

SUFFOLK COUNTY ASA

Open Water Report – 28 November 2009

Once again the Suffolk ASA Open Water Championships were held as part of the East Region OW Championships at Whittingham Lakes, Trowse, Norwich on 19 July. The number of entrants for the championships was up on last year with 84 swimmers from Suffolk - 40% of the entry. Two more clubs were represented this year; in alphabetical order they were:

Deben SC
Hadleigh Dolphins
Leiston and District
Lowestoft and Oulton Broad SC
Mildenhall and District
Newmarket SC
St Felix School
Stowmarket SC
Sudbury and District
Team Ipswich and
West Suffolk.

In the Regional champs Suffolk swimmers once again were successful in many of the age group events. St Felix School were the most successful club with a second place in the team competition and both Samuel Munro (13-16) and Sophie Chamberlain (17-19) were awarded silver medals in the overall 5k championships.

Enormous thanks need to be expressed to the County for the new trophies presented this year for the 1500m and 800m events. The display of trophies was most impressive on the day.



As always, we greatly appreciated the help from many Suffolk officials on the day. Although there is a specific qualification of Open Water official it wouldn't be possible to run the event without the help of our volunteers from the pool. Thank you. Following a surge of interest in Open Water swimming we are expecting an increased entry next year which will mean we will be pleading for even more help in both officiating and admin roles. If you or any of your club members would like to help us I'd be pleased if you would let me know.

Next year the event is planned for the same venue on Sunday 18 July. I look forward to seeing even more of our Suffolk swimmers there.

Pauline Larke
Open Water Secretary