



July 2017

www.stedmundsburylifesavers.org.uk

Issue; 25

Club Camp 2017



Another fantastic camp at Hemsby, enjoyed by around 70 members & families. After arriving Friday night, we headed for the beach Saturday morning for a day of challenges, Dune climbing, jumping, sliding & falling! Tug of War, Flags – fiercely fought over with speed beating strength in the end. We also saw a lot of sibling challenges for 'Sumo wrestling' trying to push out their opponent. In the water we were joined by 'Sidney Seal' for Rope, Torpedo, Surf Ski rescues, along with lots of fun. Back at camp, Rounders, Manhunt, Water bombs, a Quiz and of course Fish n Chips! Late into the evening, back to the beach for a camp fire to relax with a sing song before climbing into the sleeping bags for some well earned rest. Sunday started back on the beach with fun and games before we started our annual Bob Myles Open Water Challenge Cup (see page 3), with 18 pairs including parents! We were joined by 'Max' for his training in the sea (more below) . Back at the camp we had a great Bar B Q and presented the medals and Cup to our winners, before we started to head back after another great camp. Thank you to everyone that helped organise, run, support and of course participate throughout the weekend, we hope you had a great weekend and we look forward to next year!

The Committee



Well Done... to both Jasmin (and Mum & Dad) and Nigel for finishing the Great East Swim at Alton Water on Saturday 17th June. Jasmin went around in a quick 15:37 (48th overall) and Nigel improved his previous time finishing in 23:54. Rick was supporting and Lifeguarding along with other volunteers from Suffolk Branch.

Richard & George and Team West have also crossed the Channel in their 6 person relay team in challenging conditions and over night. They landed in France in 14 hours 3 minutes! *See the website for photos, videos and more details!*

Annual Awards 2017



During this year's AGM we also announced this year's winners of both the

Senior & Rookie awards for effort, commitment, enthusiasm and generally being a great member of our club over the past 12 months. This year the Rookie Award was presented by Jules to Emily at the meeting. Your Club Captain, Neve presented Jasmin the Breseus Cup on club night. All the Trainers would like to congratulate both girls on a great year of Lifesaving! Well Done!

Annual General Meeting 2017

We held this year's meeting on the 4th June, with Richard welcoming everyone and giving an overview of the club year. We remain in a healthy position both financially and membership. He thanked Sam Whiteman who was standing down as Club Secretary. The Committee for 2017/18 was elected on block and is;

Chairman – Richard Pearce

Vice Chair – Nigel Pawsey

Treasurer – Sarah Pawsey

Secretary – Elaine Hammond

Lifesaving Coordinator/ Welfare Officer – George Maguire

Equipment Officer – Julian Loader

Awards & Sales – Jonathan Sharp

Publicity/ Website – Kate Bramwell

Club Captain – Neve Maguire

Please feel free to approach anyone if you have any queries, or email via the website



Events/ Diary Dates;

Open Water Training (Felixstowe) 1030 am 23rd July & 13th August*

- Please see the website as this will depend on take up and weather forecast

New Term starts back – Sunday 17th September 6pm.

Details & Membership form available on the website

Bob Myles Open Water Challenge Cup 2017

Our annual club open water challenge in memory of one of our founder members was held during Club Camp at Hemsby, and saw a fantastic competition between 18 pairs! It was a bit windy, causing some shivering, but everyone put in 100% to each event.

We started with the Flags relay, sprinting across the sand, with Dan & Peter the quickest in 9.28 seconds. After a brief interlude to meet & hear about 'Max' the Wade & Rope Throw Rescue was next. Each pair rescuing each other from the open water, challenged by the wind! Sallie & Richard were quickest with a somewhat 'lucky' throw from Richard!

Lifeguard Fitness saw some of the 'older' competitors *run out of puff* (that was you Paul!). A fantastic race between Millie & Neve and Nat & Molly, with Millie & Neve finishing a few seconds ahead. It was great to see many of Rookies dive right in and complete the swim, a special mention for Sam, Issi, Rhys, John, Savannah, Phillipa, Harry & Joe.

Our last event was the Surf Ski Rescue, and for some it wasn't as easy as it looks (Abbie & Charlotte!), but funny to watch. Molly & Nat were quickest here, just ahead of Dan & Peter. It was a great event, 'Thank you' to everyone for competing and helping, this year the winners were. 1st Dan & Peter, 2nd Molly & Nat, 3rd Millie & Neve and yes 'Neil & Dave', you were 4th!

Well done to everyone!



We are thrilled to announce that we now have a **club mascot**, who is a Newfie or Newfoundland dog, named Maximus. Maximus is just 20 months old but already weighs 8st 10lbs. He has a thick, black, long haired coat and webbed feet, which means that he can swim! He's not good at front crawl or doggy paddle but he does a kind of breast stroke. We met Max at this years camp in Hemsby, where he showed off his lifesaving skills with his owner Caitlin, who assured us that if we needed rescuing he would happily tow us in and without a rope! At the end of the session on the beach, Maximus very kindly pulled the boat up over the sand dunes for us and he was then rewarded with a cheese sandwich, which is his favourite food. Caitlin describes Maximus as a big softie, sweet natured and gentle but with a mind of his own! We are hoping to see Maximus again when we have our open water days in Felixstowe and he will come to some of our events at the swimming pool, but he won't be able to stay for long because he will get too hot. If you want to keep up to date with Maximus, he has his own Facebook page Bearly Famous which is linked to our St Edmundsbury Life Saving Club Facebook page. Photos and videos of Max at camp can be found on our website or on Facebook. *Thanks for visiting us Max & Caitlin!*