



**Ellesmere College Swimming Academy Report
January 2023
Luxembourg Euro Meet 2023**

James Raw made his way out to Luxembourg on Thursday 26th January as part of a cohort of male athletes, selected by Swim Wales. This was the first time that James has been selected to race for Wales at a competition overseas, his aim was to enjoy the experience and to help set the stall out as he progresses towards his target meets over the coming months.

- 200 Freestyle 2.00.18 (3rd Youth age)
- 400 Freestyle 4.11.74 (2nd Youth age)
- 1500 Freestyle 16.39.89 (1st Youth age)
- 100 Backstroke 1.07.46 (8th Youth age)
- 200 Individual Medley 2.23.59 (11th Youth age)

James thoroughly enjoyed his experience at an overseas meet. He was able to rub shoulders with many international athletes from Olympians/medallists, World Champions/medallists and World Record holders.

Just like the rest of the Ellesmere College Swimming Academy, he is now back to training to continue to develop his process goals as we move through the season.

Well done James!

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