

London Sprint Gala

Success at the London Sprint Gala at Crystal Palace

Eight DDSC swimmers participated in the London Sprint Gala at Crystal Palace last Sunday. All swims were 50 meter sprints and this was the first time many of the swimmers have swum in a 50 meter pool. After moaning about the length they all went on to perform very well most producing long course PBs. All swimmers came away having either won a finalist ribbon or medals. We would like to keep this gala in mind for more swimmers next year.

The finalist included Jack Willis, Sophie Pembroke, Sally Nicholas, Grace Begley-Hunter, Miren Elphick, Amy Farthing and Ellie Thomas.