



St Edmundsbury Life Saving Club

e-Newsletter

July 19

www.stedmundsburylifesavers.org.uk

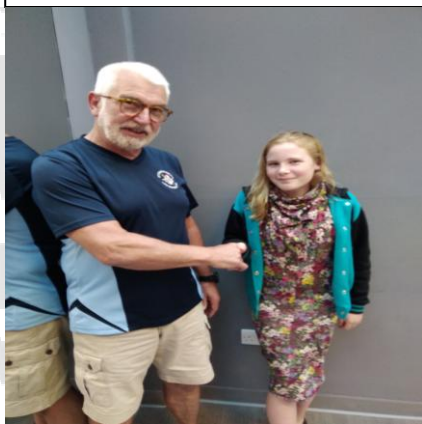
Issue; 33

As we end another club year I would like to thank all the members and parents for supporting the club and I hope you have enjoyed it. Our AGM went well (I almost beat my time record!) with all the current committee staying on for another year with the exception of Neve. Charlotte takes over the role as Club Captain so please do speak to her if you have anything to raise or a good idea! Thanks to Neve for the past two years, I'm sure we will see you when you are back from Uni. We enjoyed another great club camp at Hemsby (more later) with fantastic weather, many of the members doing really well in the sea and of course some 'competitive parents', thanks to all for a great weekend.

Rick and the Committee

Award Winners!

Annually we present two trophies for outstanding effort and commitment to our club and lifesaving. This year the trainers recognised Jack Lillistone for his many years of hard work, recently achieving his S&S Gold. In the Rookie groups, Cydney was chosen for effort, enjoying everything and always putting 100%. Well done to you both.



We have seen many people achieve their class awards, so well done to...Life Support 3 – Millie, Esmee, Rhys, Neve and Sam. S&S Silver – Corey, Mason, Maddy, Elinor, Emily, Lucy, Niamh. Rookie Bronze 1- Myles, Jesse, Ryan. Bronze 2 – Josh, Madison, Myles, Jesse, Imogen, Charlotte, Josh, Ryan. Beach Running – Madison, Thomas, Myles, Jesse, Scarlet, Imogen, Charlotte, Henry, Ryan, Ethan, Jessica, Samuel, William, Rhys, Brody, Jasmin, Harry, Cydney, George, Matthew, Kimberley, Emily. Bronze 3 – Ethan, Jessica, Isabel, Samuel, William, Connor, Rhys, Brody, Eva, Anya

All Club Trainers

Bob Myles Open Water Competition 2019



Our annual club competition in the Open water was held during club camp in Hemsby with 17 pairs (although we saw some substitutes!). Firstly, thank you to everyone who helped run the events whether in the water supporting our younger members or capturing the all important times! We held four events testing fitness, open water swimming and rescues skills with our overall winners (pictured left) and 2019 Champions ending up as Peter & Rhys. Second by just one point was Niamh & Harry and equal 3rd was Sam & Tom and Ryan & Neil. The overall results are below and more pictures available on our website! Well done to everyone for a great competition.

George

Bob Myles Open Water 2019 Results

1st	Peter & Rhys	2nd	Niamh & Harry
3rd=	Sam & Tom		Ryan & Neil
4th	Jonathan & Bethan/ Emma	5th	George & Sean/ Rick
6th	Kim/ Cydney & Richard	7th=	Harry/ Miles & Dale Rhys & Anya
8th	Jon & Jo	9th	Sam & Thomas
10th	Charlotte & Mollie	11th	Sylvie & Esmee
12th	Charlotte & Jess	13th	Brodie/ Maddie & Rick/ James
14th	Fin & Matthew	15th	Zoe & Alex/ Scarlet
16th	Jodie & Jessie		



Open Water events...Members helped out and completed the Great East Swim (and run swim) on the 22nd June. Kate finished the Swim Run with our Swimmers including Sallie, Jasmine, Rick, The Walker family (Pictured left), Sam & Neil.

Rick, Simon (Rosie's Dad) and George also completed the Waveney River Marathon (11.5km) as a relay on the 23rd finishing as the 3rd placed relay team.

With many more events and opportunities for open water swimming please let us know if you have entered an event and of course how you got on! ***Well done everyone!***

Club Camp 2019 - Hemsby



Another fantastic family weekend camp this year! Amazing weather, good food and company and of course plenty of swimming and lifesaving at Hemsby. Here are some of the pictures of the weekend activities, but plenty more on the website so please log on and have a look!





Thank you to everyone that took part or helped out over the weekend! It was great see everyone try hard, push themselves further and for the older members supporting the younger members. We also raised an amazing £300 for the volunteer Lifeboat crew!



Events/ Diary Dates;

Open water Training at Felixstowe – 10am start, 21st July & 1st September

Suffolk Branch Sheila Norman Trophy, Felixstowe – 10am start 18th August

New Term start back – Sunday 8th September 6pm