

Careers of the Month

PE

By Mrs Clifton



School swimming lessons – I couldn't swim.

Swimming is a life skill. It can save lives

I have spoken a lot in school to you all about us being individual, how we are all different and how we are good at some things and struggle with some subjects.

How I love maths, but still today find Literacy difficult. But when I tried swimming, something new, I loved it.

If I hadn't tried school swimming at school

I wouldn't have tried lessons outside school (Headteacher at my school)

This led to joining the local Great Yarmouth swimming club and training twice a week.

At 10 years old I swam in the Norfolk counties and came 2nd in 2 events and 3rd in 2 events. At 11 years old I won my first county event it was the 400m Freestyle my time was 5.01.1; and along with my sister we were talent spotted to join a bigger club.

City of Norwich swimming club

(Big commitment for my parents) Journey

- Started training for 2 hours 4 times a week, at 12 years 5 times and then 13 years progressed to 6 times a week.
- Sister Sarah
- My Best Events
- At 13 years old I came 2nd at the British age groups in the 800m Freestyle
- Selected for the British Youth Team - Sweden
- 1984 Olympic trials aged 15 years old – I missed the Olympics by 0.1 of a second and came 3rd in the 800m Freestyle.
- Disappointed - European Youth Games instead
- 1985 aged 16 selected for my 1st Senior British team



1986

- Selected to swim for England in the Commonwealth Games in Edinburgh
- Events 4x200m Relay, 400m and 800m metres Free
- Opening Ceremony – Amazing experience




Commonwealth Games results

800m Freestyle I won my heat so went into the final as 4th fastest

800M FREESTYLE
HEAT 1 WOMEN

NR 8.24.62
CR 8.24.62

| | | | | |
|---|---------------|-----|---------|---|
| 2 | MELLOR, K. | ENG | 8:44.58 | 1 |
| 3 | | | | |
| 4 | WURZBURGER D. | CAN | 8:45.94 | 3 |
| 5 | BURKE J. | AUS | 8:45.76 | 2 |
| 6 | GILFILLAN R. | SCO | 8:57.99 | 4 |
| 7 | CONIE S. | SCO | | |

TIME 8:44.58  8:24.62 RECORD

DAILY MIRROR

THE
CITY OF EDINBURGH
DISTRICT COUNCIL

Daily Record



- 800m Freestyle I finished in 4th place in the final.
- In the 400m freestyle I finished 6th
- 4x200 Freestyle team (First time in a team event, Going into this race I was the slowest member of the team and felt really nervous and sick)
- We came 2nd and got a British record at the same time









The Amateur Swimming Federation of Great Britain

hereby present this

Certificate of Recognition

To A. Cripps, S. Hardcastle, K. Mellor, Z. Long

for a

British Record Performance

in the 4 x 200m Freestyle Team

at Edinburgh 25.07.86

in the time of 8:13.70

Signed

A.S.F. of G.B. Secretary



THE
GUINNESS
BOOK
OF
RECORDS
1988



WOMEN**FREESTYLE**

| | | | | | |
|----------------------|----------|--|-------------------------|---------|------|
| 50 metres | 26.39 | Caroline Cooper (b. 26 May 1966) | Edinburgh, Scotland | 30 July | 1986 |
| 100 metres | 56.60 | June Croft (b. 17 June 1963) | Austin, Texas | 12 June | 1985 |
| 200 metres | 1:59.74 | June Croft | Amersfoort, Netherlands | 31 Jan | 1982 |
| 400 metres | 4:07.68 | Sarah Hardcastle (b. 9 April 1969) | Brisbane, Australia | 4 Oct | 1982 |
| 800 metres | 8:24.77 | Sarah Hardcastle | Edinburgh, Scotland | 27 July | 1986 |
| 1500 metres | 16:43.95 | Sarah Hardcastle | Edinburgh, Scotland | 29 July | 1986 |
| 4 x 100 metres relay | 3:49.65 | England (Caroline Cooper, Nicola Fibbens, Zara Long, Annabelle Cripps) | Montreal, Canada | 18 Apr | 1985 |
| 4 x 200 metres relay | 8:13.70 | England (Annabelle Cripps, Sarah Hardcastle, Karen Mellor, Zara Long) | Edinburgh, Scotland | 27 July | 1986 |
| | | | Edinburgh, Scotland | 25 July | 1986 |

BREASTSTROKE

| | | | | | |
|------------|---------|--|-------------------|--------|------|
| 100 metres | 1:11.05 | Susannah 'Suki' Brownsdon (b. 16 Oct 1965) | Split, Yugoslavia | 8 Sept | 1981 |
| 200 metres | 2:33.16 | Susannah 'Suki' Brownsdon | Cardiff, Wales | 4 May | 1985 |

BUTTERFLY

| | | | | | |
|------------|---------|-----------------------------------|------------------|-------|------|
| 100 metres | 1:01.48 | Nicola Fibbens (b. 29 Apr 1964) | Los Angeles, USA | 2 Aug | 1984 |
| 200 metres | 2:11.97 | Samantha Purvis (b. 24 June 1967) | Los Angeles, USA | 4 Aug | 1984 |

BACKSTROKE

| | | | | | |
|------------|---------|----------------------------------|-------------------|---------|------|
| 100 metres | 1:03.61 | Beverley Rose (b. 21 Jan 1964) | Los Angeles, USA | 31 July | 1984 |
| 200 metres | 2:14.87 | Katharine Read (b. 30 June 1969) | Coventry, England | 30 May | 1986 |

MEDLEY

| | | | | | |
|----------------------|---------|---|---------------------|---------|------|
| 200 metres | 2:17.21 | Jean Hill (b. 15 July 1964) | Edinburgh, Scotland | 26 July | 1986 |
| 400 metres | 4:46.83 | Sharron Davies (b. 1 Nov 1962) | Moscow, USSR | 26 July | 1980 |
| 4 x 100 metres relay | 4:12.24 | GB (Helen Jameson, Margaret Kelly, Ann Osgerby, June Croft) | Moscow, USSR | 20 July | 1980 |



*The Lord Chamberlain is
commanded by Her Majesty to invite*

Miss Karen Mellor

*to a Reception to be given by
The Queen and The Duke of Edinburgh
in the Garden of the Palace of Holyroodhouse
on the occasion of the XIIIth Commonwealth Games
on Wednesday, 30th July, 1986, from 6 to 7.30 p.m.*

Blazer or Lounge Suit

Swim girls win Commonwealth Games medals

OUR SILVER DARLINGS!



by MARK ATKINSON

GORLESTON swimming stars Kathy Read and Karen Mellor did themselves — and the borough — proud this week in the Commonwealth Games in Edinburgh.

Both return home on Monday with sparkling silver medals to show for their brilliant displays.

Seventeen-year-old Karen, competing in her first major international competition, won her medal for England in the women's 4 x 200 metres freestyle relay.

She swam superbly to play her part in a British record-breaking performance with Annabelle Cripps, Sarah Hardcastle



KATHY READ

But more important than glory, she confirmed her potential for improvement with a personal best, two and a half seconds inside her old time.

The more experienced Kathy, strongly tipped to bring back the gold in Wednesday night's 200m



KAREN MELLOR

race winner Georgina Parkes, of Australia.

'BEST NIGHT'

But she said afterwards: "This was the best night I've ever had in swimming, although I was a little disappointed when I failed to

events — the 800m freestyle, the 400m freestyle and the relay. She had been due to compete in the 200m freestyle as well, in place of banned Annette Cowley, but decided instead to concentrate on her best event, the 800m.

In this, she went through to the final as the fastest qualifier and lived up to her Commonwealth ranking by coming home fourth — again with a new personal best of 8 min 44.15 sec.

Unfortunately, nerves got the better of her in Sunday's 400m freestyle heats and she failed to make the final.

Kathy's 200m backstroke race grabbed what was only England's third-ever medal in that event.

But, while the silver was worthy reward for the British champion, it looked for a time as though she might just join England's golden girls.

She sped away from the gun and at the first turn was just ahead of Georgina Parkes.

But the Aussie girl made the better turn, came out

1987 I moved to Sheffield.

- Followed my coach
- Joined City of Sheffield Swimming Club.
- 1988 Olympic Trials I won the 800m Freestyle by 17 seconds to qualify for the Olympics in a time of 8.40 seconds.
- The Olympics in Seoul South Korea.
- Village Life
- Results I came 15th in a time of 8.44



★ KAREN MELLOR — can look forward to Olympics

Karen books her place in Seoul

GORLESTON'S Karen Mellor yesterday booked her plane ticket to Seoul by destroying a class field at the Olympic trials in Leeds.

A day after finishing second in the 400 metres freestyle, the 19-year-old emphatically won the 800 metres freestyle event, more than half a length ahead of her nearest challenger, Stockport's Gaynor Stanley, writes **DAVE KING**.

An elated Mellor said last night that she has never swum so well. "I couldn't believe it," she said. "It is something I have worked so hard and so long for over the last 10 months. I am beginning to believe in myself a lot more now."

She said that the realisation she was bound for

Seoul hadn't sunk in yet. And coach, Fred Furness was full of praise for the teenager. "It was an unbelievable swim," he said. "She won by 17 seconds, beat her personal best by three and a half seconds and annihilated the field."

Mellor, who now swims for the City of Sheffield club, touched home in a personal best time of 8 mins 40.41 secs, and is assured of a place in the British team to South Korea.

It was a great day too for another Gorleston girl, Kathy Read, and former Norwich Penguin, Helen Slatter.

Read led the 200 metres backstroke final at the half-way mark, before she was overtaken by Dutch Olympic champion

Swimming



Jolande De Rover. She held on for second place before being passed in the final 25 metres by Slatter.

Slatter, who swims for Kelly College, finished second in 2 mins 18.79 secs and 18-year-old Read third in 2 mins 19.03 secs. Now both girls have a great chance of being selected for Seoul.

Penguin's coach Fred Kirby, admitted he was a little disappointed with the second half of Read's race. "Kathy felt comfortable so we expected her to win today. But I think she's done enough for Olympic selection."

There was disappointment for another Norwich

Penguin swimmer, Paul Easter, who could only finish sixth in the 200 metres freestyle final after looking promising in the heats, where he was the fourth fastest qualifier.

"We thought Paul would be in the first three, but he faded in the last 20 metres," said Kirby. "We shall have to keep our fingers crossed and hope Paul is selected on past form."

In last night's heats, 18-year-old breaststroke specialist Debbie Tubby, became the sixth fastest qualifier in the women's 100 metres breaststroke final with a time of 1 min 15.77 secs.

Easter, failed to qualify for the final of the 400 metres freestyle, but was the sixth fastest qualifier

for the 100 metres butterfly final in 56.81 secs.

At the TSB National Championships, Cheltenham's James Parrack confirmed his dramatic transformation from club novice to Olympic contender by claiming the prized scalp of Adrian Moorhouse.

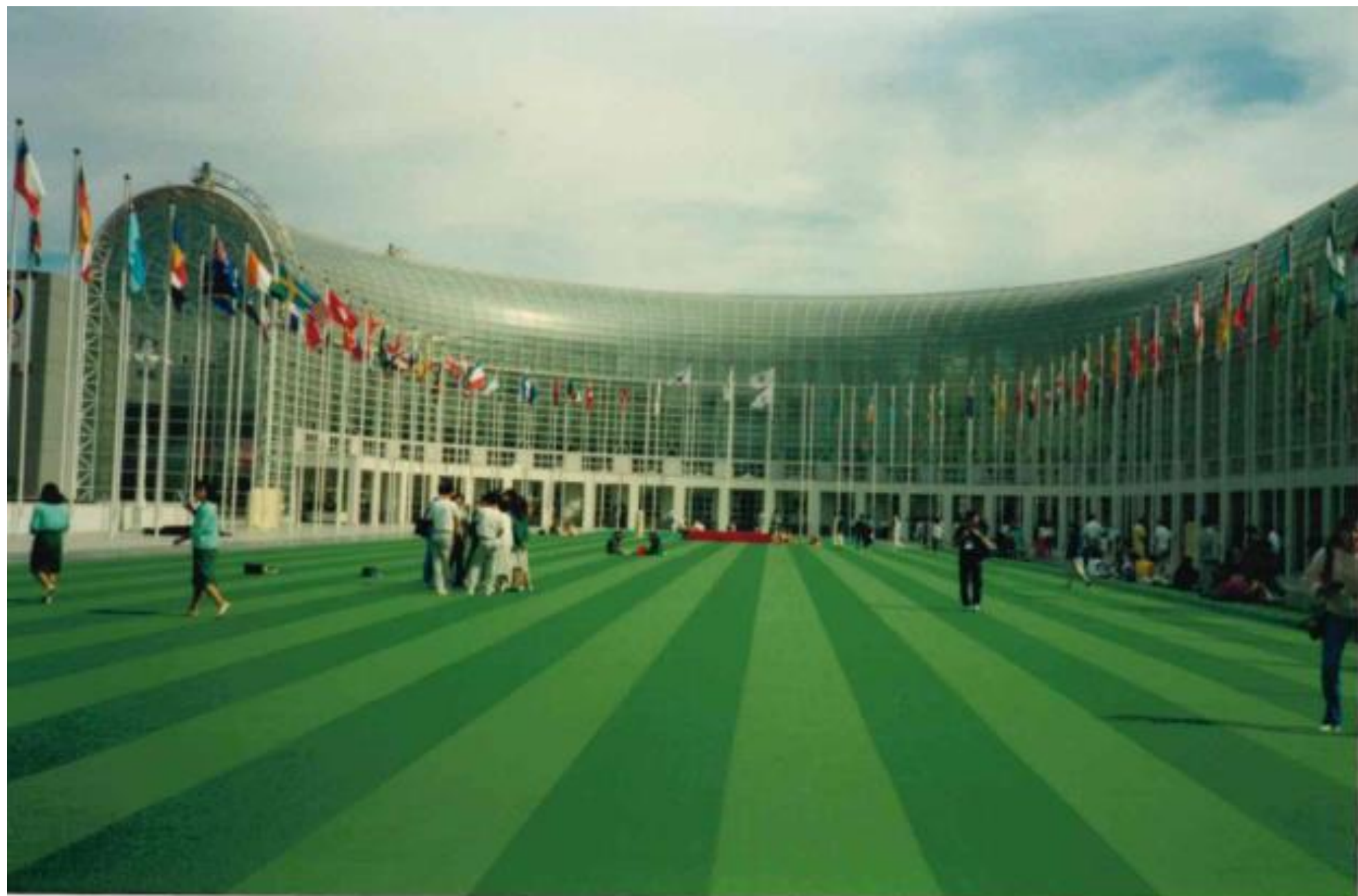
Parrack, inflicted a rare domestic defeat on Moorhouse, his clubmate and close friend, at the City of Leeds Club, winning the 100 metres breaststroke in 1 min 3.81 secs — a time four seconds faster than he was achieving last year.

Moorhouse, the European and Commonwealth champion, who is already pre-selected for the Olympics, was a tenth of a second behind in second place















Swimming Facts

I swam for England and Great Britain from the age of 13 years old to 22 years old

European Junior Championships, 2 Commonwealth Games, 2 World championships, 3 European Championships. I visited some amazing places around the world Australia, New Zealand, Seoul, Canada, America and met some inspirational and famous people.

1,000 metres is 40 lengths.

In 1988 I swam - 70,000 metres a week for 48 weeks in the year, which was 2,800 lengths a week, this is approximately 43 miles a week, 2064 miles in the year.

I won over 2700 medals, but didn't win over 5000 races

When I retired. I got my first job coaching with the City of Sheffield. Helping swimmers achieve their dreams, to win and to lose, to be part of a team. To believe in themselves and to work hard and was selected to coach on the British Team.

I still work at the club every week on a Monday and Tuesday after school and Saturday mornings. My middle daughter swims and loves the sport as much as I do.

Sport and the Aston Hall way

- I never realised 45 years ago, learning to swim and trying something new would lead to so many things.
- If we look at the Aston Hall way - we work hard, we believe in ourselves, we dream big, we are prepared to fail, we listen to others and we are equipped to learn.
- These things will help you with everything in life, not just school. These are the things that helped me when I needed to work harder or when I was disappointed, when things didn't go the way I wanted them to. I had to work in a team, listen to my coaches and get up and try again.
- I know lots of you attend outside activities after school, enjoy them and use the Aston Hall way values.
- Or maybe try something new - one of the after school clubs. You never know until you try, you might enjoy it.