



# REDDITCH SWIMMING CLUB



Newsletter No. 15, Date: Sept/Oct 2011

## DIARY DATES

### NOVEMBER 2011

- 12 - National League Rnd 2
- 19 - Ross Sayce Celebration Relay Gala
- 20 - Midland Inter-County Masters
- 26-27 - Nuneaton Winter Open (Level 2)
- 27 - Northgate PB Buster Open (Level 3)

### DECEMBER 2011

- 3 - RSC Club Championships
- 3-4 - Midland Short Course Champs
- 10 - National League Rnd 3
- 11 - Wyre Forest Open Meet

**TARGETED 2012 OPEN MEET**  
**Stourbridge Crystal Open (Level 3)**  
**Wolverhampton, Sunday 8 January**  
**2012**

Development Gold & Junior Comp encouraged to enter. Club closing date 21 November 2011. Speak to your coach if you are unsure what to enter.

**PLEASE REFER TO THE WEBSITE FOR FULL FIXTURE DETAILS**

### PROFAB SHIELD GALA, Continued

A total of 21 PBs were recorded from the 32 individual events: Boys' 11 years Kieran Cann (50m breast), Adam Beaumont (50m fly), Lewis Wood (50m free), Girls' 11 years Lauren Fox (50m fly), Shauna Rabone (50m free), Boys' 12 years Tom Savage (50m breast), Ben Lewis (50m free), Girls' 12 years Jessica Fern (50m back), Isabella Willmott (50m breast), Leah Danes (50m fly), Megan Mellors (50m free), Boys' 13 years Stefan Kalik (50m back & fly), Jake Rowland (50m breast), Adam Fox (50m free), Girls' 13 years Amie Conlon (50m free), Boys' 14 years Dan Bridgman (100m back), Adam Watson (100m free & 50m fly), Girls' 14 years Nicola Cowley (100m back & free), Maddie Rhodes (100m breast). In the relay section, we took victory in the Boys' 12 years medley (Jack Harding, Ben Lewis, Tom Savage, James Coward) and Boys' 14 years medley (Dan Bridgman, Ricky Monk, Adam Watson, Jake Rowland).

Register to receive latest news and updates on-line at [www.redditchswimming.org.uk](http://www.redditchswimming.org.uk), click on Receive Updates On-Line or e-mail [webeditor@redditchswim.org.uk](mailto:webeditor@redditchswim.org.uk)

## REDDITCH SWIMMING CLUB CLUB NEWS

Dear Members

Welcome to the latest edition of the Redditch Swimming Club newsletter, No. 15. With the short summer recess over, it was back to business in September with our first annual friendly gala at Wolverhampton, Stourbridge's Profab Shield. An enthusiastic team of swimmers put up a brave performance to finish in 3<sup>rd</sup> place behind Stourbridge 'B' and Haden Hill. It was pleasing to see early County Times being recorded by Jessica Fern (12 yrs 50m back), Ben Lewis (12 yrs 50m free), Jake Rowland (13 yrs 50m breast), Adam Watson (14 yrs 100m free and 50m fly). Adam Watson also took a double victory (with PBs) in the above events, along with wins from Stefan Kalik (13yrs 50m fly) and Ricky Monk (14yrs 100m breast).

### WORCESTER COUNTY DEVELOPMENT MEET

The County's annual Development Meet, for 9-12 year-old swimmers, took place on Saturday 1 October at Wolverhampton. The club came away with 12 medals (4 gold, 5 silver, 3 bronze), another 19 CQTs and 31 PBs. Our medalists were Joe Hamilton, 9 yrs (gold 100m IM), Megan Griffiths 9 yrs (gold 50m free & 50m breast, silver 100m IM & 50m fly, bronze 50m back), Lucy Potter 12 yrs (gold 50m free), Laura Cowley 12 yrs (silver 50m fly & 50m back, bronze 50m free), Ben Lewis 12 yrs (silver 50m free, bronze 100m IM), Maddie Hargreaves 11 yrs (silver 50m free). Other swimmers who recorded PBs were Hollie Richmond, Louise Little, Hattie Smith, Amber Hemming, Leah Daines, Tom Savage, James Coward, Matthew Little, Adam Beaumont and Will Smith.

### WORCESTER COUNTY YOUTH SPRINTS, Continued

The following day, Sunday 2 October, the older swimmers took part in the County Youth Sprints at Wolverhampton. Like the previous day, there were some excellent results with a further 24 medals (7 gold, 7 silver, 10 bronze), 67 CQT's and 36 PB's. Medalists were Caitlin Britt 13/u (gold 50m breast, 100m breast, silver 100m IM), Laura Cranshaw 17-24 yrs (gold 50m breast, silver 100m IM, bronze 50m free), Sophie Bridgman 15-16 yrs (gold 100m fly, silver 100m free, bronze 50m back), Paul Wilkes 25/o (gold 50m back, 100m IM, 50m fly, silver 50m breast, 50m free), Zac Gill 14 yrs (silver 50m free, bronze 50m & 100m fly 100m free), Franca Phillips 13/u (silver 50m free, bronze 100m back), Lydia May 15-16 yrs (bronze 100m IM, 50m breast), Braiden Hartles 14 yrs (bronze 50m back, 100m back)

## SWIMMER OF THE MONTH AWARDS

### AUGUST

Freya Harper  
Development squad

Megan Griffiths  
Junior Competition squad

Jessica Fern  
Senior Competition squad

### SEPTEMBER

Millie Gane  
Development Squad

Megan Mellors  
Junior Competition Squad

Ellen Jones  
Senior Competition Squad

## NATIONAL ARENA LEAGUE, RND 1

Promoted from Division 2 last year, it was the team's first outing in the West Midlands top flight division. A local draw at Leamington took place on 8 October. Our team put up a strong fight to finish just two points behind hosts, Leamington. City of Derby took top spot with a massive 255 points, Leamington 184, Redditch 182, Worcester 172, Calverton & Bingham 147 and Coventry 'B' 105. We knew any individual victories would be hard and we secured maximum points in 5 events. Individual winners were Tom Page (11/u 50m breast), Caitlin Britt (13/u 100m breast), Lucy Corden (15/u 100m back), Dan Ruckwood (Open 100m back) & Paul Wilkes (Open 100m fly). Creditable 2<sup>nd</sup> places were achieved by Dan Noke, Abby Humphreys, Franca Phillips, Lucy Corden, Paul Wilkes & Sophie Bridgman. The strength of the bigger clubs meant that our best results in relays were 2<sup>nd</sup> places in the boys' 11/u free (Dan Noke, Adam Beaumont, Tyler Hartles, Tom Page), boys' 13/u medley (Will Moss, Anant Kapoor, Jake Rowland, Ollie Thomson) & boys' open medley (Dan Ruckwood, Paul Wilkes, Jamie Mackay, James Green). Well done everyone for a great team effort.

## GARY WINN MEMORIAL GALA

Our annual girls' gala took place at Droitwich on 15 October 2011. Against local teams from Haden Hill, Evesham, Perry Beeches and Blythe Barracudas. The Redditch girls were totally dominant, winning by a massive 75 points ahead of 2<sup>nd</sup> placed Haden Hill. The swimmers finished in the top 2 spots in the majority of individual and relay races.

Our winners were 9 years: Alice Oliver (25m fly), Hollie Richmond (25m back), Megan Griffiths (25m breast), 10/u Sophie Lloyd-Smith (50m breast), Rosie Potter (50m free), 11/u Rebecca Winn (50m breast & 50m free), Sally Monk (50m fly), 12/u Megan Moss (50m breast), Laura Cowley (50m fly), Poppy McGourlay (100m IM), 13/u Millie Tompkin (100m breast), Abby Humphreys (100m back), Poppy McGourlay (100m free), 14/u Laura Cowley (100m fly) and a clean sweep by our open girls: Abby Humphreys (100m back), Michaela Britt (100m breast), Laura Cranshaw (100m fly, 100m free, 100m IM).

In the relays, wins came from 9 years free & medley (Louise Little, Hollie Richmond, Megan Griffiths, Alice Oliver); 10 years free & medley (Laura Coward, Katie Fish, Rosie Potter, Sophie Lloyd-Smith); 11 years free & medley (Hattie Smith, Rebecca Winn, Sally Monk, Rosie Potter (free), Sophie Lloyd-Smith (medley)); 12/u free & medley (Laura Cowley, Megan Moss, Rachel Weller, Lucy Potter); 14/u free (Nicola Moss, Nicola Cowley, Justine Hughes, Abby Humphreys); Open medley (Alice Fish, Michaela Britt, Laura Cranshaw, Poppy McGourlay); and cannon team (8 x 25m - Alice Oliver, Rosie Potter, Rebecca Winn, Poppy McGourlay, Millie Tompkin, Abby Humphreys, Michaela Britt, Laura Cranshaw). Final points were Redditch 259, Haden Hill 184, Evesham 182, Perry Beeches 155, Blythe Barracudas 151.

Thanks to everyone who donated unwanted items in the Bag2School collection. We raised £310 towards club funds

If you have any views, features/submissions you think should be included in next month's newsletter, please email Jane Winn at [info@stevewinnautocare.co.uk](mailto:info@stevewinnautocare.co.uk) by 5/12/11

## WORCESTER OPEN MEET

A team of swimmers competed in the Worcester Open Meet between 21-23 October. The first races were the 400m free and 400m IM, held on Friday evening. Four swimmers attended, with Poppy McGourlay and Rebecca Winn both picking up bronze medals in the 11/12 years free and IM events respectively. Twins Josef and Marcus Langmead took part in the boys free event, finishing in 6<sup>th</sup> & 9<sup>th</sup> place respectively.

Saturday 22 October saw more swimmers attending with further medal winners and more CQTs being recorded. Leading the medal haul was 10 year old Daniel Noke who returned home with 6 medals in the 9/10 yrs section (silver 200m IM, 50m fly, 100m back, 200m free, 100m breast, bronze 50m back), Laura Cowley 11/12 yrs silver 50m fly, Zac Gill 13/14 yrs silver 200m IM. Other top 6 places came from 9 year old Alice Oliver 4<sup>th</sup> 200m IM & 200m free, 6<sup>th</sup> 50m fly & 50m back, Poppy McGourlay 11/12 yrs 4<sup>th</sup> 200m IM, Zac Gill 13/14 yrs 4<sup>th</sup> 50m fly, Adam Watson 13/14 yrs 5<sup>th</sup> 50m fly, 6<sup>th</sup> 50m back, Laura Cowley 11/12 yrs 5<sup>th</sup> 100m back, Millie Tompkin 13/14 yrs 5<sup>th</sup> 100m breast.

The final day of competition brought more medals and the fancy dress coaches' race, although our head coach had a valid reason for not entering this year - a broken toe! Next year Chris - you have a year to train!!

Poppy McGourlay added to her bronze medal by winning the 11/12 yrs 100m free and silver in 200m back. Other medalists were Sally Monk 9/10 yrs silver 200m fly, Laura Cowley 11/12 yrs bronze 100m & 200m fly. Other top 6 places came from Rebecca Winn 11/12 yrs 4<sup>th</sup> 200m breast, 5<sup>th</sup> 200m fly, Zac Gill 13/14 yrs 4<sup>th</sup> 50m, 100m free, Alice Oliver 9/10 yrs 4<sup>th</sup> 200m back, 5<sup>th</sup> 50m free, Ricky Monk 13/14 yrs 4<sup>th</sup> 100m fly, 5<sup>th</sup> 200m breast, Laura Cowley 11/12 yrs 5<sup>th</sup> 50m free and Katie Fish 9/10 yrs 6<sup>th</sup> 100m free.

## JUDGES COURSE LEVEL 1

The club are seeking any parents who wish to help out at galas, open meets etc. by running a Level 1 Judges Course. It will be held over 2 evenings, 1 hour per session with 1 hour mentoring. Disciplines covered will be timekeeping and turn judge. Please speak to Pat Smith or a member of the committee.