



# Penguins' News

[www.wcpssc.org.uk](http://www.wcpssc.org.uk)

## January 2012

Welcome to the bi-monthly newsletter for Winchester City Penguins Swimming Club. If you would like to suggest an item for the newsletter or if you have any news that would make a good article for the newspaper, please e-mail [press@wcpssc.org](mailto:press@wcpssc.org). The Penguins' website is full of important information regarding training, competition, results, news etc. Some parts are protected for club-member viewing only and you will need a username and password to access this information. If you haven't already got one, email [chalknslate@aol.com](mailto:chalknslate@aol.com).

Alison Crompton, Editor and Press Officer.

**Happy New Year to all our Penguins swimmers and parents!**



Over 200 swimmers, parents and coaches attended the WCPSC gala dinner and presentation evening on Sunday, 18 December. Well done to all the participants and award-winners of the 2011 Club Championships!



# Competitions

## Recent events

### Club Championships – 20 to 27 November

Well done to all competitors of the Club Championships. There were **758** personal best times from **1095** swims and **291** Hampshire Qualifying Times. There were also **146** Club Records set.

Top three in their age groups were:

- |    |  |
|----|--|
| 9  | <b>Zoe Upcraft, Eva Munden, Grace Reid</b>             |
| 10 | <b>Anna Cutts, Alla Garside, Abby Buchanan</b>         |
| 11 | <b>Natasha Bocchetta, Carys Ladd, Isobelle Harding</b> |
| 12 | <b>Phoebe Burdett, Alicia Judd, Freya Crompton</b>     |
| 13 | <b>Rebecca Lin, Lucie Baines, Maya Garside</b>         |
| 9  | <b>Oliver Bulpett, James Baxter, Guy Brown</b>         |
| 10 | <b>Christian Price, Tom Menlove, James Hartley</b>     |
| 11 | <b>Sam Rhodes, Max Stoner, Daniel Woodland</b>         |
| 12 | <b>Joe Briggs, Oliver Lewis, George Budden</b>         |
| 13 | <b>Ross Hunter, Matt Elliott, Ross Humphrys</b>        |
| 14 | <b>Adam Crompton, Callum Bruce</b>                     |

### Ladies Open

- Laura Fenwick** – 200 m backstroke  
**Nina Absolom** – 200 m breaststroke  
**Ellie Jones** – 200 m butterfly, 400 m IM  
**Ellen Trayhurn** – 200 m freestyle, 200 m IM  
**Vicky Payne** – 400 m freestyle, 800 m freestyle  
**Lucy Robson** – 100 m IM

### Ladies Junior

- Issy Talbot** – 200 m backstroke, 400 m freestyle,  
**Rebecca Lin** – 200 m breaststroke, 200 m butterfly,  
800 m freestyle, 400 m IM, 200 m IM, 100 m IM (joint winner)  
**Freya Rhodes** – 200 m freestyle, 100 m IM (joint winner)

### Mens Open

- Adam Lewis** – 200 m backstroke,  
**Chris Sharpe** – 200 m breaststroke, 200 m butterfly,  
1500m freestyle, 400 m IM  
**Justin Craig** – 200 m freestyle, 400 m freestyle, 100 m IM  
**Nick Courtney** – 200 m IM

### Mens Junior

- Ross Hunter** – 200 m backstroke, 400 m freestyle,  
1500 m freestyle  
**Joe Briggs** – 200 m breaststroke  
**Adam Crompton** – 200 m butterfly, 200 m freestyle,  
100 m IM, 200 m IM, 400 m IM

### ASA SER Junior and Open Championships, Aldershot 3 & 4 December

Well done to **Chris Sharpe** and **Rebecca Lin** who competed in the Regional Winter Championships.

### Peter Bull, Waterlooville, 3 & 4 December

Penguins had three age group winners at the Peter Bull Development Competition. Ten-year-old **Abby Buchanan** not only finished top of a large age group, but also won three of her events and finished runner-up in the other two.

Fourteen-year-old **Freya Rhodes** and 13-year-old **Ross Hunter** also won their age groups. Freya had wins in 50 m butterfly, 100 m Individual Medley and 200 m freestyle while Ross won 200 m freestyle, 200 m backstroke, 50 m butterfly and 50 m breaststroke.

**Alicia Warwick** took bronze in the 13-year-old girls age group and 12-year-old **Alicia Judd** just missed out on the medals finishing just one point behind bronze place and two points behind silver.

Finishing in the top 15 were: **Sam Rhodes** (5<sup>th</sup>, 11-year-old boys), **Charlotte Amies** (6<sup>th</sup>, 14-year-old girls), **Libby Dowson** (8<sup>th</sup>, 14-year-old girls), **Lucie Baines** (9<sup>th</sup>, 13-year-old girls), **Charlotte Lewis** (9<sup>th</sup>, 10-year-old girls), **Olivia Hildebrandt** (10<sup>th</sup>, 10-year-old girls), **Oliver Lewis** (10<sup>th</sup>, 12-year-old boys), **Matthew Elliott** (10<sup>th</sup>, 13-year-old boys), **Freya Crompton** (13<sup>th</sup>, 12-year-old girls), **Emily Lewis** (14<sup>th</sup>, 14-year-old girls), **Rachael Anderson** (15<sup>th</sup>, 14-year-old girls).



### Junior Cup, Round 2 - 19 November

#### A Team – Basingstoke, B Team - Gosport

Both teams were third in the second round of the Junior Cup. Individual wins for the A team came from **Sam Rhodes** (B/U12 50 m backstroke and 50 m butterfly) and **Joe Briggs** (B/U13 50 m backstroke) and for the B team from **Tally Evans** (G/U14 100 m breaststroke), **Emily Coulson** (G/U11 25 m butterfly), **Elodie Donald** (G/U11 50 m backstroke), **Pippa Copley** (G/U12 50 m freestyle) and **Zoe Upcraft** (G/U11 50 m freestyle).

*Gala Captains were: A Team – **Lucie Baines** and **Ross Hunter** and B Team – **Alicia Warwick** and **Tim Lewis**.*



# Competitions

**National Arena Swimming League, Round 3, Bracknell (Division 1 SW), 10 December**

Well done to the NASL team who won the third round of the gala, against all the odds. A seriously depleted team meant multiple events for many of the swimmers, many off-stroke or out of age group.

**Sam Rhodes** won the boys' 11/U 50 m backstroke and 50 m butterfly. **Freya Rhodes** won the girls' 15/U 100 m butterfly and 100 m freestyle. **Abbie Pease** won the girls' 15/U 100 m backstroke, as did **Joe Briggs** (boys' 13/U) and **Matt Mew** (Men's Open). Eleven-year-old **Natasha Bocchetta** won the 50 m freestyle and all of the Penguins' relay teams finished in the top three!

*[Final points: Winchester 1<sup>st</sup> 217 pts; Kingston Royals 2<sup>nd</sup> 193 pts; Havant and Waterlooville 3<sup>rd</sup> 192 pts; Chesbam 4<sup>th</sup> 177 pts; Farnham 5<sup>th</sup> 133 pts; Chalfont Otters 6<sup>th</sup> 132 pts]*

**Gala Captains were: Laura Fenwick and Justin Craig.**



**Upcoming events** - please amend your Penguins' wall calendars where necessary

**7 – 8 January – Basingstoke Open Meet (Closed)**

**14 - 15 January – Portsmouth Northsea Open Meet (Closed)**

**21 January – Novice Gala, River Park Leisure Centre (by selection)**

**28 - 29 January – Zonal Championships, Millfield (by qualification. WCPSC closing date: 5 January)**

**28 - 29 January – SER LC Masters and Senior Age Group, K2 Crawley (Closing dates: Individuals- 9 January, Teams - 18 January).**

**28 - 29 January – Crystal Palace Swim Camp (Full)**

**5 February – COSSC Open Meet, The Quays (Closed)**

**25 February – B/C Team Invitation Gala, The Quays (by selection)**

**3 – 18 March – Hampshire County Championships (by qualification)**

# Training

## Long course training

The next long course training sessions at Aldershot Garrison pool are from 8-10 am on:

**Sunday 22 January** – K1, K2 and Masters

**Sunday 12 February** – Those qualifying for Hampshire Youth Championships and BAGCAT swimmers competing in distance events at County Championships.

Please make sure you book your place by emailing Alison Fenwick at [secretary@wcpssc.org](mailto:secretary@wcpssc.org) and place a cheque for £7.50 in the WCPSC post box in advance of the session.

## Land training

Land training runs every Sunday at Winchester College from 08:55 – 09:55. The session is open to all club members aged 12+. Swimmers who normally train from 9-10 am on a Sunday may join the later swim session from 10-11 am if they have done the land training. Please wear tracksuit bottoms/shorts/t-shirt/trainers and bring a drinks bottle to the gym. Please complete the confidential health questionnaire and bring it to your first visit.

## Saturday evening training sessions, 5.30 – 7.30 pm at Winchester College (squad members only)

**7 January** – Synchronised swimming session - Email [secretary@wcpssc.org](mailto:secretary@wcpssc.org) to book your place.

**14 January** – Masters session

**28 January** – For those still chasing County times

**25 February** – Practice for Hampshire Relay Teams

## Want something fun to do in the February half-term?

Penguins are travelling by coach to the **Guildford Spectrum** on **Saturday 11 February** for a two-hour training session (including diving practice) followed by an hour in the leisure pool. The cost is **£15** which has been subsidised by the club.

If you are in Flippers, Otters, Dolphins, Seals, K1 and K2 you can email [j.kwint@soton.ac.uk](mailto:j.kwint@soton.ac.uk) to book your place.

Priority will be given to those who have **not** been on the Mallorca swim camp or have been accepted for the Crystal Palace swim camp. If you have been/are going on either of the swim camps your name will be put on a reserve list for the Guildford trip and you will be notified if spaces are available. **Deadline extended to 20 January.**

Coach departs Kings School at 3.45 pm  
Competition pool session 5.15 pm - 7.15 pm  
Fun flume session 7.30 pm – 8.30 pm  
Depart Guildford Spectrum 8.45 pm – 9 pm  
Arrive Kings School 9.30 pm – 9.45 pm

Swimmers will need to bring their own food and drink.

# Fundraising

## 100 Club

November's winner was **Karen Upcraft** .

December's bonus winner of £100 was **Karen Upcraft**.

**PLEASE RENEW YOUR NUMBERS FOR 2012 NOW.** Leave payment for £12 per number in the WCPSC post box addressed to Stewart Crowe (cheques payable to WCPSC). New members please e-mail [chalknslate@aol.com](mailto:chalknslate@aol.com) if you'd like to purchase some numbers and be included in the monthly draw for either £30, £50 or £100.

## Silent Auction

Thank you to everyone who donated prizes or bid for the silent auction. Altogether we raised almost £2,000 and Barclays Bank will also donate £750.

## Raffle prizes

If you have any unwanted Christmas presents, we would love to receive them for our novice gala raffle on 21 January. Please hand to **Vicky Harrison** or **Thelma Hawkings** before the date. Many thanks.

Over forty Penguin swimmers enjoyed a presentation and backstroke workshop with three-times-Olympian, Kathy Read, on 17 December. Kathy competed in the 1984, 1988 and 1992 Olympics and showed videos, brought along her old costumes (!) and demonstrated some backstroke drills in the pool. It proved a very interesting and motivating afternoon and the Club is very grateful to Kathy for sharing her experiences with us.

Club fundraising money subsidised this event.

Congratulations to **Thelma Hawkings** who was runner-up in the Volunteer of the Year Award at the Winchester and District Sports Awards for 2011. Thelma was recognised for all her hard work in organising the annual WCPSC Primary Schools' Gala, the bi-annual novice galas, officials training and much more. Thank you for all your hard work Thelma!

Congratulations also to **Sarah Standen** and **Rebecca Lin** who were nominated and short-listed in their respective coaching and junior sportswoman categories.

## Have you paid?



### MEMBERSHIP AND ASA FEES

#### All swimmers please note:

Payment for membership and ASA fees is due by **14 January**. If you do not pay, **YOU ARE NOT** insured and will therefore be unable to swim until payment has been received. Any queries contact Denise Crowe at [chalknslate@aol.com](mailto:chalknslate@aol.com)

All members should be in receipt of the current Club Constitution. This can be obtained by emailing Denise Crowe or can be downloaded from the club's website.

**Gala mobiles** – If you are selected for a gala please remember to contact the Team Manager if you are going to be late or are unwell. Take note of these numbers:

**A Team:** 07505 791672

**B Team:** 07505 792086

These are not used for Open Meets

## Winchester Fit for the Future Campaign

aims to secure high quality, sustainable sports and leisure facilities that can meet the needs of our growing city and the broader district.

The Fit for the Future website can be found at <http://www.fit4thefuture.org>

Campaign Director, Emma Back, can be contacted at [emma@fit4thefuture.org](mailto:emma@fit4thefuture.org).

And you can stay updated via Twitter (@WinchesterFit)

# Penguins' Junior Section and Lessons

Spring Term lessons run from Monday, 9 January – Sunday 1 April (excluding 13 – 19 February)

We are pleased to announce that **Vicky Harrison** has been appointed as the new lessons' poolside helper. Vicky will be able to answer your queries poolside or will get Sarah Standen (Junior Section Coach) to contact you outside of lessons. Vicky can be contacted at [poolsideadmin@wcpssc.org](mailto:poolsideadmin@wcpssc.org) and Sarah at [juniors@wcpssc.org](mailto:juniors@wcpssc.org)

Well done to all the swimmers who completed a distance swim on Saturday 3 December. The following swimmers were awarded badges for 100 m or more:

## 100 m

Michael Barnes  
Eilidh Buchanan  
Megan Cholerton  
Anatole Dupuis  
Daniel Foley

Joshua Symons  
Sophie Groombridge  
Elliot Light  
Charlie Peters  
Ellie Simpson

Tilly Slater  
Annie Stillman  
Scarlet Syder

## 200 m

Oliver Bryan  
Dori Cottle  
Benji Cottle  
Florence Goodhand

Louis Howe  
Alexander Mather  
Emily Menlove

## 400 m

Roarke Malone  
Tom Parsons

## 600 m

Ben Hatfield  
William Rickman  
Nathan Tomkins

## 1000 m

Annabel Groombridge  
Madeline Harrison

Fenella Weston  
Abi Read

## 1500 m

Kate Baxter

## 1600 m

Adam Gurung  
Ed Menlove  
William Hatfield

Ella Wilton  
Adam Woo  
Beth

## 2000 m

Finny Malone  
James Watts

Millie Parsons  
George Barnes

## 4000 m

Isabelle Harrison

*What an awesome achievement for all who took part. The support and enthusiasm from everyone involved was exceptional.*

(Extract from parent's email)

We hope to see many of you competing in our novice gala at River Park Leisure Centre on 21 January. A list has been posted on notice boards of those invited to compete. Please tick to show your child is coming or email

**Thelma** at [novicegalas@wcpssc.org](mailto:novicegalas@wcpssc.org)



# Squad News



Your Squad Reps are here to help you

[flippers\\_rep@wcpssc.org](mailto:flippers_rep@wcpssc.org) (Katie Butcher) [otters\\_rep@wcpssc.org](mailto:otters_rep@wcpssc.org) (Sharon Barnes) [seals\\_rep@wcpssc.org](mailto:seals_rep@wcpssc.org) (Emma Back)  
[kings\\_rep@wcpssc.org](mailto:kings_rep@wcpssc.org) (Hilary Sharpe) [dolphins\\_rep@wcpssc.org](mailto:dolphins_rep@wcpssc.org) (Maggie Lewis)

If you have any squad news email [press@wcpssc.org](mailto:press@wcpssc.org)

## Squad Moves

Congratulations to the following swimmers who have now changed squads:

**Flippers to Otters**-Guy Brown, Emma Goodyer, Anna Gurung, William Hatfield, Martyn Humphrys, Jemima Hynes, Ed Menlove, Thomas Munday, Eva Munden, Gemima Weston and Hannah Pearce.

**Otters to Seals** – Olivia Hildebrandt, Emily Hamill-loader, Isobelle Harding, James Hartley and Jessica Moss.

## Masters

Well done **Cath Beckett, Helen Trippe, Lucy Hart** and **Kevin Trayler** who were part of the Hampshire team who were South East Region Masters Inter-County Champions! Hampshire toppled Middlesex from the first position they have claimed for the past two years, winning the Tony Warn Trophy.

## Flippers and Otters

### JUNIOR SQUAD SWIMMER OF THE MONTH:

Congratulations to **Eva Munden**  
who won this award for  
November



# Top Attendees

	Flippers	Otters	Seals	Kings 1	Kings 2	Dolphins
November	Eva Munden Charlotte Collins Ed Menlove Emma Goodyer Anna Gurung Martyn Humphrys	Jessica Moss Emma Hartley Ellie Garnett James Hartley	Natasha Bocchetta Christian Price Georgia Bell	Libby Dowson Adam Lewis Freya Crompton Chris Sharpe	Ellie Jones Ellie Cross Charlotte Amies Tom Coward Sarah Hawkings Jenny Budden	Tally Evans Tilly Finch Katie Jones
December	Ed Menlove Eva Munden Amber Westley Gemima Weston Amy Gardiner Anna Gurung Tom Munday	Jessica Moss Emma Hartley James Hartley Emily Hamill-loader Mercy Webb Isobelle Harding	Christian Price Georgia Bell James Baxter Oliver Bulpett	Adam Lewis Chris Sharpe Matt Elliott	Ellie Jones Emma Falconer Charlotte Amies	Tally Evans Tilly Finch Danielle Lewis Tim Lewis

## Your Committee...

1. Chair: Sue Falconer Email: [chair@wcpssc.org](mailto:chair@wcpssc.org)
2. Secretary: Alison Fenwick Email: [secretary@wcpssc.org](mailto:secretary@wcpssc.org)
3. Treasurer: Stephen Pease Email: [treasurer@wcpssc.org](mailto:treasurer@wcpssc.org)
4. Jan Warwick: (Vice-Chair, Contracts, Swim 21, Fundraising, Lessons, Club Championships & Schools Gala) Email: [janetwarwick1@btinternet.com](mailto:janetwarwick1@btinternet.com)
5. Garry Hassard: (Open Meets Secretary) Email: [openmeets@wcpssc.org](mailto:openmeets@wcpssc.org)
6. Alison Crompton: (Press & Publicity) [press@wcpssc.org](mailto:press@wcpssc.org)
7. Thelma Hawkings (Schools Gala, Novice Gala) [novicegalas@wcpssc.org](mailto:novicegalas@wcpssc.org)
8. Liz Jones (Minutes secretary)
9. Sharon Price
10. Nick Fosberry
11. Vicky Harrison (Fundraising) [fundraising@wcpssc.org](mailto:fundraising@wcpssc.org)
12. Jemma Kwint

## Other helpful contacts...

ASA Registrations, New Members, Membership Renewals: Denise Crowe (01329 280664) Email: [chalknslate@aol.com](mailto:chalknslate@aol.com)

Website Submissions and Queries: Carol Shepcock Email: [web\\_feedback@wcpssc.org.uk](mailto:web_feedback@wcpssc.org.uk)

Learn to Swim: Email: [juniors@wcpssc.org](mailto:juniors@wcpssc.org)



You can read the Minutes of the Committee meetings here if you have your username and password:

[here](#)