



RADS NEWSLETTER

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Dates for your diary...

- Essex Mini League
11th February, 6pm
Clements Hall
- Essex BAGCAT Block A
17/18/19th February
Basildon Sports Village
- Graded Gala
25/26th February
Clements Hall
- Essex Mini League
10th March, 6pm
Harwich

A full list of fixtures & events can be found on the RADS website.

TOP HONOURS FOR RADS!

It was a great night for RADS at the Rochford & District Sports Awards held at the Mill Hall, Rayleigh in October.

Phil Harper scooped the top award of the evening, the Sports Personality of the Year. 66-year-old Phil – was diagnosed with kidney cancer in October 2010, but went on to win a gold medal at the British Masters Championships.

Phil said "I was so surprised to win but it just goes to show that age is no barrier when it comes to sport,"

RADS Head Coach Doug Drake was also recognized with the Services to Sport award. He deservedly won the award for coaching swimming for over 25 years. Doug works so hard for RADS, coaching four mornings and at least two evenings a week as well as numerous galas at weekends.



Phil & Doug with their awards

Rounding off a great night for the club, Jo-Jo Cranfield also won the Disability Sports award.

Well done to all three of our winners!

NEW WAYS TO FOLLOW RADS

Keep updated with club events and news:-

WEBSITE

<http://www.radsswimming.org.uk/>
The all-new website provides up to date news and results along with all forthcoming fixtures and events.

FACEBOOK

Search for **R.A.D.S.** on Facebook to join all the chat and hear the most recent announcements as they happen.

TWITTER

Get live updates from galas featuring RADS swimmers by following @RADS_Swimming

EMAIL

Join the RADS mailing list by signing up on the front page of the website.

RADS FEES

For several years, RADS have managed to absorb the increases in costs and avoided raising the training fees and membership fees.

However, in the face of several major price rises from Clements Hall, the club have been left with no option other than to increase fees.

Membership fees are now due. They are £30 per individual member and £80 for a family.

The training fees were increased in October to the following amounts for each squad:-

- Novice (Teaching Pool) - £20
- Improver Lanes - £26
- Eddie's Squad - £27
- Junior Squad - £29
- Senior Squad - £35
- Masters - £18/£26/£30
- Monthly Family Fee - £100.

Savings of £2 per individual can be made on these fees by setting up a standing order. Please ask at the RADS desk for more information, or download the standing order form from the website.

People with current standing orders should alter the amounts in line with these changes.

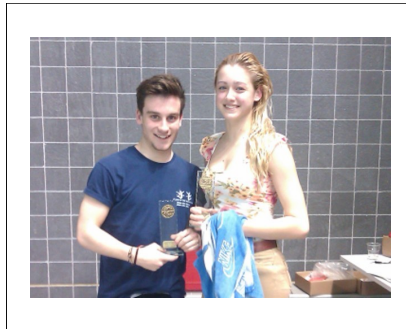
Full fee details are available on the website and RADS notice board.

“The gala was a very hot affair in more ways than one”

FAYE & ZAC TRIUMPH!

Faye Brumby & Zac Mashford won the Top Girl & Top Boy awards at the recent Barking & Dagenham Trophy Gala to celebrate the opening of the new Dagenham swimming pool.

Faye brought home her



Zac & Faye won Top Boy & Top Girl at the Dagenham Trophy Gala

award after some challenging swims, not least the 200m Butterfly where she finished 2nd for 9 points. She went one better in the 200m IM, finishing 1st and just pipping fellow RADS swimmer Rachel Vaughan. In all, Faye competed in six races swimming 400m in butterfly.

Zac also fully deserved his trophy, swimming three 200m races as well as other 100m events and numerous relays. His individual points contribution for the club was over 50, one of the highest of the night.

The gala itself was a very hot affair in more ways than one. The heating was turned up high, as was the quality of the RADS swimming which saw some great performances, with Danny Baker, Carys Harding, Lucy Johnson, Christian McMillan, Georgia Powell & Rachel Vaughan all notching up wins.

Special mention goes to all our swimmers who swam their hearts out for the team. Jessica Mason & Chris Olivares stood out in particular as they volunteered to take on the 100m fly to ensure RADS had a swimmer and gained valuable points.

RADS COUNTY QUALIFIERS

Congratulations to 16 RADS swimmers who have achieved the qualifying standard for the 2012 Essex Age Group Championships. The swimmers have been entering licensed galas all year to try and get their times. In total, RADS swimmers will be competing in 67 events at the championships this year.

GIRLS

Faye Brumby
Carys Harding
Amber Head
Isobel Hurdle
Jessica Mason
Georgia Powell
Jessica Robin
Ella Stone
Rachel Vaughan

BOYS

Danny Baker
Dean Brumby
Alex Campbell
Todd Harding
Zachary Mashford
Christian McMillan
Joshua Metson

EUROPEAN RECORD FOR EILEEN

Well done to RADS masters swimmer Eileen Luther who was part of the Sussex Martlets team which set a new European record of 11.30.70 in the 240-279yrs 800m freestyle at the 2011 GB Masters held at Ponds Forge Sheffield over three days (28th to 30th October).

Eileen trains regularly at RADS, swimming in both morning and evening sessions.



Anthony Gimson, Eileen Luther, Claire Willison & Stephen Braine

YOUR CLUB NEEDS YOU!

Similar to many other clubs and organizations, RADS relies heavily upon volunteer support from members and parents to ensure that our swimmers are given the best opportunities and facilities.

The club is always keen for swimmers and parents to help. There are many ways in which people can give their assistance, whether it is taking the drinks round at galas, manning the door or even joining the full committee.

Two RADS galas in February require a large amount of help:-

Essex Mini League Gala at Clements Hall on 11th February - RADS are hosting this gala and require timekeepers, scorers, runners, people to man the door and someone to hand out drinks to the officials.

Graded Gala at Clements Hall on 25th & 26th February - The club need 8 timekeepers, scorers, runners, people to man the door and someone to hand out drinks to the officials.

Currently, RADS have a vacancy on the main committee: Social Secretary



If you are able to give up a small amount of your time to help the club we would be very pleased to hear from you. Please speak to Elaine Vaughan on the RADS desk for more information.

MASTERS INTER COUNTIES

A contingent of masters swimmers from RADS were selected to swim in the Essex county team at the East Region round of the ASA National Masters & Senior Inter-counties, held in Newmarket on the 20th November 2011.

Essex came third on the day

and were finally ranked 9th out of 31 at the national level. Essex were up against Hertfordshire, Suffolk, Norfolk, Cambridgeshire and Bedfordshire. The Essex team put in a great effort to achieve the result as the competition was really strong. There were some exceptionally fast times being demonstrated in order to

win events.

RADS were represented at the event by Jade Perry, Louise Parsons, Dean Brumby, Steve Dimmick, Geoff Baker and Walter Gerard, who all did a mix of individual and relay swims. Well done to Jade, who won the 50m Backstroke and Geoff coming third in the Fly.

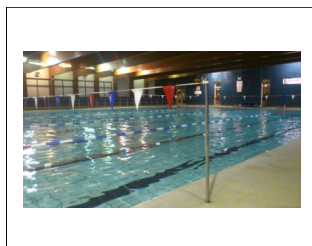
“The Essex team put in a great effort to achieve the result as the competition was really strong”

JOIN RADS

RADS are always pleased to accept new members. The club welcome all ages and subject to a successful trial with head coach Doug Drake, swimmers will be accommodated in one of the training squads.

If you know someone who would be interested in joining the club, please encourage them to come along for a free trial.

Trials are held at Clements Hall Swimming Pool every second Tuesday in the month, starting at 6pm.



Clements Hall Pool

For more information, speak to the RADS information desk which is open on Tuesday & Thursday evenings between 18:30 & 20:30.

Alternatively, RADS can be contacted at email address:- join_rads@radsswimming.org.uk

Or call Doug Drake directly on:-
07793 084340

**Rochford & District
Swimming Club**

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Clements Hall Way
Hawkwell
Essex SS5 5LN

E-mail: secretary@radsswimming.org.uk

Website:
www.radsswimming.org.uk

Swim for life, fit for life!



**Rochford & District
Swimming Club**

Rochford and District Swimming Club (RADS) was founded in 1978 at the request of Rochford District Council with the purpose of developing sport in the district.

Its inception was largely brought about by the completion of the Clements Hall swimming pool, which at the time boasted the only eight-lane 25 metre pool in Essex. This eventually grew into the magnificent leisure centre we know today. The club has a large membership and runs a constructive teaching programme for all ages from five to adults.

RADS is primarily a competitive club and has enjoyed success in various leagues, open events and championships. Although the club competes at all levels, it also has a large focus on encouraging swimmers to enjoy their swimming and treat it as a sport for life. Many of our coaches and adult swimmers have progressed through the same development system and are now passing on their experience to younger members.

The club meets on Tuesday, Thursday & Sunday evenings at Clements Hall throughout the whole year and five mornings a week for competitive swimmers, the only exception being over the Christmas period.

OPEN GALA REPORTS

RADS swimmers have competed in several open galas over the last couple of months.



Essex Long Course Winter Championships

Six RADS swimmers qualified for the Essex Long Course Championships this year. The event was held over three days at the new 50m pool at Basildon Sporting Village. RADS swimmers competing were Danny Baker, Dean Brumby, Faye Brumby, Zac Mashford, Christian McMillan & Rachel Vaughan.

The event was highly competitive with swimmers from all the top clubs competing. Although no medals were won on this occasion, RADS gave a good account of themselves, with several long course PBs notched up.

Canvey Winter Open

This gala saw plenty of outstanding swims from RADS swimmers and many medals. The gala took place at Blackshots pool in Grays and attracted a large entry of swimmers from all over the local area.

Young swimmers Lucy Bailey & Josh Metson showed real tenacity in their races, with Lucy tackling the daunting 200m Freestyle and Josh grabbing a silver medal in the 50m Freestyle. Well done to both swimmers!

In addition to this, we saw swims from two of our masters swimmers Paul Metson & Geoff Baker, who both showed that they could hold their own against the younger lads. Paul claimed the bronze in the 50m Breaststroke & Geoff also came 3rd in the 50m Fly.

Carys Harding also showed real stamina to record personal best times in all 8 events she entered, picking up 2 medals in the process.

Redbridge Winter Meet

Although only 11 RADS swimmers entered this gala, there were some good performances. Dean Brumby & Ella Stone were at the top of the list, winning bronze & silver medals respectively. Ella's 50m Freestyle was a new PB, clocked at 28.82s placing her 3rd in Essex currently. Dean's time of 57.50s in the 100m Freestyle was also a PB, knocking over a second off his previous best.

Other notable performances were from two 9 year olds Amber Head & Isobel Hurdle. Amber grabbed a silver medal and a county time in the 100m IM and a new PB in the 200m Freestyle, and Isobel medalled in the 200m Breaststroke also recording a new PB and county time.

Special mention must go to Todd Harding, racing for the first time since breaking a bone in his foot playing football. He even managed to post a new PB in the 100m Breaststroke to prove he is getting back to form.