



# CHEESTRINGS CHALLENGE CHRONICLE

Saturday 31st July 2004

*The Official Daily Newsletter of the Cheestrings ASA National Age Group Championships 2004*

## DAY 2 ROUND UP

In his home pool, Max Partridge from Sheffield set a new British Age Group Record in the 14yrs 200m breaststroke. Setting a record in the morning heats he went 3 seconds fast in the final recording 2:23.87. The rest of the field were almost 5 seconds behind, led by Robert Kinnell (City of Leeds) who took silver in 2:28.60 and Christopher Fox of Wolverhampton (2:29.02).

Plymouth Leander coach Jon Rudd had plenty to celebrate as his swimmers struck gold twice in the night. Steven Beckerleg (Plymouth Leander), who last night won a bronze in the 14yrs 100m freestyle, was a clear winner taking the gold in tonight's longer freestyle distance of 400m. Swimming a very even split over the 400m, Beckerleg touched home in 4:08.57 ahead of Jonathan Quinn of Hatfield (2:12.64) and Thomas Howe of Kelly College (4:13.81).

The second Plymouth gold came when Anthony James set a new British Age Group Record of 57.40 in the 14yrs 100m butterfly. James Doolan of City of Salford took silver (58.60) and bronze went to Peter Thompson (Middlesbrough) in 59.03.

Continuing his winning streak, Ryan Bennett (Bolton Metro) took his second gold of the Championships in the boys 13yrs 400m freestyle (4:17.56). Richard Butler of Kingston Upon Hull finished in silver position (4:20.98) and Daniel Mills (Nova Centurian) took the bronze in 4:21.90. Not content with just one medal tonight Bennett also took gold medal in the 100m butterfly. Touching in 1:02.02 Bennett was a head of Millfield's James Houston (1:03.29) and Lewis Rossi of City of Leeds (1:03.29).

In the 12yrs 100m freestyle Stratford Sharks' Emily Key turned a good second ahead of the rest of the field at the 50m point and looked like a comfortable winner but Ellen Gandy (Beckenham) last year's winner, came back strongly in the final 15 metres. Key however, impressively held on breaking the minute barrier for the first time and taking gold in 59.34 ahead of Gandy (59.62) and Ceri Unwin of Hatfield (1:00.63).

It was a busy night for Lincoln Vulcans' Elizabeth Simmonds as she added to her two gold medals from last night taking the 13yrs 100m freestyle gold (58.63). Laura Collins (City of Birmingham) won silver (59.46) and Vulcans club mate Jordan Tomlinson won bronze in 59.95. Simmonds' next medal, gold again, came in the 200m backstroke. Simmonds won commandingly ahead of silver winner Lauren Collins from City of Birmingham (2:20.27). Last night's 100m butterfly gold medallist Jessica Dickons (Borough of Stockton) came home to bronze in 2:22.60. Gold number 5 for Simmonds came in the 13yrs 200m IM. Recording a time of 2:20.48 ahead of Jessica Dickons this time capturing silver (2:22.75) with Rachel Leong of East Essex taking bronze in 2:27.16.

Tonight National Youth Coach John Atkinson was upbeat on the performances saying "I was most impressed tonight with the good result from Max Partridge. The work he's done this year, with City of Sheffield coach Russ Barber, is paying dividends. Plymouth Leander also had a great night with two gold medallists."

## HAPPY BIRTHDAY

Samantha Conray of Plymouth Leanders is 12 years old today... Have a fantastic day!!!

## COACH COMMENT

In order to maintain performances throughout the championships, swimmers need to complete their structured swimdowns monitored by their coaches with heart rate monitors and drinks bottles to help recovery. Is this happening?

## OLYMPIC TICKETS

If you'd like to see the Mens 100m Breaststroke final on 15th August in Athens, Mark Skimming from the University of Bath Swimming Club has 3 tickets available at a cost of £ 70 each.

## PHOTOGRAPHS

Today's pictures will be available to view on-line tomorrow. As the website can be directly accessed with all photographs available for direct order it couldn't be simpler! Don't miss out!!

[www.swimmingphotos.net](http://www.swimmingphotos.net)



## HAVE YOU GOT A CVC?

The ASA have recently appointed County Volunteer Coordinators (CVC's) who are working with volunteers to make a difference within aquatics. Their main tasks entail working with others in recruiting, retaining, rewarding, developing and communicating with volunteers, helping clubs to recruit their own volunteer coordinator, providing feedback and guidance on matters affecting volunteers and generally raising the profile of volunteering.

You could check to see if your county has a coordinator on [www.britishswimming.org](http://www.britishswimming.org), but if you are an enthusiastic, active and open-minded volunteer with the knowledge and understanding of issues that volunteers face, and are motivated to becoming part of an invaluable network for the future development of volunteers then you may want to contact us.

You would be expected to work and communicate with volunteers and staff members as well as attend and contribute to ASA CVC forums which take place 2 to 3 times a year. You'd also communicate regularly with county ASA and County Swimming Action Group and be a point of contact for information and issues affecting volunteers and clubs within the county.

But the benefits of becoming a CVC is evident in the vital contribution you will make as a member of a committed network of volunteers. If you'd like the opportunity to make a real difference, please contact Matt Sturgess, ASA National Development Co-ordinator.

[Matt.sturgess@swimming.org](mailto:Matt.sturgess@swimming.org)

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## CLUB LEAGUE TABLE END OF DAY 2

Point scores at the end of Friday night:

### Boys

Millfield	170
Kingston Upon Hull	154
City of Leeds	152
Hatfield	143
Plymouth Leander	129
Nova Centurion	124

### Girls

Lincoln Vulcans	283
City of Leeds	144
Borough of Stockton	119
City of Birmingham	115
Beckenham	114
Middlesbrough	91

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## SOUVENIRS

Gerrard Swim wear and Diana have teamed up to bring you a full range National Championship shirts, caps, swimwear and accessories including souvenir caps and polo shirts to celebrate the achievement of reaching the Nationals 2004.

[www.gerrardswimwear.com](http://www.gerrardswimwear.com)

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## SWIMTEC (HEARTRATE UK)

While you are here, why not spare a couple of minutes to visit the SwimTec (Heartrate UK) stand in the foyer you will be able to discuss your training and technical equipment requirements with Paddy Garratt (Ex-Olympic, Commonwealth, European and World championship coach) and Caroline Foot (Double Olympian, multi-world, European and Commonwealth representative and former British Record Holder)

"A Wealth of Experience"

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## SWIMMING FASTEST- Maglischo

Is an all round resource for coaches, covering everything from technique to training and racing. This fantastic book will help you plan your season of training and includes tapering for meets along with pacing and strategy among others. Available at the ASA stand why not come along and have a browse.

Whether you are a swimmer, parent, or coach why not come along to the ASA stand in the foyer area to take a glimpse at the books available through the ASA:

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## CHEESTRING COMPETITOR T- SHIRTS

Don't forget to collect your T-Shirt from the ASA stand you'll need to show your competitor pass.

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