



**Dunstable Swimming Club**

# THE TOM WILLIAMS CUP

**Saturday 08 July 2023**

Tom was an exceptional young man in so many ways and to so many people, but to Dunstable Swimming Club he was a friend and team mate, as well as being an exceptional swimmer. He was supportive of others and someone the younger club members could identify with and look up to. For the coaches, Tom was a quiet and reliable swimmer, who, once his confidence in his own abilities grew, made rapid progress. That confidence also meant a more outgoing Tom in training, something always guaranteed to put a smile on his coaches' faces, even if they tried to hide it at times.

In competition it was clear that Tom understood racing, not something easily taught, but Tom excelled at it. At galas the team could always rely on Tom to bring home the win, and many will know how loud it gets poolside at that point. Tom always emerged from the water with a beaming smile in his quiet and unassuming way.

Tom Williams, an outstanding young man with so much more to offer and achieve in this world, who is greatly missed by us all.



**PROGRAMME**  
**Entry Fee : £4 per adult**  
**In conjunction with CHUMS**



## Acknowledgements

The organisers of this event take this opportunity to thank all the volunteers who have officiated or assisted in any way this evening. Without your contribution these galas would not be as successful as they always are.

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We would like to thank everyone for their donations of raffle prizes. The proceeds will be donated to CHUMS.

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Thank you to all the clubs for joining us tonight and we wish you all a safe journey home.

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**THANK YOU**

[www.dunstablesc.com](http://www.dunstablesc.com)



@DunstableSC

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways.

CHUMS currently delivers nine services across Luton & Bedfordshire, although not all are available in both areas, with over 3000 referrals a year.

Our programmes of support build resilience and promote good mental health within the framework of prevention and early intervention support for mental health difficulties.

The Charity needs to raise over £596,000 a year to help fund the following services:

- ❖ Babyloss
- ❖ Suicide Bereavement
- ❖ Therapy through music and football
- ❖ Disability Friendship Scheme
- ❖ Bereavement
- ❖ Trauma
- ❖ Young Carers
- ❖ Emotional Wellbeing

To hear more about CHUMS or if you have a fun fundraising idea please email Rianna Steers - Fundraising and Communications assistant –

[rianna.steers@chumscharity.org](mailto:rianna.steers@chumscharity.org)

or ring 01525 863924



/ChumsCharity

[www.chums.uk.com](http://www.chums.uk.com)



@CHUMSCharity

## NOTES

1. Dunstable Swimming Club is affiliated to East Region A.S.A and Bedfordshire A.S.A
2. This Gala will be swum under A.S.A Law and A.S.A technical rules
3. All Star Relays will feature a child from each age group. They can be swum in any order
4. Joker Card- Each team will have one joker card to use for one event during the gala. The Joker Card will ensure the team receives double points in the event they have selected to play their Joker Card in. Each team must declare the event they will be using their Joker Card in advance of the gala.
5. Age at 31 December 2023.
6. Points Scoring: 1<sup>st</sup> – 6 points, 2<sup>nd</sup> – 5 points, 3<sup>rd</sup> – 4 points, 4<sup>th</sup> – 3 points.
7. Each team should supply two timekeepers and a judge
8. Participating clubs will be advised of the scheduled start time. In the event of a non arrival of a team, the referee must start the gala no later than 30 mins after the scheduled start time.
9. The referee's decision is final.
10. The lane draw will be made prior to the start of the gala

		Lane 1 Empty	Lane 2 Bletchley	Lane 3 Linslade Crusaders	Lane 4 DSC	Lane 5 Fitwick	Lane 6 Leighton Buzzard
1	Girls 10&U 4x25m Free Relay						
2	Boys 10&U 4x25m Free Relay						
3	Girls 12&U 4x50m Medley Relay						
4	Boys 12&U 4x50m Medley Relay						
5	Girls 14&U 4x50m Free Relay						
6	Boys 14&U 4x50m Free Relay						
7	Ladies Open 4x50m Medley Relay						
8	Mens Open 4x50m Medley Relay						
9	Girls 10&U 50m Backstroke						
10	Boys 10&U 50m Backstroke						
11	Girls 12&U 50m Fly						
12	Boys 12&U 50m Fly						
13	Girls 14&U 50m Freestyle						
14	Boys 14&U 50m Freestyle						
15	Ladies Open 100m Breaststroke						
16	Mens Open 100m Breaststroke						
17	Girls 10&U 4x25m Medley Relay						
18	Boys 10&U 4x25m Medley Relay						
19	Girls 12&U 50m Backstroke						
20	Boys 12&U 50m Backstroke						
POINTS							

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
21	Girls 14&U 50m Fly						
22	Boys 14&U 50m Fly						
23	Ladies Open 100m Freestyle						
24	Mens Open 100m Freestyle						
25	Girls 4 x 25m All Star Individual Medley Relay						
26	Boys 4x25m All Star Individual Medley Relay						
27	Girls 10&U 50m Breaststroke						
28	Boys 10&U 50m Breaststroke						
29	Girls 12&U 4x50m Free Relay						
30	Boys 12&U 4x50m Free Relay						
POINTS							
31	Girls 14&U 50m Backstroke						
32	Boys 14&U 50m Backstroke						
33	Ladies Open 50m Fly						
34	Mens Open 50m Fly						
35	Girls 10&U 50m Freestyle						
36	Boys 10&U 50m Freestyle						
37	Girls 12&U 50m Breaststroke						
38	Boys 12&U 50m Breaststroke						
39	Girls 14&U 4x50m Medley Relay						
40	Boys 14&U 4x50m Medley Relay						
POINTS							
41	Ladies Open 100m Backstroke						
42	Mens Open 100m Backstroke						
43	Girls 4 x 25m All Star Freestyle Relay						
44	Boys 4 x 25m All Star Freestyle Relay						
45	Girls 12&U 50m Freestyle						
46	Boys 12&U 50m Freestyle						
47	Girls 14&U 50m Breaststroke						
48	Boys 14&U 50m Breaststroke						
49	Ladies Open 4x50m Free Relay						
50	Mens Open 4x50m Free Relay						
51	Squadron 8x25m Freestyle (girl/boy)						
FINAL POINTS							