



Swim Wales National Long Course Championships 2019 Report

Easter Weekend saw Bridgend County Swim Squad race at the Swim Wales National Long Course Championships and the main target meet of the current cycle. Even before starting, the Club had 28 qualifiers, 10 more than last season's 18, and 13 of those qualifiers left the Club beforehand. So in a short space of time, the swimmers and coaches have managed to rebuild and develop more strength/depth within the Club.

Day 1 saw Swim Squad start off with a bang with Ioan James winning double Gold in 400 Free/200 IM. He followed this up with a Bronze in the 50 Free, a great start to what would become a busy weekend for him. Lewis Morgan added a first National medal in the 400 Free. Alongside the medallists, Megan Nicholas and Tobias Hunt made the Open Final in 50 Brs and 200 Back respectively

Day 2 started with Ioan James, Lewis Morgan, Anna-Rose Merchant and Dylan Wisden all made finals, with Ioan adding another 3 medals to his already fantastic weekend – Gold 200 Free, Silver 100 Back and Bronze 100 Brs.

Day 3 was again a busy day, with Liv Compton, Ioan James, Anna-Rose Merchant, Lewis Morgan and Kate Dunlingson making the finals. A close race for Lewis and Kate saw them come narrowly close to the medals in 4th place for the 100m Free but HUGE PB's.

Day 4 completed the 4 day meet with distance events and the team relays. Swim Squad entered 15 relay teams across a number of events and saw the team come away with 6 more medals, Gold 400 IM for Ioan James, Silver 1500m Free Szymon Wojcik and Silver 800m Free Eve Hickman in the Distance Events, 2 Silver Medals in the 4x100 Free 11-13 Girls Relay and 4x200 11-13 Boys Relay and a Bronze for the 4x200 Free 11-13 Girls team.

BCSS achieved 14 Medals (4 Gold, 5 Silver & 5 Bronze), 19 Finalists, 36 "Top 10" Placings & 15 Relay Teams. This included a 60.6% PB Rate for all the Club.

Medal Winners

Gold – Ioan James (400 IM, 200 IM, 400 Free & 200 Free)

Silver – Szymon Wojcik (1500 Free), Eve Hickman (800 Free), Ioan James (100 Back), 4x100 Free 11-13 Girls (Kate Dunlingson, Carys Griffiths-Cole, Romy Francombe & Ellie-May Hamm), 4x200 Free 11-13 Boys (Ioan James, Cai Williams, Lewis Morgan & Luc Martin)

Bronze – Ioan James (100 Brs, 100 Free, 50 Free), Lewis Morgan (400 Free), 4x200 Free 11-13 Girls (Carys-Griffiths Cole, Ellie-May Hamm, Romy Francombe & Mia Gronow)

