



# BABBLE

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The Bishop's Stortford Swimming Club Newsletter

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## 2022 SPRING/SUMMER EDITION

This edition is being finalised whilst sat at the Norwich Sportspark pool cheering on twenty of our older swimmers competing in the Swim England East Region Long Course Championships. COVID has cancelled this event since 2019, so a number of these swimmers are competing for the first time at this Regional competition that brings together the fastest swimmers across the six counties of Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk & Suffolk. Next weekend it will be the turn of our Under 15s who will be competing at Luton. There's been some great results so far, but you'll have to wait until our end of season newsletter to hear more (or check out our website later this month)!

We really didn't need to wait for Regionals to end for news to share, as there's already plenty of great 2022 achievements packed in this edition. We've also demystified Peanuts and brought back the popular Swimmer profiles, including a bumper interview with one of our Masters swimmers who you might not have realised won a Commonwealth Bronze medal.

Our club AGM is fast approaching where we take time to look back over the past 12 months and thank all those who have supported us. Going forward we have a number of committee and role vacancies and we really need more of you to volunteer to help. Please get in touch, even if you only have a small amount of time to offer.

# AGM & COMMITTEE VACANCIES FOR 2022/23 SEASON

secretary@bsswimclub.org.uk

## **BSSC Annual General Meeting: Wednesday 22nd June 2022**

Every club member is welcome to attend in person from 7.15pm (7.30pm start) at the Council Chambers on Windhill. Please come and support your club. Information about changes to a new template for Swim England club rules/constitution will be shared prior to the meeting, along with the opportunity for new committee members.

## **Committee vacancies and volunteer roles**

**A number of our long standing committee members will be stepping down at the AGM in June, so we need some fresh faces to volunteer to help going forward.** The committee meets once a month and you can join without immediately taking up a specific role and explore with the other members what role suits you going forward.

We do already know that we will need a new **Club Treasurer** as Nicky Fields will be stepping down from leading this role. **Ideally we would like to have a main treasurer supported by a small finance team to help reduce the expectation on one person.** Not all the team need to also be on the committee. Nicky will be available to mentor the finance team going forward, but please do consider helping us out with this vital role.

Other opportunities include **Communications & Marketing** and part of the **Fundraising Role** (specifically writing of funding applications). If you feel you are good with words, or just interested in communicating with others or selling our club to the wider community, please get in touch. Again, not all of these roles need to be on the committee.

**Remember you can keep in touch with the club and learn more about us through many different platforms:**

**Website:** [bsswimclub.org.uk](http://bsswimclub.org.uk)

**Facebook:** [BSSwimClub1](#) or [BSSC Members Only](#)

**Twitter:** [@BSSwimClub1](#)

**Instagram:** [bsscswimmingclub](#)

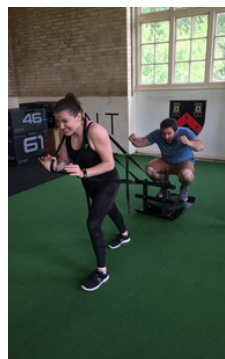
**YouTube Channel:** [Bishop's Stortford Swimming Club](#)

comms@bsswimclub.org.uk

# GOODBYE TO MATHIEU LEROY

Although we are obviously delighted for Mat that he is moving back to France to take up a new role as a head coach, we will be sad to see him go when he leaves us on 13th May.

We wish him good luck and best wishes for all the future holds and hope he will stay in touch!



## CONGRATS BENOIT & LAURE!

After a number of failed attempts due to Covid, Benoit and Laure finally got married on Saturday 23 April! We are so pleased for them and wish them lots of future happiness together.

## HEADCOACH MEETINGS - TUES 17TH MAY

Benoit would like to meet with swimmers and parents of all squads to discuss his plans and expectations for the 2022/23 season. You should have received an email from him with information on the time for the meeting of your squad on Tuesday 17th May.

Training is cancelled that evening (except for Masters) so all swimmers can attend the meetings but please check the time carefully, as it may be a different time to the one at which you usually swim! **Please make every effort to attend your session as it's a chance for you to hear more about the club plans and ask Benoit lots of questions.**

Headcoach Benoit has already shared an updated event calendar for May-Aug 2022 via email, but here's a reminder of some key events coming up. Remember, not all squads attend every event, and changes may happen, so keep an eye on emails and social media for updates. Our website [Events Calendar](#) contains more details for each of these events, including host club website links, schedules, accepted entries etc.

- 2/30 April, 1-2/6-8 May** **Swim England East Region Long Course Championships**  
Qualifying swimmers
- 14 May** **Hertfordshire Peanuts League Round 1**  
Selected swimmers > Poussins, Benjamins A & B, Minimes, Elites
- 21/22 May** **BPSC Spring SC Open Meet, Basildon**  
Benjamins A & B, Cadets, Juniors, Minimes, Poussins
- 31 May - 9 June** **19th FINA World Masters Championships, Japan**  
Qualifying swimmers
- 11 June** **Hertfordshire Peanuts League Round 2**  
Selected swimmers > Poussins, Benjamins A & B, Minimes, Elites
- 17-19 June** **British Masters Championships 2022, Aberdeen**  
Qualifying swimmers
- 18 June** **HSC FINIS Summer Development Meet, Borehamwood**  
Benjamins B, Cadets, Poussins
- 18/19 June** **Hatfield L2 National Qualifier Summer Meet, Hatfield**  
Benjamins A, Elites, Juniors, Minimes
- 2 July** **Hertfordshire Peanuts League Round 3**  
Selected swimmers > Poussins, Benjamins A & B, Minimes, Elites
- 2/3 July** **PSC End of Season Summer SC Open Meet, Luton**  
Benjamins B, Cadets, Elites, Juniors, Minimes, Poussins
- 16/17 July** **Team Luton Summer LC Open Meet, Luton**  
All squads
- 23-28 July** **2022 British Summer Championships, Sheffield**  
Qualifying swimmers
- 5-9 Aug** **2022 Swim England National Summer Meet, Sheffield**  
Qualifying swimmers

If you are new to this whole world of competitions, don't forget to check out our [BSSC Guide to Competitions](#). It will talk you through the key points you need to know.

You may have seen something on the previous page called **Peanuts** and wondered what we are talking about?! Nothing to do with Snoopy or the allergy causing food stuff ... this is an annual interclub league competition run by the **Hertfordshire Swimming League** for younger swimmers across our county. We haven't entered for a couple of years due to Covid, so it will be great to see our swimmers back competing again in this series of three loud, fast and fun evenings!

Very soon, in fact it may have already happened by the time we get this newsletter out, the **coaches will have selected a team of swimmers to represent our club** in The Peanuts League and our **volunteer Team Managers** will have been in touch. The swimmers will be 9 to 12 (based on age as at 30th June 2022) and will compete in a series of age group individual events and relays over three separate galas (or rounds).

We're still waiting for confirmation on exactly how the 2022 galas will work, but typically the league is made up of 3 Divisions with up to 12 teams per Division (the bigger clubs may send more than one team). Each Division competes over 3 Rounds:

- **Round 1 (14 May):** teams from a Division are placed at random into the two different gala locations. Winning teams at each location receive 6 points, 2nd place 5 points and so on.
- **Round 2 (11 June):** teams with odd placing (first, third etc) in Round 1 will meet teams with even placings from Round 1 in the Round 2 galas. Points are again assigned based on position within the galas.
- **Round 3 (2 July):** the results after Round 2 split the Division, with the top six competing in the Winners gala and the rest of the teams in the Consolation gala

At the end of Round 3, Pennants are awarded to the top six teams in each Division, the bottom two teams in Divisions 1 & 2 are demoted and the top two teams in Divisions 2 & 3 are promoted ready to do it all again in May-July 2023.

Sometimes as a parent it can seem a long way to go and a lot of time to invest when all your swimmer may do is "*just one length in a single relay*", but the Peanuts league is such a great opportunity to swim as part of a team in a sport which is mainly self focussed and the evenings are exciting and great fun to be at (unless you end up sat next to someone with an air horn or cow bell!). Many of our older swimmers and their parents would look back fondly at the nights they spent at Peanuts.

Congratulations and good luck to all those who are selected this season! There's no restriction on which swim suits you wear, but if you have club tops and hats please wear them and be proud to represent your club.

**If you are new to this whole world of competitions, don't forget to check out our [BSSC Guide to Competitions](#). It will talk you through the key points you need to know.**

# SWIM ENGLAND EAST REGION 2022 CHAMPIONSHIPS

**Congratulations to all our swimmers who have qualified for the Swim England East Region 2022 Championships in Norwich & Luton in April/May**

**11/12 years:**

Elliot Hall

**13 years:**

Ethan David-Tostevin

Dylan Davenport

**14 years:**

Brandon Macdonald-Williams

**15 years:**

George Grimwood

Jacob Hayes

George Taylor

**16 years:**

David Badcock

Callum Cox

Jago Derrington

**17 years & over:**

Sami Zemezami

Callum Davis

**11/12 years:**

Molly Greatbatch

Maisy Martindale

**13 years:**

Felice Chan

Zoe Opiyo

**14 years:**

Ella Greatbatch

Hollie Heighes

**15 years:**

Scarlett Joslin (Cambridge)

Alice Longman

Kirsty Neill

Imogen Tang

**16 years:**

Emma Fields

Jessica Fields

Lauren Gore

Grace Mason

Miriam Moukdad

Lilian Opiyo

Meisha Trend-Evans

**17 years and over:**

Millie Fields

Niamh James



2022 Long Course  
Championships (50m)

**For some of these swimmers, the Regional Championships will also give them the opportunity to secure places in the British and/or English Summer Championships. The top 24 swimmers in Britain in each age group & event with times achieved in a 50m pool from 11th March to 8th May 2022 will be invited to attend the British Summer Championships and the next 20 will attend the Swim England National Championships. Good luck everyone!**

# SWIMMER PROFILES

We thought it was about time we resurrected the swimmer profiles pages, and we've got some great ones to share!

First up is Alyson Fordham, one of our British and European record breaking Masters, who ranked top 10 in the 2021 World FINA Masters rankings in the 65-69 age group (see our Competition News section for more info). We asked her to share some of her rather long and illustrious swimming history and career as we'd heard it would be of interest (and we think our source was right!).

**Name:** Alyson Fordham (aka Dr Alyson Jones)

**Swimming and Swim Career History:** I didn't learn to swim until I was about 9 years old, but loved it straight away. Later, some children in my primary school were getting lots of attention for their swimming exploits, which alerted me to the local swimming club, so I joined and starting training. My first ever race was in the 12 years age group. I was probably last, but surrounded by really good swimmers from all over the county which made me want to be like them. By the age of 14 I was doing national age groups and **won the English Schools 100m freestyle**. At 17 I was selected for the **individual 100m freestyle and the lead leg of the 4x100m freestyle team at the 1974 Commonwealth Games** in Christchurch, New Zealand. I have a **Commonwealth bronze medal** from that relay.



At that point I had just started A levels and wanted to get into medical school, so I gave up swimming to focus on my studies. Once at medical school, I found myself doing no exercise at all and discovered that **we really enjoy doing the things we're good at** and so joined the swimming club local to my university and trained just once a day, rather than the twice I had been doing when younger. Before I knew it, I was back at nationals again and swimming faster than before, but on the whole able to keep up with my studies. I think this is because I am primarily a sprinter and so didn't need to be putting in the mileage, as long as I paid attention to technique, strength and speed. Swimming was great as an impoverished student, because, being adult, coach got me on all the swimming trips as chaperone, so I got lots of free trips and he could leave the kids in the evenings to go out with his mates!

Even when I started work as a doctor I carried on swimming because it was so useful to unwind at the end of the day. **At the age of 28 I won the national 100m freestyle** (admittedly all the really good swimmers were away at the world champs) and **I made the British team again for a European cup event**. Thereafter age and workload started to catch up with me and I moved on to masters competitions. I stayed close to swimming, as I **travelled with the English Youth Squad and GB Junior team as team doctor** in the late 80's/early 90's. This was when Paul Palmer was on the squad.

There have been periods where life got in the way of my own swimming since then, but it has always been something I wanted to get back to and now I'm retired from work, it's an essential part of my life.

**Favourite stroke and event now and then:** 50m and 100m freestyle have always been my favourite and best events. When younger I regarded 200m as a distance event and would never dream of doing 400m. Now I'm older I do the 200 and 400m and even quite enjoy them.

**Proudest swimming achievements/moments:** The Commonwealth Games and making the British team at the (then) ancient age of 28 years.

**Why I continue to swim and compete:** As I mentioned before, we enjoy doing things we're good at and I enjoy the challenge of swimming and simply keeping fit. But also, being a good swimmer means that wherever I've ended up living and working, even if just for a short time, I could approach the local swimming club and be welcomed in and immediately have like-minded friends and a social life.

**What do I still want to achieve:** I want to break more records in my age group and attend more international events.

**Favourite things about being in the masters squad:** Being with people who share my passion for swimming. I also love the inclusivity of masters swimming. Anyone who can manage the sessions can take part, whether aiming just for fitness, for competitions, or for distance challenges. Such a lovely mixture of people.

**If I could change one thing:** I wouldn't have stopped swimming at 17. I regret never having got to an Olympic Games.

**Swim hero:** Jane Asher. Now over 90 and sprightly as ever and still breaking world records. I want to be like her!

**Best swimming hack:** Stop counting lengths! Give yourself a series of points of technique to think about (even, steady kick, good body position, right arm pull, left arm pull, back end of the pull, catch and front end of the pull, body rotation, breathe in the trough etc etc). There are lots. Pick 8 that work best for you and think of one each length for a 200m and one each 50m for 400m. When you get to the end of your series of technique points, you have finished the swim. This keeps your mind occupied and off how tired and fatigued you feel. I do it in races too.

**Advice for younger swimmers:** Work hard at your swimming but never forget that your push off the wall is the fastest part of your swim. Work every turn and push off in training.



# SWIMMER PROFILES



**Name:** Lois Fields

**Squad:** Benjamins B

**Swimming History:** I started in 2019

**Favourite stroke / event:** Backstroke but I quite enjoy 100m freestyle.

**Proudest swimming achievement:** Competing at Regionals Futures and Development (East Region) and Hertfordshire Counties, getting a bronze for 50m Backstroke!

**Best thing about being a swimmer:** Making new friends!

**If I could change one thing....** it would be competitions starting really early.

**Best poolside snack:** Crisps or Olives.

**Poolside playlist:** I usually listen to upbeat music.

**Hat and Goggle etiquette:** I just have one hat then my goggles. I find it works well for me.

**Hero:** Cody Miller or Adam Peaty

**Best swim hack:** Try to do a really good start and fast tumble turns as it helps a lot!

**Best piece of advice/quote:** Don't get too upset if you get a bad time because there's going to be loads more times that you can try the event again! :)

**Name:** Emma Fields

**Squad:** Elites

**Swimming History:** I started swimming in 2016 at 10 years old, when I was in year 5. I competed at my first Hertfordshire Counties event in 2018 and 2021 my first Regionals.

**Favourite stroke/event:** 50m Butterfly is my best event

**Proudest swimming achievement:** Reaching the finals at the ESSA (English School Swimming Association) National Relay Finals, finishing 9th in England.

**Best thing about being a swimmer:** The best thing about being a swimmer is the feeling you get after swimming well, in training or in competition, always makes you feel amazing!

**If I could change one thing,** I would make it so your hair does not get wet, because I hate having wet hair!

**Best poolside snack:** Pasta or fruit

**Poolside playlist:** Any upbeat song, just to get me focused.

**Hat and Goggle etiquette:** Only one hat with my goggles over the top.

**Hero:** I find Katie Ledecky very inspiring, being one of the best female swimmers, who has picked up many medals internationally.

**Best swim hack:** I love to plait my hair so it is easier to get in my hat at swimming competitions!

**Best piece of advice/quote:** Try not to dwell on a bad swim too much as without bad ones you wouldn't notice the good ones!



# SWIMMER PROFILES

**Name:** Elliot Hall

**Squad:** Benjamins A

**Swimming History:** Completed my swimming lessons, joined BSSC aged 8, did some training at Redricks Lake during lockdown, had first Counties this year and recently qualified for the Regionals

**Favourite stroke / event:** 200m free

**Proudest swimming achievement:** Getting times for the Regionals

**Best thing about being a swimmer:** The feeling of freedom in the water and it's great when you get a PB in a race

**If I could change one thing:** if early morning sessions could be a bit later, ideally during school time

**Best poolside snack:** sour wine gums  
Poolside playlist: Mostly Central Cee, Dave and Lil Tecca

**Hat and Goggle etiquette:** In training just goggles and in a race goggles then hat

**Hero:** Caeleb Dressel

**Best swim hack:** In backstroke get to know how many strokes it takes from the flags to the wall so you can do a really good turn

**Best piece of advice/quote:** Don't be scared to try new distances and events at galas when you start competing



**Name:** Dylan Davenport

**Squad:** Minimes

**Swimming History:** I started attending baby swim lessons from 3 months old. I was invited to try out for BSSC aged 8 and successfully joined the old Avenir's squad. I have moved through the club into Poussins, Benjamins B&A and now the Minimes squad.

**Favourite stroke/event:** 50m & 200m Freestyle

**Proudest swimming achievement:** Winning medals at this year's Counties and gaining regional times.

**Best thing about being a swimmer:** The atmosphere at galas and all my friendly and supportive team mates.

**If I could change one thing....** my breaststroke technique

**Best poolside snack:** popcorn

**Poolside playlist:** anything uplifting and motivating but I prefer to chat with and cheer for my friends.

**Hat and Goggle etiquette:** Goggles on first, hat over the top, spares of both in my bag.

**Hero:** Ian Thorpe for his freestyle technique

**Best swim hack:** cover as much distance underwater as possible.

**Best piece of advice/quote:** Come to training with the mindset that you'll get something out of the session.

# SWIM ENGLAND HERTFORDSHIRE COUNTY CHAMPIONSHIPS

Wow, what an amazing County Championships we had this year! We'd like to congratulate once more the 47 swimmers who qualified (see the [last newsletter](#) for the full list). This year's achievements were so good, that we had to write them up in a series of FOUR articles on our website and two articles in the local newspaper. Just in case you've not explored them yet, here are the links (just click on an article below) so you can read about the amazing achievements, check out all the photos and enjoy the bling!

## Future Stars Make a Splash at Counties

Posted on: 18th March 2022

After a year's gap, the Swim England Hertfordshire County Championships kicked off 2022 with a bang for Bishop's Stortford Swimming Club. BSSC had 47 swimmers qualify to compete and they headed to Borehamwood to take part in more than 200 individual swims over four weekends of exhilarating competition. For 11 year olds Lois Fields and Eddy Cheng it was their first experience of competing at the County Championships, but they controlled their nerves and performed brilliantly with Lois taking Bronze in the 10/11 year old 50m Backstroke and 4<sup>th</sup> in the 100m Freestyle, whilst Eddy was 6<sup>th</sup> in the 50m Breaststroke. The novice trio competing in the 12 year old age group also excelled with Molly Greatbatch taking Gold in 200m Backstroke and Silver in the 200m IM, Elliot Hall taking Silver in 200m IM & 400m Freestyle and Bronze in 200m Freestyle and Mairo Martindale Bronze in 50m Freestyle & Backstroke. It was a really successful championships with twenty six of the BSSC squad bringing home age group medals (26 Gold, 30 Silver, 20 Bronze) and more than 75% of the swimmers being top eight finishes.

With many of the swimmers from previous Counties now away at University, these results reflect great progression for the club and promise an exciting future. Don't forget to explore our other articles about 2022 Counties: [BSSC Celebrates County Successes](#), [BSSC Has "Relay" Great Team Success](#) and [It's a wrap for Counties 2022](#)



## It's a wrap for Counties 2022

Posted on: 18th March 2022

Once all the racing finished, Swim England Hertfordshire crowned the best overall swimmers and three BSSC swimmers secured top spot in the County for their age group: Ella Greatbatch (14 yrs), Kirsty Neill (15 yrs) and Niamh James (16/Over yrs). Elliot Hall (12 Yrs) was 2<sup>nd</sup> in his group, whilst five other swimmers were in the top eight: 4<sup>th</sup> Dylan Davenport (13 yrs); Bella Parkus (17 yrs); 5<sup>th</sup> Ethan David-Tostevin (13 yrs), Jacob Hayes (15 yrs); 6<sup>th</sup> Brandon Macdonald-Williams (14 yrs).



## BSSC Celebrates County Successes

Posted on: 18th March 2022

As well as winning lots of 2022 Hertfordshire County individual age group medals (full list below photos), swimmers at Counties additionally competed to be crowned Junior (15yr and under) and Open Champions (10yr and over) and nine BSSC swimmers had great success! In the Junior Championships, Kirsty Neill secured six Gold (100m/200m/400m IM, 50m/100m/200m Breaststroke), one Silver (400m Freestyle) and one Bronze (200m Freestyle); Alice Longman won one Silver (50m Freestyle) and two Bronze (100m Freestyle, 100m IM); and 14 year old Ella Greatbatch got two Bronze (100m/200m Breaststroke).

In the Open Championships, Niamh James was dominant in backstroke taking four Gold (50m/100m/200m Backstroke, 400m IM) and one Silver (200m IM); Callum Davis took three Gold (100m IM, 50m/100m Butterfly), one Silver (200m IM), and two Bronze (50m Freestyle, 50m Breaststroke); Sami Zemzami got one Gold (200m Freestyle), one Silver (100m Butterfly) and one Bronze (100m Freestyle); Millie Fields secured one Silver (200m Freestyle) and younger sister Jessie one Bronze (100m Butterfly); 16 year old Jago Derrington stormed to two Gold (200m Backstroke, 400m Freestyle), two Silver (200m IM, 1500m Freestyle); whilst 15 year old Kirsty Neill beat off strong, and much older, competition to take Gold in 200m Breaststroke, and three Bronze (100m Breaststroke, 100m/400m IM).

Congratulations to everyone who competed! The Covid restrictions still in place meant age group medals were not handed out during Counties and the usual celebration evening was not held, so Headcoach Benoit was delighted to have the job handing out all the bling to his successful swimmers!



## Hertfordshire County Championships

### Medal Table

#### Overall

Place	Club	Gold	Silver	Bronze
1	Hatfield	145	119	85
2	St Albans	56	40	54
3	Potters Bar	53	34	39
4	Bishop Stort	50	48	45
5	Watford SC	29	34	38

#### Women

Place	Club	Gold	Silver	Bronze
1	Hatfield	66	41	33
2	Bishop Stort	19	19	14

#### Women Junior Championships

Place	Club	Gold	Silver	Bronze
1	Bishop Stort	7	2	5
2	Hatfield	6	11	6

#### Women Championships

Place	Club	Gold	Silver	Bronze
1	Hatfield	18	19	16
2	Bishop Stort	5	8	8

#### Men Championships

Place	Club	Gold	Silver	Bronze
			9	12
			8	10

## BSSC Has "Relay" Great Team Success

Posted on: 18th March 2022

Weekend three at Hertfordshire County Championships was relay weekend. Time for club rivals from previous weeks to come together as teams and represent BSSC against the best that Hertfordshire could offer. The members of BSSC did not disappoint, with nail biting close finishes and great come backs that had spectators off their seats willing them on. The freestyle and medley relays were split into three age categories (Age Group 13yrs and under, Junior Championship 15yrs and under, and Championship 10yrs and over) with male, female and mixed teams in each. BSSC relay teams finished in the top 8 in all 18 events, and won an amazing nine medals (1 Gold, 5 Silver & 3 Bronze), seven more than in 2020. Full results are given below the fab photos taken by our Team Managers Claire and Sarah.



# COMPETITION NEWS FEB-APR 2022

There have been so many competitions to write about since Counties in January that yet again, we didn't manage to complete individual website write ups or newspaper articles about them all, but hopefully we've listed everything below. Some of the events did get written up on our website and we include them all in case you've missed them and to continue the celebration of all the great achievements (click on the [links](#) to view more).

**We kick off with a cluster of amazing results from a trio of masterful Masters ....**

## **BSSC Trio of World Class Masters**

Despite 2021 being yet another year of extremely restricted training and limited competition opportunities, three BSSC Masters have been named in the recently released 2021 FINA World Masters Top 10 Short Course (25m) Rankings. Elizabeth Bellinger (40-44yrs), Sally Winter (60-64yrs) and Alyson Fordham (65-69yrs) all secured multiple world top 10 finishes in their age groups. Sally and Alyson also still feature on the FINA All Time top 10 rankings in their age groups, with Sally having the 9th and 10th fastest ever 200m freestyle swims (short course and long course respectively) and Alyson holding the 8th fastest short course 100m freestyle swim.



The 2022 season has kicked off in style for all three Masters. Lizzie and Alyson both competed at the Essex Masters Championships. Lizzie, the current British and European record holder, demolished the field to take gold in the 100m butterfly (1:08.18). Alyson was on sizzling form, dominating the three events she had entered, taking gold in the 50m and 200m freestyle in new European record times (30.93 and 2:34.06), and gold in the 400m freestyle with a new British record (5:29.40).

Lizzie also was in great form at the 2022 Swim Wales Masters Championships, taking gold in 50m butterfly, and silver in both the 100m freestyle and 200m IM.

Sally's recent trip to the Calverton and Bingham Masters competition in Nottinghamshire resulted in two golds in the 50m and 200m freestyle and overall 3rd place female in the 60/64 age group from only two races!

Late April, Alyson and Lizzie headed to the Newmarket Masters Open Meet and again dominated every race they entered. Lizzie took gold in the 100m butterfly and 200m IM with the fastest times recorded in Britain in her age group in the past 12 months. Alyson also took three golds in the 200m freestyle, 100m IM and 100m freestyle, with the 100m IM and 100m freestyle times also being new British Records.

Focus for this fabulous trio now moves to the British Masters Championships in June and the European Masters Championships in August.

## **PSC Spring Long Course National Qualifier**

Early March 17 swimmers headed to Luton for the first Long Course meet of 2022. Ella Greatbatch and Kirsty Neill dominated their breaststroke events, taking Gold in their age groups for 50m, 100m AND 200m breaststroke. Niamh James, swimming in the Open category, took Bronze in the 100m & 200m Backstroke. The title of the meet came true for some of the swimmers, including Kirsty Neill (15 years) and Lauren Gore (16 years), as they obtained British Championship Qualifying Times.

# COMPETITION NEWS FEB-APR 2022 CONT'D

## BSSC Spring Club Meet

The same weekend as the Putteridge meet, we held our own club meet. Sixty-four swimmers representing all our squads completed 238 swims, nearly two-thirds of which resulted in personal best times! So all in all, it was a successful meet that gave many of our younger swimmers the chance to get official times on the [national ranking database](#). Thank you again to all our officials and other volunteers who made it possible for us to run this event. We couldn't do it without you!



## Team Luton Level 1 Long Course Open Meet

The 29 swimmers who headed back to Luton a week later had a very successful meet, with 12 returning with 29 medals - 11 Gold, 9 Silver, 9 Bronze. Molly Greatbatch (Benjamins A) was our youngest medal winner, with Gold in 100m & 200m Breaststroke and Silver in 50m Breaststroke in the 12 year age group.

Other medallists included: Brandon Macdonald-Williams, David Badcock, Dylan Davenport, Ella Greatbatch, Emma Fields, Ethan David-Tostevin, Hollie Heighes, Jago Derrington, Kirsty Neill, Niamh James and Zoe Opiyo.

## City of Cambridge Spring Open meet

Whilst our older squads were at Luton, eight of our youngest swimmers (10-13yrs) headed to Cambridge. Congratulations to them all on their great performances, especially four of our swimmers who all had top three finishes:

**50m Freestyle:** Gold Adeline Chan (9yrs), Silver Zackary Haslett Fossey (10yrs)

**100m Freestyle:** Silver Zackary Haslett Fossey (10yrs)

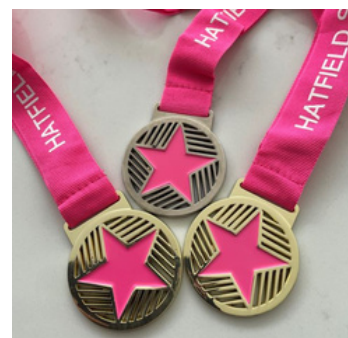
**50m Backstroke:** Bronze Lois Fields (10yrs)

**50m Breaststroke:** Silver Guy Spearman-Baines (10yrs)

**100m Breaststroke:** Bronze Guy Spearman-Baines (10yrs)

## Hatfield Level 2 Short Course Regional Qualifier

Late March, 39 swimmers aged 9 to 18 went to the University pool at Hatfield on the hunt for more qualifying times for the East Region Championships and maybe a bit of bling for the collection! This short course event had the extra excitement of Junior (13 & Under) and Senior (14+) finals for the eight fastest swimmers in each group. More than a third of the swims resulted in final placings and half of those final swims resulted in medals, so the BSSC spectators had plenty to cheer about!



Overall it was a very successful meet, with BSSC taking 62 age group medals (22 Gold, 19 Silver, 21 Bronze), 7 Junior final medals (3 Gold, 2 Silver, 2 Bronze) & 15 Senior final medals (8 Gold, 3 Silver, 4 Bronze). Although hard fought finals with fingertip wins are often highlights that stick in everyone's minds, two events stood out where every entrant dominated and medalled - the boys 400m freestyle (Gold Elliot Hall 12yrs, Gold Dylan Davenport 13yrs, Silver Jakey Hayes 14yrs, Bronze George Grimwood 15 yrs) and the girls & boys 100m butterfly (Gold Emma Fields 16yrs, Silver George Taylor 15 yrs, Silver Grace Mason & Callum Cox 16yrs, Bronze Bobbie Macdonald-Williams 13yrs). Well swum all!

# COMPETITION NEWS FEB-APR 2022 CONT'D

## Swim England East Region Long Course Development Competition 2022 (Norwich)

This Regional event was offered to the same age groups as the main championship competition, and was intended as a development event for those just shy of the championship entry standards. It comprised of mixed gender races and all events were Heat Declared Winners (HDW, i.e. no finals).

Ella Greatbatch, Emma Fields, George Grimwood, Lois Fields, Meha Patel, Molly Greatbatch and Scarlett Joslin (who also swims for Cambridge) qualified for 18 events and all achieved personal best times. Molly won Gold in 200m IM (12 yrs); Ella took Gold in 400m IM and Silver in 50m Backstroke (14 yrs); George got Gold in 50m Butterfly and Silver in 100m Freestyle (15 yrs); whilst Emma won Silver in 200m Freestyle. Congratulations to them all for qualifying and for their achievements.



## British Swimming Championships 2022 (Sheffield)

Congratulations to all our swimmers who competed at the British Swimming Championships in April. This annual event brings together the top swimmers in the country and with teams for many International events, including the upcoming Commonwealth games, being selected from the championship results the likes of Adam Peaty, Duncan Scott, Anna Hopkin and Abbie Wood were present and in great form!

The [website article](#) brings you full results and more pictures so please take a look.

## 2022 Scottish National Age Group Championships (SNAGS, Glasgow)

Five events, five finals, seven PBs and three medals! Elites swimmer Kirsty Neill recently headed north of the border to SNAGS, the largest event in the Scottish National swimming calendar that pre-pandemic attracted over 1000 athletes from across the UK and beyond. She had an amazing competition taking Gold in 200m Breaststroke, Silver in 100m Breaststroke and Bronze in 50m Breaststroke (15 year age group).



## City of Norwich Level 1 Long Course Easter Meet

Over the Easter weekend whilst many were at home eating chocolate from the Easter Bunny, 26 BSSC swimmers headed to Norwich for a level 1 long course meet. This event was a good warm up for Regionals which will be held in the same pool just two weeks later. Age group medals were available for younger swimmers and 200m+ events, whilst those 13 and over competed in the 13/14, 15/16 and 17/Over finals for the 50m & 100m events.

Five swimmers medalled (below) and there were top 8 finishes from Elliot Hall, Maisy Martindale, Hollie Heighes, Emma Fields, Grace Mason, Brandon Macdonald-Williams.

**Molly Greatbatch** Bronze 50m Breaststroke    **Ella Greatbatch** Bronze 100m Breaststroke

**Lauren Gore** Gold 50m & Bronze 100m Breaststroke

**Jago Derrington** Bronze 200m Backstroke & 400m Freestyle

**Meisha Trend-Evans** Silver 800m & Bronze 1500m Freestyle



# WELFARE OFFICER

We are pleased to share that the **transition of Welfare Officer** has happened and **Brian Neill** is now fully qualified and actively supporting the club. If you have any welfare concerns please do contact him on [welfare@bsswimclub.org.uk](mailto:welfare@bsswimclub.org.uk)

## FINAL FUNDRAISING NOTES

**Thank you** to all our members who continue to support us through the [East Herts Lottery](#). For just £1 per week (less than the cost of 1/2 a cup of coffee!) you can fund us and other local causes AND win prizes of up to £25,000! 50% of tickets sold from our page goes to us, and 10% to other great local causes.



## EASY FUNDRAISING

Don't forget to raise funds for our club every time you make purchases online.

Just register once with **EasyFundraising.org.uk** and choose BSSC as your cause, then raise donations every time you shop online through their App or this link:

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



## PRO SWIMWEAR

We have a ProSwimwear club specific website page and any purchases made through this page raises money for the club:

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



## STORTFORD SPORTS SUPPLIES

<http://stortfordsportssupplies.co.uk>

Stortford Sports Supplies is the place to pick up your club swim hats, tops, onesies, hoodies, rucksacks, towels etc. as well as other swimming kit supplies. As a club we benefit from your purchases.