

### Another Fantastic Club Champs!



Another successful club championships has come to an end. This Level 4 meet was a first taste of competitive swimming for many of our younger swimmers. For the older swimmers, it was a chance to beat Personal Bests and achieve county qualifying times, which they did in abundance!

Club members (ranging from 8 to 40 years old) competed in a range of strokes and distances over the two weeks to gain points and the chance to be crowned club champion in each age group.

The highlight of the event was the Men's & Ladies 'Skins' where the five fastest men and five fastest ladies go head to head in a series of races with the slowest competitor knocked out in each heat.

Congratulations go to: **Lucy Gloyns** 5<sup>th</sup> | **Ruby Gove** 4<sup>th</sup> | **Amy Mason** 3<sup>rd</sup> | **Ellie Baker** 2<sup>nd</sup> & **Rosie Lawrence** 1<sup>st</sup> (girls) and **Noah Capps** 5<sup>th</sup> | **Ed Gibbs** 4<sup>th</sup> | **Jude Hall** 3<sup>rd</sup> | **Sam Green** 2<sup>nd</sup> & **Ben Cusack** 1<sup>st</sup> (boys).

Huge thanks to Clair & Chris Martin, **The Start Bay Inn, Torcross** and Tim Baker, **Baker Plant Services** for sponsoring the Skins event again this year and providing cash prizes to the winners.

Thanks also go to the coaches, officials & all other helpers poolside and behind the scenes who made the event such a great success.

### Christmas Training Times

Please remember that training sessions are more limited over the holiday period as Quayside is either shut or closes early.

The last normal training session takes place on Sunday, 22<sup>nd</sup> December 2019.

**Holiday training:** Saturday 28<sup>th</sup> December 8am to 10am (all squads) and Sunday 29<sup>th</sup> December 8am to 10am (all squads).

Training returns to normal on Saturday, 4<sup>th</sup> January 2020.

**Merry Christmas and a happy new year!!**

### New Committee Members Appointed at 2019 AGM

The Annual General Meeting (AGM) was held on Thursday, 7<sup>th</sup> November 2019 at Quayside. It included reports from John Gove, the treasurer and Head Coach Mat Cusack plus the election of this year's committee.

Our thanks go to Rachel Gloyns (Chair), Petrus Lindeque (Membership & Competitions Secretary), Natasha Benfield (Secretary) and Lucy Langman (Kit) who sadly all step down this year.

A warm welcome is extended to Adam Stewart (Chair), Beks Miles (Secretary), Sarah Lansdale (Kit) and Sam Geen (Membership Secretary) who join the committee this year.

Belated welcome and thanks to Tracy Gove who stepped into the role of Competitions Secretary some months ago and has been doing a fantastic job!



### KKSC Diary Dates: 2019-2020

**Plymouth Leander Christmas Meet:**  
7-8 December 2019, Plymouth Life Centre

**KKSC Christmas Team Gala:**  
19<sup>th</sup> December 2019, 4:30-7:30pm, Quayside

**2019/20 Awards Night Party:**  
Date, venue and what we do to be confirmed!

## Exeter City Sprint Meet

The latest round of autumn swimming meets kicked off with the Exeter City sprint meet on Sunday 22<sup>nd</sup> September, at the Plymouth Life Centre.

This super-friendly swim meet is for swimmers of all abilities, with all (except the 100m IM) races being 50m sprints. That meant lots of excitement (especially for the team managers!) as the races were zipped through pretty quickly!

22 KKSC swimmers competed alongside 12 other clubs. Some swimmers being experienced and some at their very first swim meet.

Everyone did brilliantly with 35 personal bests achieved, 3 gold medals, 2 silver medals, 6 bronze medals plus four 4<sup>th</sup> places, six 5<sup>th</sup> places and three 6<sup>th</sup> places.

### Swimmers Exeter Sprints and Medals

**Freya Alcroft** (10), **Ellie Baker** (14) 2 x bronze 50m back, 50m fly, **Luke Baker** (13) bronze 100m IM, **Evie Bull** (12), **Thea Cole** (12), **Ethan Clack** (11) bronze 50m breast, **Tom Cusack** (11) bronze 50m fly, **Ruby Gove** (11) silver 50m free, **Isobelle Grainger** (9), **William Howells** (12), **Felicity Jefferey** (12), **Rowen Lewis** (10) (S8 multiclass) 2 x gold 50m free, 50m back, **Kate Lindeque** (15) bronze 50m fly, **Louise Martin** (14), **Oliver Mason** (12), **Reuben Miles** (12) gold 50m back, **Willow Miles** (10) silver 50m fly, **Zac Prior** (11), **Harry Sagar** (9), **Jack Sagar** (11), **Isabelle Tibbetts** (12) & **Hana Wood** (9).



## City of Plymouth ASA Annual Swim Meet

This meet was held over 2 weekends on the 5<sup>th</sup> / 6<sup>th</sup> & 13<sup>th</sup> October at the Plymouth Life Centre. 19 of our swimmers competed with 7 other clubs in a full range of events over the 3 days. They achieved a whopping 66 personal bests, 5 gold medals, 6 silver medals, 15 bronze medals, plus three 4<sup>th</sup> places, nine 5<sup>th</sup> places, and four 6<sup>th</sup> places.

### 200m Freestyle Relay

Two teams were entered for the 200m freestyle relays: Boys 13&under, and Girls 13&under.

**Boys:** **Reuben Miles** (12), **Oliver Simons** (13), **Tom Cusack** (12) and **Aaron Lansdale** (13), swam brilliantly and won bronze. They all achieved personal bests in their respective 50m freestyle legs of the race. Fantastic!

**Girls:** **Thea Cole** (12), **Niamh Reynolds** (11), **Willow Miles** (10), **Ruby Gove** (11) was made up of some of our younger swimmers, with 3 of them having little or no relay experience. Well done Ruby for looking after them! It was a great experience for them, and they swam marvellously, all achieving personal bests!

### CoP Swimmers

**Evie Bull** (12), **Ethan Clack** (11) bronze 100m breast, **Thea Cole** (12), **Ben Cusack** (19) 2 x bronze 50m breast, 100m IM (also made the super final!), **Tom Cusack** (12) silver 100m fly, bronze 200m freestyle relay, **Ruby Gove** gold 50m back (breaking the club record!), 2 x bronze 50m free, 100m back, **Georgia Groves** (15) 2 x silver 50m back, 50 breast, bronze 50m fly, **Aaron Lansdale** (13) silver 50m free, 2 x bronze 100m IM, 200m freestyle relay, **Louise Martin** (14), **Amy Mason** (15) gold 100m back, **Reuben Miles** (12) gold 400m IM, 4 x bronze 200m back, 800m free, 1500m free, 200m freestyle relay, **Willow Miles** (10) gold 100m fly. 2 x silver 50m fly, 200m fly, 3 x bronze 200m free, 400m free, 200m IM, **Evie Patterson-Green** (12), **Zac Prior** (11), **Niamh Reynolds** (11), **Jack Sagar** (11), **Oliver Simons** (13) 2 x bronze 100m back, 200m freestyle relay, **Jess Stewart** (14) & **Hana Wood** (9).

### Thank you to everyone who was involved in these events.

The Club couldn't do it without the help and support of all our parents and volunteers who give up their time to be poolside and to those hidden behind the scenes.

To our coaches, Mat and Jo, huge thanks for all the hard work and dedication you give to KKSC and the support you give our swimmers at these events.

Finally, to our swimmers, what a wonderful bunch, we are hugely proud of you all. A massive well done to all our medallists. Your achievements are superb! Although winning medals is the ultimate goal in competitive swimming, relatively few people achieve this, so we want to give a special mention to all our enthusiastic, dedicated swimmers who regularly attend the galas but don't necessarily win medals. They show up every time, smiling and keen and frequently achieve some great personal bests. Well done for all your efforts, you should be very proud of yourselves!



## Double Gold For Sam Stewart

During the last week of October, sixteen year old Sam Stewart represented Great Britain at the World Finals of the Biathlon and Triathlon in St Petersburg, Florida. He endured searing temperatures and humidity to achieve some excellent and hard fought individual, and team results - earning two Gold Medals in the process. Sam, and his family, are delighted with his performances - especially as he was competing against athletes from 34 different countries.

Whilst in Florida Sam learnt that he had been invited by Pentathlon GB to attend their annual podium potential training camp at Hartbury College in January - which is a another huge accolade for him and a reward for all the hard work and training he puts in.

Sam was able to attend the World Finals thanks to a fundraising effort supported by many of his friends, family, local businesses and Kingsbridge residents without whom it would not have been possible. Special thanks go to Glenies for their generous donation to Sam's fund, to the Dick Luscombe Trust and also to Clive's Pies who donated their delicious pies for everyone at Sam's well attended Fundraising Evening.



**Well done Sam!**

## KKSC & BSLSC Take To The Water for 2019 Rotary Club Swimathon



This year's annual Swimathon, organised by the Rotary Club of Kingsbridge Estuary, took place on Friday 11<sup>th</sup> October 2019 at Quayside Leisure Centre.

Kingsbridge Kingfishers Swimming Club (KKSC) and Bantham Surf Life Saving Club (BSLSC) entered 60 enthusiastic swimmers, raising money in aid of Mercy Ships, Surfers Against Sewage, and each respective club.

In total, the KKSC and BSLSC teams raised an estimated £1651.00.

Jo Lawrence, organiser of the BSLSC and KKSC teams said; "Huge thanks to all our amazing swimmers and sponsors, but especially to the Rotary Club team who work so hard every year to make this fantastic event such a resounding success".



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