

Well here it is the overall report for the weekend.

52 swimmers from 4 squads and county Performance attaining 92% PB rate collectively

Water dragons...

Kiera B, Skye, Ben Evans, Cerys, James, Amelie, Cai Jones, Cai Johnson, Callum, Dylan, Fleur, Rebecca, Ben Morgan, Mason, Keira M, Fred, Alice, Rosie, Cory, Ewan, Freya, Stephanie, Mylia James, Toby Harries, Martha

Bronze...

Saskia, Jack, Carys, Abbey Hillary, Ioan, Molly, dan Tywnam, Leon,

Silver.. Holly, Abi Thomas, Maggie May,

Gold...

Arron, Jayden, Hannah, Jess, Bethan, Ben Hillary, Rowan, Dan Thomas, Sam Withers, Lewis,

County Perf...

Lauren, Toby,

Massive improvements made over the weekend, and some super swims from all squads WELL

DONE ALL SWIMMERS

Huge congratulations to Toby Sturley who not only set a new county record on the 200 back but went on to swim his first sub 1 min 100 freestyle with 58 sec swim

Rhys Davies set a new British record in S14 para 400 individual medley

In all we had 65 medals with loads of top 8 places and finished as second overall on points behind a strong Haverfordwest Seals team this year

MEDAL TABLE????????????????????????????????

Sess1

200 back ...Gold Toby plus new county Record, Silver Hannah, Bronze Arron, Bronze Jack

50 Fly... Bronze Freya, Gold Callum, Silver Ben M, Gold Ben H

400free.. Gold Lauren O, Gold Ewuan, Silver Toby, Bronze Arron,

Sess2

100 breast... Gold Holly-Jane Callen, Bronze Abi H, Silver Lauren O, Bronze Jess, Silver Toby

50 free... Bronze Cerys, Bronze Abi H, Gold Callum, Silver Ben M, Silver Ben H

200IM..Bronze Bethan, Bronze Ben H, Silver Toby,

Sess3

100 fly.. Silver Bethan, Bronze Dan T

100 IM.. Bronze Abi H, Bronze Ben H, Gold Ben M

200 Breast.. Silver Lewis, Silver Toby, Silver Holly, Bronze Abi H, Bronze Jack,

Sess4

200 Fly.. Silver Dan T, Gold Bethan, Silver Jack, Bronze Abi Thomas

50 Back.. Gold Callum, Gold Ben H

100 free.. Silver Ben, Silver Toby plus sub 1 min pb Bronze Sam W, Silver Hannah,

Sess5

50 breast..Gold Callum, Bronze Ben H, Bronze Abbey H, Silver Holly

400IM..Bronze Jack, Bronze Toby, Gold Rhys plus new British s14 record Silver Bethan

Sess6

100 back... Gold Arron, Gold Rhys, Silver Dan T, Bronze Ben H, Bronze Rowan, Silver Hannah

200 IM.. Gold Callum

200 Free..Silver 200 Toby, Silver Rowan, Gold Bethan, Bronze Abbey H,

Please say a big thank you to your coaches when you see them as many of you swam fast and PB all your events

Also a big thank you to all our officials and volunteers As without them these events could not run.

And to your parents for being loud and being proud

Well done All

Phill Thomas

Club Chairman