

Swim Wales Summer Open Meet 2019

The Welsh Summer Open Meet provides a fantastic opportunity for swimmers to experience competing at a 5-day competition with heats and finals, to be part of a team environment and to learn how to cope with the demands associated with this level of competition. Leeds competitors who have competed at this event previously have subsequently gone on to compete at Swim England National Championships and become valued members of the National Teams.

A well-represented team of 29 swimmers performed extraordinarily well over a gruelling and compact 5 day meet with a whopping 4 sessions of racing per day. During the week of competition they produced some remarkable performances. Lifetime personal bests were being swam all over the place. Heads were turned during finals sessions as the horns, bells and whistles of the whole team of City of Leeds swimmers, staff and supporters overpowered the competition with noise of encouragement to fuel some incredible racing.

Over the week of competition Leeds swimmers were successful in achieving **69** places in finals and took home an impressive **37** Medals (**13** Gold, **11** Silver and **13** Bronze) considering we took fewer swimmers on this years trip we managed to get exceedingly close to last years total with a crammed in schedule of events. From a total of **585** swims our athletes achieved **409** Life Time Best Performances over the course of the five days. That's almost a **70%** PB rate. Particularly impressive was our finalists' ability to convert **51** heat swims into even faster final swims (that is a **74%** conversion rate).

A great finish to the 2018-19 season. Well done everyone!



A special thanks to our brilliant volunteers Julie Crisp, Meron Gebre, David Broome, Andrea Johnstone, Angela Dyer and Jeremy Stacey for their hard work, dedication and support to the swimmers and coaches over the week. Events like this would not be possible without the help of these unsung heroes.

Also a big thank you to all the parents, carers and supporters of the City of Leeds Swimming Club.

In summary our achievements over the week: **409 PB's**, **13 Golds**, **11 Silvers**, **13 Bronze medals** and **69 Final Swims**.

13 Gold Medals

Nell Williams (4), Kouros Khodakhah (2), George Brooks (1), Jamie Broome (1), George Knowles (1), Mischa Comrie (1), Solomon Hodgson (1), Christina Black (1) and Elizabeth Russell (1)

11 Silver Medals

Oliver Whittleston (3), George Brooks (2), Kouros Khodakhah (2), George Knowles (1), Finlay Williams (1), Mischa Comrie (1) and Jamie Broome (1).

13 Bronze Medals

Oliver Whittleston (3), Maeve Carroll (2), George Brooks (2), Theodore Rosenberg (2), Sedona Reed (1), Jamie Broome (1), Kouros Khodakhah (1) and Abigail Heald (1).

46 x 4th - 8th place finishes

10 - 4th Place Finishes

Nell Williams (2), Oliver Whittleston (2), George Brooks (2), Kouros Khodakhah (2), Theodore Rosenberg (1) and Elizabeth Russell (1).

12 - 5th Place Finishes

Maeve Carroll (2), Mischa Comrie (2), Oliver Whittleston (2), Kouros Khodakhah (1), Eva Stacey (1), Sedona Reed (1), George Brooks (1), Theodore Rosenberg (1) and Harry Senior (1).

10 - 6th Place Finishes

Eva Stacey (2), Nell Williams (2), Charlotte Clarke (1), George Knowles (1), Jamie Broome (1), Theodore Rosenberg (1), George Brooks (1) and Harry Senior (1).

9 - 7th Place Finishes

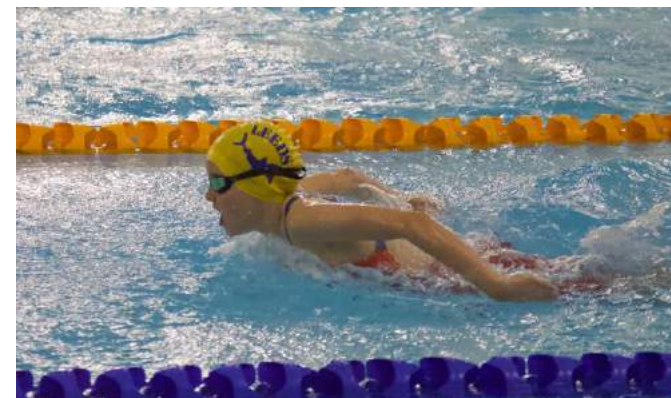
George Brooks (3), Mischa Comrie (2), Oliver Steele (1), Sedona Reed (1), Henry Firth (1) and Theodore Rosenberg (1).

5 - 8th Place Finishes

Finlay Williams (1), Oliver Whittleston (1), Oliver Steele (1), Luke Dyer (1) and Theodore Rosenberg (1).

Awesome Swimming!

WE ARE ... LEEDS!!!



Ev:	Ht:	Finals		1:19.7
1	7	Parsons, Joseph	COCY	1:16.25
2	6	Rosenberg, Theo	LDSE	1:14.37
3	4	Edwards, Dion	SGPY	1:12.69
4	2	Whittleston, Ol	LDSE	1:11.49
5	1	Khodakhah, Kour	LDSE	1:11.17
6	3	Brooks, George	LDSE	1:12.56
7	5	Brero, Leonardo	CSCL	1:14.35
8	8	Steele, Oliver	LDSE	1:18.71

