



THE BIG SPLASH

EALING SWIMMING CLUB NEWSLETTER

OCTOBER 2015



ESC Summer Nationals & International Meets 2015

Summer 2015 was a busy time, as usual, for the performance swimmers at ESC with swimmers in action at meets in Europe & Britain.

Katerina Avramova swam at the World Championships in Kazan (Russia) where she represented Turkey in the 50m and 100m backstroke, the 100 free and the 4 x100 relay teams. Dave Heathcock was the head coach for the GB team at the European Games in Baku (AZERBAIJAN) along with swimmer Anna-Maria Damjanovska who represented Macedonia in the 50 & 100 Free. Dave will also be on GB duty in December when he travels with the National team to Canada for an



International Open meet.

Sheffield was the venue for the British & English Summer Nationals where ESC were well represented in both competitions. The British Champs saw 14 swimmers qualify whilst the English Nationals, held a week later saw 17 swimmers make the qualifying standard.

At the British Summer Championships held at Ponds Forge International Pool in Sheffield July 28 - August 2. The ESC team swimmers put in strong performances to reach 22 finals, grab six medals, with near 100% personal best performances, one junior and four senior club records the swimmers demonstrated how the hard work and dedication of swimmers, coaches and parents really pay dividends.

Brodie Judge, 14, got the championships off to a great start on day one with an impressive personal best performance in the 50m fly, which saw her take the bronze medal in a time of 28.74. On day two she went one better adding 2 further bronze medals in the finals of both 100 fly and backstroke both in pb times -

taking a massive 1.74 seconds off her fly time (1:03.76) between heat and final. Undaunted by her busy schedule she qualified for 7 finals and saved the best for last, beating her 50m freestyle pb (27.15) to grab a silver in the very last session of the meet. Another 14 year old on fantastic form was Anton Akopian. This was his first National competition and despite qualifying in 19th place for the 50m fly event he took nearly a second off his time (27.70) to reach the final where he again rose to the challenge by swimming 27.13 taking bronze on the touch and setting a new Ealing junior record in the process. Later in the week, Anton also qualified for the 50m freestyle final swimming another impressive pb time, 25.64 to finish 6th.

The men's relay teams delivered on their early season promise by reaching five out of six national finals. The 17 and over team of Ben Levert, Cristian Rotundu, Alex Farrell and Ziggy Franchi-Webster broke club records in both the 4x100m (3:28.83) and 4x200m (7:48.89) freestyle events finishing 6th and 10th respectively (John Britton and Tudor Puzset swam in the final in place of Alex Farrell and Cristian Rotundu). The team added a 7th place finish in 4x100m medley

ESC are proud to wear ARENA poolside attire and racing swimwear



final (Cristian Rotundu, John Britton, Tudor Puszet, Alex Farrell). Qualifying in 6th place for the 4x100m medley final, Bryce Puszet, Miles Clark, Jahrel Murphy and Reef Hook took an impressive three seconds off their heat time to finish the championships on a high with a superb bronze medal. Earlier in the week, with Joe Kelly swimming in place of Miles, the boys finished 7th in the 4x100m freestyle final.



John Britton, 19, added another new club record to the tally in the 400IM by finishing 9th in the final in 4:31.16. In the 200m IM event he also finished 9th in the final. Cristian Rotundu was another record breaker, bettering his own 100m fly record by swimming a time of 55.85, he went on to reach the final of 50m backstroke, finishing 8th. As well as putting in some fine relay performances, Jahrel Murphy, 16, swam a series of excellent personal bests to make the finals of the 50 & 100m back and 100m fly, finishing 7th, 4th and 6th respectively. Paige Powell, 16, reached the final of the 100m freestyle finishing 9th in a new pb time, 58.79. Ziggy Franchi-Webster set a new pb in 50m freestyle (23.46) finishing in an excellent 5th place. There were good performances from Maisie Jameson (50 & 100m free, 50m fly) and Lucy Thornton (50, 100 & 200m fly).

Ealing's Head Coach, Dave Heathcock commented " I am delighted with the performances this week. Against very tough competition and a very intense atmosphere the Ealing swimmers dug deep to put together great swims and raced well at the end of this long season. The swimmers supported each other well which is so important at this level of competition . I look forward to further superb performances at the English ASA championships next week." On August 3, the National Open Water Swimming Championship took place at Rother Valley Country Park, Sheffield. Ealing's had two qualifiers, Rebecca Dutfield, 18, took a superb silver medal in the 5000m event and will be competing in the pool this week. 14 year old Rohan Vazirani did well to finish in 8th place in the 1,500m event (19:06.88).

With just a day's break between the two competitions, the English Summer Nationals then started in the same venue. Leading the way was 15year old Miles Clark, who followed up his bronze relay medal at the British Championships, the previous week, with 1 gold and 2 silvers. Miles won the 100m breast and took second place in both the 100m & 200m butterfly – the time in the 200m butterfly was also a new Ealing Junior squad record (2.13.27). Miles also swam the 200m breaststroke and made the final with a new best time to finish in 7th place.

Also picking up a gold medal was 18year old Rebecca Dutfield who had a superb week winning the 400 free and taking the bronze in the 800 Free – both times were personnel best performances. Rebecca also made final appearances in the 100m & 200m butterfly and 200m back. Rebbeca completed her full collection of medals by also taking silver in the Open water 5K event the previous week.



ESC are proud to wear ARENA poolside attire and racing swimwear



Ealings' other gold came from 14 year old Brodie Judge who won the 200m free in a great new best time, and this after racing extremely well the previous week at the British Championships where she picked up 3 bronze & 1 silver medal .

There were great performances from all the ESC swimmers throughout the week, with many new best times and final places achieved. In the 19 year age group, Alex Farrell picked up the silver in the 50m free in a new best time and also made the final of the 50m breaststroke. Tudor Puszet took 8th place in the 100m Fly and Amy Chung finished in 10th place in the final. The 16 year age group saw Bryce Puszet also make the final in the 400m and finished in 10th place with 4.51.81 – a new best time. The 14 year age group saw a number of ESC boys qualify for Nationals for the first time and they all performed well, Sam Thornton made the final of the 200m butterfly in a huge new best time and finished in 5th place. Anton Akopian also made the final in the 100m free and finished in 6th place. George Barnes recorded a new best time in the 50m breaststroke. Matthew Burton raced competitively in both the 200m & 400m free. In the 13 year age group Auryn White made the final of the 50m free in a new best time finishing in 10th place. Harrison Filby also swam well in the 200m breaststroke.

In the multi-classification events, 18 year old Aaron Maddox made finals in both the 200m IM (9th place) and 100m butterfly (7th place).

Ealing had relay teams involved in all 3 events in the 17 years & older age group, the 4 x 100 free team of Joseph Sheehan, Tudor Puszet, Joao Matias & Aaron Pullen took 7th place in the final (3.35.41), the 4 x 200 team of Josph, Tudor, Aaron & Alex Farrell were 5th (7.56.72) whilst the 4 x 100 medley team of Joao, Aaron, Joseph & Alex made 8th place in the final (4.01.24).

Head age group coach Allan Thornton commented “ We had a really great summer English nationals and all our swimmers who qualified raced tough. The results showed how hard and consistent our swimmers have trained throughout the year. We finished in 18th place in the medals table and that’s from all the swimming clubs in England – a superb finish to the year and the plan for next season will be to build on this result and move further up the table. The hard work & dedication of our swimmers and coaches has certainly paid off and I’m sure will continue to do so in the future years.”



ESC swimmers represent Middlesex County

Every year British Swimming host a one day meet where all the English Counties as well as the Scottish & Welsh regions battle it out in Sheffield in two 25m pools which run the races simultaneously . Middlesex are one of the strongest counties in the country regularly finishing in the top 5 – this year was no exception with the county finishing in 5 place (out of 39 teams) . Six age groups swimmers from ESC were part of the 24 strong team - Harrison Filby, Auryn White, Brodie Judge, Anton Akopian, Miles Clark & Jahrel Murphy , ESC head age group coach, Allan Thornton was also present as the County head coach.

ESC are proud to wear ARENA poolside attire and racing swimwear





Around the Houses

ESC Astra

So far we are having great start to the new term and regular members are getting back into training. Welcome to the many new faces, who have joined since the summer, we hope you are settling in well and enjoying swimming and meeting your lane mates.

In September some of our swimmers went to squad trials and I am happy to report that **Amelia Jastrzebska**, **Travis Rolfe-Cane** and **Hal Toolan** have been selected to join the Tadpoles Squad. Congratulations! We would also like to congratulate **Rex Booth** and **Travis Rolfe-Cane** who have been selected to represent ESC at the Junior League Final. Well done boys!

At ESC Astra we have planned a full programme of activities for the coming season. These are listed on our page of the website www.swimesc.co.uk and on the notice board at the pool. Please check regularly to be sure you do not miss out on an important date!

Our next major event at Astra will be the 2015. House Championships held on 19th and 26th of November! Everyone swimming in the main pool plus starfish group will be taking part, so put the dates in your diary now and prepare yourself for some great racing!

Each month teachers and coaches will be selecting a swimmer for each main pool swim group. The Swimmer of the Month Award will not just be about times, but earned based on attendance, attitude and improvement.

ESC Northolt our trip to Bradford

At 5.00pm Friday 9th October we set off to Bradford, and after being stuck in traffic for about an hour we arrived to be met by our host Families. Saturday morning was a lazy morning for most of the children's and then we all met up at Shipley Bowling at 1.00pm where the children all enjoyed themselves, this was followed by Pizza and chips which went down very well!

Then it was off to Shipley Pool for the Gala where some P.B.s were achieved and Northolt finished 4th by 1point!

When the Gala had finished the swimmers went home to change for the disco and even more food!

Sunday morning was again spent with host Family while all the Adults met and enjoyed a Sunday lunch with their Families. All too soon it was 2.00pm and time to say goodbye to all old and new friends, and return to Northolt until next May when Bradford will come down to Northolt.



ESC Acton

I hope you all had a lovely summer holiday and you are rested and ready for a busy swimming year ahead. We should be able to repeat the success from last year. Again, we have a full programme of activities planned in the coming season, please visit our website or take the time to read the notice board at the pool to ensure that you do not miss out.

The upcoming Autumn House Championships will have longer distance events whilst the Spring/Summer House Championships will be dedicated to shorter sprint style races. Don't forget to see the event details on the pool notice board or on our website.

I would like to specially congratulate Alice Rasmussen, Hannah Maccormac and Mia Lambakis who have successfully been accepted into ESC Squad programme. It will require a lot of self-discipline and many early morning starts but I am sure they will rise to the challenge. Now we need some boys to step up! Should you have any queries, please do not hesitate to contact me at sammy@swimesc.co.uk.

Key upcoming dates:

ESC Acton House Championship Qualifiers
2/11/15, 4/11/15, 6/11/15, 8/11/15

ESC Acton House Championship Finals
Sunday 29th
November, 17:00 – 20:00

ESC Acton Pyjama Swim
Friday 18th December, normal sessions

ESC Acton Fun Splash & Last Session
Sunday 20th December, normal sessions

Masters/Adult swimming

The flexibility of 6 sessions, both evening at Gurnell and early mornings at Northolt has seen an increase in our members. Our training caters for competitive Masters swimmers, open water swimmers, triathletes and social swimmers wishing to get/keep fit. If you would like to find out more, have a look at the timetable on the website and come and give us a try.

Follow ESC on  @ealingsc

ESC are proud to wear ARENA poolside attire and racing swimwear





Around the Houses

ESC Dolphins

We would like to welcome **Annie Gifford**, who joined us in September in the learner pool. Annie is working with us on Monday, Friday and Saturdays and has plenty of experience as a swimming teacher.

We look forward to seeing her on poolside.

We are always looking for enthusiastic and energetic staff to join our team and currently have a Saturday vacancy!

September saw us introduce our new programme in the Swim Academy and so far this is running very smoothly. Parents and children seem to prefer this set up over the previous programme, as it gives some degree of flexibility as to available days. Details of the new programme, group allocations and required criteria are all available on the website www.swimesc.co.uk.

The Breaststroke Clinic has been rescheduled to Saturday 6.00-6.20pm. If we feel that your child would benefit from some extra tuition on this specific stroke we will speak to you and ask him/her to join the group.

Congratulations go to **Megan Cripps Juster, Eliza Lovell, Noah Brambley, Sami Isam-Abdu, Freddie Ruzicka, Iris Zadaro and Emily Bristow**. All attended the squad trials in September and have been accepted into the Tadpole Group.

We would also like to congratulate **Leah Whittaker, Christopher Garcia, Yuriy Borak, Zoe Musial and Alistair Remington** who represented ESC at the Junior League Final. Leah Whittaker took maximum points in the 50m freestyle and earned 2nd place in the 50m fly. Yuriy Borak, and Christopher Garcia, teamed up with swimmers from another ESC house to take 2nd in the 4x25m freestyle and 3rd in the 4x25m medley relay. Well done everyone who took part!

Our next major event at for Dolphins will be the **2015 House Championships** which will be held over several nights in the first 2 weeks of November, the finals take place on the **Saturday 28th November**.

All main pool swimmers will be taking part so please put the dates in your diary now and get ready for some great racing! There are medals and ribbons to be won!

We are happy to announce that as of January 2016 Ealing SC Dolphins and Astra will be awarding the Swimmer Of The Month. Teachers and Coaches will be selecting monthly one swimmer from the each group.

We are looking for great attendance, pool attitude, performance and general improvement.

ESC Chiswick

Our goal at ESC Chiswick is to continue the growth of this house, maintaining the same commitment, dedication and effort that staff and swimmers exhibited last year. We are constantly reviewing how sessions are working and making improvements where we see an opportunity.

Such as, from October we have created a new group, Little Herrings. This will allow us to

focus on technique for the younger members and provide a better quality of training for the whole group.

Another main goal is to improve attendance and offer opportunities to race in different environments such as additional sessions to improve the starts.

An exciting new venture for us this season is to develop personalised costumes for all our swimmers. Watch out for more details on this soon!



<http://news.sky.com/story/1571146/councils-warn-of-couch-potato-youth-culture>

SAVE THE DATE

SUNDAY 10th JANUARY 2016

ESC Inter-House Relays

Full details to be announced shortly, a special relays only fun event for swimmers from all houses. There will be fundraising activities.

Sunday 10th January 2016 5.30pm at Northolt. Full details from the House head coaches very shortly



ESC are proud to wear ARENA poolside attire and racing swimwear



NEWS

Germany 2015

On Friday morning 21st August thirty six swimmers and seven adults travelled to Germany for a week by coach and ferry to compete in SV Olympia Borghorst Gala.

The Friendships between E.S.C. and Borghorst comes from the Twin Towing of Ealing and Kreis Steirpurtoff of which Borghorst is a part. The Gala took place in Burgsteinfurts 50mt outdoor pool in beautiful weather on Saturday and Sunday.

Thirteen clubs had swimmers competing from across Germany and Ealing. Ealing won overall with 440 points, Borghorst second with 335 points and 3rd were WFr. Allantis Lembeckev with 152 points. Ealing swimmers came home with 50 gold medals, 40 silver medals and 28 bronze. Also Relay medals: 8 gold, 4 silver, and 5 bronze. Ealing retained the top club trophy yet again.

When in Germany the swimmers and chaperones stay with families form Borghorst S.C. where many lasting friendships have developed.

On Monday we went for a guided tour of the Velliam Arena (home of Schalke Football Club)Which is the most modern Football Arena in Europe. In the afternoon we went to Ketter Hof an outdoor adventure park for all ages! Including water slides, go kart's etc which was enjoyed by all. Tuesday morning we went to Libinbing Forrest in Ibbenbüren where after instruction all those who were brave enough spent several hours in the trees. The afternoon we went to the indoor/outdoor fun pool. Wednesday we travelled to Holland to visit the Walibi N.L Theme Park - the largest Theme Park in Holland. Thursday our last day was spent shopping in Borghorst and the nearby outlet centre. We then spent the afternoon in the indoor/outdoor pool in Borghorst with its diving boards and slides. Throughout the weeks evenings were spent with the host families either at Boghorst club house where B.B.Q. were enjoyed or visits to the local restaurants. Borghorst S.C. had arranged for two evenings for everyone to be together. Saturday night was at Burgsteinfurt pool after the gala and the last night was at Soccer World where we could play indoor football.

Friday morning was an early start and after the photos we said goodbye to old and new friends and look forward to their return to Ealing the week before Easter.

Maureen Cronin



ESC are proud to wear ARENA poolside attire and racing swimwear





ESC Triathlon

We are very excited about the launch of our Junior Triathlon Club, planned for November 7th. This will be run by our two BTF qualified coaches, Paul Fiander and Sarah Larkam. The creation of the club leads on from our successful Sportivate introduction to triathlon courses and will cater for 10-16 year olds. Full details are on the website under the Triathlon tab.

The senior section is also growing in numbers, attracting triathletes of all abilities and experience. There is a taster session planned in October for novices/new members who have expressed an interest over the summer.

Our members now enjoy membership of Ealing Southall and Middlesex AC and we have links with Westerley Cycling club.

With the triathlon season almost complete, we have had some great results in the club. In the Junior London Series and Billy Kelly got a Silver in his very first season. Next year we hope to have more juniors in the series.

October will see the last event of the London League Senior Series, the Jekyll and Hyde duathlon in Hyde Park. With current standings in the series, we have 2 outright winners of their age group already and another 2 in the top ten. Plus we will be top 10 in the Mens's, Ladies and Mixed Teams. Not bad for a small club up against some of the giants!



Junior Triathlon Club
Launch date Saturday
November 7th

9am

at Gurnell Leisure Centre

Are you aged 10- 16years and interested in training for a triathlon?

Would you like to find out more about what our club offers?

Contact Christine on triathlon@swimesc.co.uk to find out more and book an assessment

Tel: 07716 219331

ESC are proud to wear ARENA poolside attire and racing swimwear





ESC Cambridge Meet

Ealing's swimmers were quick off the blocks this weekend when they travelled east for the inaugural Cambridge Grand Prix Regional and National Short Course qualifier. In their first level 2 meet of the new season the team posted some excellent early short course times and national qualifying times for the ASA National Winter Meet in Sheffield.

Short course swimming is all about starts, turns and finishes and with heats and finals for 50 and 100m events in two age bands 14 and under and 15 and over plus the added incentive of cash spot prizes for winners of randomly selected heats - the meet delivered some exciting, fast pace racing. There was an audible sigh from the spectator stand and surge in adrenaline from the swimmers whenever the spot prize bell rang!



Ekaterina Avramova was never far away from the action swimming in five finals she cruised to gold in 50m and 100m freestyle, 50m and 100m backstroke all her times within the national qualifying standard. She added a further win and NQT in the heat drawn winner 200m backstroke and two silver medals in the 200m freestyle and the final of the 100m fly. Ealing newcomer, Eva Gliozeryte, completed three Ealing 1-2s, taking silver in the 50m free in another NQT 26.47 and further 2nd places in 50 & 100m backstroke. She added bronze in 100m freestyle. ESC's John Britton was also on qualifying form. His times in 400m IM (4:25.55), 200m IM (2:06.2), 200m breast (2:17.59) and the final of the 100m breast (1:04.25) were all within the

qualifying standard and with gold in 200m freestyle and silver in 200m fly he walked away with 4 golds and 2 silver medals. 16 year old Jahrel Murphy grabbed gold in the final of the 100m backstroke in 57.48 to add his NQT to the ESC tally along with Maisie Jameson who swam a great 50m fly heat (28.74) just inside the qualifying time. Coming all the way to Cambridge for just one race, fifteen year old Miles Clark made it worth the journey when he smashed his 200m breaststroke pb time to earn gold and an NQT (2:30.11).



ESC were a dominant presence in the finals. In the 15 and over age group Ziggy Franchi-Webster took gold in 50 & 100m freestyle, Joao Matias blew the field away in the 50m fly final to take gold adding silver in the 100m fly. Jahrel Murphy took silver & Reef Hook bronze in the 50m back. Lucy Thornton took bronze in the 100m fly final. Further senior finalists were: Maisie Jameson; Rabah Hadjazi; Paige Powell and Aaron Pullen. In the 14 and under finals Anton Akopian swam a new pb (56.25) to take gold in the 100m freestyle final adding silver in 50m fly. Matthew Burton improved his heat time by more than 3 seconds to take silver in 100m backstroke final and George Barnes picked up a bronze in the 100m breaststroke final. Fourteen year old Anthony Atanasov and Sam Thornton were also finalists with Anthony also picking up a coveted 'spot prize'.

Further medals came Ealing's way in the age groups and heat drawn winner events. Luke Burton was rewarded for his fast swimming and multi-event endurance, winning 'top boy' of the meet in the 12 year age group. He scooped gold in 5 events (50, 200, 400m free, 200m IM and fly), adding a further 3 silver medals (100 & 200m free, 50m fly) and a bronze in 50m back. Pietro Lombardo continued his fine form taking gold in all his events (100 and 200m free and 50m back) and Maya Johnson posted some good pb times to take silver in 50m backstroke and

bronze in her last event of the meet, 100m breaststroke. She also walked away with a spot prize.

Eleven year old Ossian O'Sullivan-Rugg had a good meet winning a clutch of silvers with good pb swims (50, 200 & 400m free, 50m fly). In the youngest age groups Rex Booth, 9, struck gold in the 200m back and 50m free and settled for silver in 200m breast. Rigas Lambakis, 10, grabbed a silver in the 200m free and bronze in 50m back. Thirteen year old Harrison Filby took on some tough events winning gold in 400m IM and silver in both 200m freestyle and fly. Fellow 13 year old Andreas Gherman swam well to take silver medals in both 50 and 100m fly and bronze in the 200m IM. Fourteen year old Matthew Burton raced to silver in the 200m backstroke and bronze in 400m free, George Barnes took 6 seconds off his short course 200m breaststroke time to win silver, Anton Akopian swam a hugely improved time to take silver in 200m freestyle. Rabah Hadjazi, 15, took gold in both 50 and 100m back and silver in 200m back. In the 16 and over age group, Aaron Pullen earned silver in the 400m freestyle and Sian McDonnell took bronze in 200m breaststroke.

Ealing Head Coach Dave Heathcock commented "Considering that this meet comes after only after 4 weeks of training in our new season, I was very pleased with the attitude and results from the whole team this weekend. It gave the swimmers a great opportunity to blow away the cobwebs and get back to some short course (25m pool) racing. With our National Swimming Federation re-introducing the National Short Championships in December, there is a great target for the swimmers to aim for and we already have a good group of swimmers close to the qualifying times and another batch very close."



ESC are proud to wear ARENA poolside attire and racing swimwear



Ealing's younger swimmers enjoyed success at the Middlesex County Winter Development Meet, held at Enfield on 3rd, 4th and 11th October. Medals were awarded to the first three swimmers in each age group for each event, with those swimming faster than the upper limit entry times being awarded speeding tickets.

Leading the way were Ealing's 11 year old girls with 11 speeding tickets between them. Anel Utepova had a great meet picking up speeding tickets in each of her five events (50m free, back, breast, 100m back and 200m free). Fellow 11 year olds Connie McKenna and Ruby Benson each picked up two speeding tickets in 100m breast and 50m freestyle with Connie taking a massive 11 seconds off her previous best breaststroke time. Millie Vadon earned a speeding ticket in 100m back and took 18 seconds off her 100m freestyle time to pick up bronze. Another Millie, this time Millie Bruton, earned a speeding ticket in the 50m breaststroke. 11 year old Ella Train came away with an impressive haul of medals - 3 gold (50m back and 100m free and back) and a further 2 bronze medals (50m free and back).

In the youngest age group, 10 year old Leah Whittaker was quick off the blocks to earn speeding tickets in all her events (100m breast and 200m back and free). Rex Booth swam a huge 34 second pb to grab a speeding ticket in 400m freestyle and Rigas Lambakis claimed a speeding ticket in the 50m freestyle. Coming away with medals was Yuri Borak with gold in 50m fly, silver in both 50m breaststroke and backstroke and bronze in 100m fly.

Pietro Lombardo (12) smashed his 400IM time by over a minute, to take a speeding ticket. Another speeding ticket went to Sarah Pereira (100m free) she added gold in 200m freestyle, 2 silvers in 100m backstroke and 200m fly and bronze in both 50m backstroke and breaststroke. Medalists in this age group were Lara Kovenklioglu (gold 800m free, silver 100m Im and fly and bronze 200m fly) and Jada Cooke (bronze 100m breast)

In the 13 year age group, Iris Booth took 3 gold medals (50 & 100m fly, 200m breast) and another 3 silvers (100m breast and 400m free and IM). Roisin Horan was not far behind



with gold in 200m freestyle and a further 2 silver medals (50m back, 100m freestyle) and 3 bronze medals (50 free, 100m, 200m back). Milos Decermic bagged a gold (50m free) and a silver medal (50m breast).

Emily Bryce led the way in the 14 year age group claiming silver in 50 & 100m freestyle and 200m IM while Phoebe Lovell took bronze in both 50m breast and 100m back. Fifteen year old Seifeldin Elkholy took gold in all his events (50m fly, 100m free, 200m IM & breast). His sister, Habiba also swam well coming away with gold in 100m IM and 50m back and two silvers in 50m free and 100m fly. Louise Walsh swam to gold in both 200m IM and 400m freestyle adding bronze in 100m freestyle. Rinda Naresh claimed the full set - gold (100m back) silver (50m fly) and bronze (100m IM and 50m freestyle).

For the 16 year olds, Harry Lovell raced to gold in 50 & 400m freestyle plus silver in 50m breaststroke and 100m freestyle and backstroke. Juliet Buckle took gold in 50 and 100m breaststroke and 400m freestyle and Maya Forster earned silver in 50m fly. In the 17/over age group, Eric Ni Yan grabbed gold in 100m backstroke, 200m IM and fly along with 4 silver medals (50m back and fly, 100m IM, 200m back) and a bronze (100m fly). Jan Andrzejczyk won gold in 50m back and settled for silver in 100m breaststroke and 200m freestyle adding 3 further bronze medals (50 free, 100 & 200m IM). Mohamed Hammad was a silver medalist in 400m IM and bronze medalist in 200 & 400m freestyle and Chris May took silver in 50m fly and 200m breast and bronze in 200m back.

The large number of speeding tickets awarded means that many of these swimmers are now well placed to compete in the County Age group championships in January.





ESC's Junior League 2015

Ealing's younger swimmers, aged 9-12 years took part in the Milton Keynes & District Junior League throughout the summer months. June and July saw the swimmers, from across all sections of the club, compete in the qualifying rounds with some brilliant results. The ESC's strong performances in the previous two rounds once again saw them make the top 6 final in this highly competitive Division 1 and despite being less than 2 weeks into training the youngsters put in a good performance finishing 5th on the night with 147 points behind Guildford who were runaway winners on 257 points.

Despite tough opposition Ealing's swimmers dug deep with four outright winners on the night. Ten year old Rex Booth triumphed in both his individual swims (50m fly and free), teaming up with Yuriy Borak, Christopher Garcia, and Rigas Lambakis to take 2nd in the 4x25m freestyle and add more valuable points by finishing 3rd in the 4x25m medley relay. Another 10 year old, Leah Whitaker took maximum points in the 50m freestyle and earned 2nd place in the 50m fly. Jason Mahmutoglu (11) started the new season where he left off by winning the 50m backstroke, finishing 2nd in the 50m freestyle and with Ben Adams, Leo Djanoff, and Callum Larkham taking 3rd place points in the 4x25m freestyle relay. Ealing accrued more valuable points with further 2nd place finishes from nine year old Emily Leonard (25m breast), 10 year old Christopher Garcia (50m breast) and 11 year old Max Lombardo (50m breast). Third place finishes went to Lucy Kingsmill, 9 (25m fly) who teamed up with Evangeline Rudakevich, Emily Leonard & Katherine Jansen to take 3rd place in the medley team, whilst the freestyle team also claimed

3rd place with Tia Cook replacing Lucy. Further 3rd place finishes went to 10 year old Rigas Lambakis (50m back) and Agnes Vanlanschot (50m breast) plus 12 year old Pietro Lombardo (50m breast).

ESC's Junior Head Coach, Helen Thornton, commented, "This is always a tough round for us, we've only been back in training for less than two weeks so many of this team are not on top form. Yet everyone came along and gave it their best effort and finishing in 5th place in this strong league, with some of the best junior swimmers in the south of England is no mean feat"



ESC are proud to wear ARENA poolside attire and racing swimwear





Water Polo

The junior water polo team go from strength to strength. They have produced a great set of results at recent tournaments. The Boys U15 team won the London League and the U13 mixed team came 3rd. The U15 Boys team also went to the National Age Group Championships in Manchester, finishing 9th due to not having a full team. However, Ealing player, Yalin Gulen was awarded the prize for most goals scored at the tournament!

Isobel and Heather Keith have recently represented Scotland in two competitions firstly, EU '10' Nations U18's in Prague, Czech Republic and secondly, North Sea Cup U18s in Copenhagen, Denmark. Both competitions were very tough, particularly the '10' Nations where they competed against Germany, Switzerland, Slovakia, Czech Republic.

The senior team are also having a good season so far in the National League. They are currently sitting in 3rd place in Division 4, with one more match to play at the end of the month. This means that Ealing have already qualified to play in Championship 3 in the second phase after Christmas. This is the highest position Ealing have competed at.



ESC are proud to wear ARENA poolside attire and racing swimwear





Dave Barnes Lottery Fund

Sign up now and you could be next month's lucky winner!

Ealing Swimming Club, the current members of the lottery fund, and hopefully yourself will benefit from your participation.

50% of your monthly contribution of £5 is given back to 3 winners each month, the other 50% is donated to the David Barnes Memorial Fund which supports families who are in need of financial assistance with their swimming fees.

Results are published on the Club web-site after each monthly draw.

The current prize money is:

First prize £35

Second prize £15

Third prize £10

The more members we have in the lottery, the bigger the prizes each month.

Please sign up now by completing the standing order form or online to our bank account details:

Lloyds TSB A/C No. 57656368, sort code 30-84-58 – quoting the swimmers name as a reference.

Your support would be very much appreciated.



Courses

Have you considered a career in teaching swimming?

ESC have various courses scheduled for the next 12 months. Full details are available on our homepage.

Course	Start date	End date	Maximum numbers
Level 2 Teaching Aquatics	8 Nov 2015	30 Nov 2015	12
Level 2 Teaching Aquatics	23 Jan 2016	14 Feb 2016	12
Level 1 Coaching Swimming	20 Feb 2016	27 Feb 2016	16
Level 1 Teaching Aquatics	6 Mar 2016	20 Mar 2016	16
Level 2 Coaching Swimming	16 Apr 2015	23 Apr 2016	12
Level 1 Teaching Aquatics	14 May 2016	28 May 2016	16
Level 2 Teaching Aquatics	11 Jun 2016	3 Jul 2016	16

For further information please contact elaine@swimesc.co.uk or simply book online via our website.

How you can help your Club

Making purchases via our website makes money for the Club. Please use the links on our homepage and help us raise funds.

Amazon

Wiggle -

providers of triathlon products

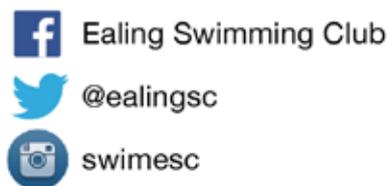
Proswimwear -

providers of swimming products



Please follow Ealing Sc on these social media outlets for all the latest news/pictures/events, Give us a "like" on facebook

Connect with ESC



Waitrose

Community Matters

Throughout October when shopping in Waitrose Ealing; Please help ESC raise money by giving us your tokens!



Follow ESC on @ealingsc

ESC are proud to wear ARENA poolside attire and racing swimwear





Kit

See ESC website club shop for order form

Check out the full range of ESC clothing at www.swimesc.co.uk
Orders can be placed through the club's website or email clubshop@swimesc.co.uk
The club swop shop will also operate on most Saturday mornings at Gurnell 6-8 am.



Club ARENA Back Pack

Description: Arena Club Backpack with ESC logo

Price: £34.00
Personalised: £5.00

ESC ARENA Polo shirt



GUIDELINE PRICES
Description: Club ARENA T-Shirt
180gr cotton piquet
Sizes: Small up to XL

Price: £28.00

ESC ARENA T-shirt



GUIDELINE PRICES
Description: Club ARENA T-Shirt 100% cotton
Sizes: X-Small up to 2XL

Price: £24.50

ESC Street Sign T-shirt



GUIDELINE PRICES
Description: Club Street Sign T-shirt 100% cotton
Sizes: Small, Medium, Large

t-shirt Price: £12.00

ESC ARENA Classic T-shirt



GUIDELINE PRICES
Description: Classic cut unisex T-Shirt by Arena is made of 170gr cotton jersey

Sizes: Youth:
6-7; 8-9; 10-11; 12-13; 14-15

Adult: X-Small up to 2XL

Price: Youth: £15.00 ; Adult: £19.00

ESC Youth Tracksuit



GUIDELINE PRICES
Description: Club ARENA Youth Team Tracksuit
The navy blue unisex Tribal tracksuit by Arena is made of microfiber ripstop 100% polyester and has a mesh lining. It features an Arena name and logo on the right chest and white stripe detailing down each arm and leg.
100% polyester + mesh lining

Sizes: Youth 8-9, 10-11, 12-13, 14-15

Youth: £59.00

Can be ordered separately see website for details

ESC ARENA Club Hats



GUIDELINE PRICES
Description: Competition silicon hat with ESC logo or Black Bullet hat

Sizes: One size fits all

Prices: White hat £8.00
Black hat £10.00



ESC Club ARENA shorts

GUIDELINE PRICES
Description: Club ARENA Team shorts Elastic waistband. Reflective stripes down sides of legs. Quick-dry. Shorts hit above knee. Arena logo on right leg.
100% Polyester Microfiber Ripstop.

Sizes: Youth 6-7, 8-9, 10-11, 12-13, 14-15

Adults: Small, Medium, Large, X-Large

Youth: £22.50 Adults £28.50

Please note all prices are subject to change and subject to stock. Club stock can be purchased via clubshop@swimesc.co.uk

ESC are proud to wear ARENA poolside attire and racing swimwear





ESC 2015-2016 Season

Oct 15

2/3/4	Cambridge L2 Open Meet
3/4	Middx Dev Meet
10	Arena league R1 – Hatfield
11	Middx Dev Meet
17/18	National I/County
31/1 Nov	ESC Halloween L3 Meet

Nov 15

2/4/6/8	ESC Acton House Champs – heats
2/6/9/13	ESC Dolphins House Champs - heats
7/8	London Region Short Course – LAC
14	Arena league R2
19/26	ESC Astra House Champs
20/21/22	Guildford L2 Meet
28	ESC Dolphins House Champs - Finals
29	ESC Acton House Champs – Finals

Dec 15

12	Arena league R3
17-20	National Short Course – Sheffield
19/20	Hillingdon S/course Meet

Jan 16

10	ESC Inter-House relay fun meet – Northolt
22/29	ESC Dolphins “full swimmer” round 1
28	ESC Astra “ full swimmer” round 1
23/24	Middx Age Groups - Barnet
30/31	Middx Age Groups - Barnet

ESC are proud to wear ARENA poolside attire and racing swimwear



Feb 16	6/7	Middx Age Groups – Barnet
	7	ESC Acton Splash & Dash gala
	25	ESC Astra Distance swim
	26	ESC Dolphins Distance swim
	27/28	ESC Dolphins Open Meet
Mar 16	Qualifying window for Summer Championships opens 11th March (closes 30 May)	
	18,25	ESC Dolphins “full swimmer” round 2
	31	ESC Astra “full swimmer” round 2
Apr 16	8/9/10	London Regions – C/Palace & LAC
	9/10	Middx Dev Meet
	12 -17	Brit Champs & Olympic Trials – Glasgow
	16/17	Middx Dev Meet
	24	ESC Acton House Champs Finals
May16	7/8	London Region Age Groups – C/Palace
	14/15	Middx County Long Course Champs – Guildford
	21/22	London Region Age Groups – C/Palace
June 16	4	MK Junior League R1
	4	Ealing Junior Triathlon and Senior Aquathlon
	19	ESC Acton Splash & Dash Gala
July 16	2	MK Junior League R2
	26 -31	British Age Group Champs -- Sheffield
Aug 16	2-7	English Age Group Champs – Sheffield
	5 – 21	Rio Olympic Games
Sept 16	10	MK Junior League R3



ESC Sessions and Contacts

Further information and full details are on our web site at www.swimesc.co.uk or email the contact shown

SECTION	VENUE	DAYS	LEAD COACH
ESC Astra	Janet Adegoke, Shepherds Bush	Tues/Thurs	Adrian Grzenda adrian.g@swimesc.co.uk
ESC Acton	Acton Pools	Mon/Wed/Fri/Sun	Sammy Behrooz sammy@swimesc.co.uk
ESC Chiswick	Chiswick New Pool	Tues/Fri	Filipe Alves filipe.a@swimesc.co.uk
ESC Disability	Dormers Wells	Thursday	Matthew Soanes matty.s@swimesc.o.uk
ESC Dolphins	Gurnell Leisure Centre, Ealing	Mon/Fri/Sat	Adrian Grzenda adrian.g@swimesc.co.uk
ESC Horsenden	Horsenden School	Mon/Tues/Wed/Thurs/Sat	Gemma Burley gemma.b@swimesc.co.uk
ESC Northolt Phoenix	Northolt Swimarama	Mon/Wed/Fri	Paula Wood, Danielle Long (maternity cover) coachlong@tiscali.co.uk
ESC Masters	Gurnell/Northolt	Mon/Tues/Thurs/Fri/Sun	Mike Gallagher mike@swimesc.co.uk Craig Keller craig.k@swimesc.co.uk
ESC Squad	Gurnell/Northolt/Dormers Wells	All days	Dave Heathcock/Allan Thornton/ Helen Thornton dave@swimesc.co.uk helen@swimesc.co.uk allan@swimesc.co.uk
ESC St Helens	St Helens School, Northwood	Mon/Wed/Fri	Mark Jones swimjones@yahoo.co.uk
ESC Triathlon	Gurnell/Perivale Track	Seniors Tues/Wed/Thurs/Sat Juniors Saturday	Christine Meek triathlon@swimesc.co.uk
ESC Water Polo	Gurnell Leisure Centre	Seniors Tues/Wed/Thurs Juniors Saturday	Petar Momcilovic Rumen Kurtev waterpolo@swimesc.co.uk

ESC Central Admin & Finance Office, Gurnell Leisure Centre, Elaine Howe elaine@swimesc.co.uk
Christine Meek christine@swimesc.co.uk Accounts enquiries finance@swimesc.co.uk



ESC are proud to wear ARENA poolside attire and racing swimwear

