

AMERSHAM SWIMMING & DIVING CLUB NEWS

NOTE FROM THE CHAIR

ANDY PRESS



We have two exciting events at CLC in the coming weeks. Diving has the club championships on the 6th December and the swimming County qualifier on December 13th and 14th. These events can only happen with the help of volunteers. In case of swimming please check the website and in the case of diving please talk to the coaches to see if you can help.

Andy

NOTE FROM THE HEAD SWIMMING COACH

DAVID CUMMINGS



Hi All,

Another busy two weekends of swimming, Saturday 8th November saw in the 2nd round of the National Arena League with our A team at Chiltern Lifestyle Centre in the Division 1 gala, it was an amazing evening of races with great swims from the whole team to finish a close second to Bournemouth, after 45 races we were within 4 points of Bournemouth but they narrowly took the first place on the night even after our squadron win in the final race of the night. Our B team was at Hart Leisure centre in Division 2 gala and all the swimmers stepped up from round 1 with some great improvements on individual results finishing a place higher in 7th this round. The team spirit has been amazing in both rounds with swimmers wearing the Amersham red with pride! Bring on the Arena League Final on Saturday 6th December with our A team at home in the A final of Division 1 and our B team away at Portsmouth in the B final in Division 2!

The following weekend saw Watford open meet with swimmers from Technical up to Senior squads competing. It was great to see so many PB's over the two days and lots of new county qualifying times achieved it's been a testament to the swimmers hard work in training over the past two months.

This weekend brings Guildford Level 2 meet a last chance Winter nationals qualifier for our Senior and Inter swimmers good luck to everyone racing.

David



NATIONAL ARENA LEAGUE

SWIM EVENTS

Nov 22nd-23rd -
Guildford L2 Open
Meet

Dec 6th - Arena
League R3

Dec 7th - Club Champs
Weekend 4

Dec 13th-14th -
Amersham Open Meet



AMERSHAM SC OPEN MEET 13TH/14TH DEC - VOLUNTEERS & OFFICIALS NEEDED

We are a few weeks away from our County Qualifier swimming open meet which will take place on 13/14th Dec 2025.

These events are extremely important for the club and require a lot of volunteer support. We still have 45 general volunteer slots open and we need your support please to fill these. If you have a swimmer entered it is an expectation that you sign up to help for at least 1 session, if everyone did this it would lighten the load for all. Job sign up can be found in the event on-line. No experience necessary for all jobs with the exception of a team manager. If you sign up to help you will not miss your child swim and we will give you free spectator access for that day.

We also need more officials, if you are a qualified official with a swimmer competing we need you to sign up please. Sign up: <https://www.swim-meet.com/Availability/?m=8082>

Any questions please contact Sara on meets@amershamswimmingclub.co.uk

SWIMMING COMPETITION EVENT/RACING COORDINATOR SUCCESSOR REQUIRED

We are looking for 1-2 parents to take over running swimming competitions for the club. We need successors and support for the current meet team (Sara & Lynn) to support competitions for next season.

If you are someone who could potentially take on this role and would like to see a bit more of what it would entail then please come and do a taster session with Sara and Lynn at our December open meet. For more information contact Sara on meets@amershamswimmingclub.co.uk

NEWSLETTER EDITOR

We are looking for someone to take over the fortnightly newsletter.

Please get in touch with Jane at:

communications@amershamswimmingclub.co.uk

or with Andy Press, if you'd like to find out more about what this involves!

NOTE FROM THE HEAD DIVE COACH SHIRAZ SHAMSHUDIN

The past few weeks have been wonderfully busy for the club, with our Masters divers shining at their competition and our younger Lessons divers taking part in a fantastic development day and simulated meet. Both events ran smoothly and produced some brilliant performances, plenty of progress, and lots of smiling faces.

We're now gearing up for one of the most exciting events of the year — our **ASC Club Championships on Friday 6th December - 1pm – 6pm!** Every diver in the club will be taking part, from Lessons and Learn to Dive all the way through to Squads and Masters. We can't wait to bring the whole club together and celebrate everyone's hard work and achievements.

Competition Results

GBDF Winter Masters – Birmingham (8–9 Nov)

Amersham's Masters divers enjoyed an inspiring weekend at the **GBDF Winter Masters 2025**, held at the world-class Sandwell Aquatics Centre. Across a busy programme of individual, synchro, and fun events, our athletes delivered confident, high-quality performances and proudly represented the club at national level.



For many of our divers, this was their first appearance as *full Masters*, and their results were outstanding:

Our divers represented the club brilliantly, most moving to full masters giving a standout achievement including:

- **Kelly Warwick – 5th place** in Women's 40–49 Masters
- **Linda Holland – 7th place** in Women's 40–49 Masters
- **Stephen Raine – Bronze** in Men's 30–39 Masters
- **Shireen Khosrowshahimiandoab – 3rd place** in Women's 30–49 Masters
- **Emma Buckley – 5th place** in Women's 16–29 Masters
- **Clive Bailey – Bronze** in Men's 60–69 Masters
- **Lucy Jones – 4th place** in Women's 50–59 Masters
- **Emma Taylor – 5th place** in Women's 50–59 Masters

Notable Results in the feet first competition:

- **Emma Buckley – Bronze** in Women's 16–29 Masters
- **Stephen Raine – Gold** in Men's 30–49 Masters

ASC also featured strongly in the synchro events, with **three Amersham pairs** putting in fantastic performances — including a superb result for **Stephen, Clive**, a graceful showing from **Kelly & Lucy**, and **first-time diving together Emma and Sheerin**.

Across the board, our athletes showed composure, technical quality, and brilliant competitive spirit, with many achieving personal bests and new milestones. Masters diving at Amersham continues to grow, and this event was a great reflection of the dedication and camaraderie within the team.

Southeast Region Training & Development – Amersham Delivers Outstanding Results!

Amersham Diving enjoyed a fantastic day of competition at the **Southeast Region Training & Development Afternoon**, returning home with **multiple podium finishes**, brilliant personal achievements, and an incredible team spirit from our young divers.

With 30 ASC divers taking part across Groups F, E and D, our athletes shone in a field of more than 80 divers — delivering confident performances, excellent technique, and a wonderful sense of togetherness throughout the day.



F Female (7 & under)

🥇 **1st Place – Myla Rogers** Myla opened the competition in style, securing the first place with an excellent, composed performance.

F Open (7 & under)

🥇 **1st Place – Adam Bashir** Adam shared the top spot with a fantastic series of dives, showing maturity and control well beyond his years.

E Female (8/9)

This was an exceptionally strong group for Amersham, producing **3 top position finishes** and several top -10 performances:

- 🥇 **1st place – Matilda Burton**
- 🥈 **2nd place – Emily Wybrow**
- 🥉 **3rd place – Liza Bunch**
- 6th place – Isabelle Spaven**
- 7th place (Joint) – Madeleine Wood & Bonnie Warner**
- 9th place – Amber Vloothuis**
- 10th place (Joint) – Allison Wenhold & Alice Smith**
- 12th –place Cara Lorigan**

An outstanding showing from our E Girls — with Matilda, Emily and Liza all finishing on the podium.

E Open (8/9) ASC's boys also impressed, with a brilliant podium finish:

- 🥉 **3rd place – Reilly Maxwell**
- 10th Place – Sammy Nelken**

D Female (10/11) Another incredibly strong category for Amersham, highlighted by a **Group Champion** performance:

- 🥇 **1st Place – Ciara O'Brien**
- 🥉 **3rd place – Lyra Coulthard**
- 5th – Zara Rees**
- 10th – Bibi Willis**
- 11th – Seren Willey**
- 13th – Evie Walsh**
- 14th – Olivia Erasmus**

D Open (10/11) A confident and polished performance saw Michael secure yet another gold for ASC.

- 🥇 **1st Place – Michael Lundon**
- 🥈 **3rd Place – Qasim Bashir**
- 8th place – Sébastien Kelly**

The day was full of personal bests, growing confidence, and tremendous competitive spirit. Coaches were delighted with both the results and the positivity shown throughout the event. From our youngest 7-and-under competitors to our emerging 10/11-year-olds, Amersham delivered one of its strongest development event outings to date, earning **multiple first places**, and an **abundance of personal successes**. 💙 A Huge Congratulations to All ASC Divers!

NOTE FROM THE HEAD DIVE COACH cont**Important – Club Championships**

A reminder that the club will be hosting its **first ever Diving Club Championships** on **Saturday 6th December**, between **1pm and 6pm**.

The event is open to **all divers**, including Learn to Dive, Lessons, Squad and Masters. Coaches have already begun preparations and will continue to work with divers over the coming weeks.

All divers will be entered automatically (normal training is cancelled on this day). If you are unable to attend, please decline via **Sports Engine** or email: amershamdiving@gmail.com

We look forward to celebrating the achievements of all our divers at this exciting new club event.

Upcoming Competitions & Events**2025**

6 Dec – Amersham Club Championships (Whole Club Event)

2026

Late Jan – Surrey Skills Competition (Guildford)

14–17 Feb – Armada Cup – Age Group (Plymouth, L3/4)

7 Mar – London Regional Skills (L2)

17–19 Apr – Sandwell Showdown – Skills & Age Group (Birmingham, L2/L3)

Known Pool Closure Dates**2025**

15–16 Nov – Otters L3 Meet

13–14 Dec – ASC L3 Meet

24 Dec – 2 Jan – Christmas Break 🌲

2026

28–29 Mar – ASC L3 Meet

4–5 Apr – Easter Weekend (TBC)

AMERSHAM SWIMMING CLUB MASTERS SQUAD - ROGER BARTON RELAY GALA 2025

On Sunday 16 November, 16 swimmers from the Amersham Swimming Club Masters squad competed in the Roger Barton Relay Gala 2025. The gala was hosted by the Aylesbury and District Swimming Club at the Aqua Vale complex in Aylesbury. In addition to Amersham and Aylesbury, there were teams of Masters swimmers from Oxford, Wycombe and Bicester/Banbury clubs.

The gala consisted of 25 relay events of every possible combination culminating with the 16 member squadron relay. Spirits remained high throughout although success very much alluded us – which was odd as we used to come second against this company not that many years ago...

There were some personal bests from swimmers taking part in competition for the first time ever and some sterling performances from swimmers with as few as 4 training sessions under their belt. Well done all.

The subsequent impressive attendance at the pub (12 out of 16 and a handful of decent excuses from the others) rounded off an excellent afternoon's entertainment.

**NATIONAL ARENA LEAGUE TABLES**

DIVISION ONE WEST 2025

	TEAM	R1 GALA POINTS	R2 GALA POINTS	R1+R2 GALA POINTS	R3 GALA POINTS	R1 LEAGUE POINTS	R2 LEAGUE POINTS	R3 LEAGUE POINTS	BONUS POINTS	TOTAL LEAGUE POINTS
1	Windsor	255	244	499		6	6			12
1	Wycombe District B	244	247	491		6	6			12
1	Swim Bournemouth A	236	228	464		6	6			12
4	Bracknell & Wokingham	235	213	448		5	5			10
4	Tilehurst	199	202	401		5	5			10
4	Amersham A	192	216	408		5	5			10
7	Epsom District	189	180	369		4	4			8
7	Kingston Royals	174	192	366		4	4			8
7	Haslemere	169	186	355		4	4			8
10	Rushmoor Royals	172	183	355		3	3			6
10	Basingstoke Bluefins B	159	154	313		3	3			6
10	Salisbury Stingrays	154	141	295		3	3			6
13	Farnham	150	149	299		2	2			4
13	Wycombe District C	154	141	295		2	2			4
13	Arun Tridents	137	135	272		2	2			4
16	Chalfont Otters	135	139	274		1	1			2
16	Reading	119	137	256		1	1			2
16	Worthing	110	113	223		1	1			2

DIVISION TWO WEST 2025

	TEAM	R1 GALA POINTS	R2 GALA POINTS	R1+R2 GALA POINTS	R3 GALA POINTS	R1 LEAGUE POINTS	R2 LEAGUE POINTS	R3 LEAGUE POINTS	BONUS POINTS	TOTAL LEAGUE POINTS
1	Hart	262	298	560		7	8			15
1	City of Southampton B	256	282 1/2	538 1/2		7	8			15
3	Dorking	301	248	549		8	6			14
3	Woking B	280	264 1/2	544 1/2		8	6			14
5	Newbury District	244	250	494		5	7			12
6	Wantage White Horses	226	273 1/2	499 1/2		4	7			11
6	Chichester Cormorants	251	230	481		6	5			11
8	Maidenhead Marlins B	261	205 1/2	466 1/2		6	3			9
9	Basingstoke Bluefins C	250	199	449		5	2			7
9	Wey Valley	226	211	437		4	3			7
9	Godalming	198	228	426		2	5			7
9	Andover	200	216	416		3	4			7
13	Swim Bournemouth B	225	136 1/2	361 1/2		3	1			4
14	Amersham B	148	203	351		1	2			3
14	Seaclose	166	155	321		2	1			3
16	Cranleigh	132	0	132		1	0			1

WELFARE: Amersham Swimming Club is committed to looking after the best interests of our swimmers.

You may contact our Child Welfare Officer with any concerns in confidence by emailing: welfare@amershamswimmingclub.co.uk