

**Midland District Age Group Championships 2015 at Coventry**  
**(BAGCATS 10 - 14 yrs Girls & 10 - 14 yrs Boys)**

**30<sup>th</sup> - 31<sup>st</sup> May 2015**

<http://www.midlandchampionships.org.uk/results/g2315/index.php>

Event	Names	Age	Heat Times L C 50m	Converted Times 25m	Place	Notes
Boys 11/14 Yrs 200m IM	Tom Adams	13	2:30.77 <b>PB</b>	2.28.1 <b>PB</b>	5 <sup>th</sup>	
<b>Boys 13 Yrs 200m IM FINAL</b>	Tom Adams	13	2:30.59 <b>PB</b>	2.28.0 <b>PB</b>	6 <sup>th</sup>	
Boys 11/14 Yrs 100m Breaststroke	Tom Adams	13	1:22.48 <b>PB</b>	2.20.9	7 <sup>th</sup>	
<b>Boys 13 Yrs 100m Breaststroke FINAL</b>	Tom Adams	13	1:23.92	2.22.4	8 <sup>th</sup>	
Boys 11/14 Yrs 100m Freestyle	Tom Adams	13	1:02.12 <b>PB</b>	1.00.8	6 <sup>th</sup>	
<b>Boys 13 Yrs 100m Freestyle FINAL</b>	Tom Adams	13	1:02.24	1.00.9	8 <sup>th</sup>	
Boys 11/14 Yrs 400m IM	Tom Adams	13	5:22.30 <b>PB</b>	5.16.8 <b>PB</b>	7 <sup>th</sup>	
Boys 11/14 Yrs 50m Breaststroke	Tom Adams	13	38.14 <b>PB</b>	37.3	6 <sup>th</sup>	
<b>Boys 13 Yrs 50m Breaststroke FINAL</b>	Tom Adams	13	36.00 <b>PB</b>	35.1 <b>PB</b>	1 <sup>st</sup>	<b>Gold Medal</b> Age Group Winner!
Boys 11/14 Yrs 100m Butterfly	Tom Adams	13	1:10.33	1.09.2	6 <sup>th</sup>	
<b>Boys 13 Yrs 100m Butterfly FINAL</b>	Tom Adams	13	1:09.13	1.08.0	4 <sup>th</sup>	



**"Fan'dabi'dozi",**

**Gold Winning Performance for Tom Adams at the Midland Championships!**

**He made 5 Finals!**

**What a Star!**

First, I would like to congratulate Tom Adams and Ben Beedell who are only swimmers competing at this year's Midland Age Group Championships. But only Tom was in action this weekend. He has qualified for ten events overall with six of them being swum this weekend - and what a weekend he had! He had an outstanding swim in his first event the 200m IM to finish 5<sup>th</sup> setting a personal best time which gave him a place in the final. Although he produced a faster time in the final his performance earned him 6<sup>th</sup> place. He went on to make five more finals, what an achievement!

The performance of the weekend was his 50m Breaststroke final. In the heats he finished in 6<sup>th</sup> place setting a time of 38.14 which was nothing special but he was obviously saving himself for the final. He got off to an excellent start and managed to hold his form, he not only touched in first place but managed to take over 2 seconds off his heat time to win the event and collect his gold medal. In the 400m IM he achieved an excellent time, bettering his PB by over 8 second. Over the weekend he produced a total of 7 long course PBs and 4 converted PBs and the all important Gold Medal winning performance. Congratulations Tom - this was an excellent all round performance, I think the older swimmers will have to watch out at club champs - fantastic stuff!

Good Luck for next weekend!

