

## HADDINGTON PRESIDENTS TIME BAND INVITATION - 5th December

There are 5 time bands and if you swim a percentage faster than the time band you are DQ for points but we don't worry about that and asked the swimmers to swim as fast as possible, resulting in 32 PBs from 40 swims exceptional swimming! Everyone was given 2 swims, but due to call-offs the younger boys got 3 swims each. Special mention to Catherine and Andrew Boyd and Struan Graven who, although newish members, swam with effort and enthusiasm - their attitude was a credit to themselves.

Thanks to Fiona Anderson and David Little for helping on the poolside, to the 5 Club Officials (who made up 50%) who helped on behalf of the Club and to the parents for their support at this time on a Friday evening. **(Times on Notice Board)**

## EAST DISTRICT AGE-GROUPS, GLENROTHES - 6th/7th December

5 swimmers attended with some terrific swims mainly 200 and 400s Free. In the 10/11 yrs Ross Inglis took 11 secs off his 400 in a credible 6<sup>th</sup> place. In the 12/13 yrs Calum Watkins took 14 secs off his 200 and 20 secs. off his 400. Scott Inglis took a few secs. off his 200 and 14 secs. off his 400 while Moira Watkins took 10 secs off her 400.

Ryan Scott, who had been ill, managed a minimal PB on his 200 but energy sagged on the 400. He also had a 100 Back swim, the last event of the Sunday, and the Final was the last swim of the day. This did not put Ryan off, not only did he PB at 50, but won the final with a 3 sec PB. Now he can swim with the fast boys at the 100s finals in March. Ryan's 50 and 100 Back times are also Club Records for Boys 17/18 years. Congratulations to the swimmers for some excellent swimming. **(Times on Notice Board)**

## Swim Shop



The Club shop has a small permanent stock of floats, pull buoys and fins along with suits in our Club yellow and black. Hats are always available too. Old kit such as fins and Club t-shirts can be sold back to the shop for our second-hand resale. We also keep a selection of goggles. We make a small profit on items sold that contributes to our Club funds so please support the Shop. *Craig and Kirsty Watkins* (443 4252 [craig.watkins@familywatkins.org.uk](mailto:craig.watkins@familywatkins.org.uk))

## Help needed!



**New members** - Kathy Pitcher on 554 0914

**Social Committee** - If anyone has any suggestions for fund raising opportunities please speak to either Keith Inglis or David Little. They're always on the look out for new ideas ([keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com)).

## Keeping in Touch



**Notice Board** - at Leith Victoria pool

**Web-site** .. [Swiminverleith.com](http://Swiminverleith.com) (updates to Graeme Pitcher.)

**Club e-mail list** - We have compiled a Club e-mail list. If any new member hasn't already given us their e-mail address or if you change it please contact Keith Inglis at [keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com) so the list can be kept up to date.



# Inverleith ASC Newsletter December 2008



## Forthcoming events

**Annual Presentation Dance** Carricknowe Bowling Club

Friday 20<sup>th</sup> February 2009

**2009 Camp**

6<sup>th</sup> - 10<sup>th</sup> April 2009

## Forthcoming competitions

### January

Saturday 25<sup>th</sup> LOTHIAN REGION CLUB CHAMPS ( CLUB )

### February

Sunday 1<sup>st</sup> LONG COURSE TIME TRIAL - RCP  
(CANCELLED - WILL BE HELD MID-WEEK)

Sat/Sun 7-8<sup>th</sup> EAST DISTRICT AGE-GROUPS - GLENROTHES

Fri /Sat/Sun 13-15<sup>th</sup> EDINBURGH INTERNATIONAL - RCP  
WITH AGE-GROUP SECTION

Sunday 22<sup>nd</sup> LONG COURSE TIME TRIAL - RCP

### March

Sat/Sun 7-8<sup>th</sup> EAST DISTRICT AGE-GROUPS - GLENROTHES

Saturday 14<sup>th</sup> LOTHIAN REGION INTERMEDIATE LEAGUES  
AT PRESTONPANS ( CLUB )

Sunday 15<sup>th</sup> HUNTLEY AND ANDERSON CUPS

## Christmas Holiday Session Changes

**Sunday 14.12.08** Final Sunday for all swimmers  
**Monday 15.12.08** No Trinity; Ainslie Park as normal  
**Tuesday 16.12.08** Dalry as normal  
**Thursday 18.12.08** No Trinity; No RCP  
**Friday 19.12.08** Leith Victoria as normal.

**Sunday 4 January 2009** Training resumes

Note that we have applied to get Leith Victoria from 4pm on Sundays but have not yet heard if this is possible. We will let swimmers know by email/phone if this is to happen. It would only affect Prep who would swim from 4 to 5pm.

Have a very Merry Christmas and a Happy New Year.

*Fiona Anderson*





## Annual General Meeting

Following the Annual General Meeting, which took place on 19th November, the Committee is now at full strength after electing Derek Huggan, Grant Denholm and Allison Kerr. Thanks to them for offering their services.

Janet Sylvester resigned and I would like to thank her for her contributions over the past three years. A huge thank you must be given to Fiona Anderson who has eventually made her escape from the Committee after 21 years. (She obviously really enjoyed it!) Cameron Watson was re-elected as President and Treasurer, Norma Wood as well as doing Memberships has taken on the role as Vice President. The other members are Keith Inglis, David Little, Karen McRoberts and yours truly who was also re-elected.

*Kathy Pitcher, Secretary*



## WANTED!!

At the AGM it was reported that Sandie Cowie, who has been involved with Inverleith for many years, but more recently mainly in his capacity as one of the auditors of the accounts each year, has not been keeping well and has asked to stand down as auditor. My thanks go to Sandy for working with me in reviewing the accounts for many years now. But as a result there is a vacancy for someone to carry out this role going forward. It is not an arduous task and as the financial year ends on 30 September, there will be nothing to do until next October! So, if anyone is interested, please call me on 0131 477 3676 or contact any of the Committee members.

*Chris Moncrieff*



## Competitions

### **HEARTS MEET, PRESTONPANS 11<sup>th</sup> October**

8 swimmers swam in the 200 Back, Breast and Free All did exceptionally well 13 PBs from 14 swims! Scott Inglis on 200 Back, Moira Watkins and Andrew McGregor on 200 Breast also did PBs at the 50 and 100 mark, showing a positive attitude. Ross Inglis, Kirsty McGregor and Rachel Carter also did PBs at the 100 mark on 200 Breast giving a total of 22 PBs. Time reductions were:

BREAST Andrew McGregor (27sec); Louise Currie (14 sec): FREE Calum Watkins (14 sec); Kirsty McGregor (11 secs): BACK Scott Inglis (11 sec). Keep attending regularly at training and you will get further improvements. Well done everyone.

### **EDINBURGH SCHOOLS HEATS, AINSLIE PARK—20<sup>th</sup> October EDINBURGH SCHOOLS FINALS - RCP (50MTS) - 20<sup>TH</sup> October**

In the heats 14 club swimmers represented their various schools. Scott Inglis took 6 secs off his 100 Back (1.19.58) and a great swim by Moira Watkins in her 100 Front Crawl to take 2.5 secs off (1.06.17). The faster you get the harder it is to reduce your time - a magnificent effort. Nearly everyone did a PB which was excellent.

Congratulations to all 8 of our swimmers who made the finals. In 11/under Ross Inglis won 50m Breast and Calum Watkins was 2<sup>nd</sup> in 50 Fly. In 12/13 Moira Watkins won 100m Free. Ross and Calum also broke the 12 yrs 50m Long Course Club Records with their swims. **(Times on Notice Board)**

### **EAST DISTRICT AGE-GROUPS, GLENROTHES - 1<sup>st</sup> / 2<sup>nd</sup> November**

6 swimmers attended over the two sessions. Calum and Moira Watkins started the ball rolling on the 400 IM. Good to see swimmers competing in this event as it shows all round ability. Although both had swum this event in mid-September, Calum took another 3 secs off while Moira managed another 6 secs! Ross Inglis took 5 secs. off his 200 Free time showing consistent improvement.

Ryan Scott had an excellent swim in the 100 Free when he PBd at both 50 and 100 to place him in the final in 2<sup>nd</sup> place but he was caught with his pants down (trunks) as he was not ready for his race in time. He was fiddling with the tie of his trunks while getting on the blocks and got left behind at the start - he was not FOCUSED. The moral: BE READY AND PREPARED.

Sunday saw 4 swimmers taking part in the 100 Free. Calum Watkins took another 2 sec off his time; Cameron Lineen did a PB at the 50 but missed out on the 100; Katrina Denholm did a PB at 50 and took 2 sec off her 100 time; lastly Moira Watkins did a 1 sec PB and 2<sup>nd</sup> place in the final. It was a long wait to the final, but worth it as Moira swam a superbly and won with another 1 sec. PB of 1.04.89. Thanks to Kirsty Watkins for help on the poolside.

### **ELIAN PRENTICE MEMORIAL GALA, WHITBURN — 9<sup>th</sup> November**

6 of our swimmers took part (Catherine Boyd, Claire Dow, Anna Grant, Scott Kerr, Niall McRoberts and Kieran Wilson) who had 20 swims, producing 13 PBs - fantastic! 10 PBs from 17 50m swims and 3 out of 3 200m swims.

Claire Dow, Scott Kerr and Niall McRoberts all swam 200 Free and did extremely well. Scott took a massive 22 seconds off his swim, Claire did not have a time and now has a super 3.10.90 and Niall took just over 1 sec off his time.

No medals, unfortunately, but some very good swimming - well done everyone.

### **LOTHIAN GRADED MEET, PRESTONPPANS - 22<sup>nd</sup> November**

Once again at Prestonpans which seems to be a good pool for our swimmers. We had 13 swimmers taking part producing 39 swims, 26 PBs and 10 finalists.

Katrina Denholm took a massive 30 seconds off her 100 Back, Struan Graven took 15 seconds off his 100 Breast and Niall McRoberts brought his 100IM time down by 13 seconds, very well done everyone!

Gold	Niall McRoberts 50 Fly	Bronze	Hannah Little 100 Fly
	Ben Brown 100 F/C; 50 Fly	4 <sup>TH</sup>	Louise Currie 100 BR
	Andrew MacGregor 100 BR		Stuart Currie 100 F/C
Silver	Ben Brown 100 IM (HDW)	5 <sup>TH</sup>	Niall McRoberts 100 IM(HDW)
	Scott Inglis 100 F/C	6 <sup>TH</sup>	Niall McRoberts 50 BR