

Tynedale Swimmers headed down the M1 once again to the 50m Ponds Forge swimming pool at Sheffield.

It was an elite band of 4, Katie Wren, Ruth Henderson, Leigh Thompson and Alasdair Wright, who had made the North East Region Qualifying times.

The Championship was held over two tough weekends but the medal toll was equal to that of a lot of the larger clubs.

The swimmers all performed extremely well even if they were a little daunted by the length of the 50m pool..

The first weekend saw Ruth Henderson make reserve finalist of the 400m Medley in a time of 6mins 11secs, Leigh Thompson finishing 4<sup>th</sup> in the final of the 100m Backstroke in 1.16.52 and the 200m Freestyle in 2.25.05 and Katie Wren producing two personal best times one to get into the final and again in the final of the 200m freestyle 2.28.82.

There were no finals for the 10 year olds and Alasdair had a great race to take gold in the 100m Breaststroke.

Day 2 saw Leigh take silver in the 800m freestyle in 10.25 and Ruth 13<sup>th</sup> in 11.11 just outside her PB. Ruth and Leigh both went on to swim in the 100m Breaststroke to finish 20<sup>th</sup> and 27<sup>th</sup> respectively. In heat declared results Alasdair was pipped at the post in 100m Backstroke and 200 Freestyle, and had to settle for Silver medals , but both swims were long course PB's 1.19.23 and 2.28.73. Medal tally at end of day 2 ;Tynedale 1 gold, 3 silvers.

Hard work took place between the two weekends to iron out some faults and to keep the fitness levels up before heading back down to Sheffield for the 2<sup>nd</sup> weekend.

Alasdair had a tough Saturday but rose to the challenge, winning silver in the 100m freestyle 1.08.73 another PB, silver in the 200 Backstroke in 2.46.44 and finally taking gold in the 200m medley 2.50.58. Again Tynedale had 2 swimmers in the final this time of the 400 freestyle, Leigh led all the way in the race of her life just to be beaten at the last stroke by a very fast finish from Jessica Findlay, with only 100<sup>th</sup> of a second splitting them. But a brilliant time of 4.53.07. Katie swam out of her skin to make the final 5 15 17, and then went for her 200m national time in the 400 race but just missed out, Ruth finished a very creditable 19<sup>th</sup>. Leigh finished 4<sup>th</sup> in the 100m fly, and Katie 12<sup>th</sup> , Katie also finished 24<sup>th</sup> in the 200m Breaststroke and Ruth 23<sup>rd</sup> . Medal Tally end of day 3 ; Tynedale 2 golds 6 silvers. The final day , by which time coaches and swimmers were exhausted due to the lack of air-con and extremely high temperatures, brought more success, Leigh made the final of the 100 freestyle, 200backstroke and the 200IM

Katie unfortunately fell on the poolside and sprained her wrist just 20 mins before her 100m freestyle event, she bravely had a go and produced a PB and a place in the final. Leigh finished with another silver and bronze. Katie amazingly went on to swim another lifetime best time and narrowly missed her national time in the final 1.07.89.

Alasdair only event on the last day was the 200m Breaststroke, but it was worth waiting for as he took gold in a PB of 3.15.70. Medal Tally Tynedale 3 Golds 9 silvers and 1 bronze. Both Alasdair and Leigh were 2<sup>nd</sup> top BAGCAT winners for there age groups and one a two day swim camp at Sheffield with ex Olympic swimmer Steve Parry.