



Beacon SC Newsletter

Jan – March 2014



SUSSEX COUNTIES 2014

- The 2014 Sussex County Championships and Age Group competition already set some records before it had even started:

Eighteen clubs entered a total of 591 swimmers into 3,179 individual swims. There were 18 boys and 18 girls events with 7 age groups in each and the long distance events had the highest ever entry. A total of 176 relay teams were entered into 12 different relay events.

SUSSEX COUNTIES 2014

- What can be said about the 2014 Sussex County Age Groups and Championshipsabsolutely fantastic by everyone that took part.
- We started on a high from Session 1 with our first Long Distance medal from Jo Christmas and we ended on a huge climax with Daniel Brooks getting a Junior County Championship Record for the 100m Breaststroke.
- Special praise must go to all our 6 individual medallists who obtained 27 medals between them...



SUSSEX COUNTIES 2014

- Daniel [4 Bronze, 5 Silver & 5 Gold plus breaking the 100m Junior Championship Record]; Harrison [3 Bronze & 2 Silver]; Jacob [2 Silver & 1 Gold]; Andrew H-T [2 Silver] and not forgetting the girls Jo [1 Silver] and Hannah [2 Silver].
- Silver for Men's 4x100m Medley Relay [Ryan, Harrison, Daniel & Thomas]
- Bronze for Men's 4x100m Free Relay [Harrison, Andrew H-T, Thomas & Ryan]



SUSSEX COUNTIES 2014

- ...Not forgetting the 4th position for both of the Girls A team 9yrs Medley Relay and 9yrs Free Relay [Robyn, Ania, Kiera & Tegan]!
- In the 14yrs and under Bagcat Competition, Jack F, Jacob, Hannah & Jo all managed a top 10 position in their respective age groups.
- Overall Beacon SC came 9th in the Age Group Competition & 9th in the Overall Championship behind some of the Strongest & Biggest Clubs in the Sussex.

You all should be immensely proud of all that you have achieved through your hard work.

SUSSEX COUNTIES 2014

STATISTICS

- There were one or more Beacon swimmers in 41 of the 46 available events.
- 36 Beacon members, who entered, managed to compete in 197 swims and achieved a staggering 137 PB's.
- This gave 28 Finalists; 27 individual medals & 2 team medals.
- There were 112 top 4-8 places heats/finals
- There were 23 New or Improved Regional Qualifying times
- Only 3DQ's.
- ...Probably one of the best results in these annual Champs that Beacon SC has achieved for many a recent year!!

Well done all of you!!

SUSSEX COUNTIES 2014

- Thanks must go to the Beacon Coaching team, without whose guidance none of this would have been possible, and to those who helped on poolside though the 9 sessions – especially as some of the sessions were on weekends of glorious sunshine and being on a hot poolside is no substitute.
- Another big thank you, to Di, Fiona and Ben who officiated on behalf of Beacon SC. All the Officials are unpaid volunteers and without whom we could not run such great competitions.

TEAM BEACON



Beacon LSC National Speed Championships



Lifesaving competition is a mandate embedded in the Royal Lifesaving Society's founding Aims and Objects. In fact, William Henry – the founder of the Royal Lifesaving Society – was a champion swimmer and one of the organizers of the aquatic events in London's 1908 Olympic Games.

Beacon LSC National Speed Championships

The RLSS National Speed Championships is one of the biggest events in the competition calendar.

Clubs from all over the United Kingdom gather to race on different lifesaving events.

Beacon LSC took a team of around 30 lifesavers to compete against some of the top athletes in the UK.



Beacon LSC National Speed Championships

- Saturday Evening saw all of Beacon LSC (50 PEOPLE!) take over Pizza Hut.. After a hard days competition it was time to relax and have fun before it started all again on Sunday...



Beacon LSC National Speed Championships... *Junior teams*

Boys:

- Congratulations to our Junior Boys team who came **3rd** in the UK on the 4 x 50m Obstacle relay (the 1st place team achieved a new British record!)
- Special congratulations to Elliot Key who placed in the top 16 for all of his individual events with still one more year in this age group.

Girls:

- Some great swims by all, a stand out event would be the 10m Line throw where Megan (top 10!) and Mollie both placed inside the top 16.. Well done!



Beacon LSC National Speed Championships... *Senior teams*

Boys:

- Congratulations to Ryan Wheeler who made top 10 in his 200m Obstacle individual event.
- Well done to the Boys relay teams both finishing inside the top 16 on all relays!
- Congratulations to Adam, Conor and Lee who were the first members of Beacon to do the Fins events achieving massive P.B's.

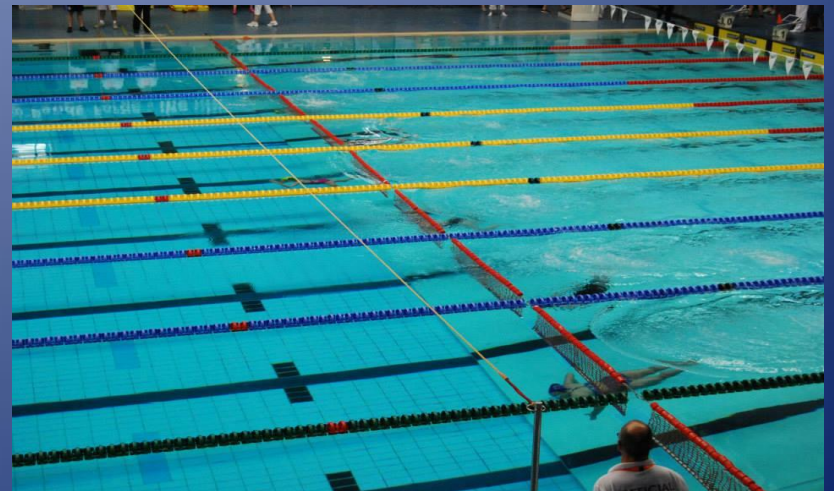
Girls:

- Congratulations to Rhianna and Abi who were placed in the fastest heat for the 200m Obstacle event.. Against the current Commonwealth record holder!
- Well done to the girls relay team who came 1st in their heat of the 4 x 50m Medley Relay placing them inside the top 10.



Beacon LSC National Speed Championships

- Thank you to all the staffing team for a successful weekend everyone enjoyed.
- ...Roll on #NATSPEEDCHAMPS2015 !



Sussex League Gala #1

Beacon Swimming Club victorious in return to Sussex Swimming League.

- After an absence of over 15 years, to the Sussex Swimming League team Beacon stormed the first gala against Eastbourne and Bognor Regis Swimming Clubs.
- Despite Eastbourne being seeded number two in the Division, and having convincingly beaten Chichester Swimming Club by over 100 points in the previous Sussex League Gala, Beacon were dominant throughout the gala taking the lead after 10 events and eventually winning the Gala after 55 events with 428 points to Eastbourne's 373 points and with Bognor Regis third with 201 points.
- The victory for Beacon in its first Sussex League Gala in many years demonstrates the growing strength at the Club and its desire to be one of the top competitive swimming clubs in Sussex. The next Sussex Swimming League Gala for Beacon is against Hailsham and Chichester Swimming Clubs on 26th April.

JAN-MARCH OPEN MEETS

- 13 Beacon swimmers travelled to Littlehampton to take part in Splash into 2014 Littlehampton SC Open Meet. They completed 35 swims gaining 9 PB's with 2 improved County Qualifying times [only 1 DQ]. Considering this is the first meet following the Christmas Break it was a good effort with 13 of the swims gaining a top 3 placings.

JAN-MARCH OPEN MEETS

- At Brighton SC Tom Handley Open Meet [level 2], the 17 Beacon swimmers who qualified for the event managed to produce some fantastic swims and results. Out of 53 swims, There were 25 PBs with 24 new/improved County Qualifying times & 5 new/improved Regional times [5 DQ].

Considering it was a small team representing the Club and against very strong teams from Sussex, Surrey and ...Kent, they managed to come 11th overall out of 23 teams.

Special mention should go to Harrison & Ryan who both qualified to compete in the 50m Skins event. Always an exciting event and although, they both courageously battled through the rounds, they were sadly knocked out before the final.

Well done to all of you who took part.

JAN-MARCH OPEN MEETS

- January 18th Atlantis SC hosting the Seahawks Development Meet. Beacon had their largest entry for any meet with 44 swimmers entered into 155 events.

From this, the Club achieved 55 PB's, which gave 21 new County Qualifying times [3DQs]. A huge WELL DONE to all of you.

Our thanks must go to all those who helped out at this event from all 3 of the Clubs. It was a fantastic achievement by Beacon. Overall from those participating there were a total of 78 new County Qualifying times some 20% of the total entry. Seahawks is still proving to be worth while venture which Beacon is proud to be a member.

JAN-MARCH OPEN MEETS

- Sunday 2nd Feb saw 12 Beacon Swimmers make the journey to Horsham for the Atlantis Regional-National Chaser Level 2 Open Meet. Beacon had a good showing, swimming in 27 races and between them they achieved 10 PBs, and 11 new or improved County Qualifying times. [No DQs]. This gave them 9 top 3 placings which is a fab achievement considering the level & quality of this meet. Well done to you all....

Congratulations to Jo for breaking the 5 minutes for 400m free & commiserations to Jacob for his 1:00.01 for 100m free. So so close to the huge barrier of sub 60 for the 100m – you'll get it next time for sure

Inter club galas

- On Saturday 22nd February Beacon team took part in Crawley Swimming Club's Alice Dauncey Trophy Gala at K2.

This is an annual Gala but with a twist as it is a time capped – so each race has a time and if a swimmer is faster than that time are given a “Speeding ticket” and awarded no points. However, Coaches like too see Swimmers race hard & the tickets are seen as a good achievement.

The Gala saw a team of... 28 Beacon swimmers, some of whom were swimming in unfamiliar events and for some it was their very first inter-club gala. Suffice to say that from 32 individual races they posted 17 PB's & had 7 Speeding Tickets. It was a closely fought Gala which saw Crawley the eventual winners with 194 points, 2nd East Grinstead 188 Points, 3rd Beacon 171 points, Worthing, Atlantis and Shiverers. Well done to all of you who took part.

Times have been posted on the website. [25m & 50m Club Distribution PB sheet attached to be added to the website as well]

The Colours Gala

- The Colours Gala, as always lived up to being a fantastic club event, supported by both new & older club members.

Congratulations to all who swam - the roof almost came off during the squadrons!

The winners were the Angels and Devils but where closely chased by the Baghera team and Harlequins were not that far behind too, so it could have been any ones event.

As this was a fun event, no times were recorded but I'm sure there were many good & fast swims achieved by loads of the swimmers, as the friendly rival was encouraging good racing.

A big thank you must go to our FiFi! (Fiona) for organising this annual event, and those parents who helped out on poolside.

Sussex Secondary School Championships

- Saturday Feb 15th saw 12 swimmers from Beacon represent their respective schools at the Sussex Secondary School Championships at Horsham. They qualified for 26 swims and of the 24 they achieved 13 PB's, 12 Improved County Qualifying times & 4 New or Improved Regional times.
- Special mention must go to Harrison for winning the Seniors [16+ yrs] 100m Breastroke & 200 IM and Daniel for winning the Int...ermediate [14-15 yrs] 100m Fly. As winners, this qualifies them to progress to the next round of the Schools Championship as part of the Sussex Schools team.

Well Done to you all, the standard of the meet was good as most of the top County swimmers were taking part.

British Gas South Zonal Long Course Champs 2014

- One weekend in January saw Ryan, Harrison & Daniel travel to Millfield to compete in the British Gas South Zonal Long Course Champs 2014. This is a very high Level 1 competition & all three swam extremely well. They managed to qualify for 4 finals between them - Daniel achieved 6th place in 16yr/under 200m Breastroke, Harrison 8th in 17yrs&over 100m Breastroke & 4th in 17yrs&over 50m Breastroke, Ryan 8th 17&over 50m Backstroke. From the resulting 11 swims they obtained 6 PB's, 2 new/improved County times & 6 Regional times.

This was a fantastic achievement by these senior members of the Club & all 3 are only fractions off achieving National Youth times. Well Done.

SUSSEX SEAHAWKS SWIM TEAM

- Beacon SC is continuing to work with fellow Seahawks Clubs, Atlantis SC and East Grinstead SC. Now the County Championships are over the priority is for the Coaches to get together followed by a full Seahawks Committee Meeting to plan for the year ahead including the forthcoming South East Regional Championship and the National Championships in the summer. Details on training opportunities and membership for the new season will also be on the agenda. Any current members who are still to collect their Seahawks polo shirt and swim cap then please see Ian Cooper at CLC.
- Two events that are likely to become a permanent fixture in the calendar are the **Sussex Seahawks Development Meet and Long Distance County Qualifying Time Trial**. Offering all events, these Meets are open to all BSC swimmers trying to achieve County Championship qualifying times. Being scheduled just before the cut off date the objective is for as many swimmers from Clubs affiliated to Seahawks to have a final opportunity to achieve County times.
- For any further information on Sussex Seahawks, speak to Ian and the Coaches or check out www.sussexseahawks.org

SUSSEX SEAHAWKS GALA

- Beacon SC played host to the Seahawks Long Distance Time Trial. It's a first for the Club, & Seahawks, but following the fab results from all 3 Clubs, I don't think it will be the last! Again, thanks to all those parents/Officials/Coaches who helped out, some for the first time with lap cards & time keeping – not an easy task & it couldn't have been run without these enthusiastic helpers. From the 7 Beacon swimmers who participated in racing the 800m & 1500m events (a few racing these distance for first time) there were 7 PB's & 4 new County Qualifying times, sadly 2 of the other times were just shy of the QCT but there is still time. Fantastic & a humungous effort by all who swam.



Long Course Training (50m pool)

- It is a long way from one end of the pool to the other!
- With the exception of August and in December when the Club Championships will be held, it is likely that there will be 50m training sessions at K2 every month as this form of training is now firmly established as part of the Club training programme. To give swimmers the best possible preparation the dates are all geared around various galas and Championships.
- One session will be for Seahawks swimmers and the others by invitation and invites are usually sent out a couple of weeks in advance with the aim being to give as many swimmers as possible the opportunity to experience this type of training.

BEACON LIFESAVING CLUB

- SUSSEX SCHOOLS COMPETITION:

This was a close competition between clubs from all over Sussex.

Congratulations to Rachel and Rhianna who came 1st for a second year in a row!

Well done to the Inghams who won the trophy and beat Elliot and Barney pushing them into second place.

Thanks to all casualties who came along to help and a special mention to captain Mike who came along to support his team on his birthday!!



BEACON LIFESAVING CLUB

The Mixed Pairs competition is where one boy and girl team up together from across the county to show off their first aid skills as well as their throw rope and swim and towing. (Juniors Under 16 Seniors 16+)



Mixed pairs competition results from 23rd March:

Junior Pairs: (Top 9 pairs qualify for Regionals)

3rd Place: Elliot and Mollie

5th Place: Megan and Max

6th Place: Freya and Harri

Senior Pairs: (Top 9 pairs qualify for Regionals)

3rd Place: Rachel and Adam

5th Place: Conor and Abi

Well done to all teams who participated and medalled!

Junior & Senior Land Training

...Thursday is the night!

- An essential part of aquatic sport, land training helps to develop core strength, stamina, stability, flexibility and prevent injury through a series of exercises that are complimentary to swimming.
- **Junior** and **Senior** Land Training will resume after the Easter holiday on Thursday evenings. It is open to both Swimming and Life Saving members of the Club.

Junior & Senior Land Training

...Thursday is the night!

- **JUNIORS**

- DAY & TIME :Thursday 6.00-6.45pm
- AGE: 11-14 years
- VENUE: Activity Room and/or Studio
- START DATE: 24th April 2014
- END DATE: 17th July 2014
- COST: £24.00
(12 weeks with no class during half term on 29th May)
- MAX No. 10 people

- **SENIORS**

- DAY & TIME : Thursday 7.00-7.45pm
- AGE: 13+ years
- VENUE: Gym or Activity Room
- START DATE: 24th April 2014
- END DATE: 17th July 2014
- COST: £24.00 (12 weeks with no class during half term on 29th May)
- MAX No. 10 people
- Places are booked through Fiona Wood and are allocated on a first come first served basis.

Congratulations!!

- Well done to Coach Ben and Team Managers Elliott And Rachael good for their individual 5k swims for charity tomorrow! The family swum 15k in total for a great cause!
[#Sportsrelief2014](#) [#Swimathon](#)
- Congratulations goes to Ella, Sam and Jody who also took part at Crowborough for such a great charity!



...Another Beacon trophy!

- Congratulations to the quiz team that represented Beacon at the Giant Crowborough Sports/ Community Quiz Night, raising funds for a defibrillator in memory of Derek Harman, local referee.
- When it became apparent we had lost sight of the first place trophy, the team worked exceedingly hard to take the next trophy on offer once again promoting Beacon Swimming Club in our Community!

