

Mark Foster Training Sessions – Sunday 18th December 2005

Over 50 swimmers from Halesowen Swimming Club enjoyed an incredible afternoon with the reigning European 50m Freestyle Short Course champion Mark Foster and GB team-mate Anthony Howard on Sunday 18th December.

Before entering the pool Mark and Anthony answered a barrage of questions from over 100 swimmers and parents with questions as varied as what did they eat through to what sort of goggles they wore. Following the question and answer session the swimmers went to the pool and enjoyed some flexibility exercises and skills and drills lead by Mark and Anthony. The hugely enjoyable afternoon was rounded off by a swim off between the two GB team-mates with Anthony just pipping Mark to set a new one-length record for the pool at Halesowen Leisure Centre.

West Midlands Speedo League Round 3 – Saturday 10th December 2005

Senior swimmers from Halesowen Swimming Club were in action in the final round of the West Midlands Speedo League at Derby on Saturday 10th December. Following the team's victory in the second round a good result would see the team retain first division status and the omens looked excellent after the opening relay events with Halesowen leading the gala by one point. However, the individual strength of the swimmers from Calverton began to pay-off and the team slipped to third place by the halfway mark and were unable to improve on this position by the end of the gala.

Individual wins were very hard to come by with Butterfly wins achieved by Hannah Cuthbert and Laurence Hickin. The relay teams faired better with the 13 and under teams almost pulling off a clean sweep with team members Grace Emms, Maria Goodwin, Kimberley Mack, Roxanne Taylor, Conor Carey, Graham Harrington and Richard Spoor. Winning 15 & under team members were Josie Evans and Beth Jackson.

Final points scores were Calverton 211, Stourbridge A 211, Halesowen 191, Trident 183, Solihull A 137 and Falcon 115. The result sees Halesowen remain in the first division in 2006. West Midlands Speed League Round 2 – Saturday 12th November 2005.

West Midlands Speedo league Round 2 - Saturday 12th November Ron Hooper Inter-County Trophy Gala – Sunday 13th November

Swimmers from Halesowen Swimming Club enjoyed a busy a very successful weekend. On Saturday the team were at Wombourne for the second round of the West Midlands Speedo League and grabbed first place from Camphill Edwardians in a thrilling gala. Halesowen got off to a flying start and lead the competition by 5 points after event 10 but by event 18 Camphill had nudged into a one-point lead. At the halfway mark Halesowen had slipped seven points behind but clawed their way slowly back to lie four points ahead with eight events to go. The final series of events saw some very close finishes but Halesowen held on to finish six points ahead.

Individual first places came from Kimberley Mack, Philip Harrington and Richard Spoor in the Breaststroke, Hannah Cuthbert, Laurence Hickin and Adam Jackson in the Butterfly and Roxanne Sweeney in the Freestyle. The boys 15 and under team including Michael Edmonds and Jack Watts pulled off a double victory in the Freestyle and Medley relays with other relay winning teams including Emily Homer, Chloe Robbins, Rebecca Spoor, Conor Carey, Graham Harrington and Oliver Jackson.

Final points scores were Halesowen 221, Camphill Edwardians A 215, Falcon 159, Stafford Apex 157, Wolverhampton 147 and Solihull A 144.

The following day saw 12 swimmers from Halesowen Swimming Club represent Worcester County at the Ron Hooper Inter-County Trophy gala at Wolverhampton and all produced good performances for the team. Competing swimmers were Hannah Cuthbert, Josie Evans, Bethany Jackson, Kimberley Mack, Roxanne Sweeney, Conor Carey, Michael Edmonds, Greg George, Laurence Hickin, Oliver Jackson, Richard Phillips and Richard Spoor.

Redditch Girls Only Trophy Gala – Saturday 15th October 2005

Female swimmers from Halesowen Swimming Club travelled to Droitwich to take part in an unusual girls only gala. Halesowen swimmers were in fine form and ran out as eventual winners on the evening. The team was pushed hard all evening by Redditch who lead the gala by one point after 12 events but by at the halfway mark Halesowen had taken a 6-point lead. Redditch managed to close the gap back to a single point again with only seven events to go but Halesowen finished strongly to win by 8 points overall.

Double individual event winners were Josie Evans in the Freestyle and Individual Medley, Beth Jackson in the Butterfly, Roxanne Sweeney and Sarah Watts in the Backstroke and Freestyle. Other individual event winners were Verity Emms in the Individual Medley, Abigail Henderson in the Butterfly, Amy Piper in the Freestyle and Louise Williams in the Backstroke. Nine relay teams ran out as winners with 11 and under team members Pria Rai, Chloe Robbins and Rebecca Spoor, 12 and under Maria Goodwin and Beth Hart, 13 and under Grace Emms and Jess Northall, 14 and under Hannah Phillips and Open swimmer Kate McAndrew. Emily Homer and Lillian Parsons also helped the team mates round off the evening with a win in the final relay event of the evening.

Final points scores were Halesowen 142, Redditch 134, Orion 103 and Droitwich 84.

Worcester County Sprint Championships – Sunday 11th September 2005

38 swimmers from the Club travelled to Wolverhampton on Sunday 11th September to take part in the Worcester County Sprints competition and enjoyed a very successful day. Swimmers completed 129 races with almost three-quarters of these resulting in a top eight finish – the best of any Club in the County - and half achieved in personal best times. Age Group event winners were Hannah Cuthbert, Josie Evans, Kimberley Mack, Conor Carey, Philip Harrington, Laurence Hickin, Oliver Jackson, Andrew Papworth and Richard Spoor. Congratulations go to our Skins 'A' finalists Leanne Taylor, Jon and Matt Cherry and to Greg George for his first place in the Skins 'B' final.

Worcester County Inter-Club Relay Championships And 100 Individual Medley Championships Sunday 3rd July 2005

The Inter-Club Relay Championships took place at Wolverhampton on Sunday 3rd July and the Club took a strong team to try and improve on last year's 3rd place overall. 2004 had seen the Club secure just one first place victory and this tally was improved to an impressive six this year. Both the girls and boys 11/12 years Freestyle and Medley Team pulled off an impressive clean sweep – winning team members were Hannah Cuthbert, Maria Goodwin, Beth Jackson, Kimberley Mack, Roxanne Sweeney, Graham Harrington, Oliver Jackson, Richard Phillips and Richard Spoor. The boys 13/14 team also achieved the same feat with team members Ben Bastable, Conor Carey, Michael Edmonds, Laurence Hickin and Adam Jackson.

Overall the team clocked up 61 points to match 2004's achievement of third place. Top five places were Worcester 91, Stourbridge 74, Halesowen 61, Bromsgrove 49 and Haden Hill 26.

Taking place on the same day as the Inter-Club Relays, the 100IM Championships saw success for several Club swimmers. First places came from Hannah Cuthbert and Beth Jackson, second places from Josie Evans and Philip Harrington and third places from Laurence Hickin and Adam Jackson.

Mercian League Final – Saturday 4th June 2005

Swimmers from Halesowen Swimming Club travelled to Wombourne for the final round of the Mercian Summer League Last Saturday. The swimmers carried their excellent form from the first two rounds into the final and were in contention for top spot all evening. The team were only denied winning the League by a narrow two-point margin by a strong Solihull team.

Double individual winners were Verity Emms in the Backstroke and Individual Medley, Stuart Brown in the Breaststroke and Freestyle and John Pridden in the Butterfly and Individual Medley. First placed swimmers were Maria Goodwin and Daniel Summerfield in the Backstroke, Adam Jackson in the Freestyle and Richard Phillips in the Butterfly. The Boys Medley relay teams were on form with team members including Stefan Ashman, Ben Bastable, John Gittings, Richard Phillips and George Turton. The team produced a

tremendous finish by winning both of the final relay events including Charlotte Northall, Amy Piper, Katie Summerfield and Fraser Pressdee.

Chief Coach Peter Carey commented, "It was great for the swimmers to finish the last team gala before the summer break on a high note. We finished in third place last year and to improve on that is some achievement. Hopefully we can improve again next year and look to win the League".

Final points scores were: Solihull 215, Halesowen 213, Haden Hill 183, Worcester 161, Broadway 137 and Bromsgrove 13.

Nuneaton Junior League – Saturday 25th June 2005

Our junior swimmers were in action at Walsall in the final round of the Junior League on Saturday 25th June. With first division status already more-or-less certain the team were able to claim our highest placing in the League for many years by finishing in fourth spot.

Congratulations go to all team members throughout the rounds for a magnificent achievement. With a very strong Coventry team in action wins were hard to come by with the only individual event winner being Graham Harrington in the Freestyle. The 11 years Freestyle relay team of Beth Jackson, Chloe Robbins, Rebecca Spoor and Roxanne Sweeney also grabbed a first place. The team were able to hold off Leamington Spa by claiming 12-second place finishes.

Final point scores were City of Coventry 'A' 255, Leicester Penguins 207, Walsall 174, Halesowen 154, Leamington Spa 147 and Stourbridge 'A' 130.

Siviter Sports Trophy Gala – Saturday 11th June 2005

Halesowen Swimming Club's junior swimmers were narrowly defeated in the Siviter Trophy Gala at Wombourne last Saturday. The team spent most of the evening chasing local rivals Stourbridge and, although Halesowen managed to close the points gap to just three in the final events, were unable to grab the winning spot.

Individual first places came from Graham Harrington in the Butterfly and Sam Johnson in the Backstroke. The night proved to be very successful for the relay teams with the 9 year old girls team of Sophie Braznell, Sian Carey, Isobel Hughes, Charlotte Rothnie and Kathryn Smithson winning in the Freestyle and Medley events, the 10 year old boys team of Sam Bainbridge, Andrew Baker, Daniel Johnson, Sam Johnson and Macaulay Swingler also pulling off double event victories, The 10 year old girls team of Abigail Hughes, Pria Rai, Esther Turner and Kathryn Smithson also got in on the act with a win in the Freestyle relay, and the 13 year old girls team of Grace Emms, Kimberley Mack, Jess Northall, and Isabella Piggott also winning both relay events.

Chief Coach Peter Carey was delighted with the team's performance and said "The Trophy gala gave all teams a great chance to field swimmers that do not usually get to represent the Club. It was great to see so many so many perform so well and I am really pleased for the whole team."

Final point scores were Stourbridge 231, Halesowen 223, Bilston 213, Wombourne 212, Kingsbury 166 and Oldbury 141.

Mercian League Round 2 – Saturday 4th June 2005

Swimmers from Halesowen Swimming Club travelled to Wombourne for the second round of the Mercian Summer League Last Saturday. The team got off to a flying start with both Verity Emms and John Pridden producing first places in opening Individual Medley events. With Graham Harrington in the Breaststroke and Adam Jackson in the Backstroke both grabbing first places with an impressive personal best times the team lay in second place by just two points at event 20. Opening event winners Verity Emms and John Pridden repeated the feat with wins in the Backstroke but a strong Perry Beeches team drew comfortably ahead with Leamington Spa competing for second place with Halesowen. Further event wins from Kimberley Mack and Jon Cherry in the Freestyle secured important points and saw the team tied with Leamington with just ten events to go. A string of first places saw Leamington cruise comfortably into second place but double relay

wins from the team of Stuart Brown, Jon Cherry, John Pridden and Richard Ruston narrowed the gap but left the team just three points short of second place at the end of the gala.

Final points scores were: Perry Beeches & Triple S 226, Leamington Spa 199, Halesowen 196, Nuneaton & Bedworth 183, Wombourne 153 and Etwall Eagles 84.

Nuneaton Junior League Round 2 – Saturday 14th May 2005

Junior swimmers from Halesowen Swimming Club finished in an impressive second place in the Junior League at Halesowen last Saturday. The team were on fine form throughout the evening and despite very strong opposition from the other first division clubs Halesowen saw off nearest team Solihull by ten points.

Individual event winners were Graham Harrington in the Breaststroke, Jack Slattery in the Freestyle and Sian Carey in the Backstroke. Members of the 12 years double event winning relay team were Stefan Ashman, John Gittings, Graham Harrington and Richard Phillips. Halesowen also grabbed second spot in a further 12 events.

Chief coach Peter Carey was delighted at the result and commented, "We knew that this would be a tough round for the Club but our swimmers pulled out all the stops to achieve second place. All of the swimmers and parents can be proud of a tremendous result and we can look forward to the final round with eager anticipation."

Final point scores were Phoenix Youth 255, Halesowen 183, Solihull 173, Redditch 151, Stratford Sharks A 150 and Stafford Apex 133.

Halesowen Swimming Club can be seen in action at Halesowen Leisure Centre on Friday evenings from 6.15pm.

Mercian League Round 1 – Saturday 1st May 2005

Swimmers from Halesowen Swimming Club travelled to Tamworth for the first round of the Mercian Summer League on Saturday 1st May. The team was in fine form and pulled off an impressive 21 race wins on the night to seal victory by a comfortable 67 points from the nearest rivals Wolverhampton.

Individual double event winners were Kimberley Mack in the Breaststroke and Freestyle, Adam Jackson in the Butterfly and Freestyle and John Pridden in the Backstroke and Individual Medley. First placed individual swimmers were Grace Emms in the Backstroke, Verity Emms in the Individual Medley, Abigail Henderson in the Butterfly, Kate McAndrew and Stuart Brown in the Breaststroke and Amy Piper and Roxanne Taylor in the Freestyle. Members of winning relay teams were Isabella Piggott, Kate Summerfield, Stefan Ashman, Ben Bastable, Jon Cherry, John Gittings, Richard Phillips, Tom Sinden, Jobe Swingler, Daniel Summerfield.

Final points scores were: Halesowen 247, Wolverhampton 180, Northgate 176, Tamworth 162, Oakengates 138 and Droitwich 138.

Worcester Winter League Round 2 – Sunday 17th April 2005

Our senior swimmers were in action in the 'A' final of the Worcester Winter League at Droitwich on Sunday 17th April. The final saw rival teams fielding their strongest possible combination of swimmers and quite an array of talent was on display. Our swimmers put on a good show and secured fourth spot in the League overall.

Individual winners were Michael Edmonds in the Freestyle and Backstroke, Josie Evans in the Freestyle and Laurence Hickin in the Butterfly. Members of the winning 13 and under medley relay team included Grace Emms, Roxanne Taylor and Richard Spoor. Individual second places were achieved by Philip Harrington in the Backstroke and Breaststroke, Beth Jackson in the Freestyle and Butterfly, Richard Spoor in the Breaststroke and Hannah Cuthbert in the Butterfly.

Final points scores were Perry beeches SSS 'A' 184, Stourbridge 'A' 173, Worcester 161, Halesowen 142, Bromsgrove 102 and Droitwich 74.

Nuneaton Junior League Round 1 – 9th April 2005

On Saturday 9th April our junior team were in action at Halesowen for the first round of the junior league. After last year's success in maintaining our first division status the team had a lot to prove and with a fourth place finish our swimmers did not disappoint. The team were close to third spot throughout the gala and were ahead by one point at event 39 but Hinckley proved to be too strong in the final 12 events. Our congratulations go to every team member for a tremendous performance.

Individual winners on the night were Harry Cowley in the Freestyle, Beth Jackson in the Butterfly and George Turton in the Backstroke. Relay event winners came from the team including Chloe Robbins, Rebecca Spoor and Roxanne Sweeney. Second places were achieved by Harry Cowley in the Breaststroke, Ryan Spoor in the Backstroke, Jack Slattery in the Freestyle and the relay teams including Stefan Ashman, Sam Bainbridge, John Gittings, Graham Harrington, Daniel Johnson and Richard Phillips.

Final point scores were Perry Beeches SSS 'A' 216, Walsall 202, Hinckley 182, Halesowen 177, Bromsgrove 160 and Bilston 12.

Halesowen Swimmers Excel at County Championships

During the course of four weekends in February and March over 40 swimmers from Halesowen Swimming Club took part in the Worcester County Championships and enjoyed their most successful competition for many years.

The swimmers took part in nearly 300 races with over two-thirds of these completed in personal best times and an amazing three-quarters resulting in a top 6 age-group finish. Even more remarkable was the 45 first places achieved by swimmers who set 9 Championship records in the process.

Louise Williams was crowned both senior and junior champion at 1500m Freestyle with Philip Harrington securing the junior title at both 100m and 200m Breaststroke. Age group winners were Philip Harrington (9 wins), Bethany Jackson (6 wins), Roxanne Taylor (5 wins), Hannah Cuthbert, Josie Evans and Louise Williams (4 wins), Michael Edmonds and Richard Spoor (3 wins), Harry Cowley (2 wins) and Laurence Hickin, Marian Goodwin, Rebecca Spoor, Greg George and Kimberley Mack (1 win). Championship records were set by Bethany Jackson, Philip Harrington, Michael Edmonds, Josie Evans and Rebecca Spoor.

A measure of the quality of the performances from swimmers at the Club is that 32 times achieved by swimmers at the Championships were at the higher District standard with Leanne Taylor, Oliver Jackson and Roxanne Sweeney joining their winning team-mates in achieving this mark. Special mention also goes to Hannah Cuthbert for achieving the prestigious national standard in the Butterfly.

Chief Coach Peter Carey was delighted with the swimmers' performances and commented "The achievements of our swimmers at the Championships has been outstanding and is testament to the hard work that they have all put in over the course of recent months. All swimmers from the youngest to the oldest have excelled themselves and they can all be justifiably as proud as I am of their achievements. We can all now look forward to the coming months where we will be striving to improve our high standards still further".

If you are interested in joining Halesowen Swimming Club you can see them in action on their Club night on Friday evenings at Halesowen Leisure Centre where further details can be obtained.

Worcester Winter League Round 2 – Saturday 19th February 2005

Senior swimmers from Halesowen were in action at Worcester in the second round of the Worcester Winter League and 20 PBs saw the team finish the gala in third place. Third place was enough to see the team go through to the A final of the League on Sunday 17th April at Droitwich.

Individual winners were Josie Evans and Conor Carey in the Freestyle, Michael Edmonds in the Backstroke, Laurence Hickin in the Butterfly, Philip Harrington and Andrew Papworth in the Breaststroke. Members of the winning 13/U relay team were Grace Emms, Isabella Piggott and Richard Spoor.

Final points scores were Worcester 188, Stourbridge A 161, Halesowen 138, Haden Hill 119, Ledbury 119 and Wyre Forest 117.

Halesowen Junior Trophy Gala – 29th January 2005 On Saturday 29th January

Our junior team were in action the first time this year in own home trophy gala. With our new 9 year-old swimmers making their debuts, the Club took the opportunity to use the spare lane available to give a number of swimmers individual and relay swims. With over 30 personal best times on the night the event was a resounding success for our swimmers. With all first division opposition the gala was never going to be easy and despite some valiant swims the team ended the night in fourth spite by a narrow 2-point margin.

Individual wins on the night came from junior team captains Maria Goodwin in the Backstroke and Graham Harrington in the Backstroke and Breaststroke, Rebecca Spoor in the Backstroke. Double event relay winners were Richard Phillips, John Gittings, Stefan Ashman and Graham Harrington. Special mention goes to Sian Carey, Lauren Garbett, Beth Jackson, Elizabeth McAleenan, Charlotte Rothnie, Kathryn Smithson, Amy Thornes, Eleanor Waterhouse, Emma Whitehouse, Ryan Davies, Thomas Fenton, Haron Gill, John Gittings, Christian Jones, Jack Slattery, Ryan Spoor, Thomas Taylor, Daniel Thomas and Oliver Woodhall who were all representing the Club for the first time in a junior gala.

Final point scores were Phoenix Youth A 266, Stourbridge 210, Camp Hill 196, Halesowen 194 and Phoenix Youth B 118.

Worcester Winter League Round 1 – Saturday 15th January 2005

Senior swimmers from Halesowen were in action at home in the first round of the Worcester Winter League last Saturday. The Club took the opportunity to give a run-out for a wide range of swimmers but were still able to finish as comfortable runners-up to a full strength Stourbridge team.

Individual winners were Louise Williams in the Butterfly and Backstroke, Greg George and Richard Phillips in the Butterfly, Philip Harrington in the Breaststroke and Matt Cherry in the Freestyle. The team were also able to record 13-second place finishes with no finish lower than fourth spot. Second placed swimmers were Hannah Cuthbert Elizabeth Edmonds, Beth Jackson, Michelle Jenks, Katie McAndrew, Stephanie Parkes, Kate Summerfield, Leanne Taylor, Roxanne Taylor, Stuart Brown, Conor Carey, Graham Harrington, Adam Jackson, John Pridden and Daniel Summerfield

Final Pouts scores were Stourbridge A 217, Halesowen 172, Haden Hill 151, Ledbury 147, Oldbury 104 and Pershore Penguins 38.

Halesowen Swimming Club can be seen in action at Halesowen Leisure Centre on Friday evenings and accept children in to their learn to swim scheme from age five.