

S.C.T.C. Inspirational Talker



On Tuesday 8th July Craig Heap, an athlete mentor for the Sky “Living For Sport” programme visited Solway Community Technology College.

Craig was born in Burnley, Lancashire, where he grew up on a farm. Going to school was not among Craig’s happiest memories, until he discovered he was good at the sport of gymnastics.

Craig has competed in two Commonwealth Games. In 1998 in Kuala Lumpur, Craig became the first person to captain England to a gymnastics gold win. Four years later in Manchester 2002, he did it again. Craig managed to fulfil his childhood dream and competed in the Sydney Olympics 2000.

In 2002, Craig retired from gymnastics. At school he talked

about how he achieved his goals. The students found out about the six keys to success; Mental toughness, Hunger to achieve, People Skills, Sports and Life Knowledge, Breaking Barriers and Planning for Success.

All the students on the Living For Sport Programme, Sports Leaders Level 1 Course and those taking GCSE PE, commented on Craig’s enthusiasm and professionalism. He told stories which kept the students interested and engaged. They particularly liked how relevant and inspirational he was.

The message Craig left us with was – use the keys to success, follow your dream, keep believing, it will happen.

Sudoku Prize Competition

Sponsored by Johns Plaice

Rules:
Complete the grid so that every row, every column and every box contain all the digits from 1 to 9.

Send the completed puzzle to:
Johns Plaice,
12 Solway Street,
Silloth,
CA7 4AR

Congratulations to the winner of last months competition: Mrs C. Lucas from Wigton.

6								8
		5	1			4	6	
	7		5		9			
		6		3			9	
3		7			2		5	
	8			1	3			
			6	3		8		
	5	3		4	6			
9								2

Prize:
The winner will receive free Fish & Chips for two from Johns Plaice, Silloth.

To enter send the completed Sudoku to: Johns Plaice, 12 Solway Street, Silloth-on-Solway, CA7 4AR.

Record Breaking Solway Swim



Report by: Eddie Studholme
Lifeboat Operations Manager

Derek Griffiths from Barrow in Furness swam the Solway Firth from Southernness in Scotland to Silloth on 5th August.

It is believed that this is the first time this has been done and recorded. The British Long Distance Swimming Association (BLDSA) has confirmed Derek’s record breaking swim with an actual swim time of 3 hours 14 minutes and 9.51 seconds, a remarkable achievement! The distance he swam was approximately nine miles.

Derek started his record attempt by walking into the sea at Southernness at 13.02 hours and swam across the Firth, arriving at Silloth’s West Beach at 16.16 hours where he was

met by Silloth Mayor, Graham Wilkinson, and a large crowd of onlookers to welcome him ashore. Derek was assisted with the help of 3 members of Silloth Lifeboat Crew, Eddie Studholme, Sue Kent and David Eland in a safety boat which escorted him on his record breaking achievement. Sharon Griffiths was also present on the safety boat as one

of the official time keepers and recorder.

Derek has also raised over £250 for the RNLI through sponsorship of the event.

Derek is 46 and has previously swum every lake in Cumbria in one year. He has swum round Walney Island and from Morecambe to Barrow. He says the currents and jellyfish made this his hardest swim yet!



One arm is visible as Derek heads for Silloth

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