



# BABBLE

BISHOP'S STORTFORD SWIMMING CLUB NEWSLETTER



## AUTUMN 2018 ISSUE

COMMS@BSSWIMCLUB.ORG.UK

Anybody know where Sept & Oct disappeared to?! They've been fabulous, giving us lots of great newsletter content – Competitions, first Arena League gala, external meets and of course, Club Championships. It gave us 6 nights of fabulous swimming, huge numbers of PBs and thrilling races, but overall it was wonderful to see the building and cementing of friendships amongst the younger squads, whilst our older swimmers showed how helpful, close and mutually supportive they are of each other.

Thanks to your feedback this edition kicks off some new regular features such as Meet the Squad, Swimmers Tips, Any Questions and our inaugural Babble & Squeak recipe corner! We are also delighted to share the first of a series of articles from Olympic medallist Paul Palmer, who trains with our Masters.

Thanks to all our contributors, especially Paul Palmer, Saffron Craig & Paula Ogden. As always, we value your feedback, not just with the newsletter, but with everything we are trying to do to improve club communications both internally and externally. Please do share your ideas, thoughts and comments with us.

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# CLUB CHAMPS 2018



Since our last newsletter our swimmers, helpers and supporters have been pretty busy with Club Champs nights and then the Presentation evening.

The Annual Bishop's Stortford Swimming Club Championships was swum over 6 nights at the end of September with participation from well over 120 swimmers, from our youngest 7 year old member through to the indomitable Sally Winter, inspiring many of us in the gallery to reconsider getting back in the pool!

Trophies and medals were awarded across 9 and Under, 11 and Under, 13 and Under, 15 and Under and 16 and Over, with a single overall trophy for best swim in each event. Highlights included Aoife James, Lauren Gore, Kaia Philips, Alice Longman, Josie Pretious White, James Gisborne and Tom Ogden all achieving current club records, and all time records in 100 IM 14/15 for Millie Fields (1:08.17) and Tom Ogden (1:03.58). Considering both Millie and Tom have only just moved into the 14/15 age group, this is quite an achievement.

At the awards night, we were privileged to have Paul Palmer, 1996 Olympic Silver Medallist and now member of BSSC Masters Squad, talk to the whole club about his experiences in achieving success in the pool. His talk was pretty inspiring for everyone in the room – not just the swimmers – with key theme of focus, hard work, resilience and the importance of the right mindset in striving towards ones goals.

Over 50 swimmers received awards for performance at Club Champs on the night across 32 events.

We also saw the presentation of our special awards:

### **Most Improved Award**

George Grimwood

Imogen Tang

(Winners are identified by the coaches as swimmers who have shown to have made the greatest improvement in the last year)

### **Endeavour Awards**

Max Williams

Aoife James

(Awarded to swimmers who try really hard but don't quite win, reminding us of the importance of effort in swimming)

### **Kenville Jackson Trophy**

Nicholas Botha

(This is awarded on merit to the club member who has shown great commitment or performed extremely well at a competition)

Thanks to everyone who helped at the awards night to make it such a successful night. Special thanks must go to Tracey Couser and Sam Gisborne who organised all our trophies and medals, to Bryn Couser who opened the event in style, Cara Carter, our super compere and Dan Chada and Josie Pretious-White for supporting Paul in distributing the Trophies.

For the Club Champs events themselves, we would like to extend a thank you to the volunteer officials and helpers on poolside, and those selling tickets and drinks in the foyer. It was particularly good to see some new faces helping out.

# REFLECTIONS



Hello all

It is a pleasure to be able to write these pieces for the club newsletter. I've been training with the club for 6 years now and have enjoyed watching swimmers develop across all levels, all the way through to Olympic standard. As someone who competed and medalled at the highest level in the sport, I am really keen to see how many Stortford swimmers can also achieve national and international success and, throughout the course of the next few newsletters, I will be offering my thoughts and tips about what helps make a swimmer successful and will also recount some of my experiences at the various competitions I participated in. I hope you enjoy them and find them informative...

## PAUL PALMER

**Squad:** Masters

**Swimming History:** Competed in 3 Olympics (1992, 1996, 2000), won 20+ Olympic, World and European medals, former British Junior and Senior record holder at 200m and 400m freestyle

**Favourite stroke / event:** 200m and 400m freestyle

**Proudest swimming achievement:** Olympic silver medallist, 400m freestyle, 1996 Olympic Games

**Best thing about being a swimmer:** I loved the competition – an individual sport means that you get out exactly what you put in. The harder you train, the better you get.

**If I could change one thing....** More access to 50m pools for our club swimmers

**Best poolside snack:** Chocolate helps for a quick fix, bananas work for the slow energy release

**Poolside playlist:** Back in the days when I was competing, I was quite partial to Van Halen and The Stone Roses (not sure either will mean much to today's generation of swimmers!)

**Hat and Goggle etiquette:** I never competed or trained with a hat

**Hero:** The athletes I admire today are cyclist Geraint Thomas (every dog has his day), athlete Laura Muir (a fighter). When I was younger it was Miguel Indurain (5 time Tour De France winner), Ernie Els (South African golfer, won 3 majors)

**Why I continue to swim:** It is, in my opinion, the best fitness training you can do. It works all muscles and is a great aerobic and anaerobic workout

**Best swim hack:** hit the wall hard at the end of the race – you steal vital hundredths of a second, which can mean the difference between winning and not!

**Best piece of advice:**

“ No matter what the race / competition is,  
somebody has to win it -  
so why shouldn't it be you?

# WHERE YOU END UP IS UP TO YOU...

Sometimes a day seems to last forever and other times it can be gone in the blink of an eye. Whether you are 10, 15, 20 or even older, time does have a funny way of moving at a different pace depending on what you are doing. The thing is, regardless of what you are doing, each day has an impact on the next and, collectively, they determine how your life pans out and what you will achieve with it. Never has this been more relevant than in sport, where your “career” can start as young as 10 and is usually over by your late 20’s, early 30’s. When you look at swimming in its own right, it becomes even more pertinent. Regardless of whether your goals (and I hope all you swimmers have them!) are to win at Club Champs, make a final at Counties, medal at National age groups or win the Olympics, the only way to improve and reach those targets is to make every day count, every session count and every competition count.

Effort sports are brutal, particularly individual effort sports. There is no team that can cover your poor match and no arbitrary judging that could help you “get lucky”. Hard work, discipline, hunger, ambition and talent are the prerequisites to success in a sport where the winner is the fastest. It really is that simple.

So, how do you get to make sure you achieve your goals? Well, there are a number of things all of you can do:

- Have I mentioned about how every day is important? It really is. All Olympic champions and medallists will have started with “the dream”. I certainly did. For me, it was watching Seb Coe win gold on the track in the 1984 Olympics. I was 9 and from that moment forth, there was no doubt in my mind about what I wanted to do with my life. The Olympic dream became all consuming. Dreaming about something is one thing, though – actually doing something about it is another. That is why making every day count is so important. If you walk away from every training session tired, but confident that you gave that session everything, then you are already on the way to becoming something. Not everyone is like that, and those that like to mess around, or “get cramp” when the hard work starts are the ones who aren’t making every day count. They are the ones that will get beaten. Ignore the cramp – work the pain away!

# WHERE YOU END UP IS UP TO YOU...

- Your coaches are there for a reason, make sure you listen to them. They know what they are talking about, and their primary objective is to turn you from a club swimmer to something better. They will be searching for the lucky ones that are blessed with the right combinations of talent, guts and a hard work ethic. There's no reason why that isn't you and they will help guide you, improve your technique, develop your strength and stamina. Listen to them and the PB's will certainly follow.
- Keep a training log. Sounds simple, but is really useful. I found myself comparing training sessions from previous years to see how much I'd improved. Making a note in your logs about the times you hit on the main sets in each session will help create an information base that will allow you to take inspiration from the fact that you have improved from sessions you did a couple of months ago.
- I didn't go from being a 9 year old Olympic obsessive to medalling in one overnight. It took 12 years of incremental improvements. So set your goals accordingly. Have the big one – the ultimate lifetime ambition, but also set a target for each year. Mine initially was to make National Age Groups. To do that, though, I needed to target the Midland Districts. To get my qualifying time for the Districts, I needed to compete in the County Champs. To get my time for that, it was the Club Champs. By breaking down my ultimate goal into much smaller, but more easily achievable targets, the ultimate goal of the Olympics became a reality.
- Enjoy the sport. Some of my happiest memories from childhood are training with my clubmates. Yes, I was very, very competitive in the training sessions, but there was still a lot of fun to be had – just make sure you get the work done.
- Lead the lane. It's harder working at the front of the lane as you don't have anybody to slipstream off. Everybody should try it. Don't be afraid of it – the ones that lead the lane will be getting far more benefit and so will improve more quickly.
- And finally, dare to dream! Not many athletes get to compete, let alone medal, at an Olympics. All those that do will have certain things in common. One of those is that everybody who wins an Olympic medal, without exception, will have believed they are good enough to do so. There is no reason why that cannot be you. If the ambition and belief are in the head and in the heart, then you've already started your journey.

**Where you end up is up to you...**



# MEET THE SQUAD

A little sneak peak into...

By Saffron Craig



**Squad Name:** Masters of the Universe - but we usually just shorten it to Masters

**Age range:** 20 to 100 (although we don't have any swimmers that old yet, some of us look it after a hard sesh)

**Swim Locations:** Grange Paddocks and the College

**Hours:** we have 8 sessions spread over the week, four in the morning and four in the evenings.

**Main squad aim:** Eclectic: we have tip top racers, keep fitters, triathletes, people who just want friends and people escaping their families for an hour or so.

**Events you attend:** You name it we've swum in it: pools, rivers, lakes, lochs, seas, sprints, marathons, counties, nationals, europeans, worlds and olympics.

**Things you never knew about our swimmers/squad:**

Beneath our slightly worn exteriors beat the hearts of true swimmers



## SWIMMER PROFILE(S) OF THE MONTH

Fancy being our next profile?  
Email [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)

### HELEN SHINGLER

**Squad:** Masters

**Swimming history:** I started swimming at age 41 3/4 because I accidentally entered a sponsored swim in Lake Windermere after putting my mobile phone through the washing machine twice

**Favourite stroke/event:** medley in the pool, 5km in open water

**Proudest swimming achievement:** when I started swimming I'd been in chronic pain for 7 years and couldn't stand for more than 3 minutes. My proudest swimming achievement is every time I get in the pool

**Best thing about being a swimmer:** camaraderie: swimmers are nutters but gloriously lovely nutters

**If I could change one thing:** I would make Benoît forget 'penguin' exists

**Best poolside snack:** Tangfastics

**Poolside playlist:** too busy talking or tweeting

**Hat and goggle etiquette:** goggles, no hat

**Hero:** every single female masters swimmers who gets her cozzie on and goes for it. I steal inspiration from each and every one of them.

**Why I continue to swim:** to avoid household chores

**Favourite things about being in the squad:** mischief making opportunities and general stirring

**Best swim hack:** a zebra onesie over PJs

**Best piece of advice:**

“  
DO IT!





## ISABELLE BERRY

**Squad:** Poussins

**Swimming History:** I first began swimming as a baby and had my first gala when I was 6. I had moved to America half a year earlier and had carried on there, I came back 3 years later in 2016 and joined BSSC.

**Favourite stroke / event:** Butterfly

**Proudest swimming achievement:** Most valuable swimmer when 6 as part of the Mudrats swimming team (my old summer swim club in Naperville, Illinois).

**Best thing about being a swimmer:** All of the excitement

**If I could change one thing:** I would like to be able to improve on my kick.

**Best poolside snack:** Popcorn

**Poolside playlist:** YMCA

**Hat and Goggle etiquette:** hat followed by goggles

**Hero:** Michael Phelps - I would love to know if he himself had ever struggled with any swimming, such as kick or pull etc.

**Best swim hack:** I personally have not come across a particularly useful swim hack throughout my swimming life

**Best piece of advice:**

“ Carry on, always give a final push.”

## FERGAL BARRY

**Squad:** Benjamins

**Swimming history:** started in the womb

**Favourite stroke / event:** 50 fly

**Proudest swimming achievement:**

Going to Counties for 100m Backstroke in 2017

**Best thing about being a swimmer:**

Being able to eat so much McDonalds after a competition

**If I could change one thing:** I would make early mornings illegal!

**Best poolside snack:** pasta

**Poolside playlist:** Never gonna give you up and Take on me. Just cause.

**Hat and Goggle etiquette:** Two hats, goggles inbetween.

**Hero:** Michael Phelps.

**Best quote/piece of advice:**

“ Just keep swimming...  
- DORI





## DAVID BADCOCK

**Squad:** Benjamins

**Swimming History:** I have been at BSSC for 4 years

**Favourite stroke / event:** 100 Fly

**Proudest swimming achievement:** 5 County Finals at first county championship

**Best thing about being a swimmer:** Peace and quiet when you train

**If I could change one thing:** NO 200 Free

**Best poolside snack:** Graze BBQ

**Poolside playlist:** Oasis, Keane, Train (they are bands). Heavily influenced by what I can download free from my parents but I really like it!

**Hat and Goggle etiquette:** Goggles under, Hat on top

**Hero:** James Guy - he's good at 100m fly and 200m free - my best and worst events.

**Best swim hack:** Put Hat over lip of goggles

**Best quote/piece of advice:**

“ Don't inhale the water because you choke

## A MESSAGE FROM THE MEMBERSHIP SECRETARY

[membership@bsswimclub.org.uk](mailto:membership@bsswimclub.org.uk)

It won't be long until the annual Membership renewal takes place and I will be emailing everybody at the beginning of December with the usual instructions on how to renew.

Can I also ask that, at the same time as renewing, you all check that the details the Club holds on the database are correct? Have you changed your email address, or telephone number? Are the emergency contact details correct? And, most importantly, are there any medical issues that we need to know about?

Some of us have been members for a very long time and it may be that things have cropped up between joining and now! You will also be shortly receiving an updated photography consent form, along with the updated social networking and photography policy, and I would ask that you fill in and **return a hard copy to your squad coordinator** for each swimmer in your family. The current consent form has no specific mention of social media, which the Club would like to use to share our successes, promote ourselves and hopefully attract more new swimmers to join us.

Many thanks,

Linda

## HERTS ASA COUNTY CHAMPIONSHIPS

In response to our survey in September we received a number of questions about the Herts County Championships (Qualifications, Age Groups etc.), so this month's **Any Questions?** is dedicated to all things Counties ...

Any Questions?

# WHAT ARE COUNTIES?

BY COMMS@BSSWIMBLUB.ORG.UK

Every year Swim England Hertfordshire, alongside all other County level organisations, stages the Hertfordshire County Swimming Championships. They are the first formal rung on a ladder that runs through Regionals and Nationals, right up to World Championships and the Olympics.

**When & Where:** The 2019 County Championships will be held at The Venue, Borehamwood on 19th/20th & 26th/27th January and 2nd/3rd February 2019.

**Who can compete:** Hertfordshire operates a qualification system by age group, based on Qualification and Consideration Times. Anyone in the respective age group is eligible to compete if they meet the appropriate Qualifying Time (QT). If the number of Qualifiers does not reach or exceed the Race Size, then Swimmers who have met the Consideration Time (CT) will be eligible to enter, up to the point at which the Race Size is met. Race size depends on age group and event, and ranges from top 4 entrants (12 yr 1500m event) to top 32 entrants (16+ yrs 50 & 100m events). In a particularly strong event year, the number of competitors can be bigger than the Race Size and in a not so strong year, the field may be smaller (when the number of children achieving QT and CTs does not meet the Race Size). Last year the latter happened quite a lot in the younger age groups and so the band for Consideration Times this year has been increased. **Times must be achieved between 1st June 2018 and midnight 9th December 2018.**

Pam will be in touch nearer the time if you are eligible, but the following table shows the Girls and Boys times (up to the 2006 birth year) for the 2019 Championships.

AGE	10/11		12		13	
	QT	CT	QT	CT	QT	CT
50m Free	00:35.81	00:37.60	0:32.64	00:34.27	00:31.22	00:32.78
100m Free	01:18.98	01:26.88	01:12.96	01:20.26	01:07.51	01:14.26
200m Free	02:51.23	03:08.35	02:35.67	02:51.24	02:23.23	02:37.55
400m Free	05:52.32	06:27.55	05:18.71	05:50.58	04:57.02	05:26.72
800m Free			11:29.09	12:38.00	10:15.00	11:16.50
1500m Free				05:18.71		04:57.02
50m Breast	00:47.00	00:51.70	00:43.00	00:47.30	00:40.00	00:44.00
100m Breast	01:42.48	01:52.73	01:35.66	01:45.23	01:29.71	01:38.68
200m Breast	03:43.00	04:05.30	03:20.48	03:40.53	03:09.19	03:28.11
50m Fly	00:40.86	00:44.95	00:37.00	00:40.70	00:34.08	00:37.49
100m Fly	01:37.22	01:46.94	01:29.22	01:38.14	01:20.00	01:28.00
200m Fly	03:44.33	04:06.76	03:32.70	03:53.97	03:04.00	03:22.40
50m Back	00:42.00	00:46.20	00:38.00	00:41.80	00:35.59	00:39.15
100m Back	01:29.35	01:38.29	01:22.00	01:30.20	01:15.44	01:22.98
200m Back	03:13.65	03:33.02	02:52.00	03:09.20	02:43.35	02:59.69
100m IM	01:31.00	01:40.10	01:22.54	01:30.79	01:17.69	01:25.46
200m IM	03:18.09	03:37.90	02:59.11	03:17.02	02:44.65	03:01.12
400m IM			06:20.90	06:58.99	05:45.00	06:19.50

AGE	10/11		12		13	
	QT	CT	QT	CT	QT	CT
50m Free	00:35.26	00:37.02	00:33.14	00:34.80	00:30.88	00:32.42
100m Free	01:18.36	01:26.20	01:13.07	01:20.38	01:07.28	01:14.01
200m Free	02:51.77	03:08.95	02:37.00	02:52.70	02:27.29	02:42.02
400m Free	05:35.36	06:08.90	05:22.92	05:55.21	05:07.82	05:38.60
800m Free				05:22.92		05:07.82
1500m Free			21:00.00	23:06.00	20:00.00	22:00.00
50m Breast	00:47.96	00:52.76	00:43.52	00:47.87	00:40.38	00:44.42
100m Breast	01:43.00	01:53.30	01:35.70	01:45.27	01:30.01	01:39.01
200m Breast	03:42.18	04:04.40	03:27.77	03:48.55	03:15.49	03:35.04
50m Fly	00:40.61	00:44.67	00:37.09	00:40.80	00:33.84	00:37.22
100m Fly	01:40.44	01:50.48	01:29.00	01:37.90	01:22.49	01:30.74
200m Fly	03:48.99	04:11.89	03:38.00	03:59.80	03:33.00	03:54.30
50m Back	00:40.50	00:44.55	00:37.24	00:40.96	00:35.55	00:39.10
100m Back	01:28.81	01:37.69	01:23.66	01:32.03	01:16.55	01:24.21
200m Back	03:12.07	03:31.28	02:58.14	03:15.95	02:45.20	03:01.72
100m IM	01:30.17	01:39.19	01:23.51	01:31.86	01:19.03	01:26.93
200m IM	03:14.84	03:34.32	03:01.61	03:19.77	02:50.80	03:07.88
400m IM			06:10.19	06:47.21	06:07.78	06:44.56

The full table for all age groups is on the Hertsasa.org.uk website and you can check your own times here <https://www.swimmingresults.org/12months/>

**Age group:** as Counties take place early 2019, you will need to look at the QT/CT columns for the age you will be on **31st December 2019, not 2018!** A child born in 2006 who is 12 this year will need to meet the 13 yr QT/CT times for the 2019 Championships. Individual events are 10/11, 12, 13, 14, 15 and 16+ years.

**What happens:** each event is run in heats of mixed age, seeded by entry times. In 50m & 100m events, the 8 fastest swimmers in each age group are invited to swim again in a final later that session to decide on the age group County champion. Two reserves are kept in case two of the fastest 8 withdraw from the final (it can happen!). All other events are swum as timed finals (just like a normal gala). The whole Championships are streamed live on YouTube so your friends and family can watch from the comfort of their own sofa and you can cheer on your swim friends!

**BSSC performance:** An analysis of the 2017 Championships shows 20 clubs competed, with 4 top clubs (Hatfield, Watford, CoStA and Potters Bar) making up half the 4000 swims completed. We were 6 th in the list of total swim numbers, the 3 rd best club (behind Hoddesdon & Hatfield) in terms of % of swimmers achieving finals (31%) and medals (18%) and 4 th on the overall medals table (20 Gold, 20 Silver & 11 Bronze).

*The 2018 analysis is not available yet, but we had an equally impressive year!*

Achieving a CT is a great achievement for a younger swimmer and should be celebrated but remember it doesn't guarantee you a swim. Keep working hard at training and swim well at the galas in November and early December and you may grab yourself a place!



# SWIMMER'S FIRST EXPERIENCES & COMPETITION TIPS

With our focus on upcoming County Championships, a first step up in Competitive Swimming for many of our younger swimmers, we asked some of our more experienced Club members to share some of their experiences in early competitions. As you can see, even for our most successful Swimmers, things don't always go to plan!

## **Hitting my head on 200 back at club champs! (Alex C., Elites)**

My brother belly flopping his first competition dive! (James G, Cadets)

## **Yes, I got disqualified at my first regionals at 100 Fly! (Tom O, Elites)**

My goggles **ALWAYS** come off! (Grace M, Benjamins)

## **In my first race when I was eight I beat my close competitor, it was great ! (Jakey, Benjamins)**

I was so nervous at my first meet but I had great coaches who helped me to think about what I needed to do (Issy, Minimes)

## **Nearly missing my first county final (David B, Benjamins)**

Falling over before the 200 IM at the blocks recorded on a counties livestream (Mia C, Elites)

That's not all we asked them. We also asked for some top tips for competition days. Their responses have been together into a printable little poster in the next page.



# Tips for Competition Days from Swimmers 2018

Have a good nights sleep, eat a good breakfast

(Mia C, Elites)

Sleep, then just relax on the day

(James G, Cadets)

**Arrive nice and early!**

(Grace M, Benjamins)

**Eat Pasta before swimming and bring shakes.**

(Jakey, Benjamins)

Go to bed early the night before and eat a good meal before and after racing. Think positive going into a race.

(Issy, Minimes)

Try to relax because the more nervous you are, the worse you will perform

(Alex C, Elites)

**Constantly vegging, (just chill) then psyche yourself up. Enjoy the race and the quiet whilst you swim.**

(David B, Benjamins)

**Good snacks and great music. Competition days can be long, so its important to have the right mindset for each race**

(Alice L, Benjamins)

Eat chicken, chicken is protein, protein is good

(Tom O, Elites)

# CHICKEN HOTPOT

BY THE OGDEN FAMILY

**SERVES 6 - 8**

**PREP TIME : 20 MINUTES**

**COOK TIME : 1 HOUR -  
1 HOUR 15 MINUTES**

## *Ingredients:*

- 1 tablespoon olive oil
- 6 rashers streaky bacon, finely sliced
- 8 x Fresh Chicken thighs
- 2 tablespoons plain flour
- 400g shallots, skinned and halved
- 2 cloves garlic, finely sliced
- 250g closed cup chestnut mushrooms
- 300ml dry white wine – optional
- Few sprigs fresh thyme
- 200ml double cream
- Handful fresh parsley, chopped

- 1) Heat the oil in a large frying pan. Add the bacon and fry until crisp. Remove and set aside.
- 2) In the same pan, brown the chicken thighs on all sides (this will take 5 – 10 minutes), then transfer to a large casserole dish, sprinkle with the plain flour and set aside.
- 3) Add the shallot halves, the garlic and the chestnut mushrooms to the frying pan and crown for 5 minutes. Spoon the mixture into the casserole then pour over the white wine. Add the thyme, season well, cover and cook on a low heat for 1 hour – 1 hour 15 minutes, or until the chicken is cooked and the sauce is thickened.
- 4) Just before serving, stir in the double cream, warm through, then garnish with the chopped fresh parsley leaves.

# WINNER WINNER CHICKEN DINNER?

BY COMMS@BSSWIMBLUB.ORG.UK



## RECIPE OF THE MONTH

Have a family favourite recipe to share?  
Email [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)



## BSSC SUCCESSES SO FAR

### SWIM ENGLAND EAST REGION SHORT COURSE CHAMPIONSHIPS

A record sixty-three clubs attended the 2018 Swim England East Region Short Course (25m) Championships on 2nd-4th November in Luton, to battle for the honour of being the fastest swimmers in the region and gain places in the Winter National Championships. Each event had one qualifying time for Men and Women, so every event was open to all age groups with 12 year old girls and 14 year old boys sometimes competing against 20+ year olds!

We had 19 swimmers qualify for 88 separate swims – Kaia Phillips (12 years); Millie Fields, Mehdi El Mansar and Tom Ogden (14 years); Alex Catton (15 years); Anya Fletcher, Jess Penkul, Mia Carter, Nellie Eastland, Sarah Carroll, Bryn Couser, Callum Harold and Nick Botha (16 years); Niamh James, Dan Chada and Will Picton (17 years); Callum Davis and Elinah Phillip (18 years); and finally Bradley Veitch (19 years) who popped back from Uni to compete! Considering the open category, BSSC had some young swimmers in action, showing amazing potential for the future.

There were so many highlights over the two days with many swimmers achieving outstanding PBs, but here are just some of the best moments:

**Elinah**, striking Gold in both the 50m and 100m Freestyle events with two commanding performances. She also came 8th in the 50m Fly.

**Millie** with two spectacular PBs to come 5th in the 100 IM final and 4th in an amazingly close 200m Free final, where she missed the silver medal by 0.16 seconds! She also came 8th in the 100m Free final.

**Dan** coming 7th in the 50m Back final and 10th in the 100m Back.

**Nick** coming 6th in the 200m Breast final, having qualified in 8th place, just pushing **Bryn** into 9th place.

**Mia** securing a place in the 50m Back final in 3rd place, though she had to later withdraw due to a shoulder injury she picked up in the 50m Fly.

Although neither Kaia or Tom reached finals, they deserve special mentions for being the fastest 12 and 14 year olds in the pool in multiple races and getting us excited for what they can achieve in the future!

Finally, congratulations to Tom, Mehdi, Millie, Alex, Niamh and Elinah for achieving qualifying times for the Swim England Winter National Championships to be held in December.

## JUNIOR INTER COUNTY COMPETITION

On Sunday 16th September, James Gisborne, Kaia Phillips, Alice Longman, Leo Suo-Saunders and Catherine Clune represented Hertfordshire in the Junior Intercounty Team competition at Inspire Luton. From a slightly slow start, Hertfordshire came 4th overall, which was a very creditable performance and shows some promise for the future.

## SWIM SERPENTINE 2018

On Saturday 22 September, three Stortford Masters swimmers (Karen Roddam, Emma Davies and Helen Shingler) braved the cold water to compete in the third Swim Serpentine event in London's Hyde Park. All three Masters performed brilliantly – Emma came 41st in her age group (45-54) in the one-lap, one-mile event, Karen came 34th in her age group (35-44) for the 2 miles, whilst Helen joined 59 other swimmers competing in the Super Six (yep, 6 miles in one day!) and was the first female home in an amazing time of 2:52.48. Huge congratulations to them all!

## SWIM ENGLAND NATIONAL INTERCOUNTY CHAMPIONSHIPS

Mia Carter, Josie Pretious-White, Dan Chada, Alex Catton and James Gisbourne were part of the Hertfordshire County team competing at the 2018 National County Team Championships at Ponds Forge, Sheffield on Sunday 7th Oct. Hertfordshire came a great 7th out of 17 teams in Division 2 and Dan & Josie represented Herts in the opening ceremony parade.



## SWIM ENGLAND MASTERS NATIONAL CHAMPIONSHIPS

The last weekend of October saw Sally Winter (55/59 Yrs Age Group) and Lizzie Bellinger (40/44 Yrs Age Group) head to Ponds Forge, Sheffield, for the Masters National Championships. Both performed brilliantly with Lizzie getting 4 Gold medals (50m/100m/200m Fly and 400m IM), and 1 Silver medal (200m IM), whilst Sally got 1 Gold (200m Free), 1 Bronze medal (100m IM) and a 5th place finish in the 50m Free. Great performances by them both!



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## ARENA LEAGUE ROUND 1

The evening of Saturday 13th October was round 1 of the London Arena League at Becontree Heath in East London. Arena League consists of 3 rounds of Inter Club swimming matches between now and Christmas, with the winning teams going through to the National Inter Club Final. After a successful last season, we were promoted to the Premier League and so were swimming against 7 of the top 15 clubs in the London Region. The pressure was on!

We saw some amazing performance across all ages, resulting in Stortford coming in overall 5th, beating our points and position target for the evening. An outstanding result! Particular mention should go to the 11 & U swimmers, many of whom were attending their first inter club gala, and the parents up in the gallery who were determined not to be outdone or out sung by the Ipswich army!

## CHESHUNT 14TH AUTUMN OPEN MEET

We sent a squad of nearly 40 swimmers to Cheshunt Swimming Club's Open meet at Harlow Leisurezone on Saturday 27th October. The whole squad swam fantastically bringing home 29 trophies (10 Gold, 5 Silver, 14 Bronze), multiple County times, and countless PBs, but best of all they had great time being the loudest and best moving squad during the Conga / Macarena / YMCA / Hokey Cokey warm up! Even Laure joined in and showed off her best moves!

**Many of the events mentioned above have larger write-ups on our website, so take a look for more details.**

Don't forget to connect to our Facebook and Twitter accounts to get more live-time reporting on events and keep an eye out for articles and photos in the Bishop's Stortford Independent. We are setting up an Instagram account too, so get ready with those photos!

### UPCOMING EVENTS

- **National Arena League Round 2**
- Guildford City Winter Meet
- **Masters Inter-County Competition**
- BBSC & DASC Christmas Cracker Meet
- **BSSC Christmas No Frills Club Night**
- National Arena League Round 3
- **Swim England National Winter Championships**

See the website for full details.

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# FAREWELL JOSIE!

Back in September, Josie was selected as our female Club Captain for 2018/19 and we asked her for a newsletter article. She had been with the club since 2009!

Unfortunately Josie has recently decided to hang up her fins and stop swimming, but given it was such fabulous content, we decided to still print her words.

**Thanks Josie and Good  
Luck for the future!**

## JOSIE PRETIOUS-WHITE

**What does being Club Captain involve?** Being Club Captain, you have to set a good example to the younger members of the club as they look up to you. You have to encourage and motivate them to train hard and support them at competitions. They may also be nervous so you have to be able to calm them down and prepare them for a race. As a captain at our club this can prove difficult due to different pool locations and training times but I do my best when possible. It is also about supporting the coaches, listening to them, swimmers and other adults and being a good communicator.

**Do you have a highlight from last year?** Qualifying for British Championships 2018 in Edinburgh

**What's your ambition for BSSC this year?** To have as many swimmers as possible to achieve their full potential at Counties, Regional and National Championships, as well as our team to be successful at Arena League, Major League and Peanuts.

**Favourite stroke / event:** Freestyle and Butterfly sprints, such as 100 and 50.

**Proudest swimming achievement:** Qualifying for British Champs for the first time in 2014

**Best thing about being a swimmer:** Due to the amount of training swimming entails, you spend a lot of time with the same people so you make very strong friendships that will last for life.

**Best poolside snack:** Cereal Bars, nuts and yazoo chocolate milk.

**Poolside playlist:** I don't personally listen to music on poolside, but everyone's different and will listen to different types of music that motivate them for their race.

**Hat and Goggle etiquette:** During training, I wear a training hat and goggles but when I'm competing I wear a training hat with racing goggles then my club hat over the top.

**Hero:** I always enjoyed watching Rebecca Adlington, I don't have a particular reason, but I always saw her as a good role model when I was younger.

**Best quote/piece of advice:** Always have a positive approach to everything, don't supply yourself with negative thoughts. Believe and aspire to do something and eventually it will happen.

**Do you have any advice for younger members of the club?** Train hard even when it's not a hard session as in the end it will all make a difference. Try not to think about what other people do, if you want something you've got to work for it no matter what.

# FINAL NOTES

## WELFARE OFFICER

The club welfare office is **Lorinda Pieteron**. If you have any concerns over a child's welfare, Lorinda can be contacted either by calling **07885 370843** or by emailing **welfare@bsswimclub.org.uk**

## EASY FUNDRAISING

Don't forget to make your online spending go even further by shopping through **Easy Fundraising** (<https://www.easyfundraising.org.uk/causes/bsswimclub/>)



This only applies if you choose BSSC as your charity to raise donations every time you shop online through this link. Twenty six BSSC supporters have raised nearly £1500 since we started using this scheme - imagine what we could achieve if more of you signed up?!

## ASSISTANT TREASURER NEEDED

Our treasurer, Nicky Fields, is in urgent need of an assistant. No prior experience is needed as you will get training, you just need to have access to a computer/laptop and be willing to volunteer 2-3 hours each week. Please contact [treasurer@bsswimclub.org.uk](mailto:treasurer@bsswimclub.org.uk) if you are interested in helping out.

## WANTED

Are you a whizz with words, a budding journalist, or just someone with a passion for writing? We need volunteers to help us report from galas and contribute to future newsletters, so if you are interested please get in touch with the Comms team ([comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)) whatever your age, be you a swimmer in our younger squads, a teen with journalistic tendencies, or a grandparent cheering squad!

## COMMUNICATIONS TEAM

Keep an eye out for more emails and articles from our newly formed Communications Team. Current team members are Kat Gore, Mel Longman, Una Opiyo and Gemma Wardell, with Saffron Craig as our roving Masters reporter! If you are interested in joining us or have suggestions for areas of improvement in internal and external club communications please get in touch via email on **comms@bsswimclub.org.uk**