

DURING the summer holidays, Hitchin swimmer Daniel English, 12, took part in the Swim Wales Summer Open Meet (formally known as the Welsh Nationals) held in Swansea.

Daniel achieved long course PBs in the 100m and 200m freestyle events. But his best performance came in the 400m free, in which he recorded an eight second PB, finishing in a time of 5 minutes 5.54 seconds.