

## Sheffield Premier Meet 25/26 March

Eight members of the National Squad (Ellie Baister, Rachel Bradley, Rebekah Worthy, Molly Dorsi, Daniel Andrews, George Crawford, Liam Bollands and Oliver Hall) took part in this very competitive meet where they were up against many of the highest rated swimmers in the country. Although none of the Middlesbrough swimmers made the various finals they all swam creditably with, in many cases, hundredths of a second meaning significant differences in finishing positions.

Over the duration of the weekend the MASC Swimmers competed in the following events;

**Ellie Baister;** 800m Free, 200m Free, 200m Back, 400m Free, 400IM.

Ellie's 400m Freestyle and 400IM were her two stand out swims from the meet where she recorded two big Personal Best Times. Well done Ellie!

**Rachel Bradley;** 800m Free, 200m Free, 200m Back, 200IM, 400m Free, 50m Free, 100m Free.

Rachel had a really busy weekend from the Friday Evening through to the Sunday Evening but dug her heels in and swam the 200m & 400m Freestyle very well...Tough racing from Rachel!

**Rebekah Worthy;** 50m Back, 100m Back, 50m Free

Rebekah's preparation into this meet wasn't ideal but credit to her for gritting her teeth and racing hard when she needed too. Keep battling away and remain positive!

**Molly Dorsi;** 50m Free, 100m Free

Molly came for the Final Session of the meet where she raced in the sprint freestyle events. Molly didn't manage to get a PB, but she definitely learnt from the experience and can certainly take alot away from the meet... Aim to work on the smaller details Molly!

**Daniel Andrews;** 50m Free, 200m Fly, 50m Fly

Daniel's stand out swim from the weekend came in the form of the 200m Fly. Equalling his time from Edinburgh a few weeks previously, Danny changed his race strategy and learned alot from the process. Great Effort Dan!

**George Crawford;** 50m Breast, 50m Free, 50m Fly, 200IM

George made some positive steps forward at this meet and swam his 50m Breast and 50m Fly really well...technically looking stronger and there is more to come in the Window!

**Liam Bollands;** 50m Breast

Liam only came for the one Swim for this Meet and was his final race preparation ahead of the British Championships in April... Important few weeks in the pool for Liam!

**Oliver Hall;** 100m Back, 200m Fly, 50m Fly, 100m Fly

Oliver had a successful weekend and recorded 3 PBS from 4 Events over the duration of the weekend. Keep up the hard Work Ollie!