

MEMBERS NEWS

Clive Goodchild, Watford Council employee, was presented with a book as a thank you for giving us his time so we could use the Town Hall Staff Amenities Area for our AGM earlier this year.

2 awards were announced at our AGM:

Endeavour Cup was awarded to Mary Kelly for persevering to swim unaided.



Mary Kelly

has only just gained the confidence and ability to complete in Galas.

Founders Cup was awarded to Hilary Comber who has been a member for a long time and



Hilary Comber

Well done to Heidi Derby on gaining her 25 metre swimming badge.

If anyone is interest in taking part in badge work please speak to Jane.



Well done to Aimee Read (14) on being selected to cheerlead at Wembley. This is her account of the day:

"On the 16th of October the Saracens dance troop took to the pitch to dance with the best rapper in the UK,

Tinie Tempah to the UK no 1 hit Written in the Stars. I was so scared walking through the tunnel onto the pitch my heart was beating so fast. The dance went really well even though I was dancing just for 4 minutes. It was the best day of my life." **Aimee.**

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Paul O'Grady read out a letter he received for his Letter Of The Week slot on his radio show on 10th July from Julian Treves Brown from Bushey and Watford PHAB Club. Julian thanked Sea Lion Swimming Club for inviting him and his members to our weekend at Phasels Wood in July. We received a Certificate of thanks and photo of Paul O'Grady along with a box of chocolates which was shared amongst our members.

Our weekend at Phasels Wood was a huge success. A big thank you to the committee and all the helpers. You will find photos of the weekend on our website.

www.sealionswimmingclub.org.uk

Welcome to our new helpers:

Aimee Read, Stephanie Ward, Parnam Seyan and Alison Comber.

Welcome to our new members:

Angela & Debbie Harris
Caroline West
Mark Chimenti
Beth Shepherd
Richard Sangaster
Helen Wilson
James & Heather Charge
Jed Graysmark
Wendy Lowe
Elizabeth & Damien Dorsett
Luke Fenner
Aisha Lilley
Leigh Mclachlan



Swimming for people with a disability

Winter 2010 Newsletter

We are delighted that our membership has doubled since moving to Watford Leisure Centre Central in August 2008. We now have a total of 118 disabled members.

New activities have been introduced to our sessions. Badminton and table tennis will take place in the sports hall every fortnight during our swimming session. We hope you will take advantage of these activities. We hope to be able to offer sessions in the gym in the New Year. If you wish to participate please book at the Sea Lion welcome desk. Please note that trainers must be worn in the sports hall.

We wish Aaron Darby, Fundraising Officer, goodbye and good luck as he is relocating to West Wittering, and a thank you for all his help. Due to family commitments our Gala Organiser has resigned from the committee. We wish to thank Baz for organising the galas over the last few months. This means that we have two positions to fill on the committee. If anyone is interested in joining the committee in either of these positions or as an Officer without Portfolio, please speak to me at our session or e-mail me info@sealionswimmingclub.org.uk. We need a full committee to keep the club going.

One of our Vice Presidents, Bob Gasper, has also resigned due to family commitments. Bob's son David has been a member of the club for many years. Bob has been a very active member of the committee. On behalf of the on behalf of the committee I would like to thank him for his years of dedication to the club. We shall still see Bob and David at our swimming sessions

Our annual AGM will take place on 12 February, this will be held after the swimming session at the Staff Amenities area in the Town Hall. We would like to see as many members as possible; you will have the opportunity to ask any questions or put forward any suggestions to the Committee. Details to follow. With best wishes to you all for Christmas and the New Year
Jane Stonelake, Chairman

WANTED
Gala Organiser,
Fund Raising Officer,
Officer without portfolio

Your club needs you!

If you would like to join the committee to secure the future of the Sea Lion Swimming Club please speak to Jane or Linda for details

Sports Hall

Let us know what sport you would like to play. The sports hall is booked for: 8th, January, 5th, 19th February. If you would like to bring a friend to play table tennis or badminton they would only have to pay £1. Watch out for new activities in the New Year.

Please remember to bring your trainers.

PLEASE NOTE:
There will be no swimming on 25th December and 1st January 2011

Our AGM will take place on 12th February 2011 after the swimming session. Details to follow.

GALA NEWS

Results of our In-House gala which took place on 6th February.

Swimmers Races

Adults 2 Lengths

The John Rutherford Cup

Kristian Bell - 1st
Andrew Green - 2nd
Hilary Comber - 3rd

Junior 2 Lengths

Andrew MacKay - 1st
Kreettibasa Luintel - 2nd
Aimee Read - 3rd

Adults 1 Length

Kristian Bell - 1st
Andrew Green - 2nd
David Gasper - 3rd

Junior 1 Length

Geraden Turner - 1st
Mary Kelly - 2nd
Andrew Mackay - 3rd

4x1 Relay

Aimee Read, Sophie Gibbs, Meheq Johar, Andrew MacKay - 1st
Baz Luintel, Kreettibasa Luintel, Brennan Goodwin, David Gasper - 2nd
The Darby Family - 3rd

The winners of the shallow end events

Bryony Smisson
Elysia Kirkham



Family and Helper Races

Family Mens 1 Length

Sean Kelly - 1st
Alec Turner - 2nd
Aaron Darby - 3rd

Helpers Mens 1 Length

Inder Johar - 1st
Andrew Sturgess - 2nd
Dave Sturgess - 3rd

Family and Helpers Ladies 1 Length

Vanessa MacKay - 1st
Liz Darby - 2nd
Jo Turner - 3rd

Family Junior 1 Length

Lucy May - 1st
Meheq Johar - 2nd
Jamie Darby - 3rd



Lynda Rutherford presented Kristian Bell The John Rutherford Cup.

Barracuda Gala results 26 June 2010 at Potters Bar:

Mens 1 length:

Cliff Berry - 1st

Junior 3 lengths:

Kreettibasa Luintel - 1st

Junior 1 length:

Kreettibasa Luintel - 3rd

Mens Relay 4 x 1 length:

Cliff Berry, James Charge, David Gasper - 2nd

Junior 2 lengths:

Kreettibasa Luintel - 2nd



Invitation and Region 1 Gala took place at Watford Leisure Centre Central on 11th September 2010

Invitation Gala results:

Girls 1 Length: Rhianon Parsons-Bailey - 3rd

Boys 1 Length: Bryce Parsons Bailey - 3rd

Girls 2 Lengths: Mary Kelly - 1st

Boys 2 Lengths: Bryce Parsons-Bailey - 1st

Ladies 2 Lengths: Hilary Comber - 3rd

Mens 2 Lengths: David Gasper - 2nd

Girls 4 Lengths: Aisha Lilley - 1st

Boys 4 Lengths: Bryce Parsons-Bailey - 1st

Junior Relay: Seal lions S.C - 3rd

Region 1 results:

Girls 1 Length: Rhianon Parsons-Bailey - 2nd

Boys 1 length: Bryce Parsons-Bailey - 3rd

Ladies 1 Length: Jackie Cook - 3rd

Mens 1 Length: Cliff Berry - 3rd

Girls 2 Lengths: Mary Kelly - 1st

Boys 2 Lengths: Bryce Parsons-Bailey - 1st

Ladies 2 Lengths: Hilary Comber - 2nd

Mens 2 Lengths: David Gasper - 2nd

Girls 4 Lengths: Aisha Lilley - 1st

Boys 4 Lengths: Bryce Parsons-Bailey - 1st

Ladies 4 Lengths: Jaskawal Seyan - 3rd

Mens 4 Lengths: Robert Thomson - 2nd

Junior Reylay: Sea lion S.C.- 3rd

Ladies Relay: Sea lion S.C - 3rd



Aisha Lilley represented Sea Lion Swimming Club at the NASCH Finals at Lemington Spa on November 6th 2010.

Aisha's first race was the 3rd one. Her target time for the 4 girls lengths was around 8 minutes. She set off rather slowly and looked to be struggling with her stroke. However, after about 15

metres she was swimming well. I was in the pool behind her just in case she got into difficulty. She did really well and had 15 metres in hand on the final length. She eventually finished 1st with about 5 metres to spare. However, due to my ignorance regarding the re-positioning rules we both thought that Aisha had actually come first and won one of the trophies. She did around 7.30 minutes for her 4 lengths which was a fantastic achievement, probably due to her doing 16 lengths in training the week before with Hortensia at Sea Lion. S.C. This, unfortunately, meant that she was re-positioned to last place!

Aisha's other race was the mixed 1 length relay. The team did really well. Aisha set off first and handed over to Sophie Grey (Turtles) on the 2nd leg and the Tom Regan (Turtles) on the 3rd leg touched in 2nd. We were re-positioned to 3rd place, which was fantastic as Aisha had a reward for her efforts. **Nick Lilley**

Goodbye to Councillor Keith Crout who was our President 2009/10 and welcome to our new President, Councillor Alan Burtenshaw, Chairman of Watford Borough Council, and his Consort Ellie Burtenshaw. Councillor Alan Burtenshaw has kindly nominated Sea Lion Swimming Club as one of his two charities he will be supporting during his year in office.



Councillor Keith Crout



Councillor Alan Burtenshaw