



Tiverton Swimming Club NEWSLETTER

July 2019



Club Mascot

Tiverton Swimming Club now have a Club Mascot! During the Easter Break all swimmers were invited to enter the Club Mascot Competition creating a design that they would like to see represent Tiverton Swimming Club. The idea for a Mascot came from one of our Junior Swimmers, Amy Baker, who thought it would be a good idea for the Club to have something visual that represented the Club's determination and strength but was also fun and colourful that would bring the Club luck at swim meets and that swimmers would be proud of as part of their Club identity. Having seen Alfie the Octopus in Exe Valley Leisure Centre, Amy was inspired to come up with the idea that Tiverton should have an image which showed everyone what our Competitive Club represented.



Events & info

Autumn Club galas & Meets

Junior Team gala

Sunday 15th September at EVLC

Exeter Sprint meet L3

Sunday 22nd Sept at Plymouth

SW Regional relays

Sunday 22nd Sept at Millfield

13th Tiverton Sparkler

Sunday 6th October at EVLC

Arena League Round one

Sat 12th October Hutton Moor

Lyndsey Powell Memorial Gala L2

Sat 19th & Sun 20th October at Plymouth

All swimmers were invited to create and design a unique character with or without the club colours of blue and red. We had a fantastic collection of drawings ranging from sea turtles to tarantulas, tigers to unfish. They were very colourful with swimmers adding some interesting facts about their characters. Nineteen entries were dwindled down to four finalists from the two age groups (9 & under, 10 & over) and all members of the Club were then asked to vote for their favourite.

The winning design was **Tony the Tiverton Tiger Shark** created by 12 year old **Cadie Yardley**. A brave looking shark, wearing Tiverton SC shorts, illustrates exactly what the Club is all about, strong swimmers determined to achieve their full competitive potential whilst having fun!! Cadie said she *'thought it would be a good idea to draw an animal that could swim beginning with the letter T. A shark is fast in the water and aggressive. I wanted something that was a bit fun too. I added the surfboard as we live in Devon and added the shorts and colours to make a connect with TSC'*.

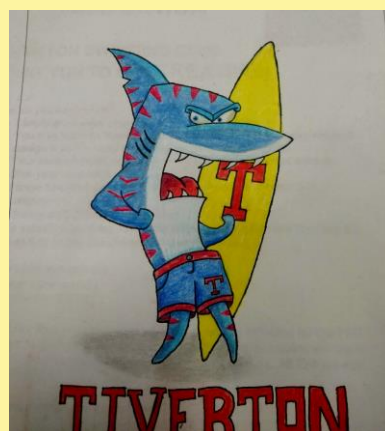
We are looking forward to seeing the design appear on our web page soon and the image will hopefully be accompanying many of our swimmers to Swim Meets cheering them on at poolside too.

Ashfords Foundation Grant

Tiverton Swimming Club has received one of the first grants from the Ashfords Foundation, following a bid for funds made to their charitable cause. We have been awarded **£7,742** to be invested over a three year period. In the first year, the grant will enable the club to buy state of the art coaching equipment for the squad

Mascot design competition

The winning mascot design!



Swimmers with their entries for the design a club mascot competition



Summer Club closure

The club will shut for a summer break after swim training on **Sunday 28th July**.

There is a **phased return** to swimming for squads who train on **Tues 20th, Wed 21st, Sat 24th and Sunday 25th August**, and a full return to swimming for all squads from **Tuesday 27th August**.

Learn to Swim will restart on **Friday 30th August**.

swimmers. The innovative Jukes audio headsets are worn in the water and via bone conduction technology and a radio handset they allow the coaches to speak directly to swimmers during pool training to advise them on stroke techniques and how to develop their skills. The first year grant will also fund the purchase of a light strobe which will be used at race events as a visual starting aid for swimmers who have hearing loss. In the second year the club will use the grant to buy six backstroke starting ledges, which will allow swimmers to perfect their backstroke and medley relay starts, and in the third year the club plans to replace it's PA and sound system to create lively commentaries and a fun atmosphere at their regular swimming events.



Receipt of the enormous grant cheque from The Ashfords Foundation at EVLC The club was absolutely thrilled to receive this generous grant from the Ashfords Foundation, it means over the next three years we can use new coaching equipment to develop our swimmers skills, be more inclusive for swimmers racing in our pool who have hearing loss and also replace the deteriorating sound system we use at our club galas. With this support from the Ashfords Foundation, it's going to be an exciting time to be at Tiverton Swimming club - Head Coach Lucy Walton is simply thrilled to use the Jukes

*Summer Holidays
Are Upon Us...*



Enjoy the summer break!

Easy Fundraising

We have signed up to raise funds for TSC with **EASY FUNDRAISING**. This website acts as a portal to online purchases and raises donations for us when you use it for your online shopping. There are over 3,500 retailers in the network, so access the Easy Fundraising site, sign up to support TSC as your "good cause" and shop online! You need to start your online shopping first at the Easy fundraising site, then shop as normal and the retailers you buy from will make a small donation to say "thank you" from 0.5% to 3.5% **Its simple to use and it's FREE!** Currently we have 20 supporters who have raised £315.84 for the club with only 24 members so far. **PLEASE SUPPORT YOUR CLUB!**

headsets, and the swimmers are getting pretty excited about the Jukes too!"

Exeter and Taunton Deane meet



Fifteen swimmers represented Tiverton Swimming Club at the Exeter & Taunton Level 1 & 3 long course meet at Millfield School in Street. They had a successful weekend bringing home twenty four medals between them and achieving countless personal best times. There were some fantastic swims and well deserved medals went to Sydney Boyde, Arabella Boyde, Lucy Webber, Gemma Dilks, Jodie Dilks, Katherine Prosser, William Brassey-Barlow, Klara Faulhaber, Harry List, Micah Partridge and Katie Walton. Also swimming well and achieving some great personal best times were Beth Prosser, Freddie Brassey-Barlow, Olivia Broom and Megan Sharp.

Weston Super Mare meet



Nineteen swimmers from Tiverton Swimming

www.easyfundraising.org.uk/tivertonswimmingclub



Aquathlon Success

Leo McGregor-

Harper competed in the Exeter Tri Club Aquathlon - a 100m swim and 1800m run event - at Cridition Leisure Centre on Sun 14 April. Leo came away with a fantastic second place and put in the fastest swim of his age group. Well Done Leo!



Jukes headsets for Squads

The club have bought a squad set of Jukes headsets to use during training sessions for the swimmers. The headsets can be worn in

Club took part in the Weston Super Mare Level 3 Easter meet at Hutton Moor Leisure Centre, which proved a great meet with every competitor gaining personal best times; also between them they claimed twenty five medals. **Harry List** was in outstanding form claiming gold in the 200m individual medley, silver's in 50m butterfly 50m backstroke, 100m backstroke and bronze in the 50m breaststroke. Whilst his brother **James List** also brought home the medals bagging gold in the 100m breaststroke, silver in the 50m breaststroke and bronze in the 50m butterfly and backstroke, plus 200m individual medley.

Katherine Prosser swam brilliantly to take a full set of medals including gold in the 100m breaststroke, silver in the 200m breaststroke and bronze in the 50m breaststroke. **Micah Partridge** did not disappoint claiming three silver medals in 50m and 100m breaststroke as well as the 200m individual medley.

Rose Smyth was in fine form gaining silvers in the 50m and 100m breaststroke and also bronze in the 100m individual medley. **Lucy Webber** set down some great times securing bronze medals in the 100m backstroke and the 200m breaststroke and backstroke. **Beth Prosser** put in some great swims to win two bronze medals in the 50m butterfly and the 200m freestyle and **Callum Yardley** swam well to bring home bronze in the 100m freestyle.

There were also some fantastic swims and personal best times set by **Lewis Kelly, Oliver Webber, Freya Broom, Finlay Woodfield, Edward List, Cadie Yardley, Sophie Cooper, Harri Davies, Elysia Partridge, Edie Campbell and Megan Sharp.**

the water underneath swim hats and through bone conduction technology allow the coaches to speak to the swimmers as they train. This allows the coaching to take place in real time as the swimmer swims, giving instruction on techniques and correcting points in the pool. They can also be used to play music during warm up or kick sessions too! We were able to buy this fantastic technology via funding the **Ashfords Foundation** granted the club in May.



Using the Jukes in the pool!

South West Regional Championships 2019

The first weekend of the SW Regional Championships saw seven youth swimmers (15+) racing in multiple events over the three days at the Life Centre in Plymouth, plus some joining in with Exeter to swim in the relay teams, and the 800m (for all ages) on the Monday. **Ella Grigg** raced really well, competing in the 50 back and 50 breast sprint events at the meet, **Harry List** swam a best time in the 50 fly at his first regionals and **Megan Sharp** swam strongly in the three breaststroke events, achieving new best times with two of them. **Katie Walton** swam all three butterfly events making best times with her fast swims and **Olivia Broom** raced in 6 events making best times in four of them at the championships. **Jack Aldridge** raced in 50 and 100 fly, all three Breaststrokes, and made the final in the 200 breaststroke placing 10th in the South West. **Sam**

Arrowsmith raced in 9 different events, making two finals and placing 9th in 100 fly and 4th in 200 fly, just missing out on a medal place with his fast fly times.

This year we had more swimmers entering in **relay teams**, with Jack, Sam and Wilf joining in with Exeter swimmers to race in the boys 14-16 years 4 x 100m freestyle, 4 x 200 freestyle and 4 x 100 medley relays. Katie Walton joined in with Exeter girls to race in the girls 17 and over 4 x 200 freestyle relay, and Jodie, Gemma, Olivia and Klara raced as a Tiverton team in the girls 14-16 age 4 x 100 medley relay team, which was great fun!

Tesco Bags of Help

We have bought **SIX new track-start diving blocks** for our swimmers to use, from APG leisure with the funds raised from the **Tesco bags of help** scheme, and some TSC club money added to the payment too. These new blocks were made specially for us, and will be amazing for the swimmers to practice diving skills at EVLC, and we can use them for our race events like the Club Champs, race night and Sparkler meets.



New diving blocks for TSC!

Regional Age group medals

We had eleven medals won at the South West Regional Championships in May, with Jodie on the podium seven times (4 gold, 2 silver and 1 bronze) and Gemma stepping onto the podiums four times (2 silver and 2



Megan, Olivia, Ella and Katie at Plymouth

The next two weekends at the Regional Championships was the turn of the five age group swimmers aged 11/12, 13 and 14 swimming at Hengrove on one weekend and Millfield the next. Regional newbie **Sydney Boyde** raced in 4 events, making new best times in two of these, whilst racing at the younger end of the age group. **Emma Declerck** qualified for 10 events, swimming very well and making three finals and came 5th in the 50 back, 5th in 100 back and 5th in 200 back all with strong swims, just missing out on medal places this year. **Wilf Arrowsmith** raced in 8 events at the Championships and made 6 new best times at the meet and showed how strong his freestyle stroke is. **Gemma Dilks** raced in 16 events and made 9 finals. She won four medals as silver in 200 breast and 400 IM and bronze in 200 fly and 100 fly. Gemma had a very successful Championships, also placing 4th in 100 Breast and 5th in 400 free, 200 IM, 200 free and a 6th in 100 back and 1500m free. Overall Gemma placed top 8 in 13 of the events. **Jodie Dilks** also swam strongly at the Championships in 16 events winning seven medals overall as gold in 4 events- the 50, 100, 200 breast and 200 fly and two silvers in 100 fly and 200 IM plus a bronze in

bronze) over the Championships! Congrats on your medals and fast swimming Jodie and Gemma!



South West Regional Championships

Junior Team gala

On Sunday Sept 15th we are organising another Junior team gala for our 12 and under swimmers to race in a series of events at EVLC pool. We have invited 5 other local swimming clubs to race with our Tiverton team at this event, with the winning club taking the 2019 JTG trophy home. Swimmers will be selected to race in a boys and girls team for 12, 11, 10 and 9 and under age groups, in 50m races in all four strokes and in freestyle and medley relays. Anyone is welcome to come and watch this exciting event

400 IM. Jodie was delighted to become regional champion in all three breaststroke events this year, plus the 200 fly.



Regional swimmers 2019 (missing Ella, Sydney and Emma)

LTS distance night



On Friday 17th June our youngest swimmers in the Learn to swim section swam in a very successful **"Distance night"** swimming as far as they could during the session. We had some amazing distances covered and six of them swam **1 mile** each! with Harvey swimming 1650m in his 66 lengths! Congratulations to the following swimmers on their endurance and swimming skills!

Megan

Blake

800m

and cheer on the swimmers at the pool!



Trophies won last year at JT Gala

Funsplash evening on Wed 26th July

The club arranged for an inflatable funsplash evening for the last Wednesday training session in July for the young swimmers to have some fun! and it sounds like everyone enjoyed themselves..... including Lorna!! Many thanks to **EVLC** for the inflatable- it was much appreciated!



Emma selected for Regional Development program

Congratulations to Emma who has been selected to

Jessica Brandon-Brown	100m
Sophie Brandon-Brown	10m
Sophia Butler	800m
Hayden Butt	1150m
Aveline Channon	1 mile
Heidi Clarke	1000m
Jacob Dawe	1 mile
Megan Dawe	1 mile
Tilly Evans	1000m
Lucas Gibbins	1400m
Emily Green	1500m
Amelie Lawrence	50m
Ella Laws	900m
Lottie Phillips	1150m
Jack Poole	1 mile
Harvey Pratt	66 lengths
Kelsey Pratt	600m
Oliver Smyth	1400m
Ez Stewart	150m
Isabel Thompson	400m
Ella Tolly	1250m
Harry Tribe	1 mile
Madison Willcox	1 mile
Katie Williams	800m

CSA June Race Night

Our youngest swimmers put their racing skills into practice when they entered the CSA Race Night held at EVLC in March. They raced either 25m or 50m in all four strokes, trying to beat the clock and improve their personal best times and achieve the time standards for a bronze or silver flash award. Club President Terry refereed the event on the night.

CSA Flash award winners and their marble trophies below

train on the Swim England Regional talent pathway following her success at the Regional Championships this year. Emma will attend 3 one day training camps over the next few months and share this swimming training and experience with 18 other girls and 18 boys across the South West Region. Have fun Emma and learn lots!



Finlay at Henley Swim Festival

Finlay Woodfield took part in his first open water swim event, swimming at Henley Swim Festival on Sunday 16th July. Finlay and mum Sam completed the half mile swim in just over 19 minutes. The event has swim distances for all levels and ages from age 8 years plus. There is also a lido area which is available for



Bronze freestyle under 21,00s was won by Callum Yardley, Lewis Kelly, Ben Pethick, Harry Smyth, William Harrison, Murray McCombe, Amy Baker, Evie Peacock, Jacob Lawrence and Freya Harris.

Silver freestyle under 41.00 s was won by Lewis Gow, Finlay Woodfield and Ruby McCombe.

Bronze backstroke under 24.70s was won by B-May Shiach, Callum Yardley, Lewis Kelly, Maddie Biss, Lauren Blake, Murray McCombe and Harry Smyth

Silver backstroke under 47.50s was won by Lewis Gow, Maisie Phillips and Lucy Varndell.

Bronze breaststroke under 27.20 was won by Lewis Kelly, B-May Shiach, Lauren Blake, Sophia Rushton, William Harrison, Evie Peacock, Maddie Biss, Finlay Woodfield, Callum Yardley, Kitty Webber, Freya Davies and Harry Edwards.

Silver breaststroke in under 52.70s was won by Maisie Phillips and Evie Nelson

Bronze butterfly in under 23.20s was won by Lewis Gow, Ruby McCombe and Maisie Phillips.

those wanting to try out some open water swimming for the first time. There was plenty to do for Finlay's younger brothers who walked alongside the river to cheer Finlay on along the way. The Festival had lots of swim exhibitors as well as live music and free yoga sessions which they took advantage of. Early bird entries are open for the event next year on Sunday 12th July. You can register at

www.henleyswimfestival.com. The Woodfield family are looking forward to swimming the Henley mile next year.



Club Champs Hot heat winners

Photo gallery of our "Hot Heats" winners from the Club Champs this year! Congrats to all who won a

Silver butterfly in under 45.70s was won by Lucy Varndell.

Congratulations to all of the swimmers at race night on some super speedy swims!

Devon Developments & Sprints Gala

Twenty six young swimmers from Tiverton Swimming Club competed in the Devon County Developments and Sprint Gala at the Plymouth Life Centre which took place over two days. The gala saw the swimmers bringing home an amazing fifty eight medals between them.



Leading the field on the first day at the **Devon Development gala** was **Callum Yardley** who put in a great performance to claim five gold medals in the 400m, 200m and 100m freestyle, 100m backstroke and 100m individual medal, as well a silver medal at his first Development gala. **Katherine Prosser** was also in fine form taking four gold medals in the 100m and 200m breaststroke, 100m butterfly and 200m individual medley and added silver to her haul. **Lotte Declerck** was outstanding winning gold medals in the 200m freestyle, 100m and 200m individual medley plus a silver, whilst **Lucy Webber** had a fantastic time and took golds in the 800m, 400m and 200m freestyle, and **Micah Partridge** earned three gold medals

goody bag for being the fastest swimmer in their heat when the claxon sounded!!



Session One Winners June 30th 2019



Club Champs Medals 2019

in the 200m freestyle, 200m and 100m breaststroke, both Micah and Lucy also claimed a silver and bronze later in the meet. Some fantastic swims, which resulted in gold medals were put in by **William Roberts** in the gruelling 1500m freestyle, **Arabella Boyde** in the 100m freestyle and 200m backstroke, **Edie Campbell** in the 400m freestyle and Bella also claimed a further silver and bronze medal, William R two bronze and Edie a bronze. Other medallist at the Developments were **Lewis Kelly, Rose Smyth, Alfie Mason, Beth Prosser, Lauren Baker and Cadie Yardley** with great personal best times well earnt by **Freya Broom, Amy Baker, Lewis Gow, Arron Wood, Sophie Cooper, Elysia Partridge and Harri Davies.**

In the **Devon Sprints** event swimmers had to race 50m sprints in all four of the strokes. **Lotte Declerk** was on brilliant form taking gold in the backstroke and butterfly, silver in the breaststroke and bronze in the freestyle, whilst team mate **Callum Yardley** successfully bagged gold in the freestyle and backstroke and silver in the butterfly. **Micah Partridge** put in some fantastic swims claiming gold in the breaststroke, silver in the butterfly and bronze in the freestyle. **Rose Smyth** also swimming well took gold in the breaststroke. **Lucy Webber** carrying on the good work took silver in the backstroke and bronze in the breaststroke. Bronze medallist included **William Harrison** in the breaststroke, **Arabella Boyde** in the freestyle, **James List** in the breaststroke and **Edie Campbell** in the butterfly. Well done everyone racing at the Devon Development and sprint gala- you were all fab!.



Session Two Winners July
14th 2019



New starting light strobe

To meet new regulations with licencing meets, we have bought a new secondary starting strobe which will be used to assist hearing impaired swimmers with their racing starts. The grant monies from the **Ashfords Foundation** was used to buy the strobe.



Many thanks to Donna for team managing over both weekends alongside coaches Lucy, John and Lorna.

Club Championships 2019

What a fantastic Club Championships we had for the 2019 season. There was an amazing 87 swimmers who competed over the two sessions in the 14 races available at this level 4 licenced club event. The youngest swimmer was 7 and the oldest 49 - and many personal best times were achieved by the swimmers in our own local pool, and these have now been added to the swimming.org rankings site. We had plenty of **Hot Heat** winners who took home goody bags for winning their heats and medals galore being won too!

A huge thank you to all of the parent volunteers and club officials who stepped up and ran this meet- there were 45 of you who all made the event run like clockwork- we cant do it without you!



Club Championships 2019 at EVLC

SwimMark accreditation x2

Great news! TSC has been awarded the **SwimMark Essential club** accreditation again this year, for both the 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.

New club Kit supplier selected

As Tony Pryce has closed in Tiverton, we have been busy sourcing another supplier for our Joma brand club kit range. We are delighted to announce that **Stitch2Print** a family firm based in Exeter will be our new suppliers. we are making final arrangements, and will be taking orders for new club kit soon. Watch This Space!

British, Belgian and English National qualifiers 2019

Tiverton Swimming Club is very proud that five of their talented young swimmers have realised their ambition of being invited to swim at the Belgian, British and English National Championships in 2019. TSC are growing in strength and have more swimmers than ever gaining national qualification times, which is a great achievement for our club.



Emma Declerck kicked off the end of season racing, travelling to the **Belgian National Championships** held at **Piscine Olympique in Genk** on 20th and 21st July. Emma raced in the 100 freestyle and 100 backstroke at her first competition overseas, and had two super swims, winning a **silver medal** in the 100m backstroke in 1.15.07, and the following day racing in the 100m freestyle and placing 26th in a strong field of swimmers. It was a fantastic experience for Emma, and her first national medal! Many congratulations on her super swimming!



Emma at Belgian Nationals

On 20th July Emma travelled to Belgium with her mum An and after a few days orientation, swam at fantastic race in 100m backstroke winning the silver medal at the 2019 Belgian Nationals in the 12 year age group! Many congratulations Emma!!



Emma on the Podium in Genk, Belgium with her silver medal.

Masters Bantham swim

The masters had a lovely swim from Aveton Gifford to Bantham in July, around 5K swim.

A few days later, Jodie and Gemma Dilks (both 13), compete at the **British National Championships**, held this year at **Tollcross International pool in Glasgow** from 23rd to 28th July. The 24 fastest swimmers in Britain are invited to race at this meet, and Jodie has qualified to race in six events, the 50m, 100m and 200m breaststrokes, the 200m individual medley and the 100m and 200m butterfly. Gemma will also compete in Glasgow, racing in the 400m individual medley and 200m breaststroke. Club captain Katie Walton joins them in the pool at Glasgow, having also qualified to race in the 4 x 200m freestyle girls relay team, alongside three other girls who train at Exeter swimming club.

Sam Arrowsmith, Gemma and Jodie will then travel to Sheffield, where the **English National Summer Meet** will run from 31st July to 4th August at **Ponds Forge International Pool**. Sam has qualified to race in the 200m butterfly, Jodie in the 400m individual medley and Gemma will race in four events, the 100m breaststroke, 100m butterfly, 200m individual medley and 200m butterfly at this summer meet. Both the British and English swimming nationals will be streamed live on **YouTube**, with heats being raced in the morning and the finals in the evening.

All of our swimmers work hard throughout the year, training in the pool and racing at swimming meets, and with the top notch coaching they have received, a few of them have been given the opportunity to race against the fastest swimmers in Belgium, Britain and England. Head Coach, Lucy Walton is very proud of all five swimmers achievements this year and is thrilled



TSC volunteers request

The club **needs more parents to volunteer** to support the regular ongoing activities, do you have a desire to get involved, support the club and ensure its continued success? Please speak to any committee member if you are interested in finding out the wide variety of volunteer opportunities available to support the club, such as **time keeping, officials, Kit organiser, social secretary, fundraising officer, poolside helper, Team manager, swimming coach, or swim teacher**. Development opportunities are available for all roles, **so if you are interested in helping out at YOUR CHILD's swimming club, just ask!**

Please do come and join in and help us to keep the club going! We can offer free Category 3 ASA

that they are off to race in a variety of National Championships. "It is fantastic to see the club growing in strength and increasing its representation at a National level" she said.

Masters updates



Open water Masters May day swim at Beer this year

On Sunday 19th May Judith McGregor-Harper travelled to Kent to compete in the Erith and District Open Meet and gained two silver medals in the 800m freestyle and 200m breaststroke events.

Roadford Lake open water event

Kitty, Judith, Andrea, Stuart and Monty all competed at the Dartmoor open water swim at Roadford Lake in June. Judith came first in the 4k skins (no wetsuit), Kitty 1st, and Andrea 2nd in ladies 2k, so all three won their age groups! Monty came third in the child's race (his first open water event) and Stuart posted a great time of 35 minutes for the 2k too! They all had a fabulous time!

membership and DBS checking for anyone over 16 who volunteers their time and commitment at the club. **Everyone involved at the club is a volunteer, whether they are a parent, coach, longstanding club member or an official, and we do this to keep the club going for all of the swimmers!**

we  **VOLUNTEERS!**

TSC Twitter feed... go on join in!

Follow us on twitter [@tivyswimming](https://twitter.com/tivyswimming) or read the live twitter feed (it is also posted on the club website). If you send the club a tweet, we can re-tweet it to our 680 twitter followers and other club members will see it on the website!..... can we get to 700+ twitter followers in the next few weeks?



From 14th – 16th June two of our masters swimmers, Graham Cridland and Judith McGregor-Harper competed in the **British Masters National Championships** – Long Course in Swansea. Judith came 5th in two individual events; the 400m IM and the 200m breaststroke. There was a bronze medal for Judith and Graham in the mixed 4 x 200m freestyle relay team. It was Graham's weekend, with further medals in the men's 4 x 100m freestyle relay (gold), men's 4 x 50 freestyle relay (gold), men's 4 x 50m medley relay (silver) and 4 x 100m medley relay (bronze).



Judith and Graham in the mixed 4 x 200m freestyle relay team

2019 Devon County Masters meet

The first Open Devon County Masters meet was



TSC Facebook page... go on join in!

Follow the club on FaceBook. Currently we have 166 members who can catch up with club news and post swimming questions on TSC Facebook page.



TSC Instagram feed... go on join in!

Follow us on Instagram **@tiventonswimmingclub** to see the latest club photos on our Insta feed (it is also posted on the club website). We have 272 followers on Instagram currently..... can we get to 300+ followers in the next few weeks?



Newsletter on TSC Website

held at Plymouth Life Centre on 30th June. Entries were more than double the previous year and there was some excellent swimming on show. Three masters swimmers from Tiverton competed and all three posted a number of impressive swims, each one coming home with a haul of medals.



Judith McGregor-Harper

1st 400m free 5:48.29
1st 100m breaststroke 1:38.06
1st 200m IM 3:14.15
1st 200m freestyle 2:42.59
1st 50m fly 39.48

Graham Cridland

1st 100m fly 1:07.34
2nd 50m freestyle 27.65
1st 50m fly 29.50
1st 100m freestyle 1:03.48

Rebecca Jenkinson

1st 50m backstroke 37.24
1st 50m freestyle 31.72
1st 50m breaststroke 41.38
1st 50m fly 39.35

Many congratulations to Judith, Graham and Rebecca and also to Sue Haigh, our Masters swimmer who was the meet organiser, holding a very successful meet for Masters swimmers in Devon and beyond.

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 on the website if you want to read them. If you would like to include an article in the next newsletter, please email any club swimmer news, photos or comments to:

newsletter@tiverton-swimming.co.uk

We would love to hear from you and can **include news items and photos** you send to us in the next newsletter which is due in October 2019.



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



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