



Club Presentation Evening



We had a great presentation evening on the 24th April, attended by our current Mayor Cllr Patrick Chung and his wife.

The Mayor presented awards to almost every club member from two of the newest Rookies (Achievement 1) to some of our Survive & Save members achieving their Gold Core & Medallion.

We also recognised both Sarah Pawsey & Kate Bramwell for all their hard work behind the scenes, managing our money and our website respectively. The Mayor presented them each with one of our limited edition silver anniversary pin badges.

The support of Cecil & Larter for over 20 years was also recognised this year by the RLSS and we presented them with a 'Friends of the Society' award in recognition.

Well done to everyone on their achievements and a big thank you to all the parents for coming along and supporting the evening!



More
Pictures
on the
website!

Deben ROOKIE Competition

Our ROOKIES went to Deben LSC on Sunday 13th March to take part in a fun competition with Rookies from across



Suffolk. The Bury Team consisted of **Harry, Mollie, Holly, Ella and Natalie.**

From Rope Throwing to gathering eggs with questions written on them, everyone had a great time and everyone was rewarded in the time honoured Easter tradition of CHOCOLATE!! Much appreciated by all! Harry got an extra prize, *the wooden spoon!* He was in the team who couldn't quite get the hang of throwing ropes, more training needed there Harry! Well done to everyone who went along. **Nigel**



Our Medal Winners

Club Pairs Competition

In May we held our annual 'Pairs' competition for both Rookies and Survive & Save members. An unknown incident to test their lifesaving skills, a speed rope throw and a Swim & Tow were all fiercely contested. The full results and more pictures are available on the website, but the winners were;

Rookies – Zaffron & Rosie

Survive & Save – Millie & Neve

Well done to everyone that took part and thanks to all those that helped!

Open Water Training

Everyone welcome to gain valuable open water experience at Felixstowe (details on the website). The dates this year are;

June 26th, July 3rd & 28th all from 10:30 until lunch.

Training is always weather dependant, and any cancellations are announced on the website as soon as possible. Wetsuits are advisable for all training!



Events/ Diary Dates;

Club AGM – 12th June 6pm (Normal club follows)

Club Camp – 9th & 10th July (No club night on the 10th)

Last Club Night – 17th July

Regional Heats of National Competition

17th July 11am-4pm

Ipswich Girls School