



# NORTHERNER

the Nottingham Northern Swimming Club Newsletter  
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

Issue 97

September 2011

As training gets back into the full swing and you pound the water refreshed after the summer holidays there is just time to take a look back at the end of last season and remember what a high the Club finished on. A fantastic Open with so many Northern Swimmers recording PBs and more Northern finalists than we have had before. A fabulous day.

A very big thank you to everyone who took part in the Fun Session on the last Friday of July. It lived up to its name of a fun session with a good helping of competitiveness!

Congratulations to everyone and here's to an even better year this year!!

## News and Views from the Club

We are always looking for new members to join the Club. To help us recruit to the Club we have designed a poster. If you are able to put a poster on your school notice board to let others know about Northern please do ask for one at the desk.

## Swimmers of the Month

May

Small pool	Danae Fritz
Diving tank	Daisy Stonier
Diving tank	Ryan Green
Main pool	Phoebe Ackroyd

June

Small pool	Adam Razaq
Diving tank	Esam Shahid
Diving tank	Emma Malpass
Main pool	Rebekah Dussek

July

Small pool	Hamza Harris
Diving tank	Thomas Tekel
Diving tank	Gemma Halliday
Main pool	Christy Byrne

## Fundraising

A very big thank you to those of you who collected money for the Club following the Sponsored Swim. So far we have raised £700 - a fantastic achievement. This will help the Club fund essential courses for Club coaches and helpers so you as swimmers get the best help possible with your swimming. Thank you.

## Hundred Club Winners

July

Thomas Evison Varley - 22  
Chris Taylor - 54  
Marie Lee - 98

August

Paul Durcan - 47  
Gill Salisbury - 23  
NNSC - 74

September

Sally Zacharias - 10  
NNSC - 80  
NNSC - 39

The Hundred Club helps raise further funds for the Club. There are still some numbers left so if you would like to invest £3 in the club and get a chance of winning some money please see Michelle Hammond.

We are looking for a volunteer to take over the running of the Hundred Club so if you are interested or what like to know what is involved please have a chat with Michelle.

### Monthly Fees

The Committee is looking at how we can minimise the extra work needed to run the Club and to make us as financially sound as possible. With this in mind we are asking **all** members to pay their monthly fees by standing order. For further details on how to do this and a form please ask at the desk. Please make sure your standing order is set up by 1 January 2012. Thank you for your help with this.

### The Club AGM

Our AGM will be held at the Plough Inn on Wednesday 9<sup>th</sup> November at 7.30pm. Please do come along to here the reports from the Committee members and have your say in the running of the Club.

We also elect senior club captains at the AGM. If you are 15 years old or older and train regularly, and would like to stand for Club Captain please come along to the AGM. You will be asked to give a short speech saying why you would like to be Captain to help the Club members decide who to vote for. We need both a male and female captain.

### Club Championships

You know when there is a hint of Autumn in the air it's time to enter the Club Championships. These are races held in October/November and you get to race other people in the Club of your age group. It is a great chance to improve your personal best time.

Details of the races and the dates are on the website.

To take part (and everyone is encouraged to enter - if in doubt please ask your swimming coach) Club Champs entry forms are now available to download from the website or available on the desk at Beechdale and from Michelle Hammond.

**The closing date for handing your completed form in is Friday 14<sup>th</sup> October.**

For those of you who won a trophy last year please return your **engraved and cleaned** trophy to Clare Soar by Friday 14<sup>th</sup> October.

The Presentation Evening to celebrate your successes at Club Champs is on Saturday 3 December 2011 at Notts County Ground. Tickets will be on sale soon.

### Poolside Helpers Course

Sharon will be running a Poolside Helpers Course starting in the next few weeks. If you would like to help out with training this is the course to get you started. The course will run over 5 hours and will be held during normal training sessions. For more information and to sign up please see Sharon.

### Coaches Corner

The coaches are working to help you get the best technique and as fit as possible ready for the Club Champs.

### Personal Bests

#### DEVELOPMENT LEAGUE 4.6.11 HUCKNALL

Name	Stroke/distance	Time
Frances Stonier	25m back	26.62
Megan Edis	25m back	28.02
Christy Byrne	50m breast	47.46
James Kelly	50m breast	57.46
Katie Durcan	50m breast	45.63
Phoebe Ackroyd	50m breast	52.38
Mikhail Razaq	25m fly	18.38
Cerys Evison-Varley	25m fly	16.43
Lauren Hammond	25m fly	17.78
Amy Edis	25m back	29.50
Frances Stonier	50m free	58.68
Megan Edis	50m free	54.45
Thomas Judson	50m breast	48.85
Rebekah Dussek	50m breast	42.65
Cerys Evison-Varley	50m breast	45.33
Samuel Wheat	25m fly	29.94

Harry Barbour-Atkinson	25m back	21.32
Thomas Judson	25m back	23.13
Kayla Campbell	25m back	22.72
Louis Round	25m fly	23.55
Katie Durcan	25m fly	19.08
Frances Stonier	50m breast	1.10.24
Megan Edis	50m breast	1.25.71
Mikhail Razaq	50m free	36.91

**NORTHERN OPEN MEET 26.6.11  
BEECHDALE MORNING SESSION**

<b>Name</b>	<b>Stroke/distance</b>	<b>Time</b>
Samuel Wheat	100m IM	1.56.76
Hayden Houldsworth	100m IM	1.47.99
Connor McKay	100m IM	1.39.48
Mikhail Razaq	100m IM	1.33.41
France Stonier	50m back	1.03.03
Megan Edis	50m back	1.03.41
Charlotte Alvey	50m back	47.60
Emily Urquhart	50m back	47.73
Megan Smith	50m back	48.09
Samuel Wheat	50m back	55.43
Hayden Houldsworth	50m back	50.86
Emily Venkatesan	50m breast	40.38
Katie Durcan	50m breast	45.40
Catrin Manktelow	50m breast	50.76
Lauren Gibbons	50m breast	53.17
Libby Malpass	50m breast	59.33
Connor McKay	50m breast	54.71
James Kelly	50m breast	55.06
Alice Venkatesan	50m fly	33.90
Hannah Hodkinson	50m fly	35.17
Rebekah Dussek	50m fly	38.40
Daisy Williams	50m fly	38.49
Lauren Hammond	50m fly	41.08

Annie Edis	50m fly	49.74
Megan Smith	50m free	39.31
Emily Urquhart	50m free	43.94
Charlotte Alvey	50m free	45.09
Samuel Wheat	50m free	47.05
Hayden Houldsworth	50m free	40.52
Catrin Manktelow	50m back	47.17
Libby Malpass	50m back	1.00.07
Cerys Evison-Varley	50m back	40.17
Harry Barbour-Atkinson	50m back	45.97
Connor McKay	50m back	46.73
James Kelly	50m back	49.33
Alice Venkatesan	50m breast	39.02
Ella Kay	50m breast	41.14
Daisy Williams	50m breast	46.60
Lauren Hammond	50m breast	47.13
Annie Edis	50m breast	54.51
Mikhail Razaq	50m breast	48.56
FINALS	IN AGE	Second pb
Emily Venkatesan	Came 1 <sup>st</sup> in 50m breast	
Alice Venkatesan	Came 4 <sup>th</sup> in 50m fly	
Hannah Hodkinson	Came 6 <sup>th</sup> in 50m fly	
Mikhail Razaq	Came 5 <sup>th</sup> in 50m fly	
Alice Venkatesan	Came 4 <sup>th</sup> in 50m breast	
Ella Kay	Came 5 <sup>th</sup> in 50m breast	40.47
Mikhail Razaq	Came 4 <sup>th</sup> in 50m breast	

**NORTHERN OPEN  
AFTERNOON SESSION**

<b>Name</b>	<b>Stroke/distance</b>	<b>Time</b>
Megan Smith	100m IM	1.39.96

Emily Urquhart	100m IM	1.41.86
Charlotte Alvey	100m IM	1.48.39
Katie Durcan	100m IM	1.31.93
Phoebe Ackroyd	100m IM	1.51.12
Cerys Evison-Varley	100m IM	1.26.49
Rebekah Dussek	100m IM	1.24.26
Lydia Green	100m IM	1.33.52
Sarah Allen	100m IM	1.43.76
Hayden Houldsworth	50m fly	59.84
Megan Smith	50m fly	52.27
Emily Urquhart	50m fly	54.19
Charlotte Alvey	50m fly	58.74
Harry Barbour-Atkinson	50m free	40.39
Emily Venkatesan	50m free	34.56
Katie Durcan	50m free	37.39
Lauren Gibbons	50m free	44.28
Phoebe Ackroyd	50m free	44.32
Libby Malpass	50m free	47.38
Cerys Evison-Varley	50m free	34.67
Rebekah Dussek	50m back	37.52
Lauren Hammond	50m back	43.99
Annie Edis	50m back	47.88
Samuel Wheat	50m breast	1.04.31
Emily Urquhart	50m breast	46.90
Megan Smith	50m breast	51.18
Charlotte Alvey	50m breast	53.72
Emily Venkatesan	50m fly	37.95
Cerys Evison-Varley	50m fly	36.98
Daisy Williams	50m free	36.50
FINALS	IN AGE	Second pb
Emily Venkatesan	Swim off 50m free	33.96
Mikhail Razaq	Came 5 <sup>th</sup> in 50m back	

Hannah Hodkinson	Came 5 <sup>th</sup> in 50m back	
Ella Kay	Came 6 <sup>th</sup> in 50m back	
Emily Urquhart	Came 3 <sup>rd</sup> in 50m breast	46.83
Emily Venkatesan	Came 4 <sup>th</sup> in 50m fly	37.68
Cerys Evison-Varley	Came 4 <sup>th</sup> in 50m fly	
Mikhail Razaq	Came 6 <sup>th</sup> in 50m free	
Alice Venkatesan	Came 6 <sup>th</sup> in 50m free	

### DEVELOPMENT LEAGUE 2.7.11 HUCKNALL

Name	Stroke/distance	Time
Samuel Wheat	25m breast	28.93
Ryan Green	50m back	59.83
Teagen Burch	50m back	53.91
Harry Barbour-Atkinson	25m free	18.12
Keelan Burch	25m free	17.60
Ryan Green	25m breast	30.75
Hayden Houldsworth	25m breast	26.86
Katie Durcan	25m breast	21.40
Teagen Burch	25m breast	31.62
Samuel Wheat	25m fly	24.69
Daniel Fritz	50m back	42.81
Ryan Green	50m fly	1.09.92
Katie Durcan	50m fly	44.16
Phoebe Ackroyd	50m fly	58.99
Samuel Wheat	25m free	21.83
Harry Barbour-Atkinson	25m breast	24.36
Ryan Green	25m free	24.46
Samuel Wheat	50m back	53.87
Mikhail Razaq	50m fly	43.28

### RIPLEY RASCALS 10.7.11 ALFRETON LEISURE CENTRE

Name	Stroke/distance	Time
Katie Durcan	200m free	2.57.29

Samuel Wheat	50m back	50.57
Daniel Fritz	100m free	1.23.32
Mikhail Razaq	100m free	1.22.40
Mikhail Razaq	100m back	1.37.88
Katie Durcan	100m breast	1.39.56
Emily Venkatesan	200m IM	3.06.14
Katie Durcan	200m IM	3.17.76
Sally Durcan	200m IM	3.30.03
Emily Urquhart	50m fly	48.24
Emily Venkatesan	100m free	1.18.17
Emily Venkatesan	100m back	1.33.33
Sally Durcan	100m back	1.40.12

No training as pool closed on  
6.10.11  
6.11.11 (Falcon Open)  
8.12.11

Pool open but no parking at High School  
24.11.11  
2.2.12

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**ASA SUMMER GALA 17.7.11  
BEECHDALE**

<b>Name</b>	<b>Stroke/distance</b>	<b>Time</b>
Emily Venkatesan	200m breast	3.17.71
Katie Durcan	200m breast	3.32.45
Hannah Hodkinson	100m back	1.14.02
Emily Venkatesan	200m IM	3.04.72
Emily Venkatesan	100m breast	1.31.88

Dates for Your Diary

Return your trophies by 14.10.11

Club AGM 9.11.11

Presentation Evening 3.12.11