



Kelly Swimming Newsletter

Swimming - Open Water Swimming - Triathlon - Running - Aquathlon – Biathlon – Modern Pentathlon



Issue 10, Friday 11th May, 2007

The Kelly Swimming Newsletter

Our best wishes go to David Hill, Claire Cashmore and Louise Watkin who will be competing at the Paralympic World Cup event in Manchester this weekend. The event is due to be televised by the BBC over the weekend. (more details below). Well done to Heather Fell who has been training with us. Heather recently won the French 'Open' Modern Pentathlon Championships and is aiming for a place on the European Championship Team in June. A HUGE THANK YOU - goes to Mr & Mrs Stewart for their very generous support for sponsoring our new TV and DVD swimming analysis equipment. We now have a state of the art sealed observation window on the poolside which houses a 32" plasma screen with a hard drive/DVD recorder attached. The benefit will be immense to all our swimmers. We can now provide instant feedback to swimmers relating to above and below water footage of their individual techniques allowing them to better understand the issues which need addressing.

There are a few changes to the programme which begin next week so please read on.....RAB

Swim Sessions – **IMPORTANT**

There will be some changes to the programme as from Monday, 14th May.

Tuesday afternoon sessions will be:-

Performance Squad at 4.00 to 6.00pm
National Squad at 6.00pm to 8.00pm.

Friday afternoon sessions will be:-

Performance & National Squad at 3.45pm to 5.30pm
County & Development Squad at 5.30pm to 6.30pm.

These new times will continue until the end of Term.

Half Term training

With the Scottish National Championships taking place at the end of June could I ask all those who will be attending these Championships **MUST** make arrangement to keep your swimming training up if you are returning home. We

are aiming to provide accommodation down here (will give details next week) for those who would like to stay and train over the half term period.

Triathlon

Flora Duffy had her best result in a ITU World Cup last weekend, finishing 5th in Lisbon in her 5th world cup event. Flora was in 3rd place until the final lap of the run, where her early brave efforts to get away caught up with her. This has pushed her to being ranked 16th in the World, which I am sure will only improve as the season continues. RB

Duathlon

Callum Tustin won the Youth section of the Castle Combe Duathlon last weekend. Callum had to run 2 miles, cycle 10 miles and then run a further 2 miles. Sam Herridge placed 2nd in the Womens Open Event. RB

Swim Shop

The Swim Shop has started up again and was well received last Friday. If there is anything you would like to see 'on sale' at the shop, please email Jenni on henryj@kellycollege.com and put in your request. Thanks to all those volunteers who make this possible and a big thank you to Sally Davies who has got the shop up and running again. JAH

British Record

South West Championships, Millfield, May 7. Kelly College's 18-year-old David Hill broke the men's 400-meter Individual Medley British record for long course competition in the S9 disability category at the South West Youth Championships held at Millfield School this weekend.

Hill, a Paralympic and world championship finalist currently on the British Disability Swimming 'World Class Podium Programme', clocked five minutes and 41.04 seconds demolishing the previous mark of 6:40.69 set in 1992.

"I was surprised at my time, as I have never done a 400IM in competition before" said Hill, the current European Record holder for the 50m Backstroke. " My coach wanted me to swim the event as a measure of my fitness and to also have a crack at this long standing record. I have recently been studying hard for my A' levels and the result this weekend has given me a real boost to my confidence". Hill, a pupil at Kelly College in Devon, will be taking a gap year following his A' level exams in June and remain at the college with his coach to focus his attention on the Paralympic Games to be staged in Beijing in 2008. RAB

ASA South West Youth Championships

The ASA South West Youth Championships took place over the Bank holiday weekend at Millfield Pool, Somerset. It was three days of intensive racing, but we came back with some good results:

Jennifer Oldham and Matthew Henry both took gold in the 100m backstroke. Jenny went on to secure bronze in the 50m & 200m backstroke. Matthew also won bronze in the 50m backstroke and the 400m IM.

Jeffery Hill and Paul Sutherland both came home with silver medals, Jeff in the 800m Freestyle and Paul in the 50m breaststroke.

Winning her first medal at District level was Olivia Duffield-Moore gaining bronze in the 50m breaststroke. It was bronze also for Sophie Howe in the 200m butterfly.

Kelly College Swim Squad records were broken by Jennifer Oldham (3), Matthew Henry (3), Caroline Ball (3), Sophie Howe (2), Olivia Duffield-Moore, Holly Yeo, Sophie Calpin, Victoria Cadge, Jeffery Hill, and Jack Dobbs.

Good swims and personal bests were also achieved by Daniel Brown, Liam Cosgrove, Oliver Dunn, Daniel Kidwell, Joshua Lake, Megan Mackenzie, Hollie Mays, Roseanna Perry, Rhianna Stewart and Olivia Whitbread. JAH

City of Sheffield 'No Frills' Open Meet

We are still awaiting confirmation of this Meet. Unfortunately we are in the same boat as many other clubs and unable to reach the organisers 'City of Sheffield Swimming Club' by phone or e-mail. Robin has also tried to contact the Head Coach with no luck also. We are hoping that no news means that they are very busy processing the entries and will inform us very soon. We will continue to try to reach them for confirmation. JAH

DCASA Development Galas

Could the Development Squad please make sure that Bridget has their entry forms for this event. They are due in **TODAY**. JAH

THINGS TO LOOK OUT FOR THIS WEEKEND:

Claire Cashmore, Louise Watkin and David Hill are competing in the World Paralympic Cup this weekend. There will be television coverage (BBC), most probably 'interactive', could be shown either Saturday or Sunday.

Jan Langton is competing in an International CP Meet in Belgium this weekend.

National Biathlon Championships

The National Biathlon Championships are taking place at The Sportspark, University of East Anglia, Norwich, NR47TJ, on Sunday 20th May. For directions to UEA Sportspark please go to www.uea.ac.uk/cm/home/about/gettinghere. For registration information please visit www.mpagb.org.uk and the link is on the home page.

DATES FOR YOUR DIARY

20th May – MPAGB Biathlon National Championships – Norwich.

25th /26th /27th May – 'No Frills' Open Meet 2007 – Ponds Forge, Sheffield.

9th / 10th June – South West BAGCAT Championships - Millfield

16th / 17th June – South West BAGCAT Championships – Millfield

30th June/ 1st July – DCASA Development Gala – Exe Valley Pool, Tiverton.

Triathlon Events and Dates:

13th May Tiverton Sprint
20th May Eton Super Sprints 'Youth event'
27th May Strathcyde Sprint, 'Junior selection event'
3rd June National Youth and Junior Triathlon Champs ' Blenheim Palace'.
1st July Eton Youth 'selection event' and Junior races.

Open Water Events and Dates:

16th/17th June British Open Water Championships, London Docks
7th/8th July ASA South West championships - Weymouth
21st July City of Plymouth Breakwater
11th August DCASA Open Water, Oddicombe

Issue 10 - Newsletter Contributors

RAB – Robin Brew
JAH – Jenni Henry
MS – Martyn Stacey
BE – Bridget Every
RB – Richard Brady