



## Christmas intra-club gala and party

The club's Christmas gala and party was held on Friday 2nd December at Kings Hall and I'm sure everyone who was there would agree that a good time was had by all. The gala began with a series of races for Beginners and it was great to see so many of our youngest members participating so enthusiastically. The Beginners' races were followed by a series of individual and relay races for swimmers in Squads and Elementary. Each swimmer was assigned to one of four teams, with swimmers competing to earn points for their team. The White Team emerged the eventual winners. Congratulations to the victors - **Jonathan, Kieran, Safaa, Hannah M, Katherine, Amie, James, Tylar, Adam, Jo C-J & Millie.**

At the awards ceremony after the gala, medals were awarded to the winners of each race (see over for a full results list). ASA competitive performance sprint certificates were handed out to those who had qualified for a new award since the summer. Congratulations to the following swimmers who gained ASA sprint awards:

Freestyle (bronze)	Hugh, Max O, Amani, Lily
Freestyle (silver)	Loulou, Matilda, Sarah
Freestyle (gold)	Safaa, Joe, Kieran, Ben, Dan
Freestyle (platinum)	Gabriel, Khadeem, Hanna B
Breaststroke (bronze)	Demera, Latisha, Matilda
Breaststroke (silver)	Dan
Breaststroke (platinum)	Khadeem, Anna, Abigail
Backstroke (silver)	Alice, Sarah, Kieran
Backstroke (gold)	Ben, Dan, Jasmine
Backstroke (platinum)	Hanna B
Butterfly (bronze)	Matilda, Sarah, Jasmine
Butterfly (silver)	Joe, Dan
Butterfly (gold)	Abigail

Swimmers who had set a new club record since our summer party in June were also recognised by being given a club record holders' certificate. Congratulations to the following swimmers who have set one or more new club records:

**Dereck, Max D, Millie, Kassia, James, Max O, Joshua, Sarah, Ben, Gabriel, Dan, Abigail, Kieran, Hanna B, Anna and Khadeem.**

Finally, certificates and trophies (sponsored by Warburtons Bread), were awarded to the most improved and the best swimmers in the club. The most improved girl trophy was awarded to **Latisha**, with **Matilda** coming second and **Sarah** third, while the most improved boy trophy went to **Joe**, with **Dan** in second place and **Ben** in third place. The fastest swimmer awards (which were decided by calculating whose 50m aggregate time came closest to County qualifying times for their age group) were awarded to **Khadeem** (runners-up, **Gabriel and Jonathan**) and to **Sarah** (runners-up, **Abigail and Hanna B**).



## Christmas intra-club gala and party ( continued )

The winners of each race are listed below:

Beginners 1: 10m freestyle	Hope
Beginners 2: 25m freestyle	Lola
Beginners 3: 25m freestyle	Miron
Beginners 2: 25m breaststroke	Lola
Beginners 3: 25m breaststroke	Rene
Group 1: 25m backstroke	Tylar ( White Team )
Group 2: 25m backstroke	Esther ( Blue Team )
Group 3: 50m backstroke	Gabriel ( Blue Team )
Group 1: 25m breaststroke	Euan T-R ( Blue Team )
Group 2: 50m breaststroke	Kassia ( Rainbow Team )
Group 3: 50m breaststroke	Rachel ( Pink Team )
Group 3: 4 x 25m Individual Medley	Jonathan ( White Team )
Group 1: 4 x 25m medley relay	Blue Team ( Sam, Hugh, Euan T-R, Carlotta )
Group 2: 4 x 25m medley relay	Rainbow Team ( Leyla, Kassia, Matilda, Max O )
Group 3: 5 x 25m medley relay	Pink Team ( Joe, Rachel, Anna, Loulou, Dan )
Group 1: 25m fly	Carlotta ( Blue Team )
Group 2: 25m fly	Matilda ( Rainbow Team )
Group 3: 50m fly	Hanna B ( Rainbow Team )
Group 1: 25m freestyle	Oscar ( Pink Team )
Group 2: 50m freestyle	James ( White Team )
Group 3: 50m freestyle	Safaa ( White Team )
Group 1: 4 x 25m freestyle relay	White Team ( Tylar, Jo C-J, Adam, Millie )
Group 2: 4 x 25m freestyle relay	Pink Team ( Max D, Amina, Joshua, Demera )
Group 3: 5 x 25m freestyle relay	Rainbow Team ( Hanna B, Ben P, Sarah, Alice, Khadeem )
Whole Team 13 x 25m freestyle relay	White Team
<b>Overall Winners</b>	<b>White Team</b>

*Congratulations to all the winners, but also to everyone who took part for some great performances and for showing great team spirit.*

Finally, congratulations to the winners of the parents' races. For the second year running, **Brigitta** won the ladies' race, with **Kate** in second place, while **Greg** won the men's race, with **Tim** a close second. Do bear in mind there is no age limit for the Open events in competitive galas, so expect to be invited to join the Clissold team next year.

Thank you to everyone who helped make this event such a success, especially **Lorna** and her team of helpers who manned the desk, sold raffle tickets, prepared the food, set out the party room and cleared it up afterwards. Thank you also to everyone who helped on poolside, including the timekeepers, **Richard, Colin, Rob and Ian**; the Team Managers, **Mark, Liz, Kate and Tricia**; **Ann** who recorded the results and **Rob**, who did the announcing. Thank you also to our coaches, **Greg**, who acted as starter, **Andy**, who acted as placing judge and to **Adel, Chelsea, Sylwia and Alina**, who acted as lifeguards and general supervisors. There is a huge amount of work involved in ensuring an event such as this runs smoothly, so thank you to everyone who helped (and apologies if I have left anyone out) and if anyone would like to volunteer to organise next year's gala and party, offers will be gratefully received!

## Gillingham 50m Aggregate Sprint Meet

Seven Clissold swimmers participated in a meet hosted by Black Lion Swimming Club in Gillingham on Sunday 27th November. All swimmers swam 50m of each stroke. Our swimmers put in some very good performances, with all of them gaining at least one PB. **Sarah and Matilda** did especially well, with PBs in all 4 strokes, while **Dan and Ben** each got PBs in everything except breaststroke. **Anna and Abigail** each got PBs in fly and **Latisha** got a PB in breaststroke. Well done, all of you!

## PBs and club records

A list of swimmers' current PBs and of club record holders (up to and including PBs gained and records set at Gillingham on 27/11/05) was included in the gala programme. If anyone did not get a copy and would like one, please ask Jenny for one. Of course, a number of swimmers swam fast enough at the Christmas gala to records a new PB and a number of club records were broken. Updated PB and club record holders lists will be prepared soon and will be circulated by email and posted on the website. Swimmers, please note that anyone who, at the time of our summer party in 2006, has retained a club record for a full year and improved their time on this stroke will get a special award!

## 79 km achieved in World Swim for Malaria!

The second major event for the club in December was the World Swim for Malaria which took place on Sunday 4th December at Ironmonger Row. The World swim for Malaria is a global swim, with its aim being for 1 million people, from all around the world, to all swim on the same day and raise money for the fight against malaria. 1.5 million people, 70% of whom are children under the age of 5, die of malaria each year. That's equivalent to a child dying of malaria every 30 seconds.

30 of our Elementary and Squad swimmers took part and, in one hour, they swam **2,369 lengths** between them, that's an amazing **78.96 kilometres!!!**

**Anna** clocked up the greatest distance, with a grand total of 116 lengths. **Rachel** and **Dan** each swam 104 lengths and **Ben** achieved exactly 100.

It was good to see so many of our swimmers taking part, including some of our younger swimmers, who did very well to keep going for the whole hour. **Grace** and **Carlotta**, the two youngest swimmers participating, swam 40 and 50 lengths respectively, so they deserve a special well done.

Thank you to all the swimmers who took part and to **Rob, Louise, Sarah W, Sarah C and Ann**, who counted lengths.

Swimmers - please now start to collect in your sponsorship money and when you have collected it all, please give your sponsorship form and the money to Jenny or Rob. We would like all the money in by Friday 13th January at the latest please. We will then send one cheque from the club to the organisers of the global event.

## SwimShop merchandise

A new range of club merchandise is now in stock, so do ask Mary, Myrtle or Sharon if you need to buy any swimming kit. In addition to the stock carried by our SwimShop ladies, a much wider range of merchandise is available to order online at <http://www.clissoldswimmingclub.org.uk/kitandclobber>. Please ask Mary for further details.

**Swimmers - if you gained an ASA bronze, silver, gold or platinum sprint award at the Christmas party ( or indeed at the summer party in June ), do remember that the badges (ideal for sewing on to club T-shirts or towels) are also available to purchase through SwimShop.**

## Christmas holidays

Please note the following changes to the dates previously advertised. The last training session of the Christmas term will now be on **Sunday 18th December** at Ironmonger Row from 5.00 - 6.30 pm. If any swimmers in B2 or B3 would like to come along to this session, they are welcome to do so on this occasion. There will also be a training session at Ironmonger Row on **Monday 19th December** from 8.00 - 9.00 pm, which on this occasion will be open to swimmers in S2, S3 and S4. There will be **no** swimming at Highbury Grove on Monday 19th December. After this, the club will be closed until **Wednesday 4th January 2006**, when the usual S3 & S4 session will take place. Please put these dates in your diaries now.



## Fee payment

We would like all of our members to pay their monthly club fees by standing order from January onwards, if at all possible. If you are not yet paying this way, but would consider doing so, please ask Jenny for a form.

If you have any fees outstanding for 2005, please make sure you pay them before the end of term.

## Welcome!

A big welcome to **Sakinah Muhammad** and to **Daniel McAteer**, who have recently joined the club.

We now have 84 registered members, with a few more trying out. We would like to get up to 100+ members in the New Year, so if you have friends who are keen to take up swimming, please encourage them to come for a try out.