



# BABBLE

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The Bishop's Stortford Swimming Club Newsletter

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## SEASONS GREETINGS

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

Welcome to the final edition of Babble for 2019! It's a bumper issue as we have had lots to celebrate this season already and there's plenty to look forward to in 2020. First up will be Counties, and we have a great number of swimmers with accepted swims who we will be cheering on - did you know you can watch all the action live on YouTube?!

Our feature photo this edition helps us share the amazing successes of three of our Masters, Barry Chandler, Lizzie Bellinger and Sally Winter who all medalled at the Swim England Masters Championships back in Oct (more on this inside).

Finally, we wish to thank everyone who has contributed to this edition and we wish all our readers a wonderful Christmas break and New Year and best wishes for all 2020 holds!

# REMINDERS

## Bank Account Changes

To those members **not paying** by direct debit – the Membership and Competition accounts are now closed at the bank and any payments made to these accounts will be rejected. All manual BACS payments including membership renewal should be made to the following account details:        Sortcode 08-92-99        A/C number 65230857

## Membership Renewal

ALL members (apart from those still on a 3 month trial) **MUST** follow the instructions on the membership renewal guide and log on and renew their memberships - even if you have just joined! If you pay your squad fees by direct debit, your membership/Swim England renewal fees will be invoiced as usual. For those few who pay by standing order you must make the payment to the account stated before 7th January.

Memberships not renewed by 7th January will lapse and the swimmer will not be able to swim.

## Volunteer Vacancies

We still need volunteers to help with organising social events, organising medals & trophies, fundraising and communications. The club can't function properly without the help of our members, so if you can spare us some time please do get in touch.

## *2020 Dates to remember*

11/12/14/18/19/21/25/26 Jan	SE Herts County Championships and Age Group Competition 2020
21/22 March	BSSC Spring Open Meet, Borehamwood
28 March	Swim England East Region LC Championships
5-11 April	BSSC Training Camp (Minimes / Cadets A)
14-19 April	British National Championships 2020
24-26 April	Swim England East Region LC Championships
24-26 April	British Masters Championships
2/3/8 May	Swim England East Region LC Championships
16 May	Herts Peanuts League - Round 1
6 June	Herts Peanuts League - Round 2
20 June	BSSC End of Season LC Meet, Luton
3-5 July	Swim England East Region Summer Meet
4 July	Herts Peanuts League - Round 3
21-26 July	British Summer Championships 2020
29 July - 2 Aug	Swim England National Summer Meet

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

# LIFE IN THE VILLAGE

by Paul Palmer

Have you ever wondered what it is like to live in a brand new town or village? One that has been built specifically for you and people like you? Well, compete in an Olympics and that is exactly what you will experience...



Before you compete in an Olympics, you have to live in the Olympic Village. This is a purpose built village that has to accommodate 15,000 people (so roughly half of Bishop's Stortford population) and has to cater for every different race, creed and culture on the planet. All different religions have to be factored in, with places of worship for them created. Road signs are colour coordinated to help send you to the right area and are in multiple languages.

Cinemas and entertainment zones are in various sectors to ensure that you have some entertainment for times when you are not training, competing, sleeping or eating.

And as for eating... Athletes have voracious and varied appetites and diets, so multiple food halls have to be built. Some of these are aircraft hanger in size, with the level of choice simply mind boggling. If you fancy some Malaysian noodles, with a bit of French soup, Argentinean steak and a pizza – no problem. If your taste buds are salivating for some Hungarian goulash, Aussie chicken and German sausage – you got it. Moroccan rice mixed with chips + a side order of McDonalds fillet of fish? Easy peasy. It's all there and, if you're not careful, you could undo 4 years of training in a few days by being far too enthusiastic on the type and size of the food you eat. Once you've finished competing, however, then the gloves come off and the chocolate puddings get demolished. For breakfast! Undoubtedly, the food halls become the focal point of the Village.

The accommodation is a series of apartment blocks and are fairly Spartan, but practical. You are separated into groups of 8 or so and always share the, usually, 4 bedroomed apartment with other swim team members, 2 to a room and with a few bathrooms, a kitchen and a lounge area. Very simple, but this works in focussing your mind on the actual reason you are here – to try and win.

Security into and out of the Village is tighter than airport security, with hand and eye scans sometimes used as well as the standard Olympic accreditation pass. There is no chance of sneaking your friends or parents in for a look around – the Village is for athletes and coaches and nobody else. No journalists, no spectators, no girlfriends or boyfriends. No additional distractions. In theory, it works well, but those food halls and the sheer number of athletes always present proves too much of a distraction for some. Races are often lost whilst spending time in the village, so you have to be disciplined and maintain focus. The Olympics are a festival of humanity and the Village itself is an intoxicating sensory overload. Sights, sounds, smells – all combine into one tumultuous experience that lives with you forever.

# LIFE IN THE VILLAGE

by Paul Palmer

The Village itself truly is a remarkable place. One of my abiding memories is of walking into a food hall and being made to feel small by the Chinese basketball team. They were genuine giants, whose hands were bigger than my head. And this was the **women's** team! All of them over 2m tall! Then, after taking in the fact that some people really are massive, you'd see the US gymnastics team and realise that other people really are tiny. Fantastic athletes, but diddy! The weightlifters were wider than they were tall and the sprint cyclists had tree trunks for legs. The US basketball team strut around like rock stars and duly win every match they play, whilst the GB pentathlon team are much more humble. It was by walking around the Village that I realised there genuinely is a sport for everyone. No matter what type of build you are – long and thin; short and squat; strong and light or strong and heavy – there is a sport that your natural physical attributes will mean you can excel at. Sometimes you have to try a few sports before you find the one that works for you, but get out there and experiment as it is a fantastic feeling to be naturally good at something!



The Village is something to be savoured, but also something to be defeated. Some Olympians find village life too hard to adjust to – there is simply too much that is too different to their normal life to take in. They become tourists and will have an amazing time, but usually board the flight home knowing that they missed an opportunity to really prove themselves. The more robust, mentally disciplined athletes take it in their stride and leave the Games far more satisfied. After all, why not allow all the distractions in the Village to capture your attention once you have finished competing – it's far more fun to do it that way!

# MENTAL HEALTH & WELLBEING

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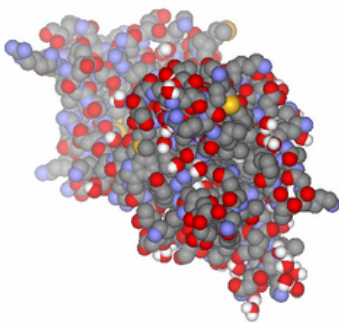
by **Barry Chandler**

BSSC Coach and Specialist exercise instructor weight management & diabetes

Our mental health is something that we are often loath to talk about, yet episodes of mental ill health are widely experienced throughout the population; so, it's good to know that exercise directly affects the brain and helps improve our mood!

Exercise affects our brain not by just increasing the blood supply that brings all the essential nutrients it needs, but also by increasing neurogenesis in the Hippocampus (Ref 1 below).

This area is associated with emotional regulation, memory and learning, and it is this area where many antidepressants are now known to act through this mechanism.



Brain derived Neurotrophic factor (BDNF) is a protein released during aerobic exercise which acts like a 'Neuro Fertiliser'. BDNF promotes both neurogenesis and functional connectivity between brain regions via neuroplasticity.

It is said that it takes around 4 weeks of regular exercise to start to see effects on mental wellbeing (about how long neurogenesis takes); it is recommended that 10-12 weeks shows the greatest effect on depression, including chronic depression.

As we age, brain health decreases and it is estimated that the average brain shrinkage experienced by men and women is approximately five percent per decade after age 40.

The great news is however, that aerobic exercise increases hippocampal volume and can improve memory function along with maintaining overall brain health as we age.

The Link below is to the world mental health awareness day blog from earlier this year

[www.time-to-change.org.uk/](http://www.time-to-change.org.uk/)

You can find out more about Health & Fitness at: <http://www.life2years.co.uk/>

## Reference:

1 Firth, Joseph, Brendon Stubbs, Davy Vancampfort, Felipe Schuch, Jim Lagopoulos, Simon Rosenbaum, and Philip B. Ward. "**Effect of Aerobic Exercise on Hippocampal Volume in Humans: A Systematic Review and Meta-Analysis.**" *NeuroImage* (Published online ahead of print: November 4, 2017) DOI: [10.1016/j.neuroimage.2017.11.007](https://doi.org/10.1016/j.neuroimage.2017.11.007)

# HOW TO BE A GOOD SWIM PARENT

by the Elites Parents

Always be positive, even when you've driven forever to a Gala and the swimmer adds seconds to their PB. Or as aptly named by Cara, the swimmers Personal Worst!

Never underestimate how much food may be consumed at a Gala. Yours in boredom and theirs in effort

Accept the fact that Coaches have Squads and are not personal coaches to certain swimmers



Don't forget your padded cushion for those long days on hard chairs

Ditto your surgical stockings. An average gala is longer than a flight to India!

Entry fees are the cheap part of the Gala. The raffle, protein bars, merchandise and new equipment are all necessary incidentals

Never assume your swimmer knows which events they've been entered into or even where the gala is

Expect to become an expert in lip reading and sign language from across the pool.

**swim parent** (noun)

'sw-im \ 'per-ənt

1. One that is able to wait multiple hours in anticipation of their offspring racing for 30 seconds.
2. Has a constant supply of food for the HANGRY swimmer.
3. Able to withstand the lingering scent of chlorine.
4. Understands the importance of one second.
5. Provides replacement for lost goggles at a moments notice, usually before a race.
6. Embraces extreme humidity during the coldest months of the year.

Remember the coaches cannot spend one hour talking with you as there are many swimmers and not enough hours in the day

When filming your child's race remember not to swear when the outcome is not as hoped

Do not underestimate the Coaches knowledge of every swimmer in their Squad. They've spent far longer watching the swimmer than we have

Always research the closest Macdonalds after a Team Event, or have your excuses ready. Please note, granola bars are never an acceptable alternative

Swimmers do not need to be told they haven't swum their best ... THEY ALREADY KNOW!

There is always a valid reason for the Team selection even if it is not obvious to you or your swimmer

Never comment on another swimmers times, you may need them to give your swimmer a lift one day.

**SWIM PARENT**



**CHEERING SECTION**

**FINANCIAL INVESTOR**

**EQUIPMENT MANAGER**

**TRAVEL COORDINATOR**

**CHAUFFEUR**

# BSSC 2020 COUNTY QUALIFIERS

Congratulations to the 57 swimmers who will be competing at the 2020 Hertfordshire County Championships in Jan/Feb 2020. We're looking forward to reporting on your successes!

## 11 years

Ethan David-Tostevin  
Zoe Opiyo

## 12 years

Alex Filionescu  
Alice Lowe  
Brandon  
Macdonald-Williams  
Beau Reilly  
Catherine Clune  
Eliza Andrews  
Hannah Robinson  
Leo Suo-Saunders  
Megan Hull  
Oliver Gisborne  
Tain Phillips

## 13 years

Alice Longman  
Ellen Millar-Bond  
George Cooper  
George Grimwood  
George Taylor  
Imogen Tang  
Jacob Hayes  
Kirsty Neil

## 15 years

Evie Smallbone  
Freya Reilly  
Isabella Good  
James Gisborne  
Laura Hull  
Sami Zemzami

## 14 years

David Badcock  
Elizabeth Clune  
Emma Fields  
Fergal Barry  
Grace Mason  
Jago Derrington  
Jessie Fields  
Kaia Phillips  
Lauren Gore  
Leanne Suo-Saunders  
Lilian Opiyo  
Meisha Trend-Evans  
Miriam Moukdad  
Sam Carter  
Seb Clark

## 16+ years

Mehdi El Mansar  
Millie Fields  
Alex Catton  
Amy Wright  
Eleanor Mason  
Bryn Couser  
Callum Harold  
Hannah Morgan  
Jess Penkul  
Mia Carter  
Nellie Eastland  
Nick Botha  
Sarah Carroll  
Josie Pretious-White  
Callum Davis

We know you all love a good set of facts and figures (as do we!), so we've pulled together the numbers of swimmers with accepted swims over the last three years. They are presented in two tables below - one split by age category so you can see how that has changed, and the other by year of birth so you can see how the year groups map across the Championships.

**Number of Swimmers with Accepted Entries**

	Age Category at Championships						Total
	11	12	13	14	15	16+	
<b>2018 Champs</b>	2	9	4	2	4	18	<b>39</b>
<b>2019 Champs</b>	4	7	12	5	6	12	<b>46</b>
<b>2020 Champs</b>	2	11	8	15	6	15	<b>57</b>
<b>Total</b>	<b>8</b>	<b>27</b>	<b>24</b>	<b>22</b>	<b>16</b>	<b>45</b>	

**Number of Swimmers with Accepted Entries**

	Year of Birth										Total
	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	
<b>2018 Champs</b>			2	9	4	2	4	9	6	3	<b>39</b>
<b>2019 Champs</b>		4	7	12	5	6	2	7	2	1	<b>46</b>
<b>2020 Champs</b>	2	11	8	15	6	2	3	8	1	1	<b>57</b>
<b>Total</b>	<b>2</b>	<b>15</b>	<b>17</b>	<b>36</b>	<b>15</b>	<b>10</b>	<b>9</b>	<b>24</b>	<b>9</b>	<b>5</b>	



### **Number of years swimming:**

Beau: I started swimming when I was 3 and I have been in the club for 3 years

Tain: I started 'swimming' as a baby and have 3 years in the club

### **Swimming Career so far...:**

Beau: I've just moved up from Benjamin's B and will be going to Counties for the first time so am really happy

Tain: I'm really looking forward to Counties and Regionals (watching my sister)!

## **Tain Phillips (Benjamins A) & Beau Reilly (Benjamins A)**

### **What's the Best and Worst thing about training?**

Beau: best = kick sets, they are my favourite. Massive sprint sets definitely aren't my favourite!

Tain: best = improving your times    worst = getting slow times

### **Favourite swimsuit/swim clothing and why?**

Beau: Arena racing trunks because they aren't baggy so there's no drag

Tain: My speedos because I'm speedy

### **What's your pre- race preparation routine?**

Beau: Stretches, lunges, squats

Tain: Listen to upbeat music and hope for the best

### **What's special about being a swimmer?**

Beau: Going to competitions and making really good friends

Tain: Being able to swim and making new friends

### **What is your best swimming moment?**

Beau: When I won the Endeavour cup

Tain: Winning my first gold medal

### **What's your favourite thing to eat after training?**

Beau: Yahoo chocolate milk

Tain: Apples

### **Apart from a swimmer, what would you like to be?**

Beau: A programmer

Tain: A doctor

### **Who is your role model?**

Beau: Everyone that is faster than me!

Tain: My sister

### **Goggle / hat etiquette?**

Beau:  
Goggles then hat  
Tain:  
Hat then goggles



Following on from our recent Facebook article on “Counties”, you may have heard “Regionals” mentioned a few times around the club and if you’re relatively new to the club you are probably wondering what they are all about. There’s been a few changes to the format for 2020, so even the old hands amongst you might want to read on and check you understand what’s going to happen. We have summarised key changes in a separate box below.

**Any Questions?**

# **BSSC GUIDE TO REGIONALS**

**BY COMMS@BSSWIMCLUB.CO.UK**

The next step up from the Swim England Hertfordshire County Swimming Championships (i.e. Counties), and the last stepping stone before Nationals would be Regionals. England is split into eight regions and Swim England East Region comprises the counties of Bedfordshire, Cambridgeshire, Essex (excluding those areas that are London Boroughs), Hertfordshire, Norfolk and Suffolk.

**As of 2020 there are three different Regional events** – two long course (50m) and one short course (25m). With the two Long Course meets, swimmers will qualify for one or the other meet in each event, depending on their time (i.e. they may qualify for the Freestyle events in May and qualify to swim the Breaststroke events in July). Information on all can be found on the Swim England East Region website [Swimming Competitions](#) page. We'd encourage you to read our summary of each Championships over the next three pages, not just because we spent time on it, but especially as overall, more swimmers than ever will get a chance to compete in Regional events in 2020.

## **Key Changes for 2020**

- There are **two** 50m Championships for the East Region – the traditional one in Spring and a **new Summer Meet** early July. The 25m Winter Regionals remains the same.
- Swimmers will qualify for one or the other 50m meet in each event, depending on their time. The fastest swimmers will be at the Spring Championships, where they could qualify for Nationals.
- The qualifying window is the same for both 50m Championships, but is shorter in length compared to previous years and the start time has shifted to 1st Sept.
- Spring Regionals are no longer split by age group weekends – events for all age groups are spread over all the weekends.
- The Summer meet enables more swimmers to attend a Regional event and extends the competition window into the summer for those who don't make nationals.
- Swimmers qualified for Nationals will be invited to race at the Summer Meet as a practice event.

## Swim England East Region Long Course Championships

When people talk about “Regionals”, this Spring event is usually what they mean. This is the main 50m competition that runs within the qualifying window for National events, giving Regional swimmers a chance to be top within the Region, as well as qualify for “Nationals” (watch out for another article early next year!). *As of 2020 this event will contain fewer swimmers, as the qualification times for each age group have got harder to meet.*

**When and Where:** The 2020 East Region Championships will be held on 28th March; 24th, 25th, 26th April; 2nd, 3rd and 8th May. The March & April dates will be held in Norwich and the May dates will be at Inspire Luton.

**Schedule:** previously, the older swimmers would all compete on one weekend, and the younger swimmers (11-14 yrs) another weekend. It was felt that this division into age group weekends meant that swimmers competed too frequently over a single weekend, particularly if they qualified for finals and swam in the distance events. In 2020, events for all age groups are distributed over all the weekends, just like in Counties, so check out the [published schedule](#) for when you will be swimming. Events range from 50m through to 800m/1500m and also relays.

**Who can compete:** the Championship is open to all swimmers meeting the [published qualifying time](#) (QT) for their age/event – the times change each year and in 2020 they are harder to meet as they have got faster. For 50/100/200m events in 2020, they have been broadly based on the top 16 times recorded for each age in the same period last year. Race sizes will vary as it depends on who meets the QTs.

Times must be achieved from 1st September 2019 to 27th March 2020 – except for 1500m which closes on 13th March. Note that this window is shorter than previous years and has shifted with a later start date. Pam will be in touch nearer the time if you are eligible.

**Age group:** as the next Regionals take place in 2020, you will need to look at the QT column for the age you will be on 31st December 2020, not right now in 2019! A child born in 2007 who is 12 in 2019 will need to meet the 13 yr QT times for the 2020 Championships. Individual events are 11/12, 13, 14, 15, 16 and 17/Over years.

**What happens:** each event is run in heats of mixed age, seeded by entry times. In 50m, 100m & 200m events, the fastest 8 swimmers in each age group are invited to swim again in a final later that evening to decide on the age group Regional champion. Two reserves are kept in case two of the fastest withdraw from the final (it can happen!). All other events are swum as heat declared winner (HDW) events (just like a normal gala). Unfortunately, there's no live stream of the event so you have to be there to experience it.

## Swim England East Region Summer Meet 2020

This new 50m meet provides the opportunity for more swimmers to compete in a Regional event, allows those who would normally only compete in the heats of a Regional Championships to potentially swim in a final and for those qualified for Summer Nationals, allows them to 'peak' for a summer event.

If at the end of March when the window closes, you meet the qualifying time (QT) in an event for the Spring Championships, you will swim that event in the Spring Championships and not the Summer Championships as you are too fast in that event for the Summer Champs. However, if you only just missed out on the Spring Championships time, you may have qualified in that event for the Summer Meet. You need to be in between the two times they have published.

- If you are faster than the published Summer Upper Limit times (L), you will have met the Spring qualifying time and will compete that event in the Spring Championships,
- If you are slower than that Upper limit time, but still faster than the published Summer Qualifying time (Q), you get to race that event at the new Summer Meet.

In addition, members of Swim England East Region Clubs who have qualified for the British Summer Championships and/or the Swim England National Summer Meet will be invited to swim as guests in the events for which they have nationally qualified. They will not be eligible for age group finals or placed in age group heat declared winner events, but this will give them a major practice event prior to the nationals.

**When & Where:** The 2020 East Region Summer Meet will be held on Friday 3rd (evening), Saturday 4th and Sunday 5th July 2020 at Inspire Luton.

**Schedule:** events for all age groups are distributed over the weekend, just like in Counties, so check out the [published schedule](#) for when you will be swimming. Events range from 50m through to 400m, and exclude 800/1500m, 400IM and relays.

**Who can compete:** the Championship is open to all swimmers with times between the [published limit times](#) (L/Q) for their age/event. The faster Upper Limit (L) times have been set 1/100th slower than the 2020 East Region Championship times. The lower Qualifying times (Q) are broadly based on the 25th performance in the same qualifying period last year for all events. Race sizes will vary as it depends on who falls between the two limits in each event/age group. Times must be achieved from 1st September 2019 to 27th March 2020 – same window as above. Pam will be in touch nearer the time if you are eligible!

**Age group:** as Regionals take place in 2020, you will need to look at the QT column for the age you will be on 31st December 2020, not right now in 2019! A child born in 2007 who is 12 in 2019 will need to meet the 13 yr QT times for the 2020 Championships. Individual L & Q times have been published for 11/12, 13, 14, 15, 16 and 17/Over age groups, but there will be double age group awarding categories – 11/12, 13/14, 15/16, 17/over and national guest.

**What happens:** each event is run in heats of mixed age, seeded by entry times. In 50m and 100m events, the fastest swimmers in each age group are invited to swim again in a final later that evening to decide on the age group Summer Regional champion. Two reserves are kept in case two of the fastest withdraw from the final (it can happen!). All other events are swum as heat declared winner events (just like a normal gala).

# Swim England East Region Short Course Championships

Often called “Winter Regionals”, this is a Championship where the fastest in the Region compete in a short course (25m) format.

**When & Where:** Details of the 2020 East Region Short Course Championships have not been published yet, but in 2019 they took place in Basildon on 1-3rd November.

**Schedule:** events are distributed over the weekend, so check out the published schedule for when you would be swimming. All standard events are run, including relays.

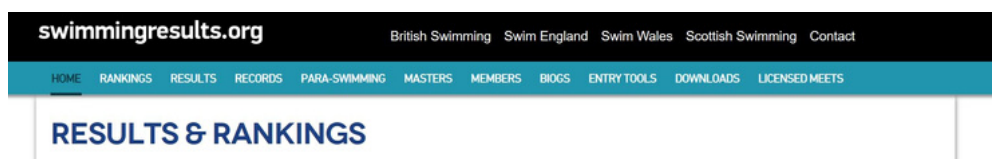
**Who can compete:** the Championship is open to all swimmers with times faster than the published Qualifying Standards for each event. There is only a single Qualifying Standard for every event, so this meet naturally only involves older swimmers and the lightning fast youngsters!

Times must be achieved in the published window, which for the Nov 2019 Championships was from 1st November 2018 to 4th October 2019.

**Age group:** each event is open to all age groups.

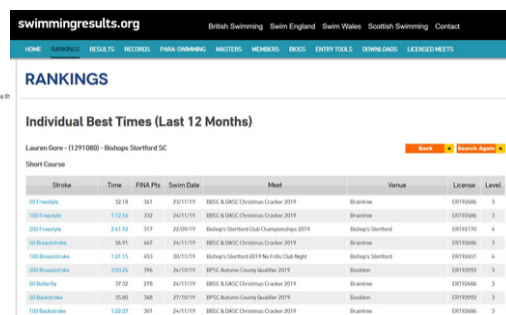
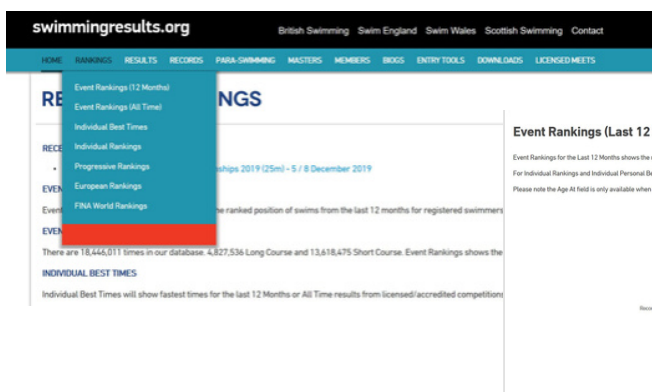
**What happens:** each event is run in heats of mixed age, seeded by entry times. All events have a single final, except the 400m, 800m and 1500m Freestyle, the 400m IM and team events, which are timed finals (heat declared winners). Each final shall have a maximum of two reserves declared.

**Good luck to all our swimmers who qualify for these events in 2020!**



If you've not discovered the [swimmingresults.org](http://swimmingresults.org) website go check it out now!

Lots to discover, but most useful is the Event Rankings (12 Months) where you can find all your swimmers' times, and discover their rankings in the Club, County, Region and even the Country!



# BRITISH SWIMMING FUEL MY FRIDAY RECIPES

## Healthy Roast

Rhys Davies

Swim Wales Para-Swimmer



So no BSSC members were forthcoming with yummy recipes this month so we are blatantly plugging one of the British Swimming Fuel My Friday recipes that they post every ... wait for it ... Friday!! If you haven't checked out their website yet, then click [here](#) to enter their Health-Hub and give it a go - you may need to register online as a member, but it is free to access.

This recipe comes from Rhys Davies and is his healthier take on a [roast dinner](#). We're not suggesting you use this on Christmas Day, but if you want to carry the roasts on during the holidays this might be an option to explore ...

### Ingredients

- 4 Parsnips, peeled and quartered lengthways
- 3 Carrots, peeled and cut into chunks
- 2 Sweet Potatoes, peeled and cut into chunks
- 2 red onions, each cut into 8 wedges
- 1 tbsp olive oil
- Grated zest of 1 lemon
- 2 tsp dried mixed Italian herbs
- 500g lean pork tenderloin, in one or two pieces
- 1 medium Bramley apple
- 400ml hot chicken stock

### Method

1. Preheat the oven to 200C/Gas 6/Fan 180C. Put all the chopped veg into a roasting tin. Drizzle with olive oil, season with salt and pepper, then toss everything together before placing in the oven for 10 minutes.
2. Meanwhile on a plate, mix together the lemon zest and Italian herbs. Roll the pork tenderloin in the mixture, then put it on top of the vegetables and place back in the oven for a further 30 minutes.
3. Peel and core the apple and cut it into chunks. Scatter the pieces into the roasting tin, then pour in the hot stock and cook for a final 15-20 minutes.
4. Slice the pork, arrange on the veg, then spoon the pan juices on top to serve.



### Vegan Mince Pies

Another seasonal recipe, great for those with dietary restrictions! Check out the [website](#) for details.

# HIGHLIGHTS

CLICK ON THE STORIES BELOW TO LINK TO THE FULL BSSC WEBSITE VERSIONS. SOME OF DECEMBER'S ARE STILL WORK IN PROGRESS - PLEASE BEAR WITH US.

## Inspiring Performances at Masters National Championships

The Swim England Masters National Championships is the highlight of the national Masters short course calendar, with over 1000 competitors fighting it out to be crowned 2019 champions. This year it took place in Sheffield on 25-27 October and five Bishop's Stortford Swimming Club Masters qualified (though unfortunately Ashley Meerloo and Helen Shingler could not attend).

Lizzie Bellinger stormed to Gold in the 100m butterfly (40-44 Yrs Age Group), she grabbed Bronze in the 400m IM, took Gold in 29.54 in the 50m butterfly and Silver in the 200m IM, and rounded it off with Gold in the 200m fly.

Sally Winter's campaign started well with a Silver in the 200m freestyle (55-59 Yrs), followed by another Silver in the 100m freestyle and 8th in the 50m freestyle.

Barry Chandler kicked off with a fabulous 5th in the 200m freestyle (60-64 Yrs), secured a Silver in the 100m freestyle, Bronze medal in the 50m fly and Gold in the 50m freestyle! [Full article here.](#)

## Swimmers Secure 79 Pumpkins at BPSC Open Meet

At the start of half term, nearly 70 BSSC swimmers aged 9-19 years old, 3 coaches, including head coach Benoit, and countless supporters headed to Basildon for the BPSC Autumn County Qualifier open meet. The entire squad represented BSSC superbly over the two days, putting in lots of great times and strong performances in their first Open meet of the season, and bringing back 79 fabulous pumpkin themed medals (26 Gold, 24 Silver and 29 Bronze).

[Full article here.](#)



## Swimmers in the medals at Swim England East Region SC Championships



The top swimmers from all six Eastern Counties recently came together for the 2-day Swim England East Region Short Course Championships. Sixteen Bishop's Stortford Swimming Club members qualified: Alex Catton, Bryn Couser, Callum Davis, Callum Harold, Jess Penkul, Josie Pretious-White, Kaia Phillips, Mehdi El Mansar, Mia Carter, Millie Fields, Mohamed (Sami) Zemzami, Nellie Eastland, Niamh James, Nick Botha, Sarah Carroll, Tom Ogdan.

All swimmers performed superbly against stiff competition in the Open age group, but Niamh James (18 years) was on sizzling form, with personal best (PB) times securing her Silver (200m Back), Bronze (100m Back) and 10th in the 50m Back. She was also 7th in the 200m IM heats. Millie Fields (15 years) also medalled, taking Silver in the 200m Freestyle and 7th in the 100m Freestyle, where she was the fastest 15 year old in the pool. [Full article here.](#)

# MORE HIGHLIGHTS...

## National Arena Swimming League - Round 2

The National Arena league continued in November with Round 2 of the London Premier Division. The BSSC team was depleted due to injury and illness, so for some swimmers it was an extra busy night! Millie, Meisha, Lilian, Kaia, Lauren, Jago, Tom and Sami all swam up an age group and a special mention must go to Sam Carter who was constantly up at the blocks. Thanks to Danielle for her leadership, Tony and Dominic our officials on the night, and Shereen, Ali and Kat for all their help poolside.

BSSC came 5th on the night against some really tough competition, leaving us 11th position on the league table, just behind Harlow Penguins, with one round to go.

## Swimming now has its own marathon ...

On Saturday 9th November, three of our Masters swimmers (Sally Winter, Ashley Meerloo and Anel Zuniga-Daly) headed to London Aquatics for their first Marathon Swims event. Sally and Ashley, aka Team Slash60 (Sal-Ash born in '60) took on the Team 10k event, whilst Anel took on the 10k individual swim.

Team Slash60 finished 6th out of 64 in the 10k team, in a time of 2.57.11. Sally's fastest 1k was 16.16 and fastest for Ash was 17.28. Anel came 107th in the 10k individual swim in a time of 3.50.23 (fastest 1k was 20.30. Well done to all three!



## Three take on a distance challenge

On Saturday 23rd November, Kaia, Jago and Eleanor took on the 800m event at the Basildon (BPSC) 800m/1500m Qualifier and all three performed superbly. Both Jago (13yrs: 9:35.78) and Kaia (13 yrs: 9:48.94) achieved qualification for the Swim England Regional Championships, whilst Eleanor (16 yrs) got a 7 second PB with 9:57.90.

## Braintree is a Cracker of a Meet

Towards the end of November, Christmas came early for nearly 70 BSSC swimmers, aged 9-17 years old, who headed to Braintree for the BBSC and DASC Christmas Cracker Open Meet. It was a fun Christmas themed meet and the squad beat their recent Basildon performances with even more great times (including some superb County & Regional times), bringing back 94 fabulous Christmas themed medals (29 Gold, 34 Silver and 31 Bronze) along with another 82 place medals (4th-6th). Well done to everyone!



This time a number of our 9 and 10 year olds got in on the medal collection as well:

- **9 years:** Florence Hills (Bronze 50m Back, 100m Free), Grigory Grishin (Gold 100IM, Silver 100m Breast, Bronze 50m Back), Samuel Bird (Silver 100IM, 50m Back, 50m Free), Tia Wardell (Bronze 50m Fly)
- **10 years:** Ethan David-Tostevin (Silver 50m Free, Bronze 50m Back)

[Full article here.](#)

# AND YET MORE HIGHLIGHTS...

## Taking to the sky for Grove Cottage

We just had to highlight the fantastic, non-swimming, achievement of two of our swimmers - Nick Botha and Nellie Eastland. During November they joined 4 others who soared up to 13,000ft in an aircraft, jumped out and enjoyed the thrill of a 120mph free fall (securely attached to a highly experienced instructor!), before the parachute deployed and they floated slowly back to earth. They both raised nearly £1000 for this fantastic cause.

[Full article here.](#)



## Christmas No Frills

On the evenings of 30 Nov & 1 Dec Christmas came early at our Xmas No Frills meet. Two evenings of fast and furious swimming saw Personal Best and County times achieved. These type of club nights are great local opportunities for our swimmers, but they can't happen without support from parents. Thanks again to everyone who volunteered on the night as helpers and officials (especially those whose swimmers weren't even there!) and thanks to the organisers.

## Super Six Qualify for Swim England Winter Nationals

Congratulations to our six swimmers who qualified for Winter Nationals - Tom, Millie, Alex, Mia, Bryn and Niamh. Winter Nationals took place early December in Sheffield and all our swimmers performed brilliantly, but particular congrats must go to Niamh and Mia who both reached finals (article to follow).

## National Arena Swimming League Round 3

The final round of the National Arena Swimming League took place in Hatfield on December 14th. A rather holiday and injury depleted squad took part in an exciting gala and swam their hearts out to secure a 4th place win on the night and BSSC's place in the London Premier League for another year. Well swum everyone.



## BPSC Last Chance Qualifier



On 7th & 8th December, a large squad of BSSC swimmers and supporters headed off to Basildon again for the BPSC Last Chance County Qualifier open meet. The entire squad were on great form, securing some amazing County and Regional times with lots of strong performances.

They also secured a large amount of these fabulous Christmas medals (full article to follow).



# ALL THINGS FOR A REASON

This year's calendar is jam packed full of swimming meets and we wanted to explain how the first three months of 2020 would work. Some of you may have noticed that the Hertfordshire Major League Gala are not on the calendar. The difficult decision was taken not to compete in 2020 for several reasons.

- The season is shorter this year due to the British Championships / Olympic trials being in April.
- The changes made to the Regionals Dates this year have meant that we have fewer qualification opportunities and as Herts Major League is not licenced it takes away important rest or gala opportunities.
- Two of the Herts Major dates are actually in the school holidays and so getting a Team is much more difficult as swimmers are away.
- Finally, and this is especially for the parents, it would mean that in January and February we would have committed to six possible events in an eight week period. The parents need a break too!

## DEVELOPMENT OPPORTUNITIES

A number of our swimmers have had the opportunity this season to attend sessions run by Swim England Hertfordshire, Swim England East Region and Swim England. Congrats to them all on their selections.

In September Alice Longman, Catherine Clune, Eliza Andrews and Leo Suo-Saunders were invited to the Swim England Hertfordshire 1-Direction Development County Camps for 11 and 12 year olds. The focus from a technical perspective was greatly on SKILLS and PROCESS: they worked on areas such as streamlining, turns, starts and finishes. There were classroom presentations, practical sessions in the pool and land training, along with talks on nutrition and performing under pressure.

During October, Lilian Opiyo and Kirsty Neill attend a pilot Swim England East Region development opportunity for athletes born 2006/2007. It comprised some land and pool based work for athletes as well as a parent's welcome talk based around the new Optimal Athlete Development Framework (OADF) project from British Swimming.



As the year drew to a close, 90 of England's most promising young 15/16 year old swimmers were given the chance to develop their skills at Swim England's National Event Camps and Millie Fields was selected to attend Millfield School. The camps were led by 15 skills coaches, three head coaches, nutritionists, strength and conditioning coaches, physiotherapists, biomechanists and sports scientists. Pool sessions featured skills training and video analysis, with workshops on nutrition and physio helping to prepare the youngsters for potential international call-ups in the future.

# FINAL NOTES

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## Kit Amnesty

Thanks to everyone who donated and/or snapped up items at our first ever Pre-Loved Kit Amnesty. We raised £72.50 for the club and we still have lots of lovely items available to buy! Watch out for posts on our BSSC members Facebook page and more sales in the New Year.



Remember us when you are having your post Christmas sort out - Mel and Kat will take in donations at any time. We'll even take in lone fins and unite them with new partners!



## 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 available 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 again to give members £10 off a booking of 2 or more days at their day camps in 2020.

In addition, if we have enough of us booking, the club gets some cash back, so please get booking!! It even works with other discounts.

**Quote BSSC20 when you book**



## STORTFORD SPORTS SUPPLIES

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

<http://stortfordsportssupplies.co.uk>