



St Edmundsbury Life Saving Club

e-Newsletter

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www.stedmundsburylifesavers.org.uk

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Welcome Back to another club year! Although summer seems some time ago now, I hope you all enjoyed spending time in and around the water. The new term saw a fantastic number of new members to join the returning group so welcome to you all, I hope you enjoy *our* club and learning some vital lifesaving skills! If you have any comments, concerns please don't hesitate to contact me or any of the Committee members or Trainers. **Richard**

Beach Awards



Well done to Dan, Abbi, Charlotte, Naomi and Zoe on passing their Survive & Save Beach Bronze/Silver awards.

Rick

Club Workshop

On the 8th October the club came together for a 2 hour session, mixing S&S and Rookie members in numerous short sessions. Organised by our Club Captain, Neve, the trainers took the groups through casualty handling, CPR, using a defibrillator, land-based rescues, paddle boards, rope throws, non-contact tows and entries. We hope you all enjoyed working together and learnt something new!



Our Website...



Don't forget to check in with the club's website regularly. There is plenty to look through... recent and forthcoming events! Either **Google Bury Lifesaving** or visit

www.stedmundsburylifesavers.org.uk

facebook



And there's always our facebook page!

Always nice to be liked!

Suffolk ROOKIE Competition

We are hosting the annual ROOKIE pairs competition at Bury on the 19th November during normal club hours (arrive for 5.30pm). This competition aims to give Rookies a gentle start to competitions which has now seen club members go on to the National Championships! Survive & Save members will be helping to run the competition and support our Rookie pairs, and of course spectators are encouraged! Hopefully, we will be joined by Rookies from across Suffolk!

No normal club night on the 19th



We held the 1st **Sheila Norman Branch Open Water Challenge** at Felixstowe on the 24th September. The competition has been re-named in honour of Sheila who founded the Suffolk branch and whose work in Lifesaving locally, nationally and around the world benefited many and saw her awarded an MBE. Members from Deben, Ipswich and our club joined us on a lovely day for 5 challenges to test their lifesaving skills, fitness and stamina in the open water. Sheila's sons joined us to watch the events and present the shield and bowl to the eventual winners.

Our first event was the 'Flags sprint' across the beach which saw our own Nat Wright and partner Chris finish in the quickest time...and she didn't want to get out of bed that morning! Next was the 'Lifeguard Fitness' with each team member diving into the sea and sprinting around the course before changing over with their partner. Grace & Ben were the fastest in this event, with Jamie from Bury a close second. The Paddle Boards were a challenge this year as the waves crashed into the beach, but the teams all got out to rescue their partner, although some more stylishly than others! This event saw a draw for 1st place between Ben & Grace and Bury's Sylvie & Hattie. The 'Rope Throw' rescue was next, testing the skills of the competitors as throwing into the wind and waves isn't as easy as in the pool! Well done to JJ & Teagan who were the fastest in this. The final event was the 'Torpedo Rescue' which involved 1 team member swimming out before their partner could come out and 'save them'. The winners here were Ben & Grace, 2nd Ruby & Hannah, 3rd Jamie & Jules.

The competition was a fantastic success and really well supported and everyone put in a great effort. Thank you to everyone that helped organise and run the event. The results were;

1st	Ben Gray & Grace Boakes	2 nd	Maddie Long & Isaac Price
3rd	Ruby Smith & Hannah Wainer	4 th	Jamie Raja & Jules
5	Chris Cvetkovs & Natalie Wright	6	JJ Mee & Teagan Jarrett
7	Polly Price & Ciara Searle	8	Adam Rust & John Everett
9	Sylvie Melvin & Hattie Welham	10	Elsie Price & Charlotte Peacock
11	Helen Jarrett & Erin Maguire	12	Georgie Cooper & Zoe Pearce

Well done to everyone! George, Rick, Nigel & Jules

Events/ Diary Dates;

Suffolk Rookie Competition at Bury – Sunday 19th Nov – see above

Last Night of Term – 17th December. New Term starts back 7th January 2018