



# NEWHAM & UEL SC NEWSLETTER

**Edition number 16 - December 2025**

Welcome everyone to the December 2025 edition 16 of the Newham & UEL SC Newsletter. There have been some very good results at Open meets and Time trials with many, many best times being achieved. Looking at the greatly improved attendance at training sessions and the achievement of many best times shows everyone the way to go. Well Done everyone, we must now keep training hard to ensure that the PB's continue to come. There are more time trials this weekend and I am looking forward to seeing the results. The coaches will update you more in their report. Our own Open Meet is taking place on Saturday week, and 135 individual swimmers have entered from Newham UEL by far the very best entry ever from Newham UEL, good luck to all of you at both the Open Meet and the time trials this week.

If you have any comments or suggestions for the Newsletter please come and talk to me at the Open Meet, I am there all weekend. I would like to see articles from the swimmers, parents and any club member.

I would also like to Congratulate Ron Philpot who is a member of Newham UEL as well as the East London LAC Network Coach and a Coach Tutor. Ron has been given the Harold Fern Award which is a lifetime award from Swim England for an outstanding contribution to Aquatics at club, county, regional, national and international level. The award is very well deserved.

Gurmit who is an NUEL Committee member has done an excellent article on what she does as a committee member.

I wish everyone a very Happy Christmas and a very happy and successful 2026. I look forward to seeing you all at the Open Meet and the Newham UEL Christmas Party on 20<sup>th</sup> December 2025.

## **Chairman's Message**

Compliments of the season to you all!

We are already one full quarter into the swimming season, and what a busy and successful start it has been.

Our October Gala saw a record-breaking 120 NUEL swimmers take part - our highest participation yet. Even more exciting, 135 swimmers have already registered for the December Gala, which promises to be another fantastic event.

Congratulations to our international swimmers – Kameliya, Margarita, Erika, and Mustafa – for their outstanding achievements this year. And of course, a special mention to Jason, who has broken the S14 British 200m Butterfly Record not once, but twice in 2025. We are incredibly proud of you all.

I would also like to take this opportunity to invite everyone to our Christmas and Awards Night, taking place on Friday 20<sup>th</sup> December at 6:30pm at All Saints Church, 11 Church Street, E15 3HU. It's always one of the highlights of our year and a wonderful way to celebrate together as a club.

Before then, we have our NUEL Winter Gala on 7th–8th December, which has been oversubscribed and will feature 135 of our swimmers from across all squads. We're looking forward to some great performances and a brilliant weekend of racing.

As always, we'll need as many volunteers as possible to help the event run smoothly, so please do get involved if you can. Looking ahead, we'll be starting the new year strong with another gala on Sunday 4th January – and once again, we'll be relying on the amazing support of our parents and volunteers to make it all happen.

Finally, on behalf of the committee, I want to thank every swimmer, coach, volunteer, and parent for your commitment and enthusiasm throughout the year. Wishing you all a Merry Christmas and a prosperous New Year.

Michael Laniyan, Chairman

**Alastair Kershaw**  
**Head Coach Report**  
Hi Everyone,

It's been a full on but successful 2 months since the last Newsletter. Starting with a busy (very very busy!) NUEL SC Early County Qualifier Open Meet, it was fantastic to see so many of our swimmers entered. Everyone really set a marker for the rest of the season and it was great to see this followed up by another round of fantastic results at the Essex Winter Champs just a week later.

### **Essex Winter Champs**

Congratulations and well done to all of our Winter County Champs swimmers, who earlier this month raced across two days at the LAC. We had a number of Winter County champions across multiple events, along with even more medalists, even more finalists and a number of younger first time qualifiers to this Senior focused Championships.

Raheel, Margarita and Kameliya all came away with Championship cups, the awards given to the winners of the Senior/Open age group. Raheel came away with the 400 IM, 200 IM and 200 Butterfly cups, Magi with the 100 IM, 200 IM and 100 backstroke cups and Kameliya with the 100 and 200 breaststroke cups. Raheel and Magi also came away with silver and bronze medals in multiple events.

Jason also finished top of the para swimming category in multiple events including 200 freestyle and 400 IM as well as earning medals as an able bodied swimmer, which is a huge achievement.

Oliver, Azzurra, Ryan and Oscar also claimed individual silver/bronze medals.

We had a number of successful relay teams over the weekend as well, with the Boys A team finishing 3rd in both the 4x50 freestyle and medley relays and the girls swam fantastically to claim a silver medal in the 4x50 medley relay. A big well done also to our Boys B and C teams, with the B team also finishing inside the top 10.

It was fantastic to see that this year we had a much broader range of ages and events entered for this Champs, showing that we are steadily growing in depth across all ages and disciplines.

This year as a team we finished 5th in the points standing, a huge improvement from last year and 2023, where we finished 11th in the County.







### **London Winter Champs**

At the start of November we had London Winter Regional Champs. With a bigger group of swimmers qualifying this year, we had a great weekend of racing with lots of PBs smashed and some fantastic process focused swims. Magi, Jason and Kam all came away as Regional Champions. Jason set a new British Para Record (breaking his own!) in the 200 butterfly in the S14 Classification, breaking the 2.10 barrier for the first time. Kam broke the Bulgarian National Record in the 200 breaststroke with a fantastic swim, taking down a record that had stood for almost 40 years!

Mark, Barış and Azzurra all also qualified for A & B finals across the weekend.

Overall it was a brilliant weekend of racing, stepping it up another level from Essex Winters only 2 weeks earlier. Well done everyone!

### **Swim England National Winter Champs**

Next week Magi, Jason, Barış and Raheel all travel to Sheffield for English National Winter Champs. With all 4 of them swimming multiple events it'll be a busy 4 days of racing with all of them looking to finish short course season on a high!

Good luck to all of them!

### **Overseas Representation**

Magi and Kam both travelled to Bulgaria 2 weeks ago for Bulgarian Short Course Nationals. Both Magi and Kim came away as multiple Bulgarian National Champions as well as a further haul of silvers and bronzes from the weekend, included in which is relay success!

Lastly, well done to everyone for making this year such a success. It's been such a pleasure to see the big steps we've made as a Club this year, with improved representation from Counties right the way up to international representation!

A big thank you to the coaching team for making it all happen. Rhianna-Lee for leading the Talent Lane growth and Drew for doing such a great job with our Development and Competitive Squads. And thank you to Michael and the Committee for working tirelessly behind the scenes to ensure we all have a swimming club to be part of and be proud of!!

Good luck to everyone competing over the next week or so and happy holidays!

**Drew Clark**  
**Assistant Head Coach and Head of Development**

Where do I start? What a year it has been, let's start with one of the programs I am most proud of...

**Time Trials**

Last season, our Time Trials programme ran across five full events, and we have already completed two rounds in the 2025/26 season. What a brilliant start it has been. We began last year with lower numbers (60-70 swimmers) and finished strongly, and this season has continued that upward trend with 128 swimmers taking part in Round 1 and Round 2 having 125 swimmers - an incredible turnout.

The quality of swimming has been just as impressive. We saw a huge number of personal bests, along with many swimmers taking on their first official races. It was especially encouraging to see our newest Bronze and Silver swimmers stepping up to compete so early in their journey. Several young swimmers even tackled the 100 IM as their first official licensed race - a challenging event and a fantastic achievement.

Our older swimmers used the Time Trials as valuable preparation for the competitive season, practising race strategies and sharpening their skills ahead of Counties. A major development this year is that all our Time Trials are now fully licensed, meaning every swim counts towards ASA rankings and can be used for County qualification. This is a huge step forward for the club and for the progression of our athletes.

Of course, none of this would be possible without our volunteers. A special thank you to Michael and Yukie, whose work behind the scenes is the reason these events run so smoothly. I loved Club Champs as a swimmer, and it's incredibly rewarding to be experiencing it all over again from the organising side. Although I've been less hands-on this year while learning the AOE Timing Suite, I'm grateful to everyone who has stepped up to support the programme.

We are, however, in need of more officials. I encourage parents - especially those of our younger swimmers - to get involved. If you're interested (or even if you're not but think you can help... do me a favour :)), please reach out. Your support makes all the difference.

**LAC Network**

The Network Swimming programme has been another positive part of our season. For those unfamiliar, Network provides our young swimmers with the opportunity to - quite literally - 'network'.

NUEL swimmers train alongside athletes from other clubs, taking part in a combined land session and a coached pool session. The programme is led by Ron Philpot and our very own Rosa Gallop, and continues to offer valuable development and variety for swimmers in the early stages of the pathway.

Attendance has been steady, but we would love to see more of our Platinum and Gold swimmers taking advantage of the opportunity. The environment, coaching exposure, and training variation make it an excellent tool for long-term development, and I strongly encourage eligible swimmers to attend when sessions are offered.

## Restructure

This year's restructure has been a significant success. We implemented a complete redesign of the bottom end of the pathway, allowing us to cater for a wider range of swimmers and better support engagement and longevity within the sport. The results have been clear: attendance across squads has been consistently strong, and the cultural shift has been evident on poolside.

We are now seeing real commitment from swimmers at the earliest stages of their journey. As this continues, the benefits will show not just in performance, but in confidence, resilience, and enjoyment - qualities that stay with swimmers for life. The restructure has strengthened the club's pathway, improved squad balance, and created an environment in which both swimmers and coaches can thrive.

To finish, I would like to thank Michael, who has been a real mentor for me on and off poolside, the committee, our parents, and of course our swimmers for making this role such an enjoyable one - it never feels like a job when you're surrounded by a community like this. I'm looking forward to everything the next year has in store for NUEL.

## **Gurmit – Committee Member**

Season's greetings,

Nuel have been successfully working with the Jack Petchey Foundation for several years. A Scheme which acknowledges the hard work, dedication and the sacrifices our athletes make.

Back in 2023, with the help of the previous coordinator I took over. My name is Gurmit and I have three swimmers at this fantastic club. Along with running the JP scheme I also aim to fundraise money by holding cakes and raffles. Which is then spent on our club members. Such as, Team building Trips, Gifts at Christmas not to mention snacks!

Whilst, in the background I organise the Awards night/ Christmas Party and hopefully a yearly summer social.

In between this, I also volunteer as team manager and ticket master during the gala season.

Just like many parents, we joined the club as an extra activity but soon realised with the commitment of volunteers using their expertise, experiences and contacts this great club will continue raising the standards and will become a community that has their Swimmers at top priority!

So, I kindly ask where possible, you too volunteer, as the opportunity to get to know the Nuel family will support your Swimmer and the other two hundred athletes.

Merry Christmas Gurmit

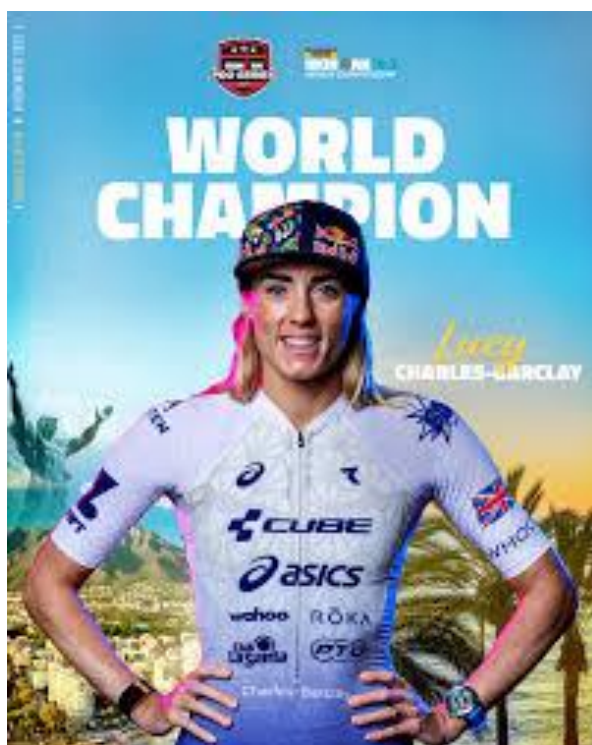
## MASTERS

### **Lucy Charles-Barclay - Ironman 70.3 WORLD CHAMPION [Marbella, Spain - 8th November 2025]**

One of the most inspiring things to witness in sport is the resilience of true champions — those who are knocked down yet find the strength to rise again. Watching our teammate Lucy do exactly that on the world stage was something very very special. Just four weeks after a heartbreaking DNF in Kona at the Ironman World Championships, Lucy demonstrated exactly what champions are made of, returning with extraordinary determination to win the IRONMAN 70.3 World Championship. We are so proud of her - not only because becoming a world champion is an exceptional achievement in itself, but it's the way she fought back, with grace, grit, and unshakeable resolve that moved and inspired all of us who get to train alongside her . . . a true champion in every sense of the word.

Wishing Lucy the best of luck in the T100 World Finals in Qatar in a few weeks time - it promises to be a remarkable finale to an unforgettable season!

For a full recap "Heartbreak to World Champion in 4 Weeks" - take a look at the Team Charles-Barclay youtube page for an awesome documentary put together by Lucy's sister - <https://www.youtube.com/watch?v=OZYfkRMapf0> [have your tissues ready!]





**Representing Middlesex and Essex at the National Inter-County Championships [various pools, 9th November 2025]**

Congrats to Reece [Team Essex] & Peter, Matt, Sara, and Christine [Team Middlesex] who were selected to represent Essex & Middlesex Counties at the 2025 National Inter-County Championships!



**11th Best Masters Club in England! [Swim England National Championships [Ponds Forge, Sheffield - 24th-26th October 2025]**

11th out of 300+ clubs at the Swim England National Championships! This was our best placing on the National-scale yet . . . two places higher than GB Champs in June, and up from 15th place last year . . . Aiming for that Top 10 next year!!! As always with our squad, as well as the impressive medal haul and PB's [see results below], the amazing energy and support [both in and out of the pool] meant that we finished the weekend buzzing and looking forward to next time! Special thanks to Alaine who, despite being injured, travelled up to Sheffield to support us and be our Team Manager for the weekend!







|                          |  |
|--------------------------|--|
| 101 Mixed 1500 Free      | Peter <b>GOLD</b> , Ian <b>BRONZE</b>  |
| 201 Mixed 4 x 50m FR     | 100+ : Reece M, Olly, Eva, Megan B <b>9th</b><br>120+: Matt B, Joe, Fed, Hanna <b>BRONZE</b>         |
| 202 Open/Male 200 Breast |  |
| 203 Female 200 Breast    |  |
| 204 Open/Male 50 Fly     | Olly <b>31st</b> , Matt B <b>GOLD</b> , George <b>21st</b> , Reece M <b>19th</b> , Joe <b>BRONZE</b> |
| 205 Female 50 Fly        | Megan <b>22nd</b> , Christine <b>9th</b> , Hanna <b>24th</b> , Fed <b>17th</b> , Eva <b>33rd</b>     |
| 206 Open/Male 4 x 100 MR | 160+ Andrew, Chris, Ian, Ryan <b>6th</b>   |
| 207 Female 4 x 100 MR    |  |
| 301 Mixed 4 x 200 FR     | 160+: Peter, Ian, Christine, Megan B <b>BRONZE</b>   |
| 302 Male/Open 200 Back   | Olly <b>6th</b> , Andrew <b>GOLD</b>   |
| 303 Female 200 Back      |  |
| 304 Open/Male 100 Free   | Yigit <b>9th</b> , Ewan <b>SILVER</b> , Ryan <b>18th</b> , Sean <b>4th</b> , Joe <b>SILVER</b>       |
| 305 Female 100 Free      | Fed <b>21st</b> , Eva <b>47th</b>  |
| 306 Open/Male 400 IM     | Chris <b>SILVER</b>  |
| 307 Female 400 IM        |  |
| 401 Mixed 4 x 100 FR     | 100+: Reece M, George, Eva, Fed <b>BRONZE</b>  |
| 402 Open/Male 50 Breast  | Sean <b>GOLD</b> , Reece M <b>17th</b>   |
| 403 Female 50 Breast     |  |
| 404 Open/Male 200 Free   | Peter <b>GOLD</b> , Yigit <b>6th</b> , Ewan <b>GOLD</b>  |
| 405 Female 200 Free      |  |
| 406 Open/Male 4 x 50 MR  | 120+: Andrew, Sean, Joe, Matt B <b>SILVER</b>  |
| 407 Female 4 x 50 MR     | 120+: Hanna, Fed, Christine, Eva <b>7th</b>  |
| 501 Open/Male 4 x 200 FR | 100+: Andrew, George, Olly, Reece M <b>GOLD</b><br>200+: Peter, Chris, Ian, Sean <b>BRONZE</b>       |
| 502 Female 4 x 200 FR    |  |
| 503 Open/Male 100 Fly    | Olly <b>19th</b> , Joe <b>SILVER</b>   |
| 504 Female 100 Fly       | Megan <b>19th</b> , Christine <b>4th</b>   |
| 505 Open/Male 400 Free   | Peter <b>GOLD</b> , Ewan <b>SILVER</b> , Ian <b>BRONZE</b>   |
| 506 Female 400 Free      |  |
| 601 Mixed 4 x 50 MR      | 100+: Andrew, Fed, Megan B, Ewan <b>BRONZE</b><br>120+: Hanna, Sean, Christine, Matt B <b>BRONZE</b> |
| 602 Open/Male 100 Back   | Joe <b>GOLD</b> , Christoph <b>8th</b> , Andrew <b>SILVER</b>  |
| 603 Female 100 Back      | Eva <b>23rd</b>  |
| 504 Open/Male 100 IM     |  |
| 605 Female 100 IM        | Fed <b>20th</b> , Eva <b>38th</b>  |
| 606 Open/Male 4 x 100 FR | 120+: George, Reece M, Yigit, Andrew <b>BRONZE</b>   |
| 607 Female 4 x 100 FR    |  |
| 701 Mixed 4 x 100 MR     | 120+: Hanna, Sean, Joe, Eva <b>5th</b>   |
| 702 Open/Male 200 IM     | Christoph <b>5th</b>   |
| 703 Female 200 IM        |  |
| 704 Open/Male 50 Free    | Matt B <b>GOLD</b> , George <b>21st</b> , Yigit <b>9th</b> , Reece M <b>17th</b>                     |
| 705 Female 50 Free       | Hanna <b>47th</b> , Fed <b>36th</b> , Eva <b>64th</b>  |
| 706 Open/Male 200 Fly    | Christoph <b>4th</b> , Ian <b>SILVER</b>   |
| 707 Female 200 Fly       | Megan <b>SILVER</b> , Christine <b>GOLD</b>  |
| 708 Open/Male 4 x 50 FR  | 120+: Joe, Yigit, Reece M, Andrew <b>BRONZE</b>  |
| 709 Female 4 x 50 FR     | 100+: Fed, Hanna, Megan B, Eva <b>7th</b>  |
| 801 Open/Male 50 Back    | Olly <b>15th</b> , George <b>8th</b> , Reece M <b>14th</b> , Joe <b>GOLD</b> , Andrew <b>SILVER</b>  |
| 802 Female 50 Back       | Hanna <b>25th</b> , Eva <b>32nd</b>  |
| 803 Open/Male 100 Breast | Sean <b>GOLD</b>   |
| 804 Female 100 Breast    | Fed <b>13th</b>  |
| 805 Mixed 800 Free       | Ian <b>BRONZE</b>  |