

## SWIMMING ROUND-UP

## Tunstall is tops in July medal

## GOLF

A POLISHED display saw John Tunstall claim the July Medal at Walsall Golf Club.

Tunstall came home in a level par 36 to post an impressive gross total of 73 (nett 64) to edge Steven Sanford on countback.

The roles would have been reversed, however, but for Sanford enduring a bogey and double bogey at 16 and 17 respectively.

The highlight of Tunstall's round was a birdie at the par-three 10th.

Daniel Sutton, junior captain at the Broadway, came third with a 68 (65) – lowest gross of the day.

The 15-year-old was rewarded with the Final Medal for all previous event winners.

Earlier in the week, Ray Blood won the Midweek Stableford on 41 points. He finished two points clear of the field, and saw his handicap cut to 18.

## Tremendous Tully storms to a new British record



Right: An emotional Tully Kearney after seeing her record-breaking time on the scoreboard (above).

Pictures by Steve Harlow

ALDRIDGE ace Tully Kearney continued her relentless pursuit of club colleague and World S6 Paralympian star Ellie Simmonds with another stunning performance at Stechford recently.

Swimming against able-

bodied athletes from 23 clubs from as far afield as Middlesbrough and Havering in her own club's highly popular Water Carnival, she produced a fantastic performance to win the demanding 200m butterfly event.



The Boldmere Swimming Club ace's time will be a British Disability Swimming Female Short Course Record in the S10 Classification on ratification by British Swimming.

With a previous best of

2:55.97mins, 14-year-old Kearney – who suffers from Spastic Diplegia, a type of Cerebral Palsy – sliced three seconds off the existing British record, set back in February 2009, to take the title with a time of 2:45.91mins.

The performance fully justified her inclusion on the new Diamond Programme – a fast-track scheme for young disabled swimmers identified as having potential for both the 2012 and 2016 Paralympic Games.

## Simmonds is so excited with London 2012 only year away

By GERARD MEAGHER  
Sports reporter

THE records have continued to tumble for Ellie Simmonds who is sure to be one of the stars of London 2012 – but the teenage swimming sensation admits the media attention is just water off a duck's back.

The 16-year-old from Walsall has had to juggle her swimming with her GCSEs this season, even sitting an exam at a warm-weather training camp to prepare for the recent European Championships in Berlin.

But in the German capital Simmonds, who won double Paralympic gold in Beijing when she was just 13, didn't let



Eleanor Simmonds cannot wait for the London Olympics

her standards slip, sealing two gold medals – setting new world records in the process – a silver and a bronze medal.

With a little more than a year to go until the Paralympic flame lights up the capital Simmonds is one of the most recognisable faces of London 2012 and the accolades keep on coming.

After winning gold in the 100m and 400m freestyle competitions in Beijing, she be-

came the youngest person in history to receive an MBE.

But Simmonds insists it is the pool where she is happiest and by setting new world records in the 400m freestyle and 200m individual medley in Berlin, she's certainly proven it.

And as the countdown to London 2012 gathers pace, Simmonds admits she's not about to take her foot off the gas just yet.

"The year out from London is going to be very hard training, very focused, working on skills," said Simmonds, who won the BBC Young Sports Personality of the Year award in 2008.

"I'll be getting everything

right for London 2012 because you need to be at the best at that time. I surprised myself with how fast I was earlier in the season because of my exams but it was really pleasing.

"We had a warm weather training camp in Mallorca and that was great but it was a little bit stressful because I had to take some of my GCSEs out there.

"The races in Berlin were hard but I was really happy with gold medals and world records – I couldn't ask for any more really."

Simmonds is certainly more adept at dealing with the media attention that follows her, admitting her new-found fame was a bit of a shock in the Beijing 2008 aftermath.

"In Beijing, you didn't really know what was happening back here and to come back on the plane and be greeted by so much media attention," added Simmonds, who is based at the Swansea Performance centre where she continues to work with coach Billy Pye.

"The experience of the Paralympics and doing all the things that I got to do was so good and really enjoyable.

"I'm so grateful for all the things I've been able to do since coming back from Beijing.

"And I love getting to travel around the world and see different places but the best thing about it all is being in the water – I've always loved it and that's why I do swimming."

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## Nick helps out young star



Above: Ellie-May Hayward received some tips from Nick Gillingham.

A RISING swimming star from Walsall received coaching from former World, European and Commonwealth champion Nick Gillingham recently, writes Jarrod Birch.

Gillingham, a life member of Walsall Swimming and Water Polo Club, supported 11-year-old Ellie-May Hayward with six hours of one-to-one training, using the latest SwimOptimum technology.

The technology, developed by Nick and his team over the last two years, will help support her competitive opportunities directed by Walsall's head coach, Gwyn Davies.

SwimOptimum, at [www.swimoptimum.com](http://www.swimoptimum.com), is used to analyse swimming technique and race performances, software usually only available to elite swimmers.

Gillingham's technology, however, can be used by club coaches and amateur swimmers. He has offered to

support the club through sponsoring the use of SwimOptimum over the coming months in readiness for a successful early start to next season.

"My technique and race knowledge allowed me to be successful," said Gillingham.

"My hope is that others can have success through the use of SwimOptimum in so much that all swimmers can reach their full potential. I wanted Walsall to be the first club we sponsor."

Davies added, "Race analysis is very difficult to collect as well as time consuming and technique analysis is a detailed concept but SwimOptimum will now help us to do an even more professional job in our roles as coaches as we have full club use thanks to Nick."

Anyone interested in joining the club can contact coach Gwyn Davies on 07748 698769 or email [info@walsallswimming.co.uk](mailto:info@walsallswimming.co.uk)

Pelsall swimmer David Holland picked up a host of medals at the Great British Masters Swimming Competition in Leeds recently. Holland brought home two gold medals, one silver and one bronze from his trip to Yorkshire in the 30-34 year age group. He triumphed in the 100m and 200m backstroke, came second in the 400m individual medley and third in the 200m individual medley.

