

West Suffolk Swimming Club's Angharad Evans joined other Team GB Olympians at the Settecolli Trophy International at the Foro Italico Swimming Stadium, Rome this past weekend (21-23 June), marking another big event in the build up to Olympic Games. This event doubled as the Italian national Olympic trials and saw some spectacular performances by the home team who had everything to swim for and had been tapering for the event.

Adjusting to competition in an outdoor pool environment and in searing heat, Evans claimed the silver medal in her favoured 100m breaststroke race on the first day of competition, finishing a fingertip behind the newly crowned Italian record-holder. Slightly off her GB record set in London at the end of May, Evans nevertheless posted an impressive time in under 66 seconds.

The second day of competition brought the 50m breaststroke. Evans was just off her best time in the heat, qualifying as the fifth fastest swimmer for the final and was disappointed to slip to seventh in the evening's final with the unfamiliar environment and temperature taking their toll.

On the final day, Evans entered the final of the 200m breaststroke as the fastest qualifier and, despite improving on her heat time in the final, she was just off her best time and was pipped out of the medals, finishing in fourth place.

Whilst slightly disappointed with some of her times, this competition was a valuable staging post and experience in the run up to the Games.