



## **NOVEMBER UPDATE**

### **CHANGES TO COMPETITION CALENDAR**

It is now confirmed that for the county, regional and national championships the age will be at the end of the year for 2015 and beyond. For other open meets and leagues, it is up to the organisers to decide whether to run as age on day or age at the end of the year. It has been confirmed however that the junior league will run as age at the end of the year for the 2015 competition. Full details of changes have been emailed to club members.

### **CARDIFF TRAINING CAMP**



Our second joint training camp with Wolverhampton was a huge success and feedback from parents and swimmers has been that they had a fantastic time. Let's hope the hard work of the children pays off in the upcoming meets and galas.

### **Megan Colley wins 2 silvers**

**Congratulations to Megan Colley who swam at RAF Cranwell at their national swimming event at the weekend. Megan won 2 silver medals, one for her individual backstroke and the other for the medley relay. She swam for Wales and West England against Central & East, Scotland and Northern Ireland, North region, South West region, London and the South East region.**



### **Well done Sara**

Bilston coach, Sara Gamble, achieved her first regional time for over a decade at the recent National masters event in the 100m. Well done Sara!

### **Premier Division status secured**

After a fantastic effort in round one, we have secured our status as a premier division club in the region for another year.

**NOV 2014**

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