



# BABBLE

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The Bishop's Stortford Swimming Club Newsletter

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## FOCUS AND COMMITMENT

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By Comms Team  
[comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)

Welcome to the final edition of Babble for the 2018-19 season. Yet again, we are celebrating success all across the Club from our most senior swimmers in the British & English Nationals, through to our 9 year olds in their first team competitions.

Thank you to all who have supported us in our first year of the new look Babble, especially our regular contributors. We wish all our members a fabulous summer and we'll be back, refreshed and raring to go in September!

This month's featured photo (above) was shared by Shereen Catton who says:

This is a photo of the Herts Major Team in 2011, found by Tracey Couser. As you can see, there are quite a few of the Team Members still at the Club and training hard. There are many in this photo who have qualified for East Region, English Summer Nationals, British Nationals and British Championships. To all of you younger swimmers that are currently training hard, the message is *"Keep going, all of the older Club Swimmers were in your position at some point. **Look at what can be achieved when you stay committed to training and stay focussed!**"*

# THANK YOU TONY CHADA!

Our chair of many years, Tony Chada, ended his leadership period at the club AGM on 19th June. Tony has worked tirelessly behind the scenes maintaining our relationships with the College, Grange Paddocks and Herts & Essex, contributing to the future of pools in this area of Hertfordshire, hiring and working with the current coaching team, listening to parents and ensuring the club continues to grow and excel. We'd like to say a HUGE thank you to him for everything he has done! Fortunately it's not goodbye, as we'll continue to see him poolside in his whites and outside in his running gear!

## WE NEED A SOCIAL COMMITTEE - ARE YOU UP FOR IT?

Over the past few years we've had a family sprint meet (I still remember the belly flops and red chests in the Dad's race!), a couple of BBQs, a disco and a sponsored swim, all of which were great fun and very well organised, but we've not had many social events in recent seasons. This is why we need your help!

The Committee and the Communications team are all flat out with jobs already, so we need to set up a Social Team/Committee/Group (or whatever you want to be called!) that together can come up with ideas for social events and either organise them or find organisers. The Comms team is happy to work with you to publicise events.

**If you are interested in joining the Social team, please email [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)**

### *Dates to remember*

2 Sept	First training day back (but NOT Herts & Essex)
3 Sept	First day back at Herts & Essex training sessions
22 / 27 / 28 / 29 Sept w/b 30 Sept	<b>BSSC Club Championships (late afternoon onwards)</b> Display Window in Stortford Independent
12 Oct / 9 Nov / 14 Dec	Arena League Rounds 1, 2 & 3
19 Oct	<b>Club Championships Presentation Evening</b>
20 Oct	<b>Timekeepers course (4-6pm theory, plus practical)</b>
26/27 Oct	Basildon Phoenix Autumn County Qualifier
1/2/3 Nov	Swim England East Region Winter Championships
16/17 Nov	Guildford City SC L2 Winter Open
30 Nov / 1 Dec	BSSC Xmas No Frills (late afternoons onwards)
5/6/7/8 Dec	Swim England National Winter Championships
11/12 18/19 25/26 Jan	Provisional Dates for Herts 2020 County Championships

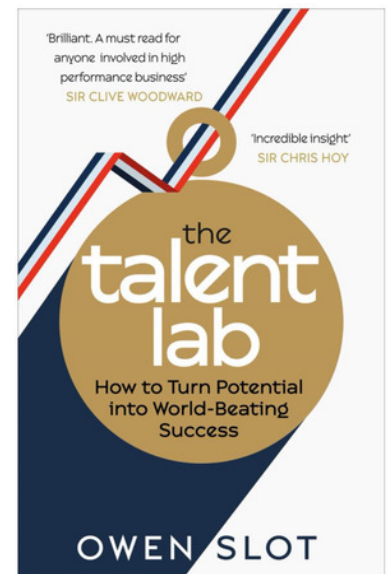
**Check out the website and your emails to see which event is appropriate for your squad**

# THE TALENT LAB - OWEN SLOT

A Book Review by Paul Palmer

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There are plenty of sports books out there in the market – most being the ghost written biographies of a footballer / cricketer / rugby player etc. There's a lot that is good to say about these as they are often informative, funny and interesting – particularly when the sportsperson in question has had to overcome a setback or two in order to achieve greatness. However, there are not so many books on the shelf that analyse how a country overcomes a significant setback in order to achieve greatness.



The Talent Lab, though, is just such a book. What it sets out to do (and very successfully, in my opinion) is to explain how Team GB could finish a lowly 36th in the 1996 Olympic with just 15 medals, and only one of them gold, and then transform itself into one of the top 3 Olympic nations at the 2012 summer Olympics. That's quite a turnaround in 16 short years.

The obvious one word answer as to how Team GB rose up the ranks so swiftly is “funding” and, indeed, this is undoubtedly the key driver. UK Sport were created out of the ashes of the 1996 Olympics and set about a thorough review of what was wrong with British sport. With lottery funding providing a revenue source previously only ever dreamt of by British athletes, we were suddenly in a position to participate on a level playing field against those countries such as Australia, USA, Germany, France that had long supported their athletes in such a way.

Funding was not the magic cure on its own, though. Through each of its fascinating chapters, it deals with various aspects of sport, and how each of these were reviewed, analysed and acted upon by UK Sport to ensure that no stone was left unturned in order to create a team of champions, not just a team of participants. Naturally, swimming gets a significant amount of attention as (with the odd exception) it had perennially underperformed at Olympic level. I found myself nodding along to many of the observations about what was wrong with sport / swimming in this country and what was needed to correct it.

One chapter that really resonated with me was the one that dealt with parenting an athlete. So much was said there that echoed my experiences - the main gist being that sporting success and desire has to come from within the athlete. The parents are there to facilitate this but not to interfere with it. Basically, acting as a taxi driver is essential; ordering the child out of bed at 5.15 in the morning to make a training session is not (and probably causes more harm than good).

# THE TALENT LAB - OWEN SLOT

A Book Review by Paul Palmer

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It brought back memories of various questionable parenting methods that I observed during my training years: from the parent of little “Johnny” who used to cross my name out of the team sheet that was posted on the notice board each week so the coach would think that I couldn’t make the meet (and obviously would then put little “Johnny” on the team in my place), to the parent who threatened physical violence to the coach for not getting his daughter to the national age groups (sometimes the swimmer just isn’t good enough).

There was the parent who would make his daughter run the 3 miles to training (including a hill of 1.5 miles) and then make her run home again as he didn’t think the club’s training was enough and then there were the parents who, upon seeing their little boy finish a race in third place and look eagerly up at the viewing gallery to them, violently shook their fists at him in disgust because he hadn’t won. It probably won’t surprise you to hear that all those aspiring swimmers soon quit the sport and I count myself lucky that my parents were happy to act as taxi driver, but never once forced me to swim or compete. That, I believe, made a huge difference.

For aspiring athletes and their parents, this is a book that is well worth reading. It will offer insights into what is needed in order to succeed, what support there is around you (both locally and nationally) and how athletes and their parents should approach sport and life if the athlete is to succeed. Adam Peaty gets a large amount of air time in the book and, when you consider what he has just done in the recent World Champs, that sums up just how right UK Sport and Team GB are now getting things. The Talent Lab tells just how it was done and how any team or individual might learn from it.

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## REMINDER: Training Course Certificates

If you have recently been on a swimming training course such as Safeguarding, Team Manager 1 or 2, or any courses for Officials, **please can you send a copy of your certificate of completion to Pam Spratt.**

It is important that we as a club have a record of your course completion.

## 2019/20 Squad Fees

Squad	Fee
Elites	£73.00
Juniors	£73.00
Minimes	£69.00
Cadets	£51.00
Benjamins	£46.50
Seniors	£37.00
Masters	£36.00
Poussin	£32.50
Avenirs A	£29.00
Avenirs B	£29.00
University student	£11.00

# EXERCISE AND IMPACT ON YOUR LONGER-TERM HEALTH

by Barry Chandler

BSSC Coach and Specialist exercise instructor weight management & diabetes

The average UK figures for cardiovascular activity show that around 34% of men and 42% of women (over the age of 18) **do not** meet the nationally recommended activity guidelines. I was really surprised to read that around 69% of men and 77% of women **are not** meeting the guidelines on muscular strengthening activities. The latter are really important as you age!

Participating in regular physical activity can have many benefits, for example:

- Up to 83% lower risk of osteoarthritis
- Up to 68% lower risk of hips fracture
- Up to 50% lower risk of type 2 diabetes and colon cancer
- Up to 35% lower risk of CHD and stroke
- Up to 30% lower risk of depression and dementia

Time to exercise is a frequent reason given for not participating in a regular activity program, but actually even just doing ten minutes a day can have real benefits for your health, so, if you're up for a 10-15 minutes challenge at home, try this little set!

*Before you attempt this, make sure you are fit and able to do the exercises and if in doubt consult your healthcare professional. If you have not exercised for a while, It's great to have someone around whilst you try it, or better still get them to do it with you, oh, and don't forget some water!*

Warm up gently for 2-3 minutes (marching on the spot, gentle jogging or a static cycle) just enough to raise the heartrate to around 50% of your maximum heart rate.

Each of the following exercises are done for 30 seconds followed by a 15 second break before starting the next. Do as many as you are able in the time!

30 seconds squats (or squat +kicks)	15 seconds rest
30 seconds mountain climbers	15 seconds rest
30 seconds plank	15 seconds rest
30 seconds press ups	15 seconds rest (on knees or against the wall if you can't do the full version)
30 seconds crunches	15 seconds rest
30 seconds Marching on spot	45 seconds rest and repeat

Repeat twice (or more if you wish!)

At the end cool down by walking slowly/standing rest until your heart rate returns to the resting rate (time this)

If you have any queries on this contact me at [Life2Years@gmail.com](mailto:Life2Years@gmail.com)



This is scalable to your ability and you can see improvement in a number of ways: how many of each can I do in the time? How long does it take me to get my heart rate down to normal again? Reduce from 15 seconds to 10 seconds rest, or just a simple personal scaling on how it feels on a number between one and ten (with 10 being the hardest and 1 being easy). Good Luck!

# ACUPUNCTURE

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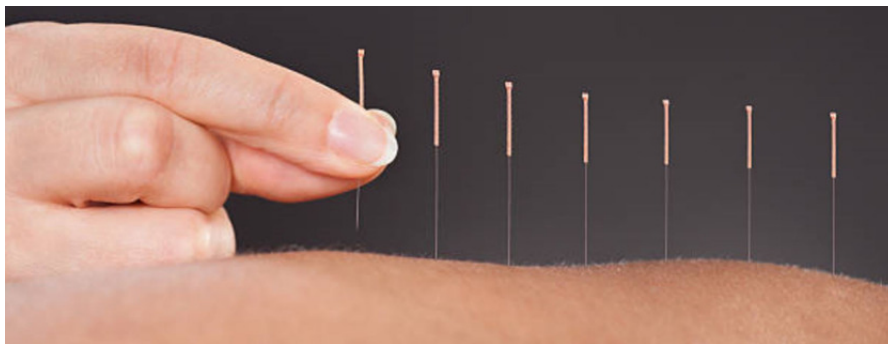
by Katy

Choice Physio

Here at Choice Physio Ltd we are great advocates of Acupuncture and regularly use it in combination with other manual Physiotherapy treatments. It is a useful treatment modality which can be used to help many different types of injuries, pain and aid general relaxation. Conditions we often treat with Acupuncture include: migraines, headaches, chronic pain, neck, back pain and joint pain. There are two forms of Acupuncture; Western (medical) and Chinese Acupuncture. Our Physiotherapists are highly experienced and trained in both concepts, and are accredited members of the Acupuncture Association of Chartered Physiotherapists (AACP).

## How does Acupuncture work?

The Western concept is based on stimulating sensory nerves and muscles, which encourages the body to release natural substances, such as pain relieving endorphins. The needle stimulates an increase in local blood flow to the area, as well as stimulating histamine release into the system. The chemical release can enhance the body's natural healing response, and help with pain relief and relaxation. Chemical release can be achieved locally, at spinal level or centrally (in the brain) depending on the depth, time and location of the needles.



Chinese Acupuncture was developed thousands of years ago in the Far East. It works using channels which are known as 'meridians', in order to produce a chemical response in the body. These meridians run from point to point, with each being linked to an organ and therefore used to treat different bodily areas. The Chinese believe pain or changes in the body occur if the meridian becomes 'blocked', not allowing energy to travel freely around the body. By placing needles along the channel you can stimulate blood and energy flow and release the blockage, therefore rebalancing and positively influencing the patient's symptoms.

At Choice Physio Ltd we are trained in both concepts, and use a combination of Acupuncture points that are tailored to each patient and the presenting symptoms. Acupuncture has an accumulative effect, and therefore a course of treatment is usually recommended to provide longer lasting pain relief. If you are wondering if Acupuncture could benefit you, please feel free to call Choice Physio Ltd on 01279 882518 and our Physiotherapist's would be more than happy to speak to you to see how we can help you.

# MOUNT KELLY SWIM CAMP

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A REPORT FROM THE TRENCHES  
BY KAT GORE & BENJAMINS SQUAD



During May half term, 23 intrepid Benjamins swimmers, 5 crazy parent helpers (me, Darren, Martin, Jasbir & Sarah) and 2 wonderful coaches (Mat & Laure) made the trek down to Mount Kelly School in Tavistock for 4 days of swimming in a 50m pool, land training, high ropes, archery, lots of unexpected hill & stair climbing, and fabulous mayhem! It's the first time this age group have experienced a swim camp, so we asked them to share some of their experiences and survival tips. One of them, Elizabeth, didn't want to be constrained by a short hint or tip, and wrote the fabulous trip report you will find on the next few pages.

Apparently, organising and running a swim camp is like giving birth - you never ask the team managers in the first six months after the camp whether it will ever happen again - so it's far too soon to know if a repeat will happen next year!! The swimmers certainly hope so ...



## Tips, Highlights & Reviews

"As far as trips go, this had to be one of the best that I have personally been on. Firstly, as a swimmer, food is one of the most important things that is required while not in the pool. And the food here was very good! The beds were good and the games room and outdoor space provided enjoyment and entertainment for when we were not swimming. Personally I would love to go back and would recommend for others... "

"Be prepared to train **REALLY** hard, but the activities **AND food** are worth it!"

"Don't think Mat will take it easy on you during Land Training - trust me, he won't!!"

"Making Laure's cousin Laura from an orange (there is a photo somewhere?!) and singing Shotgun at the BBQ (photo below)."

# HOW TO SURVIVE A SWIM CAMP

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BY ELIZABETH CLUNE

The environment of a junior swim camp can be varied and can include many different situations and encounters with the natural wonders of the pool. This guide will help you understand the behaviours of many different creatures such as the **wild coach**, the **majestic chaperone** and the **untamed swimmer**. Never before has there been such an in depth look at the behaviours of these unknown beings.



## 1. The dangers of the habitat

The highly evolved swimmer will spend most of its time in the pool; however the trek to get there can be dangerous and greatly demanding. Many unaware swimmers have been known to be injured and stranded on the way to and from their natural habitat. In this situation, one can generally find a chaperone kneeling down to help the injured youngling. The baby will then find that – depending on the severity of the injury- they cannot swim for a long period of time. Another perilous situation can be found during “extra-curricular activities” such as “tag” and “it”. Whilst participating in these activities, infants have been witnessed in severe accidents such as tripping over a net.

## 2. Encounters with the coach

The coach is one of the most unknown creatures of the swim camp as they are known to act illogically and in unsound manners. One of the examples we found while researching this report, was that when a certain song by the name of “Shotgun” was played the female started having a rhythmic seizure and the male acted like a snail, shrinking back into its shell.



However, normal behaviours around the pool consisted of shouting numbers, waving hands in circular motions and walking- a lot of walking. The coach seemed to deploy a sound similar to “hup-hup-hup” to make the swimmers move faster.



# HOW TO SURVIVE A SWIM CAMP CONT'D

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## 3. Exercise outside of swimming



We have found that an unnecessary amount of walking is done during these camps. One youngling is reported to have done 86 flights of stairs within one day, while another did 30,000 steps. We have also found that one of the more favoured exertions is the act of throwing spherical objects at each other. This seems to be an act of friendship as the participants were making sounds of happiness.

On one of the days, it was found that in a swelteringly hot gym room that smelt like adolescent perspiration, the swimmers were jumping, wiggling and grumbling. The infants become increasingly distressed as a male chaperone challenged them to a pull-up-on-a-bar competition. After this endeavour, they smelt horrid, but we are led to believe that this was meant to make them look “fit”.



## 4. The treacherous journey

Over the 4 day trip, a total of 10 hours were spent in a moving cuboid. Along this migration route, multiple stopovers were made to cater for hunger, thirst and increasing need for a “toilet”. The front of the cuboid housed the calmer more domesticated swimmers along with the coaches and chaperones, however moving down the bus the swimmers became more feral and loud. Their water carriers were being tossed around the bus and pieces of cut-down tree were being passed around. Many attempts were made to sooth the younglings, but none were successful. Many pieces of confectionery were being shared and consumed along with an unusual amount of popcorn. It has been suggested that the swimmer’s preferred diet consists of popcorn, sugar and pasta. Either way, the cuboid was quite loud.

Hopefully this report on the wonders of the swim camp has educated and enlightened you to the beauty and uniqueness of the swimmer in its natural habitat. We hope you consider joining the swim club on one of these once in a lifetime outings into the wilderness.



# SWIMMER PROFILE - MIA CARTER

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**Squad:** Elites

**Swimming History:** British National Finalist

**Favourite event:** 50 Back

**Proudest swimming achievement:**  
Racing in Monaco

**Best thing about being a swimmer:**  
Having an excuse to eat lots of food

**If I could change one thing....**  
Morning training times to later

**Best poolside snack:**  
Sweet and Salted Popcorn / M&S Sausage roll

**Poolside playlist:**  
anything from West End / Broadway Musicals

**Hat and Goggle etiquette:**  
One hat over goggles

## **What's it like to go to the National Championships?**

National Champs is nerve-racking the first time you go, but you have to remember that you are good enough to be there so don't let other or older swimmers intimidate you; they were you once! Give yourself plenty of time to settle in and try to go up and train in the pool the day before so you are more comfortable when you turn up on the day of your race.

## **How do you approach the long summer break?**

For summer break, take as much time off as you deem necessary, let your body recover and give yourself time to reset for the new season. In the last week or two of the break try doing 3 small sessions a week of any exercise to get yourself back into the mind frame of training. Also, remember you're not training as much now so you can't just stuff your face with every bit of food in the fridge; *as soon as you dive in that pool all the water will dive out!!*



## **Hero:**

Ellie Simmonds / Alex Catton

## **Best swim hack:**

Work your underwater

## **Best piece of advice/quote:**

listen to your coach, even when you don't want to

# HIGHLIGHTS

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SEE THE BSSC WEBSITE FOR LONGER VERSIONS OF THESE ARTICLES

## **Juniors show their class at Swim England East Region Championships**

Alice Longman, Kirsty Neill, Grace Mason, Kaia Phillips, Lilian Opiyo & James Gisborne headed to Norwich on the last May bank holiday to compete in the East Region Junior (11-15yrs) Championships. All swimmers performed brilliantly, smashing PBs, reaching finals, experiencing nail biting finishes and, in Kaia's case, winning 2 medals - Gold 50m Back and Silver 100m Back. Jago Derrington unfortunately was injured and couldn't take part.



The great performances across both championship weekends meant BSSC ended up 10th on the final Regional medals table and 2nd out of all Hertfordshire clubs, beaten only by Hatfield which is an amazing achievement! Every swimmer that competed and represented the club across both Regional weekends should be very proud of their efforts.

## **BSSC Swimmers Shine for the College at IAPS National Champs**

On Saturday 8th June a number of BSSC swimmers represented Bishop's Stortford College at the IAPS (Independent Association of Prep Schools) National Swimming finals, including Eliza Andrews, Millie Andrews, Alex Filionescu, Ollie Gisborne, Alice Longman, Peggy Shen, Olivia Sweeney, Meisha Trend-Evans. The College enjoyed one of its most successful performances in recent years, in which our swimmers played a significant part. Congratulations to the whole team on an exceptional performance and great to see our swimmers doing so well!

## **Youngsters Sizzle at Thurrock Summer Sprint Gala**

Sat 15th June saw a large squad of 9-17 year old swimmers head to Thurrock for the Summer Sprint gala. Competition for medals was tough with the reduced age groups (9 yrs, 10/11yrs, 12/13yrs, 14yrs/Over), but our swimmers achieved many PBs and still brought home a very respectable amount of bling! The 9 year olds performed especially well with Zoe Opiyo, Ethan David-Tostevin and Florence Hills all bringing home medals.

## **Great Performances at BSSC End of Season Open Meet**

On the hottest day of the year so far (Saturday 30 June), BSSC welcomed ~350 swimmers and coaches, and countless parents from 19 clubs to our End of Season Long Course meet held at the Inspire 50m pool at Luton. It may have been a scorching day outside, but there was some blistering action inside the pool as well! Our 60+ squad of swimmers racked up nearly 255 individuals swims, numerous PBs and brought home 57 medals – 16 Gold, 19 Silver, 22 Bronze.

We'd like to take the opportunity to thank everyone who contributed their time before, during and after the event to make it the success it was. These meets are really important for our club and we couldn't run them without all our volunteers, officials, office staff etc. Thanks!

# HIGHLIGHTS CONT'D

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## Sizzling Performance at Meet in Bühl

At the end of June, whilst the rest of the club were sweltering in Luton, six UK based BSSC swimmers (Callum D, Callum H, Nick, Ellie, Sarah & Nellie) headed across to Germany and joined forces with a number of coaches and swimmers from BSM Marlins in Muscat (Stu, Henry, Marya, Josie & Olivia), with whom we have close links.



The combined team were a force to be reckoned with and finished 5th out of 20 clubs on the medals table, collecting 18 Gold, 22 Silver and 14 Bronze medals! Two of the golds were relay successes, so the trophies will be coming home to BSSC and the titles will need defending next year!

## Peanuts League

Saturday 6th July saw the BSSC Peanuts team attend round 3 of the Herts Peanuts Gala at Hitchin. After a successful first and second round we went into the final round in the top 6 with Hatfield, Watford, Costa, Potters Bar and Stevenage.



There were an amazing 12 PB's on the night in the individual races and 11 in the relays. Nine year old Zoe Opiyo achieved a current club record of 18.79 in the 9 year old girls 25m Fly, Imogen Tang gained first place in the Girls U12 50m Free with a time of 31.56 and Catherine Clune was first in the Girls U11 25m Breast in 20.50 seconds. The racing culminated in the very loud squadron race in which we came in third place. A special mention must go to Zoe Opiyo, Florence Hills, Oliver Gisborne & George Grimwood who all swam up an age group in the relays and to 9 year old Annabelle Rands and Max Mason for whom this was their first taste of competing for the club.

Overall BSSC came 6th in the First (Top) Division which is 2 places up on last year so a great result for the youngest swimmers in the club and another pennant for the trophy cabinet! Well done to everyone who took part and thanks to all our parent helpers, especially Danielle Reilly our 2019 Team Manager.

## East Region Open Water

The 2019 Swim England East Region Open Water Championships took place on 21 July in Norwich and BSSC had two entrants - Grace and Eleanor Mason.

Fabulous swimming saw Grace finish 13th in the East Region 2K (13 yrs), whilst Eleanor finished 5th in the East Region 5K (16 yrs), Hertfordshire Age Group & Junior Champion and Hertfordshire Senior Silver medallist!

# HIGHLIGHTS CONT'D

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## Epping Junior Triathlon

On Saturday 27th July Meisha and George entered the Tri Sport Epping Junior Triathlon held at Coopers & Coburn school in Upminster.

Fabulous skills in all disciplines saw George come third in Boys 11-12yrs TriStars 2 (200m Swim, 4km Cycle, 1.8km Run) and Meisha take Gold in the Girls 13-14yrs TriStars 3 (300m Swim, 5km Cycle, 2.4km Run).



## British Summer / Swim England / Swim Wales

Late July to early August we had fabulous number of swimmers attending the British National Summer Championships (Glasgow), the Swim Wales Summer Open Meet (Swansea) and Swim England National Summer Meet (Sheffield). We'll do a full write-up with photos on the website soon, but below there are some of the key facts about their brilliant swimming achievements!

British Summer Championships kicked off first, with four current club swimmers (Alex, Bryn, Millie and Meghan) in action along with three swimmers with club connections (Henry, Izzy and Cira).

- Alex: 20th 100 Back & 24th in 50 Back
- Bryn: 15th 200 Breast
- Millie: 5th 100 & 200 Free finals, 19th 50 Free
- Meghan: 15th 50 Free & 19th 50 Back
- Henry: 6th 200 Free, 7th 100 Free & 8th 50 Free finals
- Izzy: 10th 50 Back final, 11th 100 Back, 14th 50 Breast, 15th 200IM & 20th 100 Breast
- Cira: 7th 50 Breast & 9th 200 Breast finals, 13th 100 Breast

Isla (13 yrs) was our lone competitor at Swim Wales. She had some brilliant swims, finishing 5th in the 400 Free, 8th in 100 & 200 Free finals, 11th in 50 Free and 20th in 50 Breast.

Coach Mat put the most perfect summary to the Swim England Championships on Facebook, and we felt we couldn't do any better ... think he should join the Comms Team next season!!

Bryn was on fire and took silver and bronze on the 50 and 100 breaststroke (17th age-group) with 2 fabulous PB (30"29 and 1'06"60). Mia won the silver on the 50 backstroke (17th age-group) with the very good time of 30"38. Kaia swam on the same time she did when she won the East Region on 32"28, and ranked 9th after the final (12-13 age-group). Her 100 backstroke was a little bit harder with a time of 1'12. Niamh took the 6th place on the 200 backstroke (17 and over age-group) and dropped her PB in 2'21"95. What a week!!!

Well done everyone and congratulations to all the BSSC swimmers, coaches, parents,...for this season. Now it's holidays time, hope you'll enjoy it.

**Remember: success doesn't come from "luck" but from hard work, smart work, and consistency. See you in September, Mat.**

# HIGHLIGHTS CONT'D

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## Arabic Championships

News below is coming hot off the press from the Arab Swimming Championships where Mehdi is part of the Moroccan National team and swimming brilliantly this week .... well done!

On Day 1 (Sunday 4th) Mehdi won Gold in the 200 IM (14/15 years age group), swimming a PB of 2:14.89, beating Stu Clarke's Open club record from 2015. He was also part of the 4x200m Freestyle relay team that won Gold.

On Day 2 (Mon 5th Aug) he won Gold in the 400 IM (14/15 years age group), swimming a 6 second PB of 4:49.26, this time beating Robin Turner's Open club record from 2017.

On Day 3 (Tues) he won another Gold, this time in the 200 Back (14/15 years age group), swimming a 3.5 second PB of 2:13.69, but just outside Tom Ogden's record set earlier this year.

## CLASSIFIEDS (JUST THIS ONCE!)

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We're not planning for Classifieds to be a regular feature of this newsletter, though if enough of you were interested we could set up a specific Facebook page where you could all swop / buy / sell your costumes etc - just let us know! However, we were recently approached with a collection of quality offerings from Elinah that were too good to miss, so we thought we'd make an exception. As many of you will know, Elinah is heading to the US this summer to start attending University over there, but you may not know that many of her costumes will not be making the trip with her! She has created a full pdf document listing all 13 costumes up for sale and her contact details, and it will be sent along with this newsletter. We will also post it onto our Internal Members Facebook page. Happy shopping!

## TIMEKEEPERS COURSE

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The club will be running a Timekeepers course on **Sunday 20th Oct at 4-6pm** for any of you who are interested in taking the first step towards becoming an official. We'd love lots of you to take part. If you are interested please contact: **dominic.mason@ntlworld.com**

## WELFARE OFFICER

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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**

# FINAL NOTES

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## Newsletter look, feel and size

Did you know that we have a 2MB size limit on this whole newsletter file so it can be uploaded to our website? We'd love to use higher resolution photos or make it look even more appealing to the eye, but we are limited with what we can do. Please remember that if you have a contribution for us! This month we may trial putting a bigger version just on Facebook for those who like more photos!

## Window of Opportunity

The Bishop's Stortford Independent newspaper allows clubs, societies etc to "own" their window (near White Stuff, opposite Prezzo) for a week and we have secured week beginning 30 Sept. We need to attract new members to our Learn to Swim lessons and the main club itself, so this is a great opportunity for us to promote ourselves. If any of you have an idea of what we could "display" then please do get in touch with the Comms team - any ideas, large or teeny tiny, are welcome! Thanks ... [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)

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## EASY FUNDRAISER

Don't forget to raise funds for our club when you make purchases online!

Just choose BSSC as your charity to raise donations every time you shop online through this link:

<https://www.easyfundraising.org.uk/>



## PRO SWIMWEAR

The ProSwimwear club specific website page is up and running again so please take a look.

Any purchases made through this page raises money for the club:

[www.proswimwear.co.uk](http://www.proswimwear.co.uk)



## BARRACUDAS

Barracudas have agreed to give members £10 off a booking of 2 or more days at their day camps. In addition, if we have enough of us booking, the club gets some cash back, so please get booking!!

Quote **BSSC19** when you book



## STORTFORD SPORTS SUPPLIES

Please visit their website to get club hats, tops, hoodies etc.

<http://stortfordsportssupplies.co.uk>