

# BOBCATS ADM: COACHES REPORT

## NORTH WEST REGIONAL CHAMPIONSHIPS 2009

(7 - 8<sup>th</sup> NOVEMBER 2009)

VENUE: MANCHESTER AQUATICS (25m)

|                  |                                    |                    |                         |      |
|------------------|------------------------------------|--------------------|-------------------------|------|
| <b>EVENT 01:</b> | <b>Mens Open 100m Freestyle</b>    |                    |                         |      |
| 17-18yrs         | Joseph GILLAM                      | 56.63              | (43 <sup>rd</sup> )     | Heat |
|                  | Joshua FINCH                       | 54.58 PB           | (20 <sup>th</sup> )     | Heat |
| <b>EVENT 03:</b> | <b>Mens Open 50m Breaststroke</b>  |                    |                         |      |
| 15-16yrs         | Craig GROOM                        | 35.18 PB           | (19 <sup>th</sup> )     | Heat |
|                  | Ben EDWARDS                        | 30.58 PB           | (4 <sup>th</sup> )      | Heat |
|                  | <b>FINAL</b>                       | <b>31.02</b>       | <b>(4<sup>th</sup>)</b> |      |
| 17-18yrs         | Joseph GILLAM                      | 31.50 PB           | (6 <sup>th</sup> )      | Heat |
|                  | <b>FINAL</b>                       | <b>31.62</b>       | <b>(6<sup>th</sup>)</b> |      |
| <b>EVENT 07:</b> | <b>Mens Open 100m Backstroke</b>   |                    |                         |      |
| 15-16yrs         | Ben EDWARDS                        | 1:04.30 PB         | (18 <sup>th</sup> )     | Heat |
| <b>EVENT 12:</b> | <b>Womens Open 50m Freestyle</b>   |                    |                         |      |
| 13-15yrs         | Kerry HOLDING                      | 29.94 PB           | (39 <sup>th</sup> )     | Heat |
| <b>EVENT 13:</b> | <b>Mens Open 200m Breaststroke</b> |                    |                         |      |
| 15-16yrs         | Ben EDWARDS                        | 2:27.56 PB*        | (3 <sup>rd</sup> )      | Heat |
|                  | <b>FINAL</b>                       | <b>2:30.55</b>     | <b>(4<sup>th</sup>)</b> |      |
| <b>EVENT 15:</b> | <b>Mens Open 50m Butterfly</b>     |                    |                         |      |
| 17-18yrs         | Joshua FINCH                       | 26.15 PB           | (3 <sup>rd</sup> )      | Heat |
|                  | <b>FINAL</b>                       | <b>26.26</b>       | <b>(3<sup>rd</sup>)</b> |      |
| <b>EVENT 36:</b> | <b>Womens Open 100m Freestyle</b>  |                    |                         |      |
| 13-15yrs         | Marsha BANKS                       | 1:04.31            | (58 <sup>th</sup> )     | Heat |
| <b>EVENT 37:</b> | <b>Mens Open 200m Freestyle</b>    |                    |                         |      |
| 17-18yrs         | Joseph GILLAM                      | 2:05.07            | (36 <sup>th</sup> )     | Heat |
| <b>EVENT 39:</b> | <b>Mens Open 100m Breaststroke</b> |                    |                         |      |
| 15-16yrs         | Ben EDWARDS                        | 1:05.84 PB*        | (2 <sup>nd</sup> )      | Heat |
|                  | <b>FINAL</b>                       | <b>1:05.53 PB*</b> | <b>(2<sup>nd</sup>)</b> |      |
| <b>EVENT 41:</b> | <b>Mens Open 100m Butterfly</b>    |                    |                         |      |
| 17-18yrs         | Joshua FINCH                       | 59.31 PB           | (7 <sup>th</sup> )      | Heat |
|                  | <b>FINAL</b>                       | <b>58.32 PB</b>    | <b>(4<sup>th</sup>)</b> |      |
| <b>EVENT 45:</b> | <b>Mens Open 200m IM</b>           |                    |                         |      |
| 15-16yrs         | Ben EDWARDS                        | 2:16.32            | (13 <sup>th</sup> )     | Heat |
| <b>EVENT 47:</b> | <b>Mens Open 50m Freestyle</b>     |                    |                         |      |
| 15-16yrs         | Ben NUTTER                         | 27.28 PB           | (63 <sup>rd</sup> )     | Heat |
|                  | Craig GROOM                        | 27.13 PB           | (59 <sup>th</sup> )     | Heat |
| 17-18yrs         | Joseph GILLAM                      | 25.74              | (30 <sup>th</sup> )     | Heat |
|                  | Joshua FINCH                       | 25.06              | (DQ)                    | Heat |
| <b>EVENT 50:</b> | <b>Womens Open 50m Butterfly</b>   |                    |                         |      |
| 13-15yrs         | Kerry HOLDING                      | 32.82 PB           | (37 <sup>th</sup> )     | Heat |
|                  | Marsha BANKS                       | 32.40              | (32 <sup>nd</sup> )     | Heat |

### Summary:

7 SWIMMERS

6 FINALISTS

15 Personal Best Times

(\*) ASA NATIONAL YOUTH QUALIFYING TIME

## NORTH WEST REGIONAL CHAMPIONSHIPS 2009

On the 7-8<sup>th</sup> November weekend, Bobcats ADM had 7 swimmers competing in the **North West Regional Championships** (at Manchester Aquatics). A total of 5 medals were achieved over the weekend with three 1<sup>st</sup> places, a 2<sup>nd</sup> place and a 3<sup>rd</sup> place, reaching no fewer than 6 finals between them, 15 personal best times, and 2 ASA National qualifying times.

**Kerry HOLDING, 13** (Haslingden) achieved a 39<sup>th</sup> 50m Freestyle and 37<sup>th</sup> 50m Butterfly with both swims in personal best times.

**Marsha BANKS, 15** (Rosegrove) achieved a 58<sup>th</sup> 100m Freestyle and 32<sup>nd</sup> 50m Butterfly.

**Craig GROOM, 15** (Haslingden) achieved a 59<sup>th</sup> 50m Freestyle and 19<sup>th</sup> 50m Breaststroke with both swims in personal best times.

**Ben NUTTER, 15** (Rosegrove) achieved a 63<sup>rd</sup> 50m Freestyle in a personal best time.

**Benjamin EDWARDS, 16** (Blackburn) achieved a 4<sup>th</sup> place in the 50m & 200m Breaststroke finals, a 2<sup>nd</sup> in the 100m Breaststroke final, a 13<sup>th</sup> 200m Individual Medley and a 18<sup>th</sup> 100m Backstroke. Ben also picked up three 1<sup>st</sup> places in the Breaststroke events in the junior age group (16yrs & under) with the 100m & 200m Breaststroke in ASA National qualifying times and five out of the eight swims in personal best times.

**Joseph GILLAM, 17** (Rosegrove) achieved a 6<sup>th</sup> place 50m Breaststroke final, 43<sup>rd</sup> 100m Freestyle, 36<sup>th</sup> 200m Freestyle and 30<sup>th</sup> 50m Freestyle.

**Joshua FINCH, 18** (Colne) achieved a 3<sup>rd</sup> place 50m Butterfly final, a 4<sup>th</sup> 100m Butterfly final, a 20<sup>th</sup> 100m Freestyle, and unfortunately a disqualification in the 50m Freestyle for wearing two pairs of trunks.