



Kingsbridge Kingfishers Newsletter

May 2017

2017 British School Biathlon Championships



On the 25th March 2017, four Kingsbridge Kingfishers swimmers represented their school Kingsbridge Community College at the British School Biathlon championships, held at Crystal Palace National Sports Stadium.

All swimmers qualified for this event after achieving the necessary qualifying points last September. Samuel Stewart also qualified at this time for the British National biathlon and competed in Solihull in November.

A 50m or 100m swim, and an 800m or 1600m run (depending on age group), are scored according to target times, in the same way as a modern pentathlon. Results were as follows:

- Alexander Bly scored 1866 points and came 42nd (under 15 boys);
- Isla McCol scored 2044 points and came 57th (under 13 girls);
- Rosie Timmis scored 2044 points and came 60th (under 12 girls); and
- Samuel Stewart scored 2325 points and came 16th (under 14 boys).

You are all in the top 100 bi athletes in Great Britain in your age category - a MASSIVE well done from Kingsbridge Kingfishers!

South West Regional Championships

Emily Lawrence, Becky Noyce, Sam Stewart, Ellie Langman, Ed Carson and Jenny Grace are also competing in South West Regional Championships this month. Report to follow next time.

Devon Development Gala: 10th-11th & 18th June 2017

A great opportunity for any swimmers, not swimming at county or regional level to take part in a friendly, competitive meet at Plymouth Life Centre.

The cost is £5.50 per event. Swimmers do not have to enter all events but all swimmers in Gold & Silver squad and the top two lanes of Bronze squad should try and enter as many events as possible. Please talk to either Mat or Jo if you have any questions. **Entry details needed by Saturday 20th May.**

Weekly Timetable

Monday 6.45am to 8.15am

Silver & Gold Technique improvement

Tuesday 6.30pm to 8.30pm

6.30pm to 8.30pm: Gold squad

6.30pm to 7.30pm: Silver/Gold under 14

7.30pm to 8.30pm: Silver/Gold 15 and over

Thursday 4.30pm to 7.30pm (Club Night)

4.30pm to 5.15pm: Bronze

5.15pm to 6.15pm: Silver

6.15pm to 7.30pm: Gold

Saturday 7.00am to 9.00am

7.00am to 8.00am: Masters (adults 18+)

8.00am to 9.00am: Additional Bronze Session

Whole two hours, open to all squads.

Sunday 7.30am to 9.00am - Open to all squads

Changing Sessions: Swimmers wanting to change sessions must first clear it with their coach. Some sessions may have a waiting list.

Extra Sessions: If you would like to add an extra session, we have plenty of space on Sunday mornings. For Bronze Squad this would be 8.00am-9.00am. All other swimmers 7.30am-9.00am. **Please notify the treasurer via treasurer@kksc.co.uk of any changes to sessions. You will be advised of any standing order changes.**



Swim Trials

The next trial for swimmers wishing to join the club will take place on either Thursday, 25 May or 8th June. If you know anyone who would like to try-out, please make sure they contact the membership secretary Petrus Lindeque to put their name down e: kkscmemsec@gmail.com

Petrus will then be able to let you know the confirmed date of the trial.

2017 Beach Party/BBQ

KKSC Beach Party & BBQ, South Milton.
Date and details to be confirmed.



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