



Scary
Halloween
masks! Can you
recognise the
Dummies?

CLUB Camp 2015 Special

More on pages three & four and our website!

Natalie, Molly, Kate, Beth & Ellie all represented the East Region at the **National Lifesaving Championships 2015** held at Ponds Forge, Sheffield on the 31st October. This was the third year in a row that club members were competing at the highest level and the girls all did a fantastic job representing our club and the region! Family members provided excellent support for the girls and the East team.



The 90 seconds incident test saw Natalie & Molly come 3rd, with Beth & Ellie coming 10th and Kate 5th. In the First-aid/ Resus incident they had to deal with 3 casualties and Jnr girls came 10th, Snr's 7th and Kate 6th. The Rope throw followed after lunch with Jnr's 12th and first-time for Natalie! The Snr's came 12th and Kate 6th. Lastly was the Swim & Tow and the 50m pool for Beth & Ellie suddenly looked a long way! The girls did excellent swims getting PB's 1:46 & 1:45 respectively, finishing 4th just missing out on a medal. Kate finished the 25m tow in just under 58 seconds and also came 4th and the Jnrs 12th. They all did really well with Natalie & Molly finishing 9th overall, Beth & Ellie 8th and Kate 6th. Thanks to all the supporters and well done girls!



Overall, this was the East Regions most successful performance with the team finishing =8th and 2nd in the Masters. **George**

Natalie & Molly with their 'Bronze medal' for their incident performance!



Suffolk Branch Open Water Challenge 2015

Lifesaving clubs from across Suffolk came together to compete in an open water challenge at Felixstowe Dip on Sunday 20th September. In all 19 pairs, a mix of Rookies and Survive & Save joined up to enjoy the challenges, and test their skills in the open water (some for the very first time!).

The weather played its part as the many spectators enjoyed the friendly competition from all the competitors. Older, more experienced lifesavers helped and supported the less experienced and everyone enjoyed a fantastic competition.

The first event saw our version of 'Flags' with teams getting their 'Heads up' and sprinting across the shingle beach in a relay with their partner. The fastest pair taking maximum points was Kieran & Maddy in a combined time of 22 seconds.

The Lifeguard Fitness challenge saw a dash across the beach and a 'Baywatch style' entry with a Torpedo into the water and a sprint swim around a course, running back up the beach and swapping the torpedo with their partner. The winning combined time was 4 minutes 41 seconds – well done Ellie & Melody.

Next came the torpedo rescue of a cooperative casualty. One of the pair sprints out to the buoys and raises their hand to signal their partner to rush to the rescue. The quickest pair to support their casualty back up the beach was also Ellie & Melody.

Over the same distance pairs then had to complete a Paddle Board rescue of their casualty. For many of the lifesavers, this was the first time they had been on a board. Many did an excellent job with only a couple pairs paddling in the wrong direction or tipping over! This event was won by Neve & Liam in 1 minute 29 seconds.

The last rescue tested the pair's skills in a rope throwing rescue, not so easy with the waves and wind! The fastest rescue was by Ben & Ollie in 24 seconds.

The final results were very close, with the top 2 pairs equal on points after 5 events, so the decider was the fastest over the Lifeguard Challenge. Overall everyone did fantastically well and the top three pairs were;

1. Ellie & Melody
2. Liam & Neve
3. Ben & Ollie

Well done to everyone who competed, thank you to the spectators for their support and the trainers & Lifeguards for making our first open water challenge a great success. The event finished with some well-earned fish & chips!

< Pictures – Club members in competition!

George & Rick

Events/ Diary Dates;

Branch Rookie Competition – 22nd Nov 6-8pm here at Bury ☹please come and support!☹

Last night of term – 13th Dec – Christmas Cracker fun competition

New term – Sunday 10th January 2016

Our annual camp this year was at Thorpewoodlands Activity Centre and as always was a fantastic weekend, enjoyed by all! After sorting out their beds, the groups went off with their instructors for a day of Caving, Climbing wall, Powerfan and Tree Trekking. Some free time for 'Man Hunt', before Nigels Spag Bol & Sarah's amazing Chocolate Brownie and Ice Cream before some lifesaving videos on Rip tides and Cold water. Then back outside for the camp fire, marshmallows and the singing! Back inside for some hot chocolate and a film, before everyone fell asleep (Paul was the first!). After breakfast the group experienced the cold water in the river (only their feet) before team challenges in the woods. This year the winners of the camp trophy for the fastest time around the low ropes went to Neve, Grace, Esmee, Molly, Peter, and Sam. There were many highlights from the weekend which everyone really enjoyed and the pictures say it much better than words! Thanks to everyone for a great camp!

Rick, George, Nigel, Kate, Paul & Jules





Thanks to everyone for a fantastic camp...see you next year!