

## Biggleswade Report

from *Paul Jones and Helena Landolfi*

Watford swimming club were in action last weekend at the Biggleswade open in which 33 clubs took part. Our older squad members continued to show their strong performances throughout the weekend with fantastic swims and also our younger swimmers went home with some of their best results from some brilliant swims!!

**Jack Pickford** achieved his 10 yr old 200m Backstroke Regional Time in a personal best of 3.15.69. Jack also recorded his personal bests in the 200m Free and the tough 200m Individual Medley along with several county qualifying times in the 50m sprint swims. Peter Pickford also gained personal best times in the free style and breaststroke.

**Lewis Sills** (9), **Hamish Barrett** (10), **Lewis Hawkins** (10) and **Matthew Chapman** (11) also gained new personal best times in events ranging from the tough 200m Individual medley to the fast and furious 50m backstroke.

**Jack Spence** (12) achieved his 200m Backstroke in a personal best of 2.51.65 (a fraction off the regional time). He also recorded a Regional qualifying time in the 200m Freestyle with a time of 2 29.97 Jack entered 7 other races throughout the weekend and scored several personal best times with brilliant swims.

**Ashley Holness-Wright** (10) came a fantastic 5<sup>th</sup> in the 100m Backstroke. He also competed in nine other races and gained many personal best times, some of which were over 10 seconds! Fantastic.

From the younger girls, **Amy Chung** (10) competed in the 10 year old girls 100m Breast stroke, 50m Breaststroke, 50m Backstroke and 50m Butterfly gaining personal best times in all her swims. **Molly Landolfi** (10) also set a 5 second personal best in the 50m Freestyle and gained in the 50m Backstroke.

**Zoe Stewart** (12) picked up a Bronze medal in the 50m Backstroke in her age group and in doing so recorded a personal best time of 36.99. **Amy Stewart** also picked up personal bests in the 50m Backstroke, Freestyle and Butterfly.

**Carolyn Asbury** (14) continued to show a strong performance throughout the weekend competing in the 200m, 400m and 800m Freestyle with fantastic swims in each. She also entered the 200m and 400m Individual Medley and the 200m Butterfly. Altogether coming away with four 1<sup>st</sup> places and two 2<sup>nd</sup> places and more importantly several Regional qualifying times.

**Hannah Lewis** (15) swam a brilliant 50m Butterfly, which won her a bronze medal.

**Nik Spears** (13) also won a bronze in the 50m Backstroke as well as bettering the Regional qualifying time for the 100m Freestyle with a time of 1:04.59. **Megan Davis** (13) **Shanice Chapman** (14), **Emma Lewis** (13) and **Hannah Jibson** (11) also had great swims and picked up personal bests and county qualifying times.

All our swimmers put in great effort with their swims, many of which gained them personal bests and qualifying times for the County and Regional Championships...Well done!!

### Happy February Birthday to:

Hamish Barret, Kit Burden, Callum Griffin, Thomas Hall, Peter Pickford  
Jack Pickford, Matthew Waterhouse

### New members wanted

Helena Landolfi has been visiting local schools in Watford and Rickmansworth asking them to put a small piece in there newsletters looking for new young swimmers to join the club.

If you do swim at your school, and know any of your friends that are good swimmers then why not ask them to come along and join us, as we desperately need them.

Also if any parents have any suggestions or ideas in getting more children involved in the club then e-mail Helena (Molly's Mum) at [alfredo.landolfi4@ntlworld.com](mailto:alfredo.landolfi4@ntlworld.com)

### Social Diary

Sunday 15<sup>th</sup> July, Fun day BBQ please put in your diary, details nearer the time. Also look out for Julia Petchey's competitions and events starting soon.

e-mail version or articles for the newsletter to: [su\\_tysoe@hotmail.com](mailto:su_tysoe@hotmail.com)

Articles for the next newsletter by **Thursday 1<sup>st</sup> March** please

- \* Entry form on the back for the board
- \*\* See board for team selection and venues
- \*\*\* Club Supported Open Meet, see Janet for entry form
- \*\*\*\*Other Open Meets, details on the board

### Club Champs Galas \*

Development: Sun 14<sup>th</sup> & 21<sup>st</sup> Oct  
Squad: Tues 16<sup>th</sup> & 23<sup>rd</sup> Oct  
Event details and entry sheets will be posted soon.

### Team Leagues\*\*

Herts. League: 24<sup>th</sup> Mar

Peanuts 2007 (9yrs,U11,U12,U13):  
May 12<sup>th</sup>, Jun 16<sup>th</sup> & July 7<sup>th</sup>

Please put these dates in your diary NOW!

### Club Supported Open Meets \*\*\*

**14<sup>th</sup>-15<sup>th</sup> April: Luton Gala** forms will be handed out Wednesday please return to Janet by the 21st

### Counties from Janet Lewis

We have 35 swimmers entered for counties. You can order a tracksuit for counties; forms are on the web site. Please pass them to me by Wednesday 21<sup>st</sup> Feb. Not only do they look good, keep you warm on poolside it also makes us look a more professional club.

### Recent Flashes from *Justine Chung*

#### Free

**Bronze** - Peter Pickford

**Silver** - Molly Landolfi

**Platinum** - Sky Draper, Bruce Worby

#### Back

**Bronze** - Georgia Daley

**Silver** - Molly Landolfi, Lewis Sills

**Gold** - Matthew Chapman

#### Breast

**Silver** - Lewis Sills

#### Fly

**Bronze** - Jack Pickford

#### I.M.

**Silver** - Jack Pickford

**Platinum** - Jack Spence

## Know the Stroke – Medley Swimming

**SW 9.1** In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

**SW 9.2** In medley relay events, the swimmer covers the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the style concerned

This is an extract from the ASA 'Extracts of ASA Laws and ASA Technical Rules' for 2006-2007. Any questions please ask a coach or official.

### Calling all swimmers.

*Sarah Willer*

I am now sitting on the club committee as "swimmer representative". The aim is for me to be a link between us swimmers and the coaches and committee. If anyone has any ideas, problems or suggestions please come and have a chat with me. Hopefully, you all know who I am, but if not just ask one of the coaches to point you in the right direction. Alternatively, you can e-mail me at [s.willer@talk21.com](mailto:s.willer@talk21.com)

### Chilly swimmers.....

*Sarah Willer*

I noticed that there were a lot of shivering swimmers on poolside at Hemel on Saturday. Please ensure that you all bring plenty of poolside clothing to competitions. You should all have a t-shirt, tracksuit/shorts and some sort of footwear (flip-flops or (clean) trainers). It is very important that you keep warm on poolside in order to maximise your performance.

## Herts League Round 2

The A team at Hemel had some good swims notably **Carolyn Astbury** who won the U16 and Open 100m fly. **Harry Beaumont** who bettered the County qualifying time for the 50m free in the 11 years old age group. **Amy Callanan** won the Open 100m back. **Alice Callanan** came 2<sup>nd</sup> in the U14 100m Back and qualified for Counties. **Heather Tysoe** came 2<sup>nd</sup> in the U14 100m Breaststroke and bettered the County qualifying time. The Open Medley boy's team of **Adam, Lance, Matt Toothill** and **Ben** won their event. Special thanks go to Jack Spence and **Tom Hall** who swam in the U14 and U16 races. **Ashley Holness-Wright** swam his heart out in U12 and U14 races when he is only 10, he did us proud (he has now qualified for ALL his counties events!). Our president Nigel was also on hand to swim if required. The team came 4<sup>th</sup> overall.

The B team at Potters Bar had wins for **Jessica Sullivan** in the U16 100m fly, and **Joe Course** in the U16 100m Breaststroke. The Open 4x25m Medley team of **Bill O'Neil, John Pickford, Alex Combridge, Toby Hosker** also won. **Sky Draper** did a 1 15.77 for 100m free in the U14 age group and **Amy Stewart** came 2<sup>nd</sup> in the U16 100m Back. Special thanks go to **Lewis Sills, Peter Pickford** and **Jack Pickford** who swam in some of the U12 and U14 races, also **Liam Hamilton** in the U14 and U16. The team came 5<sup>th</sup> overall.

Some good PB and a fantastic atmosphere at both events. Thank you to all swimmers