th</sup> – a fine weekend's swimming Thomas.

The second weekend commenced with the 400m freestyle. In the 12 year section Evie (PB) just failed to qualify for the final. Similarly in the 13 year age group Rebecca (PB) just failed to qualify for the final with Ellie B finishing 13<sup>th</sup>. In the 14 year age group two great swims from both Rachel B (PB) and Rachel M (incredible PB, understand chocolate granola bar might have had an influence?? See Rachel's Mum) saw the girls qualify for the final where they finished 5<sup>th</sup> and 10<sup>th</sup> respectively another PB by Rachel B. Great swimming young ladies.

In the boys 200m freestyle (12 year age group) Thomas (PB) qualified for the final, where he finished 8<sup>th</sup>, Toma finished 15<sup>th</sup> overall. In the 13 year age group Chase (PB) finished 20<sup>th</sup> and in the 14 year age group Jack just failed to qualify for the final finishing 11<sup>th</sup>.

In the girls 200m breaststroke Violet and Millie finished 28<sup>th</sup> and 34<sup>th</sup> respectively. In the 13 year age group Rebecca (PB) qualified for the final where, in another PB just failed to achieve a podium position finishing 4<sup>th</sup> – great swimming young lady. Ellie B and Ellie T finished 25<sup>th</sup> and 34<sup>th</sup> respectively. In the 14 year age group Rachel B finished 22<sup>nd</sup>.

In the boys 200IM Thomas (PB) qualified for the final where, with a superb PB finished RUNNER UP – BRILLIANT. In the 13 year age group James and Chase finished 16<sup>th</sup> and 28<sup>th</sup> respectively.

In the girls 50m backstroke Evie qualified for the final where she finished 8<sup>th</sup> – well done young lady, Bethan finished 28<sup>th</sup>. In the 13 year age group Ellie T and Emma finished 27<sup>th</sup> and 28<sup>th</sup> respectively. In the 14 year age group Danielle qualified for the final where she

finished 6<sup>th</sup>, and with a good PB Rachel M just failed to qualify for the final finishing 12<sup>th</sup> – great swimming young ladies.

Two swimmers competed in the 50m butterfly, Thomas (12 year age group) and Oliver (14 year age group) and didn't they do well, both with PBs and qualifying for the final where Thomas in another PB achieved a podium position, 3<sup>rd</sup> and Oliver 5<sup>th</sup>. Great swimming young men.

The final day of the championships started with the boys 400m freestyle, with William (only eleven) and Toma swimming in the 12 year age group where they finished 13<sup>th</sup> (PB) and 18<sup>th</sup> respectively. In the 13 year age group James (PB) qualified for the final where, in another good PB just failed to achieve a podium position – great swim young man.

In the girls 100m freestyle Evie (PB) and Pearl finished 15<sup>th</sup> and 19<sup>th</sup> respectively. In the 13 year age group Emma B (PB) finished 13<sup>th</sup> and in the 14 year age group Rachel B finished 26<sup>th</sup>.

Thomas was at it again in the 100m butterfly with yet another PB qualifying for the final where, in another splendid PB, achieved the RUNNER UP spot (I'm running out of superlatives for this young man). In the 13 year age group James finished 23<sup>rd</sup> and Chase 27<sup>th</sup>. In the 14 year age group Oliver qualified for the final where he finished 10<sup>th</sup>. Well done.

In the girls 200m backstroke, Evie, in a great PB qualified for the final, where in yet another PB finished 5<sup>th</sup>, well done young lady. Millie with a good PB finished 13<sup>th</sup>. In the 13 year age group Ellie B and Ellie T finished 18<sup>th</sup> and 20<sup>th</sup> respectively. In the 14 year age group Danielle and Rachel M (PB) just failed to qualify for the final finishing 11<sup>th</sup> and 12<sup>th</sup> respectively. Next time.

In the boys 200m breaststroke Thomas, again qualified for the final in yet another great PB where he finished 3<sup>rd</sup> with a phenomenal PB. Toma finished 27<sup>th</sup> and in the 13 year age group Chase, with a good PB finished 20<sup>th</sup>, well done young man.

In the girls 200IM, Millie, in a fine PB finished 17<sup>th</sup> and in the 13 year age group Ellie B and Ellie T finished 15<sup>th</sup> and 24<sup>th</sup> respectively. In the 14 year age group Rachel B finished 24<sup>th</sup> and Danielle 34<sup>th</sup>.

The final heats of the meet for Middlesbrough swimmers were the boys 50m backstroke  
Thomas and Oliver qualified for their age group finals where they finished 9<sup>th</sup> and 10<sup>th</sup>  
respectively and Jack finished 21<sup>st</sup>.

As I wrote at the outset you were all swimming against the best swimmers in the region and to be competing meant you had achieved a goal, to have a PB was success in itself. All I can say is congratulations to all of you for many outstanding personal triumphs – KEEP UP THE HARD WORK.

On a final note, I would like to congratulate Thomas McDermott for a host of outstanding performances – WHAT THIS YOUNG MAN HAS ACHIEVED AT THESE CHAMPIONSHIPS IS OUTSTANDING – remember he is only eleven.