



NORTHERNER

the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

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Apologies for the delay in getting the newsletter out this month. Hopefully it will be worth the wait so you can see your PBs. There were so many in Club Champs.

News and Views from the Club

Welcome to our new members

Goodbye and thank you to the Exton Family. Luke and Adam have moved on to other things so they have left Northern. We send our best wishes to them and a big thank you to Mum, Sue who has always been a willing helper both as a spotter and as a team manager at galas.

Swimmers of the Month

October

Small pool	Danae Fritz
Diving tank	James Judson
End lane	Eoin Byrne
Main pool	Lauren Hammond

November

Small pool	Oliver Halliday
Diving tank	Thomas Tekel
End lane	Libby Malpass
Main pool	Tom Devonshire

December

Small pool	Catlin Procter
Diving tank	Samuel Wheat
End lane	Hayden Houldsworth
Main pool	Rebecca Booth

Membership Renewal

Hopefully everyone has their membership forms and fees handed in. If not, please do so ASAP. Membership forms can be

downloaded from the website and MUST be handed in now or the Club will face a fine.

If you are having difficulties such as completing the form, please let one of the Committee members know and we can help you.

For those of you, who pay the monthly fees by direct debit, please ensure that you have increased the amount by a pound per swimmer.

Fundraising

Due the increasing cost of hiring the pool we need to raise additional funds to help keep the cost of our fees down.

Our first fundraiser is to hold a cake stall on the last Friday of every month. Please sign up on the notice board at Beechdale to provide homemade biscuits and cakes to be sold for 20p each.

We are also going to be holding a sponsored swim on Sunday 12 June and Monday 13 June. This will help us raise some funds while allowing the swimmers chance to do some distance badges.

Olympics

The Club is looking into a trip to see some of the Olympic Swimming. If you are interested please let Calvin or Gill know.

100 Club

Matt Evison-Varley is running the 100 Club. If you owe money from last year please let him have the outstanding monies.

For this year, to save Matt asking you for money each month, you are most welcome to pay in blocks of 3,6, or 12months.

Please do join the 100 club if you can as it does help raise much needed funds for the Club and also gives you the chance to win some money!

Junior Gala

After the success of last year's Junior Gala we are holding a second one on Sunday 13 March. This gala is aimed at the younger swimmers to help them get some experience of swimming in the big pool under race conditions. Sharon has put a form up on the notice board. If you would like to take part please sign this form. Sharon will then be able to organise the races.

Weekend Gala Fixtures

Dates for up an coming weekend galas are available on the website.

County Championships 2011

We are delighted that Northern will be sending 10 swimmers to the Counties this year. We wish them all the best and our fingers are firmly crossed that they all do well.

Coach's Corner

To those of you who wear hats, please could you wear a Northern hat when swimming at galas and open meets. This will let everyone know who we are and who it was who beat them.

Gill has them for sale for £5 at the desk on Fridays, Sundays and Mondays.

Please make us a team that stands out and to be proud of.

If you are swimming at galas or at open meets please bring along some flip flops or poolside shoes to wear. They will keep your feet warm and keep them clean as the poolside and the toilet floors are often dirty.

If you would like a Northern polo shirt or T-bag please let Gill know as we are going to put an order in for some new ones in the very near future.

Galas

Swimmers it is essential that you are silent while the races are getting started. This is important if you are with the team but even more so if you are at the end of the pool waiting for the next race.

We had our best result at the Minor League at Arnold on the 29 January .It was brilliant. The swimmers were on top form, winning 9 of the races and no DQ's. We came 3rd overall despite having 8 races we couldn't enter swimmers for.

We also had a very successful day at the Leander's Open Meet at Beechdale on the 23rd of January.

A big thank you to Katie, Sarah, and Charlotte for their help on the day. It was a long day for all swimmers and helpers,. We had 5 swimmers in the morning finals and 5 swimmers in the afternoon finals. Michelle entered a relay team again and they came 3rd in their race.

Congratulations to Matthew Anderson who received the trophy for top boy for his age. There were 30 PB's achieved.

Personal Bests

Nottingham Northern Club Champs 2010

Name	Stroke/ distance	Time
Matthew Anderson	800m free	11.40.56
Tom Devonshire	800m free	17.34.44
Benjamin Hammond	800m free	11.27.81
Hayden Houldsworth	800m free	17.48.38
Hannah Hodkinson	800m free	11.06.62
Lauren Hammond	800m free	12.32.29
Tim Venkatesan	200m back	2.46.13
Benjamin Hammond	200m back	2.45.66
Matthew Anderson	200m back	2.45.48
Thomas Judson	200m back	3.39.31
Oliver Mackay	200m back	3.32.00
Hannah Hodkinson	200m back	2.47.82
Daisy Williams	200m back	3.08.60
Sally Durcan	200m back	3.29.56
Emily Venkatesan	200m back	3.24.56

Lauren Hammond	200m back	3.13.56	Jasmine Mackay	25m free	19.11
Sophie Monaghan	200m back	3.42.29	Megan Edis	25m free	22.99
Jasmine Mackay	200m back	3.50.47	Elli Smith	25m free	25.50
Alice Venkatesan	200m back	2.49.13	Luke Exton	50m free	43.34
Cerys Evison-Varley	200m back	3.07.28	Esam Shahid	50m free	52.95
Ella Kay	200m back	2.53.60	Hayden Houldsworth	50m free	46.33
Rebecca Booth	200m back	4.15.25	Emily Venkatesan	50m free	36.19
Matthew Anderson	200m IM	2.50.25	Teagan Burch	50m free	52.45
Tim Venkatesan	200m IM	2.49.19	Libby Malpass	50m free	53.60
Tom Devonshire	200m IM	4.20.34	Megan Smith	50m free	40.81
Benjamin Hammond	200m IM	2.46.69	Phoebe Ackroyd	50m free	47.37
Oliver Mackay	200m IM	3.35.00	Rebecca Booth	50m free	47.37
Hannah Hodkinson	200m IM	2.52.28	Amy Edis	50m free	53.90
Emily Venkatesan	200m IM	3.16.15	Sian Langham	50m free	58.34
Lauren Hammond	200m IM	3.09.50	Lauren Gibbons	50m free	48.89
Jasmine Mackay	200m IM	3.54.22	Emily Urquhart	50m free	49.85
Katie Durcan	200m IM	3.28.50	Charlotte Alvey	50m free	46.41
Charlie Homer	200m IM	3.17.90	Jaya Adams	50m free	54.56
Alice Venkatesan	200m IM	2.45.56	Matthew Anderson	100m free	1.09.10
Cerys Evison-Varley	200m IM	3.15.50	Thomas Judson	100m free	1.33.63
Sally Durcan	200m IM	3.33.53	Mikhial Razaq	100m free	1.27.27
Adam Razaq	25m free	37.92	Willem Sim	100m free	2.22.63
Joshua Witham-Neal	25m free	1.04.44	Christy Byrne	100m free	1.43.97
Tomas Tekel	25m free	35.26	Adam Exton	100m free	1.11.35
James Judson	25m free	42.23	Tim Venkatesan	100m free	1.05.88
Zayem Shahid	25m free	27.13	Benjamin Hammond	100m free	1.05.46
Samuel Wheat	25m free	23.23	Ben Allen	100m free	1.08.61
Louis Round	25m free	21.00	Alice Venkatesan	100m free	1.08.70
Daniel Langham	25m free	24.40	Cerys Evison-Varley	100m free	1.18.97
Oliver Mackay	25m free	16.19	Sophie Monaghan	100m free	1.42.55
Eoin Byrne	25m free	24.90	Molly Round	100m free	1.51.76
Daisy Stonier	25m free	33.24	Rachel Lawrence	100m free	1.37.69
Danielle Houldsworth	25m free	44.12	Lauren Hammond	100m free	1.19.14
Eden Burch	25m free	24.41	Ella Kay	100m free	1.13.13
Grace Phillips	25m free	36.85	Catrin Manktelow	100m free	1.36.30
			Katie Durcan	100m free	1.25.75
			Hannah Hodkinson	100m free	1.08.03
			Charlie Homer	100m free	1.18.76
			Bethan Manktelow	100m free	1.28.25
			Sally Durcan	100m free	1.23.36

Daisy Williams	100m free	1.22.09
Zayem Shahid	25m back	41.41
Thomas Evison-Varley	25m back	25.25
Samuel Wheat	25m back	30.14
Louis Round	25m back	32.59
Eoin Byrne	25m back	29.22
Frances Stonier	25m back	30.28
Jasmine Mackay	25m back	23.28
Megan Edis	25m back	30.28
Elli Smith	25m back	36.02
Esam Shahid	50m back	1.07.10
Sian Langham	50m back	1.16.37
Lauren Gibbons	50m back	1.01.01
Jaya Adams	50m back	1.04.31
Teagan Burch	50m back	57.34
Libby Malpass	50m back	1.09.44
Megan Smith	50m back	49.37
Phoebe Ackroyd	50m back	57.00
Matthew Anderson	100m back	1.18.56
Willem Sim	100m back	2.46.00
Mikhial Razaq	100m back	1.51.49
Daniel Fritz	100m back	1.42.98
Connor Mckay	100m back	1.49.96
Tim Venkatesan	100m back	1.19.47
Benjamin Hammond	100m back	1.19.15
Alice Venkatesan	100m back	1.19.60
Sophie Monaghan	100m back	1.51.08
Rachel Lawrence	100m back	1.55.07
Lauren Hammond	100m back	1.35.12
Ella Kay	100m back	1.18.92
Catrin Manktelow	100m back	1.54.80
Katie Durcan	100m back	1.42.38
Bethan Manktelow	100m back	1.42.96
Sally Durcan	100m back	1.41.06
Adam Exton	200m breast	3.07.96
Benjamin Hammond	200m breast	3.07.00
Hayden Houldsworth	200m breast	5.06.56
Thomas Judson	200m breast	4.07.32
Hannah Hodkinson	200m breast	3.14.00
Beth Doyle	200m breast	3.37.90
Alice Venkatesan	200m breast	3.05.62
Cerys Evison-Varley	200m breast	3.36.44
Sophie Monaghan	200m breast	3.53.06
Megan Smith	200m breast	4.02.31
Jasmine Mackay	200m breast	4.01.02
Rebecca Booth	200m breast	4.41.59
Emily Venkatesan	200m breast	3.32.66
Lauren Hammond	200m breast	3.33.59
Ella Kay	200m breast	3.13.00
Rachel Lawrence	200m breast	4.06.92
Katie Durcan	200m breast	3.35.45
Hayden Houldsworth	200m free	4.02.00
Oliver Mackay	200m free	3.23.25
Daniel Fritz	200m free	3.26.07
Thomas Judson	200m free	3.31.25
Hannah Hodkinson	200m free	2.31.77
Sally Durcan	200m free	3.00.59
Emily Venkatesan	200m free	2.59.13
Lauren Hammond	200m free	2.55.10
Ella Kay	200m free	2.47.81
Alice Venkatesan	200m free	2.31.61
Cerys Evison-Varley	200m free	2.59.63
Sophie Monaghan	200m free	3.40.28
Katie Durcan	200m free	3.00.60
Oliver Mackay	400m free	7.09.77
Hayden Houldsworth	400m free	8.10.32
Emily Venkatesan	400m free	6.34.13
Lauren Hammond	400m free	6.12.97
Alice Venkatesan	400m free	5.27.66
Cerys Evison-Varley	400m free	6.16.28
Tim Venkatesan	400m free	5.37.44
Benjamin Hammond	400m free	5.19.25
Hannah Hodkinson	400m free	5.20.94

Matthew Anderson	100m IM	1.19.90
Oliver Mackay	100m IM	1.41.38
Connor Mckay	100m IM	1.54.61
Daniel Fritz	100m IM	1.40.14
Hannah Hodkinson	100m IM	1.18.67
Charlie Homer	100m IM	1.29.29
Cerys Evison-Varley	100m IM	1.26.68
Sophie Monaghan	100m IM	1.45.63
Emily Urquhart	100m IM	1.59.74
Zara Mackay	100m IM	1.32.11
Katie Durcan	100m IM	1.35.73
Emily Venkatesan	100m IM	1.31.05
Alice Venkatesan	100m IM50m free	1.15.93
Lauren Hammond	100m IM	1.26.40
Megan Smith	100m IM	1.43.11
Jasmine Mackay		1.54.92
Rebecca Booth	100m IM	2.08.26
Adam Exton	100m IM	1.17.79
Tim Venkatesan	100m IM	1.15.55
Hayden Houldsworth	50m free	45.04
James Kelly	50m free	42.59
Connor Mckay	50m free	42.71
Alice Venkatesan	50m free	31.27
Cerys Evison-Varley	50m free	35.42
Rachel Lawrence	50m free	41.42
Lauren Hammond	50m free	35.16
Ella Kay	50m free	32.29
Tim Venkatesan	50m free	29.54
Ben Allen	50m free	29.73
Hannah Hodkinson	50m free	32.14
Sarah Allen	50m free	38.63
Benjamin Hammond	400IM	6.17.53
Hannah Hodkinson	400IM	5.55.34
Lauren Hammond	400IM	6.38.91
Emily Venkatesan	400IM	7.06.22
Alice Venkatesan	400IM	5.49.35

Cerys Evison-Varley	400IM	7.02.50
Adam Razace	25m breast	1.09.41
Tomas Tekel	25m breast	50.63
Daisy Stonier	25m breast	43.88
Danielle Houldsworth	25m breast	1.06.43
Eden Burch	25m breast	31.03
Grace Phillips	25m breast	41.97
Zayem Shahid	25m breast	47.17
Thomas Evison-Varley	25m breast	32.97
Samuel Wheat	25m breast	33.88
Louis Round	25m breast	31.80
Daniel Langham	25m breast	45.18
Oliver Mackay	25m breast	24.14
Eoin Byrne	25m breast	34.18
Frances Stonier	25m breast	36.89
Jasmine Mackay	25m breast	25.36
Megan Edis	25m breast	39.32
Elli Smith	25m breast	38.14
Luke Exton	50m breast	56.47
Hayden Houldsworth	50m breast	1.00.20
Teagan Burch	50m breast	1.10.41
Libby Malpass	50m breast	1.19.06
Charlotte Alvey	50m breast	56.19
Jaya Adams	50m breast	1.12.36
Amy Edis	50m breast	1.12.55
Emily Urquhart	50m breast	54.41
Rebecca Booth	50m breast	58.81
Thomas Judson	100m breast	1.50.37
Willem Sim	100m breast	2.33.07
Daniel Fritz	100m breast	1.59.27
Mikhial Razaq	100m breast	1.58.40
Christy Byrne	100m breast	2.00.90
Adam Exton	100m breast	1.29.36
Benjamin Hammond	100m breast	1.30.25
Tim Venkatesan	100m breast	1.24.63
Kayla Campbell	100m breast	1.49.44
Alice Venkatesan	100m breast	1.27.17
Ella Kay	100m breast	1.36.67
Katie Durcan	100m breast	1.40.94
Lauren Hammond	100m breast	1.41.47
Cerys Evison-Varley	100m breast	1.42.66
Sophie Monaghan	100m breast	1.53.29
Molly Round	100m breast	2.14.04

Hannah Hodkinson	100m breast	1.30.82
Charlie Homer	100m breast	1.41.38
Daisy Williams	100m breast	1.40.95
Sarah Allen	100m breast	1.45.65
Beth Doyle	100m breast	1.39.40
Joshua Witham-Neal	25m back	54.18
James Judson	25m back	45.97
Daisy Stonier	25m back	39.19
Danielle Houldsworth	25m back	59.26
Eden Burch	25m back	28.61
Grace Phillips	25m back	33.88
Samuel Wheat	25m fly	35.11
Elli Smith	25m fly	43.80
Emily Venkatesan	25m fly	18.81
Lauren Gibbons	25m fly	29.55
Libby Malpass	25m fly	30.45
Charlotte Alvey	25m fly	25.10
Connor Mckay	50m fly	1.04.96
Mikhial Razaq	50m fly	1.00.02
Molly Round	50m fly	1.06.61
Katie Durcan	50m fly	45.63
Tim Venkatesan	100m fly	1.34.84
Benjamin Hammond	100m fly	1.31.97
Matthew Anderson	100m fly	1.24.45
Hannah Hodkinson	100m fly	1.24.52
Sally Durcan	100m fly	1.46.35
Beth Doyle	100m fly	1.40.30
Rhea Williams	100m fly	1.27.09

**BRAMCOTE OPEN MEET
28.11.10**

Name	Stroke/distance	Time
Charlotte Alvey	50m breast	55.70
Hannah Hodkinson	100m back	1.15.55
Charlotte Alvey	50m back	52.46
Hannah Hodkinson	200IM	2.49.46

**NOTTS & DISTRICT (R3) ARNOLD
11.12.2010**

Name	Stroke/distance	Time
Sophie Monaghan	50m back	47.60
Hayden Houldsworth	50m back	54.63
Alice Venkatesan	50m breast	39.50
Rhea Williams	50m fly	36.33
Ben Allen	50m fly	37.65
Thomas Judson	50m breast	50.33
Mikhail Razaq	50m back	47.22
Emily Venkatesan	25m fly	18.17
Daisy Williams	50m free	36.72
Katie Durcan	50m breast	47.02
Chisty Byne	50m breast	49.75
Mikhail Razaq	50m free	38.78
Ben Allen	50m breast	39.85

**MINOR LEAGUE SPRING (R1)
HUCKNALL 15.1.11**

Name	Stroke/distance	Time
Kayla Campbell	50m back	52.03
Christy Byrne	50m back	51.13
Thomas Judson	50m breast	50.15
Katie Durcan	50m fly	45.22
Mikhail Razaq	50m back	46.83
Hayden Houldsworth	50m free	43.98
Charlie Homer	50m fly	40.88
Jasmine Mackay	50m back	50.19
Mikhail Razaq	200m free	3.27.40
Sophie Monaghan	50m free	44.04

**MINOR LEAGUE SPRING (R1) AT
HUCKNALL ON THE 15TH JAN 2011)**

Name	Stroke/distance	Time
Kayla Campbell	50m back	52.03
Christy Byrne	50m back	51.13
Thomas Judson	50m breast	50.15
Katie Durcan	50m fly	45.22
Mikhail Razaq	50m back	46.83
Hayden Houldsworth	50m free	43.98
Charlie Homer	50m fly	40.88
Jasmine Mackay	50m back	50.19
Mikhail Razaq	200m free	3.27.40
Sophie Monahan	50m free	44.04

**LEANDER OPEN MEET AT BEECHDALE
BATHS 23.1.11**

Name	Stroke/distance	Time
Jasmine Mackay	100m IM	1.45.05
Emily Venkatesan	100m IM came 3 rd in age	1.29.50
Emily Urquhart	100m IM	1.51.51
Katie Durcan	100m IM	1.32.68
Charlie Homer	100m IM	1.27.99
Oliver Mackay	25m fly	17.47
Mikhail Razaq	50m fly	49.23
Benjamin Hammond	50m fly	37.70
Jasmine Mackay	50m breast	52.84
Emily Urquhart	50m breast	53.71
Daniel Fritz	50m back	45.48
Mikhail Razaq	50m breast	45.19
Jasmine Mackay	50m free	43.19

Emily Urquhart	50m breast	49.78
Katie Durcan	50m breast	37.56
Alice Venkatesan	100m IM came 4 th in age	
FINALS		
Oliver Mackay	2 nd in 25m fly	
Matthew Anderson	1 st in 50m fly	
Emily Venkatesan	1 st in 50m breast	
Alice Venkatesan	5 th in 50m breast	
Matthew Anderson	1 st in 50m back	35.10
12 yrs relay team 3 rd in 100m free Alice Venkatesan Cerys Evison-Varley Lauren Hammond Ella Kay		1.02.40
Matthew Anderson	100m IM came 2 nd in age	1.19.88
Jasmine Mackay	25m fly	23.91
Emily Venkatesan	50m fly	40.35
Emily Urquhart	50m fly	56.81
Ella Kay	50m fly	36.79
Cerys Evison-Varley	50m fly	39.05
Daniel Fritz	50m breast	56.66
Mikhail Razaq	50m breast	53.02
Benjamin Hammond	50m breast	40.89
Jasmine Mackay	50m back	48.57
Emily Urquhart	50m back	54.38
Cerys Evison-Varley	50m back	40.47
Mikhail Razaq	50m free	37.91
FINALS		
Emily Venkatesan	5 th in 50m fly	

Alice Venkatesan	6 th in 50m fly	
Matthew Anderson	5 th in 50m breast	
Ella Kay	5 th in 50m back	
Matthew Anderson	1 st in 50m free	

MINOR LEAGUE SPRING (R2) ARNOLD

29.1.11

Name	Stroke/distance	Time
Sophie Monaghan	50m breast	50.10
Ella Kay	200m free	2.36.74
Mikhail Razaq	200m free	3.11.70
Samuel Wheat	50m free	53.83
Ella Kay	50m fly	36.24
Samuel Wheat	50m back	1.04.21
Thomas Judson	200m free	3.18.45

Dates for Your Diary

No swimming on

Sunday 13.2.11

Sunday 20.3.11

Time Trials on Sunday 6.2.11

Easter Holidays

Last swim is 18.4.11

First swim back is Thursday 5.5.11.

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