

Nominate grassroots hero

NOMINATIONS for the FA Community Awards, presented by McDonalds, opened this week, closing on March 31.

The awards aim to recognise and reward people who make a difference to grassroots football in their community.

Parents in Gosport will know at least one volunteer who devotes several hours a week to the grassroots sport.

The awards offer a chance to shout about people making a real difference.

Winners are awarded at a local, regional and national level, with the latter

chosen by a panel featuring McDonald's Director of Football Sir Geoff Hurst.

Categories include: FA Charter Standard Club of the Year; Charter Standard Community Club of the Year; Charter Standard Development Club of the Year; Charter Standard League of the Year and Volunteer of the Year. See www.thefa.com/my-football/community/fa-community-awards/nominate?utm_source=Awards2016&utm_medium=allCFA&utm_term=CFA&utm_content=awards&utm_campaign=promo.



All that glisters for Jewell

SWIMMERS from the area have had further success at the Hampshire County Championships.

Youngsters aged 14 and under from Fareham Nomads took to the pool for the second weekend in a row.

And Fareham Nomads, which includes Gosport in their catchment area and are sponsored by Metis Homes, had a total of 138 swims and have gained 94 personal best times.

Head coach Stewart Crowe said: "The performance by Fareham Nomads was excelled by any ones standards.

"For the second weekend it was 11-year-old Ellen Jewell that led the way



for the Fareham swimmers who claimed a further three Gold medals with a clean sweep in the Butterfly events (200m, 100m and 50m).

"All her times in these three events were personal bests. This Gold success was backed up with seven Silver medals in the 50m, 100m, 200m Freestyle; 50m,

100m, 200m Backstroke. Her last medal came in the 200m Individual Medley.

"Over the two weekends of competition she had a total of 20 races, making her the busiest of the clubs' swimmers."

The only other swimmer to win Gold was Oliver Bulpett who by his standards had a below par weekend but made up for this disappointment by clinching the top spot in the 200m Breaststroke improving his best time to 2.51.87, a three-second improvement.

James Baxter continued his good form with Silver medals in the 200m Individual Medley, 100m Butterfly, 100m Breaststroke and the shorter 50m event.

More medal performances came with him winning 4 Bronze medals in the 50m Freestyle, Backstroke and Butterfly; his final podium place came in the 100m Backstroke.

Stewart added: "Arguably the most improved swimmer in the club, Matthew Sullivan continued to set new figures for all of the events he competed in, most pleasing of this that all his final swims were faster than his heat swims – something that all coaches aim for their charges to achieve."

He added to his medal haul from the first weekend with four Silver medals and one Bronze in the 200m Backstroke, 200m Freestyle, 100m Backstroke, 50m Backstroke and 200m Individual Medley respectively.

More than the medals it was the margin of improvement that pleased Head Coach Stewart Crowe. In the 200m Freestyle this improvement amounted to 10 seconds since September and an equally impressive eight seconds for the 200m Backstroke.

Final medalist for the Nomads was Alex Finch with improved performances in the 50m Breaststroke and 100m Breaststroke to claim double Bronze.

Other final appearances were gained by Joe Davies, Hannah Cooper, Daisy Ireland, Ryan Ireland, Francis Moore, Maddie Thompson and Evie Rowsell.

'Master class' as pair scoop loW medals

TWO Fareham Nomads masters swimmers made a splash by claiming seven Gold, six Silver and one Bronze medal at the Isle of Wight Masters Open Meet.

Jacqui King was in great form, winning six Gold in the 50m Backstroke, 200m Freestyle, 100m Freestyle, 50m and 25m Butterfly and 50m Freestyle and Silver in the 25m Freestyle.

Paul Rowan's Gold came in the

event's 50m Backstroke.

His five Silver medals were taken in the 100m Individual Medley, 100m Backstroke, 25m Butterfly, 100m Breaststroke and 25m Freestyle. His only Bronze was for the 50m Freestyle.

Head coach Stewart Crowe said: "Overall a great set of results from the pair of masters swimmers who only train with the club for two sessions per week.

"The Fareham Nomads Masters squad is a fast improving group of swimmers and has room for more to join those that wish to compete, swim for Triathlon events or just to improve their water skills and level of fitness."

More information about swimmer for Fareham Nomads can be obtained from the Head Coach, Stewart Crowe, by email via coachfnc@aol.com.

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