

Harborough swimmers Candice Hall (16) and Jay Newman (12) both achieved success at the ASA British Gas National youth and age group swimming championships, held at Sheffield's Ponds Forge pool.

Hall was delighted to win her first ever individual medal at the championships taking bronze in the 200m individual medley. Competing in a total of five events Hall also made the finals of the 100m back, 200m back and 400m individual medley where she finished 7th, 6th and 5th respectively.

Newman, swimming in his first National championships, acquitted himself very well with a powerful swim in the 200m breast stroke heats, which was good enough to take him through to the final, where he finished in 6th place. Newman also swam in the 400m freestyle where he finished 15th.