

Joseph Iacovides at the Midlands – Press Release 14th June 2010

On 5th/6th and 12th/13th June, Joseph Iacovides of Daventry Dolphins competed at the Midland Age Group Championships 2010, held at Coventry Sports and Leisure Centre.



This was the first year that 10 year old Joseph had been eligible to compete at this level and he qualified for an impressive 9 out of a possible 11 events, just narrowly missing out on qualifying times for the breaststroke events.

The first weekend was disappointing for Joseph, with no personal best times recorded and he entered the second weekend of the competition in 26th place. However, this young sportsman showed great determination and character, coming back with a very positive attitude and finishing the competition in 14th place out of a total of 50 swimmers, with a total of 1058 points.

Highlights of the competition for Joseph, were the 10 years 100m butterfly event in which he gained 4th place overall in a long course time of 1.24.72 and the 100m freestyle event in which he gained 5th place overall in a long course time of 1.11.62. The latter was his final race of the competition and Joseph battled extremely hard from start to finish, gaining himself an extra 90 points and raising his final position by four places. In these two events, he was also the highest placed Northamptonshire swimmer.

This is the first time since 2003 that Daventry Dolphins have had a swimmer gain top 8 placings in the Midland Age Group Championships, which is great credit to Joseph's hard work and determination.

In addition, Joseph gained some fantastic personal best times, taking a massive 11 seconds off his 400m freestyle (5.30.67 long course time), 2.5 seconds off his 200m Individual Medley (3.00.14 long course time), 4 seconds off his 100m freestyle and 7 seconds off his 100m butterfly times. He also broke his own Club Records in all of these events.

Head Coach, Rob Sharp was thrilled with Joseph's performance, particularly during the second weekend, saying "after a shaky start to the Championships, Joseph picked up his performances to finish with some fantastic personal best times, a 4th place finish on his 100 fly and a 5th place finish on his 100 free. It was good to see Joseph relax more during the 2nd weekend of the Championships and this showed throughout the weekend. We will almost certainly be there next year, and will hope to develop our performances to convert swims to more top 8 event finishes, hopefully medals, and a higher overall placing. As well as this, if we continue in this fashion, this will help us push towards a national level qualifying time for which Joseph will be eligible in July 2011."

Daventry Dolphins are next in action this weekend, when they will be holding their annual Sprint Championships event at Daventry Leisure Centre.