



## South West Regional Relay gala

The Club was represented by four boys for the SWR Relay gala at Millfield in September. The 12/13 year old team had two fantastic swims in both the freestyle and medley relays. Kai Clayton swam the freestyle leg in both relays, Robert Jones swam the backstroke leg, Jack Aldridge the breaststroke and Sam Arrowsmith the fly. The boys competed against elite teams from across the South West region, finishing 9th in the 200m relay medley and 11th in the 200m freestyle relay race out of 21 teams.

## Exeter City Gala



Club swimmers travelled to Plymouth Life Centre in Oct for the Exeter level 2&3 combined meet. 18 youngsters competed over 2 days in 86 races and came home with 54 medals including 28 gold, 15 silver and 11 bronze medals. Sam Arrowsmith had a fantastic weekend racing and won the trophy for Top Boy, after winning 9 medals overall. Sam took home 5 gold, 3 silver and a bronze, including gold in the 400m IM. Peter Smith won two silvers in the 200m backstroke and breaststroke, and Wilf Arrowsmith won silver for the 200m breaststroke. Team mate Sam Ellis also swam fast during the weekend and won 3 gold medals in his 200m races. Finn Stoneman bagged gold in the 400m

## Upcoming events & info

### Galas & Meets

**Dec 5th & 6th** -Taunton Deane & Street L3 SC @ Hutton Moor

**Dec 12th** - Arena League Round 3 Hutton Moor @ 2pm

### Dec 13th - Santa Fun Run!

Dress up as Santa (or a Christmas theme) and run or walk 5km around Tiverton with your family and TSC team mates! There is also a 2.5km route for younger runners. This annual festive event starts and finishes at EVLC and is for all ages - family, friends and dogs are welcome to dress up and join in! If you can help out on the morning as a marshal, speak to Tony Follett for more details. Children running receive a medal and selection box at the finish line. See the club website for Santa's application form- entries are welcome on the day too!

**Dec 19th & 20th** -Yeovil Christmas Meet L3 SC @ Millfield

**Saturday Jan 9th TSC annual presentation evening** - Come along and join us with a plate of "bring and share food" at Tiverton Rugby Club from

IM and 2 bronze medals for his backstroke and freestyle. Rob Jones then took the gold and silver for his 200m individual medley and 100m butterfly. Jack Aldridge swam on fine form at the meet and won 6 medals, taking home 3 gold, one silver and 2 bronze medals and team mate Kai Clayton won gold in to 100m freestyle and silver in 100m backstroke. Oliver Bennet took the gold in the 100m backstroke, silver in the 200m butterfly and bronze for the 50m breaststroke. The girls team also raced well at the Life Centre, Jodie and Gemma Dilks won 3 gold, a silver and a bronze medal each. Jess Swanston also bagged 2 bronze medals for her breaststroke races and Scarlett Joiner won a gold medal in the 200m backstroke. Lauren Aitchison won a gold and two silver medals, and Katie Walton was back on form and celebrating winning a total of 5 gold and one silver medals. Gemma Owen also took the bronze for her 200m butterfly and the club was also represented by Lucy Webber and Chloe Muggeridge at the meet. The youngsters and their coaches were delighted with the 56 personal best times that were achieved over the 2 days of racing.

## Sparkler 2015



We held our 9<sup>th</sup> Sparkler Open Gala in November, with 205 swimmers from 12 clubs from around the South West racing at the hugely successful one day meet. Thirty nine youngsters from TSC aged between 9 to 20 years old raced on the day and came away with a raft of new personal best times and took home 74 medals between them. Two club swimmers also set new Sparkler Championship records, with 9 year old Scarlett Joiner racing in a superfast time of 45.67s for the 50m breaststroke and Jack Aldridge racing hard and setting a new 200m breaststroke time of 3:03:28s for the 12 year old boys. Samuel Arrowsmith, had a fantastic day racing, and took the gala's Top Boy trophy home with him. Exeter

7.30pm until midnight.

We have an evening of fun planned with presentation of the **2015 Club swimming awards**, shared food to eat and a disco with your friends. All club members and their families are welcome to join in the fun - there will also be a licenced bar selling soft and alcoholic drinks.... so book your taxi's home now!

## Devon County Championships

The 2016 County Champs will be held over 3 weekends in January and February at Plymouth Life Centre:  
Jan 16/17 - block one  
Jan 30/31 - block two  
Feb 6/7 - block three

## Housekeeping request

The Club uses EVLC pool for its teaching and coaching sessions and sometimes shares the pool with the general public. Please can swimmers leave the poolside/changing area **within 15 minutes** of the end of their training session. Also no clothes or bags are to be left in the changing village cubicles - please use one of the many lockers available. We would also appreciate it if all club swimmers are thoughtful and courteous to the general public, who are often accessing the poolside after one of our training sessions. Many thanks for your help with this.

## Long distance Club Championships

The 800m and 1500m long distance club championships were planned to be held at the beginning of January, however

Swimming club were successful in keeping the Top Visiting Club trophy again this year and the Top Girl accolade went to 15 year old Lily Collins-Board from Exeter Swimming club.

Swimming at her first Sparkler meet, Scarlett Joiner swam fast, winning 5 medals - bronze in the 50m freestyle, two silvers in the 50m backstroke and 200m IM and two golds in the 50m and 200m breaststroke, as well as setting a new championship record on the day. Nine year old team mates Lauren Baker, Arabella Boyde, Harri Davies and Bethany Moakes all set new personal best times whilst racing at their first Sparkler open meet. Also racing for the younger girls, Gemma Dilks won a trio of medals with gold in 200m backstroke, silver in 200m butterfly and bronze in 200m freestyle. Her sister Jodie raced well to take 2 gold medals for 200m butterfly and breaststroke and 2 silver medals for 200m freestyle and backstroke. Joining them at the medal table, team mate Jessica Swanston also bagged the silver medal in the 50m breaststroke and Lucy Webber, shaved over 20 seconds off PB's for three of her 200m races on the day. Continuing the success for the girls, Olivia Broom won 2 bronze medals in the 100m backstroke and butterfly and 2 silver medals in 100 and 200m breaststroke, setting six new personal best times for her events. Charlotte Baugh took the bronze medal for her 100m breaststroke, team mate Katie Walton won 2 silver and a bronze medal in her freestyle events and was thrilled to win the top raffle prize of the day - a new racing suit plus a pair of goggles! For the older girls, Gemma Owen won 3 silver medals in 100m and 200m free, 200m fly and a bronze for her 200m backstroke. Lauren Aitchison went on to bag herself two silver medals for the 100m breaststroke and 50m free and a bronze medal in the 100m backstroke, and Lorna Burston, who also teaches the younger club swimmers took home a gold, two silver and a bronze medal at the end of her races.

Matthew Follett, the only 9 year old boy swimming for TSC set a new personal best time in his 50m freestyle, then competing at his first Sparkler event, Sam Ellis won gold in the 50m butterfly plus 2 silver medals in 50m and 200m freestyle and a bronze in the 50m breaststroke. Peter Smith was delighted to win silver for his 50m breaststroke and Isaac Reaves won three medals, a silver for 200m backstroke and two bronze in his 50m butterfly and 200m

they have been postponed and will now be held later in 2016, so watch this space for a future date!

### **Christmas closing schedule**

**Learn To Swim** and **Friday adult swimmers** last session will be on Friday 11th Dec- and this will be a **Funsplash** session. The LTS and FAS swimmers return to the pool on Friday January 8th.

**CSA** swimmers Last session will be Wed 16th Dec, also a **Funsplash** session and they will return to the pool on 6th January.

**All other squads** last available training session will be on Wed 23rd Dec and they will return to the pool on Monday 4th Jan.

### **Arena League update**

The first two rounds of the National Arena League have been held at Hutton Moor pool in Weston-Super-Mare and at Horfield pool in Bristol. The young TSC Arena team had great fun swimming hard and cheering each other on at these two evening galas and the team finished in 7th place at both of these meets. We are now waiting to see where the third round at Hutton Moor pool will place us on the league table of the 24 clubs competing in Division 2....

### **Devon County Championships 2016**

The closing date for entries for the Devon County Champs is midnight on Dec 23rd, **however**

freestyle races.

The clubs 12 year old boys triumphed with Sam Arrowsmith taking the Top Boy trophy for the whole day as well as six gold medals 2 silver and one bronze along the way. Jack Aldridge was also delighted with his winning performance at the Sparkler, winning 4 gold and 2 silver medals and breaking the championship record for the 200m breaststroke for 12 year old boys. Kai Clayton won silver in the 100m free and bronze in the 100m backstroke and 200m free. Continuing the boys winning streak, Bradley Follett won silver in the 50m free and Robert Jones bagged the bronze in the 100m free. Sparkler veteran Finn Stoneman achieved golds in the 100m backstroke and breaststroke and three more silver medals on the day for 100m fly and free plus the 200m individual medley. Oliver Bennet won silver for 100m fly and bronze for 100m breaststroke, and Will Goffey won gold in the 100m and 50m free and 200m IM, plus added 2 silver and a bronze to his medal haul at the end of the day, whilst team mate Jake Stoneman was unbeaten taking gold in the 100m breaststroke.

### **National Masters & Seniors Championships**

The National Masters and Seniors Championships were held in Sheffield in October, Janet Wood raced there and won Silver in the 1500m with a time of 25.07.71s and silver in the 400m free in 6.28.71s for her 65+ age group category. Rebecca Jenkinson also swam at the Masters in seven events winning a silver, 3 bronze, two fourth and a fifth position in her 50-54 age group.

### **National Inter-counties Championships**

Rebecca Jenkinson, Graham Cridland and Sue Haigh represented Devon Masters team in the national inter-counties championships held at Hutton Moor in November. This event was held as a "virtual gala" and Devon came joint second with Dorset in their regional events, and were placed 8th nationally out of the 28 counties competing. Yorkshire won first place nationally once the swimmers times had all been compared from the different "virtual" galas held across the country.

### **Reflections from Sue Haigh**

Little did I think over 50 years ago when I learnt to swim that the sport would become so

the club will be submitting entries electronically on Monday 21st Dec .... so please send your swimmers entries to Sally Tovey, comp secretary as soon as you know them.

The qualifying times for the different events at the champs can be found on the TSC website. Entry times have to be achieved since 1st May 2015 at a licenced meet (level 1,2,3 or 4) and must appear on the ASA ranking list.

See

[www.swimmingresults.org](http://www.swimmingresults.org) for the ASA rankings lists and swimmers individually recorded times achieved at licenced meets to check your swimmer qualifies for the races for 2016 times.

### **ASA Swim categories**

The club has 2 levels of swimmers who need to be registered annually with the Amateur Swimming Association. ASA/membership renewal is due in January and the payment will automatically be taken in March by direct debit. Category ONE swimmers are non-competitive swimmers, whilst Category TWO swimmers are competitive swimmers in the club. Any swimmer entering a race at a licenced gala or open meet must be a Cat 2 registered ASA swimmer. This means that if you start swimming competitively at galas half way through the year, the swimmer will need to upgrade from Cat 1 to Cat 2 BEFORE entering a gala. You can check your membership details and swimmers rankings on the ASA website. If you have any further questions or need



important in my life and that I would still be training and competing at my age now and of course, it goes without saying, still loving it!! When I was swimming in the 1960's there were hardly any Masters swimmers, most club swimmers stopped competing at a young age and gave up the sport completely, so the introduction and growth of Masters swimming has kept young (and older!) people in the sport and given them a great interest and a way off having fun and keeping fit. Participation in Senior and Masters swimming has grown enormously over the last 20 or so years - we now have our own County, Regional and National long and short-course events, a national decathlon competition and last year the first Masters Conference was held at the ASA building in Loughborough. You can check this out on [britishswimming.org](http://britishswimming.org) on the new masters hub.

Tiverton swimming club masters group have taken advantage of the increase in the number of competitions, bringing with it many successes in County, Regional and National events as well as Open Water, Triathlon and Aquathlon events. Our little club has collected more than its share of county, regional and national medals over the years. However, it's not just the competition side of our sport that keeps us training..... actually that's probably the least important aspect to it... there are so many other reasons that keep us making the trip down to the Exe Valley Leisure Centre throughout the week. Keeping fit is important but also the social side of our sport is paramount. Getting involved in masters swimming allows us to meet up with our friends, not just at local training sessions but during competitions all over the country and have fun. I have to say that the Masters' competition is fierce in the pool but afterwards the socialising is just as important!

Our Masters group run social events and it has now become a tradition to hold an Xmas meal combined with the presentation of our annual awards.... this is always well attended and the awards, based on performances during the year are always treasured!! Well, who would not want to win 'The Longest Shower Award' and who would not covet the 'Best Excuse for missing a Session medal' (I'm sure I won't be breaking any confidence by telling you that a certain G Cridland was on the shortlist for both of these awards last year!) Seriously though, if you read the speech to delegates at the inaugural Masters

to switch categories, speak to Anna-Marie Southcott, Membership secretary.

### **Impact Print & Wear**

You can add names to the backs of club teeshirts and hoodies by visiting Impact Print and Wear at 1a William Street, Tiverton, or email:

[andy@impactprintandwear.co.uk](mailto:andy@impactprintandwear.co.uk) you will find the shop above the Tomato Bar or phone them on 01884 258904.

### **Top Stitch in Tiverton**

Do all TYR bags look the same?....Embroider your child's name onto their swimming kit bags - visit Top Stitch in Tiverton- it's open Mon to Thurs 8am to 4pm and Fridays 8am to 1pm at you can find them at Unit 18 Mountbatten Way, located behind the back of Morrisons in Tiverton or phone on 01884 259050

### **TSC volunteers request**

The committee position of [Vice Chairman](#) is still available - do you have the skills to support the club and ensure it's continued success? Please speak to any committee member if you are interested in finding out the volunteer opportunities available to support the club.

### **Have you got an interesting club story?**

Do you have any interesting TSC club news, information or maybe a photograph that can be included in a future edition of this newsletter?

If so please send them to:

[newsletter@tiverton-](mailto:newsletter@tiverton-)

conference made by Verity Dobbie, the chairperson of the National Masters Swimming Committee, it will give you a flavour of just why masters swimming has developed and why it is that so many adults now take part in and enthuse about their sport...here's a little snippet of what Verity said.....

*"To me the essence of Masters swimming is its inclusiveness and the fact that it is as satisfying for the complete novice as it is for the more seasoned competitor. After 45 years in the water I'm not even sure if I can properly articulate the attraction, but I just love the sport, the training, the people, the competition the camaraderie the challenge".*

I know exactly what she means! I am pretty certain this growth and interest in our sport will continue to expand. I'm also sure that a good number of the age group swimmers in our club now will go on to swim competitively as Masters in years to come....I hope so anyway, as it is a great sport to be involved in, and maybe one day they too will be pleased to accept 'The longest shower award!'

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At Tiverton Swimming Club we take Child Welfare seriously, please contact the Swimline, talk or [email](#) to Lucy Walton Welfare Officer about any concerns you may have.



[swimming.co.uk](http://swimming.co.uk) for the next newsletter- thank you!

#### **Newsletter on TSC Website**

Previous editions of this newsletter are posted on the Club website. email any comments to: [newsletter@tiverton-swimming.co.uk](mailto:newsletter@tiverton-swimming.co.uk)

We would love to hear from you!

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