

Newsletter: Issue 21: November 2016

AQUAE SULIS

Performance Swimming Club

Inside Newsletter 21

- HEAD COACH REPORT
- UP-COMING COURSES
- RECENT COURSES AND EVENTS
- WE'VE COME A LONG WAY, THERE IS MORE TO DO!!
- CAMERON KURLE VISIT, REPORT BY FINLAY SAUNDERS, REGIONAL SQUAD
- AQUAE SULIS FINALIST IN THE BATH CHRONICLE SPORTS AWARDS 2016
- NATALIE GORDON AND SYLVIA SINCLAIR NOMINATED AS VOLUNTEERS OF THE YEAR AT THE 2016 WESPORT CELEBRATION OF SPORT EVENING 2016
- EMĚ SHATTOCK, SPECIAL GUEST AT THE 2016 WESTPORT CELEBRATION OF SPORT EVENING
- GLOUCESTER CITY L2 OPEN MEET, 14TH-16TH OCTOBER 2016
- MILLFIELD & TAUNTON DEANE SUPER SERIES, 29TH-30TH OCTOBER 2016
- TALENT PROGRAMMES
- ASA COUNTRY TEAM CHAMPIONSHIPS 2016
- 59TH ENGLISH SCHOOLS SWIMMING ASSOCIATION (ESSA) TEAM CHAMPIONSHIPS
- SHORT COURSE REGIONAL CHAMPIONSHIPS, 4TH-6TH NOV
- AQUAE SULIS GRAND PRIX, 18TH-20TH NOVEMBER 2016

HOT OFF THE PRESS AND CONGRATULATIONS

ASA Aquatics Awards 26 November 2017

Steph Millward, Performance Athlete of the Year for Para Swimming
Norton Radstock, Silver in the Club of the Year Category

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It's often the first
place to find the
most

up to date club news including meet
results and general information. We
now have 365 followers!



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Patron: Sharron Davies MBE



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Aquae Sulis Newsletter

Issue 21

November 2016



HEAD COACH REPORT

My first impressions are that we have talented swimmers throughout the club, knowledgeable coaches and a committee committed to supporting the swimmers and coaching team. A number of objectives have been set out for 2016/2017 season. I have developed an overall training plan to be delivered across both competitive squads, outlining themes of work through the different phases of the year and target periods of the season to facilitate fast racing. Both squads set their sights on building towards Regional and National level competition.

The continuation of specialist land training sessions has been a great success. Michael Muckelt is leading the specific land training sessions on a Saturday and Sunday, and the pre-pool work before training is paying off. We hope to expand land training in the coming season and will keep you posted.

Looking forward to the season ahead, we have a number of goals and objectives we will strive to achieve. Firstly to continue our success at all levels through the club. One of my philosophies as a coach is to evaluate, reflect and learn from all situations that you encounter. From a performance perspective this means raising the bar to emulate the achievements thus far. One way to do this is to provide something extra and add to the programme. This may be through numbers of hours available to training, frequency of training or just to improve on your attendance, commitment and overall effort when in the water. We also plan to introduce new initiatives such as educational and motivational talks for the swimmers and parents. We also hope to develop the club land training programme to be delivered across a wider range of the club, and provide nutritional advice tailored to all levels of the club.

If we look at club development overall, we hope to increase the club membership through squad trials with swimmers recommended by the network clubs. With an increase in membership comes an inevitable demand for more pool time, which we will hopefully manage through increasing lanes where needed.

Looking long term and working towards our 2020 vision, we need to refine the club development plan, strengthen our resources and continue to develop our swimmers at the appropriate rate, with the aim to provide the most effective swimmer pathway from Network recommendation to podium success. This said there is no substitute for hard work and the club needs the support, belief and commitment from the swimmers and parents to make this vision a reality. I believe there is a strong ethos towards training running through our club, and with our dedicated coaching team the motivation is there, but we need every swimmer to work hard together with their coach on a daily basis. Only then will our swimmers realize their full potential and achieve greater heights than were once thought possible.

IF YOU BELIEVE YOU CAN ACHIEVE!

Lawrie Thomson



Steph Millward, Performance Athlete of the Year for Para Swimming, 2017





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



Up-Coming Courses

Safeguarding and Protecting Children Course, Saturday 3rd December 2016

Time: 9am to 12pm (3 hours)

Venue: Lecture Room, Sports Training Village

Address: University of Bath, Claverton Down, Bath BA2 7AY

Who is it for?

The following volunteers need to attend this workshop if they haven't got this qualification:

- Team Managers (holding the Team Manager module 1 qualification or planning to do their team manager course shortly).
- Committee members including: Chairman, Treasurer, Secretary, Welfare officer, Communications Manager, Membership Secretary
- Coaching staff and poolside helpers who have not done a Safeguarding course before.

The price per candidate £30 and we only have 6 places left so book a place by contacting Karen at

workforce@aquaesuliswimming.org.uk

Officials Training - 'Wear White Challenge' (WE NEED YOU!!!)

Throughout the whole of the swimming community officials are in demand. If you would consider training then the first level of the qualification is Judge Level 1 and the minimum age to start training is 15 years. You do not need to have any previous experience.

Think of the some of benefits: access to special parking areas at some facilities, expenses (dependent upon the meet), buffet lunch, You get to wear white!!!!

You are there anyway and for a long time - this will make it go quicker.

We ask our children to learn new skills all the time – how about showing them what you can do? You may even enjoy it and at the very least remember swimmers cannot compete without officials.

Please reply to Karen at workforce@aquaesuliswimming.org.uk to show your interest so that I can make arrangements for the training. Thank you to all our officials and those from your home clubs for helping us.

Recent Courses and Events

Goal Setting Event, Saturday, 8th October 2016

Steve Fivash, GB Development Coach for British Para Swimming visited the club to give an information session for all our swimmers and parents. Topics included:

What are goals? The process of achieving a goal - Ownership and Responsibility of goal.

What does success look like?

Explanation of SMARTER goal setting

Benefits process driven over outcome

How to Support your child in achieving their goals

What happens if goal not achieved?

Celebrating success, Q & A session.

Thank you to Chris Hardick and Loren Robert for helping on the day and to the ASA South West region for helping towards costs.

Parents In Sport Week (3rd October to 9th October)

ASPSC supported Parents in Sport Week, an initiative from the Child Protection in Sport Unit, in partnership with the NSPCC and SportEngland. Our thank you certificate is on the website. The week aimed to highlight the importance of parents to a young person's successful enjoyment of their chosen sport. 'My Magic Sportskit' was shown at a parent meeting with follow up information and videos sent to members throughout the week.





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



We've come a long way, there is more to do!!

This is my last Newsletter after a year serving on the ASPSC Committee. The ASA Aquatics Awards 2016, which took place this past weekend, and the success of Steph Millward and Norton Radstock Swimming Club (exceedingly well done you guys!), took me back to my first Newsletter, Issue 16, November 2015, in which I had the privilege of reporting that Aquae Sulis Performance Swimming Club had been awarded ASA Club of the Year 2015. That achievement was particularly rewarding, given that the club had only been set up as a self-funding club for 18-months.

A lot of the work the Committee does goes unnoticed. There is always a lot to do to run a club such as ours and various people on the current Committee spend many hours each week just doing it. I won't name individuals here as Adrian Sharman will do so in his Chair's Report for the AGM later on today. However, I feel the original Committee, which took on the running of the club when it became self-funding in April 2014, deserves more than a passing mention.

Loss of the Council's funding in April 2014 left a huge hole in the club's finances. However, the parents and the Committee at the time were not deterred. The team headed by Mark Lawton devised a financial model and a plan, and set to executing on it. Most people outside of the Committee back then won't be aware of the scale of the challenge. It was not just the Council's funding that we lost. B&NES ran the club and so we also lost the HR, membership, banking and management services that they provided. Our Committee, effectively from scratch, had to create a start-up venture running a substantial budget. They had to open bank accounts with signatories, create records systems, take over membership functions and undertake the large task of selecting and configuring Team Unify, our current web site and document management solution. That, on top of recruiting a new Head Coach. The original team and some who joined a little later deserve recognition for their achievement: Mark Lawton - Chair & Treasurer, Amanda Turner - Secretary, Anne Lawton - Membership (& Treasurer), Karen Bowen - Swim 21 & Workforce Development, Emma Legg/Marion McNab (latterly Liz McCulloch/Guy Roberts) - Welfare, Craig Smith (latterly Jo Dixon) - Communications, Emma Head - Fund raising, Nick Press (latterly Sean Grothier) - Open Meet Promoter, Mark Dixon - Parent rep, Stephanie McFarlane—Membership, plus a great many helpers who assisted with open meets and people who stepped-up to train as officials and Team Managers (I'm afraid I must have forgotten others—I'm sorry, but thank you anyway). The commitment and hours these individuals devoted to the setting up and successful running of our club cannot be overstated.

Of course, things weren't plain-sailing even after the club had been successfully established. Within a few months the University announced that it was closing the pool for almost six months. This could have spelled the end of the club irrespective of everything that had been achieved. But Anne Lawton stepped-in and spent many hours over weeks contacting every other pool in the region to secure pool time for the club. In the end Anne delivered an amazing plan and we travelled between Bath Leisure Centre, Frome, Trowbridge, Longwell Green, Hengrove and Millfield. It was tough, especially the Sunday morning 7am starts at Millfield and 6am starts at Longwell Green. The 24-hour MacDonald's in Longwell Green and Street had never been so popular in the early hours among some of us desperate for caffeine and breakfast rolls, while our children trained hard. The swimmers maintained a high level of continuity despite the circumstances and the parents grasped the nettle and got on with it. With hindsight, I think it was a difficult but really rewarding time.

There are other people who our deserve recognition and thanks. Andrew Turner stepped up to run the Junior Elite squad and cover the entire squad when our Head Coach was away ill for several months. It was an immense challenge on top of his work and other commitments. Andy, on occasion single handedly, kept us afloat. He of course then moved to pick up the reins as one of Keynsham's Head Coaches. Also supporting us were Chrissie and Richie Lamb from Calne Alpha and Jamie Forrest from BoA. On top of coaching in their own clubs they covered a large number of sessions, which, again, avoided our having to cancel sessions. Our thanks go to each of them and others who helped.

During the initial period after April 2014, the club organised some fantastic events: a swimathon, two winter camps (one in Cardiff and one in Spain), technique swimcamps and some of the most highly regarded open meets around. The swimathon, camps and open meets provided much-needed funds to help balance the books.

And the club's efforts and achievements were rewarded in November 2015 with recognition as ASA Club of the Year!!!

Moving forwards, the amount of work that is required doesn't abate, and your Committee will no doubt continue to do its work. Please continue to support the new Committee. Remember, they are all volunteers coping with combining jobs, family needs, caring for others and numerous other priorities, but still give up their time for all our swimmers. And, if you have an opportunity to assist, please do. Yes, it can be tough, but it can be equally rewarding. Matt Lawman, Comms.





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



Cameron Kurle Visit Report by Finlay Saunders, Regional Squad

On Sunday 6 November we were very lucky to have Cameron Kurle an Olympic swimmer visit us at training. Cam swam in the 200m freestyle at Rio 2016. Not only did he tell us his story as a swimmer, but he even got in for a demo in the pool!

Cameron Kurle told us about his journey to the Olympics and his incredible story about how he got there. Cam, didn't always win and wasn't always at the top. Cam didn't grow fast and so lots of his swimming mates ended up winning when he didn't. They qualified for the Nationals, and Cam didn't.

Cam wasn't the tallest or the strongest but he kept training and stuck to his goals. He kept his head down for many years while everyone else won. Finally, he did grow and got his first National time aged 16. Then within the space of 3 years Cam was off to the Olympics having qualified when he was 18. He also medaled in the Europeans in Baku, swam at the Junior Olympics and was ranked in the top 5 in the world!

Cameron Kurle's story really inspired us. He kept going when people who raced against him became a lot faster and all his friends were going to the Nationals and he wasn't, but he still didn't give up!

We have all felt how hard it is to keep going when you never seem to win. Charlie Hemmens said this was the thing she learnt most from listening to Cam and that he inspired her never to give up. Niamh Ward said, it was his determination that inspired her the most.

I was lucky enough to ask Cam a question and I asked how it felt when all his mates were qualifying and he wasn't. It was refreshing to hear that he too felt like he wanted to quit at times and that sometimes he just felt that swimming wasn't for him - but he is proof that if you can get through the tough times and keep on training and believing in yourself, great things can happen. He didn't just get to the Nationals; he got to the Olympics! Cara Hickey summed this up when she said "he taught me that it was never too late to still be your best."

It was great for my brother to hear about how Cam coped with being the last one to grow. I thought of Oliver and Arthur when Cameron talked about this as the two of them always joke together about being the smallest. I know Oliver found it great to hear Cam's story because it helped him believe that it's OK not to win all the time and that you have to keep training while your body changes and grows and wait for the results later. That really helped Oliver to stop worrying about being the smallest so much.

I felt that Cam was very honest about himself, he wasn't just trying to be cool with us. He even told us that he used to cry when things went wrong at a meet - and I know how that feels! But that didn't mean he didn't have what it takes, he just had to be patient, work hard, believe and wait for his time. I will think of Cam when I am next feeling down about a race and feel upset and when I need to remember to believe in myself. I think if an Olympic swimmer used to get upset and lose belief sometimes when he didn't race how he'd like to, that it's OK for us all to do that sometimes. We just have to remember that Cam kept going and that we should remember that too. **Finlay Saunders, Aged 13**





Patron: Sharron Davies MBE

Aqua Sulis Newsletter

Issue 21

November 2016



IT'S AWARDS SEASON

AQUAE SULIS FINALIST IN THE BATH CHRONICLE SPORTS AWARDS 2016

As was recently announced, Aqua Sulis Performance Swimming Club were finalists in this year's Bath Chronicle Sports Awards 2016 in the Community Club of the Year category.

The awards took place on Wednesday 9th November at Bath Racecourse. Ultimately, the award went to the long-standing,

family run Bas-kervilles School of Gymnastics, a deserving winner.

But this doesn't detract from the recognition of the nomination for Aqua Sulis.

Representatives from Aqua Sulis attended the evening, which was thoroughly enjoyable. It was particularly satisfying to see two of the four PROFESSIONAL SPORTS PERSONALITY OF THE YEAR nominations being swimmers, Siobhan-Marie O'Connor and Jazz Carlin, with Siobhan winning overall.



NATALIE GORDON AND SYLVIA SINCLAIR NOMINATED AS VOLUNTEERS OF THE YEAR AT THE 2016 WESPORT CELEBRATION OF SPORT EVENING 2016

As reported last time NAT GORDON & SYLVIA SINCLAIR were shortlisted under the Volunteer of the Year category. The awards were held on Friday 21st October 2016 at the Bristol Marriott Hotel and were hosted by Steve Backley OBE, two times Olympic Silver Medallist and former Javelin World Record holder. It was a splendid evening for the six Aqua Sulis representatives who attended even though the award didn't find its way home to Aqua Sulis. In the end deservedly it went to Val Hufflet from Almonsbury Netball Club & Avon Netball Association, who had set up and run the club for over 14 years. Well done also to Nicky Vause of Midsomer Norton, worthy runner up in the Official of the Year category.

The awards were presented to Nat and Sylvia by Andrew Willis at the recent Aqua Sulis Grand Prix.





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



Emë Shattock, Special Guest at the 2016 Westport Celebration of Sport Evening

Following on from the previous page, after dinner, Steve Backley invited Aquae Sulis' own 15 year old Emë Shattock to join him on the stage. Emë had been invited as a special guest by Westport as an 'inspiring young athlete'. As some of you know but many won't, last October Emë was diagnosed with an extremely rare condition called LCH (Langerhan's Cell Histiocytosis), in the mastoid bone of her right ear. It is only treatable through using chemotherapy and steroids.

Emë had to endure an operation to insert a port-a-cath in her chest for the administration of her chemotherapy to enable her to continue with her swimming. The treatment has taken a considerable toll on her and she has often felt nauseous, weak and very low coping with treatment every three weeks which involves a day off school each time to go to the Bristol Children's Hospital as well as a weekly blood test. She has shown true grit, determination and resilience but she still manages to be positive and keep smiling, rarely missing any swimming training. When she has been too ill to train she has still turned-up on poolside to help coach the younger swimmers.

Steve introduced Emë as an incredibly inspirational young athlete who he'd had the privilege to get to know that evening, and he asked her to explain to the audience what she has been going through. Emë articulately recounted her year of dealing with LCH. When asked by Steve how she has coped with the condition and the treatment, Emë likened her journey to 'a really hard swimming training set: you know it's going to be tough before you start but you just have to dive in and get on with it'. Steve asked about the support she had received and Emë explained that her swimming coaches at Aquae Sulis, John Dougall, Sylvia Sinclair and especially Liam Willcox, had been incredibly supportive. Emë ended by reporting that her condition has shown improvement and because of that she was due to have her final chemotherapy treatment on 28th October. However the damage caused by the LCH will still take some time to repair and Emë will need regular hospital check-ups. Once the operation to remove her port-a-cath is done, Emë is determined to really get back to her swimming training and competing for Aquae Sulis once more. You could have heard a pin drop in the auditorium while Emë was speaking. Everyone was left in no doubt that Emë is a truly brave and inspirational young athlete.





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



RESULTS — Storming Start to the Season

Gloucester City L2 Open Meet, 14th-16th October 2016

At the club's first high-level away meet at Gloucester, we bagged Top Visiting Club ahead of 30 other clubs. This is a notable achievement against some very strong opposition from Gloucestershire and beyond. Dylan Hood, 15 yrs, won two golds and three silvers including a first National Qualifying Time of the season in the 200m breaststroke. This continues his winning form after achieving Gold in the ASA Summer Nationals in Sheffield back in August. Overall the squad won 89 medals, including 28 gold, and those contributing to the haul were: Alice Barton (silver, 3 bronze), Rhiannon Bowen (4 gold, 2 silver, 2 bronze), Evie Brady (gold, bronze), Lillie Carter (silver), Maia Crudgington (silver), Michael Dorsman (gold, bronze), Rue Fowler (gold, silver, bronze), Amy Gordon (bronze), Isaac Grothier (bronze), Samantha Hammond (silver, bronze), Matthew Hardick (2 silver, bronze), Lucas Lawman (silver), Margot Lewy-Pierre (gold), Misty Marshall-Welling (2 gold, 3 silver, 2



bronze), Ethan McNeil (5 gold, silver, bronze), Imogen Rafferty (bronze), Jude Roberts (silver), Oliver Saunders (gold, silver, 2 bronze), Alex Sharman (4 gold, 2 silver, 2 bronze), Niamh Ward (gold, 4 silver), Olly Watts (gold, 2 silver,

bronze), Daniella Whiting (3 gold, silver, 2 bronze) and Jaden Wordley (3 gold, 2 silver, bronze). The squad headed South to compete against 24 other clubs in the top-level Millfield & Taunton Deane Super Series. A smaller, 26 strong Aquae Sulis squad battled against stiff opposi-

Millfield & Taunton Deane Super Series, 29th-30th October 2016

tion from across the South West and again achieved Top Visiting Club. In the process Rhiannon Bowen, 15 yrs, won 3 gold and a silver medal including achieving a National Qualifying Time in the 100m Individual Medley. Overall the squad won 45 medals, including 15 gold, and this time those contributing to the haul were Alice Barton (6 gold, 2 silver), Misty Marshall-Welling (3 gold, silver, 2 bronze), Niamh Ward (5 silver, 2 bronze), Flossie Ball (2 gold, 2 silver, 3 bronze), Evie Brady (gold), Lillie Carter (bronze), Maia Crudgington (2 bronze), Rue Fowler (silver), Isaac Grothier (gold), Oliver Saunders (gold, 2 silver, 2 bronze) and Olly Watts (gold, bronze).





Patron: Sharron Davies MBE

Aqua Sulis Newsletter

Issue 21

November 2016



OUTSIDE OF AQUAE SULIS

Talent Programmes

Congratulations go to Ethan McNeil for his selection to the 2016/2017 Scottish National Youth Development Squad.

Congratulations also to Alice Barton and Laura McNab for their ongoing selection to the England Talent Programme.

Fantastic job, well done all three of you!

ASA County Team Championships 2016

From Aqua Sulis representing their counties were:

For Somerset, Division 1, 4th

Alice Barton, 12/13yrs 100m Freestyle (59.99), 100m Backstroke (1:07.38)

Rhiannon Bowen, 14/15yrs 100m Butterfly (1:05.28)

For Wiltshire, Division 2, 13th

Jayden Wordley, 12/13yrs 100m Breaststroke (1:16.93), 100m Butterfly (1:06.62)

Arthur Bown-Mazozoni, 12/13yrs Relay

Laura McNab, 14/15yrs 100m Freestyle (**1st** 57.48), 100m Butterfly (1:06.01)

Alex Sharman, 14/15yrs 100m Butterfly (1:04.14), 100m Backstroke (1:06.17)

Stella Cookson, 16/17yrs 100m Breaststroke (1:14.27)

Michael Dorsman, 16/17yrs 100m Breaststroke (1:06.87), 100m Butterfly (1:00.57)

English Schools Swimming Association (ESSA)

Sat 19th Nov 2016 - 59th Secondary Schools' Team Championships

Hayesfield School (with AS swimmers Misty Marshall-Welling & Samantha Hammond with non-AS swimmers Honey Owen & Beth Carter) and Beechen Cliff School (AS swimmers Hugo McNeil, Ethan McNeil, Isaac Grothier & Freddie Lyne) both reached the finals on the 19th November held at the London Aquatics Centre, as ranking in the top-30 teams in the country. Both teams discharged themselves really well, achieving the following results:

Freestyle Relay: Beechen came 28th; Hayesfield came 11th

Medley Relay: Beechen came 15th; Hayesfield came 20th





Patron: Sharron Davies MBE

Aqua Sulis Newsletter

Issue 21

November 2016



Short Course Regional Championships, 4th-6th Nov

Aqua Sulis sent a team of 21 swimmers to the South West Regional Championships at Millfield and saw them set light to the event with some stunning swims. The event was open to all swimmers that achieved the tough qualifying times and was divided into a Junior Championships, Under 16's, and Open Championships, and attracted all of the usual top teams from Bath University, Plymouth Leander, Millfield School and Mount Kelly.



Aqua Sulis achievements included the following Junior Championship medals:
Misty Marshall-Welling, BRONZE in 800m Freestyle,
Laura MacNab, BRONZE in 400m Freestyle & GOLD in both 50m and 100m Freestyle,
Dylan Hood, SILVER in 200 Breaststroke & GOLD in 400IM,
Ethan McNeil, BRONZE in 200 Breaststroke,
Rhiannon Bowen, BRONZE in 200IM and 400IM.

In the Open Championships the girls 400m medley relay team (Alice Barton (13yrs), Daniella Whiting, Stella Cookson & Laura McNab (15yrs)) won an amazing team BRONZE, bearing in mind Alice and Laura are still Juniors.

Overall the Aqua Sulis swimmers proved they can cause fireworks at major events with all swimmers posting PB's and all of the above medallists along with Stella Cookson adding to Aqua Sulis' haul of National Qualifying Times for the Short Course National Championships to be held in Sheffield in December.





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



AQUAE SULIS GRAND PRIX, 18th - 20th NOVEMBER 2016

Last weekend witnessed some impressive swimming at our Aquae Sulis annual winter Grand Prix. It is one of the most highly regarded on the winter schedule and we attracted 400 swimmers representing 45 top clubs from as far afield as Wales, Cornwall, London and Loughborough. A strong team from the University of Bath also participated, including two international swimmers, one of which is an Olympian!

Aquae Sulis mustered a team of 43 swimmers and against top opposition won an impressive haul of more than 100 medals. Most impressive was that medals were distributed between 75% of our swimmers:

Swimmer	Gold	Silver	Bronze	Swimmer	Gold	Silver	Bronze
Alice Barton		2	4	Charlie Head	1	3	1
Rhiannon Bowen	2	4	1	Dylan Hood	3	2	
Evie Brady		1	1	Lucas Lawman		1	
Isabelle Chappell	1		1	Margot Lewy-Pierre		3	1
Lilly Cookson			1	Freddy Lyne			1
Stella Cookson	2	3		Misty Marshall-Welling	1	2	1
Lydia Crawford			1	Laura McNab	1		
Hannah Croker	1	2	1	Ethan McNeil	2		
Maia Crudgington			1	Lilly McNeil			1
Michael Dorsman	1	2	4	Oliver Saunders		3	4
Rue Fowler		1		Alex Sharman	1		3
Ruby Galpin			1	Eloise Sutton			1
Amy Gordon	1	1	1	Niamb Ward		1	
Isaac Grothier			1	Olly Watts	2	2	2
Sam Hammond		1		Daniella Whiting	3	1	
Matthew Hardick	1	3		Jayden Wordley	1	3	2

While we all know medals aren't the be-all-and-end-all (more important are developing skills, technique, execution, etc.) the spread of results demonstrates a significant depth of talent across the squad's age ranges.

Bath University's Calum Jarvis and Andrew Willis both delivered technique masterclasses in the process of winning each of their respective 100m and 200m events. Olympian Willis also entered the 200m freestyle event on Sunday afternoon and was actually bettered by a number of Aquae Sulis' youth swimmers. It has to be admitted, though, that he was swimming **breast stroke**. Nevertheless, it was enthralling to witness one of the world's top breast stroke swimmers race against some of the country's top youth freestyle swimmers (he explained he treated the freestyle race as a breast stroke final, having won the actual 200m breast stroke earlier in the day).

The meet ran without a hitch thanks to great organisation, an army of willing volunteers and, at the 11th hour, sufficient willing officials!!!

A BIG THANK YOU TO EVERYONE WHO HELPED TO MAKE THIS HAPPEN.





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21
November 2016



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Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21
November 2016



AQUAE SULIS GRAND PRIX, 18th-20th NOVEMBER 2016





Aquae Sulis Newsletter

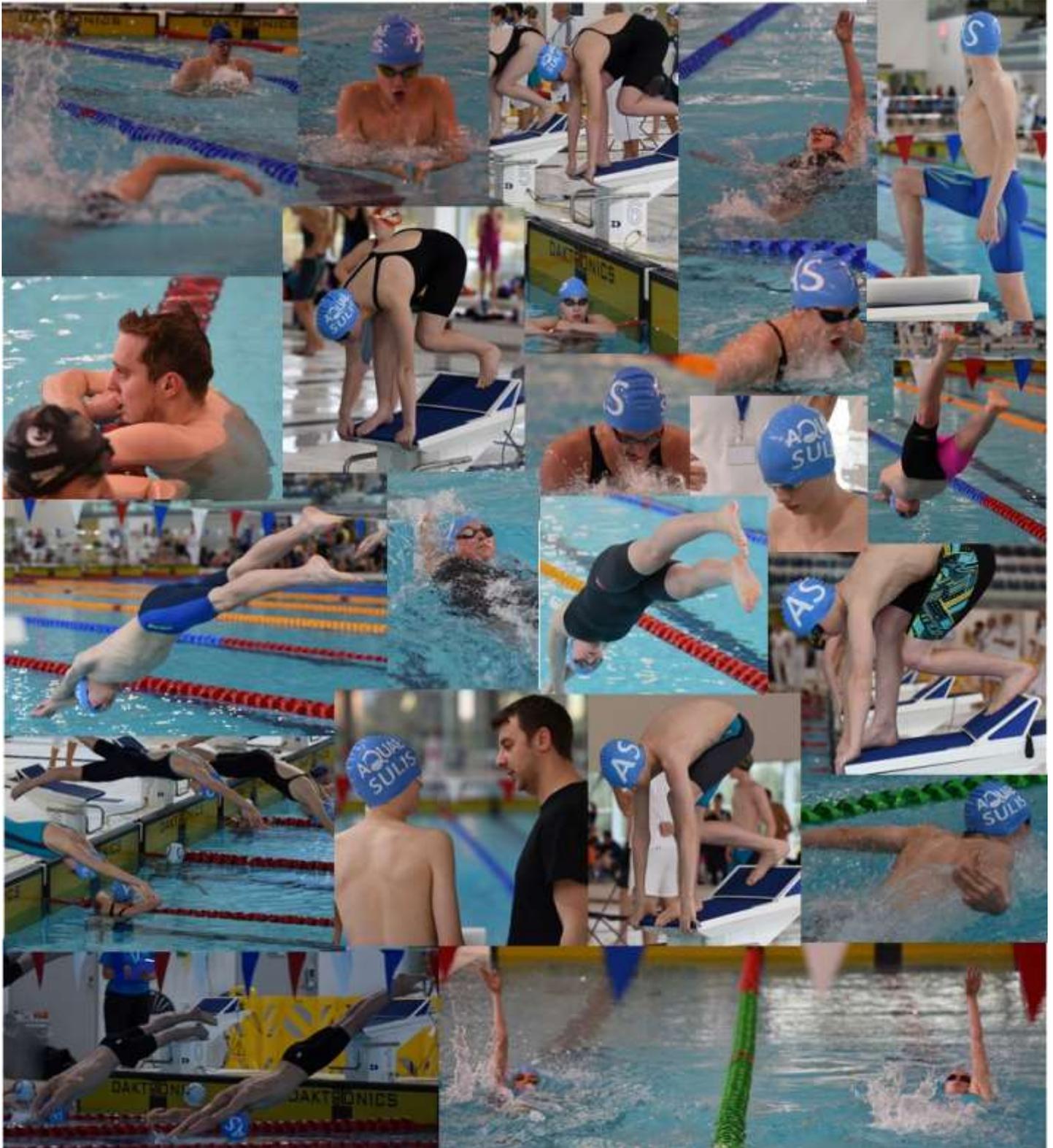
Issue 21

November 2016

Patron: Sharron Davies MBE



AQUAE SULIS GRAND PRIX, 18th-20th NOVEMBER 2016





Patron: Sharron Davies MBE

Aquae Sulis Newsletter

Issue 21

November 2016



AQUAE SULIS GRAND PRIX, 18th-20th NOVEMBER 2016



Event	Swimmer	Time
200	Shradasi	2:48.11
400	Willis, Andrew	BAUW 2:09.43
800	Atwood, Charlie	BAUW 2:10.26
1600	Lye, Jasper	COBW 2:21.18
3200	Head, Charlie	ASPU 2:23.05
6400	Bilbao, James	HERM 2:23.73
12800	Dorsman, Michae	ASPU 2:24.41
25600	Borisov, Alex	CSCL 2:25.49
51200	Coombes, Mitche	BBFS 2:26.33
102400	Leznin, Daniel	CUSL 2:29.12

