

## Northallerton ASC – Invitational Summer Sprints Meet.

This was a great starting gala for swimmers from the Middlesbrough Junior Development Squad. For the majority this was their first gala and wasn't it great to see their enthusiasm and beaming faces when recounting their swims (mostly PBs) to their parents, grandparents and friends and clutching their well-earned medals. Didn't they all do well? Remember irrespective of where you finished it was all a great experience for you which will certainly help you in your future galas.

The Middlesbrough swimmers, in swim order, were Amelia Potter, Ava Holmes, Alesha Delph, Gracie Dixon, Lewis McDermott, Joshua Young, Harry Bell, Millie Linton, Isobel Daley, Isobella Dilley, Grace Wilson, Megan Ridley, Natasha Rice, Edward Redshaw and Charlotte Bashford.

The medal winners were as follows:

8 year age group

**Millie Linton** – gold 50m breaststroke, silver 50m freestyle, gold 50m backstroke, silver 50m butterfly.

**Lewis McDermott** – gold 50m freestyle, silver 50m backstroke

9 year age group

**Amelia Potter** – silver 200m freestyle, silver 100m butterfly, bronze 50m butterfly, bronze 100m freestyle, bronze 100IM

**Ava Holmes** – bronze 200m freestyle

**Isobel Daley** – gold 50m breaststroke

**Isobella Dilley** – silver 50m breaststroke, gold 100m backstroke, bronze 50m freestyle, silver 100m breaststroke, silver 100m freestyle

**Joshua Young** – silver 100m backstroke, bronze 100m breaststroke

**Edward Redshaw** – bronze 100m backstroke, gold 200m freestyle

**Charlotte Bashford** – silver 100m backstroke

**Megan Ridley** – bronze 100m backstroke

10 year age group

**Harry Bell** – bronze 50m breaststroke, gold 100m backstroke, bronze 50m freestyle, gold 100mIM, gold 200m freestyle, bronze 50m backstroke, gold 100m breaststroke, gold 50m butterfly

Once again, congratulations to ALL of you, keep up the training and you will find that you only get better.

