



ESS Awarded in Wales



Three young ESS swimmers had a successful medal haul at the Tiger Bay Open Meet in Cardiff at the weekend just gone.

George Bullock (12), **Megan** (9) & **Richard Farthing** (11) made the 7-hour round trip to the Welsh capital to compete in the City of Cardiff Swimming Club's Long Course Open Meet on Saturday and Sunday, 22nd & 23rd March.

The three ESS swimmers competing in a total of 14 races came away with an amazing 10 awards: 1 Gold, 5 Silver, 2 Bronze medals, 2 Speeding Tickets and 10 PB's – finishing 23rd of 31 clubs who competed.



Both George and Richard started day one off extremely well, with medals and speeding awards in the 50M free, whilst Megan finished the morning session for ESS with a Bronze in the girls 9-year 50M Backstroke.



PB of the meet must go to George Bullock, who achieved a personal best of some 10 seconds over 200M breaststroke and received a Silver medal for his efforts.

The boys PB'd in 400M freestyle, both collecting Silver medals for their swims.

Megan had a great meet, completing our last event, the girls 50M breaststroke, with an amazing 5.52-second PB and speeding ticket, a great way to round off the weekend.

Well done to you all.