

DASC at Northumberland & Durham Autumn Graded Series 2008 Weekend 1 20,21 September at Tynemouth

A small contingent of DASC swimmers took part in their first gala of the new swimming year, competing in the first of a series of three graded galas supported by Northumberland & Durham Counties ASA this autumn. The 5 girls from A squad and the 2 boys, one from A squad and one from B squad, travelled to Tynemouth for the well-attended gala.

They all swam very well, recording Personal Best times in every swim. In the girls 11 years age group **Fern Turner** came 4th in 100m Freestyle knocking 3 seconds off her PB, and did very well to come 4th in her first attempt at the gruelling 400m Individual Medley. **Ineke van Mourik** swam in the same events in the 12 years age group reducing her PB in the 400m IM by 26 seconds (!) and by 3 seconds in 100m Freestyle. Her brother, **John van Mourik**, swimming in the 10 years agegroup lowered his 50m Breaststroke time again by another 2 seconds to 47.61.

In the 12 years agegroup, **Helen Murray** swam her best ever 100m Freestyle and **Kate Troy** lowered her PB in the same event by 2.5 seconds. In the 13 years agegroup **Robert Murray** swam 7 seconds faster than previously in the 200m Breaststroke and **Lucy Proctor** broke the 3-minute barrier for 200m IM, carving 6 seconds off her PB.

A squad coach, Brenda Seaton, said ' I am very very proud of these swimmers and their achievements. They have all been training hard and are starting to believe in themselves. They should be encouraged by their great performances which are a result of all their hard work in training. They are a credit to DASC.'

*Come on DASC swimmers!
Next time it could be you swimming this well,
BUT you have to enter galas to be able to swim in them!*