

Dear Parents and Swimmers,

Welcome to The Sharks quarterly newsletter. We hope you all had an enjoyable summer and are now looking forward to the many events we have planned. As always, please consider invitations to the Open Meets, as these are open to swimmers of varying abilities, aged 9+, and offer a great opportunity to increase those PBs! For more information ask your coach.

ICENI OPEN MEET, DEREHAM



Ben Jamieson had a fantastic day with some truly great swims, just missing out on top boy. Jordanne Sillitoe worked hard and secured 2 pbs thus achieving county times. Scarlett Saunders and Gemma Wellbourn also had a great day achieving pbs.

A great, fun day had by all. The Team Managers couldn't have been happier, all the swimmers worked really hard and it was wonderful to see the benefits of the great training sessions that Coach, Sally Russell, writes up - WELL DONE SHARKS!!! Jennifer Eagles had a great day achieving a couple of pbs. Sam Buckles shocked himself by getting a really good pb in his least favourite stroke, butterfly. Jemma Garry had an amazing breast stroke swim.



Back row, left to right:
Sam Buckles,
Jennifer Eagles,
Ben Jamieson

Front row, left to right:
Gemma Wellbourn,
Jemma Garry,
Jordanne Sillitoe,
Scarlett Saunders

Meet Debbie Saunders



When and where did you learn to swim? I had lessons at school, but my first independent stroke was in the sea at Weymouth.

Why did you join Sharks? My daughter joined having been told it was good fun by a friend. I then discovered on the website that a Minutes Secretary was needed, and although busy working full-time (and studying with the Open University) knew I could spare a couple of hours a month to help. And then I took on the combined role of Administration Secretary when the previous one left, and became Club Secretary. I decided to get into the teaching/coaching side as I know that we always need more volunteers, and as I'm here anyway watching, it seemed a good plan to get the training and feel like I was doing something really worthwhile!

What's your favourite book? Tough one, there are a few – but think I'd have to say *To Kill a Mockingbird* by Harper Lee.

What's your favourite film? *Gone with the Wind*, the book is also very good, and different to the film!

What's the craziest thing you've ever done? I don't really do crazy – as Scarlett said to me the other day 'Mum, you're just overly cautious'. I would say probably just saying 'yes' every time someone asks me to do something! But as they say, if you want something doing, ask a busy person.

Who do you most admire? My mum! She truly is an inspiration to anyone who knows her, how she can always be smiling is anyone's guess.

If you could change one thing, what would it be? End world hunger? End war and hatred? So much to choose from... I think it would be for people to be able to be judged for who they are, and what they do, not for the colour of their skin or their religion.

Tell us a secret... I didn't learn to swim until I was 10.

Congratulations!

David Robinson, our Club Vice President, has been elected ASA East Region President. After dedicating over 30 years to The Sharks and the wider swimming community, this is a well deserved appointment...

Well Done Dave!!



Dates for your Diary:

*23rd September
Colour Gala*

*25th September
Long Distance
Championships start*

*15th October
Junior Fenland League*

*12th, 19th, 20th
November
Club Championships*

*3rd December
Christmas Party*

Competition!

Can you think of a name for our newsletter that is more creative than... Newsletter?! If so, send your suggestions to The Editor and the glory could be yours.

Closing date: 30 Nov





Your Swimming Club Needs You!

We are looking into fundraising ideas to help support the club and its swimmers and we need help, support and ideas from YOU! The Sharks is a non-profit club and would not be here if it was not for the dedication of our volunteers (and for that we salute you!).

We have a few events in the planning stages and hope you can become involved:

The Big Splash – This is a sponsored swim with a difference! Over a set period of time our swimmers can clock up the miles in training and see just how far up stream they can get. Whether they are hot on the heels of David Walliams in The Thames or maybe closer to home swimming to Bury in The Lark, they are sure to impress and we hope you will help them in their sponsorship quest. More details to follow or click for more information <http://www.swimming.org/bigsplash/>

Bonus Ball – We're sure many of you are familiar with this win-win fundraiser. Each week you can select a number from 1 to 49, pay a pound and if your number is drawn on Saturday nights lottery, then you will win half of the money with the other half going towards much needed funds and supplies for the club.

Raffles – As you may have witnessed at past events, The Sharks hold a raffle for events held at Mildenhall Pool, this includes the Club Championships which start on the 12th November and continue on the 19th & 20th November. All prize donations are greatly appreciated and please remember to bring some change so that you can purchase the tickets.

If you have any ideas and/or can offer some time, please contact with Debbie Saunders or Sarah Stevens
Administration@mildenhallsharks.co.uk

What the papers say...

SWIMMING

Sharks bite back in style

MILDENHALL Sharks hosted a senior gala for ages 10 and under and up to an open age group, that saw teams from Great Yarmouth, Halstead and Newmarket compete.

The Sharks started well, but Great Yarmouth were leading at the half-mark stage. The team persevered and put in an impressive show with some great swimmers to guarantee them the win and trophy.

Jordanne Siltoe, aged 11, took part in eight events, recording four personal bests and achieving first place in the 100m individual medley with a time of 1:24.36. She also showed determination when swimming in the open age group in the 100m fly against much older girls.

Scarlett Saunders (10), was another star performer, achieving three personal bests from five of her races. 50m back, 50m breast and 25m fly.

Harry Wagner (12), was another strong swimmer for the Sharks. He achieved first places in all five of his individual races; 50m free, fly, breast and back and the 100m IM.

Coch, Paula Siltoe, was thrilled with her team's efforts: "Well done to all of our swimmers for bringing home the Larking on the Lark Trophy".
 Final points: Mildenhall 121, Newmarket 115, Great Yarmouth 113, Halstead 72.

Mildenhall Sharks swim every Friday night at Mildenhall Swimming Pool, between 5.30pm and 9.30pm. All standards are catered for from beginners upwards.

Visit www.mildenhallsharks.co.uk to download a voucher for two free swims.



HOME WIN: Back, from left: Charlie Russell, Liam Jamieson. Middle, from left: Harry Wagner, Ben Jamieson, Tom Russell, Alex Sadler, Jennifer Eagles. Front, from left: Scarlett Saunders, Jordanne Siltoe, Maria Buckles, Luke Ransley, Samuel Buckles. Picture: Contributed

Sharks show plenty of bite with a spree of new bests

MILDENHALL and District Swimming Club have had a busy few weeks, sending teams to the County Development Championships and the East Region Open Water Championships.

The County Development Championships, held at Newmarket Pool, saw a strong Sharks team claim 25 personal bests, with 12 first place results.

Swimmers required qualifying times for their age group to be able to compete and received medals for first, second and third places.

Jennifer Eagles, aged 14, put in an outstanding swim, recording three pb's and achieving first places in the 100m and 200m front crawl and the 100m individual medley.

Thomas Russell, aged 16, achieved pb's in all four of his races, 50m and 100m freestyle and 50m and 100m fly, and a first place result in three of these events.

Harry Wagner, aged 12, was another strong swimmer, achieving pb's and first places in all four of his races, 100m and 200m backstroke and 100m and 200m fly.

The East Region Open Water Championships were held in Norwich, last Sunday. The event, which took place at Waffingham Outdoor Education Centre, was not dampened by the bad weather.

Ben Jamieson put in an impressive performance, achieving second place in the 14-year age group, which placed him fifth in the region.

Jennifer Eagles came third in the 15/16 age group, which placed her 15th in the region, both swimming the 800m, a great result for Mildenhall Swimming Club.

Anna Gorry, aged 11, also put in a strong performance in this challenging test of endurance.

Head coach, Sally Russell was thrilled with her team's efforts: "It's great to see the children's hard work paying off, they owe a credit to the club."

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DEVELOPMENT DELIGHT: Top row, from left: Jennifer Eagles, Greg Colasante, Thomas Russell. Second row, from left: Angel Walton, E: Anna Armstrong, Harry Wagner. Sitting, from left: Sophia Colasante Ransley, Samuel Buckles, Steven Clarke. Picture: C

SWIMMING

Sharks show cutting edge

HOME advantage proved to be the case at this year's Larking on the Lark gala, with Mildenhall taking home the honours by six points.

Taking on teams from Great Yarmouth, Newmarket and Halstead, the Sharks started off well, but it was Great Yarmouth who were leading at the halfway stage.

Perseverance paid off with the Sharks claiming top honours ahead of Newmarket and Great Yarmouth.

Jordanne Siltoe, 11, had a busy day, taking part in eight events, recording four personal bests and achieving first place in the 100m individual medley with a time of 1:24.36.

She also showed determination when swimming in the Open age group in the 100m fly against girls much older.

Scarlett Saunders, 10, was another star performer, achieving three personal bests out of three of her races, in the 50m backstroke, 50m breaststroke and the 25m fly.

Another top performer for the club was 12-year-old Harry Wagner, who achieved first places in all five of his individual races; 50m freestyle, fly, breaststroke and backstroke, and the 100m individual medley.

Final points: Mildenhall 121, Newmarket 115, Great Yarmouth 113, Halstead 72.

Did you know...

The oldest form of swimming stroke used today is the breaststroke.

Sharks Merchandise: If you would like to purchase hats, bags, polo shirts, hoodies etc. please see Rob at Friday night training or email him at ClubKitOrganiser@mildenhallsharks.co.uk

If you would like to provide or request an article for submission, please contact [The Editor](#)

Useful links: ASA (Amateur Swimming Association) <http://www.swimming.org/asa/> Sharks <http://www.mildenhallsharks.co.uk/>