

MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: OCT 2024



Welcome to our October 2024 Newsletter, with an impressive update from our Masters Squad, some squad updates and a few important reminders.

If you have any queries, please email (secretary@marlboroughpenguins.com). For all club information, don't forget that the website and Facebook account (Marlborough Penguins) are up and running.

MASTERS SQUAD: WHAT A SEASON!

Well, what a super season for our Masters swimmers 2024 has been! Whilst the summary here focuses on swimming, many of our swimmers from the Masters squad are also extremely proficient triathletes and have set personal bests in tough iron man events as well this season. Many congratulations to all for being fabulous examples of being lifetime athletes.

In the pool, the team have continued to participate in the Wiltshire Masters championships (April through September), where Pete has celebrated a very well-deserved award for being the top performing over 40's male. Hearty congratulations to Pete, who continues to inspire the rest of us. We also saw some great performances in the second round with a team silver medal for Penguins masters 4 x 25m relay who produced a sub 60 secs 100m swim (Pete, Lynne, Harry and Jo), as well as some fantastic individual swims!

This summer's weather has proven kinder to us than last summer and our Masters swimmers have been able to triumph in multiple open water events, festivals and long distances swims, tackling all disciplines, of lake, river and the sea (both within the UK and on the European continent).

Too many to mention in lots of detail, but some highlighted successes here to share:

15th June - Cotswold Big Swim the Open Water Festival with Jo, Jackie and Rebecca as part of a female 4x 750m relay. The ladies did well, first Masters finishers! Mark took part in the 5K individual event finishing 24th overall (of 101) a super achievement for his first time at this event. All pretty good especially considering we were competing against the U18 Regional club swimmers who are now pushing the boundaries in distance swimming beyond the pool to open water.



On 23rd June - the SW Swim England Regional Open Water championships was held at the Cotswold Lakes, at Lake 86, with Lynne and Jo taking part in the 3k and 2k respectively. Lynne took a magnificent silver medal in her event and Jo a 4th place in hers with a personal best time.

July saw Pete and Hannah participate in a number of sea events with great success;

20th July – Green Monster swim, Pembrokeshire. Moved to Llys y Fran Reservoir from Solva Harbour due to adverse weather conditions. Very wet and windy with choppy water conditions. Distance - 3.3km
Peter – 4th overall/112 & 4th male swimmer
Hannah – 6th overall/112 & 2nd female swimmer

21st July – Blue Monster swim, Pembrokeshire. Sea swim at Abereiddy & Blue Lagoon. Sunny, windy with very choppy sea conditions. Distance - 2.1km
Peter – 2nd overall & 2nd male swimmer
Hannah – 4th overall & 1st female swimmer

Before returning to the Lake for the Dozen Dip Long Course Relay on the 27th July. Early mist turned into sunny conditions with a light breeze. Distance – 1,47km x 12 (every hour for 12 hours!)

1st Team/14 - Pete & Hannah, 2nd Team/14 - Jo and Jackie (1st female team)

A long day, thankfully, the weather held, and a fine achievement for the Penguins Masters swimmers.



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OUR INSPIRING MASTERS SQUAD cont:

3rd August – Mounts Bay Charity swim (Chestnut Appeal). Marazion Beach. Sea swim around St Michael's Mount, Cornwall. Cloudy, windy with choppy sea conditions. Distance – 2.25km. The event saw a number of other Masters swimmers (Carolyn, Mike, Phil and Sarah) successfully taking part - definitely another team event for next year!! Peter and Hannah led the way home with 1st and 2nd overall and 1st female for Hannah.

September saw our swimmers in the rivers of Devon and Mid Wales;

7th September: the Dart 10km - an amazing swim, commented by Mark, although it was cold, he loved it! Another masters team swim, well done to all - Pete, Hannah, Lynne, Paul, Carolyn and Mark.

21st September: the Hurly Burly 10km (a swim up the Mawddach river estuary with the incoming tide), Barmouth, Mid Wales, 1 hr 21 minutes for Pete, Hannah just a little behind him. A very windy, choppy and rough, crazy swim! Bonkers apparently, but sooo good according to Pete! Pete and Hannah performed superbly once more to bring their open water season to an end on a fantastic high, with Pete finishing 14th overall and Hannah 16th (1st female) out of over 500 swimmers!

A big well done to all of Penguins Masters, roll on 2025. Our sincere thanks to all of our masters for continuing to set such a great example to our young club swimmers, demonstrating how they can continue to enjoy this wonderful sport for many years to come.

A big thank you to Jo Smith for pulling this great summary together!



PENGUINS SECURE THIRD PLACE IN THE WILTSHIRE LEAGUE 2024!



Congratulations to the Penguins Swimmers who competed in the Wiltshire League final on September 15th and to those who competed in the previous rounds. An AMAZING 3rd place finish! Dom commented "not only was I delighted with the team finishing third, I was thrilled and proud to see so many brave and inspiring swims! Well done and thank you Penguins!"

PRESENTATION EVENING 2024

Every September we hold the Club's presentation evening, to celebrate the achievements of all the swimmers who took part in the Club Championships in the Summer. This year we had a great turn out and were pleased to award certificates, medals and trophies to swimmers. Dom also awarded the Head Coach awards, thanked our outgoing Club Captains (Lauren Keogh & Tom Hodgson), and announced this year's Club Captains. Thank you to everyone that attended and made the evening a great success.

Female 9 & Under Progress: Ellie-Mai Brown
Open 9 & Under Progress: Barkeley Dang
Female 9 & Over Progress: Eliza Gill
Open 9 & Over Progress: Jonty Elliott
Female Swimmer of the Year: Florence Barkholt
Open Swimmer of the Year: Logan Lovell
Award for Endeavour: Lucie Burch
Special Merit Award: Jayne Wilson (Welfare Officer)
Club Captains: Eliza Mahon & Tom Freeman



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SWIM ENGLAND SOUTH-WEST REGION YOUNG VOLUNTEER PROGRAM & YOUNG VOLUNTEER OF THE YEAR AWARD

Congratulations to Tom Freeman and Tom Hodgson who have completed their Swim England South-West Region Young Volunteer Program. This has involved learning more about the running of the Club, organising events (e.g. Festive Relays) as well as continuing with their regular volunteering commitments. Well done Tom & Tom!

Congratulations also to Tom Hodgson who was selected as a finalist for the SESW Young Volunteer of the Year Award! We are delighted that for the second year running we have had a member of our volunteering team selected as a finalist for this award, really emphasising the impact that our Young Volunteers make. Many of you will know Tom from our Learn to Swim and Coaching programs where he is currently a poolside helper. Please congratulate him when you next see him!



WILTSHIRE COUNTY DEVELOPMENT PROGRAMME 2024-2025

Congratulations to Eliza Gill, Lydia Keogh, Elsie Briers and Jackson Lowe who have all been selected for the Wiltshire County Development program 2024-2025. Selection is based off their 200 IM times last season. A big well done from all the coaches and teachers!

PS – If you want to be selected for programs like this, it's often done from 200 IM times, so definitely worth entering at Open Meets!



SWIM ENGLAND COUNTY CHAMPS EVENT 2024



Congratulations to Florence Barkholt and Logan Lovell who were selected to swim for the Wiltshire County team at the Swim England Inter Counties event in Sheffield at the beginning of October. Wiltshire came 15th in Division 2! Well done Florence & Logan and thank you to the organisers!



IMPORTANT DATES:

CLUB AGM

- Wednesday 13th November 2024, 7.30pm-8.30pm
- The Function Room, The Lamb Inn, 5 The Parade, Marlborough, Wiltshire SN8 1PB

Please come along. If you would like to Volunteer on the Committee, please contact Jo Jones (jojones.marlbroughpenguins@hotmail.com)

FESTIVE RELAYS... *sorry, we know it's October*



- Save the Date: Friday 13th December 2024, 7-9pm, Marlborough College
- A fun evening of relays in a friendly environment
- Bring your festive hats!
- Donations to Prospect Hospice



MARLBOROUGH LEISURE CENTRE UPDATE

Wiltshire Council have now issued more details about the renovations planned for Marlborough Leisure Centre. Whilst the swimming pool is not being renovated, the changing rooms are, which will result in some changes around the poolside and to the way we run things. Once we have more information and specific dates, we will communicate these to you, but what we know for now;

- From approx. the end of October, the changing rooms will be closed, and we will ask swimmers to arrive swim ready. There will be a small number of changing spaces for swimmers to change after the session, but it is preferred that swimmers dry off and then leave in suitable clothing
- There will be a few days of pool closure to prepare the area, this is expected at the beginning November. We don't yet have clarity on dates and will communicate these once we have them

Whilst there will be some inconvenience whilst the work is ongoing, we're looking forwards to an improved facility at the end of it!