CITY OF LIVERPOOL SWIMMING CLUB

MASTERS REPORT JUNE 2017

1. Attendance Levels.
Meeting held with Brian Noonan on 8th May to discuss promotion of LAC sessions. Principle recommendation was greater use of Social Media. Proposals to adopt this are to be generated from a planned discussion meeting 5th July.

2. Coaching.
After such a long period without a Pool Side Coach it's come as somewhat of a surprise to have two able volunteers come forward to work with the Squad.

Niki Horton, is an ASA Level 2 Coach who works for CoL and will be helping run the Monday sessions.
George Daval, is a Tri-Athlete Coach and ex competitive swimmer who will coach Wednesdays. (Fast Friday Session continue using schedules pre-prepared by S Wall)

3. Competition Results.

7 Liverpool Swimmers took part in the Great North Swim at Lake Windermere on the 9/10th June
In the 5k - Sara-Lisa James finished 5th (12th Overall) in 1.14.27, an exceptional time showing a clean pair of heels to the vast majority of the men! Christy Ord finished 7th, and Emma Shallcross finished 17th
In the 1 mile - Will Rippington finished 4th, Greg Thomas, 38th, Nic Short 46th, and Srah Blacker 31st Female.
Christy also completed a 'Half Iron Man' in the Castle Series Triathlon at Cholmondeley Castle. (gauntlet distances). Brave in her first Tri using her old road bike and without any fancy gear, she was 2nd out of the water, 4th female 'off the bike' and 6th female overall.

Competition for the title 'Wonder Woman' from both Girls!

Forward Programme.

CoL Masters will be competing at the Cheshire County Masters on the 8th July at Stockport.

Steve Wall 04 July 2017