

KING'S CORMORANTS SWIMMING CLUB

Minutes of the 2009 Annual General Meeting

Held on Friday 16 January 2009 after a dinner at The Wimbledon (formerly Lakeside) Club, Wimbledon Park, London SW19.

28 voting members attended the meeting with 19 guests.

Apologies for absence received from Jane Asher, Jamie Asher, Anna Page, Trisha Burdett, Tim Newman, John Seabrook, Valerie Preston & Frances Penwarden.

1. Minutes of the 2008 AGM

These were agreed with no matters arising

2. Secretary's Report from Philip Newman

The Secretary welcomed those present especially the newer members and those who had travelled some distance to attend the evening. It was good to see so many members and guests at an AGM.

It was reported that the club had enjoyed yet another successful year both with competitive and other events. As well as a good crop of medals we had also seen some super record breaking swims. Not only did we again have 2 teams taking part in the Dorking Swimathon but we held our own trial event for the first time for Children in Need, which we hope to repeat again in 2009.

We still had a full training membership with a waiting list. Not only were the Monday training sessions usually full but the Wednesday and Sunday morning training sessions were also very well attended. Therefore, we have been looking at trying to fit in some additional pool time but opportunities are limited with the King's pool.

The hire of Hampton Open Air pool for 2 additional Friday training sessions in July had been very successful. Therefore, it was proposed to try and hire the pool again for some more training sessions in the summer.

It is planned to have another BBQ and sea swim down at Hayling Island with the Havant & Waterlooville Club in memory of Chris Hunt again this coming summer when it was hoped that the weather will be better than last year. We are also hoping to have regular sea swims at the weekend from about April time when the sea warms up through to November for anyone wishing to try open water swimming.

The club website was being well updated by Christine G with both Club and other associated swimming news and members were encouraged to view it regularly for up to date information on Club events.

Although Jane had previously brought her camera up to the pool for a session of above water stroke analysis, we had not been able to progress with any underwater filming.

While Christine G had investigated Steven Shaw's Alexander Technique swim sessions it had not been possible to arrange a suitable slot for the club and was also very expensive.

3. Treasurer's Report from Elizabeth Savidge

A comprehensive set of accounts were produced and distributed. For yet another year, the club enjoys a healthy bank balance with a good reserve. This is largely due to our low overheads.

With no matters arising, Philip Newman proposed a vote of thanks should be recorded to Elizabeth for her report and superb and much appreciated efforts throughout the year.

4. Swimming Roundup from Christine Goodair

The club had enjoyed another successful year both at our usual meets in the UK and abroad in the Netherlands, Australia and Zurich. We were pleased and surprised to be top visiting club at the Guernsey meet in April.

As in previous years a firm fixture on our calendar is the 'Speed' session of the Dorking Swimarathon where we had two evenly matched teams both completing 91 laps each (182 lengths - 4550m) in 55 minutes. Phil is organising teams for this year's event on March 7th – so offers to swim gratefully accepted but note there are only 6 places left! A first for the Club was to run our held our own successful version of this event on 14 November in which 4 teams of 5 swimmers took part and raised £275 for BBC's Children in Need.

Swimming Competitions

The highlight of this year was the World Masters in Perth, where our swimmers did well. Jane set a new British, European & World Record at the World Masters Championships in the 200 freestyle of 2:56.57 as well as taking Gold in all her races. Medallists from the club included Jane, Penny, Sue, Jim, Frances, Susan, Emma and Christine. Our Women's 200 years relay team (Christine, Susan, Emma and Frances) acquitted themselves well, taking silver medals in both the 4x50 freestyle and medley relays.

Other meets abroad included the Dutch Winter Championships in January – Jane Asher set some Championship Records and Emma Kelly won gold in the 50 fly. Christine Goodair flew the club flag at the 1st Zurich International Masters Championships in Sept 2008, winning silver and bronze medals.

Guernsey we were pleased and surprised to win the trophy for Top Visiting Club, at the The OCS 17th Open International Guernsey Swim Meet, 14th - 16th March 2008. In particular we note the achievements of Dorothy Williams, the oldest swimmer at 85 in the meet and who set the following records:

- World Record 100m Breaststroke in 2 minutes 26.71 seconds
- World Record 200m Breaststroke in 5 minute 09.64 seconds
- British Record 50m Breaststroke in 1 minute 08.46 seconds
- British Record 50m Freestyle in 59.25 seconds

Eastbourne meet – Kings Cormorants 280+ mixed medley team of Jane Asher, Elizabeth Savidge, John Seabrook and Geoff Bishop, set new British Records in the Medley and Freestyle relays

Surrey County Championships Jane Asher and Peter Pollard were the top woman and top man in their age groups at the Surreys. Kings Cormorants were 5th overall in the league table of competing clubs and some of our swimmers were selected to represent Surrey in the Inter- Counties Competition.

ASA Nationals Our 280+ relay team of Elizabeth Savidge, Jane Asher, John Seabrook and Geoff Bishop broke both their British Records and set new European ones in the freestyle relay and medley relay at the ASA Nationals, in October at Sheffield. Jim Green (80-84) also took the British Record in 100 breast stroke in 2:00.70.

At the **ASA South East Region Masters & Senior Competition** Anna Page set meet records in the 50-54 age group for the 100m freestyle in a time of 1.09.75 and in the 100 backstroke in a time of 1.25.30. Emma Kelly, 45-49 age group, set two meet records in the 200IM – 2.57.04 and in the 100 backstroke in a time of 1.21.48. Jane Asher 75-79 age group set a meet record in the 50 fly in a time of 47.35. The club was fourth overall.

British swimming Masters Decathlon Jane Asher won the Women's Competition and Kings Cormorants were 2nd in the Women's team competition.

T30 Challenge Swim Nineteen swimmers entered the 2008 ASA T30. Jane and Penny won golds, with Elizabeth and Peter winning bronze medals. This year over 20 swimmers have entered – a record for the club.

British Long Distance Swimming Association One Hour Postal Swim Fifteen swimmers competed with Nicky Bindler, Jane Asher (age group record), Christine Goodair, Sue Lauder, Penny Webster and Phil Newman won individual medals. The Ladies relay teams for the 45+ & 55+ age groups won golds. Pool time has been allocated for this year's swim on Monday 2, Sunday 8th and Wednesday 11th of Feb. - we hope that you will give it a go.

Open Water & Triathlon Despite the awful weather this last summer Phil has continued to swim regularly in the sea at Hayling and had helped organise the 3rd 'fun' swim at Hayling Island held jointly with Havant & Waterlooville SC Masters and triathletes. With very strong winds and driving rain all day the swim over the intended course had to be abandoned. Nevertheless, a large number of swimmers still turned up and most braved the weather and large choppy waves to swim a much shortened course. Jackie swam in the Swim the Wight event and the Sandown Pier to Pier race and Robert Ireland competed in the Windsor Triathlon.

Other meets swimmers competed in include London & ASA South East Region Long Course Meet at K2, Isle of Wight, Bracknell, and the three Barnet Cophall meets – Distance, Sprint and the 1500.

Other contributions to swimming – whilst many of us compete and enjoy it we could not do it without the officials so we are grateful to Ann Van Beukelen who we often see poolside as a referee, judge, and starter; Sue Lauder as a timekeeper or more often running the computer systems, Christine Goodair as a timekeeper and judge and Jackie Patel as a timekeeper and volunteer.

And of course none of this would be possible without the commitment and dedication of Jane and Phil who design and run our training workouts, coach and help us to improve our swimming.

Phil also added that Penny Webster and Frances Penwarden had been made Honorary Life Members for the Surey ASA.

5. Social Secretary's Report from Jackie Patel

Jackie reported that looking back over the year with the help of Christine Goodair, we had started 2008 with our AGM and a New Year get together and snacks at the Telegraph Pub off Putney Heath.

The team members who went to the Isle of Wight meet in February had enjoyed a good meal out at the Greek restaurant in Sandown on Saturday evening after the event.

Those swimmers who went to the World Masters Championships in Perth enjoyed the opportunity to attend the reception for the British participants laid on by the ASA, some good sightseeing trips and a very enjoyable meal at an Oceanside restaurant in Cattesloe.

The Yacht Club had once again been the venue for the Saturday evening meal at the Guernsey Meet in March and the Goodair booking agency had also pre booked accommodation at Les Cotils.

A new adventure for the club was a weeks Swimtrek holiday in the Isles of Scilly. It was a brilliant trip with good meals, great company, and lovely swims in super surroundings but very cold water! A full report is posted on the website.

The official 'fun' sea swim at Hayling Island in August had to be cancelled due to the weather. Despite this many hardy people still turned up and braved the strong winds, horizontal rain and rollercoaster waves to swim a much shortened course. After this it was back to Havant to the house of Sue Dewar from the Havant & Waterlooville Swim Club to enjoy the food planned for the beach BBQ.

The Children In Need Swimarathon at the Kings Pool in November had been a new event, which had been great fun as everyone both young and old had been able to take part together. Thanks to all who donated items for the tombola as well as to the other helpers and lap counters. It was hoped that we could make this a bigger event this year.

The practise of bringing birthday cakes up to the pool had grown although apologies were expressed for anyone missed. Reminders are always appreciated as it is a good excuse for cake after a hard session in the pool.

Finally, thanks went to Christine and David Steeds for booking this year's excellent venue and organising the evening and such a lovely dinner.

6. Election of Officers

The following were duly elected to serve in 2009.

		Proposed	Seconded
Secretary:	Philip Newman	Terry	Jackie
Treasurer:	Elizabeth Savidge	Penny	Jim
Social Secretary:	Jackie Patel	Ellery	Jim
Swimming Sec:	Philip Newman	Ann	Penny
Swimming Capt:	Christine Goodair	Terry	Penny
Web Editor:	Christine Goodair		

Committee

Members: Jane Asher, Christine Steeds, Peter Pollard

7. Any other business

Christine Goodair reported the Kings Cormorants had been voted Club of the Month by Sportsister magazine for women and had won the services of a session from a nutritionalist. It had been hoped to organise this before Christmas but this had not been possible. It is therefore proposed to book the Mathews room at the Kings Sports Club one evening for this event in the near future.

Richard Spiller suggested that more training articles in Phil's store could be put on the website.

Jackie Patel announced that she had some handy small Cormorants kit bags made up and if anyone wanted one they should contact her.

Phil mentioned that he still had a stock of Cormorants t bag shirts useful for poolside use free for those who have competed for the club. There were also some Cormorants polo shirts available.

Elizabeth Savidge proposed a vote of thanks to the coaches and presented honorariums to Jane (in her absence) and Phil in recognition of their services.

8. Prize giving

The Tony Brown Memorial Trophy for the most improved Club swimmer over the year was awarded to Nicky Bindler.

The Dorothy Weston trophy for the most improved butterfly swimmer was awarded to Mark Williamson

The meeting was duly closed at 22.05