Retford Open Meet 21st October 2012

24 swimmers represented Sutton-in-Ashfiled Swimming Club at the Retford Open Meet and competed in some 126 individual events. Every Sutton SC swimmer performed excellently on the day and secured a host of personal best times. Incredibly 20 out of the 24 swimmers each won at least one 1st, 2nd or 3rd place medal with the majority of these 20 swimmers each winning multiple medals. In total Sutton SC swimmers won 42 Gold medals, 24 Silver medals and 13 Bronze medals. This total of 79 medals from 126 entries is an outstanding return given that swimmers from 30 different swimming clubs competed at this event. (62.7% medal success rate)

The Sutton SC swimmers that secured Gold medals were:

5 Gold medals = Ruslans Golubs and Neve Fergie

4 Gold medals = Mia Fergie, Chloe Quinn, William Darrington and Jason Lai

3 Gold medals = Lauren Quinn and James Prosser

2 Gold Medals = Nicola Peach, Adam Hudson, Jim Fergie and Sophie Bunker

1 Gold medal = Chloe Peach and Lara Prosser

Head Coach Gren Greaves was delighted with the effort of all of his swimmers with some swimmers achieving personal best times that qualified them to compete in the 2013 Nottinghamshire County Age Group and Youth Championships and possibly the 2013 Midland Age Group Championships (although these qualifying times are yet to be published)

Gren Greaves stated that with 30 clubs entering and 250 different swimmers competing that the ratio of medals that Sutton SC won compared to the number of entries was astonishing. Gren remains proud of all of his swimmers and is delighted that Sutton SC continues to develop as a competitive swimming club.

Individual medal winners were:

Mia Fergie - 1st in 11yr 100m Fly, 2nd in11yr 400m Free, 1st in 11yr 200m Fly, 1st in 11yr 200m Breast and 1st in 11yr 200m Medley.

Nicola Peach - 1st in 10yr 100m Fly, 1st in 10yr 200m Free, 2nd in 10yr 100m Medley,

Chloe Peach - 1st in 12yr 100m Fly, 3rd in 12yr 200m Back

Lara Prosser - 1st in 15yr 100m Fly, 2nd in 15yr 100m Medley, 2nd in 15yr 100m Back, 2nd in 15yr 50m Free and 2nd in 15yr 100m Free

Adam Hudson - 1st in 10yr 200m Fly, 2nd in 10yr 50m Free, 3rd in 10yr 200m Breast, 2nd in 10yr 200m Back, 3rd in 10yr 200m Free, 1st in 10yr 100m Medley

Jim Fergie - 1st in 11yr 200m Fly, 2nd in 11yr 100m Fly, 2nd in 11yr 100m Medley and 1st in 11yr 400m Free.

Ruslans Golubs - 1st in 13yr 200m Fly, 1st in 13yr 100m Back, 1st in 13yr 200m Breast, 1st in 13yr 200m Back, 1st in 13yr 200m Free

Chloe Quinn - 1st in 9yr 200m Back, 1st in 9yr 200m Free, 1st in 9yr 100m Medley, 1st in 9yr 50m Free, 3rd in 9yr 200m Breast and 3rd in 9yr 200m Medley

Neve Fergie - 1st in 12yr 200m Back, 1st in 12yr 400m Free, 1st in 12yr 100m Back, 1st in 12yr 200m Breast, 2nd in 12yr 100m Free and 1st in 12yr 200m Medley.

Emily James - 2nd in 11yr 200m Back, 2nd in 11yr 100m Breast, 3rd in 11yr 400m Free, 3rd in 11yr 100m Back,

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Lauren Quinn - 2nd in 14yr 200m Back, 2nd in 14yr 200m Free, 1st in 14yr 400m Free, 1st in 14yr 100m Back, 1st in 14yr 50m Free and 2nd in 14yr 100m Free

Flora Lai - 3rd in 9yr 200m Free, 2nd in 9yr 100m Medley

Sophie Bunker - 2nd in 12yr 200m Free, 1st in 12yr 100m Medley, 2nd in 12yr 100m Breast, 1st in 12yr 50m Free, 2nd in 12yr 200m Breast

Connor Marsh - 3rd in 10yr 50m Free, 3rd in 10yr 200m Back, 2nd in 10yr 100m Medley

William Darrington - 1st in 9yr 50m Free, 1st in 9yr 200m Breast, 1st in 9yr 200m Medley, 1st in 9yr 100m Medley

James Prosser - 2nd in 17yr and over 50m Free, 1st in 17yr and over 100m Free, 1st in 17yr and over 100m Medley and 1st in 17yr and over 100m Breast

Nicole Lai - 2nd in 13yr 100m Medley, 2nd in 13yr 100m Breast

Jason Lai - 1st in 16yr 200m Medley, 1st in 16yr 100m Fly, 1st in 16yr 100m Medley and 1st in 100m Breast

Sam Creak - 3rd in 16yr 100m Fly, 3rd in 16yr 200m Free

Jamie Currie - 3rd in 14yr 50m Free

Other Swimmers representing Sutton SC were:

Krystle Priestley

Liam Marsh

Aaron Lee

Jasmine Lai

Dukeries Open - Ponds Forge, Sheffield 1 September 2012

SUTTON SC START NEW SEASON WITH FANTASTIC SUCCES AT 28TH DUKERIES OPEN MEET

Sutton SC took a coach full of 40 swimmers to the 50m Ponds Forge pool on Saturday 1st September 2012 in order to compete in the 28th Dukeries Open meet organised by Worksop Dolphins swimming club. Some 44 swimming clubs from across the country entered this competition which is the first major open meet of the new swimming season.

Sutton SC entered a strong team which also included a significant number of debutants that had never competed in an open meet competition before and never previously raced in a 50m swimming pool.

Bilston Swimming Club from Wolverhampton took the top club award with some 401 points with Sutton SC incredibly securing the 2nd placed club position with 357 points, Worksop finished 3rd (332pts), Rotherham 4th (260pts) and Chorley 5th (248pts).

With individual trophies for swimmers finishing in the top 3 places and individual medals for swimmers finishing in 4th, 5th or 6th places in each event some 13 members of Sutton SC secured a haul of 37 trophies or medals betwen them.

Ruslans Golubs was Suttons top boy securing 2 x 1st place trophies in 100m Breaststroke and 100m Butterfly, 1 x 2nd place trophy, 2 x 3rd place trophies, 1 x 4th medal and 2 x 5th medals.

Lily Boseley was Suttons top girl securing 3 x 1st place trophies in 50m Butterfly, 50m Freestyle and 50m Breaststroke, 1 x 2nd place trophy, 1 x 3rd place trophy, 1 x 4th place medal and 1 x 6th place medal.

The other swimmers winning trophies or medals were Jason Lai (x5), Neve Fergie (x3), Rebecca Quinton (x3), Chloe Quinn (x2), Lauren Quinn (x2), Mia Fergie (x2), and Nicola Peach, Chloe Peach, Aaron Lee, Sam Creak and Jim Fergie all securing a single reward.

Sutton SC also achieved fantastic succes in the relay events with our teams securing medals for top 3 places in 7 of the 12 relay events available. The 10yr old girls team won 1st place medals in both the 4 x 50m freestyle and 4 x 50m medley relays. Both of these successes had nail biting finishes with Ellie Varley in the freestyle relay and Flora Lai in the medley relay both managing to secure victories on their final leg swims notwithstanding significant pressure from the chasing swimmers. The 12 yr old girls matched this success also winning 1st place medals in both freestyle and medley relays with both of these successes being emphatic victories by some margin. The 14yr old girls took 3rd place in their medley relay. The 14yr old boys took 2nd place medals in both their freestyle and medley relays.

Sutton SC only resumed training a week prior to the competition following a 2 week holiday from their usual training schedule. Head Coach Gren Greaves was delighted with the teams performance which surpassed his wildest expectations given the recent break from training. Gren Greaves praised every member of the team for their efforts. In addition to the individual and relay events successes every participating swimmer secured significant personal best times in a 50m pool and valuable experience at this level of competition.

[Ripley RASCALS Open](http://www.ripleyrascals.org.uk/rascals_open/RBMeet12/index.htm) - Alfreton 8 July 2012

More Success for Sutton Swimming Club at the RASCALS Open Meet 2012.

A small band of Sutton's swimmers atended the RASCALS open. 3 of the 6 swimmers representing the club on the day kicked the day off with their first Sunday morning Nova session before relocating to Alfreton to compete in the day's events. As the training session started at 07:45 their achievements throughout this long day were all the more remarkable. Results were as follows:

9yr girls - Chloe Quinn (1st in 50m Backstroke, 4th in 50m Breaststroke [Pb] & a speeding ticket for going too fast in the 200m IM [Pb])

10yr girls - Nicola Peach (Gained a speeding ticket for going too fast in the 50m Butterfly [Pb] &  6th in 50m Breaststroke [Pb])

11yr girls - Krystle Priestley (3rd in 100m Butterfly, 3rd in 100m Backstroke [Pb] & 6th in 100m Freestyle [Pb]). In fact Kystel broke here PB for the 100m Free twice on Sunday having first improved it on her way to a 200m Freestyle PB in the first event of the day.

12yr girls - Sophie Bunker (1st in 200m IM [Pb], 2nd in both 100m and 200m Freestyle & 3rd in 100m Butterfly [Pb], 100m Breaststroke and 100m Backstroke)

10yr boys - Bailey Ward (1st in 200m IM [Pb], 1st in 200m Free [Pb], 3rd in 50m Freestyle, 4th in 50m Backstroke & 4th in 50m Butterfly)

10yr boys - Adam Hudson (1st 50m Backstroke, 1st 50m Butterfly, 2nd 200m Freestyle [PBs at 100m split and 200m], 2nd in Breaststroke [Pb] & 50m Freestyle [Pb].

We did not win the Top Boy or Top Girl trophies but have no doubt that both Adam and Sophie must have given the eventual winners a good battle. A great effort from all our swimmers who were a credit to the club and gave each other tremendous support throughout the day.

[Beechdale Open](http://www.northernsc.co.uk/page7.htm) - Nottingham 24 June 2012

Fantastic Success for Sutton Swimming Club at Nottingham Northern's 2012 Open Meet.

Sutton Swimming Club continued their fine run of form with a superb showing at the Beechdale pool on Sunday 24th June 2012. With 19 Clubs entering the competition Sutton Swimming Club finished in a commendable 3rd place overall. Satellite Club of Macclesfield took the Top Club award with Bramcote beating Sutton into 2nd place by only 2 points.

All races were 50m long apart from the 100m Individual Medley races. The top 6 swimmers in each 50m event, at each age group competed in a final where individual trophies were awarded to all 6 finalists. The Individual Medley trophies were awarded to the top 6 swimmers based on heat declared winners.

Swimmers representing Sutton SC in individual finals secured the following 46 individual trophies:

9yr girls - Chloe Quinn (2nd in Butterfly, 3rd in Freestyle, 3rd in Backstroke and 5th in Breaststroke)

10yr girls - Nicola Peach (2nd in Butterfly), Erica Brown (2nd in Breaststroke) and Shannon Barrett (4th in Backstroke, 5th in Freestyle and 5th in Butterfly)

11yr girls - Emily James (4th in Breaststroke and 6th in Backstroke)

12yr girls - Neve Fergie (1st in Backstroke, 3rd in Butterfly and 5th in Freestyle), Rebecca Quinton (3rd in Breaststroke, 4th in Freestyle and 4th in Backstroke) and Sophie Bunker (6th in Breaststroke and 6th in Freestyle)

13yr girls - Lauren Quinn (2nd in Backstroke, 3rd in Freestyle, 5th in Fly and 5th in Breast) and Jamie Currie (6th in Backstroke and 6th in Freestyle)

9yr boys - Connor Marsh (4th in Breaststroke)

10yr boys - Luke Snowden (5th in Freestyle, 5th in Backstroke, 5th in Butterfly and 6th in Breaststroke) and Adam Hudson (3rd Backstroke, 3rd in Butterfly and 4th in Breaststroke) and Bailey Ward (2nd in Butterfly)

11yr boys - Lewis Potter (2nd in Butterfly and 5th in Freestyle)

12yr boys - Jake Hudd (3rd in Breaststroke, 3rd in Freestyle, 3rd in Butterfly and 6th in Backstroke)

13yr boys - Ruslans Golubs (1st in Breaststroke, 2nd in Butterfly, 3rd in Freestyle and 3rd in Backstroke) and Aaron Lee (4th in Freestyle and 4th in Backstroke)

A number of Sutton SC swimmers also secured trophies in the Individual Medley events.

 Other swimmers competing for Sutton SC were William Darrington, Adam Currie, James Turner, Liam Marsh, Daniel Johnston, Sophie Snowden, Hannah Middup, Krystle Priestley, Jasmine Lai and Amy Johnson. A significant percentage of all swims were completed in Personal Best times and the team spirit was second to none with all swimmers supporting each other throughout the meet.

Sutton SC have now entered the Nottingham Northern Open Meet for several years in succession as it provides an opportunity for a large number of club swimmers to compete in a friendly environment. A club spokesman stated that the widespread continuous improvement in all club swimmers is reward for the hard work and dedication demonstrated by our swimmers and coaching staff. The regular attendance at well planned training sessions enables swimmers to improve both technique and stamina which enables these fantastic competition results.

Sutton SC continue to look for new talent and welcomes young swimmers to attend a session for an assessment swim. Details of the clubs training sessions can be found via the "[Want to join SCC](http://www.suttonswimmingclub.co.uk/page3.htm)?" page on this site.

South Lincs Competetive Swimming Club [Tulip Open](http://www.slcsc.co.uk/) - Spalding 5-6 May 2012

Nicola Peach was the sole entry from Sutton Swimming Club, having applied to enter the event to give an opportunity to swim in front of her grand-parents, who live in South Lincolnshire, over the May-Day bank holiday weekend.

The Tulip Open meet is named after the annual Tulip Festival that takes place on the same bank holiday weekend each year. The event is staged over 2 days and swimmers are invited to camp out (tents or caravans) on the sportsfields adjacent to the swimming complex.

The largest teams were Spalding's South Lincs CSC, Boston and Wisbech, but the were also teams from Boston, Lincoln, Deepings, Grantham, St Neots, St Ives, Peterborough, Gainsborough, Louth and a small contingent of CABS swimmers. The level of competition was of a high standard and our Nicola came back with 3 PBs, narrowly missing out on a couple of finals - Well Done Nicola

[Acorn Open Meet](http://acorn.arnoldswimmingclub.org.uk/) - Hucknall 13 May 2012

 Sutton Swimming Club finished as the 3rd place club out of the 20 clubs that entered the very first Acorn Open Meet. The 20 swimmers competing for Sutton secured a fantastic haul of 59 individual trophies and secured numerous personal best times.

Points scores from the day:

1st Braunstone 359

2nd Arnold 341

3rd Sutton 329

All other teams scored 213 points or less.

Many Sutton swimmers needed help carrying their trophies home.

We claimed the following trophies 19 x 1st place, 10 x 2nd place, 11 x 3rd place, 5 x 4th place, 9 x 5th place and 5 x 6th place.

Several swimmers ensured that they didn't miss this final opportunity to achieve or improve on their Midland Age Group qualification times before entries close. 7 Sutton Swimming Club swimmers will be competing in 30 events at this year's Midlands Championship - a record for the Club.

* Ruslans Golubs has 8 Midlands qualifications. On the day he was outstanding winning all 7 events that he entered and securing the most points to make him Top 12 yrs old Boy and also Top Open Boy.
* Jim Fergie has 3 Midlands qualifications. He took 3 trophies for 1st, 2nd and 5th place finishes.
* Lauren Quinn has 3 Midlands qualifications. She took home 2 1st places a 2nd and a 3rd.
* Rebecca Quinton has 1 Midlands qualification. She took 2 thirds and a 4th and 5th place trophy.
* Emily James has 2 Midlands qualifications. On her way to securing the Top 10yrs old Girl title she took 4 1st place trophies and a 2nd place trophy.
* Mia Fergie has 10 Midlands qualifications, most of which were secured before this meet. She only entered 2 events on the day but earned trophies for a 2nd and 4th place finish.
* Lily Boseley has 3 Midlands qualifications. She took trophies for 1 1st place finish along with 2 3rd places and a 5th.

Other boys to win trophies on the day were Bailey Ward 9yrs, Connor Marsh 9yrs, Adam Hudson 10yrs, Liam Marsh 11yrs and Jake Hudd 12yrs.

Chloe Quinn also performed excellently and secured the 9yrs old Top Girl title by taking 3 1st places, 2 2nds and 1 4th place trophies.

Other Girl trophy winners on the day were Shannon Barrett 10yrs, Erica Brown 10yrs, Chloe Peach 12yrs, Sophie Bunker 12yrs, Neve Fergie 12yrs and Jamie Currie 13yrs.

Our only other competitor was Nicola Peach, who may not have won any trophies but achieved a creditable haul of 5 PBs from her 6 events on the day. Only Russ managed more PBs among our swimmers at this meet.

Head Coach Gren Greaves was delighted with all of his swimmers and emphasised that such performances were only achievable through working hard in regular training sessions.