

Antwerp 2016 report

A group of 32 Brighton swimmers attended the 25th Antwerp International Youth Swimming Cup in Belgium for the 3 day event from Friday 22nd to Sunday 24th April. It was a high caliber event with 61 teams and over 900 swimmers including Belgium swimmers preparing for the Olympics in Rio.

We left at 8am from Brighton travelling by coach to Dover and across the English Channel to Calais and driving to Antwerp ready for the days racing starting at 5.30pm. The team stayed two nights in Antwerp with early rises for the 6.15am breakfast ready for the 7.15am warm up.

Team Brighton made the most noise of any fans on Saturday evening cheering on Theo Matanle during the youth 100m backstroke final in which he swam a personal best time, then celebrating Dominic Polling's victory in the open 100m backstroke final followed 10 minutes later with another final appearance for Dom in the 100m butterfly.

The facilities at the Olympic swimming complex are excellent with two 50m pools and the host club ZOLA made us feel extremely welcome with many swimmers exchanging hats on the final day. After cheering on Dominic Polling to win the open 200m Medley final the team travelled back home arriving in the early hours of Monday morning.

Brighton swimmers came away with 6 GOLD, 3 SILVER and 3 BRONZE Medals!

Gold medals were won by Ben Devriendt, Dominic Polling (x4) and Laurie Seymour.

Silver: James Renshaw and Laurie Seymour (x2)

Bronze: James Renshaw (x2) and Laurie Seymour.

All swimmers had valuable long course race experience especially with the 50m warm up pool and all achieved 1 or more pb's.

Full results can be seen [here](#).