



## Copeland Amateur Swimming Club

Registered Charity Number: 1103769

Copeland ASC Diddy Team competed in the 'A' Final of the Cumbria Diddy League at Kendal Leisure Centre on Saturday 25 June.

The evening's swimming was exiting and very keenly contested with Copeland ASC coming home in fourth place only 13 pints behind third placed Workington. In second place was City of Carlisle City and with only 5 more points, the winners were Ulverston Otters.

Trophy presentations were made on the night by the President of the North West Region ASA, Mrs. Karen Bowes who first of all presented the Captains from Ulverston Otters with the Tommy Messenger Trophy as winners of the Cumbria Diddy 'A' Final, and then presented the Captains of the City of Carlisle team with the Karen Bowes Trophy as overall winners of the 3 rounds of the Cumbria Diddy League.

The Cumbria Diddy League is an invaluable first taste of competitive swimming for the County's young swimmers aged 9 – 11, and generates great team spirit and an incredible poolside atmosphere. Anyone interested in trying it for themselves should contact their nearest swimming club for details.

As for the performances of the Copeland Team, Senior Coach Julie Walley reported that Team Managers Kim Graham & Linda Samper were very pleased with the way Copeland swimmers coped with the event. She went on to say: 'We have worked hard over the last few weeks in preparation and all that hard work paid off on the night, improving our Diddy League position from that of last year and with the promising young swimmers we have training ready for Diddy League next year things can only get better.'

Pictured are the captains of the Copeland ASC Diddy Team 2011, 11 year olds Jack Fulton & Charlotte Stamper.

Also pictured are the Copeland Diddy Team after the evening's swimming.

Amy Cowan, Mary Wake, Rebecca Wilson, Ellie Southward, Alex Messenger, Neve Richardson, Charlotte Stamper, Abbie Johnstone, Niamh Peers, Lucy Stephenson, Molly Gunn, Adam Metcalf, Jack Kellett, Frank Haile, Isaac Hinde, Luke Jackson, Oscar Craig, Jack Fulton, Dean Blakeway, Christian Lofthouse, Adam Baker,

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Copeland ASC swimmers Scott Bailey (14), Alex Messenger (10) and Isaac Hinde (10), qualified to take part in the NWR Championships on the 4/5 June and the 11/12 June 2011 at Manchester Aquatics centre. This was a high standard competition and all three swimmers swam really well. Scott Bailey performed particularly well in a tough age group, recording a time of 1.21.58 to qualify for the final as 1<sup>st</sup> reserve in the 100 metres breaststroke and also competing in the 100 metres freestyle, recording a time of 1.02.31.

It was the first time competing in a 50m pool for 10 year old Alex Messenger and she rose to the occasion by competing in 5 events; the 200 metres freestyle( 2.52.81), 400 metres freestyle (5.57.52), 100 metres butterfly (1.46.57), 200 metres butterfly (3.39.36) and 100 metres freestyle (1.19.23).

It was also the first time competing in a 50m pool for 10 year old Isaac Hinde, who competed in a total of 6 events and made the Finals in two of them. Isaac swam the 200 metres butterfly in 3.06.85 to reach the final of the event, where he recorded a time of 3.06.05 to finish in bronze medal position. He also swam the 200 metres freestyle in a time of 2.37.51 to reach the final where he recorded a time of 2.32.67 to bring home yet another bronze medal. Isaac also competed in the 400 metres Freestyle recording a time 5.37.31 to make yet another Final where he came in fifth place with a time of 5.30.23. These were impressive achievements for a 'first-timer.' Isaac also swam in the 100 metres freestyle (1.13.99), 100 metres backstroke (1.27.90), & 100 metres butterfly (1.29.77).

Head Coach Alan Burns said 'I am really pleased with the performances of my swimmers at Manchester. The regional events are particularly tough events in which to compete. Simply making the Qualifying times is an achievement in itself, but to make a final of an event is an even greater achievement and to actually and come away with a place is the simply the icing on the cake. I am very please for these three swimmers and hope that they are proud of themselves and their achievements.'

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