

KKSC SWIMMERS IN ACTION



2018 DEVON DEVELOPMENTS

25 Kingfishers competed over a full programme of events on 16th, 23rd and 24th June 2018, achieving some great medal success and some well-earned County times.

A total of 5 Bronze, 4 Silver and an impressive 7 Gold medals were brought home.

All competitors swam brilliantly which was reflected in the amount of previous times that were broken.

Our medal winners include:

Gemma Bennett won her 1st ever Gold medal following an awesome 100m Breast swim. She gained a 7 sec PB bringing her within a second of a county time, which I have no doubt she will achieve very soon.

Ellie Baker got a Bronze in the 100 IM, Bronze in the 100m Back and Silver in the 100 Breast with a massive 7.22Sec PB and securing a County time by 4 seconds.

Lottie Cusack gained Silver in the 200m Free, Gold in the 400m Free and the hardest swim of her life and needing a 15 second PB, she got a Gold medal and an 18 second PB and First ever County time in the 800m Free.

Lucy Gloyns secured a Bronze medal in the 200m Breast with a 6.66 sec PB, smashing her previous time and gaining a county time with 6 seconds to spare. Also in the 100m Breast Lucy continued her success with yet another Bronze medal and a comfortable County time.

Ruby Gove, on form and managing to gain Silver in the 200m Back with a 14 sec PB and a very comfortable County time. A gold in the 100 Free, shaving 12+ seconds of her previous time and finally a second Gold medal in the 100m Back securing yet another County time.

Sam Green swam in the 200m Breast gaining Gold and in the 100m Free earning himself a Silver medal.

Louise Martin swam in the 200m Breast gaining a Bronze Medal with a massive 23 second PB. medal and a comfortable County time.

Charlie Pearson swam in the 200m Breast to earn a Gold medal with a 12 second PB.

Also competing over the two weekends with a raft of personal best times we had **Jess Baker**, **Luke Baker** who swam out of his skin with a 55 second PB in his 100m IM and a 36 second PB in his 200m Free. **Amelia Benfield** with a clean sweep of PB's in every event. **Alfie Bull**, **Evie Bull**, **Ethan Clack**, **Thomas Cusack**, **Alice Goode-Gray**, **Amelie Green**, **Georgia Groves**, **Bryony James**, **Evie Patterson- Green**, **Jack Sagar**, **Oliver Simons** and **Jess Stewart**.



DEVON SPRINTS: 17th JUNE 2018

A small group of swimmers competed, with a great medal haul and some fantastic personal best times. Each swimmer competed in all four strokes over 50m.

Ellie Baker (13), gained a Bronze medal in the 50m Breast, with a time of 42.80 and securing her first County time in Breaststroke. Also a Gold medal in the 50m Fly with a second County time of 34.56 seconds, which is also a county time for the 15 year old age group!

Gemma Bennett (11), with 38 swimmers in her age group gained a silver in the 50m Breast and was a whisker away from a county time with plenty of opportunity to achieve this next term.

Lottie Cusack (16), with an impressive Bronze in the 50m Fly, Silver in the 50m Free and a Gold in the 50m Breast.

Ruby Gove (10), came home with a fantastic 2 Gold medals in the 50m Back and Free. This is even more impressive when you find out there were over 47 swimmers in her age group. She also gained County Times in three events, Fly, Back and Free.

Jess Baker, **Amelia Benfield**, **Thomas Cusack** and **Jack Sagar** also competed and racked up some impressive PB's with some great swims. This was the first time some of these swimmers had competed and it was a great experience.

Congratulations to all who took part in both events from Mat Cusack, Head Coach

SAM STEWART ON THE PODIUM FOR GB IN CHAMPIONSHIPS



On the 10th June Sam Stewart competed for the Great Britain Biathlon Team in the beautiful island of Madeira. The weather on race day was very warm but overcast - this probably suited Sam better than his competitors from Portugal, Spain and Madeira. The event was in a picturesque coastal town called Machico and Sam ran 1200m along the sea front, swam 200m in the Harbour, and then completed his final 1200m run along the sea front.

Against strong international opposition Sam worked really hard to achieve 2nd position in the under 17 age group, and proudly accepted his medal for Great Britain.

Over the last few weeks Sam has competed in more national competitions - in the Triathlon (swim, run and shoot) Sam qualified for the GB Team for the World Championships to be held in Egypt, whilst last weekend he competed in the Tetrathlon (Swim, Run, Shoot and Fence) and finished a credible 6th in the Country.

He is training hard for the Biathlon European Championships held in Germany at the end of July, where he will again be representing Great Britain. If you would like to support Sam on his international adventure please email him on stewart2009@btinternet.com



SUMMER TRAINING

Please remember that training times are different over the summer holidays.

Last full training day of Summer Term is **Thursday, 26th July 2018.**

From Saturday, 28th July to Saturday, 11th August 2018, holiday training will be as follows:

NB: No Sunday OR Monday sessions

Tuesdays: 6:30-8:30pm

Bronze: 6:30-7:30pm

Silver: 7:30-8:30pm

Gold: 6:30-8:30pm

Thursdays: 5:30-7:30pm

Bronze: 5:30-6:30pm

Silver: 6:30-7:30pm

Gold: 5:30-7:30pm

Saturdays: 7:00-9:00am

All squads, usual times.

The Autumn Term starts on **Monday, 3rd September 2018.**

UPCOMING GALAS / DIARY DATES

• Exeter City Sprint meet: Sunday 23rd September 2018

This is a super-friendly swim meet for swimmers of all abilities with all (except IM) races being 50m sprints. There will be lots of excitement and the races are zipped through pretty fast. The club is keen to take a really decent squad to this meet - please sign up for this if you are available. A meet program & list of events has been emailed. **Cost:** £5.50 per event entered.

Closing date for entries: 8pm on Thursday, 19th July.

• 2018 Club Championships:

3rd November 2018 & 13th-24th November 2018

• Rotary Swimarathon:

Date to be confirmed

• Awards Night Party:

Saturday, 5th January 2019, Morleigh Village Hall

NEW KKSC KIT ON SALE NOW

We're excited to announce the new range of KKSC kit. The store is now open for online ordering: www.kksc.co.uk/kit



Did you know? Tuna swim at a steady speed of nine mph and they never stop. That means a 15-year-old tuna may have traveled 1,000,000 miles. (Issac Asimov's Book of Facts)



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