



May 2009 Number 8

In total 12 of our swimmers scooped 56 medals between them at the Essex championships.

Junior Swimming League

This is the first year we have entered the National Swimming League which is for age group 9 – 12. For many this was their first gala and everyone rose to the challenge putting into practise all those things they have learned in training. Well done to all the swimmers that competed on Sunday. The result was fantastic; we won the gala by 54 points. All the swimmers not only swam well they behaved brilliantly & were a credit to the club. Thank you also to all the parents that supported the event & for allowing your children to attend, I'm sure you will all agree it was a very enjoyable evening.

Jack Petchey Award

This was awarded in January to Lucy Bird (from the Sychro. section) and in February to Lauren Harrington. Congratulations to both! Please keep your nominations coming...

Congratulations to Sue Stewart who has recently been elected President of the Essex branch of the Royal Life Saving Society UK. An organisation with the aim of educating people in water safety and resuscitation and to increase the number of people trained in water rescue. Sue has been involved with running lifesaving courses for over 20 years. Initially, starting as a helper and then later training and taking her teaching



qualifications. In addition, to running termly life saving courses Sue visits India annually, with her husband Derek, for a month, to provide resuscitation and life saving courses to local schools.

Life Saving

Congratulations to the following who have passed their Life Saving Bronze Medallion Award. Award of Merit to: Sian Bevan, Charlotte Reed, Zoe Thomas, Amy Bremner, Aimee Short, Rebecca Weller and Lexi Peters.

Essex Championships

Well done to all of you that competed in the Essex Championships over four long weekends. There were some excellent Personal Best times attained and a number of Eastern and National times achieved as well as club records broken. The overall finishing position saw Eliza Duffy (11) 1st place in her age group. Dan Sorrell had some excellent swims and came second in the 14 year age group. Evie Fisher (14) had an excellent final score, placing her 3rd. Dean Woodcock who consistently performs well every year finished second in the Youth championships age 16. We had an excellent haul of medals and finalists which enabled us to finish 5th out of 29 clubs.

National Championships

We are doing really well with our National qualifiers this year. The national age group and youth championships take place in July at Sheffield and qualification times are extremely tough. There will be another chance to qualify at the Eastern Championships at Norwich in June but so far qualifiers include:

COURTNEY SANDERS (11) 100 Free, 200 Free 1500 Free, 100 Back, 200 Back and 200 IM. **ELIZA DUFFY** (12) 100 Free, 200 Free, 100 Back, 200 Back. **AUGUSTUS VEASEY** (12) 200 Breast. **DANIEL SORRELL** (14) 400 Free, 800 Free, 1500 Free. In youth, **DEAN WOODOCK** (17) 400 IM.