



A Summer of Open Water...

Welcome back after our summer break where many of us have enjoyed getting into the open water for some lifesaving or just to swim! It all started back in June, when as we previously published club members enjoyed the Great East Swim and our annual club camp at Hemsby, but with the sunny weather the opportunities couldn't be missed! It has been great to see more members down at Felixstowe training and experiencing the sea this summer, and great to see Sallie gain her Bronze beach, while Kate joins Millie & Neve with Silver beach. In earlier August Kate, Nigel, Sarah, Rick and George went to Constable country for the Mill to Mill river 1 and ½ mile swim, sharing the river with rowing boats, a small cruiser and the occasional cow having a drink!



There were plenty of training trips to *Gosfield lake*, *Haddams wake*, *Milton Country park* and some organised events. George & Rick entered the 3km at *Fritton Lake* and the 1 mile in the *Serpentine* in Hyde park as part of their training towards swimming the Channel as part of team of 6 relay next year.



On the 11th September the club organised the 2nd Suffolk Branch Open Water Competition at Felixstowe. Club members from across Suffolk enjoyed a fantastic morning at the Dip, competing in challenges in mixed pairs including 'Flags', Lifeguard fitness, Paddle board, rope and torpedo rescues. Our club members were part of all three top pairs – well done to Neve with partner JJ in 3rd, Zoe with Ellie in 2nd and Ciara with Callum who are the new champions and thank you for all the helpers on the day!



On the 25th we held our Open Water Challenge Cup in memory of Bob Myles. The weather ok and 9 pairs spent the morning on the beach and competing in a challenging sea, with some big waves! The Flags relay saw Neve & first time member Charlie sprinting to 1st place. In the Lifeguard fitness Molly & Nat were clear winners ahead of Jack & Peter in 2nd. The larger waves made paddle boards interesting with several pairs heading towards the sky as they rushed out to rescue their partner, particularly Erin! The torpedo rescue involved 1 person swimming out as quickly as possible and signalling to be rescued in the quickest time. Jack & Peter were fastest just ahead of Ciara & Ella. The last event before everyone just enjoyed some free time was a rope rescue. Ropes in open water are even more of a challenge Neve & Charlie were the quickest, but Hattie & Syvlie & Savannah & Rosie did really well. It was great to see lots of supporters and thanks to *Simon & Richard* who enjoyed their time in the water encouraging & helping! The winners were...



1st Molly & Nat



2nd Neve & Charlie

3rd Jack & Peter

Thanks to Sarah for presenting the medals and well done everyone!

New Club Captain & Awards Officer

With Jonathan moving to the Awards & Sales post on the club committee we needed to vote in a new club captain to represent the member's views at our meetings. Neve was nominated and elected at our EAGM on the 16th October. Please let her know if you want to raise any issues or have any ideas for use to consider!

Good luck to Molly & Nat and Jack & Rhys who are part of the East Region team competing in the National Lifesaving Championship final in Sheffield on the 5th November. Molly & Nat competed last year, but this the first time for the boys. A few of us will be going p to support the team and we will let you how they got on in the next newsletter.

Events/ Diary Dates;

No club night – 23/10 (half term) and 13/11

Christmas Cracker Club Fun Competition & last night of term – 18/12

New Term starts back on Sunday 8th January 2017