



Club Newsletter

March 2024

Coaches Update



After a few weeks of upheaval, Teams RADs are now settled back at Clements Hall. Thank you to all our members for your support and understanding while the pool was out of action. We did our best to try and keep everyone swimming throughout and really appreciate swimmers, parents, coaches and teachers making the extra effort to get to other training locations during that

period.

Since our last newsletter, we have had the Essex Counties at the London Aquatic Centre, where we had 37 RADs swimmers competing – a huge achievement for a small club, which shows just how far we have come over the last few years. A full update on our county swimmers is included in the newsletter. We also had Tom going solo again in Swansea at the Welsh Regional Long Course Championships. Some tough competition now he is swimming in the oldest category despite only being 16, but it was good to get there to see him achieve some great personal best times.

Looking forward as a club, we are hoping to enter one open meet a month this year, in addition to the usual Mini League and Arena League events. Full details can be found further on in the newsletter.

Our first open meet was Chelmsford on 1-2 March, where we had 44 swimmers competing. Some fantastic results, with lots of personal bests and 42 medals won—17 gold, 13 silver and 12 bronze. A special well done to Issy and Philippa who both gained Regional times - RADs first young Regional swimmers in a long time. Our next ones are Romford in April (entries now closed) and Halstead in May (details of how to enter will be shared soon)

The same weekend saw a group of our Masters competing in the Essex Masters in Basildon and coming 3rd, which is a fantastic achievement. Special mention to Heidi and Lizzie who were second and third placed 'overall female' across all events.

Keep training hard, swimmers – your effort is not going unnoticed – and here's to a successful 2025 for Team RADs.

Brad

Training Times

Masters

05:30-07:00 Mon, Tue, Thu, Fri
21:00-22:00 Tue, Thu
07:00-08:00 Sat
16:45-18:00 Sun

Performance A Squad

05:30-07:00 Mon, Tue, Thu, Fri
20:00-21:00 Tue, Thu
16:45-18:00 Sun

Performance B Squad

05:30-07:00 Mon, Tue, Thu, Fri
20:00-21:00 Tue, Thu

Young Performance Squad

05:30-07:00 Mon, Fri
19.15-20:00 Tue, Thu
15:35-16:45 Sun

Development A Squad

05:30-07:00 Mon
19:15-20:00 Tue, Thu
07:00-08:00 Sat

Development B Squad

05:30-07:00 Mon
19.15-20.00 Tue, Thu

Academy

18:30-19:15 Tue, Thu (Lanes 1-8)
07:00-08:00 Sat (Lanes 4-8 only)

Teaching Pool

18:30-19:00 & 19:00-19:30 Tue, Thu

Fundraising

Remember you can help raise funds for the club through the Easyfundraising app.

Do your online shopping using it and everyone at RADs will benefit as every penny raised will go back into buying training equipment or arranging extra events for members.

To date we have received £434 with another £410 pending.



Email: secretary@radsswimming.org.uk

Website: www.radsswimming.org.uk

Facebook: R.A.D.S.

Instagram: [rochford_and_district_swimming](https://www.instagram.com/rochford_and_district_swimming)



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Dates for the Diary

28-30 Mar	Eastern Regional Championships - Norwich (qualifying times required)
5-6 Apr	Romford Swimming Club Open Meet - Harold Lodge Pool (entries closed)
26 Apr	RADS Sprint Gala (unlicensed internal gala - entry details to follow)
3-4 May	Eastern Regional Championships - Norwich (qualifying times required)
18 May	Halstead Open Meet - Braintree (entries open)
14 Jun	Essex Mini League (team selection will be announced closer to the time)
5-6 Jul	Newham Long Course End of Season Meet - London Aquatics Centre (entry details not yet announced)
13 Sep	Essex Mini League (team selection will be announced closer to the time)
27-28 Sep	Basildon Season Opener (entry details not yet announced)
4 Oct	Essex Mini League (team selection will be announced closer to the time)
11 Oct	Arena League (team selection will be announced closer to the time)
12 Oct	Basildon County Qualifier Distance Meet (entry details not yet announced)
25-26 Oct	Masters National Championships - Sheffield (qualifying times required)
25-26 Oct	Autumn County Qualifier - Basildon (entry details not yet announced)
1 Nov	Essex Mini League (team selection will be announced closer to the time)
1-2 Nov	Winter Eastern Regional Championships - Luton (qualifying times required)
8 Nov	Arena League (team selection will be announced closer to the time)
22-23 Nov	Last Chance County Qualifier (entry details not yet announced)
6 Dec	Arena League (team selection will be announced closer to the time)
11-14 Dec	Winter British National Championships - Sheffield (qualifying times required)
13-14 Dec	RADS Christmas Cracker (unlicensed internal gala)

Essex Countlies

A huge well done to all our swimmers who made county times last year and competed at the London Aquatic Centre in January:

Angie, Archie, Bella, Dougie, Ede, Elliott, Emma, Esther, Evie B, Evie S, Fisher, Freddie, Freya, Gabby, George, Harry C, Harry E, Henry, Issy, Jack, Leonard, Louise, Lucas, Marisa, Matthew, Melissa, Mila, Noah, Olivia, Olly, Philippa, Portia, Ronnie, Sarah, Sophie, Vicky and Will.

You all did amazingly well to achieve your times, and as coaches we are so proud of you all. Special mention to those who finished in top 10 places and made finals, some for the very first time.

Ronnie - 2nd 50m backstroke, 3rd 150m butterfly, 3rd 200m breaststroke, 4th 50m freestyle, 4th 100m breaststroke, 4th 100m backstroke, 4th 100m freestyle, 4th 200m backstroke, 5th 50m breaststroke, 5th 200m individual medley, 6th 100m butterfly, 7th 200m freestyle

Harry C – 5th 100m butterfly, 5th 200m butterfly, 6th 50m butterfly, 7th 200m individual medley, 8th 50m freestyle, 10th 100m breaststroke

Vicky – 2nd 50 breaststroke, 2nd 200m breaststroke, 3rd 100m breaststroke, 4th 200m individual medley, 8th 50m butterfly

Gabby – 5th 100m freestyle, 7th 50m freestyle, 7th 100m backstroke, 7th 200m freestyle

Lucas – 3rd 1500m freestyle, 7th 200m freestyle, 7th 400m freestyle

Dougie – 7th 50m breaststroke, 9th 100m breaststroke

Melissa—2nd 50m backstroke

Issy—6th 50m backstroke

Philippa—10th 50m breaststroke

Angie—10th 400m freestyle

Sponsorship Request

RADS Masters Swimmer Amber Head is running the London Marathon in April, raising funds for Children with Cancer UK.

If anyone can spare a few pounds, please go to [Children with Cancer UK: TCS London marathon 2025 fundraiser for children with cancer UK](https://www.childrenwithcanceruk.org.uk/tcs-london-marathon-2025-fundraiser-for-children-with-cancer-uk) and sponsor Amber. Your support would be very much appreciated.

Email: secretary@radsswimming.org.uk

Website: www.radsswimming.org.uk

Facebook: R.A.D.S.

Instagram: [rochford_and_district_swimming](https://www.instagram.com/rochford_and_district_swimming)