



Club Camp 2016

After Richard's organisation and planning we held our annual camp at Hemsby on the Norfolk coast on the 8th – 10th July. In keeping with, summer weather so far this year, we saw some rain but that didn't stop everyone having a great time! We arrived Friday, got the club's new event shelter up which proved very popular as a meeting point.

On the Saturday the early sunshine was lovely and we all made our way to the beach through the dunes and got started with some games. 'Flags' was very competitive with some of the highlights *Jamie's* committed slide into the waves to grab the flag first and *Molly's* battle (and victory) with *Neve*. *Ellie* was the overall winner. As the rain started to set in, we went into the water for some practice and some sprints which were all watched by an inquisitive seal! Heavy rain caused us to abandon the beach picnic as we all headed for a warm shower at the camp site. Hannah organised the team games in the afternoon before some of us headed back to the beach to enjoy body boarding in the surf and afternoon sun.



A mass game of Rounders whilst the fish & chips were picked up saw 'Wills' scoring so many Rounders we lost count! Jules provided the quiz this year which brought everyone together before some

National Lifesaving Championships 2016

The regional heats of the National Championships were held at Ipswich High School on the 17th July with the club well represented. Pairs of Junior & Seniors put their Lifesaving skills to the test in a 90 second water incident, followed by a Life Support/ First-aid incident and then the timed Rope Throw and Swim & Tow, this year using Towels for the first time.



We had some great performances, notably Zaffron & Ciara winning the incident, whilst Molly & Nat topped the rest of the Junior Girls to win overall. Amy & Hattie came 3rd in the first-aid incident, while Zoe and Erin did well in the swim & tow. Peter & Kian were very consistent throughout finished 2nd overall just 1 point away from winning. The Snr girls was a battle between Ipswich & Millie & Neve with the Ipswich pair winning in the key incident events to win overall. Our other pairs of Sallie & Ella and Esmee & Elizabeth all did really well. Rhys & Jack were the only Snr Boys to compete this year, but still put lots of effort into their events. More details are on the website, but our Regional Champions this year are Molly & Natalie and Rhys & Jack...see you in Sheffield for the National finals and really well done to everyone who represented the club, including the bodies!

George & Rick

of the older members finished with a game of Man Hunt and lights out about midnight!

Back to the beach on Sunday with the 'Dune climb relay' and mass 'Tug of War' – always very competitive, especially the parents! Then back into the water for fun & games.

We rounded off with a fantastic Bar BQ at the camp site before heading back towards Bury! Thanks to everyone for making the weekend a great success and we look forward to next year! *(Pictures Below)*

The **Club AGM** was held on the 12th June with Richard giving a summary of the club's successes over the last 12 months and Sarah updating you all on our financial position! Overall it was a successful year with many of the key moments featuring in previous newsletters and financially we have made a small surplus with the year and remain stable for a club of our size. The AGM is also the time when the Club Committee is elected to run the club and this year there were no changes, although the post of Awards & Sales is vacant. The interesting part of the night is the presentation of the Junior & Senior Awards for effort, enthusiasm, commitment and success over the last 12 months. This year our winners were Rosie and Jack and both are pictured below receiving their awards from Nigel & George respectively. Well done to both of you, really well deserved! ***The Trainers***



Great East Swim 2016

The 18th June saw club members past & present, and even some parents taking part in the Great Swim series at Alton Water. The water was a lovely 18 Degrees, but the grey clouds and wind weren't the best for spectators! For many this was their first time and the 'Pink' half-way marker did look a long way away!

Club members also helped with Lifeguarding the event, so thanks to them, particularly Millie & Jonathan who gave up their day just to help out.

½ Mile swimmers – Kieran – 14th in just over 14mins, Neve 18th in the under 20's, Jasmine (18mins) and her dad Rakesh - just behind her. Old members The Clark family also finished, well done Sarah & Debbie, Row Bramwell and Christine Barrett. Nigel, Sarah & Hannah also completed the swim and all really enjoyed it...Sarah says she will do it again!

The 1 mile saw Maureen Wright (Nat & Ellie's mum) finish in 30mins, The other half of the Clarks (Lucy & Dave), Sarah Sheridan (and her daughter), Rhys – in 36mins, Louise Eaton. Kate finished in 35mins – 3rd in her age group! George and Richard – the quickest time of our members in 27 ½mins and finishing 48th out of over 650 1 mile swimmers.

A fantastic effort from everyone and hopefully you all keep up the swimming!



Events/ Diary Dates;

Open Water Dates – 21st August, 11th Sept (Branch Open Water Comp)

New Term Starts Back – 11th Sept 6pm

Club Camp Picture Special!

Thumbs Up!



Brothers, Sisters, Mums & Dads, Grandchildren & Grand parents all playing together!



You had to be there...



We ❤️ Club Camp!



Seal!

Lots more pictures on the website...