



Bob Myles Open Water Challenge

Was held at Felixstowe Dip on Sunday 19th July, with stunning weather for club members to compete for the cup. Challenges included Flags Relay, Lifeguard Fitness (a run & swim), Paddle Board, Rope & Torpedo Rescues against the clock and each other!

Although numbers were down on last year, everyone seemed to enjoy the challenges with our top three teams presented with their medals and trophy by Jules (pictured right). Well done to;



1st – Peter & Jack 2nd – Millie & Erin 3rd – Esmee & Zoe

Welcome Back...to existing members and **Hello** to new members and welcome to our Lifesaving Club! It's been a fantastic summer and we have enjoyed time down at Felixstowe training in open water, with Millie & Neve completing their Survive & Save Silver Beach Award. Back to the pool now for some serious competition training for **Molly & Natalie, Beth & Ellie and Kate** who will all be representing the East Region at the Finals of the National Lifesaving Competition at the end of October. We also have our annual club camp to look forward to in October and will also be hosting the Suffolk Rookie Pairs Competition in November. A busy term to look forward to, and if you have any queries please speak to one of the Trainers or me on club nights. **Richard**



Don't forget to register for this year's Club Camp!

Thorpe Woodlands Activity Centre

Forms from Sarah need to be returned **ASAP!**

Class Trainers for this term...

ROOKIE
LIFEGUARD RLSS UK



Rookie 1 - **Nigel**



New Bronze- **Paul**



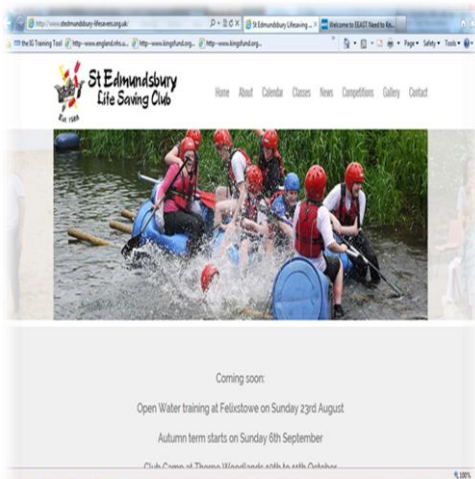
Rookie 2 - **Terry & Jules**



Bronze/ Silver/ Competitions - **Rick**



Silver/ Gold/ Competitions – **George**



Our Website...

Don't forget to keep an eye on our website for the latest information on the club and our activities. Kate puts in a lot of effort to keep it looking good and showing off what we do, including your pictures!

Visit – www.stedmundsbury-lifesavers.org.uk
or Google Bury lifesavers !

Events/ Diary Dates;

Club Camp Weekend – 10th & 11th Oct [no normal club night]

No Club night – 25th Oct

National Lifesaving Finals – 31st Oct Sheffield