

DASC at Northumberland & Durham Autumn Graded Series 2008 **Weekend 2 18,19 October at Middlesbrough**

A group of 9 swimmers from A squad competed at Middlesbrough at the second weekend in the series of 3 galas in the Northumberland & Durham Autumn Graded Series. The 6 girls and 3 boys were a credit to DASC, all of them recording at least one Personal Best swim and with a final PB tally of an amazing 22 out of 27 swims. This is a great team achievement and all the swimmers should be encouraged by their individual performances.

Lucy Proctor got the weekend off to a great start with a well-paced, gutsy swim in the Girls 13 years 800m Freestyle to gain a 4th place medal, a new PB, knocking 47 seconds off her previous best, and also recording a PB at the 400m halfway mark. She also went on to achieve PBs in her other 2 swims with a good 6th place in 100m Freestyle. Our other medal winner was **Fern Turner** in the Girls 11 years 100m Individual Medley with a 4th place and a PB, as well as a PB in 200m Breaststroke by 9 seconds.

Kate Troy swam 3 Personal Bests in 3 swims, with some very well-paced races especially in her 200m events. **Helen Murray** produced 2 best times and **Ineke van Mourik** and **Robyn Wilkinson** both took many seconds off their previous 200m Breaststroke times.

Joe Anthony and Robert Murray both had a busy weekend swimming in 5 events each and producing 7 PBs between them, with Joe gaining 6th place in the Boys' 14 years 200m Freestyle. **Kye Cowton** also clocked up 3 PBs in the Boys' 11 year agegroup.

A squad coach, Brenda Seaton, was thrilled with the swimmers' performances and is looking forward to the last gala of the series in November and another crop of excellent times.

Jane Teague.