

NER Report – Morpeth ASC

20 Swimmers from Morpeth ASC qualified to swim at the North East Regional Championships in Ponds Forge 1st – 2nd November 2018. To qualify for the NER Championships swimmers had to achieve tough qualifying times to race against the best swimmers in the North East including a number of Junior & Senior Internationals.

The 50m pool at Ponds Forge was split into 2 x 25m pools, Age Group (11 – 13 Years) and Open (14 + Over).

AGE GROUP REPORT

11 Years: Kate Kennedy & Ben Hewitt competed in their first short course NER championships in 13 events between them. Kate got her weekend off time an excellent start with a 14 Second PB in 400 IM finishing 4th in a time 5:47.42. Kate was quickly back in the pool in 200 Free another PB and finishing 4th again just 0.02 away from Bronze. A very determined Kate went into the 400 Free where she swam another PB and won a SILVER medal, her first NER medal. Kate finishes the first day with a 4th PB from 4 swims in 100 IM (6th). Ben Hewitt only had one swim on the Saturday, 200 Fly. Ben swam an excellent race taking almost 5 seconds off his PB and dipping below the 3:00 mark in 2:57.92 (11th). Kate was back in the pool Sunday morning, showing much improved work around the walls Kate swam another PB 1:07.29 in 100 Free (5th). Ben swam in 2 events on Sunday morning setting PBs in both the 100 Brst & 50 Butterfly. After 2 long days our two youngest swimmers showed great maturity and attitude to racing despite starting to feel tired. Ben swam a well-paced 200 Back, another PB and top 10 finish. Ben was quickly back in the pool in 100 Butterfly swimming under 1:20 for the first time in a new PB 1:19.86. In his final swim of the weekend Ben achieved his highest placing with a 5th PB of the day finishing 7th in 100 IM. Kate started her final session in 200 IM swimming just outside her PB. Not phased, Kate finished her weekend the way she began it with a huge PB in 200 Butterfly, Kate held her breathing pattern and underwater work throughout the race taking her PB from 3:03 to 2:52 and another top 10 finish. A big well done to our two youngest swimmers who showed great all round ability across all strokes and took every opportunity to race well!

12 Years: Libby Freeman, Daisy Cunningham and Angus Cummings were Morpeth representatives in the 12 year old age group. Libby was first in the pool in 400 IM and wasted no time in starting her weekend off well. Libby demonstrated a big improvement in both the Fly and Brst legs of her IM. Swimming a big PB of 5:02.69, picking up the GOLD medal in 12 Years age group. Libby was back in the pool for 50 Back where she won her second medal of the morning with BRONZE in 50 Back. Libby had another busy session Saturday afternoon swimming 3 events. It was another PB in 200 Back and SILVER medal with a time of 2:20.40 and a 9th place finish in 400 Free. Libby's final event of the first day was 100 IM where she picked up another GOLD medal making it 2 GOLDS from 2 IM events. Daisy Cunningham one of our fastest improving swimmers arrived in Sheffield for her first swim on Saturday afternoon. She wasted no time setting PB's in both her events the 100 IM and a fantastic 38.18 in the 50 Brst,, nearly 2 seconds off! Libby and Daisy were both back in the pool early Sunday morning in 200 BRST. Both girls were able to talk through their race plans well prior to the race and executed them

brilliantly. Daisy swam a huge PB, nearly 10 seconds and won her heat, dipping under 3:00 for the first time. Libby was in the next heat and made it another heat win for Morpeth taking 9 seconds off her PB, finishing in a time of 2:49.75 (7th). Both Libby and Daisy also set 100m Breaststroke PB's on the first 100 of their 200m race!! Sunday afternoon Libby took on 3 events. The 200 IM was first, Libby again showed the vast improvement to her Breaststroke leg, swimming a PB of 2:23.37. This was more than enough for GOLD in 12 year age group and would also have won the age group above. This completed a clean sweep of GOLDS in the IM events for Libby these championships. The 100 Back was next and a PB of 1:06.50 was enough for a SILVER medal for Libby. Libby's final event was the 200 Fly, a short course PB finished her weekend off. It is also worth noting that Libby achieved 3 qualifying times for the Swim England winter Nationals in December!

Angus Cummings was competing in his first NER Championships. Despite some confusion in his heat, Angus was still able to swim a PB and finish top 10! Looking forward to the next one, another swimmer with lots of potential!

13 Years: Jack Livingstone was our sole representative in the 13 year old age group producing PBs in all 6 of his swims. Jack started the weekend with the 1500 Free and 11 second PB (8th). Jack was back in for the 100 Free where he swam another PB 1:02.79. Sunday saw Jack start with the 200 Freestyle where he swam his 3rd PB of the weekend before a quick turnaround to the 50 Fly. Jack improved throughout the competition on understating and following race plans. In the 50 Fly he followed his 'breathing pattern' and was rewarded with another new PB. Jack saved his best swim of the weekend for the final session. With much improvement from the first day on his turn work Jack raced a good 400 Free finishing 10th in a new PB of 4:42.14. Jack's final swim of the weekend was the 50 Free where he placed top 10 again in his 6th PB of the weekend. With lots of improvements made since joining Morpeth ASC Jack is a swimmer with a lot of potential to continue to improve rapidly over the next few seasons!

OPEN REPORT

The year swimmers aged 14 + competed in the Open NER championships (no age grouping) The competition was fast and included a number of GB internationals. Morpeth swimmers swam well with each member recording at least one PB time. It was a tough competition for our older swimmers as well with heat sessions lasting over 6 hour both days.

BOYS: Dominic Anderson (14) competed in 5 events over the weekend. Dominic managed 2 PB's in 50 Free (27.36) and 50 Back (31.86) as well as taking home plenty of areas to work on before his next competition. Something I'm sure he will do! Dominic also competed in the 50 Breast, 100 Breast and 100 IM where he finished just outside his best times. Robert Cross (14) was competing in his first NER Championships in all 3 Backstroke distances. Robert's first swim was the 100 Back where he swam a 2.7 second PB which saw him moved considerably up the rankings. Robert next swim was the 50 Back, executing again much improved underwater work Robert swam a fantastic PB of 30.10 just missing dipping under 30 seconds (next time!!). Robert had a long wait for his final event the 200 back, plenty of time to change into your racing trunks you would think. Robert seemingly forgot to get changed for his 200 Back and disappeared into the changing rooms minutes before his heat. After raising the heart rates of a few of his team mates Robert got himself

behind the blocks (the wrong lane initially) moments before the whistle! A stressful few moments for everyone (mainly assistant coach Terry) were worth it (I think ?) as Robert managed a 5 second PB taking his time down from 2:26 to 2:21 .

Finlay Hartworth (14) was also competing in 2 Backstroke events. Like Robert he started with 100 Back where he secured a new PB of 1:07.41. Finlay was back in quickly for the 200 Fly where he was just outside his best time but took valuable lessons on how to recover and prepare for two races so close together. Finlay was back Sunday afternoon and while Robert was missing Finlay lined up in the same 200 Back heat. Showing excellent improvements from Saturday in his underwater skills Finlay swam a new PB of 2:22.32, over 8 seconds off his previous best.

Sam Tate (14) was a late entry into the NER Championships having only secured the qualifying time for the 1500 Free the week before at Chester Le Street. Despite improving his PB by 34 seconds the previous week, Sam was confident he could go 'a bit' faster. He set off with race plan which he executed brilliantly. Sam was not phased by a number of swimmers in his heat going out 'faster' and stuck to his own plan. A negative split and excellent final 400 saw Sam win his heat and take another 20 seconds off his PB from the week before (new PB 17:41.86).

GIRLS: Morpeth was represented by 3 girls in the Open pool.

Katherine Mooney (15) competed in 4 events. Katherine showed some good improvements underwater just missing PB's in 3 of her events. Katherine showed a mature attitude towards her racing and identify a number of key areas she could improve on before her next competition. It was pleasing however to see Katherine swim well in her final event 50 Fly. Making some corrections from her 100 Fly earlier in the meet and was rewarded with a new PB time.

Niamh Atchison (14) competed in 5 events over the two days. Niamh got her weekend off to a good start swimming a significant 1.4 second PB in 100 Breaststroke and her first time under 1:20. Niamh was back in the pool for the 200 IM where she matched her PB from the Durham Medley challenge just a couple of weeks before. Niamh's first swim on the Sunday was the 50 Breast, disappointed with her time (still a PB!) Niamh took some important lessons on managing emotions when things don't go completely to plan (not every meet is perfect!). Niamh was back in Sunday afternoon swimming on her PB in both the 200 Breast and 100 IM to finish off her weekend. Niamh took some positive steps forward at this meet and we're looking forward to seeing her progress over the next few seasons!

Our final swimmer of the weekend and 'senior' member was Erin Atchison (17) who competed in only her third NER Championships after some significant improvements to qualify last season. Erin swam an excellent 100 Breaststroke, a new PB missing out on a final place by less than 2 seconds. Erin was back in with another good PB, almost a full second in the 50 Breaststroke. Erin finished up with a strong 200 Breaststroke, just outside her PB but with a clear plan of the improvements she needs to make before her next competition.

A big thank you to all the swimmers for their efforts over a very long weekend and Terry for keeping everyone in the right place at the right time across the two pools! Thanks to parents and siblings including our own team mascot Jake Hewitt (unable to compete due to injury). It was great to see Morpeth so well represented at this level!