

## North East Region Junior/Senior Championships (Long Course)

As I have written in the age group championships, to compete at the regional finals is an achievement in itself. Stringent qualifying times ensure that the “cream of the North East” swimmers compete.

Congratulations must therefore go to the following Middlesbrough swimmers who competed at Ponds Forge Sheffield.

In swim order, Rachel Maguire, Joseph Micklewright, Cade Darby, Georgia Stockdale, Oliver Hall, Danielle Horner, Rebekah Worthy, Adam Williams, Rachel Bradley, Emma Muirhead and Sadie Dickinson.

The structure of the competition; with heats on the morning and Open Finals on the evening, meant it was a tough ask for the 14/15 year old swimmers to have any chance of making finals. Regardless of this, the MASC Swimmers had some strong performances across the board and could really use this meet as a baseline for Long Course Racing, as this was their first long course meet of the season

As I wrote at the beginning you were ALL up against the best swimmers in the region and you ALL swam some great times and recorded some long course Personal Best Times CONGRATULATIONS to all of you.