



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

Issue 90

May 2010

There has been the most amazing swimming in recent weeks starting with the exciting Junior Spring Gala. This was closely followed by stunning performances in the Counties with Emily Venkatesan and Matthew Anderson finishing in the top ten in their age groups and the Girls 12 and Under relay team swimming out of their skins to reach the final. The achievements have continued with Hannah Hodgkinson and Matthew Anderson putting in superb performances over two days at the City of Derby Open and then the excitement went off the scale with wonderful races in the Club Time Trials as you will see from ALL the PBs at the end of this newsletter! Well done! We have just enough time for us supporters to get our voices back and you swimmers to keep training hard so that we have a fantastic Northern Open on 27th June with loads more to cheer about!

News and Views from the Club

Swim 21

Work continues by the Committee and coaches towards our Swim 21. Swim 21 is the "quality mark" of the British Amateur Swimming Association. To get accredited each club has to demonstrate that they provide a safe, effective and quality service for the benefit of its members. Many thanks to those who have taken time to attend courses on behalf of the club. Please let any member of the Committee know (Gill and Jo are usually on the door at training sessions) if you have some time you

could give to attend a course on behalf of the Club.

See the website for all the Club's policies and useful links to the ASA.

Membership Secretary

Northern is in need of volunteer to coordinate the membership of the Club. If you have a talent for updating data bases please don't be shy - let us know - we need YOU.

Welcome to our new members

Holly Branford
William Sprakes
Logan Stanfield
Ryan Thompson
Libby Adams
James Hammond
Connor McKay
Bahar Yulssel
Andrew Mackay

Thank you to those of you that paid your membership fees promptly. Unfortunately not everyone did so we are keeping our fingers firmly crossed that we will not incur a fine from the ASA. To prevent this from happening next year we will be issuing the renewal forms earlier and have a closing date of 31st January. If your family's form is not submitted before this date your children will not be allowed to swim. We appreciate that it is a difficult time of year to find extra money but the Club cannot sustain financial penalties.

Congratulations to Emily Venkatesan for being invited to join Nova Centurion Swimming Club of the Nottinghamshire ASA

Swimmers of the Month

March

Small pool	William Sim
Diving tank	Libby Malpass
Diving tank	Emy Edis
Main pool	Sara Bannister

April

Small pool	Megan Edis
Diving tank	Connor McKay
End lane	Jasmine Mackay
Main pool	Adam Exton

100 Club Winners

March

1 st	Paul Durcan
2 nd	Mari MacKay
3 rd	Tracey Homer

May

1 st	Paul Durcan
2 nd	Philip Burch
3 rd	Andrea Witham

The Committee would like to say a massive thank you to Roy Crampton for taking the time to train several of our parents in the ways of timekeeping and judging. Thank you too to James and Jane Urquhart, Calvin Holdsworth, Phil Burch, Martin Judson, Donald Fritz and David Booth for volunteering to help with these roles.

The following parents are trained team managers :Jo Smith, Gill Smith, Alison Nurse, Katie Rhodes, Diane Williams, and Sue Exton

Northern Junior Open 2010

This is the Club's big, big event of the year. On Sunday 27th June over 300

swimmers will descend on Beechdale to swim in a day of 50m metre races. So to help make this day the stunning festival it has traditionally become we need your help.

1. If you are 9 and over and would like to swim in all or some of the races for your age group you need to complete an entry form. Forms are available on the website www.northernsc.co.uk from a link on the homepage.
2. Entry forms must be submitted by Saturday 29th May 2010. No late entries will be accepted. You can give your form to Jo Smith (usually on the door at training sessions) or Michelle Hammond. If you are not sure about whether to enter or not please ask your coach.
3. We need parents to volunteer. While the event is always successful it is also a long day, so the more volunteers we have the easier the day is for everyone. We need people to
 - a. Team manage
 - b. Door staff for entry (AM and PM)
 - c. Poolside assistants to provide the coaches and officials with regular refreshments
 - d. Raffle ticket sellers
 - e. Runners to pass information between the team managers and the recorders desk
 - f. Helpers to setup for the lunchtime break for the coaches and officials

There will be a meeting for Volunteers on Friday 28th May at the time of the training session. Please do come along if you can help at the Open. David and Jo will talk through the different jobs and assign you a role. If your child is entering the Open please do volunteer, it makes such a difference on the day to have many willing people to make the event run smoothly.

4. Raffle Prizes this is a chance for the Club to raise much needed funds. First

prize this year will be a Food Hamper. **Please could all members of the club donate a none perishable food to the hamper.** Second prize is a case of wine, so donations towards this would be much appreciated too. Please give your donations to Katie Rhodes (mum of Tim, Alice and Emily).

5. Advertising for the Programme

We produce an Open Meet programme on the day which includes all of the swimmers who have entered, the schedule of events and also space for company advertising. If you would like to take the opportunity to advertise your own business in this year's programme, please contact **DAVID ANDERSON (Open Meet Coordinator)** with your details. There is also an opportunity to sponsor a race either with your family name or company name, which will also appear in the programme.

Costs for Advertising and Sponsorship are as follows:

HALF Page Advert	£20
FULL Page Advert	£30
Sponsor a Race	£5

Nottingham Northern Swimming Club always looks for a many company sponsor whose name will appear on the front of the programme, our website and will get regularly announced throughout the day. If you own a company or know of a business that may wish to put their name forward as the main sponsor, please contact **DAVID ANDERSON**.

The cost for being the main sponsor is £250.

David Anderson's contact details;

Email: david@northernsc.co.uk

Mob: 07771 708240

Thank you for all your help and support with the Open Meet- it is very much appreciated and will help the day be the best ever! Thank you to David who has already put in so much time and effort.

Twitter

If you are into "tweeting"! - you can now follow Nottingham Northern SC on Twitter. Go to <http://twitter.com/northernsc> or click on "Find People" from Twitter and look for NorthernSC.

The more people who follow us, the more tweets we will do!

Club Champs

Looking forward to Club Champs, held after the October half term the Committee has decided to introduce some new races including 800m front crawl and 400m individual medley. These new races will enable swimmers to get a time for longer distances and are useful for those swimmers that wish to trial for the County. We are looking for people to donate trophies for these events that will be presented to the male and female winners at the Presentation Evening in November. If you would like to donate a trophy for these races please see Clare Soar.-

Club Shop

To purchase swimming equipment please email . Rachel Beeton on raychey_05@hotmail.co.uk with your shopping list and let them know which sessions you will be at the pool to pick up your equipment. Please pay for the items as you pick them up. A price list is available on the Club notice board at Beechdale Pool.

Coach's Corner

Galas

The Reeves trophy Gala was held on the 17th April at Hucknall. and was a great evening. All the swimmers did very well. We came 3rd with 20 PBs .Thank you to all of you that helped at the gala.

Derby City Open meet on the 24th and 25th of May at Queens Leisure Centre
4 of our swimmer went and did very well; Hannah Hodkinson came 6th in her age group and Matthew Anderson finished 9th.

Time trials have gone well with a lot of PBs - it was good that a lot of the younger ones had a go at the 100m swims, and Sharon thinks that many of the swimmers were surprised how well they did.

Sharon has recently attended a seminar on Working with Children with Educational Difficulties. This has helped Sharon appreciate some of the difficulties children have and she is preparing a summary of the day to discuss with the coaches. If your child has difficulties with any aspect of the training sessions e.g. not understanding how the training clock works, please let the coach know so that they can provide extra support for your child with these tasks.

Personal Bests

MINOR LEAGUE GALA (R3) Arnold 27.3.10

Name	Stroke/distance	Time
Catrin Manktelow	50m back	50.16
Alice Venkatesan	50m breast	41.45
Matthew Anderson	50m fly	37.57
Sarah Allen	50m breast	50.20
Alice Venkatesan	50m fly	35.20
Keelan Burch	50m fly	46.43
Hayden Houldsworth	50m breast	1.04.18
Luke Exton	50m back	52.52
Keelan Burch	50m free	41.79

Nottingham NORTHERN REEVES TROPHY GALA HUCKNALL 17.4.2010

Name	Stroke/distance	Time

Ben Allen	50m back	35.43
Ella Kay	50m back	36.62
Sally Durcan	50m free	38.33
Timothy Venkatesan	50m free	30.05
Daniel Smith	50m fly	35.16
Katie Durcan	25m breast	22.47
Lydia Green	50m breast	47.06
Timothy Venkatesan	50m breast	38.03
Nick Green	50m breast	37.80
Ella Kay	50m fly	39.27
Keelan Burch	50m fly	45.67
Kayla Campbell	25m free	20.14
Daniel Fritz	25m free	18.60
Hannah Hodkinson	50m back	37.41
Adam Exton	50m back	39.88
Hayley Anderson	50m free	33.88
Nick Green	50m free	29.39
Kayla Campbell	25m back	25.11
Hannah Hodkinson	50m breast	44.46
Daniel Fritz	25m fly	22.05

Club Time Trials

Name	Stroke/distance	Time
Oliver Mackay	25m Free	17.95
Daniel Fritz	25m free	18.48
Mikhial Razaq	25m free	22.56
Emma Malpass	25m free	19.58
Molly Round	25m free	23.37
Jessica Barnes	25m free	23.71
Cara Green	25m free	24.69
Jasmine Mackay	25m free	20.66
Charlotte Alvey	25m free	23.58
Catrin Manktelow	25m free	19.13
Megan Smith	25m free	19.55
Thomas Judson	25m free	19.53
Luke Exton	25m free	19.53
Rachel Lawrence	25m free	19.71
Bethan Manktelow	25m free	17.93
Sophie Monaghan	25m free	19.27
Sarah Bannister	25m free	18.31

Sarah Allen	25m free	18.47
Zara Mackay	25m free	16.74
Lydia Green	25m free	17.00
Lauren Hammond	25m free	16.41
Keelan Burch	25m free	17.85
Emily Venkatesan	25m free	17.47
Katie Durcan	25m free	18.01
Jorden Wilden	25m free	16.62
Cerys Evison-Varley	25m free	16.89
Hayley Anderson	25m free	15.33
Beth Doyle	25m free	15.90
Lauren Page	25m free	18.52
Matthew Beeton	25m free	14.97
Daisy Williams	25m free	17.58
Sally Durcan	25m free	17.31
Charlie Homer	25m free	17.01
Daniel Smith	25m free	14.18
Ben Hammond	25m free	14.40
Ben Allen	25m free	13.75
Tim Venkatesan	25m free	13.85
Adam Exton	25m free	14.53
Nick Green	25m free	13.84
Oliver Mackay	50 breast	59.26
Daniel Fritz	50m breast	59.65
Mikhial Razaq	50m breast	1.04.93
Emma Malpass	50m breast	1.04.48
Charlotte Alvey	50m breast	1.01.71
Jasmin Mackay	50m breast	57.28
Cara Green	50m breast	1.04.62
Mollie Round	50m breast	1.08.67
Catrin Manktelow	50m breast	57.05
Rachel Lawrence	50m breast	55.74
Bethan Manktelow	50m breast	51.48
Sophie Monaghan	50m breast	55.45
Keelan Burch	50m breast	57.62
Jorden Wilden	50m breast	49.71
Sara Bannister	50m breast	51.37
Sarah Allen	50m breast	49.61
Zara Mackay	50m breast	52.41
Hayley Anderson	50m breast	44.49
Cerys Evison-Varley	50m breast	49.55
Beth Doyle	50m breast	45.42
Charlie Homer	50m breast	47.53
Daisy Williams	50m breast	49.38
Lauren Page	50m breast	48.72
Daniel Smith	50m breast	43.40
Ben Hammond	50m breast	41.63
Tim Venkatesan	50m breast	37.32
Adam Exton	50m breast	41.86

Nick Green	50m breast	37.78
Katie Durcan	100m fly	1.53.61
Rebecca Booth	100m fly	2.29.17
Jasmine Mackay	100m fly	2.06.57
Emily Urquart	100m fly	2.27.02
Sara Bannister	100m fly	2.09.32
Charlie Homer	100m fly	1.40.26
Thomas Judson	100m fly	2.18.71
Nick Green	100m fly	1.23.78
Daniel Smith	100m fly	1.39.61
Tim Venkatesan	100m fly	1.35.82
Adam Exton	100m fly	1.30.68
Bethan Manktelow	100m fly	2.19.38
Sally Durcan	100m fly	1.46.88
Sophie Monaghan	100m fly	2.13.48
Luke Exton	100m fly	2.40.74
Cerys Evison-Varley	100m fly	1.37.32
Beth Doyle	100m fly	1.42.27
Daisy Williams	100m fly	1.33.57
Matthew Beeton	100m fly	1.45.36
Lauren Peach	100m fly	1.40.57
Jorden Wilden	100m fly	1.41.25
Lauren Hammond	100m fly	1.46.49
Rachel Lawrence	100m fly	2.21.85
Emily Venkatesan	100m fly	1.56.79
Keelan Burch	100m fly	1.51.21
Zara Mackay	100m fly	1.45.80
Charlotte Alvey	25m back	24.42
Jasmine Mackay	25m back	23.81
Emily Urquhart	25m back	28.15
Jessica Barnes	25m back	30.30
Hayden Holdsworth	25m back	28.22
Oliver Mackay	25m back	22.80
Daniel Fritz	25m back	22.41
Mikhal Razaq	25m back	26.28
Rebecca Booth	25m back	25.31
Sophie Monaghan	25m back	26.97
Megan Smith	25m back	24.95
Anita Gilmore	25m back	24.16
Lauren Hammond	25m back	19.87
Emily Venkatesan	25m back	21.45
Katie Durcan	25m back	22.60
Jorden Wilden	25m back	19.94
Zara Mackay	25m back	19.30
Lydia Green	25m back	21.30
Sarah Allen	25m back	21.31
Nicole Gilmore	25m back	21.08
Sally Durcan	25m back	21.82
Daisy Williams	25m back	19.26

Beth Doyle	25m back	20.35
Cerys Evison-Varley	25m back	19.08
Ella Kay	25m back	17.57
Hayley Anderson	25m back	18.78
Luke Exton	25m back	24.48
Thomas Judson	25m back	24.54
Keelan Burch	25m back	20.24
Zara Mackay	50m free	38.57
Anita Gilmore	50m free	46.49
Lauren Hammond	50m free	38.05
Emily Venkatesan	50m free	38.35
Jorden Wilden	50m free	37.77
Sophie Monaghan	50m free	47.90
Luke Exton	50m free	46.18
Daniel Fritz	50m free	39.11
Mikhal Razaq	50m free	45.32
Thomas Judson	50m free	43.07
Megan Smith	50m free	44.58
Nicole Gilmore	50m free	40.01
Keelan Burch	50m free	39.41
Matthew Beeton	50m free	33.95
Ella Kay	50m free	32.88
Hayley Anderson	50m free	33.20
Ben Hammond	50m free	31.49
Tim Venkatesan	50m free	29.81
Ben Allen	50m free	30.58
Daniel Smith	50m free	31.69
Charlotte Alvey	100m back	2.07.23
Jasmine Mackay	100m back	1.58.72
Emily Urquhart	100m back	2.15.35
Jessica Barnes	100m back	2.18.59
Hayden Holdsworth	100m back	2.17.21
Oliver Mackay	100m back	1.53.78
Daniel Fritz	100m back	1.59.95
Mikhal Razaq	100m back	2.24.17
Rebecca Booth	100m back	2.02.93
Luke Exton	100m back	1.57.59
Thomas Judson	100m back	1.53.18
Megan Smith	100m back	1.52.33
Sophie Monaghan	100m back	1.58.74
Anita Gilmore	100m back	1.56.30
Lauren Hammond	100m back	1.41.10
Katie Durcan	100m back	1.43.60
Jorden Wilden	100m back	1.38.38
Zara Mackay	100m back	1.35.83
Lydia Green	100m back	1.43.57
Nicole Gilmore	100m back	1.41.97
Keelan Burch	100m back	1.39.11

Charlie Homer	100m back	1.30.83
Sally Durcan	100m back	1.41.21
Daisy Williams	100m back	1.29.63
Matthew Beeton	100m back	1.33.85
Hayley Anderson	100m back	1.30.11
Ben Hammond	100m back	1.21.89
Tim Venkatesan	100m back	1.20.84
Cerys Evison-Varley	25m breast	21.80
Emily Venkatesan	25m breast	22.00
Beth Doyle	25m breast	20.99
Alice Venkatesan	25m breast	18.41
Charlie Homer	25m breast	22.16
Hannah Hodgkinson	25 breast	20.61
Sarah Allen	25m breast	22.15
Sally Durcan	25m breast	25.64
Zara Mackay	25m breast	22.75
Preeni Shah	25m breast	23.77
Sara Bannister	25m breast	23.19
Jorden Wilden	25m breast	22.77
Molly Round	25m breast	31.12
Jasmine Mackay	25m breast	26.72
Emily Urquhart	25m breast	25.74
Emma Malpass	25m breast	29.12
Rachel Lawrence	25m breast	25.95
Megan Smith	25m breast	26.83
Hannah Hodgkinson	50m fly	36.56
Alice Venkatesan	50m fly	35.13
Beth Doyle	50m fly	41.57
Jorden Wilden	50m fly	42.59
Katie Durcan	50m fly	48.77
Sara Bannister	50m fly	52.78
Zara Mackay	50m fly	44.82
Preeni Shah	50m fly	44.79
Molly Round	50m fly	1.19.86
Jessica Barnes	50m fly	1.08.24
Emily Urquhart	50m fly	1.06.50
Jasmin Mackay	50m fly	54.72
Emma Malpass	50m fly	56.35
Rachel Lawrence	50m fly	1.01.62
Megan Smith	50m fly	59.85
Molly Round	100m breast	2.34.49
Megan Smith	100m breast	2.05.11
Rebecca Booth	100m breast	2.15.41
Rachel Lawrence	100m breast	1.59.94
Katie Durcan	100m breast	1.45.00
Sara Bannister	100m breast	1.55.80
Preeni Shah	100m breast	2.05.52
Zara Mackay	100mbreast	1.55.52
Jorden Wilden	100m breast	1.45.25
Jessica Barnes	100m breast	2.11.36

Emily Urquhart	100m breast	2.06.08
Jasmine Mackay	100m breast	2.04.61
Emma Malpass	100m breast	2.20.39
Alice Venkatesan	100m breast	1.30.71
Cerys Evison-Varley	100m breast	1.46.74
Hayden Holdsworth	100m breast	2.27.30
Mikhal Razaq	100m breast	2.19.25
Keelan Burch	100m breast	2.08.16
Thomas Judson	100m breast	2.00.55
Luke Exton	100m breast	2.12.95
Daniel Fritz	100m breast	2.18.69
Matthew Beeton	100m breast	1.36.46
Andy Mackay	100m breast	1.28.36
Daniel Smith	100m breast	1.39.17
Adam Exton	100m breast	1.30.68
Matthew Anderson	100m breast	1.37.78
Oliver Mackay	25m breast	27.23
Mikhal Razaq	25m breast	28.95
Thomas Judson	25m breast	23.71
Daniel Fritz	25m breast	31.41
Hayden Holdsworth	25m breast	30.92
Keelan Burch	25m breast	25.91
Matthew Anderson	25m breast	20.39
Matthew Beeton	25m breast	19.72
Tim Venkatesan	25m breast	16.97
Andy Mackay	25m breast	18.05
Adam Exton	25m breast	18.42
Daniel Smith	25m breast	19.10
Oliver Mackay	50m fly	54.08
Mikhial Razaq	50m fly	1.08.55
Luke Exton	50m fly	1.04.61
Hayden Holdsworth	50m fly	1.10.33
Daniel Fritz	50m fly	57.98
Keelan Burch	50m fly	45.44
Matthew Anderson	50m fly	37.02
Adam Exton	50m fly	36.16
Matthew Beeton	50m fly	43.11
Megan Smith	25m fly	25.75
Carla Green	25m fly	28.32
Jasmine Mackay	25m fly	24.18
Charlotte Alvey	25m fly	28.32
Jessica Barnes	25m fly	31.07
Sophie Monaghan	25m fly	24.90
Zara Mackay	25m fly	19.09

Lauren Hammond	25m fly	18.75
Emily Venkatesan	25m fly	19.26
Lydia Green	25m fly	23.07
Sarah Allen	25m fly	22.74
Jorden Wilden	25m fly	19.16
Sally Durcan	25m fly	20.15
Beth Doyle	25m fly	18.46
Ella Kay	25m fly	17.60
Hayley Anderson	25m fly	17.32
Charlie Homer	25m fly	18.66
Daniel Smith	25m fly	16.10
Andy Mackay	25m fly	14.24
Ben Hammond	25m fly	16.97
Tim Venkatesan	25m fly	16.67
Adam Exton	25m fly	15.96
Matthew Beeton	25m fly	18.74
Keelan Burch	25m fly	19.28
Hayden Holdsworth	25m fly	29.23
Oliver Mackay	25m fly	21.35
Mikhial Razaq	25m fly	29.65
Luke Exton	25m fly	24.45
Daniel Fritz	50m back	50.70
Mikhial Razaq	50m back	1.07.11
Jessica Barnes	50m back	1.03.75
Cara Green	50m back	1.04.94
Megan Smith	50m back	53.56
Sophie Monaghan	50m back	52.25
Zara Mackay	50m back	41.86
Lauren Hammond	50m back	45.58
Sarah Allen	50m back	48.94
Jorden Wilden	50m back	44.08
Charlie Homer	50m back	41.05
Sally Durcan	50m back	47.50
Daisy Williams	50m back	41.56
Daniel Smith	50m back	34.95
Andy Mackay	50m back	34.43
Ben Hammond	50m back	39.08
Tim Venkatesan	50m back	37.32
Matthew Beeton	50m back	42.65
Keelan Burch	50m back	46.17
Hayden Holdsworth	100m free	1.55.55
Oliver Mackay	100m free	1.43.36
Daniel Fritz	100m free	1.41.59
Mikhial Razaq	100m free	1.52.94
Jessica Barnes	100m free	2.02.01
Cara Green	100m free	2.14.64
Charlotte Alvey	100m free	2.04.00
Jasmine Mackay	100m free	1.49.11

Sophie Monaghan	100m free	1.55.54
Megan Smith	100m free	1.40.37
Rebecca Booth	100m free	1.58.07
Katie Durcan	100m free	1.34.63
Lauren Hammond	100m free	1.22.84
Emily Venkatesan	100m free	1.26.93
Jorden Wilden	100m free	1.29.41
Daisy Williams	100m free	1.24.58
Sally Durcan	100m free	1.25.36
Ella Kay	100m free	1.17.41
Matthew Beeton	100m free	1.16.39
Tim Venkatesan	100m free	1.09.14
Ben Hammond	100m free	1.09.80
Andy Mackay	100m free	1.02.99
Daniel Smith	100m free	1.10.80
Keelan Burch	100m free	1.37.03
Luke Exton	100m free	1.43.86

SPRING COMP AT BRAMCOTE

8.5.10

Name	Stroke/distance	Time
Oliver Mackay	50m free	38.78
Molly Round	50m free	49.88
Matthew Anderson	50m back	36.00
Charlie Homer	50m back	39.69
Benjamin Hammond	100m breast	1.31.02
Zara Mackay	100m breast	1.49.85
Adam Exton	100m fly	1.23.34
Luke Exton	50m back	50.72
Keelan Burch	50m breast	56.75
Alice Venkatesan	50m breast	41.13
Matthew Anderson	50m fly	36.92
Ben Allen	100m free	1.08.66
Rhea Williams	100m free	1.16.33
Molly Round	50m breast	1.06.92
Katie Durcan	25m fly	19.22
Daniel Fritz	50m free	38.18

Dates for your diary:

No training sessions on

Monday 31.5.10 Bank Holiday

Sunday 27.6.10 Northern Open