



NEWHAM & UEL SC NEWSLETTER

Edition 17 – February 2026

Welcome everyone to the February 2026 edition 17 of the Newham & UEL SC Newsletter. What a great start we have had 2026 with the very successful Sprint Gala in January followed by an extremely successful first round of the Essex County Championships with the most swimmers ever qualifying for the event and at the end of the first round Newham UEL are in fourth place in the points table. We are only 10 points behind the club in third place so, come on swimmers with another great round we could finish the next round in third place. Congratulations to all the swimmers and Coaches for a great achievement. I would also like to Congratulate the Master's squad who over 2025 have had some amazing results at various competitions with National rankings in the top three among these results.

I would as that some of the NUEL members look to writing a short article for the Newsletter. It does not have to be about swimming; it can be anything that would be of interest to the club members. Many of you have Nationalities of other Countries, write something about your home Country that would be of interest. Some of the parents have occupations with various skills that would be of interest to the membership. Swimmers, there has been one article from swimmers, how about another one. Maybe about attending a competition or the visit to Stubbers. A few articles would be great for the Newsletter. I would like to wish everyone every success for 2026; it is very exciting times for Newham UEL Swimming Club.

Chairman's Foreword

As we begin 2026, I would like to take this opportunity to wish everyone a belated happy new year — even though we are already a month in. I hope you all enjoyed a restful and enjoyable Christmas break.

Despite the year only just getting underway, it has already been a busy period for the club. We hosted our first ever Sprint Madness gala, which provided valuable race preparation for our swimmers ahead of the County Championships. We have also just completed the first weekend of the County Championships, where our swimmers performed exceptionally well, achieving our highest number of qualifiers to date. We wish all those competing the very best of luck over the remaining two weekends.

Looking ahead, we will be hosting the first round of the Essex League at the Sapphire Ice Rink on 31 January, where we hope to build on last season's performances. This will be followed by the third edition of our Seasonal Time Trials on 1 February, marking another strong start to what is shaping up to be a very busy year.

I would also like to invite all members to attend our AGM, taking place on 1 February at 7:30pm via Zoom. This is an important opportunity to hear updates from the Committee, as each member reports on their area of responsibility.

As the year progresses, there are several key events to look forward to:

- Level 1 National Gala – 21–22 March 2026
- Summer Fête – June 2026
- Stubbers (first week) – September 2026
- Club Awards and Christmas Party – 19th December 2026 18:30, same venue as last year, The Church

Finally, I would like to reiterate that we are a growing club, and continued growth relies on the support of our members. Volunteering in any capacity makes a significant difference, and with a busy year ahead, we will need all hands-on deck.

Thank you for your continued support.

Michael Laniyan

Chairman

Alastair Kershaw - Head Coach

Happy New Year everyone!

Although we've been back a month now, I hope everyone had a lovely break over the holiday period and have enjoyed getting back into the swing of things!

We had a busy December, starting off with our own County Qualifier meet, where we had so many swimmers qualifying for Counties, some of which their very first time, congratulations!!

It was then time to head to Sheffield for English Winter Nationals, where Bariş, Magi, Raheel and Jason all raced across 4 days, coming away with fantastic PBs which was a brilliant way to end the short course season.

We've started off with a bang in January with our first ever Sprint Madness meet which gave everyone a good opportunity to get some long course racing under their belts, some for the very first time and some in preparation for Counties in January/February.

Looking ahead, we have the first round of Essex League and the first time trials of the year this weekend (at the time of writing). We then have weekend 2 and 3 of counties in February and then from that we go straight into a busy period of long course racing, with many of our swimmers looking for Regional & National qualification times.

Essex County Champs

This year we have 70 swimmers qualified for Essex County Champs (the most we've ever had!) and with weekend 1 (17th/18th January) already complete, I'd like to say a massive well done to all of our swimmers who raced. We had some fantastic results and have had the best start to a County Champs ever! I will leave below the current table of our finalists and medal winners so far. It's incredibly exciting to see the progress we've made as a team in the last year and I'm thrilled and so proud of what everyone is achieving and looking forward especially to the next 2 weekends of counties!

10-13 Boys	10-13 Girls	14+ Boys	14+ Girls
Jordan D 200 IM Gold	Isabella Ivanova 200 Brs 3rd	David Derscaru 50 Brs 10th	Rachel Gough 50 Bk Bronze
Cristian Oros 200 IM 8th	Hazel Maguire 200 Brs 7th	Dominykas Dragasius 50 Brs Gold	Annabelle Hill 800 Freestyle 9th
Lucas Vong 200 IM 10th	9/10 Medley Relay 6th	Bariş Muratoglu 50 Brs 7th	Sakura Daniels 100 Freestyle 8th
Dylan Lam 200 IM Silver	Isabella Ivanova 200 IM	Jason Van Der Merwe 800 Freestyle Silver (1st Para)	Magi Stoimenova 100 Freestyle Silver
Marcus Tsoi 200 IM 9th	Isabella Ivanova 100 Freestyle 4th	Oliver Rejman 200 IM 6th	Sakura Daniels 200 IM 5th
9/10 Medley Relay 9th	9/10 Medley Relay 8th	Josh Wigham 200 IM 9th	Magi Stoimenova 200 IM Gold
Jordan Djukanov 100 Breaststroke 1st	Isabella Ivanova 100 Backstroke 4th	David Derscaru 200 IM 10th	Rachel Gough 200 IM Silver
Ezz Alenezi 100 Breaststroke 8th	11/12 Medley Relay 9th	Ryan Man 200 IM 10th	Sakura Daniels 50 Breaststroke 8th
Dylan Lam 100 Breaststroke 4th	Isabella Ivanova 50 Freestyle Bronze	Bariş Muratoglu 200 IM Gold	

Marcus Tsoi 100 Breaststroke 6th	Florence Elson 50 Freestyle 5th	Mustafa Hashim 200 IM 10th	
Jordan Djukanov 400 Freestyle Gold	11/12 Freestyle Relay 9th	Jason Van Der Merwe 200 IM 7th (1st Para)	
Ezz Alenezi 400 Freestyle Bronze		Oliver Rejman 100 Butterfly 5th	
Cristian Oros 400 Freestyle Silver		David Derscaru 100 Butterfly 8th	
Dylan Lam 400 Freestyle Gold		Ryan Man 100 Butterfly 4th	
Marcus Tsoi 400 Freestyle 6th		Bariş Muratoglu 100 Butterfly Bronze	
Jordan Djukanov 50 Freestyle 10th		Jason Van Der Merwe 100 Butterfly 7th (1st Para)	
Cristian Oros 50 Freestyle Gold		Josh Wigham 400 IM 6th	
Dylan Lam 50 Freestyle Silver		Baris Muratoglu 400 IM Silver	
11/12 Freestyle Relay Silver			



Essex Swimming League

We kicked off our Essex League campaign this year with a first round WIN on Saturday night! The whole team put on a fantastic show of brilliant racing, having been tied level with Basildon after 36 events, it was all down to the last few events, with 3 relays to finish the night where we finished 2nd, 1st, 1st, we managed to pip Basildon at the end and finish in 1st place by 12 points. Well done team, already looking forward to the next one!



Drew Clark – Head of Development

I hope everyone had a wonderful festive period.

December and January have been incredibly busy months for NUEL, packed with racing, celebrations, and a strong start to 2026.

We began December with two late County Qualifier meets - the NUEL Meet on the 6th and 7th, followed by the Christmas Cracker on the 13th and 14th. Both competitions were filled with personal bests and further qualifications for the Essex County Championships, rounding off the year on a real high.

The following week, we came together for the club Christmas Party - an event that truly highlighted the growth of NUEL. With over 300 members in attendance, a packed dance floor, and plenty of laughter, it was a fantastic evening and a great way to celebrate the year as a club.

Over the Christmas period, we ran a short break with a skeleton timetable, which saw almost the entire programme training at the London Aquatics Centre.

Senior Performance, Age Group Performance and Senior Competitive led the day with a two-and-a-half-hour session, followed by Junior Performance, Competitive, and Development. They took to the pool alongside our Masters programme. The day finished with all Junior Squads - Platinum, Gold, Silver, and Bronze. It showed the size of the program, and the impact we are making in East London.

Despite the festive period, commitment and attendance remained excellent. January saw us jump straight back into racing with the Sprint Madness Meet on the 4th, giving swimmers valuable long course racing experience ahead of the County Championships.

After a couple of solid weeks of training, we moved into the first weekend of the Essex County Championships on the 17th and 18th. Our qualifiers swam exceptionally well, with a special mention to the relay squads - the 9/10 and 11/12 age groups - who delivered some outstanding performances, some whom were competing in their first gala EVER by the way, and what a gala to do it at.

We finished the month with Essex League Round 1, which brought an electric atmosphere and a brilliant team performance. We are incredibly proud to have finished 1st place on the night, top of the league.

It has been an extremely busy and positive start to the year, and with two further blocks of Essex Counties still to come, we expect the momentum to continue into the coming months.

MASTERS

Sprint Madness [LAC - 4th January 2026] & South East Regions [K2 Crawley - 17th & 18th January 2026]. . . Strong start to 2026!

Dusting off the Christmas cobwebs and literally diving into the deep end to start off 2026 . . . highlights from these two January galas include: Esraa making her NUEL debut [and her

return to competitive swimming after a number of years break], 100 Free showdown between Ryan and his 12 year old son, and South East Region **GOLDs** for Peter [200, 400, 800 Free], Wray [100 Free & 200 IM . . . plus **Silvers** in 50 Fly, 50 Back, 50 Free and 400 Free], Christine [100 Fly] and **Silver** for Christoph in the 200 IM!



HO-HO-HOliday Celebrations

& 2025 End-of-Year Awards

We had a great turnout [despite the fact that the date conflicted with Europeans in Poland and Scottish & English Nationals, and the T100 Finals in Qatar . . . oops!] and a lovely afternoon at our 5th Annual **HO-HO-HOliday** meal at Zizzi's on 14th December. Like last year, we asked everyone to nominate teammates for special feats and accomplishments

throughout the year - there was a long list of nominations this year [with a few trivia questions thrown in] - see website for the full list. This was also an opportunity to thank our amazing Coach Chris for all the work he has done with the squad over the past year - thank you Chris!!!! Congrats as well, go out to our award winners recognised at the club's annual awards evening the following week: Top Swimmers [Christine & Andrew] and Most Improved [Megan & Yigit].

MASTERS



Finishing up 2025: Barnet 1500, NUEL Open Meet, British Finswimming Championships, Short Course European Championships in Poland, a Wedding [and a few other celebrations], finalists at the NON-MASTERS English & Scottish National Championships, T100 Grand Final . . . and 100 * 100's!

Well done to all of our teammates who represented the squad at the following events to round off the 2025 competition calendar [with some Saturday morning coffees, American Thanksgiving, Birthdays, a Holiday Cookie Swap, and a Wedding thrown in!]

December 23rd: for the 2nd year in a row, Lucy & Reece organised the pre-Christmas **100 * 100** [or 80 * 100 for me!] on Christmas Eve Eve. . . it was an impressive showing from the squad and we definitely earned our Christmas dinners, that's for sure! [See if you can spot other (sunnier!) Christmas Training locations that some of us travelled to during the holidays!]

December 12-14th: Short Course European Aquatics Masters Championships [Poland] / England NOT MASTERS Nationals [Sheffield] / Scottish NOT MASTERS Nationals [EDINBURGH] / T100 Grand Final [QATAR] - whilst the rest of us were back in London enjoying our Zizzi's Holiday celebration, some of our top swimmers were finishing off the year with some very exciting results:

* Sean, Yigit and Joe travelled to Poland to compete at the **Short Course European Aquatics Masters Championship** and came away with a bunch of hardware and PB's: Sean [**GOLD** 100 Breast, **BRONZE** 50 Breast], Joe [**BRONZE** in 50 Fly, 50 Back & 100 Back, 4th in 50 Free, 5th in 100 Fly and 7th in 100 Free] and Yigit [100 Free - 12th & 50 Free - 18th]

* Very special Shout Outs to Andrew & Matt who showed they are amongst the best swimmers in the country, regardless of age, by making B Finals at **Scottish & English Nationals** respectively! Andrew came 14th in the 50 Back, 11th in the 100 Back, and 15th in the 200 Back in Edinburgh at the Scottish National Championships, while Matt came 13th in the 50 Free at English National Championships in Sheffield.

* Lucy rounded off an incredible triathlon season with a 5th place finish at the **T100 Grand Final** in Qatar which meant she finished **third** overall in the T100 Pro World Rankings!

Takahiro was also in Qatar for the T100 age group World Championships and finished 5th in his age group!

* Leo was also competing this weekend in Brazil at the Copacabana Rei & Rainha do Mar 10km and came 8th place. . . some of Leo's other open water results include: Ibiza Posidonia 10km - **1st** place [5th October], Ibiza Oceanman 10km [along with James & Dillane] - 16th place [19th October], and Maracaípe ATT Experience Travessia 4km back in Brazil - **1st** place [20th December]

December 6-7th: our last competition of 2025 at our home pool at the **NUEL-run December Late County Quafier gala**. As usual, we had a good showing from our Masters squad, posting some great swims to finish off the year.

November 22-23rd: Barnet 1500m / Open British Finswimming Championships

* Peter, Megan, Pauline, James and Iago all completed the gruelling **Barnet1500m** event [special shout out to Iago who made his NUEL debut with this race!]

* Marcus once again competed at the **Open British Finswimming Championships** held in Beckenham - as usual, Marcus came away with a neck full of hardware . . . despite having a slightly broken Monofin! [and another CONGRATS to Marcus on his wedding celebration the following weekend!!]





Tim Steele – Club Affiliation & Diversity and Inclusion Officer

Hi All, hope everyone is having a good start to 2026. My name is Tim Steele, I am Woody (County Development squad) and Gretta's (Silver squad) dad. I am writing as the Club's SwimMark Officer to explain this role and how it affects the club and our swimmers.

This year NUEL will complete the Club Affiliation process for Swim England. Club Affiliation is an annual audit which involves submitting written evidence to Swim England to demonstrate that our governance processes are up to standard. (The SwimMark title relates to a previous form of the audit). The evidence we submit includes: Chairs statement, our Club Constitution, Safeguarding, Risk Assessments, Coaching and Volunteer Qualifications and our Diversity and Inclusion Action Plan. Completing Club Affiliation allows the club to be affiliated to Swim England, which brings with it a range of benefits including: insurance cover, training for Coaches and Volunteers and access to the County/Regional and Nationals Competition pathway. It hopefully also gives our members and the public confidence that the club is being run competently!

In addition to overseeing the Club Affiliation Process, I have recently been asked to cover the Diversity and Inclusion officer role. In this role, I hope to raise the profile of inclusion within the club and push forward our Diversity and Inclusion Action plan (DIAP). The purpose of the DIAP is to ensure that club supports all of our members to get the best out of the club regardless of their Protected Characteristics (Age, Disability, Gender Reassignment, Marital Status, Pregnancy, Race, Religion/Belief, Sex or Sexual Orientation). More broadly we aim to ensure the club is welcoming and provides a sense of belonging to all of its members. As a starting point, all Coaches and Volunteers will be offered the Swim England Foundations of Inclusivity Course. I am keen to hear from our members so if you have any questions, concerns or expertise in this area please contact me on nuelswimmark@gmail.com. I would also encourage anyone who is interested in finding out more to visit Swim England's inclusivity page (<https://www.swimming.org/swimengland/inclusion/>).

Birthdays

Day	Month	Name	Day	Month	Name
3	Feb	Ella Holmes	1	March	Christopher Kaethner
4	Feb	Amina Abdulrahim	1	March	Joshua Wigham
5	Feb	Finley Rice	3	March	Jaiden Drumond
5	Feb	Dylan Lam	3	March	Alice Blackman
5	Feb	Ivanna Rastrihina	4	March	Aniyah Islam
6	Feb	Felix Kassell	5	March	Anton Razumovskyi
8	Feb	Sunnie Acraman	6	March	Lucas Vong
8	Feb	Ines Oloriz	7	March	Ian Wallace
8	Feb	Ella Riby-Williams	10	March	Christopher Morgan
9	Feb	Mark Hodovanets	11	March	Ates Tunc
9	Feb	Maja D-Angelis Woznica	11	March	Darius Salamat
9	Feb	Victor Owtram Algie	11	March	Marianne Dobbs
10	Feb	Stephen West	12	March	Michelle Panyandee
10	Feb	Marcus De Quan Peck	12	March	Alaine Tsang
10	Feb	Federica N	12	March	Dmytro Pasenko
11	Feb	Michaella Eirwen Pagador	13	March	Casper Reid
11	Feb	Livia Owtram Algie	14	March	Reece Mavericks
12	Feb	Drew Clark	14	March	Gruia Teodorescu
13	Feb	Bruno Atkin	15	March	Alice Ortiz
14	Feb	Emma Dancisin	15	March	Alex Siu
15	Feb	Chelsy Murska	15	March	Zoeya Azizi-Jackson
17	Feb	Rayne Richardson	17	March	Pauline Tester
19	Feb	Gurmit Lard	19	March	Jeremiah Carnegie
19	Feb	Cristian Oros	19	March	Hazel Maguire
19	Feb	Arthur Faiers	20	March	Tamsin Evans
20	Feb	Margarita Stoimenova	20	March	Jessica Caughtry
20	Feb	David Derscaru	20	March	Rory King
22	Feb	Zara Mahmood	23	March	Anna Swan
22	Feb	Sean Leahy	23	March	Rebecca Forsberg
23	Feb	Toni Mehegan	24	March	Ayla Konuralp
23	Feb	Daniel Voinea	26	March	Ralph Pinel
25	Feb	Ariana Oprea	26	March	Hansaka Jahapu Appuhamilage
26	Feb	Neda Aragroug	27	March	James Murphy
27	Feb	Corey Cummins	30	March	Yousef Rouass
28	Feb	Athenna Lara Kovac			