

w: <http://www.clissoldswimmingclub.org.uk>  
e: [membership@clissoldswimmingclub.org.uk](mailto:membership@clissoldswimmingclub.org.uk)  
t: 07891 880781

## **ASA swimming awards**

### **ASA Rainbow distance awards**

In November, swimmers in Improvers and Elementary were given the opportunity to be tested for an ASA distance award. To gain an award, they had to swim a certain distance without stopping, without putting their feet down and using a consistent stroke. The following swimmers have gained a distance award:

#### **50m:**

Lukasz Budny  
Sophie Scott

#### **100m:**

Aaron Bradley-Shankar  
Andrea Demeter  
Hal Dixon  
Luc Dyson  
Pablo Gitton-Gouliardon  
Hannah Glah  
Ceylan Ismail  
Molly Jones  
Liam Joseph-Beckles  
William Law  
Oisin Stanley-Stephenson  
James Westwood

#### **200m:**

Isabella Aquilina  
Rene Auty  
Grace Bradley-Shankar  
Nadia Carrier-Solomon  
Marguerite Frisby  
Sadie Hadrill  
Thomas Hollis  
Leah Jones  
Lilian Jones  
Sam Knight  
Hannah Krut-Powell  
Saskia Krut-Powell  
Laure-Alizee Le Lannou  
Erwann Le Lannou  
Alice Lindsey  
Gemma Lindsey  
Sophie Longstaff  
Mohammed Mahamroot

w: <http://www.clissoldswimmingclub.org.uk>  
e: [membership@clissoldswimmingclub.org.uk](mailto:membership@clissoldswimmingclub.org.uk)  
t: 07891 880781

Harry Myers  
Tolulope Ogunremi  
Eve Orange  
Rachel Piper  
Finn Spence  
Sammy Spiers  
Olivia Taylor  
Arthur Walker-Trew  
Olivia Watson  
Daniella West  
Adrene West  
Verena West  
Genevieve Weston

**400m:**

Joanna Cornwall-Jones  
Carlotta Cramer  
Eve Dixon  
Miron Farnus  
Joshua Frisby  
Beth Hibbert  
Gaspar Karczewski  
Lottie Macdonald  
Billie Myers  
Ethan Prior

**ASA National Swim Awards**

During the summer term, most of the Improver and Elementary swimmers were tested to see what level in the National Swim Awards scheme they had attained. Unfortunately, we didn't have the certificates in time to hand out at the summer party, but these swimmers have now been given their certificates.

In addition, some of our new swimmers have been tested this term and have achieved the following levels:

**Level 6:**

Lukasz Budny  
Marguerite Frisby  
Hannah Glah  
William Law  
Laure-Alizee Le Lannou  
Alice Lindsey  
Sophie Scott  
James Westwood

w: <http://www.clissoldswimmingclub.org.uk>  
e: [membership@clissoldswimmingclub.org.uk](mailto:membership@clissoldswimmingclub.org.uk)  
t: 07891 880781

**Level 7:**

Nadia Carrier-Solomon  
Joshua Frisby  
Sam Knight  
Erwann Le Lannou  
Gemma Lindsey

**Level 8:**

Sadie Hadrill  
Thomas Hollis

**Level 9:**

Beth Hibbert

**ASA Competitive Swimming Performance awards**

Once swimmers are in the Elementary and Squad swimming groups and start attending time trials and swimming in galas, we keep a record of the times they achieve over a number of distances in every stroke.

For some years now, we have been awarding ASA Competitive Performance Sprint certificates based on the 50m or 100m times swimmers have achieved. We award certificates every 6 months to all swimmers who have achieved a qualifying time during the previous 6 months. This evening, we will be awarding certificates to those who have achieved a fast enough time to gain a Sprint award since July 2007.

**Bronze awards in 1 or more stroke go to:**

Joanna Cornwall-Jones  
Carlotta Cramer  
Fred Erwin  
Sean Glendinning  
Calum Manby  
Sakinah Muhammad  
Billie Myers  
Harry Myers  
Devon Vitalis  
Luke White

**Silver awards go to:**

Charlotte Barbour-Condini  
Leyla Carrier-Solomon  
Adam Demeter

w: <http://www.clissoldswimmingclub.org.uk>  
e: [membership@clissoldswimmingclub.org.uk](mailto:membership@clissoldswimmingclub.org.uk)  
t: 07891 880781

Fred Erwin  
Tao Geoghegan-Hart  
Tom Grylls  
Inez Laing-Faiers  
Max Orange  
Devon Vitalis

**Gold awards go to:**

Leyla Carrier-Solomon  
Tao Geoghegan-Hart  
Ella O'Regan  
Isabel Patrick  
Safaa Usmani

**And Platinum awards go to:**

Kieran Battistella  
Demera Irwin-Lewis  
Daniel Morgan-Melville  
Ben Pitt

However, we have also been encouraging our swimmers to time trial and to enter competitive events over longer distances. Quite a number of swimmers now have a number of 200m PBs. So at the summer party this year we decided to start awarding Competitive Performance Middle Distance certificates as well. This evening we will be awarding Middle distance certificates to those who have achieved a 200m time which is fast enough to qualify them for a Middle distance award since the summer party.

**Bronze awards go to:**

Ewan Beattie  
Max Orange  
Anthony Walsh

**Silver awards go to:**

Leyla Carrier-Solomon  
Tao Geoghegan-Hart  
Demera Irwin-Lewis  
Max Orange

**Gold awards go to:**

Demera Irwin-Lewis

**Platinum awards go to:**

Daniel Morgan-Melville