



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2022/23 SEASON START EDITION

Wow, where did the 2021/22 season disappear to?! It's been amazing being back in the water for a complete, uninterrupted season (the first since 2018/19!), but it's been so busy that it just flew by and we're about to start a new one already. We hope you had a wonderful summer break and are relaxed, recharged and raring to go!

Dare I say it, but the 2022/23 season looks to be shaping up nicely. In this edition of our BSSC Babble newsletter we look back and celebrate the club's achievements at the final events of the 2021/22 season and start to look forward to the new season. We have lots of great events coming up, the first of which is the welcome return of our Club Championships. Spread over three fun nights of competition, our swimmers will compete against each other for club trophies and gain some times in events they may not have swum before. Please do support all nights as they are important for our club.

We kick off this newsletter with information about our committee for this season. We are supported by many of our members and we want to thank them all, but we are always in need of more members coming forward to help. The more members that help, the easier it is for all, so please do come forward and volunteer.

BSSC Annual General Meeting and volunteering

Our AGM was held at the end of last season and after a nervous wait, we literally just had enough members attending to form a quorum and make decisions! Next year we hope to see more of you attending to make it less of a close call and for you all to hear how the club has performed and help set us up for the year ahead. Our committee members for 2022/23 are listed below and we wish to extend a huge thank you to all those who have stepped down. We've also listed some of the other key volunteer roles that we have and the ongoing vacancies.

Committee for 2022/23

Chair: Lorinda Pietersen

Secretary: Helen Badcock

Membership Secretary: Sally Lowe

Treasurer: Nicky Fields (Temporary)

General members: Danielle Reilly,
Megan Stuart, Rebecca Taylor,
Richard Baines, Sarah Neill,
Umang Patel

Non-Committee Roles for 2022/23

Welfare Officer: Brian Neill

Communications team: Kat Gore, Eloise Spearman

Competitions team: Danielle Reilly, Sarah Neill

Officials Coordinator: Helena Pretious-White

Club President: Sally Winter

Vacancies

We are in particular need of individuals to help with fundraising activities (organising raffle prizes & fundraising events, writing funding applications etc) and also communications (gala write-ups, handbook review, newspaper articles etc).

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

Website: bsswimclub.org.uk

Facebook: BSSwimClub1 or BSSC Members Only

Twitter: @BSSwimClub1

Instagram: [bsscswimmingclub](https://www.instagram.com/bsscswimmingclub)

YouTube Channel: Bishop's Stortford Swimming Club

MEET THE COACHES

Although **Laure**, **Joe** and **Romesh** have been coaching our squads for a while now, we thought you might appreciate getting to know them a little more, so convinced them all to contribute to this edition of the newsletter.

We also thought that it was time to reshare information about Headcoach **Benoit**! Many of you are new to the club over the past few years and wouldn't have seen his impressive resume and it's only when swimmers get into the older performance squads that you would see him and his Swim Analyzer app in action ...

HEADCOACH BENOIT

WORK EXPERIENCE

. **Swimming Coaching**

- Bishop's Stortford Swimming Club (UK) – Head Coach – February 2016 to Present
- Swiss Swimming National Centre (Switzerland) – Assistant Coach – 2014 to 2015
- Red Fish Neuchatel (Switzerland) – Head Coach – 2013 to 2014
- Cercle des Nageurs de Quatre Bornes (Mauritius) – Head Coach – 2008 to 2013
- Angers Natation Course (France) – Head Coach – 2002 to 2006

. **SwimAnalyzer** (swimalyzer.wordpress.com) – Founder – 2015 to Present

INTERNATIONAL ACCOMPLISHMENTS

- 2019 – Coach at the Arabic Championships (Casablanca, Morocco) – Mehdi El Mansar (Morocco) – 4 individual Gold medal in the 14/15 age group. 400 Freestyle, 400 IM, 200 IM, 200 Backstroke. 3 relays Gold medal in the 14/15 age group
- 2018 – Coach at the Youth Olympic Games (Buenos Aires, Argentina) – Elinah Phillip (BVI) – Semi Finalist 50 Freestyle
- 2017 – Coach at the Junior World Championships (Indianapolis, USA) – Elinah Phillip (BVI).
- 2017 – Coach for the World Championships (Budapest, HUN) – Elinah Phillip (BVI).
- 2017 – Coach at the Carifta Games (Bahamas) – Elinah Phillip (BVI).
- 2016 – Coach at the Rio Olympic Games (Rio de Janeiro, BRA) – Elinah Phillip (BVI).
- 2015 – Assistant coach of Guenadi Touretski at Swiss Swimming National Centre (Switzerland) for the world championships (Kazan, RUS) – Andre Grechin (Rus), Artsiom Machekin (BLR), Sacha Touretski (SUI).
- 2014 – Coach for the Commonwealth Games (Glasgow, SCO) – Olivia De Maroussem (MRI).
- 2014 – Coach for The Multination's (Cyprus) – Zélie Stauffer (SUI).
- 2012 – Coach for the SC World Championships (Istanbul, TUR) – Olivia De Maroussem (MRI).
- 2011 – Coach at the African Games (Mozambique) – Olivia De Maroussem (MRI)
- 2011 – Coach for the World Championships (Shanghai) – Olivia De Maroussem (MRI).
- 2010 – Coach for the Commonwealth Games (India) – Olivia De Maroussem (MRI).
- 2010 – Coach for the SC World Championships (Dubai, UAE) – Olivia De Maroussem (MRI).
- 2009 – Coach at the Juniors African Championships (Mauritius) – Olivia De Maroussem (MRI).
- 2003 – Coach at the Paris SC World Cup (France) – Oscar Rincon (COL).

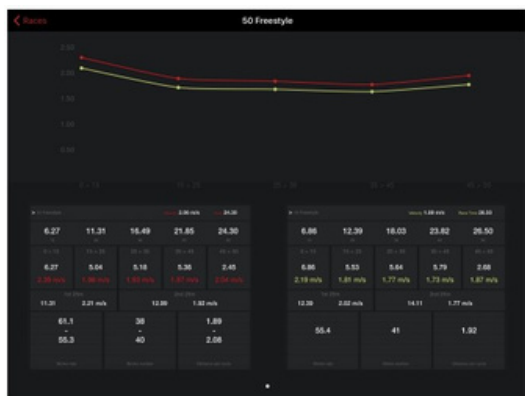
SWIM ANALYZER

"Our mission is to bring science to coaches across all levels of swimming by making race modelling, analysis and individualized training techniques simple, usable and accessible for everyone."

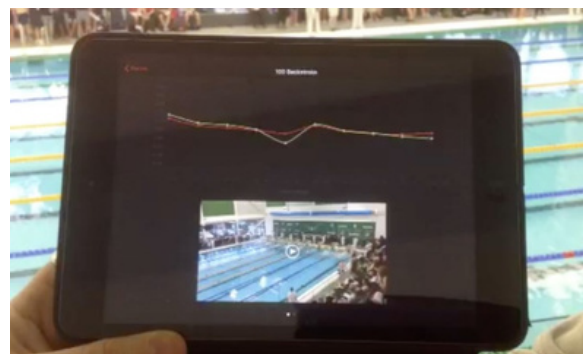
This short article is not aimed at selling you anything or giving you an in depth understanding of the Swim Analyzer app. As parents watching from the balcony at training and meets we often don't see all the planning, tracking and analysis that is going on behind the scenes. With this article (using words from the [Swim Analyzer website](#)) we just wanted to give you an appreciation of a key tool that Benoit uses to support and progress our swimmers and the level of scientific analysis being performed. Swim Analyzer is an app that Benoit created whilst working in Switzerland that he uses with our older performance squads. For example, at Nationals this summer every race was videoed, analysed and immediately shared poolside with the swimmers to increase their understanding of all components of their event and ultimately improve their performances.

During our work with the coach and swimmers at the training centre in Switzerland, we had the need for a simple software application that could easily create race models of competition goals. Race modelling is an incredibly important aspect for swimming competition and training, yet surprisingly when we started looking, there were no commercially available apps or programs to do this. Crazy, right? That's what we thought! So we decided to create one ourselves, and share this valuable tool as an app with all of the coaches and athletes in the international swimming community. And so SwimAnalyzer 1.0 was born.

As we got stuck into the project, we went beyond just race modelling, and developed some extra components that enhance both the training and performance of swimmers. Now there are 3 main components: the Race Model, the Race Analysis, and the Training Efficiency Table. SwimAnalyzer 1.0 is like a "pocket sport scientist" designed for coaches and athletes dedicated to improving their swimming performance and technique to reach their next level of success.



Generating a race model is easy; simply enter your swimmer's event, distance, and goal time for long course, and – voilà! – you are provided with a model of the event. Numerous race goals may be created for each athlete and stored in the app, to be implemented at the right time in the season.



The race analysis component utilises the camera of your tablet to film the event in real time. All you need to do is press a button on the screen to record the splits when prompted by the app. Simple! And the results are displayed within a minute post-race, providing you first with the video of the event to replay and view with your athlete, as well as a graphical representation of their swim velocity versus the model, and a comparison of the race data versus the race model.

COACH LAURE

After competitive swimming, I have found my passion for coaching. Originally from Paris, I graduated with a Master's Degree in Sport Performance. After training competitive squads in France, I have joined BSSC in September 2018 as a Juniors Performance Swimming Coach and we achieved very good results!

In September 2020, I joined HPSC (Harlow Penguins) as Head Coach and achieved very good results with Regional and National Qualifications across squads.

I am very pleased to coach again at BSSC and help the swimmers the best I can



COACH JOE



Hi all, I am Joe. I have been a member of this swim club since 2010 when I started swimming just for fitness, but quickly fell in love with it and the competitive side of the sport. I am (was) a breaststroke swimmer, mostly competing in the 50 & 100m, competing in these as well as the 200m at a regional level. I also competed for Hertfordshire at the 2016 Inter Counties Division 1 competition.

After school I went onto Swansea University to study Sport & Exercise Science. I continued swimming for Swansea over the 3 years I studied there and also trained and competed for BSSC when I could, over my out of term breaks!

When I finished Uni, in 2020, I wanted to go straight into work using my degree, so when Benoit asked if I would like to help coach and assist with a few of the squads, I jumped at the opportunity, and have upped my involvement ever since. I now have responsibility for a handful of squads and competitions, such as having taken the lead in our youngsters' Peanuts adventures last year!

Outside of swimming I am a huge sports fan, being a fan of the only football team worth supporting, Arsenal, as well as having interests in any sport that is on the tele at the time. I am also a huge music fan listening to music wherever and whenever I can to pass the time.

COACH ROMESH

Many of you may already know me as Jazzy's dad and now as coach Rom! I've been involved with BSSC over five years first as a parent helper and now as a coach. I work full time at HSBC. The funny story is that I met Benoit as a client of mine seven years ago at the bank, we became friends and he got us involved with the club. I am a Swim England Level 1 qualified Assistant coach and will have completed my Level 2 Head coach qualification this winter.



I was brought up in Sri Lanka in Colombo until I was 22 years old and I moved to the UK soon after Jo my schoolgirl sweetheart, now wife decided to move back again to the UK after her A/L's. Twenty years on and two lovely kids later we call Sawbridgeworth home now. Not going to lie I do miss the golden white sandy beaches and palm trees in Sri Lanka

From a young age I have been involved in sport and I excelled in track and field, cricket, rugby swimming, diving and water polo in school. I was privileged that my parents were able to send me to a private school in Colombo that facilitated all types of sport and curriculums and we had the first 50m Olympic sized swimming pool in college in Sri Lanka. As you may know cricket is huge as a sport in Sri Lanka and my passion was to one day play cricket for the National team, but unfortunately, I couldn't get close to that dream.

I remember to the day, I was 10 years old and I saw some guys diving off the college diving boards and I so wanted to do it! One massive problem, I did not know how to swim. I told my best mate Dan who knew how to swim at the time that I wanted to jump off the 5m diving board and for him to jump in and get me out of the pool. His response was 'Rom...you mad? you don't know how to swim you idiot'. The following week, I got onto the board and jumped into the 25 feet deep pool and it felt like an eternity waiting on Dan to come rescue me and get me up to the surface. Two weeks later, I learned how to do the doggy paddle / swim to get to the edge of the pool and my diving career started from there onwards and I didn't look back. In a space of six months I made it to the collage diving team. Also I was selected to the college swimming squad and did swimming as my second sport. I was good however I felt my best was in diving. In one year I managed to become all regional schools age group champion under 12 and from there on I continued to defend and retain my title as All Island National age group Champion until I was 19 years old.

COACH ROMESH CONT'D



Seven divers will compete at the 12th Asia Pacific Age Group Swimming and Diving Championships to be held from August 6 to 10 in Malaysia. These divers were selected from the performances at the NAASU conducted Age Group Diving Championships held in May at the Sugathadasa Stadium swimming pool. The diving squad from left - Harani Jayasekera, M. Fiaz (coach), Shanka Wickremasinghe, Romesh Paksun, Juhani de Mel, Gayan Ranatunga, Eranya Silva, E. Kankanage - absent.

At age of 13 I made the cut to represent Sri Lanka and made it to the National diving squad. Since then I represented Sri Lanka in competitions in Asia Pacific Region and in Asian games until the age of 19. I was drafted to the squad to represent Sri Lanka in diving for the Commonwealth games in 1998 and the Olympics 2000. Due to injury I was not able to compete. I fell in love with diving and did it to the best of my ability ... I loved every minute of it!!!

Once I retired from competition, I continued to take up the position as a FINA qualified diving head coach for my college before I moved to the UK. I believe in working hard and following what you are passionate about. I love to inspire young kids and enable them to identify their potential and achieve their own dreams!

At the age of 42 I'm still trying to re live my childhood dream of playing competitive cricket. However, now I represent my local cricket club in Sawbridgeworth as a player and as a coach in the summer. I must say I'm still enjoying it. I am an ECB Level 2 qualified cricket coach too. I have successfully managed to get an all-girls cricket team established at Sawbridgeworth Cricket Club this year and this has been the first time since 1862 the club has had an all-girls team. I'm so proud to witness the improvements the girls have made and their enthusiasm makes me fulfilled when I know that I've made a difference in a young person's life. I also volunteer in coaching cricket at my son's local primary school where time permits.



As some of you may have seen me on the pool deck or on the cricket pitch, I am passionate in what I do and take my life experiences and knowledge into my coaching to help a young person achieve their fullest potential. I am humbled and thankful for the swimming committee, head coach Benoit and Lorinda the Chairman giving me the opportunity to be a part of this winning team.

UPCOMING EVENTS SEP 22-FEB 23

competitions@bsswimclub.org.uk

Benoit has already shared an event calendar for Sep22-Feb23, but here's a reminder of the key events. Remember, not all squads attend every event and changes may happen. Our [Events Calendar](#) contains more details, including host club links, schedules, accepted entries etc.

- 25/30 Sept, 2 Oct BSSC Club Championships**
All squads are strongly encouraged to attend
- 2 Oct Swim England East Region Masters Championships, Newmarket**
[Qualifying swimmers](#)
- 2 Oct Swim England National County Team Championships 2022**
Selected swimmers (chosen by Hertfordshire)
- 8 Oct Arena League Round 1**
Selected swimmers (to be announced)
- 14-16 Oct Cambridge L2 Grand Prix, Cambridge**
Benjamins A, Elites, Juniors, Minimes, National
- 22 Oct Cheshunt 17th Open L3 Meet, Harlow**
Benjamins B, Cadets, Poussins, Seniors
- 28-30 Oct Swim England National Masters Championships, Sheffield**
[Qualifying swimmers](#)
- 4-6 Nov Swim England East Region SC Championships, Luton**
[Qualifying swimmers](#)
- 12 Nov Arena League Round 2**
Selected swimmers
- 13 Nov Masters Inter-County Competition, Braintree**
Selected swimmers (chosen by Hertfordshire)
- 19/20 Nov PSC L3 Winter SC Open Meet, Luton**
All squads
- 2-4 Dec Swim England National Winter Championships, Sheffield**
[Qualifying swimmers](#)
- 3/4 Dec CoStA L3 Winter SC Open Meet, St Albans**
Benjamins A, Elites, Juniors, Minimes
- 10 Dec Arena League Round 3**
Selected swimmers
- 11 Dec JSC FINIS Last Chance Open Meet**
Poussins, Benjamins B, Cadets & Seniors
- 21/22 28/29 Jan, 4/5 Feb Swim England Hertfordshire County Championships 2023**
Qualifying swimmers (details not published yet)

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.

CLUB CHAMPIONSHIPS ARE BACK!

competitions@bsswimclub.org.uk

We are very pleased to share that the next Club Championships will be running during the evenings of Sunday 25th September, Friday 30th Sept and Sunday 2nd Oct 2023. The schedule is below and members can **enter via Swim Manager**. If you're unsure on what events to enter, please chat to your squad coach. **Please be aware that the warm-up times may need to change (move later) due to other pool usage.** Changes will be communicated as soon as possible.

We're delighted to announce
Club Champs is back!



Save the dates..... For 3 sessions of fast and furious racing
(medals, trophies and awards will be subsequently presented at our Club Celebration Night)

Bishop's Storford Swimming Club Schedule for Club Championships 2022

Sunday 25th September 2022				Friday 30th September 2022				Sunday 2nd October 2022			
Warm Up: 6.20pm		Start: 6.40pm		Warm Up: 5.30pm		Start: 5.50pm		Warm Up: 6.20pm		Start: 6.40pm	
Event	Sex	Distance	Stroke	Event	Sex	Distance	Stroke	Event	Sex	Distance	Stroke
1	Mixed	400m	Freestyle	7	Mixed	800m	Freestyle	13	Mixed	1500m	Freestyle
2	Mixed	50m	Breaststroke	8	Mixed	50m	Butterfly	14	Mixed	100m	Breaststroke
3	Mixed	200m	Butterfly	9	Mixed	100m	Ind. Medley	15	Mixed	100m	Butterfly
4	Mixed	200m	Backstroke	10	Mixed	100m	Backstroke	16	Mixed	50m	Backstroke
5	Mixed	200m	Ind. Medley	11	Mixed	200m	Breaststroke	17	Mixed	400m	Ind. Medley
6	Mixed	50m	Freestyle	12	Mixed	100m	Freestyle	18	Mixed	200m	Freestyle

**We hope to see you there, whether it be swimming,
volunteering or just cheering!**

Club Championships is a great opportunity for our club swimmers to get together and have fun competing against each other and maybe win a trophy or two!

We always need the support of our members to help us run our club champs. The presence of the right number of qualified officials (the members in white around the pool!) mean we can officially record the times and get them onto the Swim England database ready for our swimmers to use to enter open meets hosted by other clubs.

We also need a team of volunteers to ensure the swimmers get to the right race heat, keep the officials safely hydrated, keep the parents in tea and coffee, sell snacks to the swimmers and raise money for the club by encouraging you all to buy raffle tickets!

If you'd like to start training to join our fabulous group of officials, please email officials@bsswimclub.org.uk

If you'd like to be a general volunteer please check out the Events page on Swim Manager and sign up to a job!

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 a previous page called **Arena League** and wondered what we are talking about?! This is an annual interclub league sponsored by Arena (hence the name!) for English and Welsh clubs. 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!

Once we are back at training, the **coaches will select a team of swimmers to represent our club** in the Arena League and our **volunteer Team Managers** will be in touch to start sharing information on the venue. The swimmers will compete in a series of 42 individual events (age groups 10/11, 12/13, 14/15 & 16+ years based on 31/12/22) and relays at three separate galas, or rounds (9 year olds can be in relays).

We're still waiting for confirmation on exactly how the 2022 galas will work, but typically England and Wales are split into six leagues and we compete in the London League that has three Divisions with up to 16 teams per Division (the bigger clubs may send more than one team). As we are re-entering the league after a break, we will be starting down in Division 2 this season. Each Division competes over 3 Rounds and it works like the Peanuts league:

- **Round 1 (8th October):** teams from a Division are placed at random into the two different gala locations. Teams receive league points depending on their placing.
- **Round 2 (12th November):** 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 (10th December):** the results after Round 2 split the Division, with the top six competing in gala 1 and the rest of the teams in gala 2.

At the end of Round 3, the bottom two teams in the Premier Division and Division 1 are demoted and the top two teams in Divisions 1 & 2 (hopefully us this year!) are promoted ready to do it all again Oct 2023. The top two teams in the Premier Division also get to compete at a National final against all the other leagues early in 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 Arena league is such a great opportunity to swim as part of a team in a sport which is mainly self focussed and to see the older swimmers giving it their all for the team, especially in the relays. The evenings are really exciting and great fun to be at, unless you end up sat next to someone with an air horn or cow bell [i.e. Team Ipswich!]).

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. We are looking forward to reporting on three nights of great swimming and supporting (parents, we want to hear you!).

SWIMMER PROFILES



Name: Noah Conroy

Squad: Poussins

Swimming History: I started swimming at 6 weeks old, completed all 10 stages of learn to swim and joined Stortford in October 2021. Competed in Peanuts league in 2022 swimming for my age group and above and won 2 golds in my first gala at Luton summer meet.

Favourite stroke / event: 50m fly

Proudest swimming achievement: two gold medals and 10 secs off pb for 50m fly at first proper meet

Best thing about being a swimmer: Get to travel and it's a healthy sport

If I could change one thing.... to be taller

Best poolside snack: Peperami / haribo

Poolside playlist: Imagine dragons

Hat and Goggle etiquette: goggles first then hat

Hero: Michael Phelps

Best swim hack: Breathing every other stroke in fly

Best piece of advice/quote: No pain no gain / don't blend in when you were born to stand out

Name: Guy Spearman-Baines

Squad: Poussins

Swimming History: I started Learn to Swim at Harlow Penguins when I was four, and joined their Academy Squad when I was seven. When we moved to Stortford, I did a trial with BSSC and joined Aveniris just before lockdown when I was eight.

Favourite stroke/event: 50m Breaststroke

Proudest swimming achievement: When I got into the 100m breaststroke 13 and under finals at Hatfield's gala in March... I was the only 10 year old to get into the final :-)

Best thing about being a swimmer: You get really fit, and once you get into competitions it makes you feel really good about yourself... and you get to make new friends at training too.

If I could change one thing... My dives!

Best poolside snack: Chocolate protein shakes and rice puddings.

Poolside playlist: I usually play Star Wars on my DS - but I do like the music they play before warm ups!

Hat and Goggle etiquette: Goggles under one hat.

Hero: Adam Peaty.

Best swim hack: On your backstroke, always focus on one spot on the ceiling and don't look from side to side.

Best piece of advice/quote: Don't give up if you get DQ'd, there's always next time.



BRITISH SUMMER CHAMPIONSHIPS

After a covid enforced break of three years, the prestigious **British Summer Championships** returned this August to provide a key end-of-season competition opportunity for home nation athletes. It was held from 22nd-28th July at Ponds Forge International Sports Centre, and the top 24 swimmers in Britain in each event and age group were invited to compete.



BSSC had five local swimmers invited for the 2022 Championships: Ella Greatbatch (14 yrs), Kirsty Neill (15 yrs), Lauren Gore (16 yrs), Jago Derrington (16 yrs) and Niamh James (19 yrs/Over). New BSSC member Laura Burgess (16 yrs) represented her old club, whilst two swimmers from Team Bonn in Germany who were born and taught to swim in Bishop's Stortford, Toby and William Godsell (15 & 17 yrs), swam under the BSSC umbrella.

Competing against the best in Britain was a fantastic as well as nerve racking experience for all the swimmers, with only Niamh James having previously been invited to a summer championships, but they all represented themselves and the club superbly.



Kirsty Neill (BSSC) secured a superb silver medal in the 15 years 200m Breaststroke in a BSSC club record beating time, in a thrilling race that had everyone on the edge of their seats (yet again!). She had qualified for the final in a new personal best time and in the final was stroke for stroke with the swimmer she beat at the Scottish Nationals back in April, until the last wall when she was just out touched for the gold. She also finalled in the 100m Breaststroke, coming 10th.

Toby Godsell (Team Bonn) also had a great championships, taking silver in the 50m/100m Backstroke and 200m IM finals and bronze in the 200m Backstroke final. Will Godsell (Team Bonn) finalled in every event he entered coming 5th in 50m Breaststroke, 6th in 100m Breaststroke, 7th in 200m IM and 8th in 200m Breaststroke

Niamh James (BSSC), competing in the 19 years and above category, put in a strong personal best performance to come 9th in the 200m Backstroke final.

Huge congratulations should go to all the swimmers for their performances and also to head coach Benoit Grattepanche and our former club coach Mathieu Leroy for their support and guidance.



[For full results visit the website article on this championships.](#)

SWIM ENGLAND NATIONAL SUMMER MEET

The **National Summer Meet** is Swim England's biggest domestic swimming event of the year and it made a welcome return 5-9th August 2022 after a three year gap. The Summer Meet forms part of a swimming competition structure in Great Britain whereby the top ranked swimmers are first invited to compete at the British Swimming Summer Championships and the next 20 ranked swimmers are invited to compete at the Nationals.



BSSC had five swimmers competing in the 2022 Summer Meet: Ella Greatbatch (14 yrs), Emma Fields (16 yrs), Lauren Gore (16 yrs), Callum Cox (16 yrs) and Jago Derrington (16 yrs). New BSSC member, Laura Burgess (16 yrs) competed for her old club.

All of these swimmers were new to this meet, but all stepped up and gave brilliant performances – Ella, Laura, Lauren & Callum reached finals in their events and Ella & Callum medalled!



Having been inspired by Kirsty Neill's silver medal winning performance at the recent British Championships, **Ella Greatbatch** gave us two personal best times and extremely close finishes in the heats and finals of the 14 years 200m Breaststroke, taking Gold by 0.13 seconds! She also won a Bronze medal in the 100m Breaststroke.

Callum Cox swam out of his skin in the 16 years 50m Butterfly, taking a second off his personal best time in the heat and another half a second off that new PB in the final to win the event! In fact, his Gold medal winning time was the fastest in Britain for his age group in the past 12 months, and would have won the British Championship event in the same pool two weeks earlier.

Lauren Gore came 8th in a personal best time in the final of the 16 years 100m Breaststroke and Laura Burgess (N&D PP SC) came 4th in the final of the 16 years 100m Freestyle, dipping under the one minute barrier for the first time.

For full results visit the website article on this championships.



BRITISH MASTERS CHAMPIONSHIPS

Having smashed multiple short course (25m pool) British and European records in March 2022, BSSC Masters swimmer Alyson Fordham took on a long course (50m pool) record breaking challenge with gusto in June at the British Masters Championships 2022. The event held in Aberdeen brought together the best Masters swimmers across the three Home Nations along with International visitors, for the first time in three years.



Freestyle specialist Alyson dominated the 65-69 year old category, taking Gold in the 50m, 100m, 200m and 400m events. Her gold medal winning 50m freestyle time of 31.13 seconds was a British and European record, the 100m (1:10.53) and 200m (2:43.59) results were both British records and the 400m (5:47.04) time was an East Region record.

SWIM ENGLAND NATIONAL OPEN WATER CHAMPIONSHIPS



The Swim England Open Water National Age Group Championships is the premiere competition for young open water swimmers in England and this summer it was held in Thrybergh Country Park, Rotherham. Having taken Silver in the 16 year age group at the Swim England East Region Open Water competition back in July in her first ever 5km open water race, BSSC's Meisha Trend-Evans gained automatic qualification for the national race. In a 5km event where the finest young open water swimmers in the country and future Olympians hone their skills, she finished 12th in her age group with a personal best time.

Meisha has been selected for the East Region Triathlon academy which is the first stage of the British Triathlon World Class Performance Pathway, and regularly competes in the National Super Series. Her superb National Open Water result and academy performances have qualified her to represent the East Region in the Triathlon events at the School Games National Finals being held at Loughborough University early September.



OTHER COMPETITION NEWS MAY-AUG 2022

Some of the events below did get written up on our website, but we include them all in our newsletter in case you've missed them and to continue the celebration of all the great achievements (click on the [links](#) to view more).

[East Region Development Meet](#)

Early April 2022, the Swim England East Region organised a new development competition at the UEA pool in Norwich. It ran with the same age groups as the main East Region championship competition and offered swims to those just shy of the championship qualifying times / entry standards. Seven Bishop's Stortford Swimming Club members met the consideration times and joined swimmers from over sixty clubs for two exhilarating days of racing. Every swimmer achieved personal best times and Molly, Ella, George and Emma secured six medals (3 Gold, 3 Silver) and multiple top eight finishes.

[Swim England East Region LC Championships 2022](#)

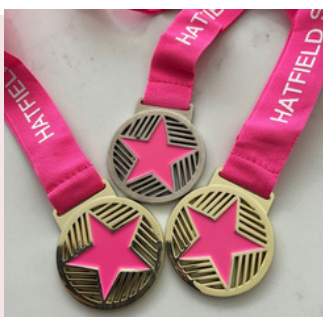
After a gap of two years, the Swim England East Region Long Course Championships returned in 2022, with two full weekends of exhilarating competition! Twenty nine BSSC swimmers qualified to compete against the top swimmers from the six eastern Counties of England – Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk, Suffolk. For many of these swimmers, it was their first opportunity to compete at this Regional level and they all dug deep and stepped up to the occasion, ensuring **BSSC finished 15th out of more than 40 clubs and the 2nd ranked Hertfordshire club**. Individually the swimmers secured many personal bests, had 32 top eight finishes and also brought home eight medals:

- **Kirsty Neill (15 Yrs):** Gold 50m/100m/200m Breaststroke
- **Niamh James (17 Yrs/Over):** Gold 200m Backstroke
- **Ella Greatbatch (14 Yrs):** Silver 50m/100m Breaststroke
- **Jago Derrington (16 Yrs):** Silver 200m Backstroke
- **Lauren Gore (16 Yrs):** Bronze 50m Breaststroke



BPSC Spring SC Open Meet 2022

Over 30 swimmers headed to Basildon late May and it was a good meet! 119 swims resulted in 80 personal best times and our swimmers won 46 medals (18 Gold, 13 Silver, 15 Bronze). Beau Reilly, Bella Parkus, Catherine Clune, Dylan Davenport, Freya Reilly, Grace Mason, Imogen Tang, Lauren Gore and Miriam Moukdad won medals in every race they entered. Anna Grimwood, Benjamin Palmer, Catherine Clune, Elliot Hall, Emilia Cass, Imogen Tang, Jacob Hayes, Leo Suo-Sanders, Lois Fields, Szymon Puklo and Yana Patel achieved personal best times in all of their events. Congratulations to all our swimmers!



Hatfield L2 Summer Meet

As a level 2 meet with heats and finals, Hatfield was a competitive weekend for our swimmers mid-June and they stepped up superbly with 19 age group medals and 11 finals medals. Medallists were: Beau Reilly, Brandon Macdonald-Williams, Dylan Davenport, Elliot Hall, Hollie Heighes, Jago Derrington, Lois Fields, Sami Zemzami, Niamh James and Zoe Opiyo.

OTHER COMPETITION NEWS MAY-AUG 2022 CONT'D

Putteridge Summer Short Course meet

As the season started to wind down, and exam season was upon us for a cluster of our older swimmers, a smaller, but no less successful, squad attended the Putteridge L3 meet at Luton. Our medallists (6 Gold, 4 Silver, 4 Bronze) were: Bella Parkus, Ethan David-Tostevin, Freya Reilly, George Taylor, Jacob Hayes, Miriam Moukdad, Niamh James and Robert Gor.

ESSA Summer Open (Individual) Championships

Early July the English Schools Swimming Association held their 2nd ever individual championships five BSSC swimmers competed. Kirsty took Gold in 50m/100m/200m Breaststroke & 200m IM and 5th 400m Free. Jago secured Gold in 200m Back and Silver in 100m Back, 200m IM and 400m Free.

Callum got Bronze in 50m Fly and 10th in 100m Free. Emma Fields was 5th in 100m Fly and Lois Fields was 8th in 50m Back.



ENGLISH SCHOOLS SWIMMING ASSOCIATION

BSSC Youngsters Shine at Peanuts

Twenty one of our 9-12 year olds were in action during May to July against the best that Hertfordshire could offer! Pre-covid, BSSC competed annually in the Hertfordshire Swimming Peanuts League against other Hertfordshire swimming clubs, but this was the first full league running since 2019.

The top division of the league consists of twelve teams competing in three separate galas. Each gala has 39 events that are a mix of individual age group races (9yr, U11yr, U12yr, U13yr) and relays, and each gala ends with a squadron freestyle relay consisting of eight swimmers (a boy and girl from each age group). It's usually a raucous, loud, fun night and a great opportunity for swimmers to experience being part of a team in a sport that is primarily individual.

BSSC was drawn to swim at Potters Bar for all three rounds and came 4th in round one, 3rd in round two and 6th in round three, which secured them an overall 6th out of twelve teams in the first division and keeps them in that top division for another year. It was a great achievement as they were up against many other larger clubs and were a very inexperienced team!



This was the first time at Peanuts for the majority of the swimmers and they all put in an amazing performance, working together as a team and giving loads of support for each other. Special mention must go to Molly, Samuel, Noah and Elliot who all swam not only in their own age group but also the age group above and were never far from the starting blocks. Thanks also to the organising team of Team Manager Danielle and Coach Joe, and our older swimmers (Callum, Millie and Niamh) who came along to support the younger members of the club.

Full Peanuts squad: Noah Conroy, Alex Eustace, George Hall, Haydn Bird, Guy Spearman-Baines, Eddy Cheng, Zachary Haslett-Fossey, Ben Palmer, Elliot Hall, Robert Filionescu, Yana Patel, Ellyse Harvey, Millie Cass, Lois Fields, Molly Greatbatch, Elsie Lowe, Adeline Chen, Isabelle Earley, Zoe Opiyo, Meha Patel, Bobbie MacDonald-Williams

OTHER COMPETITION NEWS MAY-AUG 2022 CONT'D

Swim England East Region 2022 Open Water Championships

Over 370 competitors from the East and London Regions descended on Norwich early July for one of the largest Open Water events in the UK. Meisha Trend-Evans, Grace Mason and Eleanor Mason competed in the 5km open water swim in the East Region competition. Meisha took Silver and Grace was 10th in the 16 years age group, whilst Eleanor was 8th in the 19+ age group. Meisha's result automatically qualified her for the Swim England National Open Water championships held in August.



Team Luton Swimming Club Summer Long Course Meet

At the end of the main season the final meet attended by our swimmers was the long course (50m) event at Luton. Being just before the British & English Summer Championships it was a good warm-up event for our older qualifiers, but also gave others a chance to compete in a 50m pool. Twenty-eight swimmers competed in 102 swims and brought back 35 medals (22 Gold, 6 Silver, 7 Bronze). Congratulations to everyone but especially our two nine year olds who both medalled: Adeline Chan took Bronze in the 50m Back and Noah Conroy won Gold in the 50m Freestyle & Butterfly.

21 Mile Windermere Swim

We're hoping to share more about this amazing swim in a future newsletter, but we couldn't miss the opportunity to congratulate our Masters swimmer Rachael Hunt on her fabulous achievement! On a typical Lake District day in July where it was perfect conditions one moment and torrential rain the next, she completed a non-stop 2-way swim of Lake Windermere in 13hrs 42mins. That's 21 miles! Amazing! We can't wait to find out what's next!



2022 Moroccan National Championships

Minimes swimmer Miriam Moukdad flew to Casablanca early August to compete at the Moroccan National Championships for the first time. She got to the open finals in 200m IM, 50m & 100m Breaststroke and came joint third in the open final of the 200m Breaststroke. She also was successful in relay races: Silver in 4x200m Girls Free Open final and Bronze in 4x100m Girls Free Open final, and in Age Group competitions a Silver in 4x100m Mixed IM and 4x100m Girls IM.

Former club member Sami Zenzami was also competing and took Gold in 200m Fly, Bronze in 100m Fly and various relay medals.

OTHER COMPETITION NEWS MAY-AUG 2022 CONT'D



European Age Group Sprint Distance Triathlon Championships 2022

Whilst the rest of the club were on a summer break, two of our triathletes were racing in a Sprint distance triathlon as part of the European Multisports Championships in Munich. Grace and Eleanor Mason joined 12 other Team GB athletes in the Under 20 age group to compete in the 750m swim / 20km cycle / 5km run event. Both athletes performed brilliantly with Grace coming 7th in 1:14.30 and Eleanor 9th in 1:16.02.

World Aquathlon Championships

The 2022 World Triathlon Long Distance and Aquathlon Championships took place August 18-21, 2022 in Samorin, X-Bionic Sphere, near Bratislava Slovakia and Elizabeth Bellinger joined 6 other athletes representing Team GB in the 40-44 age group. The Aquathlon course involved a 1km swim in the river Danube, followed by a 5km run. Team GB smashed the age group, taking the top 7 places over teams from USA, Denmark, Brazil and Austria and Lizzie got Bronze!



European Masters Aquatics Championships 2022

The season still wasn't over for Lizzie, as the European Masters Swimming kicked off in Rome shortly after the World Aquathlon Championships! Lizzie kicked off her campaign in style, dominating the 40-44yr 100m fly to take Gold by over 3.5 seconds! Two more great swims followed in the 200m IM and 50m fly and Lizzie picked up two Bronze medals. Superb swimming!

2022 School Games National Finals

This biannual four day multi-sport event is hosted between late August and early September once every two years in elite sporting venues across the country. The 2022 School Games National Finals is a major multi-sport national stage event for talented young athletes across the UK, hosted by Loughborough University and the Youth Sport Trust. 1000 school-age athletes from England (split by Region), Scotland, Wales and Northern Ireland compete in 10 sports which include Athletics, Cricket, Cycling BMX, Cycling Road & Track, Hockey, Modern Pentathlon, Netball, Triathlon, Wheelchair Basketball, and Wheelchair Tennis.

Because of her great Swim England Open Water performance and 2021/22 Triathlon performances, Meisha Trend-Evans was selected to be part of the East Region Triathlon team (2 female, 2 male) competing in an Aquathlon, Bike skills and Mixed Triathlon relay.

Having recently returned from injury, Meisha put in a great performance in the Aquathlon, qualifying for the A final and coming 12th. The following day she was 24th in the figure of 8 bike skills and 18th in the circuit race.



WELFARE OFFICER

Just a reminder that **Brian Neill** is our Welfare Officer and actively supporting the club. If you have any welfare concerns please do contact him on 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 AND right now you could also win a £1000 bike voucher! 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



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.