

Swim Wales - Open Water Meet

Llandegfedd Reservoir, Wales

19 June 2022

It was another highly successful event for our academy athletes, as international representation was at stake during the Swim Wales Open Water meet. A very high standard event played host to some of the best endurance swimmers in the country, as the team very much held their own individually and gained invaluable experience as a result.

James Raw would start proceedings in the best possible fashion by winning the men's 14/15 years 5km. Raw would swim a tactically astute race, staying in the leading pack and always staying within touching distance before making his move on the last lap, crucially getting to the penultimate turning buoy first and producing a clutch sprint finish to secure the win. Finlay Massey-Stephenson would also compete in the same event, starting the race strong and gaining great experience against a highly competitive field. Millie Wells would finish 11th in the women's 14/15 years 5km event, a tough swim and stayed very consistent throughout.

Fleur Lewis would produce a brilliant 2nd place overall in the women's 7.5km event, her first open water event for a few years. Lewis would swim a very intelligent race, staying in the pack for the majority of the event before making her move on the fifth and final lap, increasing her stroke rate to finish just seven seconds behind the winner. Eleanor Broughton would put together an outstanding swim, staying with a high quality, senior leading pack throughout the event and finishing 5th in the women's 16/17 years category and 10th overall.

Issac Dodds was on fine form and finished 3rd overall in the men's 7.5km event, closing out the event with a clutch sprint finish to secure the final spot on the podium by half a second. Archie Neaves would finish a very strong 5th place in the men's 16/17 years category, staying with the front pack for a good portion of the race and setting a very solid tempo throughout.

A particular mention to Clare Raw and Rachel Neaves for volunteering their time, in order to help with the smooth running of the day's event. As a coaching team, we would like to thank all the parents and athletes involved in your continued support.

The EC SA Coaching Team