

November, 2005

## Distance Championships

The first session of the Distance Championships has taken place with two records being broken by Kirstie Duncan in the 800 m freestyle and 200 m freestyle and lots of P.B.s by many of our swimmers.

Results as follows:

### 400 IM

#### Senior Boys

1<sup>st</sup> Richard Preston  
2<sup>nd</sup> Duncan Reid  
3<sup>rd</sup> Luke Brown

#### Senior Girls

1<sup>st</sup> Ashleigh Ingram  
2<sup>nd</sup> Cathie Anderson  
3<sup>rd</sup> Louise Webster

#### Junior Boys

1<sup>st</sup> Duncan  
Anderson

#### Junior Girls

1<sup>st</sup> Kimberly Preston  
2<sup>nd</sup> Kirstie Howard  
3<sup>rd</sup> Alex Connolly

### 200 Freestyle

#### Senior Boys

1<sup>st</sup> Luke Brown  
2<sup>nd</sup> J. Shuttleworth  
3<sup>rd</sup> Ross Tuckwood

#### Senior Girls

1<sup>st</sup> Kirstie Duncan  
2<sup>nd</sup> Kirsty Wood  
3<sup>rd</sup> Laura Robertson

#### Junior Boys

Result not finalised

#### Junior Girls

1<sup>st</sup> Katrina Awramenko  
2<sup>nd</sup> Emily Speakman  
3<sup>rd</sup> Karen Wood

### 200 Breaststroke

#### Senior Boys

1<sup>st</sup> Duncan Reid  
2<sup>nd</sup> Matthew Grant  
3<sup>rd</sup> Ross Tuckwood

#### Senior Girls

1<sup>st</sup> Laura Robertson  
2<sup>nd</sup> Ashleigh Ingram  
3<sup>rd</sup> Cathie Anderson

#### Junior Boys

Result not finalised

#### Junior Girls

1<sup>st</sup> Sara Hamilton  
2<sup>nd</sup> Nicola MacDonald  
3<sup>rd</sup> Kiren Shoker

### 200 IM

#### Junior Boys

Result not finalised

#### Junior Girls

1<sup>st</sup> Pamela Beck  
2<sup>nd</sup> Katrina Awramenko  
3<sup>rd</sup> Emily Speakman

### 800 Freestyle

#### Senior Boys

1<sup>st</sup> Richard Preston  
2<sup>nd</sup> Matthew Grant

#### Senior Girls

1<sup>st</sup> Kirstie Duncan  
2<sup>nd</sup> Kirsty Wood

#### Junior Boys

1<sup>st</sup> Peter Anderson  
2<sup>nd</sup> Danny Connolly

#### Junior Girls

1<sup>st</sup> Kimberley Preston  
2<sup>nd</sup> Pamela Beck  
3<sup>rd</sup> Karen Wood

The second session will be held on Sunday, 4<sup>th</sup> December, 2005. There will be no swimming for 'C' Squad and Club Squad that evening. Heather is looking for timekeepers so if you can help please telephone Heather on 763700. Timekeepers – Please remember and bring your pondside duties form along for a signature.

## New Starts

The club would like to welcome the following new swimmers into 'C' Squad:

Jack Speakman                      Chloe Setter  
Emma Buchanan

## Promotions within the Club

Congratulations to Matthew Johnson on his promotion to 'B' Squad from 'C' Squad – well done Matthew.

## Galas – Outstanding Performances by Pamela

October and November has been a very successful time for Sasc with some outstanding swims by Pamela Beck.

A small team of six swimmers had a very successful trip to Banff. Pamela Beck picked up a speeding ticket and 7 medals in 8 swims, Danny Connolly 2 medals, Ruaridh Mitchell 2 medals, Sara Hamilton 1 medal and Emily Speakman achieved 4 P.B.s in 4 swims despite being unable to train properly in recent weeks with sore knees. Fraser Reid picked up three medals and achieved two Scottish National Consideration times. Brilliant performances from all concerned.

Peterhead – Eight of our younger swimmers had a good day away with Pamela picking up 4 golds, Sara 2 golds and a silver and Lorna her first trophy with a 6<sup>th</sup> place pennant. The other swimmers Iona, Jonathan, Jessica, Ruaridh and Elise all had good P.B. swims – well done everyone.

Scottish School Heats – Several of our swimmers took part in the trials for the Scottish Schools championships to be held in the New Year. Well done to Lorna Ligendag in her first year of the Scottish Schools who carried on swimming in the relay team despite losing her goggles.

## Swimmers Christmas Party

The last swimming day before the Christmas holiday will be Tuesday, 20<sup>th</sup> December. This will be a fun evening for all squads with water polo and whatever else the coaches come up with!!

## Adults Christmas Party

Jackie Gray (Jonathan's mum) is organising a Christmas dinner for adults at Molly Gunnings on Saturday, 17<sup>th</sup> December. The cost is £12.00 per person, if interested in attending please contact Jackie direct.

## Equipment Convenor

The club is looking for someone to store and maintain the club's equipment, such as stop watches, starter equipment. Ideally this should be a parent of a swimmer in Squad 'C' or 'B' as the majority of the equipment would be used during time trials for the above squads. If anyone is interested please contact any committee member.

## Swimmer's Representative

The Club is looking for one of the senior swimmers to act as a representative on behalf of the swimmers whereby any views or ideas can be put forward at the monthly committee meetings. If anyone is interested in this position please contact Maureen Preston.

As you can see the November newsletter is very late – we are looking for someone to help with the newsletter – it can be a parent, swimmer or both, please contact Maureen if you can help.

