

Northumberland and Durham Counties Youth and Open Championships
16,17 February 2008 at The Dolphin Centre, Darlington

Swimmers from all over Northumberland and Durham converged on the Dolphin Centre in Darlington last weekend to swim in the Counties Youth and Open Championships. It was a highly competitive gala with some excellent swimming. Joanne Jackson, a medallist for Great Britain in last year's European Swimming Championships, was competing, as were several other swimmers who are members of British Swimming's Target squad for the London 2012 Olympics.

Four swimmers from Darlington ASC competed usually against older swimmers, producing some good swimming for this time of the season. **Chloe Coates** reached all three finals in the Women's Breaststroke events. **Jake Cowton's** best performance was an excellent swim in 200m Freestyle where he achieved another qualifying time for the British National Agegroup Championships, as well as lowering his personal best. **Helena Teague** competed despite having sprained her wrist the previous week and swam to a PB time in 200m Individual Medley. **Heather Clarke** had her first Personal Best in the 50 Back stroke for over a year and looks like she will definitely be one of the up and coming swimmers in DASC to watch in the next year.