



Tiverton Swimming Club NEWSLETTER

July 2018



Club activities

One of the pleasures when producing this newsletter, is reading about the variety of swimming opportunities that TSC offers and hearing about our club members achievements in the pool and beyond. Since Easter, we have seen swimmers enter **open meets** at Millfield pool, race in the **South West Regional Championships**, swim as far as possible at **LTS distance night**, swim as fast as they can at **CSA Race Night**, win lots of medals at achieve lots of new 'best times' at the **Devon Sprint gala**, the **Devon relay gala**, the **Devon Development galas**, and had 85 members race at our **Club Championships** (which was a fantastic event this year!). The Masters have been racing at the **Royal Naval Meet** in Millfield and at the **Devon Masters Championships**, as well as open water swims in **Beer**. Sue Haigh won 5 gold medals at the **National Masters Championships** and also set a new regional swim record. A group of our swimmers entered the Triathlon at the **South West Youth games**, Emily Miller qualified for the **GB triathle** championships to be held in Germany, Bella Boyde swam 5k raising loads of money in the **Swimathon**. Emma DeClerk trained at the **Devon County Talent Camp** and Jack Aldridge, Sam Arrowsmith Jodie Dilks and Gemma Dilks all qualified to swim at the **English Summer Nationals in Sheffield** in August. We have end of season **Fun and Splash time for LTS and CSA** next week, plus a team of young swimmers (under 12's) travelling to **Exmouth** to race in a **fun team gala** against a touring Coventry swim club team and Exmouth SLSS next Sunday afternoon. You can find out all about our swimmers adventures in the pool below.

As a club run by a **volunteer workforce**, we can be very proud of the sporting opportunities that we are offering swimmers in our local community and **I would like to thank EVERYONE for making this such a successful season for the club and wish you all a HAPPY SUMMER BREAK**, before we soon head back to training in August and the Sparkler in September

Events & info

Club galas & Meets

Clevedon Sprint meet L3 SC meet

Sun 16th September in
Hutton Moor

12th Tiverton Sparkler L3 SC meet

Sun 30th Sept in EVLC...

South West Region Open Masters

Sun 30th Sept in Hutton
Moor, WSM

Lyndsey Powell Memorial gala

Sat 20th & Sun 21st Oct SC
in PLC

Arena League galas

Sat 13th October
Sat 10th November
Sat 8th December

Swim England Masters National Championships

26th-28th October at Ponds
Forge

Exeter & TD & other meets at Easter

Fourteen swimmers represented TSC at the Exeter & Taunton Level 1 & 3 long course meet at Millfield School in Street. They had a successful weekend bringing home 18 medals between them and achieving countless personal best times. In the Level 1 competition 10 year old Emma Declerck was outstanding in winning gold in the 200m breaststroke, silver in the 200m backstroke and bronze in the 50m breaststroke. Sydney Boyde (10) also swam amazingly and was rewarded with silver medals in the 200m freestyle at Level 1 and 100m butterfly at Level 3. Gemma Dilks (12) claimed a full set of medals by bagging gold in the 400m freestyle, silver in the 50m butterfly and bronze in the 100m breaststroke. Twin sister Jodie also brought home silver in the 100m breaststroke and bronze medals in the 400m freestyle and 200m individual medley. There were also several personal best times set by Katie Walton (16), Jack Aldridge (15), Sam Arrowsmith (14), Olivia Broom (13) and Emily Miller (9). In the Level 3 competition Oliver Bennet (17) led the way with five gold medals in the 50m butterfly, 50m breaststroke, 50m freestyle, 100m butterfly and 100m breaststroke, as well as silver in the 200m individual medley. Adding to the teams tally was 14 year old Megan Sharp who won bronze in her first attempt at the gruelling 1500m freestyle. Wilfred Arrowsmith (13) had a fantastic L3 gala in gaining six personal best times, with 12 year olds Louisa Gibbins and Lucy Webber notching up two apiece. On the same weekend two TSC swimmers took part in the Two Counties Level 3 short course meet at Plymouth Life Centre. Henry Roberts (9) had a very successful time, winning gold medals in the 50m freestyle, 200m breaststroke and 100m individual medley, as well as silver in the 50m breaststroke. William Roberts (10) notched up five personal best times and was unlucky not to bring home a medal when finishing fourth in the 200m individual medley. Emily Peters (15) competed at the Calne Alpha Level 3 short course meet and had an incredible weekend, winning gold medals in the 200m breaststroke, 100m breaststroke and 200m individual medley and silver in the 200m butterfly.

Summer shut down dates

The **last swim will be on Monday 30th July** at 6am.

We will then have a 3 week summer break for everyone.

A phased return to swimming will start from Tuesday 21st August and a **full squad return from Tuesday 28th August**. The phased return will be the usual sessions on Tuesday 21st Aug, Wed 22nd Aug, Sat 25th Aug and Sun 26th Aug. During the phased return there will be **no Monday or Thursday morning sessions or Friday Learn to Swim**.

Bella 5k swimathon!

Bella swam a fantastic 5k during the Swimathon this year which was held at Wellington pool in May, and raised an amazing **£906.21** for charity along the way. She completed the **200 lengths in 1 hour 28 mins and 14 seconds** - overall an outstanding swimming achievement.

WELL DONE BELLA- You are a Star



**Emily competing
for Great Britain at
European triathle in
Hamburg!**

South West Regional Championships 2018

Eight club swimmers qualified to race at the South West Regional Championships this year. Only the fastest swimmers in the six counties of the South West (Cornwall, Devon, Somerset, Wiltshire, Gloucestershire and Dorset) gain the qualifying times to compete at this prestigious event, so the club is extremely proud of the swimmers who made the grade this year. Jodie Dilks (12) led the way with a host of great swims, notching up twelve personal best times and reaching seven finals where she brought home four gold medals, becoming Regional Champion in the 100m and 200m breaststroke and the 200m and 400m IM, as well as silvers in the 50m breaststroke and 200m butterfly. Gemma Dilks (12) also had a fantastic time in setting thirteen pb's and reaching five finals, winning silver in the 100m breaststroke and bronze medals in the 50m, 100m and 200m butterfly. Jack Aldridge (15) set four personal best times and continued his good form in the breaststroke by reaching the 50m and 100m finals where he finished 5th and 10th respectively. In the same age group Sam Arrowsmith gained three pb's and had a great swim to finish 6th in the 200m butterfly final. There were also three personal best times for Olivia Broom (14) and racing at their first regional championships there were two for Micah Partridge (14) and one each for Emma Declerck (10) and Katie Walton (16).



Emily Miller has had a fantastic season competing in triathles and biathles and has qualified to compete for **Great Britain** in the u11 **European Triathle Championships** being held in Hamburg, Germany at the end of July. Emily will Run, Shoot and Swim in the Triathle, and she is also reserve in the u11 Biathle event as well. **GOOD LUCK EMILY HAVE A FANTASTIC TIME!!**



Distance Night for Learn to Swim

Twenty two of our youngest swimmers in Learn to Swim had another "Distance night" on Friday 18th May and swam as far as they could in the swim session. They all swam new best distances in the pool and were awarded with certificates and badges for their achievements. **WELL DONE EVERYONE!**

25m Jessica Brandon-Brown

50m Heidi Clarke, Tilly Evans, Jacob Dawe and Oliver Smyth

100m Megan Blake and Isla Taylor

200m Lucas Gibbins, Theo McFadyen, Katie Williams, Kelsy Pratt & Toby Newnes

400m Logan Merrett, Emily Periss & Lottie Phillips

800m Liliana Cole, Megan Dawe, Preston Jenks and Harry Smyth

1200m Jack Poole

1 mile Jessica Miller and Harvey Pratt

Regional Bling!

TSC had a fantastic haul of medals from the **South West Regional Championships** this season, coming away with an amazing 10 medals - four gold, three silver and three bronze, and some very happy swimmers and a delighted Head Coach too!



Plenty of podium places at 2018 SW Regional Champs

We achieved lots of podium places for TSC swimmers at the **South West Regional Championships** this year. The most exciting was Jodie and Gemma Dilks sharing a first and second place in the 100m Breaststroke making it a 1,2 for Tiverton Swimming Club for the 13 year old girls in the South West, and Jodie became a

Devon Sprints gala 2018

Nineteen young swimmers competed in the Devon County Sprint Gala at the Plymouth Life Centre in which they had to compete in 50m sprints in all four strokes. The Gala saw Harry List (14) leading the field by claiming three gold medals in the breaststroke, butterfly and backstroke, as well as silver in the freestyle. Also in fantastic form was Henry Roberts (9) who bagged gold medals in the breaststroke and freestyle, silver in the backstroke and bronze in the butterfly. Megan Sharp (14) kept up the good work by taking gold in the butterfly, silver in the breaststroke and bronze in the backstroke and freestyle. The medal tally was increased by Dylan Cleverley (16) who secured gold in the backstroke, silver in the freestyle and bronze in the breaststroke and butterfly. Emily Miller (9) also had a successful day, winning silvers in the butterfly, freestyle and breaststroke and bronze in the backstroke. Edie Campbell (13) completed the medal haul with a bronze in the butterfly, as well as gaining three other top eight finishes. There were personal best times all round, with some of the younger swimmers taking part in the sprints for the first time. Phoebe Green (10) set good pb's in all four strokes; there were three each for Rose Harrison (10), Rose Smyth (10), Lauren Baker (12) and James List (13); two for Freya Broom (9), William Roberts (10), Alfie Mason (11), Nea King (11) and Cadie Yardley (11) and one apiece for Arron Wood (10), Edward List (10) and Elysia Partridge (11).



the new Regional Champion in this event. Later on in the championships, both girls also shared a podium place again when they won silver and bronze in the 200m butterfly.



Double trouble in the 100m Breaststroke!

Arena League 2018

We are entering a team into the 2018 National Arena swimming league galas in the autumn. TSC is currently in division 2 of the Western league and the three galas will be held on the **second Saturday's in October, November and December** in 2018. Details of the team selection will be sent out in September.

There is also a new NASL website with league information:

www.nationalarenaswimmingleague.org

Sparkler time soon!

Devon Development gala 2018

TSC was represented by seventeen swimmers in the Devon Development Gala at the Plymouth Life Centre. The team were in brilliant form, bringing home 55 medals between them with some incredible personal best times. 10 year old Sydney Boyde was in outstanding form, winning 7 gold medals in the 200m breaststroke, 200m backstroke, 100m butterfly, 100m individual medley, 200m freestyle, 200m individual medley and 100m breaststroke, as well as silver in the 100m freestyle. Megan Sharp (14) celebrated with 6 golds in the 200m breaststroke, 200m backstroke, 100m butterfly, 800m freestyle, 100m breaststroke, 200m butterfly and added two further silvers and a bronze. Henry Roberts (9) had a great time and was rewarded with four gold medals in the 100m, 200m and 400m freestyles and the 100m breaststroke. Wilfred Arrowsmith (13) was at his best when winning gold in the 100m and 400m freestyles which he topped up with a further silver and three bronze medals. Arabella Boyde (11) added gold to her two bronze medals by winning the 800m freestyle and Dylan Cleverley (16) brought home gold in the 100m individual medley, as well as four silvers and a bronze. Other medal winners who put in some fantastic performances were Lucy Webber (12) who claimed two silver and three bronze, Emily Miller (9) two silver and one bronze, Cadie Yardley (11) two silver, Emily Peters (15) one silver and two bronze, Harry List (14) one silver and two bronze, Beth Prosser (11) two bronze and William Roberts (10) one bronze. There were also strong performances from Lauren Baker (12) who achieved six personal best times, Harri Davies (11) claimed four and there were two each for Freya Broom (9) and James List (13).

The club needs your help in running our annual level 3 open meet - the 12th Tiverton Sparkler! This one day event is our biggest fundraiser for the club, and we will **need plenty of volunteers** to make the full day of racing run smoothly. From selling raffle tickets, door entry tickets and programs, to running a sweetie tombola, marshalling at the warm up or marshalling during events, team managing the 49 club swimmers who have entered this year, handing around refreshments to the officials, arranging the car parking in the early morning, giving out the medals to the excited winners, **WE NEED YOU!** **please volunteer for a role when the list goes up on the noticeboard in Sept.**





Devon County Relay Championships 2018

Teams representing Tiverton Swimming Club, Tiverton High School and Cullompton Community College took part in the 2018 **Devon County Relay Championships** which were held at the Plymouth Life Centre. The TSC boys 14-15 year old team were in outstanding form, claiming silver medals in both the medley and freestyle relays. The medley saw Robert Jones (15) lead off in the backstroke leg, followed by Jack Aldridge (15) in the breaststroke, Sam Arrowsmith (14) in the butterfly and then brought home by Micah Partridge (14) in the freestyle. The girls 12-13 year old team raced well to finish fifth in the freestyle relay, but bettered that by bringing home bronze in the medley, with Lucy Webber (12) swimming backstroke, Jodie Dilks (12) breaststroke, Gemma Dilks (12) butterfly and Cadie Yardley (12) freestyle. The girls 14-15 year old team of Olivia Broom (14), Emily Peters (15), Megan

English National Championship 2018 Qualifiers

This year we are delighted and excited that four of our club members have qualified to race at the **Swim England Summer National meet**, which will be held in Ponds Forge pool in Sheffield from **Tues 31st July to Sat 4th Aug**. **Jack Aldridge** will be racing at his second Nationals, having also qualified and raced last year, and he is competing in the 50m breaststroke on Friday 3rd Aug. **Sam Arrowsmith** also races on 3rd Aug in the 200m butterfly and **Gemma Dilks** on the 3rd also in the 200m Butterfly, swimming at her first Nationals event. **Jodie Dilks** will race in 6 events at Ponds Forge, starting with the 100 breast and 400IM on Tues 31st July, 200 breast on Wed 1st Aug, 200IM on Thurs 2nd Aug and 200 butterfly and 50 breast on 3rd Aug. The English Summer Nationals are **live streamed** from Ponds Forge, so the four swimmers can be watched from the comfort of a sofa in Devon! We will tweet details of the link to the live streaming onto our website nearer the time, and the

Sharp (14) and Edie Campbell (13) were unlucky when an injury to Campbell just before the event meant they had to borrow a swimmer (friend Hannah Trude) to take part in an 'exhibition swim' only, and the team performed brilliantly to finish second fastest in the medley and fourth fastest in the freestyle relays.

In the **Devon Schools** boys 200m freestyle relay the **Tiverton High School** team made up of Ben Broomfield (16), Robert Jones (15), Jack Aldridge (15) and Micah Partridge (14) put in a fantastic performance and were rewarded with a silver medal. This was then matched by the girls' team of Jodie Dilks (12), Gemma Dilks (12), Olivia Broom (14) and Hannah Trude (14) who represented **Cullompton Community College** who also won the silver medal in the girls 200m freestyle relay.



CSA Race Night

We held a race night for CSA swimmers on Wed 27th June, with the youngsters practising their diving and racing skills and swimming either 25m or 50m in all four strokes (freestyle, backstroke, butterfly and breaststroke) to see how fast they could swim and if they could get their hands on one of the new Flash Award plaques that are now on offer to swimmers who reach target times in each stroke at race nights.

streaming link can also be found on the Swim England website.



South West Youth Games

TSC saw a group of swimmers enter the triathlon event at this year's **Rotary South West Youth Games**, held in Dawlish on Sat 7th July. This was the first triathlon many of them had entered and they had a fantastic day representing Mid Devon at this fantastic event. Harry List, Micah Partridge, Megan Sharp, Emily Peters and Amy Stewart entered the Year 9/10 age group and **won the triathlon team gold for Mid Devon**, with Emily also winning individual gold, Harry and Amy silver and Meg and Micah bronze in the individual events. The younger Year 8/9 team of Edie Campbell, Jodie and Gemma Dilks, Lucy Webber and Leo Muggeridge then won the **triathlon team**

Bronze flash awards and plaques were achieved for:

25m freestyle (swum under 21.00 seconds) for Victoria Mroczka and Maisie Phillips

25m backstroke (swum under 24.70 seconds) for Ruby McCombe and Victoria Mroczka

25m breaststroke (swum under 27.20 seconds) for Jasper Newnes, Maisie Phillips, Keely Trigg, Evie Nelson and Victoria Mroczka

25m butterfly (swum under 23.20 seconds) for Victoria Mroczka and Lucy Varndell.

Big congratulations to Victoria Mroczka who came away with all four of the bronze flash awards on the same night and Maisie Phillips who added two more to her flash awards collection!



Well done to the 40 swimmers who swam at CSA Race Night, the next one will be held in November - the date is yet to be confirmed.

silver for Mid Devon, with Jodie winning individual silver and Gemma the bronze. The event was run as a continuous swim/cycle/run this year, and the teams had fun managing the transitions between the 3 phases and completing the course in the heat of a hot and gloriously sunny day. Many thanks to **Kerry Peters and Karen Guttans** who supported the Mid Devon Triathlon teams at the event.



New Poolside Volunteers

We are delighted to welcome more volunteers on poolside to assist our coaching team. **Lucy Cottrell** has returned to

Thanks also to the coaches and parent volunteers who organised and marshalled the swimmers at Race Night and to those who ran the recording desk at the event- **we cant do it without you!**

Club Championships



What a fantastic Club Championships we had for the 2018 season. There was an amazing 85 swimmers who competed in the 14 races at this level 4 licenced event. The youngest swimmer was 7, and the oldest 48, and many personal best times were achieved by swimmers in our own local pool. We had plenty of *Hot Heat* winners who took home goody bags for winning their heats and medals galore being won too.

Hot Heat winners in the first Sunday session were - Victoria Mroczka, Lotte Declerck, Megan Sharp, Rose Fawell, Olivia Broom, B-May Shiach (twice), Micah Partridge, Grace Baldwin, Patrick Grattan, James List and Rob Jones. In the second session more *Hot Heat* winners were Lucy Webber, Maisie Phillips, Arabella Boyde (twice), Harry List, Phoebe Green, Wilf Arrowsmith, Elysia Partridge, Callum Yardley, Emma Declerck, Gemma Dilks and Edie Campbell. .

TSC as a Swim England L2 swim teacher and will develop the swimming skills for the junior squads - welcome back Lucy! We have also increased the number of Poolside Helpers who work under guidance of the coaches and support the swimmers in their regular training sessions and have welcomed **Lucy Boyde** to poolside, and from September **Sally Roberts** joins in too. The club uses the pool for 13 hours each week, so we need a group of committed volunteers to run the sessions to train, guide and supervise our swimmers. **If you are interested in a volunteer poolside role, please have a chat to Lucy- Head Coach or Sara- Club Chairman**, who would love to hear from you. We are particularly short of volunteers on a Sunday evening, and would like to have more coaches and poolside helpers to share the running of these sessions.

New Team Managers

We are delighted to have trained three new team managers for the club, **Jenny Miller, An Jansen and Cathy Revolta** all attended a face to face



Masters updates

In May, Masters swimmers Sue Haigh and Judith McGregor-Harper competed in the **Royal Navy** open event at Millfield, Somerset. Sue took home gold medals in the 100m, 200m and 400m free, 100m IM and 50m back. She also set two regional records and was overall winner of her age group. Judith achieved a silver in the 400m free and bronze in the 100m fly - Great swims all round!

training session in Barnstaple in May, and are now accredited team managers for the club! Congratulations to them all!

Farewell to Rosie & Jazz

Coaches Rosie and Jazz will be leaving us at the end of July to concentrate on new challenges, and we wish them well for the future and say a huge **THANK YOU** for their years as club swimmers and volunteers for TSC. Both girls have been members for many years and are qualified club **time keepers and Swim England assistant coaches** and also completed their **Young Volunteers Awards** whilst supporting the club after they finished their competitive swimming and training. They have both been fantastic members of our club over the years, and we will miss them!





Sue also raced at the **National Masters Championships** held in Plymouth this year in the 50m pool in June. She had great swims at this long course championship and won 5 gold medals in 200m, 400m, 800m and 1500m freestyle and 200IM, plus a silver medal in the 100 freestyle -which was also a new regional swim record that she was delighted to set.

It has been a busy season for Sue who was joined by fellow Master Rebecca Jenkinson and both competed at the **Devon County Masters and Seniors Championships** which was held in Plymouth in July. Rebecca raced in all four 50m strokes and won the gold medals in all of her events and Sue raced in 50 fly and the 100 free and was the fastest in her age group in Devon, winning golds as well.

More masters open water swimming and fun at Beer this summer!!

SwimMark accreditation

Great news! TSC has been awarded the **SwimMark** accreditation again this year, for both the Essential Club and also the Eastern Devon Hub Network (of which we are an active member). Many thanks to those committee members and volunteers who provided the evidence for us to achieve this Sport England Club Mark status, and to **Sue Haigh** who is our club SwimMark co-ordinator.



Fun and splash for LTS and CSA

We will have an end of season fun and splash session for **CSA on Wednesday 25th July** - with large floats, woggles, games and fun relays and then another fun and splash session with **Learn to Swim on Friday 27th July**... look out for the



At Tiverton Swimming Club we take Child Welfare very seriously, please contact the Swimline, or talk to Denise Bennet, our club Welfare Officer on welfare@tiverton-swimming.co.uk and let her know about any concerns you may have.



treats at the end of the session!!



Club Champs fabulous volunteers:

An enormous thanks goes to the fantastic volunteers who made the annual Club Championships event run so smoothly. Officials;

Terry Fullick, Alison Williams, Sally Tovey, Jim Loosemore, Rebecca Jenkinson, Becky Bellett, Elizabeth Johnson, Karen Fullick. **Time keepers;** Chris Davies, Andy Miller, Andrew Lawrence, Simon Broom, Wayne Baker, Alex Sharp, Claire Yardley, Olly Nelson, Tori Campbell, Kate Wood. **Recorders;** Tony Dilks, Sam Budd, **Runner;** Mark Aldridge, **Team managers;** Donna Webber, Jenny Miller, An Jansen, **Marshals;** Donna Budd, Kathy Revolta, Laura Perkins, Kerry Peters and David Prosser. **Place Judges;** Lin Olsen, Sarah King, Lucy Cottrell. **Raffle &**

refreshments; Carly Partridge, Denise Bennet & Mandy Aldridge.

Announcer; Sara Dilks,

Coaches; Lucy Walton, John Bennet, John Bishop, Lorna Burston, Garry

Arrowsmith, **Medals table;**

Anna-Marie Southcott &

Lyndsey Baker & Lucy Boyde.



[#WeCantDoItWith
outYou](#)

Team Fun gala at Exmouth

We have been invited to send a team to race at a team fun gala for youngsters that **Exmouth** SLSC are hosting as part of Team Coventry's annual summer tour. Swimmers are aged 12u, 11u and 10u and will race in individual strokes and freestyle and medley relays and cannon relays!! This takes place on **Sunday 29th July** and will be a great way to finish up the season's swimming for the club. **GOOD LUCK** to the

swimmers who have been selected for the teams, have great fun and a good time swimming in Exmouth

[#SwimFastSwimWell](#)

Cullompton Town Council grant

We have been given a grant by Cullompton Town council of £100 and will use this money to buy more equipment for the club.... look out for the parachutes which will be used in training when we restart for the new season.... Yes... parachutes in the water- sounds like fun to me! and many thanks to our club fundraiser [Graham Yardley](#) for making the application bid to CTC.

Please share the club newsletter with your swimmer!

As a parent of a swimmer at our club, you will receive this newsletter to your nominated email contact account - as its full of club swimming news and information, please share the club newsletter with other family members, especially your swimmers at the club, so they can catch up with what has been

happening at their club-
**just forward this email to
their account for them to
read at their leisure-
Thanks!**

TSC Twitter feed.

Follow us on twitter
[@tivyswimming](#) or read
the live twitter feed **posted
on the club website**. If
you send the club a tweet,
we will re-tweet it to our
562 (and growing) twitter
followers join in the club
conversations!.



Newsletter on TSC Website

Previous editions of this
newsletter are posted
on the Club website, a hard
copy is pinned to the
noticeboard and older
versions are archived in the
newsletters tab. **If you
would like to include an
article in the next
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comments to:**

**[chairman@tiverton-
swimming.co.uk](mailto:chairman@tiverton-swimming.co.uk)** The next
newsletter is due in
October 2018.



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