COMPETITIVE SWIMMING		
Club name	Website	
Aquajets	https://www.aquajetsnewcastle.co.uk/competitive-swimming/	
Birtley Amateur Swimming Club	https://birtleyasc.com/	
Blyth Lifesaving and swimming club	http://www.blsc.uk.com/contact/	
Bolden CA Swimming Club	www.boldoncasc.org.uk	
Gateshead and Whickham Amateur Swimming Club	http://www.gawswim.org.uk/	
Hebburn Metro Swimming Club	http://www.spanglefish.com/hebburnmetroswimmingclub/index.asp?pageid=296321	
Morpeth ASC	www.morpethswimmingclub.com	
Newcastle Swim Team	https://www.newcastleswimteam.co.uk	
North Tyneside Swimming Club	http://www.northtynesideswimmingclub.co.uk/	
South Tyneside Swimming Club	https://stswim79.co.uk/Home.aspx	
City of Sunderland	https://www.cityofsunderlandasc.co.uk/blog/	
Tynemouth	http://www.tynemouthasc.co.uk/	
Washington ASC	https://www.washingtonaquaticssc.co.uk/	

TRIATHALON CLUBS		
Club name	Website	
Alnwick District Tri club	https://www.britishtriathlon.org/clubs/alnwick-district-triathlon-club_1023	
North Shields Polytechnique	http://nspoly.org/	
One Life Racing - Hexham	chair@oneliferacing.co.uk/	
Ponteland Tri / Runners	triathlon@pontelandrunners.org.uk	
South Shield Tri	http://southshieldstri.co.uk/	
Sun City	https://www.suncitytri.co.uk/ https://www.suncitytri.co.uk/juniors	

ROWING & CANOEING		
Club name	Website	
Gateshead Community Rowing Club	www.gatesheadrowing.com	
Tyne Rowing club	http://www.tynerowingclub.org/	

WATER POLO		
Club name	Website	
Durham City Aquatics	https://uk.teamunify.com/team/nedcaswpc/page/water-polo	
Sedgefield Water Polo	https://sedgefieldwaterpolo.com/	

SYNCHRONISED SWIMMING		
Club name	Website	
Gateshead Synchronised Swimming Club	https://www.gatesheadsynchro.co.uk/	