

DASC OPEN MEET **4/5 October 2008 at The Dolphin Centre**

DASC staged our own annual Level 1 Open Meet on 4/5 October at the Dolphin Centre. The Meet attracted clubs all over the North of England with swimmers from as far afield as Loughborough, Kirklees, Newcastle and Carlisle. There was some fast swimming and many exciting races. A group of 12 DASC swimmers competed in the gala in their home pool.

Some of our younger swimmers made the most of the small number of entries in the 10/11 year agegroups and picked up cash prizes for Top 3 placings! **Fern Turner** was 2nd in 200m IM and 3rd in both 100m Freestyle and 100m Breaststroke recording 3 Personal Best times in these events. **Jonathan Teague** broke the 3 minute barrier in 200m IM to finish in 2nd place and **Kye Cowton** was 3rd in 100m Breaststroke and swam PB times in all three of his events. **Robyn Wilkinson** knocked 7 seconds off her 200m IM time. **Joe Wilson** from B squad came close to his best time in the Breaststroke event.

In the Girls 12/13 agegroup our A squad trio of **Laura Johnson, Lucy Proctor and Kate Troy** all swam well in the 100m Backstroke and Freestyle events recording PBs, with Laura reducing her Backstroke time by a huge margin of 7 seconds.

Top squad swimmers **Tom Short, Helena Teague and Rebecca Trenholme** competed in the 14/15 agegroup and some Open events. Tom improved his PBs in 100m Breaststroke and 50m Freestyle, achieving his first qualifying time for the North-East Regional Championships next month in 50m Freestyle. Congratulations on your breakthrough into this level of competition. Helena recorded 4 Personal Bests in her 8 swims, which was an encouraging start to the new season. Her best placing was 6th in the agegroup 200m IM. Rebecca swam in the agegroup 100m Freestyle. **Iain Rossington** faced some very high quality swimmers (mainly from Loughborough University) in the hotly contested Open Sprint Freestyle events, recording a pleasing time in the 50m sprint.

Head Coach, Fiona Miller, said she was especially impressed with our younger club swimmers winning medals in their agegroup events.

Jane Teague