

## **NASA 2010 British Gas County Championships – Press Report – March 2010**

March was a very busy month for Daventry Dolphins, with twenty-five club members competing at the 2010 Northamptonshire British Gas ASA County Championships. The competitions took place on the weekends of 6<sup>th</sup>/ 7<sup>th</sup> and 13<sup>th</sup>/14<sup>th</sup> March, at Daventry Leisure Centre and East Midlands International Pool, Corby respectively.

As previously reported in the Daventry Express dated 18<sup>th</sup> March, swimmers had to achieve a minimum qualifying time in order to compete in each event, with a total number of 144 events entered by Dolphins swimmers.

In total, an amazing 106 personal best times were recorded, with 47 of these having been gained in the 50m pool at Corby by swimmers with little or no experience of swimming in a pool of this size.

Overall positions at the end of the Championships were as follows.

BAGCATS points are used to calculate the rankings for female swimmers aged 9 to 13 years inclusive and male swimmers aged 9 to 14 years inclusive. GB points are used for female swimmers aged 14 and above and male swimmers aged 15 and above.

### **BAGCATS RANKINGS**

#### **Female Age Group A (9 year olds)**

Emily Sharp – 8<sup>th</sup> (199 points/2 pbs)

#### **Female Age Group B (10 year olds)**

Anya Bennett – 18<sup>th</sup> (520 points/3pbs)

Emily Smith-Williams – 21<sup>st</sup> (445 points/2pbs)

Ally Marshall – 24<sup>th</sup> (253 points/1 pb)

Ellie Davies – 25<sup>th</sup> (216 points/1pb)

#### **Female Age Group C (11 year olds)**

Annabel Smith – 17<sup>th</sup> (665 points/2 pbs)

Alex Gibbons – 19<sup>th</sup> (509 points/2 pbs)

Grace Leong – 26<sup>th</sup> (241 points/1 pb)

Megan Jennings – 28<sup>th</sup> (233 points/1pb)

#### **Female Age Group D (12 year olds)**

Carey Davis – 3<sup>rd</sup> (2383 points/9 pbs)

Sophie Iacovides – 9<sup>th</sup> (1797 points/11 pbs)

Emma Bond – 13<sup>th</sup> (1611 points/9 pbs)

Rachel Sullivan – 15<sup>th</sup> (1279 points/4 pbs)

Kimberley Mann – 21<sup>st</sup> (845 points/4 pbs)

**Boys Age Group B (10 year olds)**

Joseph Iacovides – 4<sup>th</sup> (862 points/2 pbs)

**Boys Age Group C (11 year olds)**

Josh Wilson - =14<sup>th</sup> (159 points)

**Boys Age Group D (12 year olds)**

Jack Bond - 3<sup>rd</sup> (1376 points/12 pbs)

Daniel Osborn - 5<sup>th</sup> (1321 points/12 pbs)

**Boys Age Group E (13 year olds)**

James Smith – 10<sup>th</sup> (1062 points/5 pbs)

William Leong – 16<sup>th</sup> (195 points/1 pb)

**Boys Age Group F (14 year olds)**

Harry Ballmann – 7<sup>th</sup> (944 points/4 pbs)

**GB POINTS RANKINGS**

**Girls Age Group F (14 year olds)**

Katie Holman - 15<sup>th</sup> (309 points)

**Boys Age Group G (15 year olds)**

Joshua Sullivan - 2<sup>nd</sup> (2542 points/14 pbs)

**Boys Age Group I (17 and above)**

Darren Barber - 1<sup>st</sup> (2749 points/8 pbs)

Joshua Holman - 10<sup>th</sup> (1885 points/4pbs)

Darren Barber and Joshua Sullivan enjoyed much success during the Championships, taking home an impressive number of trophies and medals and achieving Club Records and Regional times along the way.

Darren, who is aged 24, was eligible to compete for trophies as a Senior Competitor (17/over), and gained the following top 3 placings:

**100m IM** – 2<sup>nd</sup> place in heats (1.05.27) and 2<sup>nd</sup> place in finals (1.02.82); **50m breaststroke** - 1<sup>st</sup> place(30.21); **50m butterfly** - 3<sup>rd</sup> place(28.11); **200m breaststroke** - 1<sup>st</sup> place (2.32.49); **100m Breaststroke** - 1<sup>st</sup> place – Seniors heats (1.11.88)and 1<sup>st</sup> place – Seniors finals (1.09.13)

Joshua, who was eligible to compete for both Junior (16/under) and Senior (17/over) trophies, gained the following top 3 placings, winning 14 medals, including 5 golds:

**50m butterfly** - 3<sup>rd</sup> place – Juniors - (29.76); **50m backstroke** - 1<sup>st</sup> place – Juniors and Seniors – (29.83); - **50m freestyle** - 3<sup>rd</sup> place – Juniors (26.13); **100m backstroke** - 1<sup>st</sup> place Juniors heats, 2<sup>nd</sup> place Seniors heats (1.05.23) and 1<sup>st</sup> place Juniors finals, 2<sup>nd</sup> place Seniors finals (1.06.37); **200m freestyle** - 3<sup>rd</sup> place- Juniors (2.06.33); **200m backstroke** 1<sup>st</sup> place – Juniors and Seniors (2.22.97).

Joshua also swam in the 100m freestyle finals, gaining 8<sup>th</sup> place overall and 6<sup>th</sup> place in the Junior category, with a time of 59.53.

Also, Carey Davies swam in the 100m backstroke finals, gaining 8<sup>th</sup> place overall and 7<sup>th</sup> place in the Junior category in a time of 1.16.77.

Undoubtedly, amongst the most exciting races of the entire Championships, are the relays, which are swum as Open Age events. This year Daventry Dolphins entered teams for both the male and female events.

The boys' teams enjoyed much success this year, gaining 3<sup>rd</sup> place medals in the 4 x 50m Medley relay (Harry Ballmann, Darren Barber, Joshua Holman, Joshua Sullivan), 4 x 50m Freestyle relay (Harry Ballmann, Darren Barber, Joshua Holman, Joshua Sullivan) and 4 x 100m Medley relay (Harry Ballmann, Darren Barber, Joshua Holman, Joshua Sullivan) and a respectable 5<sup>th</sup> place in the 4 x 100m Freestyle relay (Darren Barber, Jack Bond, Daniel Osborn, Joshua Sullivan).

The girls' team, which comprised four 12 year old swimmers, enjoyed their first taste of competing in this fun event and despite coming 5<sup>th</sup> in the 4 x 50m Freestyle relay (Carey Davis, Emma Bond, Sophie Iacovides, Rachel Sullivan)and 6<sup>th</sup> in the 4 x 50m Medley relay (Carey Davis, Emma Bond, Sophie Iacovides, Kimberley Mann), 4 x 100m Freestyle and Medley relays (Carey Davis, Emma Bond, Sophie Iacovides, Rachel Sullivan), showed great attitude and determination, which will undoubtedly bring them much success in future years as they compete against girls of a similar age .

### **Regional Qualifying Times Gained:**

Darren Barber in the 50m butterfly and 50m, 100m and 200m breaststroke events

Carey Davis in the 200m, 800m and 1500m freestyle, 200m and 400m IM events

Joseph Iacovides in the 200m and 400m freestyle events

Joshua Sullivan in the 50m and 100m freestyle events and 50m and 100m backstroke events

Anya Bennett, Jack Bond and Sophie Iacovides are also chasing down times for the Midlands, which take place in June 2010. The events they are hoping to enter are: 200m Breaststroke, 200m Backstroke and 100m Freestyle respectively.

The Midland Swimming Age Group Championships 2010 (for boys aged 10 – 14 years inclusive and girls aged 10 – 13 years inclusive) will take place at the Coventry Sports Centre on 5<sup>th</sup>/6<sup>th</sup> and 12<sup>th</sup>/13<sup>th</sup> June.

The Midland Swimming Youth Championships 2010 (for boys aged 15 years/over and girls aged 14 years/over) will take place at Coventry Sports Centre on 1<sup>st</sup>/2<sup>nd</sup> May.

Club Records were broken in the following events:

Darren Barber: Male Senior Age Category: 50m breaststroke (30.21), 50m fly (28.11), 100m IM (1.02.82), 100m breaststroke (1.07.33), 200m breaststroke (2.28.99)

Anya Bennett: Female 10 Years Age Category: 200m breaststroke (2.35.38)

Jack Bond: Male 12 Years Age Category: 200m freestyle (2.30.50), 100m backstroke (1.18.93), 200m backstroke (2.42.67)

Carey Davis: Female 12 Years Age Category: 50m backstroke (34.43), 50m freestyle (30.73), 100m IM (1.16.40), 200m IM (2.42.05), 400m IM (5.44.14), 200m freestyle (2.18.79), 800m freestyle (9.59.49), 1500m freestyle (19.95.13)

Joseph Iacovides: Male 10 Years Age Category: 200m freestyle (2.38.79) and 400m freestyle (5.37.38)

Daniel Osborn: Male 12 Years Age Category: 400m freestyle (5.16.01), 200m butterfly (2.59.50), 800m freestyle (11.04.71)

Joshua Sullivan: Male 16 Years Age Category: 800m freestyle (9.15.47), 200m backstroke (2.20.57), 100m backstroke (1.03.93), 50m backstroke (29.83)

Head Coach, Rob Sharp was delighted with the success enjoyed by Daventry Dolphins at these Championships and is confident that the Club will build upon this year's success with even more Dolphins swimmers participating next year.

Rob said: "There were fantastic swims from swimmers throughout our competitive programme, from our youngest swimmers to our oldest swimmer (Darren Barber) who was swimming faster than he had ever been before."

"To not only compete against the larger clubs within the county but to also win numerous gold, silver and bronze medals, as well as high numbers of top 6 age group places, shows how far the club has come in a year."

"Over the course of the championships there were some swims that really stood out: Joshua Sullivan who bossed his 50m backstroke race from start to finish to win gold at both senior and junior level, the men's relay team who managed to achieve 3 bronze medals in the relay competitions, Anya Bennett and Kimberley Mann, who both managed to knock staggering amounts of time off their personal bests in the 200m breaststroke."

"This sets the club up now for the rest of the season with swimmers racing at district level next, and with two swimmers (Darren Barber and Joshua Sullivan) hopefully gaining qualifying time to compete on the national circuit", but also this really shows the potential of Daventry Dolphins and its swimmers in the long run as well: next season we definitely have the opportunity to have more swimmers competing at county level. However this will only come down to the continued hard work of not only the swimmers, but our dedicated team of lane helpers and coaches that help me deliver the high standard of learning to swimmers coming through our development programme."

#### Easter Swimming News from Daventry Dolphins – Press Release – April 5<sup>th</sup> 2010

Sophie and Joseph Iacovides of Daventry Dolphins S.C. travelled to the City of Birmingham SC on Good Friday, to compete in the 400m Individual Medley events.

This was the first time that both swimmers had attempted this gruelling event and they were therefore delighted with the times that they achieved.

Joseph swam his race as a Level 2 event, with a time of 6.19.28. This not only gives Joseph a Club Benchmark time for the 10 year old age category but is also a Regional Qualifying time. He will therefore be eligible to compete in this event at the forthcoming Midland Age Group Championships in June.

Sophie achieved a time of 6.20.37, and was presented with a silver medal in the Level 3 Open event.

Swimmers will next be in action on the weekend of 10<sup>th</sup>/11<sup>th</sup> April at the Rugby SC Open Meet. Results to follow.