



ENJOY The Gosport Globe's Puzzle Corner, with three free, canny conundrums for you to tackle. Crossword addicts can get a fresh daily dose by clicking on the grid throughout the week. Sudoku allows the user to create as many puzzles as often as they like. They can also change the degree of difficulty and layout design. The Codeword can be printed out when required.

The Globe Daily Crossword

Gosport Globe Sudoku

7			5					
2			3			5	1	7
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Click to solve it!

South-East Regional Masters Championships

Record-breaker Jo's on top of the world!

TWELVE months on from her last visit to the South East Region Masters Championships, 45-year-old Jo Corben again displayed her massive talent in setting a new World Record of 2.25.12 in the 200m Backstroke.

This is more than seconds faster than the British and European Record she set 12 months ago.

Fareham Nomads swimmer Jo, 45, has started 2016 in the same manner she finished 2015, in record breaking form. 2015 was a great year for her setting a total of eight British and four European Records, although being close to the World Record it has eluded her until the 23rd January 2016.

Jo just missed out on breaking her own British record in the 100m backstroke in a time of 1.09.54, which missed the mark by 0.15 sec. In her weakest event, the 50m Backstroke, she also swam to record breaking level with a British record time of 33.32.

Stewart Crowe, Head Coach at Fareham Nomads, said: "The setting of a World Record was the main target for the European Championships which will be held at the London Aquatic Centre in May. She can now prepare for these Championships with even more belief that she can go even faster."

Jo has recently returned to Fareham Nomads to train with her former coach, Stewart Crowe.

Although a Masters Swimmer, she trains with the clubs' Top Squad as well as the newly formed Masters Squad.

Jo said: "I absolutely love being back at Fareham Nomads and truly believe that head coach Stewart Crowe and assistant coach John Molyneaux can coach me to be even faster."

"I have to thank my husband Tony for being so supportive, I couldn't manage without him. It's back to hard work now to focus on the Europeans."

Jo will next compete at the County Championships on February 6 and 7 but against swimmers many years younger.

Stewart added: "I would not bet against her breaking her own record, such is her talent and determination."

As well as Jo, the club also had Paul Rowan, Tony Corben, Noemie Peignon, Laura Molyneaux and Claire Tagg competing at the South East Region Masters Championships.

Team-mates Noemie and Laura were also in record-breaking form with Noemie setting a SE Regional record in the 200m Butterfly re-



SIGN OF THE TIMES: Jo Corben celebrates after her setting a new world record in the 400-metres Backstroke last weekend

cording 2.41.03 and also collecting her second gold of the meet with a time of 29.61 in the 50m Freestyle.

Laura, another swimmer recently returned to the sport after a successful time as an Age Group swimmer, won Gold in the 200m Individual Medley in a SE Regional Record time of 2.36.66 and Silver in the 100m Butterfly in 1.12.49.

Claire also chipped in with a medal-winning performance, snatching Bronze in the 200m Individual Medley with 3.12.96 and a 4th place in the 200m Breaststroke in 3.22.47.

The final medal from the group of five swimmers came from Tony Corben in the 200m Butterfly in a time of 3.22.36, together with a 5th place in the 400m Freestyle in 5.36.89.

Paul competed in the 100m Breaststroke, 1.28.71 for 5th place and very credible 50m freestyle in 30.99 for 10th place.

Fareham Nomads Swimming Club takes in the Gosport area and is a

competitive swimming club affiliated to the Amateur Swimming Association, ASA South East Region and Hampshire County ASA.

Its goals are: to ensure that everyone has the opportunity to learn to swim; to ensure that every member can achieve their personal goal within the sport; to ensure that every member has the opportunity to compete.

To achieve these aims, the club has professional coaches to supervise competitive squads and its 'learn to swim' programme. Under their guidance and direction, the club's swimmers are able to compete successfully in many competitions in the ASA Southern Region including Leagues, Galas and Open Meets, together with additional non-league and Novice Galas to provide competitive opportunities across all levels of ability.

Its swimmers also compete successfully at County, Regional, National and International levels.