



Newsletter

Spring 2026

Competition News

Rotherham Metro Meet (17th – 18th Jan)

Eleven Dragons made their annual way over the Pennines to compete in Sheffield at the prestigious Ponds Forge International Sports Centre. The swimming pool is 50 Meters and has held many British Championships over the years. It was an amazing experience for them all to swim in such a large arena.

They competed in 53 races and achieved Personal Best times in 44.

We came away with 4 medals –

- Saoirse (11) 🏆 50M Butterfly (A)
- Elenid (13) 🥈 50M Backstroke
- Elsie H (10) 🥉 200M Freestyle
- Lilly (16) 🏆 50M Freestyle

The whole team managed a further 18 x Top 10.

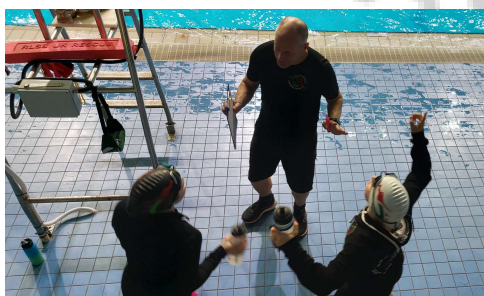
Adam & Steph were so proud of all who made the journey over and all the team who took part –

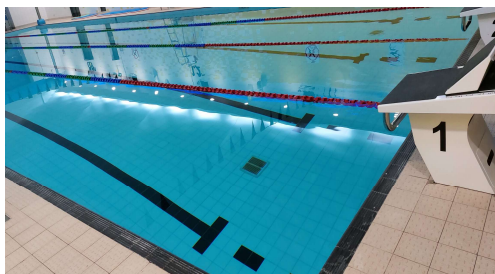
Alys C (10), Connie (18), Eilidh (10), Elenid (13), Elsie C (13), Elsie H (10), Leila (13), Lilly (16), Mared (14), Saoirse (11) & Seren (18)

Even when the fire alarms were triggered during the event and all had to evacuate the arena everyone took it “all in their stride” to go outside in the typical Yorkshire weather. Foil wraps were given out by the staff, but blimey it was still cold and wet! We would probably have won more medals if the cold hadn't affected the Dragons prior to their races.

Thank you to the families too who made their way over to support. A great time was had by all “teambuilding” at the All You Can Eat Buffet.

Sorry Adam....but had to add a few of the photos of the poolside dancing onto the News too....please don't give up your day job!





Swim Wales Regional Racing Championship 2026 North (6th – 8th Feb)

In February the Dragons were invited to compete at the Liverpool Aquatics Centre at the Swim Wales North Racing Regional Series.

This meet was only open to the best of the North Wales swimmers as qualifying times were needed to take part.

From the 14 who had times to complete 3 of our Dragons took up the challenge to compete – Elsie H (10), Saoirse (11) & Ifan (11).

A huge well done to them for taking part!














Menai AA & B Meet (1st March)

A record breaking 27 Dragons went to Llandudno to compete! They participated in 86 races, which resulted in 28 medals (13 Gold, 9 Silver & 6 Bronze) with 21 Personal Bests. There were 10 Dragons taking part in their 1st ever competition too.

It was also great to see the Dragons trying new races, a total of 31 new events entered for the 1st time. This Meet is a great starting point for many starting out their swimming competition journey and gives the opportunity to try new events too.

Medal table –

Ava (9)		100M Breaststroke	Isabelle (13)		100M Backstroke
		50M Breaststroke			50M Butterfly
		50M Freestyle	Meredith (13)		50M Breaststroke
		50M Backstroke			200M Individual Medley
Mason (11)		50M Freestyle			100M Breaststroke
Saoirse (11)		50M Butterfly (A Grade)			50M Freestyle
		100M Butterfly (A Grade)	Eilidh (10)		50M Breaststroke
Cerys (12)		100M Backstroke			100M Breaststroke
		50M Backstroke	Lucy (10)		100M Freestyle
		50M Freestyle			50M Freestyle
Efa (12)		50M Freestyle	Anest (12)		50M Backstroke
Tomos (12)		100M Backstroke	Leila (13)		100M Breaststroke
		50M Backstroke (A Grade)	Kate (14)		50M Freestyle
Elenid (13)		100M Butterfly	Elsa (11)		50M Freestyle

We must also acknowledge the members who didn't get a medal but improved their times to push them from B Grade Times into the A Grade placement – Well Done to all!

Thank you to the volunteers who helped poolside, Adam, Steph & Hayley. Huge shout out to Hannah for being announcer during the day, and to Darren & Gwenann for being J1 Officials too.





Swim Conwy Spring Meet (21st – 22nd March)

We took 15 members to compete at Llandudno in this meet for a full weekend of racing. There were 7 medals won, a further 22 x Top 10 finishes and 30 PBs in 46 events.

Elsie H (10)	🥇 50M Freestyle 🥈 100M Freestyle	🥇 50M Backstroke 🥈 200M Individual Medley
Saoirse (11)	🥇 50M Freestyle 🥈 400M Freestyle	🥇 100M Butterfly
Tomos (12)	🥇 100M Backstroke	

As always, we are so immensely proud of the entire team who competed. The remainder were – Ava (9), Eilidh (10), Emelia (10), Isabelle (10), Lucy (10), Penelope (10), Elsa (11), Cerys (12), Niamh (12), Elsie C (13), Isabelle (13) & Seren (18).

Next Swimming Meets

Cath Ankers Meet (Level 3)
Sunday 26th April
Waterworld Leisure & Activity Centre
Wrexham

Swim Conwy Summer Meet
Long Course (50 Meter Pool)
Saturday 13th & Sunday 14th June
Liverpool Aquatics Centre

Swim Conwy Len Thomas Meet
Sunday 5th July
Llandudno Swimming Pool

Swim Wales National Development Meet
Sunday 19th July
Wales National Pool, Swansea

Swim Wales Summer Championships
Wednesday 29th July –
Sunday 2nd August
Wales National Pool, Swansea

Easter Holidays

There will be a few changes to the swimming timetable over the school Easter holiday.

Please keep an eye on e-mails and the closed Facebook page for updates and confirmations.



Enjoy the holidays, and don't eat too much chocolate

