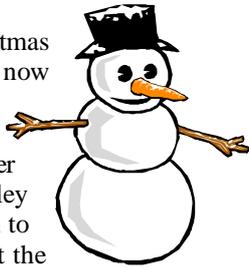




### **XMAS PARTY 2009**

Tickets for the club Christmas Party, on Saturday 19<sup>th</sup>, are now available from Alison Watkins & Juliet Hendon, £20 per family 4 or £6.00 per person, to be held at The Shirley Centre, Stratford Road 7.00pm to 11.30pm. Please take a look at the buffet list on the notice board. Please make every effort to attend this last get together before a busy New Year of training and competition.



### **2010 CLUB MEMBERSHIPS**

Memberships are now due from 1<sup>st</sup> December 2009 until 31<sup>st</sup> January 2010. Membership forms are available on our web site [camphilledwardians.org.uk](http://camphilledwardians.org.uk) and will be available at training sessions. The club would appreciate prompt payment as we incur a fine for late payments.

### **OPEN MEETS 2010**

Please check notice board and web page for open meets, we would like to see more swimmers entering the open meets, if you haven't swum in 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.

### **MISSING CUP – CAN YOU HELP**

Did you swim in the Junior Team when Norman Stevens was team manager, if you did you will remember Norman awarded a trophy to the best girl of the gala and a cup to the best boy after each Junior Gala. We have discovered we are missing the cup last given to the best boy by Norman before he left the club, this would have been about 4years ago, the cup was originally awarded to the club at a gala in Germany, if you have the cup on your trophy shelf at home could you please let us have it back or if you know anybody who may have it and does not swim at the club anymore could you let them know we are trying to find it.

Gerry

### **MASTERS SWIMMERS – TIME TO THINK AHEAD**

**South Yorkshire Open Meet Sheffield - a NEW EVENT!**

**Shrewsbury** – do get entries in early as this is a popular event and they restrict numbers.

**Isle of Wight** – very friendly, informal gala, plenty of time to relax as well as swim.

**Guernsey** – if you are interested book flights now, they are relatively cheap.

**Midlands** – Steve Eggleton is drumming up support, keep your eye on facebook.

### **MIKE BOURNE POLO PLAYER**

It's been a long time since I've let you know what he's been up to. Briefly, the squad have been to, Poland and Turkey in June and Macedonia in July. Winning the tournament in Turkey and coming second in Poland on goal difference. They then beat Macedonia in July. September they went to Lugano in Switzerland for the European B championships attempting to qualify for the A championships in April 2010. They won their group and finally finished fourth, thus qualifying for the A's. The squad have now split up and gone all over the world to different places to work and train to gain 'experience' plus of course it doesn't cost British swimming anything while doing so. Mike has gone to Australia 'lucky thing' where he has been playing local league for Perth Dolphins. He is currently trying to get selected for the Fremantle Mariners in the national league. He has just been selected for the Barbarians in the Tom Hoad cup, which attracts teams from all over the world. He comes back home in April 2010 for the A's then has to decide what to do next, his visa for Oz ends Oct 2010.

Well that's about it, thanks.

Dave Bourne

### **LEICESTER PENGUINS PRESIDENTIAL GALA – 13 JUNE 2009**

Penguins "B" 346, Melton Mowbray 313, Modernians 307, Penguins "C" 234, Corby 206, Camp Hill 174, Etwell Eagles 164, Boldmere "B" 146

In spite of a very depleted team, which meant that all of our swimmers had to "swim up" on numerous occasions, this was a good result – we had to work so hard for our 6<sup>th</sup> place! All credit to the team for their excellent poolside behaviour; the co-operation in helping to organise the "ten member" relays was much appreciated. Well done each and every one of you but, don't forget, we still need to work on our starts/finishes  
Alison Watkins

### **EUROPEAN MASTERS CADIZ – 15/20 SEPTEMBER 2009**

A glorious setting for this year's European Masters Swimming Competition. The 50m indoor pool was close to the sea and a marquee and bar on the beach was a great meeting place to catch up with old friends. It was good to meet up with Trevor Clark, Craig Norrey and Fatima Lindo. My competition results 3rd 200 FS, 1<sup>st</sup> 400 FS, 2<sup>nd</sup> 800 FS.

Anne Bourne





**RON WALKER TROPHY GALA - 19 SEPTEMBER 2009**

NBSC Red 357, City Glou 298, Redditch 278, Kings AQ 269, NBSC Blue 235, Fox Hollies 185, Camp Hill 147

It was great to see so many swimmers, at such short notice, on what I thought was going to be a disaster - I didn't think we'd have a big enough team at one point. - THANK YOU - The kids really pulled together and gave it their best. Even though we only managed 7<sup>th</sup> place I hope they will not become disheartened - they are showing great improvement every time and there is now great team spirit.

Everyone swam really well including the little 9 year old girls who managed a 4<sup>TH</sup> place in their relay - good swims from Bethan Turner FS 34.72, Alice Collier FLY (46.62), Patrick Norman BK (26.05), and Sophie Clifford in her first gala for the Club, Michael Bate PB in his FLY (37.36) and Christian Bromley BK (39.31) Both 13/U relay teams had good swims coming 3<sup>rd</sup> for the girls and 2<sup>nd</sup> for the boys.

It was just a shame there were no medley relays to give everyone another swim.

We must all now continue the good work and keep up the hard training. Thanks also to Janice, Juliet, Jane and Michael for helping out.

Please can I just remind you to keep your eye on the notice board for these galas. They are great opportunities for the youngsters to swim, be part of a team and realise what all the training is for. All the coaches do a great (voluntary) job and we need to see the benefits of their effort and time.

Alison Watkins

**WEST MIDLANDS LEAGUE ROUND 1 LEAMINGTON A TEAM - 10 OCTOBER 2009**

=1 Luton/Kingsbury 217, Rykneld 166, Aylesbury 157, Arnold 155, Camp Hill 130

As expected this was a difficult contest with our better swims coming from the older swimmers. We do need some more regular training from the youngsters it is most disappointing to have such a poor take up of the 2 hour session on Saturday mornings.

Good swims

Bethan Luckman FLY 1.21.35, but she should enter more 100m races. Michael Bate FLY 1.28.69, Andrew Weedall BR 1.11.82, Jodie Le Resche FLY & FS. Ian Potter FLY, Jane Stalker IM 2.36.87, Ladies Medley Team. Eleanor Kerr BR 1.29.37, but again showing her inexperience by looking for her opponents on the turns instead of getting on with the race! Two promising efforts from our U13 boys relay teams.

**WEST MIDLANDS LEAGUE ROUND 1 RUGBY B TEAM- 10 OCTOBER 2009**

Rugby 231, Tewkesbury 230, Stourbridge B 208, Linslade Crusaders 185, Solihull B 102, Camp Hill B 75

A deceiving result for the amount of effort and energy put in by our swimmers on the night. A big thank you

to first time gala swimmers, Alex Hayes and Charlotte Bailey for their brilliant performances and great effort in their swims.

We had 8 DQ's throughout the night, mainly for bad take overs - so all swimmers especially 11/U please take note of Jane's Saturday morning sessions and attend them please!

Even though we had 9 year olds swimming for 11 year olds and 12 year olds swimming as 13 and 15 year olds, there were some fantastic swims which left winning teams Rugby and Tewkesbury with their mouths wide open. These swims were by; Vikki Wassell 100 FLY 1<sup>st</sup> place 1.14.88, 2 x 2<sup>nd</sup> place Heather Tierney 100 FS 1.07.44 and 200 IM 2.44.52, Jake Hendon 3<sup>rd</sup> place 11/U BR 50.40 and Jessica Hendon not to be out done by her brother 3<sup>rd</sup> place 13/U FS 1.27.54. Katie Quddus swam a smashing 100m BK for 15/U 1.34.19, not to mention Jubal Green's Op 100m FLY finishing 5<sup>th</sup> 1.17.38 (with no swimming training for months!), James Cull's 1<sup>st</sup> ever time swimming 100m FS came 5<sup>th</sup> 1.04.18, and last but by no means least a huge congratulations to Samantha Evans who not only PB's in all of her races, but she cheered herself hoarse with superb team spirit - fantastic role model! Well done!

Heather and Pete J

**BRITISH MASTERS CHAMPIONSHIPS SHEFFIELD - 23/25 OCTOBER 2009**

With 40 competitors returning with lots of medals from this national event it was undoubtedly our most successful National Masters to date.

Individual Medals

10 GOLD -

Craig Norrey 100 IM, 50 BK, 100 BK, 50 FLY the last two BRITISH RECORDS.

Hayley Bettinson 100 IM, 50 BK, 50FS

Jo Minion 100 IM

Anne Bourne 400 FS

Trevor Clark 100 IM

16 SILVER -

Jane Stalker 100 BR 1.20.64

Jo Minion 100 BR 1.19.03, 200 IM

Hayley 50 FLY, 100 FS, 200 FS, 100 FS

Suzanne Linton 200 IM

Anne Bourne 100 & 200 FS

Fatima Lindo 100 FLY

Trevor Clark BK, 200 IM, 200 BR, 50 FS

Craig 100 FS 54.71

Jenny Ball 100 BK

15 BRONZE -

Jenny Ball 1, Stacey Cameron 1, Suzanne Linton 5, 100 FS 1.04.62, Ian Potter 1, Trevor 2, Jane 1, Anne 1

Craig 1 Clive Edwards 1

Teams

Our women's 160yrs FS team showed their strength with a BRITISH, EUROPEAN & WORLD RECORD, 1.52.41, with Hayley Bettinson setting a new European Record on the first leg, followed by Joanne Minion, Nicola Raine & Suzanne Linton. The same team also



won the Medley Relay in a GB Record time. Other wins were set by our 72yrs women's FS team, Heather Tierney, Sarah Thornton, Stacey Cameron and Jane Stalker and our 200yrs Mixed FS and Medley team Hayley, Kate Chase, Trevor and Craig. Also our 200yrs women's FS team took SILVER Anne Bourne, Fatima Lindo, Kate Chase and Jenny Ball.

Our 72yrs Female FS team placed second as did our 200yrs Men's team Alan Cooper, Craig, Trevor and Steve Eggleton. The list ends with our bronze medals; 200yrs Medley team Jenny Ball, Fatima Lindo, Karen Coughlan & Anne Bourne and the 72yrs Mixed Medley, Jane Stalker, Andrew Weedall, Stuart & Heather Tierney.

This was a great competitive and social weekend & can be even better next year. Many thanks from us all to Kate Chase for assembling our team and for her excellent choices for the relay teams.

GT

#### WEST MIDLANDS LEAGUE ROUND 2 BROMSGROVE B TEAM – 14 NOVEMBER 2009

Cinderford District 241, Wyre Forest 202, Solihull B 198, Oldbury 186, Camp Hill B 147

A thoroughly enjoyable gala, with the return of some familiar faces to the open team: - Trevor Clark (with 3 individuals in a row – we are in awe!), Alistair McKenzie and Hollie Joyce. Our girl's teams were very strong and we had some fantastic swims and wins by our 13/U girls (who swam for 13/U and 15/U!) and by our very successful open swimmers.

The highlight to the night were our impressive cannon wins, especially the men's, where James Bainbridge dived in joint first against his son (who was swimming for Wyre Forest, in the lane next to us) and beat him convincingly to first place! - Who'd have thought the teams coming last would win both the cannons at the end?

Throughout the rest of the night, we had some other nail biting close races and some awesome wins and swims, these were by; the 13/U girls' relay teams consisting of; Bethan Turner, Jessica Hendon, Anne Kenchington and Amber Coughlan coming 2<sup>nd</sup> and 3<sup>rd</sup>. Sophie Spragg 15U BK 1.26.40, Vicki Wassell Op FLY 1<sup>st</sup> place 1.15.24, Alex Hayes 11U FLY 60.64, Charlotte Bailey in her 1<sup>st</sup> ever individual 11U BR 2<sup>nd</sup> place 49.01, Amber Coughlan storming to 1<sup>st</sup> place 13U FLY with a 25 sec Pb!! 1.25.95, Ben Fowles 13U FLY for his outstanding effort 1.57.47, Sarah Thornton Op BR 2<sup>nd</sup> place just missing 1<sup>st</sup> by a touch 1.26.86 and Alistair McKenzie Op BR 3<sup>rd</sup> place again just by a touch 1.19.60, Anne Kenchington 13U FS 2<sup>nd</sup> place 1.13.21, Becky Bullivant Op FS 1<sup>st</sup> place by half a length 1.05.72. A huge shout out to Amber Coughlan in the girls 13U freestyle relay, she swam an impressive 31.57 and overtook two other teams to position her team into 2<sup>nd</sup> place!!

Unfortunately we had 5 DQ's tonight! 4 of those by boys, 4 by 11U boys' teams. We desperately need to practise takeovers, turns and underwater starts as these

are losing us important points! Goggles, goggles, goggles – a very important piece of kit to the competitive swimmer, they need to be used properly, tested and in a good condition, test them in training, not at the gala!

And lastly to finish I would like to say a fantastic well done to Sophie Spragg and Anne Kenchington who could be found at the gala at the end of our lane cheering our team on throughout the night – excellent team spirit ladies well done!!  
Heather and Pete J

#### WEST MIDLANDS LEAGUE ROUND 2 STAFFORD A TEAM – 14 NOVEMBER 2009

Cannock Phoenix 182, Bromsgrove 179, Dunstable 176, Perry Beeches 175, Camp Hill 152

Our placings in this gala seemed to vary between 1<sup>st</sup> & 6<sup>th</sup> underlining the need for a stronger junior representation. 1st places; Jane Stalker IM, Eleanor Kerr BR 1.20.64, Fabian Evans BR, Lucy Lloyd-Roach BK. Other good swims; Wins in the Men's and Women's Medley Relays, Christian Bromley BK 1.28.55 3<sup>rd</sup>, Bethan Luckman BK 1.22.20 3<sup>rd</sup>, Daisy Cutts BR 47.04, Jake Hendon 48.78 2<sup>nd</sup>, Michael Bate FLY 1.31.69, Andrew Weedall BR 1.12.00, Men's 6 x 50m FS relay 1<sup>st</sup>. BUT WHY ON EARTH DID WE HAVE DQ,S IN THE BOYS 13 & 15 RELAYS!!

#### 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 – [kbllcoughlan@googlemail.com](mailto:kbllcoughlan@googlemail.com) (Club Secretary & Memberships Liaison Officer)

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

**Nigel Greenwood** 07811 332393 – [nigel.greenwood@hotmail.co.uk](mailto: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.

#### Abbreviations

BR – Breaststroke

FLY – Butterfly

FS – Free Style

FC – Front Crawl

BK – Backstroke

IM – Individual Medley - Butterfly, Backstroke, Breaststroke, Front Crawl

Medley Relay (Team) – Backstroke, Breaststroke, Butterfly, Front Crawl



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Continuation ...

4 / 4

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Free Style Relay (Team) – Any stroke can be swum but usually Front Crawl.