



## Clissold SC has British Champion!

**Chris Morgan**, one of our Masters swimmers won gold in the 400m IM and silver in the 200m IM at the Masters National Championships in Sheffield at the weekend. This is a fantastic achievement! Well done, Chris!

## Welcome!

Lots of new members have joined the club during September and October. Welcome to all our recent joiners - **Joshua and Marguerite Frisby, Hannah Glah, Sadie Hadrill, Beth Hibbert, Alice and Gemma Lindsay, Sophie Scott, Finn and Ivan Spence and Sammy Spiers.**

We hope you are enjoying being part of the club.

## Club Christmas gala and party

We are now planning to run a club gala on **Wednesday 5th December from 5.30 - 7.00 pm** at Kings Hall (not on Friday 7th December as advertised in the previous newsletter). This will be a friendly, fun gala, open to all club members, with races swum in teams. There will be races for all abilities of swimmer and we hope that as many club members as possible will take part. If you want to enter, please email Jenny on [jenny.james98@btinternet.com](mailto:jenny.james98@btinternet.com) or sign up on the desk at Kings Hall by Wednesday 28th November at the latest, so that you can be allocated to a team. Late entries will **NOT** be accepted.

The club's Christmas party and prize giving will take place on **Friday 7th December** and will replace the usual swimming session. More details will follow shortly.

## Volunteers needed

As always, more help is needed in order to keep the club running smoothly. All the management and administration is carried out by volunteers and most of the work is done by a very small number of people. This is not sustainable in the long term.

In particular, we are looking for a water polo coordinator and for a Treasurer. Could you take on either of these roles?

If you are interested in helping to run your children's club, then please talk to Kate Cornwall-Jones to discuss how you could help.

## Timetable changes

Now that the clocks have gone back, we are no longer able to use the Lido, as there is no lighting. This means we have had to revise our training timetable. The new timetable comes into effect from **Monday 29th October.**

The changes mainly affect Squads and Masters, but please would **everyone** look at the new timetable and take note of the start and finish times of their sessions.

The squad list has also been updated and those who have joined recently have been allocated to a training group. Please check to see which group you are in so that you can attend the right sessions.

The new timetable and squad list have been emailed round and are also available to download from the club website. Hard copies will be posted to those who are not on email.

## Club fees

Almost all our members now pay their monthly club fees by standing order. If you do not yet pay by this method, please consider doing so.

If you pay in cash or by cheque, please note that fees are due by the 7th of each month. Please do not wait to be asked, but pay your fees promptly at the registration desk. **Anyone whose fees are 2 or more months in arrears is liable to have their membership terminated.**

If you have any questions about fees, including queries about subsidised places, please talk to Lolita, Jenny, Kate or any of the Squad Reps.

## Swim Shop

Don't forget that ASA badges are available from the club's Swim Shop. So anyone who has been awarded a National Swim Award certificate or any ASA sprint or middle distance certificates can buy their badges from the club shop.

Don't forget that club swimming costumes, T-shirts, bags, caps, goggles, water bottles and a whole range of other merchandise can also be purchased from our own Swim Shop. A percentage of the sale price goes to the club, which all helps with our fundraising efforts.

## Clissold Graded League gala on Saturday 13th October

On Saturday 13th October, Clissold SC hosted a London Graded League gala at Park Road. A team of 23 swimmers took part and came second, which is a great result.

Our swimmers achieved 14 first places, 8 second places and 6 third places. Congratulations to:

**Hannah Mac** - 1st in 50m backstroke

**Matilda** - 1st in 50m fly

**Ella** - 1st in 50m freestyle

**Adam** - 1st in 50m freestyle

**Max O** - 1st in 50m breaststroke and 3rd in 50m backstroke

**Anthony** - 1st in 25m breaststroke

**Joanna** - 1st in 25m fly

**Amber** - 1st in 25m freestyle

**Charlotte B-C** - 1st in 25m backstroke

**Ben P** - 1st in 25m backstroke and 2nd in 50m freestyle

**Kieran** - 2nd in 50m backstroke

**Tao** - 2nd in 50m breaststroke and 3rd in 50m fly

**Leyla** - 2nd in 50m breaststroke

**Sakinah** - 2nd in 25m breaststroke

**Billie** - 3rd in 50m breaststroke

**Tylar** - 3rd in 25m breaststroke

**Sean** - 3rd in 25m backstroke

The relay teams also did well, with four teams taking first place: **Ben, Sean, Max and Joe** in 4 x 50m freestyle, **Joe, Adam, Kieran and Tylar** in 4 x 50m medley, **Adam, Anthony, Kieran and Gaspar** in 4 x 25m medley and **Amber, Grace, Sakinah and Ella** in 4 x 25m freestyle.

Three teams achieved second places: **Billie, Joanna, Charlotte and Matilda** in 4 x 50m freestyle, **Tylar, Ethan, Gaspar and Adam** in 4 x 25m freestyle and **Matilda, Billie, Amber and Leyla** in 4 x 25m breaststroke. **Sakinah, Joanna, Grace and Leyla** came 3rd in 4 x 25m freestyle.

The majority of those swimming individual races achieved new PBs:

100m freestyle - **Joe**

50m freestyle - **Sakinah, Adam and Ben**

25m freestyle - **Carlotta, Amber, Sean and Adam**

100m breaststroke - **Demera**

50m breaststroke - **Leyla, Billie and Max**

25m breaststroke - **Matilda, Sakinah and Tylar**

50m backstroke - **Hannah, Kieran and Max**

25m backstroke - **Charlotte, Leyla, Sean and Ben**

50m fly - **Matilda**

25m fly - **Joanna**

**Adam** set new U10 club records in both 50m and 25m freestyle, while **Joanna** set a new U10 club record in 25m fly.

Every swimmer who participated contributed to the final result, so congratulations to all of you and especial congratulations to **Grace, Gaspar and Ethan** who were all swimming in their first gala.

This gala would not have taken place without the help of a huge number of volunteers:

**Alina and Simon** - team coaches, **Kate**, who marshalled the swimmers, **Andy** - starter, **Chris and Tim** - timekeepers, **Colin** - announcer, **Ann and Sarah** - score recorders, **Sharon & Myrtle**, who manned the entrance desk and ran the raffle, **Alan** - who printed the programmes, **Ildilko and Chock**, who dispensed drinks to officials and **Anna** - team photographer. Thank you very much, all of you.

## Partnerships with other clubs

During October, a number of Clissold swimmers competed on behalf of other clubs. On Saturday 6th October, **Safaa** swam for Leyton SC in an Essex League gala. Leyton came second in this gala. Safaa swam the 100m freestyle race in which she came third, setting a new PB, and also the 50m fly in which she came second, as well as in a number of relays.

On Sunday 14th October, **Adam and Grace** both swam for Leyton SC in an East London Mini League gala. Both competed in a number of relays and Adam also swam in and won a 1 length backstroke race. Leyton won this gala by a large margin.

On Saturday 13th October, **Greg** took the Anaconda SC team, including **Abigail, Gabriel, Daniel and Isabel** to the first round of this year's Speedo League. **Abigail** did very well to come in third in the girls 15 and under 100m breaststroke race, setting a new PB and new U16 and Open club records in this event. **Gabriel** also achieved a new PB and new U16 and Open club records with his 100m backstroke swim, although he came last in this event, which shows how tough the competition was. Overall, Anaconda SC came last in this gala, just 2 points behind the 6th placed team.

## Middlesex Autumn Development Meet

Over the weekend of 20th/ 21st October, 11 Clissold swimmers competed in the Middlesex County ASA Autumn Development Meet.

They swam in 54 events between them and came away with 35 medals or rosettes for top 8 places.

**Abigail** came in the top 6 in all 8 of her events, winning the 100m and 400m freestyle, coming second in 100m breaststroke and 3rd in both 200m and 800m freestyle. She also got 4ths in 100m fly and in 200m IM and a 6th in 100m backstroke.

**Gabriel** came in the top 6 in 8 of his 9 events, winning both the 100m and 400m freestyle and coming 2nd in 200m breaststroke and in 800m freestyle. He also came 4th in 200m and in 800m freestyle, 5th in 200m IM and 6th in 200m backstroke.

**Demera** came second in both 100m breaststroke and 200m backstroke, 3rd in 800m freestyle, 6th in 200m freestyle and 7th in 200m breaststroke and in 400m freestyle.

**Adam** came 2nd in 50m freestyle, 4th in 50m backstroke, 5th in 50m breaststroke and 7th in 50m fly.

**Joanna, Daniel and Matilda** also gained a number of rosettes for 5th to 8th placed swims.

A large number of new PBs were achieved:

100m freestyle: **Max O, Daniel, Gabriel, Sakinah, Charlotte B-C, Matilda**

200m freestyle: **Max, Daniel, Gabriel, Demera**

400m freestyle: **Gabriel, Matilda**

800m freestyle: **Gabriel, Abigail**

50m breaststroke: **Adam, Joanna**

100m breaststroke: **Sakinah, Charlotte, Demera**

200m breaststroke: **Gabriel, Demera**

50m backstroke: **Adam**

100m backstroke: **Max, Daniel, Charlotte, Matilda, Abigail**

200m backstroke: **Gabriel, Demera, Matilda**

50m fly: **Adam, Joanna**

100m fly: **Abigail**

200m IM: **Gabriel, Matilda, Abigail**

**Joanna** set a new U10 club record in 50m fly, while **Adam** set new U10 club records in each of 50m fly, breaststroke and backstroke. **Matilda** set new U14 club records in both 100m and 200m backstroke, while **Daniel** set a new U14 club record in 200m freestyle. **Gabriel** set a new U16 club record in 200m freestyle and both U16 and Open club records in 100m freestyle, 200m breaststroke, 200m backstroke and 200m IM. **Abigail** set new U16 and Open club records in 100m backstroke and 200m IM.

Congratulations to everyone who participated and thank you to **Greg** who spent the weekend at Southbury Road with the team and to **Kate** who helped with timekeeping.

## Fixtures in November

November is a busy month, with galas on each of **Saturday 3rd November, Saturday 10th November and Saturday 24th November**. Teams for the first two of these fixtures will be announced shortly. If you are in Squads, E2 or E1A and you know that you will **not** be available on any of these dates, please let Jenny know as soon as possible. Otherwise, we will assume that you will be available to swim if asked.