



CAMP HILL EDWARDIANS SWIMMING CLUB

NEWSLETTER

Issue 155

DECEMBER 2007

HOLIDAY CLOSING

Last session Friday 21st December – start back Wednesday 2nd January 2008

XMAS PARTY 2007



Tickets for the club Christmas party, on Saturday 22nd, are now available from Lisa Aldridge & Juliet Hendon, £5.00 per person, to be held at The Shirley Centre, Stratford Road 7.00pm to 11.30pm. Please make every effort to make this last get together before a busy New Year of training and competition.

ASA MASTERS NATIONAL CHAMPIONSHIPS FIVE BRITISH RECORDS – CANT'T BE BAD

Craig Norrey was invincible in the 45/49 yr age group, his brilliant starts producing records in FS 54.32 BK 27.77; FLY 26.88 & IM 1.02.33, often better than medallists in younger age groups. Also on a winning streak Suzanne Linton set BRITISH records in the 45/49 yr group on FS 28.86 & 1.03.02.

Craig also took GOLD in 4 other events & Suzanne had another 3 GOLDS & 1 SILVER. Our other medallists were Steve Eggleton, SILVER, Bernard Wills BRONZE, and Lido Badaway & Alan Cooper BRONZES. Nicola Sheasby, Craig, Suzanne & Lido also took 1st & 3rd in the Mixed Relays. More medals in the FS team Silver Craig, Alan, Paul Tainty & Lido. Finally in the Medley teams, Silver for Lucy Lloyd-Roach, Emily Paterson, Laura Heeley & Jane Stalker and for Suzanne, Jo Minion, Nicky Bainbridge & Kate Chase. This had been an enjoyable swimming & social weekend involving a team of 25 swimmers – Well Done!

2008 MEMBERSHIP RENEWALS

Annual Club subscriptions and ASA Memberships are now being collected for 2008. Payments by the Club have to be made by the end of January 2008 so prompt payment by all Club Members would be appreciated, Membership – Renewal & Joining Application forms are now available.

Charges for 2008

CHESC Club Subscription

First or only swimmer	£20.00
Second family member	£15.00
Third & subsequent member	£10.00

ASA Membership

Swimmers age 8 & below on 31/12/08	£4.75
Swimmers age 9 or over within 2008	£18.00
All other Members/Helpers	£3.50

OPEN MEETS

Please check notice board for new open meets, we would like to see more swimmers entering the Open Meets, if you haven't entered an Open Meet before and are not sure what is involved ask the Coaches or any of the other swimmers who have, and they could let you know what to expect. Swimmers who need entry times

please ask Coaches at any training sessions to be timed. Please make sure payments for Open Meets are prompt, ideally when entry forms are handed in to Bev or Malc, this will alleviate the need to chase people for late payments.

NEW YEAR MEETS

The Rugby Peri Sprints on 10th February is a very good meet for our younger swimmers and the Club would like as many swimmers as possible to enter this gala. Also the Warwickshire Championships on 1st, 8th and 15th March at the 50m Coventry Pool is another Meet the Club would like to see a strong turnout of swimmers in all age groups this year. Two others to look out for Splash & Dash 13th April, Phoenix Youth 31st January. Please check notice board, entry forms are available now.

SCHOOL OPEN DAYS

In future, the Pool will be closed on such occasions, because of the problem of people parking within the grounds following a request not to do so.

IMPORTANT NOTICE FOR THE 11U BOYS

In both the recent West Midland League Galas a boy lost his trunks on diving in to the pool, even worse one swam 2 lengths with his goggles round his neck. ALWAYS check that you are ready for a race physically & mentally & that YOUR KIT IS READY! Goggles tight, always take a spare pair, and trunks are tied up.

DUAL SELECTION

Elliott Glenn & Rebekah Bullivant were selected to represent Warwickshire in the National Inter-Counties at Sheffield & the Division VI Team in the National Schools Championships at Manchester.

PERRY BEECHES – 16 SEPTEMBER 2007

Only five swimmers went to this Open Meet with Jess and Jake Hendon swimming in their first open meet. Jess getting good PB's in all her races – Jake coming home with two trophies. Jess and Sam Evans swam 100 IM's for the first time and both came in with very respectable times. All swam well and had a good crop of PB's with the swimmers winning 11 trophies from 19 races with Eleanor Kerr leading the way with 5 trophies from 5 events. Well done to all those who took part – a great start to the season.

BRAUNSTONE SPORTS TROPHY – 22 SEPTEMBER 2007

Walsall 297, Halesowen 272, Braunstone A 235, Camp Hill 179, Coalville 140, Walsall B 137, Enderby 131

Due to my late team selection & the dreaded 'sleep over' curse we were short of younger swimmers for this event. However Christian Bromley benefited in that he was able to swim all the 11U events, including a good BR 45.50.



Other good swims - FS Amy Gordon 1.11.73, Rebekah Bullivant 1.03.60, Amber Coughlan 35.97, Lorin Bland 31.12. FLY Nikki Bainbridge 1.15.50, Dominic Rickards, steadily improving 1.08.99 brother Kieran 1.19.74 and an excellent 1.00.84 from Ian Potter. BK Jourdan Truman 39.42. BR Eleanor Kerr 47.00, Jane Stalker 1.22.94, Elliott Glenn, who produced a number of mature swims, 1.15.95.

STAFFS MASTERS – 23 SEPTEMBER 2007

Our small team, Louise & Tom Willridge, Kate Chase, Anne Bourne & Trevor Clarke, left this local Meet well satisfied with their collection of the now stylish medals gained. The programme included well-supported 25m races! Our best effort was by Tom Willridge, on one of his rare swims for the club, FS 53.02. More entries next year please.

COVENTRY SPRINT 50M SPRINT MEET – 29 SEPTEMBER 2007

As always, this was a very popular event with age groups 9 – Open. Our team Katie Shannon, Michael Bate – regrettably our only boy, Sam Evans, Beth & Sophie Luckman and Becky Straw all had good swims. An excited Katie Shannon won the FLY 45.48, took 2nd in the BR 51.09 and was well placed in FS & BK. The final event of the Meet is a 200 IM for competitors in each age group who have the best-combined result over the 4 strokes. Katie swam a very mature race, finishing 4th. Michael Bate, BR 49.63, FLY 42.26, also qualified for the IM, but had to withdraw due to an injury. Sam Evans enjoyed her first long course Meet, BR 49.19 and a promising BK swim. Other good swims: Beth Luckman BR 47.63, BK 44.87 FS 34.05, FLY 39.40. Sister Sophie FS 33.76, Becky Straw BR 43.63, BK 38.82, FLY 37.05.

BRAUNSTONE MEET – 6/7 OCTOBER 2007

This was a very well run Meet. A race had scarcely finished before the following one was under way. Our swimmers – only 2 girls & 4 boys reacted well with Cameron Woodyatt producing a string of PB's BR 1.25.27, 39.97, FS 1.09.06, 31.58 BK 1.19.49 FLY 34.57. Sam Evans swam a good 50 BR 49.14 & Katie Shannon took home 2 medals. Michael Bate set several PB's including FLY 41.21 & Edward Ackling swam a good BK 1.14.00. Elliott Glenn showed improved FLY 1.14.21, 32.57.

WEST MIDLANDS LEAGUE ROUND ONE – 13 OCTOBER 2007

Leicester 229, Stourbridge 199, Derby 195, Shrewsbury 153, Camp Hill A 150, Phoenix 121
This was an extremely hard fought first round gala of the W.M.L. and despite the efforts of our team, we could only manage 5th place. Yet again the importance of having a full team was illustrated. With 3 of the selected team being unavailable we missed 4th place by 3 points that would have been ours with a 100% turn out. One knows it is difficult, but you are asked to

highlight the second Saturdays in November & December in your diary/calendar. Notable swims; Lucy Lloyd-Roach, IM 1.29.37, Elliott Glenn, BR 1.16.31, Ewan Martin, BK1.01.92, Lewis Hedges, BR 43.06, Ian Potter, 1.12.52, Bethan Luckman, FS 34.35, Nicola Sheasby, FS 1.00.93, if she could get back to regular training she could produce a sub 60sec by Xmas. There was an encouraging effort from our 11U boys medley team, Jack Weston, Lewis Hedges, Michael Bate & Christian Bromley.

Leighton Buzzard 242, Orion 206, Coventry C 200, Abingdon 176, Oldbury 113 Camp Hill B 106
We knew it would be hard – and it was! But it was a useful learning experience for many of our swimmers. We were disqualified in 5 races – a loss of points, which may have cost 5th place in the gala. Good relay splits; Katie Stokes 38.20; Sam Bainbridge 33.17, Sophie Spragg BR 42.63 and David Romp, Matt Woodyatt & Nick West all sub 27secs.

LUXEMBOURG MEET – 19/22 OCTOBER 2007

Kate Chase, Hayley Bettinson & Anne Bourne had a successful weekend at this European Event, culminating with drinks at the Oscar Wilde Pub and a champagne breakfast. Best swims: Anne well paced efforts in the 400 & 800 FS shaving 0.3 of a second off her British Record in the latter event. Kate; FS 32.75, Hayley FS 28.70, BK 35.54, FLY 32.44.

INTER-COUNTIES SHEFFIELD – 21 OCTOBER 2007

Good swims from our 3 representatives in the County Team. Elliott Glenn, BR 1.16.27 & 34.30, Jodie Le Resche FS 26.19 & 26.55, Rebekah Bullivant FLY 1.07.69 & 31.32.

MIDLAND DISTRICT SHORT COURSE CHAMPIONSHIPS – 3/4 NOVEMBER 2007

Rebekah Bullivant FS 4.42.48, FLY 31.61 & 2.29.80, BK 1.20.11 FS 2.14.80. Vicky Wassell IM 2.35.75. Elliott Glenn also competed.

BLACK COUNTRY JUNIOR OPEN MEET – 4 NOVEMBER 2007

A very successful meet, four competitors took part; Michael Bate, Amy Middleton, Katie Shannon and Katie Stokes. We came away with a clutch of trophies and medals and Katie Shannon took top 9yr old girl. All the competitors managed at least one PB.
JM/HB

WEST MIDLANDS LEAGUE ROUND TWO – 10 NOVEMBER 2007

Calverton 225, Halesowen 181, Stourbridge 178, Leamington 174, Long Eaton 156, Camp Hill A 135
Yet again the unavailability of some swimmers badly affected our points total – especially in the team races. Good swims; FS Nicola Sheasby 1.00.21 – a months proper training would produce the long awaited sub



60secs. BR Lewis Hedges 43.07, Jane Stalker 1.21.04, Andrew Weedall 70.05. BK Lucy Lloyd-Roach 69.64 & two good swims from Cameron Woodyatt. FLY Ian Potter 1.00.91, Rebekah Bullivant 1.08.80. IM, Ewan Martin 2.30.20

Solihull 237, Oldbury 189, Camp Hill B 187.5, Stratford 185.5, Fox Hollies 150

Our result was an improvement on our first round placing, but marred by three DQ's, resulting in our placing 3rd rather than 2nd. Good swims included; Jack Gair 2 wins, likewise Laura Heeley including FLY 1.10.10; Holly Joyce BK 1.17.29, Matt Woodyatt BR 1.15.43, Fabian Evans 47.40 & Sophie Spragg, who also did well on FLY. Samantha Evans BR 47.90, Jenny Sharp, FLY. Katie Stokes FS 38.40. Our Open relay teams, both Men & Woman gained the expected maximum points.

BOLDMERE MEET – 24/25 NOVEMBER 2007

This was a very well organised local Meet, however it was not very well supported. Nevertheless several of our competitors took advantage to collect medals & set PB's

FS Elliott Glenn 2.17.78 & 4.48.26, Matt Woodyatt 2.09.56 – 59.05 – the result of more disciplined training, brother Cameron 30.63. Michael Bate – our only 11yr brave enough to enter 35.78. BR Cameron 1.28.50, BK again Cameron 36.97 & 1.18.78, Rebekah Bullivant 33.27, 1.11.86 & her best swim 2.35.53. IM Elliott 2.34.44. FLY Dominic Rickards 1.07.14 & 2.30.29 to make his Geneva entry times, but he needs a faster opening 50m, Rebekah winning the 200 unfortunately took her foot of the pedal on the 3rd 50 of the 200 & missed a PB with a very uneven swim. Kieran Rickards 1.18.08 & 2.55.54, Cameron definitely our 'Man of the Match' 1.18.04. Rebekah woke up for the skins & collected £25 for second place.

CRESCENT GARAGE RELAY TROPHY GALA LEAMINGTON – 24 NOVEMBER 2007

Leamington 162, Perry Beeches 128, Nuneaton 125, Camp Hill 124, Haden Hill 113

What a great effort from our juniors, just 4 points separating 2nd, 3rd & 4th place teams, with 3rd place being snatched from us in the very last race.

What a pleasure to compete in every race and well done to Hannah Jones, Erin Bainbridge & Jessica Davies all just 8yr old who gave their very best in every race against much older opposition. Both the 11yr & 12yr boys teams were 'Star Men' winning the Fly, Breast, Freestyle and Medley Relays in both age groups to complete a clean sweep, well done Sam Bainbridge, Cameron Woodyatt, Kieran Rickards and Benedict Evans. Christian Bromley, Michael Bate, Lewis Hedges and Fabian Evans.

It was also pleasing to hear praise for the behaviour of our youngsters and great to see them encouraging team mates to greater efforts.

Lets hope this bodes well for next years Junior League Galas. Regular training and entering some of the upcoming Open Meets will help all the younger swimmers gain race confidence, so Mum & Dad please look out for all the galas on the Notice board. Junior team members would benefit from Wednesday night training 6.00 till 8.00 with Ann Lee. Starts, turns and finishes are practiced; all swimmers who swim in our junior teams should make an effort to attend this training session.

MAW

NUNEATON DISTRICT MEET –1/2 DECEMBER 2007

Vicki Wassell swam several events at this meet missing out fractionally on 3 Midland Qualifying times, but should achieve them in the New Year. Her best efforts were on 400 IM 5.27.7 & FLY 1.11.1 & 2.34.2. Elliott Glenn thought he had set an excellent PB on 200BR of 2.45.45 only to descend into gloom on learning of his DQ on turns! Never mind – look forward to the next time! PB's also in the IM 2.33.9 & FS 2.16.27.

WEST MIDLANDS LEAGUE ROUND THREE – 8 DECEMBER 2007

Worcester 209, Walsall 195, Gloucester 178, Haden Hill 176, Shrewsbury 150 Camp Hill A134

We fought hard to obtain 5th place, but with 5 members of the selected team unavailable & one stupid disqualification costing us valuable points we were unsuccessful. However a team is as good as its reserves! We now have to await the league tables to find out if we have avoided relegation. We had good efforts from our 11u relay teams and by Jack Weston BK 42.83, Rebekah Bullivant FLY 1.09.19, Lucy Lloyd-Roach BK 1.09.51, Lewis Hedges BR 45.62, Kieran Rickards FLY 1.18.58, Laura Heeley, BR 1.20.50 and Elliott Glenn BR 1.15.88.

Orion 248, Coventry C 240, Solihull B 173, Oldbury 132, Camp Hill 122, Stratford B 113

Unfortunately we had an under strength team for this final round of the Speedo league with selected swimmers unavailable and drop outs on the day. Well done to our swimmers who stepped in at the last moment and those who swam up from their own age group. Good swims Katie Stokes FS 36.76, Fabian Evans BR 47.14, Holly Joyce BK 1.18.46

SWIM SHOP

The swim shop has now been taken over by James Bainbridge 01562 – 634924. A Clothing Catalogue showing the range of clothing and sizes available can be seen attached to the school notice board.

Club Hats can also be ordered ask for details contact Karen Coughlan or Sarah Le Resche.



MEMBERS OFFICE

“NEW MEMBERS ARE ALWAYS WELCOME”

Enthusiastic swimmers can come along and visit any weekday, bring costumes and join in!

For more information and a swimming trial, please contact:

Gerry Thain 0121 444 2289 (Principal & Coach)

Karen Coughlan 07971 558930 –
thecoughlans@hotmail.com (Club Secretary &
Memberships Liaison Officer)

Wendy Bullivant 0121 449 9503 (Warwickshire &
Midland Meets Secretary)

Nigel Greenwood 07811 332393 –
nigel.greenwood@hotmail.co.uk (Water Polo Coach)

Important Notice for all parents:

If your children are taking ANY medicines on a long-term regular basis, please get a “Medication Form” to register the details. This includes vitamins, herbal remedies, hay fever tablets etc.

NEWSLETTERS

Newsletters are available on the CHESC website www.camphillswimming.org.uk and can be e-mailed to club members (please notify the club if your e-mail address has been changed).

