



# NORTHERNER

the Nottingham Northern Swimming Club Newsletter  
(Founded 1908)

Affiliated to ASA East Midlands Region

**Editor: Sarah Kay**

**Issue 95**

**March 2011**

As the evenings are getting lighter and hopefully the weather is getting warmer I hope your training is going well.

### News and Views from the Club

Congratulations to Calvin on passing his Level 1 teaching award.

### Welcome to our new members

Swimmers

Harry Barbour Atkinson

Rebekah Dussek

Scarlett Janmaat

Joe Stonier

Helpers

Donald Fritz

Jemma Homer

Sarah Philips

James Urquhart

Jane Urquhart

### Swimmers of the Month

January

Small pool Taylor Wright

Diving tank Grace Philips

End lane Louis Round

Main pool Alice Venkatesan

February

Small pool Hamza Harris

Diving tank Eden Burch

End lane Lauren Gibbson

Main pool Daisy Williams

### Membership Renewal

A big thank you to Jane Wheat who has worked very hard in completing the membership list and ensuring everyone has

paid. No mean feat! Thank you to those of you who completed your membership forms on time. For those of you who did not meet the deadline please do remember next year.

### Fundraising

Thank you to those of you who made cakes last month and to all of you that bought them. The stall was a great success and lips are all ready licking at the thought of warm samosas followed by a cake!  
Next sale Friday 25 March!

### 100 Club

February winners are:

James Hammond 1st, Paul Byrne 2nd, Sarah Kay 3rd,

1<sup>st</sup> James Hammond

2<sup>nd</sup> Paul Byrne

3<sup>rd</sup> Sarah Kay,

Please see Matt Evison-Varley if you would like to get a number or to pay your fees. Thank you for helping us raise funds for the club.

### Junior Gala

This year's Junior Gala was a great success. A big thank you to Sharon for all the time she put into planning the afternoon. The swimmers wowed the crowds with fantastic swimmers. There were 63 personal bests! Stunning! A very big thank you to the spectators for all your cheering and encouragement. Thanks to everyone who helped and with the organisation on the day and to the older swimmers for swimming along side the younger swimmers..

### Time Trials

Time Trails will start for the Main Pool swimmers on Monday the 4th of April. This is an opportunity for Sharon and the coaching staff to get times for 25m, 50m, 100m swims, for all 4 strokes and to see how you are progressing..

The dates will be  
Monday 4th of April  
Friday 8th of April  
Sunday 10th of April  
Friday 15th of April

All Main Pool swimmers need to attend these dates for assessment

### Weekend Gala Fixtures

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

### County Championships 2011

#### Coach's Corner

#### Training

Congratulations to all the swimmers who are representing Northern at the County Championships. The events have been spread over several weekends over the last month. The swimmers have done us proud. The swimmers were very well behaved despite the days being very long. Congratulations to you all and we were so delighted for Matthew Anderson who swam so fast that he got 4 Midland times and will go on to the Midland Championships in the summer. Congratulations Matthew.

Sharon is very keen to take even more swimmers along next year so will be keeping a watchful eye on your progress and will try to help you make the qualifying times.

### Personal Bests

#### SPRING COMP (R2) Bramcote 5.2.11

Name	Stroke/distance	Time
Emily Venkatesan	50m free	35.45
Mikhail Razaq	100m breast	1.48.33
Benjamin Hammond	100m fly	1.25.39
Louis Round	50m back	1.01.49
Charlotte Alvey	50m back	51.54
Katie Durcan	50m breast	46.88
Samuel Wheat	50m breast	1.07.55
Yodraj Deorukhkar	100m free	1.41.49
Charlotte Alvey	25m fly	24.97
Yodraj Deorukhkar	100m back	2.12.00
Mikhail Razaq	100m IM	1.43.68

#### County Championships at Beechdale 12.2.11 - 13.2.11

Name	Stroke/distance	Time
Hannah Hodkinson	100m back	1.15.46
Emily Venkatesan	50m back	42.66
Hannah Hodkinson	50m back	35.19
Emily Venkatesan	200m free	2.46.85
Alice Venkatesan	200m free	2.25.60
Matthew Anderson	50m back	34.46
Oliver Mackay	50m fly	42.54
Matthew Anderson	50m fly	33.90
Katie Durcan	200m breast	3.34.12
Emily Venkatesan	200m breast	3.28.12
Hannah Hodkinson	200m breast	3.09.81

Emily Venkatesan	50m fly	39.77
Matthew Anderson	200m back	2.38.96 Midland time
Emily Venkatesan	400m free	5.55.40
<b>County Championships Mansfield 26.2.11 IES 26<sup>TH</sup> OF</b>		
Katie Durcan	50m breast	46.82
Emily Venkatesan	50m breast	42.07
Matthew Anderson	100m free	1.06.18
Hannah Hodgkinson	200m back	2.43.28
Oliver Mackay	50m free	35.88
Benjamin Hammond	50m free	30.06
Matthew Anderson	50m free	30.29 Midland time
Matthew Anderson	200m IM	2.42.28 Midland time
Hannah Hodgkinson	50m free	32.02
Matthew Anderson	100m back	1.13.93 Midland time

**JUNIOR GALA BEECHDALE  
13.3.11**

Name	Stroke/distance	Time
<b>Boys</b>		
Eoin Byrne	25m back	26.25
Daniel Langham	25m back	35.75
Viraj Deorukhkar	25m back	48.32
Essam Shahid	25m back	27.16
Will Sprake	25m back	30.35
Thomas Tekal	25m back	34.72
James Judson	25m back	35.37
Adam Razaq	25m back	50.96
Connor Mckay	50m back	52.37
Willem Sim	50m back	1.12.32
Ryan Green	50m back	1.00.31
Samuel Wheat	50m back	1.00.66

Viraj Deorukhkar	25m free	53.47
Joshua Witham-Neal	25m free	53.35
James Judson	25m free	37.88
Thomas Tekal	25m free	31.72
Will Sparke	25m free	27.28
Zayem Shahid	25m free	26.34
Eoin Byrne	25m free	23.19
Essam Shahid	25m free	24.97
Harry Barbour-Atkinson	50m free	48.50
Louis Round	50m free	47.34
Ryan Green	50m free	49.34
Willem Sim	50m free	1.03.78
Connor Mckay	50m breast	56.19
Harry Barbour-Atkinson	50m breast	56.75
Ryan Green	50m breast	1.14.41
James Kelly	50m breast	1.01.75
Louis Round	50m breast	1.00.94
Willem Sim	50m breast	1.05.19

**JUNIOR GALA BEECHDALE  
13.3.11**

Name	Stroke/distance	Time
<b>Girls</b>		
Danielle Houldsworth	25m back	56.62
Danae Fritz	25m back	49.22
Catlin Proctor	25m back	47.50
Scarlet Janmaat	25m back	44.53
Elli Smith	25m back	35.44
Siobhan Harnett	25m back	33.47
Daisy Stonier	25m back	32.50
Sian Langham	25m back	30.75
Gemma Halliday	50m back	1.03.59
Amy Edis	50m back	1.06.69
Frances Stonier	50m back	1.08.88
Molly Round	50m back	55.00
Phoebe Ackroyd	50m back	55.72

Cara Green	50m back	1.04.72
Danae Fritz	25m free	48.81
Danielle Houldsworth	25m free	41.69
Catlin Proctor	25m free	36.16
Scarlett Janmaat	25m free	35.18
Daisy Stonier	25m free	27.25
Siobhan Harnett	25m free	27.00
Sian Langham	25m free	23.81
Frances Stonier	50m free	1.00.56
Molly Round	50m Free	45.19
Phoebe Ackroyd	50m free	45.25
Cara Green	50m free	57.19
Gemma Halliday	50m free	51.22
Phoebe Ackroyd	50m breast	58.12
Cara Green	50m breast	1.01.62
Molly Round	50m breast	1.02.18
Frances Stonier	50m breast	1.15.35
Amy Edis	50m breast	1.12.32
Jaya Adam	50m breast	1.09.34
Libby Malpass	50m breast	1.08.75
Gemma Halliday	50m breast	1.03.93

### **Dates for Your Diary**

No swimming on

Monday 11.4.11

Monday 18.4.11

as Ken Martin is closed for repairs

Easter Holidays

Last swim is now the 15.4.11

First swim back is Thursday 5.5.11.

Next newsletter May 2011