



“After saying goodbye to 2020 we look forward to 2021 in the hope we will have a swim season this year, of course this all depends on Government Guidelines, let’s hope things return back to normal soon.

We are busy preparing our 2021 swim programme in the anticipation we can implement it this year so fingers crossed for a great summer of sea swimming!

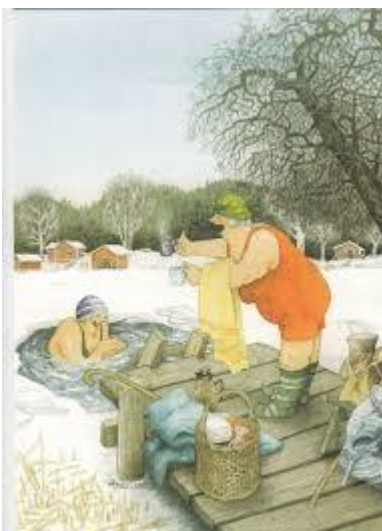
As soon as we are given the green light pool swimming will resume again so please watch this space, in the meantime please take care and stay safe everyone and hope to see you all again very soon”

### Winter Swimming

For those of you hoping to carry on sea swimming over the winter months, here are a few reminders on cold water swimming.

Get in slowly and acclimatise gradually. Take time to steady your breathing. Swim breaststroke at first to overcome the initial cold water shock which can lead to gasping and a sharp intake of water.

Do not swim alone. Make sure you have someone to swim with before setting off. Always make sure that someone in your group has a tow float.



Know where you are swimming to and have a quick and easy exit in mind before starting. Look out for the other people you are swimming with, even experienced swimmers can get into trouble

As the temperature drops consider wearing booties and gloves.

Get changed quickly into lots of loose layers and put a hat on. You will find you get colder once you are out of the water. Have a warm drink ready and, of course, cake is always welcome.

Don't go straight to your car and put the heater on full blast. Similarly, don't rush home and jump in a very hot shower. You need to warm up naturally, from the inside (core) out not the other way round.



WISHING YOU AND YOUR FAMILIES A HAPPY, HEALTHY & SUCCESSFUL NEW YEAR

# ANNUAL AWARDS FOR 2020

Even though the annual dinner had to be cancelled, the committee still wanted to recognise and celebrate the swim successes that were able to go ahead in 2020. Congratulations to all our winners.

Our awards ceremony looked a little different! Soggy, wind-blown and socially distanced but still smiling!

## LLOYDS TSB PRIVATE BANKING AWARDS



For the fastest local male round island swimmer. ***Steve Pallett***

For the fastest local female round island swimmer. ***Jo Pullman***



## JLDSC COMMITTEE AWARDS



For a solo Jersey to France swim ***Jorge Cabrejas***

For a solo English Channel swim ***Wendy Trehiou***





**DAVID COLEMAN TROPHY for THE OBSERVER OF THE YEAR**

*Sam Pipon*



**DENIZE LE PENNEC CHURCHILL AWARD**

*“The Matadors”*

*Jorge Cabrejas & Michelle Parker*

Silver salver re-presented by Denize Le Penneac in 2008 for the “Relay Team of the Year”.

**DENIZE LE PENNEC AWARD FOR THE MERITORIOUS SWIM OF THE YEAR**

*Team Jellignite*

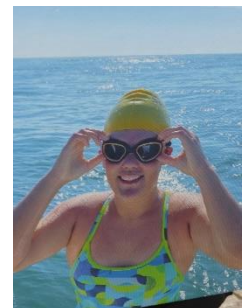
Henry, Izzy & Maddy Le Cornu, Ocean Brown, Poppy Ginnis and Stella Olsson



**THE JLDSC JUNIOR SWIMMER OF THE YEAR** *Ocean Brown*

Donated by Cliff Golding

“For swimming the distance of the English Channel to raise money for Jersey Hospice.



**TRUSCOTT FAMILY TROPHY for FASTEST ROUND ISLAND RELAY**

*Keg Society*

James Salkeld, Brad Rose & Henry Job.

## AGM 2020

With the cancellation of our usual plans to hold the AGM after our annual dinner at the Hotel Ambassadeur, we booked St Helier Yacht Club instead and were fortunate to hold the AGM there before it too was closed due to Government guidelines. Our numbers were limited to 20 and we thank everyone who came along. Not surprisingly there was little business to discuss and the AGM was wrapped up in record time.

### COMMITTEE 2021

President: Dee Richards

Vice Presidents: Bianca Kempster & Chantelle Le Guilcher

Treasurer: Marilyn Le Guilcher

Secretary: Jenny FitzGerald

Members: Martin Powell, Chantelle Rose, John Asplet, Karen Gallichan & Sam Pipon

The assessment swim required for relays will be changed in line with the new CS&PF rules. This was brought about because of the increase in 2-person relays due to the Covid restrictions. It also more closely reflects a relay type swim.

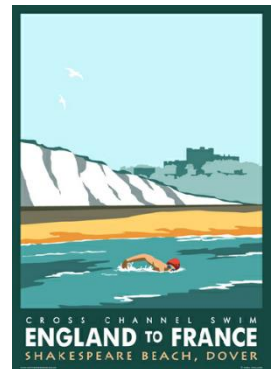
- For a relay attempt - a swim of least 1½ hours swim then leave the water for a minimum of 1 hour and a maximum of 1½ hours – then return to the water and swim for 1 more hour.

### English Channel slot

The 2021 slot has been awarded to Andy Truscott for a 6-person relay.

The 2022 slot is booked with pilot Eddie Spelling on Anastasia on the tide 20<sup>th</sup> – 28<sup>th</sup> July 2022.

For more information and how to register your interest either for yourself or a relay you'd like to organise, please contact Jenny.



### Annual Dinner 2021

November 27<sup>th</sup>

Save the date!

Subscriptions for the 2021 season will become due when we can resume club activities.

## Pool Swimming

Tuesday night pool swimming is still on hold until the Aquasplash can open once more.



## BLDSA One Hour Swim Challenge



The normal format of the swim is for it to take place between 1<sup>st</sup> January and 28<sup>th</sup> February each year and for the entries to consist of the distance you have managed to swim in 1 hour. However, with pools closed and restrictions in place, the BLDSA have added another option for this year called 'The Great Covid Swim Challenge'.

This Challenge is being kept open until at least the end of May and will consist of the distance you can swim in 30 minutes. Additionally, you do not have to have a human lap-counter with you: self-certification or the result on your watch will suffice.

We hope to enter under this new format when we can start pool swimming again.

The Dinner Ladies still want to do a Quiz Night to finish off their fundraising year (which at this rate will end up being two years!).

If and when the restrictions lift - they will keep you posted.



## Swimarathon

The swimarathon has been moved to July.  
Chantelle LG will be in touch nearer the time

## Swim Programme

We are putting our programme together for the coming season - keep everything crossed we can use it!

As well as our usual swims, we shall be having a memorial swim for "Charlie" – St Catherine's to Archie and back.

