

Wellington Long Course Champs, January 2012

Congratulations to **all** swimmers who swam at the Wellington Long Course Summer Champs over Wellington's anniversary weekend. We had 41 swimmers competing in 262 events, overall the club placed 4th out of the 42 clubs competing at the meet.

The PCA team had a fantastic meet achieving outstanding results, swimmers achieved a huge number of personal bests, hauling in an incredible 47 medals, 20 Gold, 12 Silver and 15 Bronze, breaking numerous club records, 2 Wellington records and **Ben Walsh** claimed the clubs first New Zealand record (since the club was renamed) in the men's 14 years 200 metres Breaststroke.

In addition to his NZ record **Ben** also claimed 2 new Wellington records in the 14 year old men's 200 & 100 Breaststrokes and in doing so he claimed the Gold medals as well as the overall **open** trophies for these two events. Ben also won the award for the overall top male swimmer of his 14 year old age group taking home 9 Golds, 2 Silvers and 1 Bronze medal.

Jack Plummer topped the boys 9 years & under age group taking home an impressive 6 Golds, 2 Silver and 1 bronze medal. Congratulations to you both.

Below is the list of all medallists, a HUGE well done to you all! A special congratulations to Khi-Jyvonne Rapson & Gemma Orsman who medalled at the Summers for the first time.

PCA 2012 Wellington Summer Long Course Champs Medalists

Gold - 20	Silver - 12	Bronze - 15
(9) Ben Walsh, 14 yrs: 50 Back, 100 Breast, 50 Free, 100 Back, 50 Fly, 200 Breast, 100 Fly, 50 Breast, 100 Free	(2) Jack Plummer, 9 yrs & Under: 50 Fly, 100 Fly	(4) Hamish Trlin, 14 yrs: 100 Breast, 200 Medley, 200 Breast, 50 Breast
(6) Jack Plummer, 9 yrs & Under: 50 Back, 100 breast, 50 Free, 100 Back, 50 Breast, 100 Free	(2) Sophie Wilkinson, 10 yrs: 100 Back, 100 Fly	(3) Sophie Wilkinson, 10 yrs: 50 Back, 50 Fly, 200 Back
(3) Bronagh Ryan, 18 & Over: 100 Breast, 200 Breast, 50 Breast	(2) Hamish Trlin, 14 yrs: 50 Back, 100 Back	(2) Mia Uluilalata, 11 yrs: 50 Back, 50 Free
(1) Khi-Jyvonne Rapson, 9 yrs & Under: 50 Breast	(2) Ben Walsh, 14 yrs: 400 Medley, 200 Medley	(1) Jack Plummer, 9 yrs & Under: 200 Medley
(1) Hamish Trlin, 14 yrs: 200 Back	(2) Christopher Andrews-Kidd, 14 yrs: 50 Free, 50 Fly	(1) Khi-Jyvonne Rapson, 9 yrs & Under: 100 Back
	(1) Josh Walsh, 12 yrs: 100 Back	(1) Gemma Orsman, 9 yrs & under: 50 Breast
	(1) Bronagh Ryan, 18 & Over: 50 Back	(1) Christopher Andrews-Kidd, 14 yrs: 100 Free
		(1) Ben Walsh, 14 yrs: 200 Free
		(1) Bronagh Ryan, 18 & Over: 200 Back

Thanks to all our swimmers who were a pleasure to look after, our coaches Nevill, Alex and Danny, our officials, our team managers, all our volunteers, the parents, the club members who came in and supported the team and finally to all those others who helped in so many ways during the meet.

