

## 10<sup>th</sup> January 2010 – Daventry Dolphins News – Press Release

### **National Swimming League: Round Three**

On Saturday 12<sup>th</sup> December, a team of Daventry Dolphins swimmers travelled to Corby for the third and final round of the National Arena Swimming League – East Midlands Division.

A total of 50 races were swum and Daventry Dolphins achieved a total of 9 first places, 10 second places and 7 third places.

A total of 11 pbs were achieved and Club Records were gained by 10 year old Joseph Iacovides for his 50m Fly and 12 year old Carey Davies, for her 100m Individual Medley. These records had been held previously since 2000 and 1993 respectively.

#### 1<sup>st</sup> Places

- Darren Barber 100m Individual Medley (Open Age Category Male) 1.05.29
- Darren Barber 100m Breast (Open Age Category Male) 1.09.97
- Nicola Burgess\* 100m Free (Open Age Category Female) 1.06.28
- Helen Proud\* 100m Back (Open Age Category Female) 1.11.57
- Joshua Sullivan 100m Free (15/u Male) 59.08
- Joshua Sullivan 100m Free (Open Age Category Male) 59.14
- Rachel Sullivan 50m Back (10/11 Female) 39.02
  
- 200m Medley Relay team (Open Age Category Male) 2.02.54
- 200m F/style Relay team (Open Age Category Male) 1.49.05

#### 2<sup>nd</sup> Places

- Jack Bond 100m Free (13/u Male) 1.12.45
- Spencer Bovey\* 100m Fly (Open Age Category Male) 1.11.56
- Spencer Bovey\* 100m Breast (15/u Male) 1.16.79
- Carey Davis 100m Individual Medley (Open Age Category Female) 1.16.98
- Carey Davis 100m Back (13/u Female) 1.18.68
- Joseph Iacovides 50m Fly (10/11 Male) 38.23
- Helen Proud\* 100m Fly (Open Age Category Female) 1.18.49
- Joshua Sullivan 100m Fly (15/u Male) 1.07.52
- William Adhemar\* 100m Fly (13/u Male) 1.18.90
  
- 200m F/style Relay team (Open Age Category Female) 2.09.06

#### 3<sup>rd</sup> Places

- Jack Bond 100m Back (13/u Male) 1.22.29
- Joseph Iacovides 50m Breast (10/11 Male) 47.65
- Sophie Iacovides 100m Fly (13/u Female) 1.32.59
- Rachel Sullivan 50m Free (10/11 Female) 36.02
  
- 200m Medley Relay team (13/u Male) 2.30.46
- 200m F/style Relay team (15/u Female) 2.00.73

- 200m F/style Relay team (13/u Female) 2.22.54

Daventry Dolphins finished the evening in fourth place, with a total of 184 points.

\* Denotes Northampton Swimming Club swimmer.

### **1500m Club Championships**

On Sunday 13<sup>th</sup> December, Daventry Dolphins Swimming Club held its 1500m Freestyle Championships.

An impressive number of competitors entered the Championships and this was the first time that any of the swimmers had swum this distance competitively.

No Club Records were broken, however Benchmark times were set by the following swimmers:

10 Year Old Boys: Joseph Iacovides (22.30.09)  
 12 Year Old Girls: Carey Davies (20.12.86)  
 14 Year Old Girls: Adele Jolley (24.52.41)  
 16 Year Old Girls: Louise Balloch (25.42.36)

A number of swimmers achieved NASA County Qualifying Times for 2010 (indicated as CQT below).

\*Although Joseph Iacovides achieved the 12 year old boys' County qualifying standard, he is not old enough to compete in this particular event this year.

#### **Category A Male (12/Under)**

Daniel Osborn	21.40.01 (CQT)
Joseph Iacovides	22.30.09 *
Jack Bond	22.35.11 (CQT)

#### **Category B Male (13/14/15 Yrs)**

Joshua Sullivan	17.56.13 (CQT)
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#### **Category A Female (12/Under)**

Carey Davis	20.12.86 (CQT)
Sophie Iacovides	22.58.86 (CQT)
Rachel Sullivan	23.03.98 (CQT)
Kimberly Mann	26.02.66

#### **Category B Female (13/14/15 Yrs)**

Adele Jolley	24.52.41
Louise Balloch	25.42.36
Molly-May Allinson	27.25.26
Sophie Cattell	29.32.23