

REPORT ISLAND GAMES 2011 SEYCHELLES

As you know I'm not a real swimmer but Triathlon wasn't at the 2011 Island Games so I decided to qualify myself in swimming and took the challenge to bring some medals for my country.

I got my qualification at the Mauritius National Swimming Championships in May, finishing 2nd on the 200m FS (Freestyle) in 2'04''38 and 2nd on the 400m FS in 4'26''18.

I'm very satisfied with my performances in Seychelles, I did my PB's and had a huge time progress in two month.

I finished 4th on the 200m FS in 2'01''32 (2'04''38 in May)

I finished 3rd on the 400m FS in 4'19''12 (4'26''18 in May)

And we finished 2nd in the relay 4*200m

Seychelles was a great experience and I enjoyed the team spirit. I'm now back in triathlon training with my major goal on the 4th September in Mozambique for the African games. Then will start the African Cups all over Africa and my season will end with the Mauritius African Cup in December.

