

**NEWCASTLE SWIMMING DEVELOPMENT COACHES NEWSLETTER
MARCH 2006**

CONGRATULATIONS TO:

CHRIS COOK - DOUBLE COMMONWEALTH GOLD MEDALIST! -----

in both the 50 & 100 Breaststroke at the Commonwealth Games in Melbourne and a silver in the 4x100 Medley Relay Team.

IAN OLIVER Coach and LIZ YORK Official at the Commonwealth's.

ANDREW MAYOR and JAMES JOHNSON who received "Rising Stars 2006" Awards at the Sport Newcastle Awards Dinner, in the Civic Centre, Monday 13th March.

DAWN PEART in passing the ASA Lead Tutor Course in Nottingham

GIRLS SENIOR SCHOOLS CHAMPS 1st MARCH were held at the Outer West

pool and saw the following girls win their events;

Junior: frontcrawl; Charlotte Sim (Dame Allans), breaststroke & butterfly Alice Miller and backstroke Sarah Murray (CNHS),

Intermediate: frontcrawl & butterfly Rachel Haigh (CNHS), breaststroke Sally Reid (Sacred Heart) and backstroke Eve Mackey,

Senior; frontcrawl & butterfly Amy Jessett (Gosforth High), breaststroke Rachel McDonald (Gosforth High) and backstroke Steph McLean (Westfield).

Team events were won by Juniors Central Newcastle High, Intermediate Dame Allans and Seniors Gosforth High. Well Done Girls!

COMPETITION RESULTS:

N&D AGE GROUP (BAGCAT) CHAMPS M'BRO 4th /5th and 11th /12th MARCH

saw Newcastle produce 29 champions including Alex Kirtley setting a CBT in winning the 50bs he also won the 200bs. Other winners were; Andrew Learmouth 100bf, 200bc, 200im, 100bc, 200bs & 100im; Chris Knight 400, 800 & 1500fc, 100im; Chris Dixon 100 & 200bs; Alex Smith 100 & 200bcVal Kokorin 100 & 200fc; Jake Harland 50fc, 50bc & 50bf; Lewis Wiseman 1500fc; Lucy Pages 50fc, 200fc, 200bc & 200bf; Ellen Barton 100bf and Steph Redfern 100bc.

(2004 - 6 gold, 19 silver & 21 bronze; 2005 22 gold 21 silver 31 bronze).

32 Silvers by; Steph Redfern (4); Erin Smith (1); Alex Smith (2); Andrew Learmouth(2); Chris Knight (5); Jake Harland (3); Jake McMullon (3); Lucy Pages (3); Robert Pallister (2); Alic Miller (1); Sarah Murray (1); Charlotte Sim (2); Rose Bell (1); Lucy Gordon (1) and Alex Rea (1);

32 bronze from Jake McMullon (1); Lucy Pages(1); Jack Gallagher (3); Charlotte Sim (2); Lewis Wiseman-Ord (2); Tom Forrester (2); Tom Howley (4); Andrew Burn (1); Erin Smith (3); Robert Pallister (1); Steph Redfern (2); Ryan Hall (1); Alex Gallagher (1); Peter Ward (1); Lucy Gordon (2); Sarah Murray (1); Jake Harland (1); Andrew Summers (1); Alice Miller (1) and Alex Smith (1).

INTER DOLPHIN GALA 16th MARCH held at City Pool saw Newburn dolphins win the event with 171 points ahead of Gosforth with 155, Jesmond 141, East End 98, Elswick 76 and Fenham 10. The canon relay was won by Gosforth. Individual winners were; Zak Logue Els, Victoria Hall (2), Megan Riley(2), Jennifer Stuart (2), Rebecca Rogerson, Stephen Mott, Jake Bratley GD, Michael Clement, Adam McKinley, Sophie Hardy, Georgia Lumley, Joe Gray, Anya Nelson, James Sprotson, Charlie Moorby, Andrew Hawman, Scott Carter, Samantha Smith ND, Eliot Rea EED, and Alex Bennett JD.

JUNIOR LEAGUE RD 2 CITY POOL 18TH MARCH Saw Newcastle win comfortably with 264 points ahead on Newburn with 230, Chester le Street 191, Tynemouth 163, Stockton 157. 15 Individual wins came from Hannah Bain, Alex Gallacher, Steph Redfern, Alex Kirtley, Ellen Barton (2), Jake Harland (2), Charlotte Sim, Rose Bell, Jack Gallacher, Ryan Hall, Erin Smith, Richard Kirtley and Katherine Walton. Team Wins came from the girls 8x25 canon, girls 11 free & medley teams, boys 11 free & medley teams, girls 9 medley, girls 10 free & medley teams, boys 10 free & medley teams, girls 12 free & medley teams and boys 12 medley team. Round 3 is at Billingham on Sunday 7th May. Please note all swimmers and staff to travel on the bus. Bus leaves City pool at 3.30pm

CITY JUNIOR SCHOOLS GRAND FINAL CITY POOL TUESDAY 21ST MARCH saw 42 junior schools take part in the final. The boy's trophy was won by Royal Grammar School with 22 points ahead of Dame Allan's 15 & Newcastle Prep 11. The Girls trophy was won by West Jesmond with 23 ahead of Central Newcastle High 22, Church High & Westfield 13. Individual winners; Backstroke; Michael Hall, Westerhope and Vanessa Venchard Central, Breaststroke; Simon Parker Chillingham Rd and Stephanie Bruce Church High (in a new best time), Frontcrawl; Jamie Magee St Cuthbert's and Jenna Mills Central, Butterfly; Zak Dawson Throckley and Ellen Barton West Jesmond (both in new best times). Boys relay winners were Royal Grammar and the girls Central High. Well Done!

Dates for your Diary

April

31Mar/2 Sheffield Premier Meet
1/2 Chester-Le-Street Open Meet
4/9 British Nationals ELC,EJC & EYO Trials Sheffield
8 N&D Teams Felling

23 Sunday Swim

29 Apr/1May NEC Youth & Sen Champs Sheffield

May

6/7 South Tyneside Open Meet, Hebburn
7 Junior League Rd 3, Billingham, Bus leaves City Pool 3.30pm
12/14 Mbro' Open Meet
21 Derwentside Graded Meet

21 Sunday Swim

Bag Packers wanted for 2 hour slots at M&S Kingston Park on Saturday 6th May; Morrisons Byker, Saturday 12th August and Sunday 30th May.

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Club website & Seniors website visit : www.newcastleasc.co.uk & conasc-masters.co.uk