

Suffolk ASA
Open Water Secretary's Report
Saturday 29 March 2008

Plans are continuing for the Regional events, including the Suffolk Open Water Championships, on Sunday 20 July 2008. The new Regional Championship event will be the 5k event and I am delighted to announce that this event will be included as part of the National Open Water Grand Prix series which should put our event 'on the map' with Open Water swimmers. Being part of the series means that prize money will be on offer to the winners of our 5k event as follows:

£50 – 1st; £30 – 2nd; and £20 – 3rd for both male and female

Competitors may participate in all five events of the series and collect points. Four results, which must include the Grand Prix Final at Holme Pierrepont in Nottingham on 10 August, will count towards the General Classification. Success in the General Classification will be rewarded by further prize money:

£100 – 1st; £60 – 2nd; and £40 – 3rd for both male and female

Please click on the link to see all Open Water Grand Prix Series Rules

<http://www.eastswimming.org/vsite/vfile/page/fileurl/0,11040,5113-188790-206012-133563-0-file,00.pdf>

Once again there will be a team competition with automatic entry for all Clubs with a swimmer finishing in each of the four events – 5k, 3k, 1500m and 800m (either male or female). I would be delighted to see entries from several Suffolk clubs and possibly to see one of them winning one of the awards in the team competition.

The atmosphere at our Open Water event is relaxed and friendly and we aim to make the day an enjoyable one. We need help in a number of areas both 'whites' and 'non-whites' and would be delighted for offers of help from local officials and friends and family of the swimmers. On a domestic note, if anyone with a food hygiene certificate would be able and like to help us operate a barbecue on the day – I believe we even have the equipment available – then please let me know as soon as possible (or if you know of someone who would fit the bill). We would like a barbecue to make the event more of a 'family day out' and also to feed our valuable officials and helpers. A full list of help required will be produced shortly.

Apologies that I cannot be at the meeting today but I have three Open Water meetings this weekend, starting on Friday afternoon where we are advising the organiser of a Haven Hospices charity Open Water swim at Southend-on-Sea in September.

Pauline Larke
Open Water Secretary