

## **TEAM MANAGERS REPORT 2009**

Doesn't time fly, it only seems a few months since I wrote the Team Managers report for 2008 and now 2009 has nearly gone. Once again the County has had a successful year.

As usual the swimming calendar began with the Three Counties Gala in December. Suffolk has now held the trophy for a number of years and we were determined to keep it for another year. My swimmers did not disappoint and we still have the cup in the trophy cabinet. This gala involves a great deal of work as two teams from each County are compete in this event. As usual we had a large number of swimmers competing for the County for the first time, congratulations to them all and well done to the team as a whole for bringing the trophy back to Suffolk.

Our next outing was in July at Thetford for the Regional Inter County Gala. As holders of this trophy we were determined to try and hold on to it. Competition was tougher this year with both Hertfordshire and Essex fielding particularly strong teams. We fought hard and were beaten into second place by Hertfordshire but only by seven points. This was a good result as some of my top swimmers were committed to events elsewhere. I should like to thank all the swimmers who turned out for me, including the more senior members of the team who proved that age does not matter.

As usual the pinnacle of the swimming calendar is the National Team Championships which were held at Ponds Forge, Sheffield in October. Suffolk has held 8<sup>th</sup> position for the last two years and was hoping to maintain this position. This year we did not quite make it to 8<sup>th</sup> but 9<sup>th</sup> position is still very good for a small county like Suffolk. I think nearly everyone broke a previous best which is fantastic and there were some very gutsy swims. Aaron Lynch had a brilliant weekend with a 1<sup>st</sup> and 3<sup>rd</sup> place in his events, both swims in personal best times. Other notable swims came from Elliott Cook, Bryony Campbell, Lewis Coleman, Josh Coleby and Alex Harrison. I should also like to mention Ellis Jackson who really should have been at home in bed but turned out to swim for the County, this shows commitment and courage. Well done to the whole team, brilliant performance.

As always I should like to thank all the swimmers who have represented the County this year, and all the officials, poolside helpers and Club Coaches for their support. Finally I should like to wish all Suffolk swimmers young and old a very successful 2010.

Alison Vinter