



Swim Wales Newsletter September 2011

Great news, exclusive to Swim Wales - 10% discount on swimming equipment via; <http://www.welshasa.co.uk/>

The Dragon Open Water Swim

KNAB ROCK - MUMBLES

Saturday 24th September 2011

Swim Wales are pleased to announce the first Dragon Open Water swimming event that could lead to Commonwealth Games qualification, and bring major international swimming championships to Wales.

The 1.5k Open Water Swim will be held off the beautiful Mumbles coastline on Saturday 24th September.

Entry costs £30 with a 25% discount for Swim Wales members (when quoting unique code; Swim Wales)

- **2011 Celtic Tri-Nations Success**

The Welsh team consisting of experienced internationals and first-timers managed a great performance and took advantage of home attendance at the Wales National Pool in Swansea at the end of May. The Women's 4x100m freestyle relay team consisting of Chloe Tutton, Siwan Thomas-Howells, Jemma Lowe and Danielle Stirrat set a new Welsh record in an outstanding performance.

Olympian Tom Haffield posted personal best times in his non-Olympic events of 200m butterfly and 200m individual Medley.

Tom Allen, who has been selected for Great Britain in the world championships open water had ideal preparation with convincing wins in the 1500m freestyle and 400m individual medley.

These are to name just a few of the very impressive performances of the event. National Performance Director Martyn Woodroffe said of the competition; "The organisation of the event was excellent, with the swimmers responding well to international level swimming. This is the first time Wales have won this event, reflecting a sound performance by every member of the national squad."



Welsh Team

- **2011 IPC European Championships**

At the IPC European championships at the beginning of July in Berlin, both Welsh swimmers and welsh-based swimmers performed well. Ellie Simmonds claimed two world records with her two European titles; another world record went to the women's 4x100m medley team consisting of Swansea swimmer Stephanie Millward as they added another gold medal, adding to her 100m backstroke and 400m freestyle gold's. Rhiannon Henry won gold's in her 100m freestyle and 200m medley events, Robert Welbourn won his 400m freestyle event, along with Liz Johnson's 100m breaststroke gold rounding off a very successful week for Welsh swimming.

- **European Junior Championships**

In Belgrade two Welsh swimmers had very successful campaigns, with Ieuan Lloyd winning gold in the 200m medley and being part of the gold medal winning 4x200m freestyle team. Chloe Tutton got silver in the 4x100m relay for Great Britain.

- **Commonwealth Youth Games-Isle of Man**

Travelling team include: Ieuan Lloyd, Siwan Thomas-Howells, Chloe Tutton, Ellena Jones, Sian Morgan, Sara Lougher, Lewis Smith, Oliver Tennant, Daniel Woods and Charlotte Bryan.

- **World Swimming Championship, Shanghai**

At the 14th FINA World Swimming Championships in Shanghai, Wales were represented by Jazz Carlin, Georgia Davies and Jemma Lowe. In the 100m Fly and 200m Fly, Jemma Lowe made the final of both these events, whilst qualifying as the fastest competitor into the final of the 200m. Georgia Davies made the semi's of the 50m backstroke, whilst Jazz Carlin swam in both the 400m freestyle and the 800m freestyle, reaching the semi's of the 400m free



Celtic Tri-Nations Water Polo Report

Limerick 2011

By John Evans

Coach

Swim Wales Junior Men's Team

Match v Ireland Friday Evening

The first quarter of the match was pretty even with players sorting themselves out. The score was even at the end of the first quarter at 2 - 2. The Irish took an early 4 - 2 lead in the second quarter but the Welsh fought back and were in front at half time by 9 goals to 4. Both Teams continued pretty even on the score board but some lucky goals from Ireland meant they were still in touch at the end of the third quarter with Wales still leading by 12 - 8. The last quarter was won by Wales by 5 - 3 making it a first win against Ireland for many years. Final Score 17 - 11. The team for this game was mainly centred on the first 7 players with bench players supporting.

Match v Scotland - Saturday afternoon

The first 7 of the Welsh team were too dominant from the beginning for the Scot's and went into a commanding 10 - 0 lead by the end of the first quarter. From the start of the second quarter I was able to use the bench players much more frequently and give the first 7 a break this showed in the score as the second quarter was drawn at 3 - 3 leaving the half time score at 13 - 3. The Scot's head's went down a little in the 3rd quarter as they could not find the answer to our defence. The quarter was won by Wales by 4 - 3 leaving the score 17 - 6. The last quarter saw the Scot's give up and the Welsh lads went on to win by 26 - 7

Outstanding performances from; Captain Steffan Williams, Jack Arthur, Chris James, Lewis Jones & Ryan Jones.

Aiden Thomas (GK) and Gethin Rees made up the first 7

Also congratulations to Jack Arthur on been selected to play in the Wales Senior Men's Team as well as Steffan Williams who made his debut for the Wales Senior Team

The results of the Junior Men's Tournament in Limerick below

Wales	17	Ireland	11
Scotland	7	Wales	26



- **New Chief Operating Officer joins Swim Wales**



Welsh Swimming is pleased to announce the appointment of Mark Arnold, Mark a former Welsh record holder in the 50m freestyle to the role of Chief Operating Officer. A former swimmer for Wales for over 7 years, Mark won an acclaimed Swimming Scholarship to Arizona State University in the US, graduating with a degree in Marketing and International Business. He then went onto hold several senior positions in Management, Sales and Marketing both in the UK and the US. Having served on the board of Swim Wales for a brief time, he now returns to the organisation in a more hands-on role.

- **Domestic Competitions 2011/2012:**

British Gas Swim Wales Masters and Senior Age Group Sprint Meet 5th November.
Llandudno

British Gas Open Winter Championships 16th - 18th December 2011

British Gas Swim Wales New Year Meet: 20th-22nd January 2012

British Gas Swim Wales Open Masters & Senior Age Group Championships: 2nd-4th
March 2012

British Gas Swim Wales Age, Youth and Senior Championships: 6th-9th April 2012

British Gas Swim Wales Summer Nationals: 21st - 26th July 2012

Swim Wales Dragon Open Water Swim: 22nd-23rd September 2012

British Gas Swim Wales Open Winter Championships: 30thNov-2nd Dec 2012

