

## North Tyneside Mad March Hare Extravaganza

25 members took part in the Mad March Hare Extravaganza and as the name implies many swum like hares. Well done to all, winning 37 gold medals, 26 silver medals and 15 bronze medals.

The gold medal winners were as follows:

9 year old boys

Isaac Buchan – 50m breaststroke, 50m backstroke, 200m freestyle and 200m IM.

Oliver Smith – 200m butterfly

10 year old boys

William Morris – 50m breaststroke, 100m freestyle, 50m and 100m butterfly and 200 IM.

10 year old girls

Millie Bozbayir – 50m breaststroke, 200m breaststroke and 100m backstroke.

Pearl Lightwood – 50 and 100m freestyle, 50m backstroke and 200IM.

Violet Hearfield – 100m breaststroke and 100 IM.

11 year old boys

Toma Saha - 50m, 100m and 200m backstroke, 100m and 200m butterfly and 200m breaststroke.

11 year old girls

Bethan Palfreeman – 50m and 100m freestyle, 50m breaststroke and 50m backstroke.

Evie Dilley – 200m backstroke and 200m freestyle.

Hannah Redshaw – 100m IM

12 year old girls

Louise-Emma Williams – 400m freestyle

13 year old girls

Emma Bell – 100m freestyle, 100m breaststroke, 200m freestyle and 400m freestyle.

There were a number of outstanding races throughout the meet none more than the 50m breaststroke and 50m backstroke for 11 year old girls. Can you believe that Bethan was involved in both and both resulted in Dead Heats for the gold – Great racing!!

Another great tussle was the 10 year old girls 100m freestyle with Pearl just prevailing by 0.25 seconds – another great race.

Congratulations must go to ALL the swimmers, all competed well with countless PBs, great comradery and sportsmanship. KEEP UP THE HARDWORK.

An observation from the weekend was how important Starts and Turns were when determining the outcome of a race or medal place! Swimmers, keep working on the basics....don't just train harder, train smarter!

