



# CLUB NEWS

## JUNE 2012



Sheila Jansen

### THE ITALIAN JOB

The SPBSC Senior and Masters Team of 14 swimmers swam at the 2012 World Masters Swimming Championships in the picturesque little coastal town of Riccione in Italy.

The overall medal tally came to three Third Place Bronze medals and seven Top Ten Finalist Bronze medals, not to mention the many personal best times achieved. Success all round, particularly when you consider that, coming from all over the world, there were some 9,000 swimmers together with some 2,000 Open Water swimmers competing.

With the squad's wide range of ability it's overall success is somewhat difficult to list in detail. However, to me, there were two swimmers who typified examples of tales of the unexpected.

The photograph above shows Shelia Jansen winning her heat in the 45-49 Year Age Group 800m Freestyle. For her, this outstanding individual performance, completely unexpected, earned her an overall third place bronze medal.

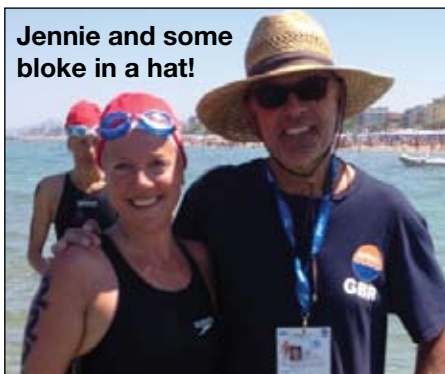
As her coach, if I take any credit, it would be that I strongly advised her to get out of swim practice early so as not to leave her race in the pool. When coaching the masters swimmer recovery is such an important principle of training.

Shelia had a high profile career in journalism and has five children. As a matter of interest three of them also swim for the club.

The second example was Jennie Howard who came through the

Pre-Masters Squad. Although she achieved personal bests in Italy in both the 800m and 400m Free, it was finally in the 3K Open Water Swim that she has now really found her vocation in Senior and Masters swimming. As a child Jennie gained a scholarship to Millfield School as a gymnast. She has a career as a restaurateur. Also, as a matter of interest her two children used to swim for the club. Just a thought: through their mother's success, could they now be considering a return to swimming at the club?

Tony Pearce  
Head Senior and Masters Coach



Jennie and some bloke in a hat!

### OPEN WATER

On Sunday 24 June the British Gas Great North Swim was held in Lake Windermere. The event included elite races featuring world-class athletes, some of whom will be competing in London 2012. 18-yr-old Regional squad swimmer Alex Panayides finished an amazing 7th in a high quality field that included Olympians Jana Pechanova of Czech

Republic and Keri-Anne Payne of GB. She swam the mile-long course in 18:50.77, less than eight seconds behind Keri-Anne.

On Saturday 7 July four of our 12-year-olds will compete for the first time in the South East and London Region Open Water Championship in Southsea: Rosa, Rebekah and Lara in the Girls 1500m and Tom in the Boys 1500m. Alex is also competing in the Girls 2km. This competition serves as a qualifying event for the National Championships so let's wish our swimmers the best of luck!

### LONDON REGIONALS



A quick round-up of this year's Age Group and Youth Champs: we had 17 children qualify to compete in a total of 52 races. We also swam eight relay teams!

Anoushka Maini (10y) finished ranked 9th in BAGCAT and Georgie Boyle (13y) finished ranked 4th in BAGCAT, winning three medals.

### EPSOM

Children from all squads had a fun time at a recent gala in Epsom. This is always a successful meet for us and this time was no exception: we won Top Club trophy – thanks to all who competed! Nikolas Lupi won Top Junior Boy and Top Junior Girl was won by Izabella Polgar Wiseman. Top Senior Girl went to Lacey Dikkers.

In all, seven Club records were broken and over 200 PBs were achieved!

**Such amazing results in all these competitions is no surprise given the commitment all our swimmers show in training and the constant dedication and encouragement given by our fantastic coaches. Well done all!**