



Sports Aid Meet May 2010

National Age Group Squad

198 Swim / 128 Life Time Best Performances

8 Gold Medals

14 Silver Medals

16 Bronze Medal

Competition East Squad

Marcus Howard 5 swims / 5 Life time Best Performances

Johnathan Harris 3 swims / 2 Life Time Bests

Development North Squad

8 Swims 2 Life Time Best Performances

Congratulations to all swimmers who competed, another successful meet. Keep working hard for Regional / National and Welsh National Championships.

Well done.