



SUDBURY & DISTRICT SWIMMING CLUB

SPLIT TIMES

JULY 2011 Issue 14

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BIRTHDAYS

JULY 2011:

Gemma Bedford

Jess Dilling

Florence Grubb

Emily Grabowski Bearn

Hannah McNaul

Charlie Harman

SUMMER BREAK

The 2 week break this summer will be from Monday 22nd August to Sunday 4th September inclusive. Training will recommence as normal week commencing 5th September. 50% of the monthly fees will be invoiced in August as usual. For those who pay by standing order, excess payments will be used to clear any other outstanding balances or held as a credit of part payment of the annual club membership fee.

LAND TRAINING

Unfortunately due to other commitments there will be no Land Training during the summer holidays.

Last session will be Monday 25th July & will start again on Monday 5th September.

CHAIRMAN'S MESSAGE

CONGRATULATIONS DEBS!



Many of you will know Debs Greenhalgh and the sterling work she does for the Club. What you may not be aware of however, is that her contribution to swimming goes far beyond that which is most noticeable to Club members. How fitting it was then to see her contribution to Suffolk swimming as a whole recognised by the wider swimming community when she was awarded the regions "Volunteer of the Year award". Congratulations Debs, on an award well deserved.

CRY FOR CROCKERY...

Further to our appeal a couple of months ago. We would like to thank the following for their generous donations which enabled us to purchase plates, bowls, mugs, additional cutlery and a couple of storage containers:

Corinna Chalk, Steve Chalk, Ali Clark, Robin Frost, Suzanne Frost, Sandra Gray, Stella Grumann, Catherine Halls, She Hodgson, Yanli Jiang, Sharon McLellan, Claire McNaul, Allie Milsom, Deborah Mo, Sue Moye, Paul Murray, Penny Nichol, Claudia Rides, Martin Robertson, Jon Sherred, Sarah Thomas. (If I have forgotten anyone... many, many apologies & let me know!!)

Whilst talking about volunteers, I was sad to learn that Sarah, following her daughter's decision to quit swimming, has announced her intention to step down from the role of Club Secretary. Typically however, she has assured us she will continue with her duties until a suitable replacement is found (see below). Thanks Sarah

PLEASE HELP US - CLUB SECRETARY REQUIRED

Main duties involve organising the monthly committee meetings & annual AGM – venue, agenda & minutes. If you would like to know more about this role & the time involved please contact Sarah on:
duncanandsarah7@gmail.com

SUMMER LEAGUE FINAL ROUND

2nd July saw the Storms younger swimmers competing in the final round of this year's Summer League. This was a seeded round with the top 6 clubs in the league competing for final rankings. Missing some key swimmers through injury and holidays, Storms battled throughout the evening to maintain the 3rd position they had going into this final round.

Lana Mo made a clean sweep of the girls 11yrs & under events winning all 4 of the individual events. She swam an incredible personal best time in the 13yrs & under 100 IM of 1.13.53 which was also a new club record and lowered her best time for 100m Breaststroke to 1.22.63.

10yr old Molly Roberts joining the team for this final round achieved 3 new personal best times in the 50m Breaststroke, Butterfly and Backstroke events and led off the final canon relay in a new 25m Freestyle time. Robert Halls in his final year of Summer League also came out with 2 very good personal best times in the 100 IM and 100 Freestyle.

10yr old Charlie Wright a late addition to the team was swimming in her 1st ever competitive event having only joined the club 2 months previously. Swimming in the 50m Freestyle event she achieved a very good time of 42.07.

Other swimmers with continuing good form were: Abi Vowles with a personal best in the 50m Freestyle of 34.45, Orion Nichol, 39.17 for 50m Butterfly and Oliver Dinnell with a 49.25 in the 50m Breaststroke. Harry Milsom and Olivia Sherred also reduced their times for 100m Breaststroke & 100m Butterfly respectively. Mention should also be made of Esther Gray who like Charlie was a late addition to the team and swimming in her 1st ever

competitive event. She joined the team for the relay events as did Rebecca Robertson.

After a stiff evening of competition the final results saw Sudbury retain their 3rd place overall in the league with Lowestoft Oulton Broad A team emerging as the 2011 winners of the girls, boys and overall events.

It was fitting the club won the "Best Supported Team" Trophy yet again this year and special thanks to all those swimmers and spectators who came along to cheer the team on. Our swimmers had the best vocal support of all clubs on the night (mainly down to Ella our resident "foghorn")
WELL DONE EVERYBODY



PROFILE

Name	Kelly Murray
Age	20
Height	164cm
Star Sign	Sagittarius
School	University Campus Suffolk
Favourite Subject	Sciences and Sport
Favourite Colour	Navy Blue
Ideal Breakfast	Nutella on Toast
Favourite Food	Pasta!
Favourite singer/band	All music, depends on my mood
What do you eat before a race	Toast and Jam
What do you eat after a race	Jelly, Jacket Potato with Cheese and Spagetti Hoops
No 1 Stroke	Butterfly
Favourite Event	100m Fly
Best Sporting Achievement	Qualifying for Nationals in 200 Breaststroke
Favourite Pool	Ponds Forge, Sheffield
Favourite TV programme	The Office (US)

Hobbies (other than swimming!)
Playing other sports (golf) and going to the cinema

If you were an animal what would you be & why
Dolphin, because they always look like they are having fun!

Where would you like to go on Holiday
Cornwall! But anywhere with good company!

What is the 1 thing/person you wouldn't want to do without Family because they make me laugh





Six of Sudbury Storms elite swimmers competed at the British Gas East Region Youth & Bagcat Championships.

The Youth & Bagcat Championships, held at Norwich UEA's 50m pool, sees the region's top swimmers come together for a mammoth event held during May and June.

Storm's elite squad consisted of John Jiang (15), Francesca King (14), Ella Rides (14), Nick Robertson (14), Lana Mo (11) and Hannah McNaul (10). John Jiang competing at his first Youth Championship in the 50m Freestyle finished 32nd in 15/16 yrs age group. John set a new personal best with a time of 27.05.

Francesca King swam in the 50m Backstroke in which she set a time of 34.55 and finished 20th in 14/15 yrs age group.

Ella Rides qualified for both 100m and 50m Breaststroke. Ella had a superb swim in her 50m heat which put her in the final! Ella finished 8th out of 27 overall in the 50m Breaststroke with a time of 37.66.

Ella achieved 1.25.38 in the 100m and finished 18th.

Nick Robertson also competing in his first Regional Championship in the 100m Freestyle, achieved a time of 1.02.71. Paul Murray head coach said "this is a fantastic achievement by Nick as he has only been in competitive swimming for just over a year".

Likewise Hannah McNaul in her first ever Regional

championships swam credible swims in the 2 events she qualified for - 100m and 200m Breaststroke, finishing 15th and 13th respectively in times of 1.44.80 and 3.36.91.

Lana Mo had outstanding swims at the Championships. Competing in 9 events over the 2 weekends she made the finals of all events, emerged Regional Champion in 2 events, ended up with new club records in 8 of the events and achieved 4 National Qualifying times (100m Freestyle, 200m IM, 100m & 200m Breaststroke). The 200 IM was her first race in which she finished 4th in the final with a time of 2.41.18. The 100m Freestyle was next, Lana finished strongly in the final enabling her to win the silver medal with a time of 1.05.93. In the 100m Butterfly she finished in the Bronze medal position in a time of 1.18.63 also achieving Bronze in the 200m Freestyle with a time of 2.23.76 (narrowly missing the National qualifying time) and Bronze for the 400m IM in a time of 5.47.05. The 400m Freestyle saw her finish in 4th place in 5.03.94 and a very good swim in the 200m Backstroke saw her finish with the Silver medal in a time of 2.42.31. Her crowning glory though came at the end of the championships in her favoured events - 100m and 200m Breaststroke where she was crowned Regional Champion in both, in National Qualifying times of 1.23.23 and 3.00.94 respectively. Her fondness for chicken nuggets has since earned her the nickname "golden nugget"!!!

CLUB MEMBERSHIP FEES

A reminder the annual club membership fee will be invoiced in September & is due for payment by 30th September 2011. Payments received after this date will incur the £5 late payment surcharge. Members will be deemed to have left the club if the fee is unpaid by 31st October & will be unable to train until the fee is paid in full.

Fees due for 2011 will be:

£42 per annum (or £21 per annum for Students at University living away from home)

MONTHLY SQUAD FEES

In order to reduce the administration caused by the "50%" charge for August fees we will be realigning the monthly squad fee from 1st September so it can be paid in 12 equal instalments. The new fee structure will be as follows:

Current Charge exc discount	New Charge exc discount	New Charge INC discount	New Charge Training exc discount	New Charge INC Land Training exc discount
£21.00	£21.00	£16.00	£23.00	£18.00
£30.00	£29.00	£24.00	£31.00	£26.00
£32.00	£31.00	£26.00	£33.00	£28.00
£35.00	£34.00	£29.00	£36.00	£31.00
£40.00	£39.00	£34.00	£41.00	£36.00
£42.50	£41.00	£36.00	£43.00	£38.00
£45.00	£44.00	£39.00	£46.00	£41.00
£48.50	£47.00	£42.00	£49.00	£44.00

PLEASE AMEND YOUR STANDING ORDER ACCORDINGLY WITH EFFECT FROM 1/9/2011

DEVELOPMENT CHAMPIONSHIPS

It was another hot weekend and was spent by many at Newmarket swimming pool for the Suffolk County ASA Development Championships 2011 which was held over 25th/26th June. I'm sure many would have liked to have had a dip to cool down!! Storms had a total of 85 swims and from that they gained a superb tally of 33 medals... 6 gold, 13 silver and 14 bronze! And not to forget 40 personal bests!

15yr old Christopher Greenhalgh competing in the 15/16yrs age group had a rewarding weekend topping the medal table with Gold's in the 200m Butterfly 2.39.57 and 200m Freestyle 2.10.18, both personal best times and a well deserved 2012 County qualifying time for the 200m Freestyle. Silver in the 100m Freestyle 1.01.80 and 200m IM 2.35.25 again both personal best times and a Bronze in the 200m Breaststroke. He just missed out in the 100m Butterfly but finished with a pb of 1.13.01. Emma Heaton in the 16yrs+ age group, battling with a long standing shoulder injury finished with 2 Gold's for 100m Freestyle and 50m Butterfly and 2 bronze in the 100m IM and 50m Backstroke. 16yr old Ethan Frost in the 15/16yrs age group had a superb swim in the 100m Backstroke to win the Gold in a new personal best time of 1.09.53 breaking the 1.10 barrier for the 1st time. He won Silver in the 200m Backstroke in another personal best time of 2.33.35 and Bronze in the 100m Breaststroke. 14yr old Ella Rides more known as breaststroker was more than surprised to win the 100m Backstroke her weaker stroke, in the 14/15yrs age group in a new personal best time of 1.17.53, she also achieved a pb in the 100m Butterfly to take the Silver medal. Sam Clark won 3 Silver medals in the 12yrs age group in the 50m Free and 200m Backstroke with new pb's and a Silver also

in the 50m Butterfly. His Bronze medal came in the 100m Freestyle in yet another pb of 1.14.10. Gemma Bedord competing with in the 16yrs+ won her Silver medals in the 50m Free and 200 IM with her Bronze medal coming in the 50m Butterfly. 11yr old Orion Nichol earned his Silver medal for the 200m Butterfly in a new best time of 3.44.32, his Bronze medals were in the 200m IM and 100m Butterfly. He achieved pb's in the 50m Breaststroke, 100m Breaststroke, Backstroke and Freestyle events too. 14yr old Nick Robertson achieved 3 personal best times over the weekend in the 100m Breaststroke 1.24.46 which gave him the Silver medal, 100m Butterfly 1.14.23 for the Bronze medal and 50m Breaststroke 39.88. 10yr old Georgie Hodgson had a very good swim in the 100m Freestyle to win the Silver medal in 1.32.42, she also attained pb's in her other events, 50m Backstroke, Butterfly, Freestyle, 100m IM and 200m Freestyle. 10yr old Nathan Alexander also won Silver in the 50m Backstroke in a thrilling finish which saw him pipped for Gold by 1/100th of a second. He achieved pb's in the 200m Breaststroke and 50m Butterfly also. 11yr old Harry Milsom finished with Bronze medals in the 100m Freestyle and with a new best time of 2.50.01 in the 200m Freestyle. 14yr old Sophie Heaton won her Bronze medals in the 50m Freestyle and Backstroke. Fran Clark recovering from a knee injury was delighted to achieve the Bronze medal in the 50m Butterfly in a pb of 35.99 and she also achieved a pb in the 100m Backstroke of 1.20.36. Personal Best times were also set in the 100m Freestyle by: Abigail Vowles 1.18.69, Ethan Barrett 1.17.07, Kate Hann 1.11.27 and Molly Roberts 1.39.75. Molly also had pb's in the 50m and 200m Freestyle and Kate Hann in the 50m Butterfly.

“ Being your best is not about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals.



” Kieren Perkins

NATIONAL LEAGUE 2011
Advance warning of the 2011 National League competition dates. Please put them on your calendar, if you know of any impending engagements which will make you unavailable for selection please let Debs know asap.

Round 1 - 08/10/11
Round 2 - 12/11/11
Round 3 - 10/12/11

REACTION TIMES NEWMARKET DEVELOPMENT CHAMPIONSHIPS



Have a great summer!

TOP 10 OFF THE BLOCK STARTS

1	Sam Clark	0.57
2	Kate Hann	0.68
3	Nick Robertson	0.69
4	Ryan Alexander	0.71
5	Nathan Alexander	0.72
=	Christopher Greenhalgh	0.72
=	Abigail Vowles	0.72
8	Adam Barrett	0.73
9	Sophie Heaton	0.74
10	Bethan Hann	0.77

TOP 10 BACKSTROKE STARTS

1	Georgie Hodgson	0.42
2	Adam Barrett	0.62
=	Ethan Frost	0.62
4	Sam Clark	0.65
=	Connor Hume	0.65
6	Harry Milsom	0.68
7	Sophie Heaton	0.69
=	Ella Rides	0.69
9	Francesca Clark	0.70
=	Orion Nichol	0.70



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