



NEWHAM & UEL SC NEWSLETTER

Edition number 15 – October 2025

I hope everyone enjoyed their summer holidays! NUEL certainly didn't take much of a break, with some incredible highlights over the last couple of months.

First up, huge congratulations to Mustafa Hashim, who qualified for the **World Aquatics Championships in Singapore**, and to our swimmers who represented at the **Junior World Aquatic Championships in Romania**. An amazing achievement and a proud moment for the whole club.

Back home, we kicked off the start of the season with a Stubbers adventure trip for 60 swimmers. The kids had an incredible experience taking part in a wide variety of activities across a packed weekend. For some, it was even their first time staying away from home. Trips like these remind us that NUEL isn't just about producing swimmers – it's about helping young people grow in confidence, independence, and character.

Not long after, we had our Jack Petchey trip to Oxygen O2. A brilliantly organised activity by our JP Coordinator, Gurmit. Thirty kids were bouncing, flipping, and racing through obstacle courses before being rewarded with pizza and chicken dippers. Of course, someone had to supervise all of this chaos – so I had to take one for the team.

On poolside, the restructure has started brilliantly. We've seen the best overall attendance in a long time. Sessions are full, coaches are enjoying the atmosphere, and swimmers are responding with real commitment – even from the very start of the pathway in Bronze Squad. There is a noticeable shift in the culture: keeping this up will not only create fantastic swimmers but also develop strong characters, a bright future lays ahead for NUEL.

Now, we head straight into a busy season of galas. First Romford, then our very own NUEL home gala, followed by two rounds of time trials in November – the first featuring 100 IM and 200 IM, and the second covering 100 free, back, and breast.

The committee has been working tirelessly behind the scenes to make sure everything runs smoothly, with credit to Michael and Yukie for their hard work preparing for our home gala.

It's been a flying start to the season - and this is only the beginning.

See you poolside,
Drew Clark

Head Coach Report

Hi everyone and welcome back! It's great to have come back from our summer break and see so many motivated and excited swimmers ready to start the new season.

But before we look at what's coming up, we're going to take a look at the end of last season! We had an impressive number of International representation over the summer. Magi kicked us off with European Junior Champs, Erika and Kam followed that up with European Under 23 Champs, Mustafa then became the first Somalian ever to swim at the World Championships, and to round off a great summer, Mustafa and Rihanna both swam at World Junior Champs. In between all this we had Raheel, Jason, Magi, Kam, Jeremiah, Jaedon, Bariş and Ayla all racing at either British or English Summer Nationals where Kam also came away with a fantastic silver medal in the 100 breaststroke!

A HUGE well done to all swimmers, it was great to end the season on a massive high!!

We've had almost a month of solid training before we get some racing under our belts at Romford on the 4th/5th Octoberber. Then a week after that we have our 1st home meet of the season at the LAC, and with over 100 NUEL SC swimmers entered, it'll be a busy but inspiring weekend for the Club!

Swimmer & Coach Selections

After some fantastic performances over the summer, a number of NUEL SC Senior Performance Swimmers have been placed on Swim England Programmes.

Magi was successful in her application to be part of the Swim England DiSE programme. Over the course of the next two seasons, Magi will also travel to Loughborough for Learning and Training days, and at the end will come away with a Diploma in Sporting Excellence. Congratulations Magi!

Jason is now in his second year of his DiSE programme and will continue his learning and training with Swim England and complete his Diploma this season.

Prezlie has been selected for the London Regional Development Programme for this season, which sees him join London's top 13/14 year old swimmers for a number of camps across the season. Congratulations Prezlie!

Drew has recently finished his Senior Coach qualification and now becomes qualified at the highest level available to coaches in the UK, congratulations Drew!

Drew has also been selected to be a Skills Coach on this seasons National Age Group Development programme which is the next step up from the Regional Camps which he's been part of for the last 2 seasons. Drew will be coaching the top 14/15 year old swimmers in the country across the course of the season.

Lastly, I'd like to wish everyone the best of luck for the season. Train hard, race fast and the results will follow.

Chairman Report

As we start season 25/26 I would like to take this opportunity to welcome you back from your well-deserved summer break hope you all had a good time. Also, congratulations once again to all our swimmers that sat for the recently concluded exams, we are so proud of you all.

I would also like to welcome all the new swimmers to the club. Please feel free to contact myself or the Head Coach if you need any questions answered.

We already have competitions for the month of October and November. Watch out for our Gala on the 11th/12th of October we have 112 of our swimmers taking part and it is an oversubscribed gala so looking forward to our swimmers from all the squads performing well. (We need as many volunteers as possible for our Gala).

Finally, I want to reiterate that we are a growing club and to grow further we need your support in any way you can in terms of volunteering. It is going to be a busy year, and we need all hands on deck.

Coaches corner – Rhianna-Lee Pagan

Welcome back NUEL! I hope everyone is settling into the new season nicely.

Firstly, as the Bronze Squad coach, I want to say a huge warm welcome to all the new up and coming stars in the club – you're in for a fun ride – and a big thank you to the parents for jumping straight into the deep end with the competitive world! The energy in training has been fantastic. We're about to begin the racing season and I can't wait to see how they absolutely shine!

On the Talent Lane side, I would like to say a huge thank you to all the coaches for helping us scout out and develop the next generation of NUEL Talent. For the first time since I joined, we've hit maximum capacity on two of our Talent Lane sessions – one at Atherton and the other at LAC. Also, with the help of the Level 1 coaches, we have a gradual flow of swimmers coming through the bottom end which has aided the club to grow massively over the past couple of years.

I'm really looking forward to what this season is going to bring with the new swimmers doing their first galas and all NUEL swimmers smashing these competitions.

Thank you again!

P.S. If you know of any swimmers who are under 10 and in Stage 5 or above, please send their details across to me as we would love to invite them for trial for Talent Lane!

But there isn't any limit to this, one of the many great things about NUEL is that we have space for almost EVERYONE! So please don't hesitate to get them booked in for a trial.

Here's to the next stars 🏊‍♂️

Masters Report

Weddings / Socials / Ironmans / 70.3s / T100s . . . and many more!

Not only were we busy in Singapore this summer, it was also a busy summer OUT of the pool! Some highlights below [and also not shown . . . and also some that I've probably forgotten to mention!] include: Beth's first full Ironman [and also another 70.3 . . . all mere weeks before heading to Singapore for Worlds!], Ilya adding numerous other open water races to his portfolio including his first 20K at the Dock-to-Dock . . . James M was also there and completed the 10K, Lucy winning back-to-back T100s in London and Spain, Iago qualifying for the age-group World Championships next year in the Aquabike, James S & Blake competing at the Haver Castle Olympic distance triathlon with Blake qualifying for the World Champs next year, Gerda's first half Ironman . . . not to mention Henry's wedding, a visit from Kyla - our honourary member from New Zealand, and plenty of coffees and birthday celebrations!



NUEL Masters Squad lighting up the WORLD stage! World Aquatics Masters Championships [Singapore - 8th-14th August 2025]

Not only was it our biggest medal haul to date on the world stage - an incredible 3 GOLD, 5 SILVER, 5 BRONZE medals [including results from our honorary members] - there were numerous PB's, Top 10 finishes, British / Championships / Scottish records smashed . . . and we had just as much fun outside of the pool seeing the sights of Singapore! We are so lucky to have such an incredible group of supportive and fun teammates to make these experiences so memorable . . . and we are already excited for what's to come in Budapest 2027 . . . Watch out!





Individual & Relay results:

GOLD: 50m free 35-39 Matthew Brooks 23.04 **CHAMPIONSHIP RECORD!**, [honourary] 50 Fly 55-59 John Cunningham 26.72 **CHAMPIONSHIP RECORD!**, [honourary] 100 Fly 55-59 John Cunningham 1.01.04 **CHAMPIONSHIP RECORD!**

SILVER: 800 free 55-59 yrs Peter Dixon 9:31.60, 200m back 25-29 Andrew Sawkins 2:14.72 **SCOTTISH RECORD!**, 200 free 55-59 Peter Dixon 2:09.29, 50m Fly 35-39 Matthew Brooks 24.60 **BRITISH RECORD!**, Men's 4 x 50 Medley Relay 100-119 [Andrew Sawkins, Manson Mak, Jeffrey Lo, Matthew Brooks]

BRONZE: 100 back 25-29 Andrew Sawkins 58.36 **SCOTTISH RECORD!**, 400 free 55-59 Peter Dixon 4.35.07, Men's 4 x 50 Free Relay 120-159 [Matthew Brooks, Joe Northover, Andrew Sawkins, Jeffrey Lo], [honourary] 200 Breast 45-49 Kyla Steenhart 2.57.65, [honourary] 100 Fly 25-29 Leon Berchie 56.37

TOP 10: Christine Jaeggi 40-44 – 200 Fly 2:55.69 – 8th, 100 Fly 10th 1.12.97 / Joe Northover 35-39 100 Fly 6th 59.40, 50 Fly 8th 26.12 / Jeff Lo 30-34 50 Fly 10th 25.65 / Andrew Sawkins 25-29 50 Back 4th 26.92 **SCOTTISH RECORD!**, 7th 800 Free / Peter Dixon 55-59 100 Free 9th 1:00.16 / Manson Mak 25-29 100 Breast 10th 1:08.24 / Ian Wallace 50-54 800 Free 9th 10:40.51 / [honourary] Wray Shewell-Cooper 60-64 3K Open Water 8th 55.10.09 / [honourary] Kyla Steenhart 45-49 100 Breast 7th 1.21.44, 50 Breast 36.50 / Women's 4 x 50 Free Relay - 100-119 - 10th - Beth Holder, Megan Holder, Xinyan Wang, Eva Prato Luna / Women's 4 x 50 Medley Relay - 120-159 - 8th - Beth Holder, Megan Holder, Christine Jaeggi, Eva Prato Luna / Mixed 4 x 50 Free Relay - 120-159 - 6th - Jeffrey Lo, Matthew Brooks, Xinyan Wang, Beth Holder / Mixed 4 x 50 Medley Relay - 100-119 - 8th- Newham and University of East London - Andrew Sawkins, Manson Mak, Xinyan Wang, Beth Holder

Other SUPER SWIMS: Mixed 4 x 50 Free - 160-199 - 24th- Newham and University of East London - Peter Dixon, Ian Wallace, Megan Holder, Eva Prato Luna / Mixed 4 x 50 Medley - 120-159 - 17th - Newham and University of East London - Joe Northover, Megan Holder, Christine Jaeggi, Matthew Brooks / Men's 4 x 50 Free Relay - 160-199 - 17th - Peter Dixon, Ian Wallace, Dayu Su, Guglielmini Civardi / Federica Noera 25-29 – 200 Breast 3:16.62 – 21st, 50 Free 34th 29.17, 50 Fly 36th 31.45, 100 Breast 20th 1:24.81 / Eva Prato Luna 25-29 – 100 Back 1:22.14 – 39th, 50 Free 95th 33.53, 50 Back 46th 38.99 / Beth Holder 25-29 - 50 Free 68th 30.83, 400 Free 25th 5:25.44, 100 Free 44th 1:09.58 / Ian Wallace 55-59 – 200 Fly 2:48.06 – 12th, 200 Free 15th 2:22.94, 100 Fly 17th 1:13.29, 400 Free 15th 5:05.52 / Guglielmo Civardi 35-39 50 Free 46th 26.65, 50 Fly 35th 28.13, 100 Breast 17th 1:13.61 / Joe Northover 35-39 50 Free 18th 25.11 / Jeffrey Lo 30-34 50 Free 21st 24.40 / Mak Manson 25-29 50 Free 63rd 26.28, 50 Fly 58th 28.03 / Christine Jaeggi 40-44 50 Fly 19th 31.89, [fake] 100 Free 21st 1:13.64 / Megan Holder 30-34 50 Fly 35th 33.27, 100 Breast 22nd 1:31.54 / [honourary] Leon Berchie 25-29 50 Fly 11th 25.57, 100 Free 25th 55.11, 50 Free 14th 24.31 / [honourary] Abigail Goldfinch 25-29 50 Fly 53rd 33.28, 100 Free 48th 1:11.19, 50 Free 65th 30.77 / Xinyan Wang 25-29 200 Free 16th 2:19.39, 50 Free 30th 28.99 / Dayu Su 25-29 200 Fly 15th 2:25.03

BIRTHDAYS					
01-Oct	Alex	Nicorici	02-Nov	Annalisa	Hill
02-Oct	Kayla	West	03-Nov	Boris	Pliseckis
03-Oct	Tiffany	Le	03-Nov	Aliyah	Hatab
04-Oct	Jimmy	Yong	03-Nov	Ianis	Macovei
05-Oct	Henry	Fincher	04-Nov	Reuben	Baker
08-Oct	Marcus	Tsoi	05-Nov	Erika	Umoh
09-Oct	Mojisola	Atanlusi	06-Nov	Myriam	Prasow-Émond
09-Oct	Xinyan	Wang	06-Nov	Andrea	Sanchez Fresneda
11-Oct	Dexter	Waller	06-Nov	Sofia	Lopez Vaca
13-Oct	Selina	Clifford	07-Nov	Joshua	Garrett
13-Oct	Grace	Baker	08-Nov	Victoria	Makles
14-Oct	James	Simmons	08-Nov	Sarah	Sendija
14-Oct	Hasan	Hussain	09-Nov	Shirley	Tshuma
14-Oct	William	Christie	09-Nov	Joe	Northover
15-Oct	Samuel	Goodliff	09-Nov	Kajus	Jurkevicius
16-Oct	Takahrio	Ozeki	09-Nov	Kieran	Palmer
18-Oct	Carter	Forrester	13-Nov	Dayu	Su
19-Oct	Amelia	Rahmoune	13-Nov	Lily	Garnham
23-Oct	Caerveth	Shewell-Cooper	15-Nov	Oliver	Mazzoni Velez
23-Oct	Yahia	Mechoui	16-Nov	Jolyon	Poole
26-Oct	Rugile	Jurkeviciute	18-Nov	Dian	Nikolov
27-Oct	Aaron	MCKERNAN	18-Nov	Makar	Glazkov
27-Oct	Rowell	Omotoso	19-Nov	Maxim	Heffron
28-Oct	Olga	Konasina	21-Nov	Christophe	Amardeilh
28-Oct	Whitney	Simon	21-Nov	Rohan	Evans-Alam
28-Oct	Rami	Abdulhafiz	22-Nov	Ahmad	Dawood
28-Oct	Ayleen	Henao Maldonado	23-Nov	Eva	Prato Luna
28-Oct	Bojana	Miceski	23-Nov	Valeri	Ilchovski
31-Oct	Daniel	Tshuma	23-Nov	Nuoyi	Ma
31-Oct	Daniel	Tshuma	24-Nov	Cathy	Ye
			24-Nov	Jonathan	Xue
			25-Nov	Bock-Zien	Toh
			28-Nov	Oliver	He
			29-Nov	Nancy	Romani
			30-Nov	Eduard	Tecusan
			30-Nov	Eloise	Waller

STUBBERS 2025

