

N&D Counties ASA Open 1500m Championships 24 February 2008

Jake Cowton pulled out a personal best at the Open 1500m County Championships held at the Dolphin Centre at the weekend. Jake went out on a 1.02 for his first 100m and then settled down to a steady pace averaging 1.10 per 100m. He did a personal best at the 800m split in the race and then increased his pace to 1.08 per 100m to finish 1500m in a time of 17.35.85.

Head Coach Fiona Miller said, 'The swimmers in the club are now willing to try out events that they may in the past have avoided, this is a great news. For the coaching staff and the swimmers it is their chance to see that the hard work they put in in training does produce fantastic results.'