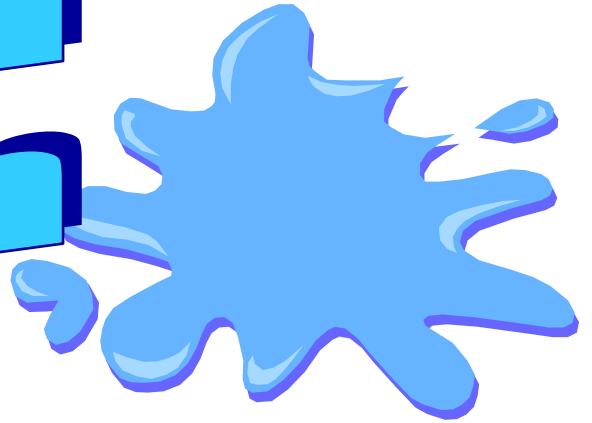


"As a competitive swimming club, our aim is for all our swimmers to participate in and enjoy the sport of swimming. Whatever your ability, we will provide the opportunities throughout the year for you to train and compete, both as an individual and as part of a successful swimming team"

Splash Flash



Gold for Bob



ASA National Masters
Swimming Championships in Sheffield
October 2009

Bob Palmer (Masters Squad) won the
GOLD medal in the 65 to 69 years
Mens 200 metres Backstroke in 3.06.59 in
October 2009

Congratulations!