

# Molyneaux takes over coaching 'baton'

FAREHAM Nomads Swimming Club have appointed John Molyneaux as their new head coach.

He took over on June 1 from Stewart Crowe, who will remain at the club in a supporting role as assistant coach.

John, 28, said: "I am thrilled to be able to build on the brilliant work Stewart has done in progressing Nomads forward. I am really passionate about giving swimmers the opportunity to develop to their full potential. It is important to me that everyone understands the opportunities that a club such as Fareham Nomads can offer to all members and potential members.

"We are an inclusive competitive club with a great family feel, offering a wide range of competition and have continually produced swimmers capable of competing at national level. There is a really exciting group of swimmers at the club and I am looking forward to working with them and I am sure the future is going to be exhilarating for all at the club. I am also hopeful that with the



support of Everyone Active, the club can look to benefit from increased pool time at the new Holly Hill pool, to advance the club on to the next level and flourish as it deserves to do.

"The success to date has proved what the club is capable of and I strongly believe this is the beginning of a very bright future."

During the past two-and-a-half years under Stewart's leadership, Nomads have seen an increase in membership, as well as achieving the highest Arena League position for several years before which they had narrowly avoided relegation. It has also seen the most medals

won at county and regional level.

Stewart said: "I am positive that John will lead the club to much greater success.

"He is someone that is highly self-motivated and qualified. John is a former age group national backstroke champion so he has been there and done it.

"It could be argued that he is still doing it, having won three gold medals at the recent European Masters Championships. He is keen to expand the Masters section of the club, which was only set up some 18 months ago.

"Our Masters squad is a friendly and sociable group catering for adults with a wide range of abilities and aspirations.

"There are members who compete at county, regional, national and international level; triathletes; open water swimmers; and those who swim to have fun and keep fit."

He added: "John is full of good ideas and will make positive changes that will continue the development of the club from Learn to Swim upwards.



**TEAMWORK:** New Nomads head coach John Molyneaux, left, and Stewart Crowe, now the assistant

"I look forward to working with John and supporting him in my role as assistant coach."

For more information or to enquire about joining Fareham Nomads Swimming Club, please email [johnfnsc@hotmail.co.uk](mailto:johnfnsc@hotmail.co.uk).

# Records tumble at Masters

FAREHAM Nomads swimmers Jo Corben and John Molyneaux provided a 'Master class' at the European Masters Swimming Championships, winning five gold medals between them.

Jo, a dedicated 45-year-old, from Fareham, raced to victory in the 100m and 200m backstroke, setting world records in both events.

And she claimed fourth in the 50m backstroke, setting a new British record time for the 45 to 49-year age group.

Head coach John, aged 28, from Portsmouth, was on fine form to claim all three backstroke titles in the 50m, 100m and 200m backstroke events for the 25 to 29-year age group at the London Aquatics Centre, Stratford, where the 2012 Olympics were held.

Teammates Laura Molyneaux, Noemie Peignon, Tony Corben, Claire Tagg, Paul Rowan and Ian Dickson also competed in nine events between them at the prestigious Masters event.

Assistant coach Stewart Crowe said: "A squad of eight Fareham Nomads Masters swimmers gave a 'Master class' of swimming at the recent European



**SETTING THE STANDARD:** Nomads ladies Jo, Claire, Noemie and Laura

Masters Swimming Championships between May 25 and May 30.

"Fresh from their recent success at the British Masters Championship, at which they won 13 medals just seven weeks ago, the group were relishing the

challenge of competing on the European stage. For some this was the most important competition they had competed at since leaving the sport in their late teens some 10 years previously."

Noemie achieved a personal best time of 1.09.05 in the 100m butterfly to come 10th in the 30 to 34-year age group, while Laura also set a best time in the same event placing 19th in the 25 to 29-year age group in a time of 1.10.57.

Claire also set a new best of 3.06.18 in the 200m Individual Medley.

Triple European champion John recorded a time of 27.84 in the 50m backstroke, 59.96 in the 100m backstroke and 2.12.19 in the 200m backstroke, finishing just 0.32 ahead of a German swimmer.

World class Nomads swimmer Jo set the British record in her weakest event of the 50m backstroke in a time of

32.99, before clinching gold medals and world records in the 100m backstroke in 1.07.75 and 200m backstroke in 2.24.06, the latter being the fastest time she has posted since 2002 and 15 seconds ahead of her closest rival.

Stewart said: "A lot was expected of Jo and John as these swimmers were highly ranked in their respective events.

"They had done the necessary work and now was the time to step up and display their class to the best of Europe."

Last event was the ladies 4x50m Medley relay, with Jo, Claire, Noemie and Laura recording 2.16.80 to place 10th.

Outgoing head coach Stewart added: "The Masters group at Fareham Nomads are an inspiration to all at the club, great to coach and with more pool time could achieve more.

"This success was achieved with some swimmers having limited training available to them.

"Everyone Active's area manager Ian Cook and Fareham Leisure Centre manager Ryan Grant are both extremely keen to support the club with additional pool time at Fareham's new centre, Holly Hill, and to further promote the club to help it grow, expand and gain even more success.

"The swimmers are an inspiration to all at the club, great to coach and will now look forward to the British Short Course Championships in October and next years World Championships which will be held in Budapest."

John has stepped up to become head coach this week, swapping roles with Stewart who will stay as assistant coach at Fareham Nomads Swimming Club.

If you are interested in finding out more about joining Fareham Nomads Swimming Club, please contact [johnfnsc@hotmail.co.uk](mailto:johnfnsc@hotmail.co.uk).

**'The Masters group at Fareham Nomads are an inspiration to all at the club...'**

- Coach Stewart Crowe

**Do You Like the Gosport Globe?**



Tell everyone you know to get their **FREE** copy every week at

[www.gosportglobe.uk](http://www.gosportglobe.uk)

