

## Wear Valley Guy Fawkes Gala November 1<sup>st</sup> and 2<sup>nd</sup> November 2014

Very well done to all of the Wear Valley swimmers who took part at our recent Guy Fawkes Gala on the 1st and 2<sup>nd</sup> November 2014. A total of 14 swimmers represented Wear Valley. A fantastic medal tally was gained with a total of 19 golds, 13 silver and 8 bronze. Together with these medals 41 pbs (personal bests) were attained! Our newest competitive swimmers Sam Gilchrist, Jessica Maughan, Holly Richardson and Ebonie Summerson all swam extremely well. Sam, Jessica and Ebonie all swim in the Dolphins and Holly has just moved up to the Junior Squad. Sam set his first pbs in the 50 breast and 50 free. Jessica and Ebonie also obtained pbs in 50 back and 50 free. Holly won her first medal for Wear Valley, a gold, in the 50 back and also set a pb in the 50 free.

Other members of the Junior squad, Annabel Cooper, Joseph Dobson and Charlotte Varley were also very pleased with their results. Annabel achieved 5 pbs, Joseph took 4 seconds off his 200 free and Charlotte took 15 seconds off her 200 free and also achieved 3 more pbs!

In the senior squad further pbs were set for Ryan Baker, Nicholas Cooper, Jack Dobson, Ben Gilchrist, Neve Mason, Arturs Rudzats and Jack Varley. Ryan took 12 seconds off his 400 IM and obtained a 3 other pbs. Nic. achieved his second NER in the 100 Breast. Jack Dobson took 10 seconds off his 400 IM and attained 3 other pbs. Ben took 23 seconds off his 400 IM, 8 seconds off his 100 free and obtained 2 further pbs. Neve attained a pb in her 200 back and in doing so achieved her 5<sup>th</sup> NER time. Arturs obtained 3 pbs and Jack Varley took 6 seconds off his 200 free together with 3 other pbs. Well done Wear Valley.

A big thank you to all of the parents and grandparents who kindly volunteered (some for the first time) to help this weekend. Thank you also to all of the Wear Valley Coaches, Officials and Poolside Helpers and to Jacqui Teasdale who organised the Gala.