



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2022/23 SEASON SPRING SUMMER EDITION

Wow, this season is just flying by! Since we last shared a newsletter we've had Counties, Regionals, British Champs, British Masters Champs, two out of three Peanuts league meets and are now fast approaching the British & English Summer meets. This newsletter jargon busts many of the terms we've just used so please delve in and learn, but did you know you can find lots more information on our website? If you didn't, check out our article on website updates! We've also had lots of great progression and successes with all our swimmers this season at our own No Frills meet and local Open meets and our world ranking Masters have been breaking British & European records recently, so we've got lots to write about.

We've brought back the Meet the Squad feature with profiles of our Poussins squad. They may be our youngest members and therefore the newest to the world of competitive swimming, but they've already got some great insights to share!

We hope you enjoy reading this newsletter and we look forward to seeing you all at our AGM next Wednesday 28th June at 7.15pm (more details on the next page).

BSSC AGM

Our AGM will be held at 7.15pm on Weds 28th June. It can't go ahead unless enough members physically turn up so please support the club by joining us at the Bishop's Stortford Council Chambers on Windhill. Members 16 yrs and over can vote.

secretary@bsswimclub.org.uk

BSSC Committee

We also need more members to join our club committee. They meet once a month and work with the coaches and learn to swim team to ensure the smooth running of our club.

We are particularly interested in someone taking on the role of **Club Secretary** and also committee members responsible for **Communications** and **Fundraising**. It is too late for nominations to be considered for the AGM, but members can be co-opted onto the committee at any point, so please do put your name forward if you are interested.

BSSC LEARN TO SWIM JOB VACANCIES

Did you know that many of our teenage swimmers are working each week at our Learn to Swim school?



Our LTS school currently runs at the College pool on Fridays at 5.15-6.15pm and Sundays 3-6pm and we are always in need of additional staff.

Pool helpers: are in the water with the children during their lessons, helping them follow the directions being given by our fully qualified instructors. To be a pool helper you must be over 14 years old and have an interest in helping children who are at the earliest stages of learning how to swim.

Instructors: many of our current instructors are swimmers who started out as pool helpers. Once a helper is 16, they can attend the courses run by Swim England and the Institute of Swimming to first become a Level 1 Assistant Swim Teacher and then a fully qualified Level 2 Swim Teacher. They are intensive and quite costly courses, but once qualified, they will have a skill for life that they can use where ever they are.

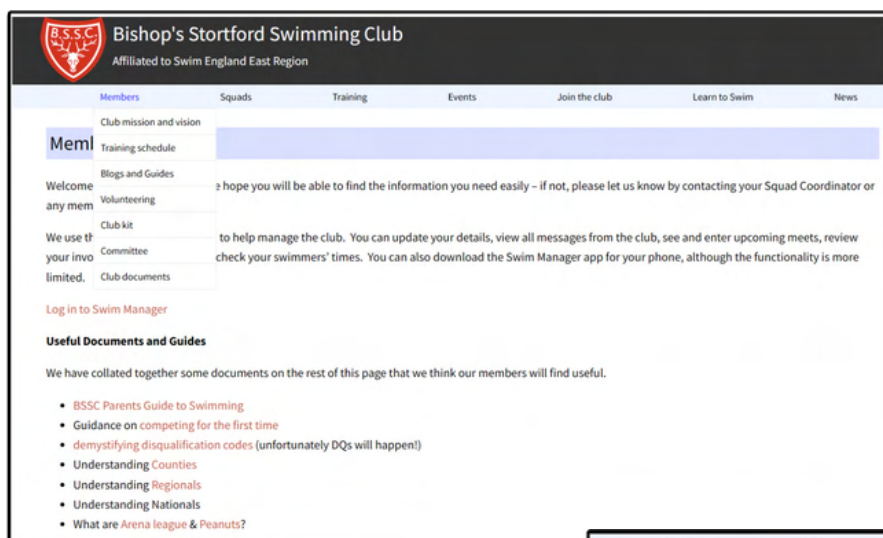
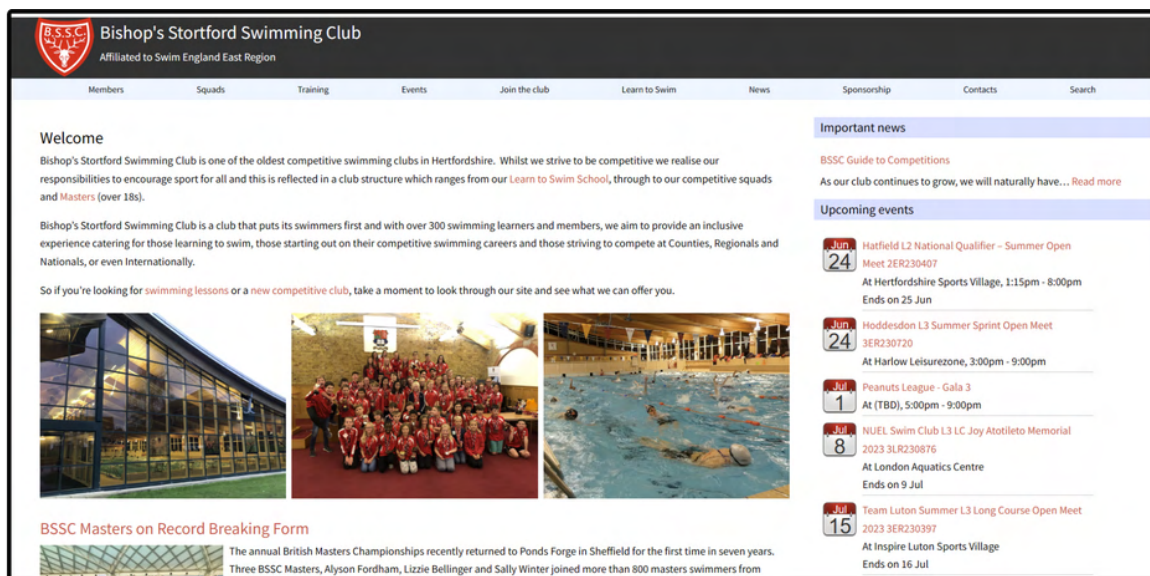
Lifeguards: to be a lifeguard you must be over 16 years old and have completed the Royal Life Saving Society's (RLSS) National Pool Lifeguard Qualification (NPLQ). The NPLQ has a cost involved but like teaching, is recognised at pools nationally.

We can't guarantee new opportunities as availability fluctuates, but please contact our team on learntoswim@bsswimclub.org.uk for more information on current vacancies.

Did you know that lots of information about our club can be found on our website?

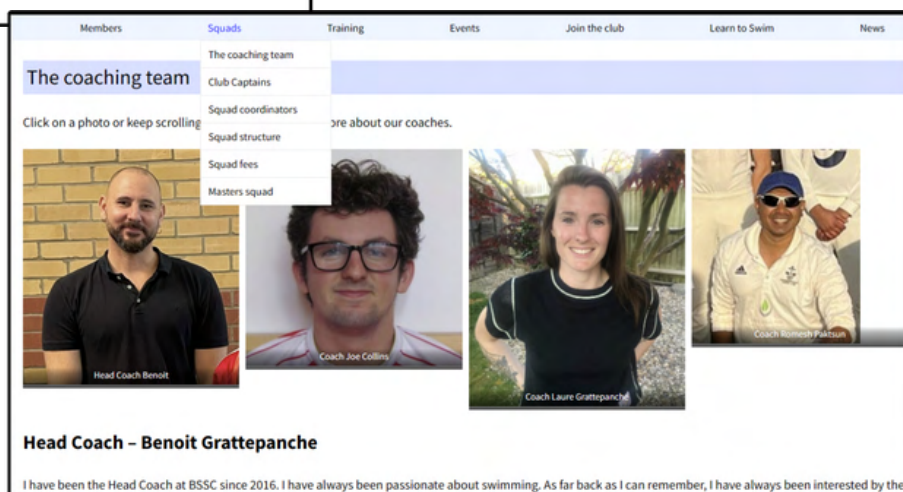
We've been going through a process of updating the content and reorganising it so it's more friendly for our members.

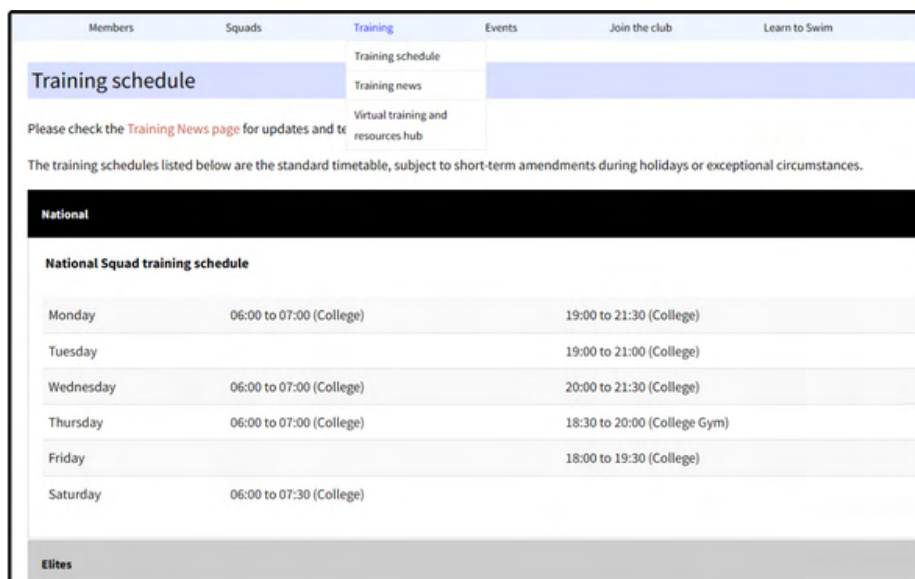
Our homepage is the place to start as it provides links to the rest of the content via the Menus at the top. If you scroll down you can read our latest News articles and the panel on the right will show Important News, a snapshot of the Events calendar and links to our social media feeds.



The **Members** menu is a great place to start with links to Swim Manager, helpful guides, and lots of information on club kit, our committee and all our club policies.

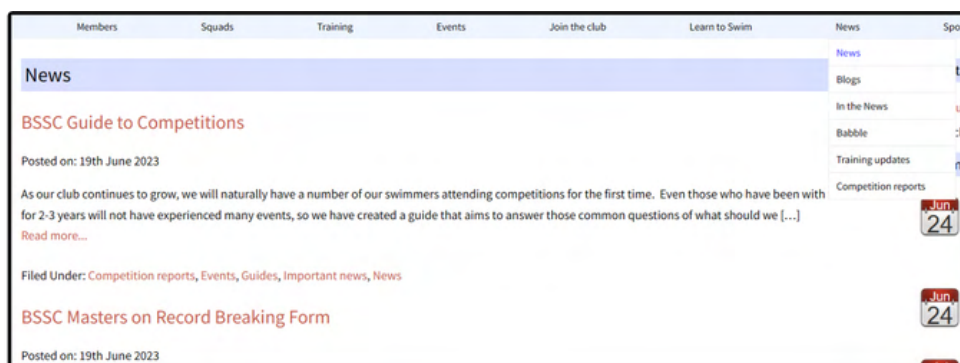
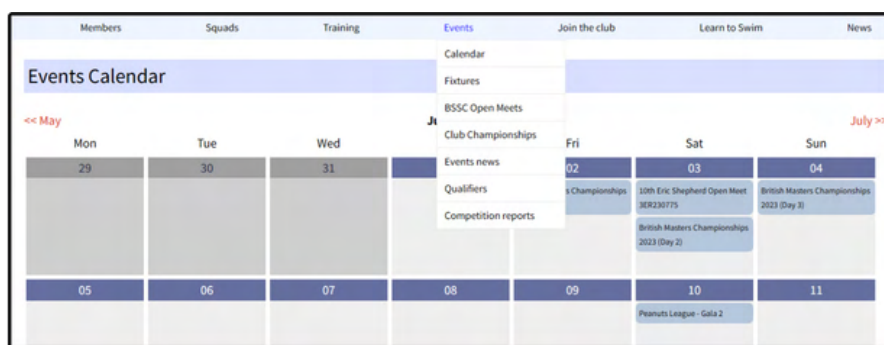
The **Squads** menu is the source of information on our coaches, this season's club captains, and our squad coordinators. It's the place to find information on our squad structure and the link to our Masters squad page.





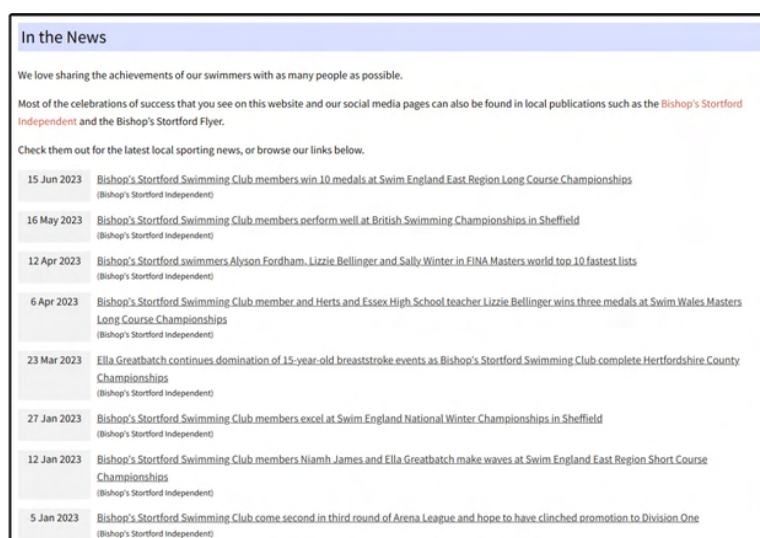
The **Training** menu contains the current training schedule for each squad, news articles about changes to training in the holidays and pages that we hope we will never need to use again - our Virtual hub that was developed during Covid.

The **Events** menu leads you to our calendar and provides lots of information on upcoming Open Meets and galas that we plan to attend.



The **News** menu contains all our website articles, our newsletter archive (Babble) and links to every local newspaper article published about our club (In the News).

We are so pleased with our new In the News page that we had to separately share it with you (thanks to Eloise for the idea and Martin Taylor for the implementation). We are so proud of our swimmers that we regularly share their achievements with the local community via the newspaper and it's great free advertising for the club, and now you can find all the links in one place.



We hope you find our website a useful source of information.

UPCOMING EVENTS JUN-AUG 23

competitions@bsswimclub.org.uk

Benoit has already shared an event calendar for the rest of this season but we're including this page as a reminder that the [Events Calendar](#) on our website contains more details of each event, including host club links, schedules, accepted entries etc. If some of the events shown below are new to you, remember that not all squads attend every event as Benoit selects the level of competition that is appropriate for each squad.

June 2023				July >>
Thu	Fri	Sat	Sun	
01	02	03	04	
	British Masters Championships 2023 (Day 1)	10th Eric Shepherd Open Meet 3ER230775	British Masters Championships 2023 (Day 3)	
		British Masters Championships 2023 (Day 2)		
08	09	10	11	
		Peanuts League - Gala 2		
15	16	17	18	
		Boudicca Level 3 Long Course Open Meet 3ER230912 (Day 1)	Boudicca Level 3 Long Course Open Meet 3ER230912 (Day 2)	
22	23	24	25	
		Hoddesdon L3 Summer Sprint Open Meet 3ER230720	Hatfield L2 National Qualifier - Summer Open Meet 2ER230407 (Day 2)	
		Hatfield L2 National Qualifier - Summer Open Meet 2ER230407 (Day 1)		

August >>		
Fri	Sat	Sun
30	01	02
	Peanuts League - Gala 3	
07	08	09
	NUJEL Swim Club L3 LC Joy Atotileto Memorial 2023 3LR230876 (Day 1)	NUJEL Swim Club L3 LC Joy Atotileto Memorial 2023 3LR230876 (Day 2)
10	11	12
17	18	19
24	25	26
British Summer Championships 2023 (Day 3)	British Summer Championships 2023 (Day 4)	British Summer Championships 2023 (Day 5)
27	28	29
British Summer Championships 2023 (Day 6)	British Summer Championships 2023 (Day 7)	
30	01	02
07	08	09
14	15	16
	Team Luton Summer L3 Long Course Open Meet 2023 3ER230397 (Day 1)	Team Luton Summer L3 Long Course Open Meet 2023 3ER230397 (Day 2)
21	22	23
	British Summer Championships 2023 (Day 1)	British Summer Championships 2023 (Day 2)
28	29	30
British Summer Championships 2023 (Day 7)		

10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
British Summer Championships 2023 (Day 3)	British Summer Championships 2023 (Day 4)	British Summer Championships 2023 (Day 5)	British Summer Championships 2023 (Day 6)	British Summer Championships 2023 (Day 7)		

August 2023					September >>
Wed	Thu	Fri	Sat	Sun	
02	03	04	05	06	
2023 Swim England National Summer Meet (Day 1)	2023 Swim England National Summer Meet (Day 2)	2023 Swim England National Summer Meet (Day 3)	2023 Swim England National Summer Meet (Day 4)	2023 Swim England National Summer Meet (Day 5)	

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.

MEET THE SQUAD: POUSSINS

Meet BSSC's youngest swimmers, aged between 8 and 11. Poussins train five times per week and many are competing in their very first open meets and galas this season.

Adeline Chan

Swimming history: I started swimming lessons at the age of 3 and a half in Hong Kong. I was selected to be a team member at the age of 6. After relocating to the UK, I joined BSSC Poussin team

Favourite stroke/race: 50m freestyle

Proudest swimming achievement: When I won my first medal at the age of 9

Best thing about being a swimmer: Building up my endurance!

Best poolside snack: Crisps

Best swim hack: During freestyle, your face is better face forward (with 45degree) instead of facing downward

Best piece of advice/quote: Keeping trying and find the most suitable for you!

George Balaam

Swimming history: I had lessons at the Potteries since I was a baby then progressed to Saffron Walden Lord Butler before joining BSSC last year

Favourite stroke/race: Freestyle

Proudest swimming achievement: Open water swimming

Best thing about being a swimmer: The other swimmers and having fun!

Best poolside snack: Haribo

Poolside playlist: George Ezra

Hat and Goggle etiquette: Goggles then hat

Best piece of advice: Go fast!



Yana Patel

Swimming history: I've been swimming since I was a baby when my mum used to take me to swimming lessons. When we moved to Dubai we had weekly lessons at school and then I started swimming competitively after Covid when I joined the development in year 2. I loved it and so when we moved to England I couldn't wait to join a club.

Favourite stroke/race: 50m freestyle

Proudest swimming achievement: Getting most improved girl at Club Champs last year

Best thing about being a swimmer: I get to learn lots of different things like stroke techniques and speed training

If I could change one thing: I would change it so that we could do more team competitions like Peanuts League

Best poolside snack: Oat bars

Hat and Goggle etiquette: Goggles over hat

My Hero: My sister - she inspires me!

Best swim hack: Stay streamlined!

Best piece of advice/quote: Keep trying and never give up!

MEET THE SQUAD: POUSSINS

Check out our [2022 New Season Newsletter](#) from last September for profiles of two other current Poussins swimmers, Guy Spearman-Baines and Noah Conroy



Charlotte Cass

Swimming history: I started swimming at 6 months old with Water Babies, I then went on to be taught by a fab teacher called Tracey who runs a swim school called Amaze Swim. I moved to BSSC Learn to Swim last year

Favourite stroke/race: 25m freestyle

Proudest swimming achievement: Being asked to swim for BSSC at Peanuts last month as an Under 9 Girl

Best thing about being a swimmer: It makes you healthy and fit

If I could change one thing: Having to wash your hair ALL THE TIME!!

Best poolside snack: Lucozade & sweets

Poolside playlist: The Weeknd

Hat and Goggle etiquette: Goggles over hat

My Hero: My big sister Millie

Best swim hack: Rinse your goggles with pool water to clear them before you race

Best piece of advice/quote: Believe in yourself!



Olivia Hawker

Swimming history: I started swimming when I was 4 months old and completed all stages of learn to swim at Grange Paddocks. I joined BSSC in April 2022. I entered my first open swim meet at Basildon and Phoenix in May 2023

Favourite stroke/race: 50m freestyle

Proudest swimming achievement: When I entered 200m IM at Basildon open meet and was coming last after fly and ended up finishing 3rd in my heat

Best thing about being a swimmer: You get to go to lots of different places

If I could change one thing: I would change my tumble turns

Best poolside snack: Mars bar

Hat and Goggle etiquette: Spit in your goggles!

My Hero: Georgia Taylor Brown (Tri Athlete)

Best swim hack: Hum when you tumble!

Best piece of advice/quote: Always try your best and encourage others

MEET THE SQUAD: POUSSINS

Harrison Dodwell

Swimming history: Until I joined BSSC, I had never had a swim lesson. My dad taught me to swim when I was two and used to take me swimming most weekends. I have always loved swimming and couldn't wait to join a competitive club. I competed in my first gala in April at the CoSTA meet. It was great and I immediately caught the bug



Favourite stroke/race: Currently 50m freestyle, but my fly and breaststroke are close contenders. I recently swam the 100m IM and that was really fun.

Proudest swimming achievement: Achieving gold medals at my first gala. I won't forget that. I also recently achieved a new PB for 50m breaststroke which was great and something I had been working hard to achieve. I am now hoping I can improve on my freestyle time

Best thing about being a swimmer: Swimming makes you very fit which is brilliant for your health and has helped a lot with my other sports. My stamina is great. I have also made some good friends. The medals are also cool! I love all the different styles and enjoy collecting them

If I could change one thing: The wait times at galas – sometimes they are really long!

Best poolside snack: Pesto pasta and haribos

Hat and Goggle etiquette: I have recently changed to wearing my goggles under my hat. I also always make sure that my goggle strap is at the crown of my head. I always like to get my hat on early before a race, so I don't rush

My Hero: My swimming hero is Ed Sinclair. I recently attended one of his swimming camps in my half term holiday. It was amazing to meet him – swimming for four hours was not so fun! I was proud that I dug deep though and pushed through

Best swim hack: When you tumble remember to be fully facing up when your feet hit the wall and squeeze your arms together behind your head on your streamline

Best piece of advice/quote: The best time to get back in the pool and train is when you think you are the most tired. It helps you break through the barrier and improve your skills and mentally shows that there is always more to give. This is something that Ed Sinclair told me.



Isobel Lucas

Swimming history: I'm newish to the club – I joined less than a year ago

Favourite stroke/race: Freestyle

Proudest swimming achievement: Coming third in my heat at the 50m front crawl race at the Basildon meet

Best thing about being a swimmer: Meeting and making new friends and competing in races

Best poolside snack: Rolos chocolate!

Hat and Goggle etiquette: Goggles over hat

My Hero: Rebecca Adlington

Best swim hack: Hum whilst doing a tumble turn

Best piece of advice/quote: "Winning doesn't always means being first. Winning means you're doing better than before" - by Bonnie Blair

BSSC CLUB RECORDS - JAN-MAY 2023

Since our last newsletter, three of our swimmers have been busy breaking multiple long course (50m pool) club records nearly every time they have swum, some of which are more than 15 years old and we have the privilege of sharing the details below. Congratulations to Dylan Davenport, Ella Greatbatch and Jago Derrington.



Old Record	Oliver Barker	Male	50m Freestyle	Ages 12-13	LC	28/06/2008	26.84
New Record	Dylan Davenport	Male	50m Freestyle	Ages 12-13	LC	12/05/2023	26.10
Old Record	Oliver Taffs	Male	100m Freestyle	Ages 12-13	LC	08/06/2008	1:00.39
New Record	Dylan Davenport	Male	100m Freestyle	Ages 12-13	LC	11/03/2023	1:00.29
New Record	Dylan Davenport	Male	100m Freestyle	Ages 12-13	LC	07/04/2023	59.76
New Record	Dylan Davenport	Male	100m Freestyle	Ages 12-13	LC	12/05/2023	57.86
Old Record	Callum Cox	Male	50m Butterfly	Ages 12-13	LC	13/03/2020	30.32
New Record	Dylan Davenport	Male	50m Butterfly	Ages 12-13	LC	07/04/2023	29.58
New Record	Dylan Davenport	Male	50m Butterfly	Ages 12-13	LC	12/05/2023	28.42

Old Record	Kirsty Neill	Female	50m Breaststroke	Ages 14-15	LC	13/04/2022	34.30
New Record	Ella Greatbatch	Female	50m Breaststroke	Ages 14-15	LC	07/04/2023	33.73
Old Record	Kirsty Neill	Female	100m Breaststroke	Ages 14-15	LC	19/03/2022	1:15.06
New Record	Ella Greatbatch	Female	100m Breaststroke	Ages 14-15	LC	25/03/2023	1:15.04
New Record	Ella Greatbatch	Female	100m Breaststroke	Ages 14-15	LC	07/04/2023	1:15.00
Old Record	Kirsty Neill	Female	100m Breaststroke	Open	LC	19/03/2022	1:15.06
New Record	Ella Greatbatch	Female	100m Breaststroke	Open	LC	25/03/2023	1:15.04
New Record	Ella Greatbatch	Female	100m Breaststroke	Open	LC	07/04/2023	1:15.00



Old Record	Thomas Green	Male	1500m Freestyle	Open	LC	26/11/2005	18:00.14
New Record	Jago Derrington	Male	1500m Freestyle	Open	LC	25/03/2023	17:54.58
New Record	Jago Derrington	Male	1500m Freestyle	Open	LC	22/04/2023	17:53.48

We're looking forward to seeing what records get broken next and we predict that Dylan breaks a few next time he steps into a 25m pool!

SWIM ENGLAND HERTFORDSHIRE COUNTY CHAMPIONSHIPS

The first rung in the Swim England competition ladder are County Championships and this season we had 39 BSSC swimmers qualify to compete against the best in Hertfordshire. For three weekends in January and February our individual qualifiers and relay teams headed to The Venue in Borehamwood and returned with lots of fantastic achievements including 43 age group medals (10 Gold, 17 Silver, 16 Bronze), 16 Championship medals (5 Gold, 4 Silver, 7 Bronze), 7 Junior Championship medals (3 Gold, 1 Silver, 3 Bronze), 5 relay medals (3 Gold, 2 Bronze), 2 top girl awards (1 1st, 1 3rd) and one County Best Time. Amazing!! We wrote an article for each weekend and a fourth with lots of pictures, so please click on the photos below to go to our website and take time to celebrate with our swimmers. Also, big thanks to our officials and volunteers who helped make all three weekends run smoothly.

2023 Counties Weekend 1 Starts in Style

Posted on: 10th February 2023



Although January & February are long cold months for most people, they are exciting ones for many BSSC swimmers as the Swim England Hertfordshire County Championships take place. This year, thirty-nine swimmers aged 11-28 qualified for 179 individual events and 18 relays, which will be held in Borehamwood over three weekends. The first session of [...]

[Read more...](#)

More Medals Secured at Herts Counties Weekend Two

Posted on: 10th February 2023



BSSC swimmers had a great start to the second weekend of the Hertfordshire County Championships, with at least one swimmer qualifying in each of the six male 100m freestyle age group finals and final results for that event including one gold, one silver and one bronze. There was plenty to cheer about over the whole [...]

[Read more...](#)

Wrapping up Counties in Nail Biting Style

Posted on: 16th February 2023



BSSC swimmers rounded off the 2023 Hertfordshire County Championships in style on the third and final weekend, securing fourteen more age group medals (1 Gold, 8 Silver, 5 Bronze), 34 more top 8 event finishes in the County, two Championship relay Golds and a Bronze 15/under relay medal. Ella Greatbatch continued her complete domination of [...]

[Read more...](#)

2023 Counties in Photos

Posted on: 26th February 2023



We are pleased to share some of our favourite moments from the 2023 Swim England Hertfordshire County Championships. Our swimmers stepped up and performed superbly, provided bundles of support for each other and had lots of fun on the way! Special mention must go to Coach Joe for the amazing team talks, support and advice [...]

[Read more...](#)

For more details on how Counties works, see our [BSSC Guide to Counties](#)

BRITISH SWIMMING CHAMPIONSHIPS

The British Swimming Championships is the most prestigious British swimming meet of each season and always promises some exciting racing with the fastest swimmers in Britain, including members of the Team GB squad, competing across six days of action at Sheffield's Ponds Forge pool. Qualification is tough with a single set of consideration times for each sex, but outstanding long course (50m) swims at Level 1 meets during 2022 and early 2023 secured spots for five BSSC members to compete in April 2023.



50m Freestyle	Male	00:24.00
100m Freestyle	Male	00:52.60
200m Freestyle	Male	01:55.80
400m Freestyle	Male	04:09.60
800m Freestyle	Male	08:45.00
1500m Freestyle	Male	16:50.00
50m Breaststroke	Male	00:30.10
100m Breaststroke	Male	01:06.70
200m Breaststroke	Male	02:28.00
50m Butterfly	Male	00:25.70
100m Butterfly	Male	00:57.00
200m Butterfly	Male	02:10.70
50m Backstroke	Male	00:27.60
100m Backstroke	Male	00:59.30
200m Backstroke	Male	02:11.00
200m Ind. Medley	Male	02:10.60
400m Ind. Medley	Male	04:45.20

50m Freestyle	Female	00:27.10
100m Freestyle	Female	00:58.70
200m Freestyle	Female	02:07.50
400m Freestyle	Female	04:31.50
800m Freestyle	Female	09:23.40
1500m Freestyle	Female	18:04.00
50m Breaststroke	Female	00:34.00
100m Breaststroke	Female	01:14.80
200m Breaststroke	Female	02:42.20
50m Butterfly	Female	00:28.80
100m Butterfly	Female	01:04.30
200m Butterfly	Female	02:24.10
50m Backstroke	Female	00:30.70
100m Backstroke	Female	01:05.90
200m Backstroke	Female	02:23.60
200m Ind. Medley	Female	02:24.90
400m Ind. Medley	Female	05:11.30

All three BSSC swimmers swam superbly against the top swimmers in the Country, getting close to personal best times and ranking among the top in their age groups. Callum Cox reached the Junior Final of the Mens 50m Butterfly, coming 8th in a time of 25.95 seconds. He was also the 3rd fastest 17 year old. Ella Greatbatch was the 5th fastest 15 year old in Britain with her 200m Breaststroke time of 2:43.02 (64th position overall), whilst Lucy Wheeler was 57th overall in the 100m Freestyle (58.89).

With qualification based on meeting a single entry time for each event irrespective of age (shown left in case you are interested!), the under 18 trio of Ella Greatbatch (15 years), Kirsty Neill (16 years) and Callum Cox (17 years) gave outstanding performances in the run up to the Championships. Congratulations also goes to our two over 18 year old swimmers Lucy Wheeler and Niamh James.

Unfortunately, although they achieved the consideration times, both Kirsty Neill and Niamh James were unable to compete this year so we had three competitors to look out for and cheer on:

- Ella Greatbatch (15 yrs) – 200m Breaststroke
- Callum Cox (17 yrs) – 50m Butterfly
- Lucy Wheeler (18 Over) - 100m Freestyle



Since competing at the British Championships Callum Cox has moved to the Mount Kelly School in Tavistock, Devon. We wish him well for the future.

After the British Championships were held, focus for our older competitive swimmers turned to the Swim England East Region Championships (see next page) and also qualification for the British and English Summer Championships (also in this newsletter).

SWIM ENGLAND EAST REGION LONG COURSE CHAMPS

During three weekends in April/May each year, the top swimmers from the six eastern Counties of England – Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk, Suffolk – come together at the Swim England East Region Long Course (50m) Championships. Qualifying times for each event and sex for six age groups (11/12, 13, 14, 15, 16 and 17/Over) are published at the start of the year and swimmers must obtain the times in the specified window at a Level 1, 2 or 3 licenced meet.

Twenty two BSSC swimmers qualified this year and they all stepped up to the challenge of the occasion, ensuring BSSC finished 20th out of 39 clubs and was the 3rd ranked Hertfordshire club behind Hatfield and Watford. Individually the swimmers secured many personal bests, had 25 top eight finishes and also brought home ten medals:

- 14 years: Dylan Davenport Bronze 50m/100m Freestyle
- 15 years: Ella Greatbatch Silver 50m/100m/200m Breaststroke
- 16 years: Kirsty Neill Gold 200m Breaststroke, Silver 100m Breaststroke
- 17+ years: Lucy Wheeler Gold 200m Freestyle; Emma Fields Silver 50m Butterfly; Niamh James Silver 200m Backstroke
- Top eight finishes: Molly Greatbatch, Dylan Davenport, Ella Greatbatch, Jakey Hayes, Kirsty Neill, Callum Cox, Callum Davis, Emma Fields, Jago Derrington, Lucy Wheeler, Niamh James

There were so many great performances, but special mention must go to Molly Greatbatch for reaching her first Regionals final in the 200m Breaststroke and to Dylan Davenport who was on superb form on the final weekend, securing two Bronze medals and a 4th place, swimming personal best times in all of seven of his races, breaking his own 12/13 year old BSSC records for 50m Butterfly and 100m Freestyle and taking the 50m Freestyle club record that had stood since 2008. Jago Derrington also broke his own Open club record for the 1500m Freestyle that he had set in March 2023 which had previously stood since 2005.



Dylan Davenport



Ella Greatbatch

Full list of swimmers

- 11/12 Yrs: Lois Fields
- 13 Yrs: Elliot Hall, Molly Greatbatch
- 14 Yrs: Dylan Davenport
- 15 Yrs: Brandon MacDonald-Williams, Ella Greatbatch
- 16 Yrs: Alice Longman, George Grimwood, George Taylor, Jacob Hayes, Kirsty Neill
- 17+ Yrs: Callum Cox, Callum Davis, Dan Chada, David Badcock, Emma Fields, Grace Mason, Jago Derrington, Lauren Gore, Lucy Wheeler, Miriam Moukdad, Niamh James

For more details on Regionals, see our [BSSC Guide to Regionals](#)

BRITISH AND ENGLISH SUMMER CHAMPIONSHIPS 2023

Many of our older swimmers have been chasing times for the British and English Summer meets.

To qualify you have to be one of the top long course swimmers in your age group during a specified qualifying period (this year 10 March - 21 May). Twice a week in that time window a rankings list is published on the swimmingresults.org website, showing eligible swims by meet, sex, age group and event. Each week swimmers appear and disappear from the listings depending on their new times and rankings. Once the qualifying period has ended and all results have been uploaded to the Swim England rankings database, the top 24 ranked swimmers in each event are invited to the British Summer Championships in late July and the next 22 fastest swimmers are invited to the Swim England National Summer Meet in August (there are Swim Wales and Scotland Swimming events too).

Slight adjustments to the age groups and qualification rules occur each year making it tricky to write a single guide to what *typically* happens! Each of the meets have their own rules on age groups, so they differ across male and female swimmers and meet, and this year has seen some new rules brought in around qualification for 50m *form stroke* events (i.e. Breaststroke, Butterfly and Backstroke), where some younger age groups don't swim them at all and in most other age groups you can only qualify to swim a 50m form stroke event if you have qualified for the equivalent 100m event. If you're interested in finding out more the conditions for both meets can be found via our Events calendar.

The 2023 changes were a little confusing at first and some of our swimmers haven't quite made it onto the rankings list this year due to the new rulings on 50m events, but we have reached the date when the invites to the **British Summer Championships** have been sent out and we have the following swimmers competing:

Ella Greatbatch (15 years): 50m/100m/200m Breaststroke

Kirsty Neill (16 years): 50m/100m/200m Breaststroke

Once the British Summer Championship invites were accepted, the next ranked swimmers were invited to a Home Nation meet, which for our swimmers is typically the Swim England National Summer Meet. Swimmers at the top of the English list can sometimes move to the British list as some competitors decline invites, but that has all just happened and the following swimmers are on the **Swim England National Summer Meet** list:

Dylan Davenport (14 years): 50m/100m Freestyle

Jago Derrington (17 years): 50m/100m/200m Backstroke

Niamh James (17 years /Over): 200m Backstroke

Lucy Wheeler (17 years /Over): 100m Freestyle

Congratulations to all our swimmers who have qualified! Keep an eye on our social media channels, website and local newspaper for updates on their achievements.

WORLD MASTERS TOP 10 RANKINGS

In the first quarter of every year, Fédération Internationale de Natation (FINA), or World Aquatics as it is now known, publishes the **FINA Masters Top 10 Rankings** for the previous year. Three of our Masters squad had such a good year in 2022 that they feature in the World Top 10 fastest lists!

Alyson Fordham, competing in the 65-69 year old category, had a fantastic year achieving the 2nd fastest swim in the world in 2022 in the 50m and 200m Freestyle events (30.33 & 2:33.14), 3rd fastest for the 100m Freestyle (1:08.96) and 100m IM (1:20.35), 5th in the 50m Backstroke (38.20) and 7th for 400m Freestyle (5:20.40) all in the short course (25m pool) format. In the long course (50m pool) format, she was 2nd fastest in the 50m Freestyle (31.13), 4th in the 100m Freestyle (1:10.53) and 10th in the 400m Freestyle (5:47.04).



Elizabeth Bellinger (40-45yrs) and **Sally Winter** (60-65yrs) also got into the 2022 top 10 rankings for short course events, with Lizzie being the 5th fastest competitor in the world in the 100m Butterfly (1:07.45) and Sally the 7th fastest in the 200m Freestyle (2:27.99) and 10th in the 100m Freestyle (1:08.77).

Alyson's times from the 2022 season also propelled her into the **top 10 fastest swims of all time** for six events (four short course and two long course), with four of the times being new European records. By the end of 2022, she held both European records for 50m Freestyle and had the 4th fastest ever short course (25m) swim and the 7th long course (50m). Her other two European Records were in the SC 200m Freestyle and the SC 100m IM where she ranked 4th and 5th in the world all time rankings respectively. Finally, in the 100m Freestyle she has the 7th fastest SC and 9th fastest LC swims.

2023 MASTERS SUCCESSES

Our trio of fabulous Masters are building on the 2022 successes we've just shared with you and have kicked off 2023 with a bang. We haven't managed to report on every event they've been to, but here's a snapshot of recent events including a summary of their amazing achievements at the British Masters Championships which included Alyson being the first European woman to go sub 31 seconds in the 50m Freestyle (65-69yrs). Click on each box below to visit the full article.

Masters Start 2023 in Record Breaking Style

Posted on: 1st February 2023

Two BSSC Masters swimmers recently travelled to Crawley for the Swim England South East Region Masters Open Long Course Competition and both were on record breaking form.

Alyson Fordham achieved a trio of golden freestyle events in the 65/69 year category, breaking her own 200m freestyle BRITISH record in a time of 2:39.54 and achieving South East Region (SER) meet best performances in the 50m freestyle (31.19) and 100m freestyle (1:10.99). In the shorter distances she was the 8th (100m) and 11th (50m) female across all age groups from 18+!

Sally Winter competed in the 60/64 year category and took gold in the 100m freestyle (1:11.35, 9th fastest female overall), gold and an East Region record in the 800m freestyle (11:46.24) and silver in the 50m backstroke (41.67).

2023 Masters Season is Golden

Posted on: 15th March 2023

The 2023 Swim Wales Masters Long Course Championships were held the weekend after St David's Day at the Wales National Pool in Swansea, and regular BSSC competitor Lizzie Bellinger was in Golden form beating two Swim England East Region records that had stood since 2016. Competing in the 45-49yr old age group for the first time she took Gold in the 200m IM (2:42.50 East Region record), Gold in the 50m Fly (31.01) and Silver in the 100m Freestyle (1:05.20 East Region record). Lizzie unfortunately had to withdraw from the 100m Fly due to illness, but this was a great golden start to the 2023 season.

Bellinger is in golden record breaking form

Posted on: 21st May 2023

Congratulations to BSSC Masters swimmer Elizabeth Bellinger who was recently in golden form at the Yorkshire Masters Long Course Open Meet. Lizzie took Gold in 100m Fly (1:09.13), 100m Back (1:18.73) and 50m Fly (30.10), securing three new East Region records in the 45/49 Yrs age group and finishing just one tenth of a second off the 100m Fly British age group record!

More records tumble at Masters Open

Posted on: 24th May 2023

One week after winning three Gold medals and smashing three new long course (50m) East Region records, BSSC Masters swimmer Lizzie Bellinger continued her golden record breaking form at the Derbyshire Open Masters Championships. Three more Gold medals and three short course (25m) East Region 45-49yr age group records were secured in the 100m Fly (1:07.60), 200m IM (2:39.07) and 50m Fly (30.48).

BSSC Masters on Record Breaking Form

Posted on: 19th June 2023

The annual British Masters Championships recently returned to Ponds Forge in Sheffield for the first time in seven years. Three BSSC Masters, Alyson Fordham, Lizzie Bellinger and Sally Winter joined more than 800 masters swimmers from across the home nations to compete in the 50m pool event. It was a thrilling and inspiring weekend, with multiple British and European records being set, including some by our BSSC swimmers!



Alyson Fordham, Lizzie Bellinger, Sally Winter

OTHER COMPETITION NEWS JAN-MAY 2023

A few of the events below did get written up for the News section of 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).

CoStA Spring Short Course Open Meet

For some of the Club's youngest swimmers this meet was their first taste of competitive swimming, for others it was their first meet of 2023, but all our swimmers from Poussins, Benjamins A and B, Cadets and Juniors racked up an impressive set of results! Over the two days the 21 swimmers took part in 62 swims, with a whopping 57 swims (92%!) resulting in personal best times. Eight swimmers brought home 19 medals between them (4 Gold, 9 Silver and 6 Bronze).

9 year olds: Harrison Dodwell (Gold 50m Freestyle, Silver 50m Breaststroke);

Ellyse Harvey (Silver 100m Fly); Yana Patel (Silver 100m Freestyle, Bronze 50m Freestyle)

10 year olds: Noah Conroy (Gold 400m Freestyle & 50m Fly, Silver 50m/200m Freestyle)

11 year olds: Guy Spearman-Baines (Silver 100m Breaststroke, Bronze 200m Breaststroke);
Lois Fields (Silver 200m IM, Bronze 50m Backstroke)

12 year olds: Benny Palmer (Silver 50m/400m Freestyle, Bronze 100m/200m Freestyle & 50m Back)

17 year olds: David Badcock (Gold 200m Breaststroke)

Congratulations to Benny Palmer, David Badcock, Ellyse Harvey, Harrison Dodwell and Lois Fields who won medals in all of their races; whilst special mention goes to Noah Conroy, who achieved personal best times and medals in all four of his races.

Putteridge Swimming Club Spring Long Course National Qualifier 2023

Whilst the younger swimmers were at the short course (25m) CoStA meet, our older swimmers were at their first long course (50m pool) meet of the season. This level 1 event was the first meet inside the qualifying window for the 2023 British and English Summer meets so it was all about the times.

Most swimmers came away with a PB - Brandon Macdonald-Williams got 5 PBs in 5 races, whilst Miriam Moukdad and Molly Greatbatch both achieved 3 PBs in 3 races - and Dylan Davenport's PB in the 100m Freestyle also secured him the Age 12-13 Long Course Club record! Congratulations to our medallists who brought home 9 medals between them - Ella Greatbatch (3 Gold), Dylan Davenport (1 Silver), Lucy Wheeler (1 Silver, 1 Bronze), Niamh James (2 Silver) & Callum Davis (1 Bronze).

Guildford City SC Level 1 Long Course Meet

Two weeks later eleven of our older swimmers travelled to Guildford to compete at another level 1 long course meet. These meets are highly competitive and have a heats and finals format for 50-200m events which gets the adrenaline flowing! Congratulations to Jago Derrington and Ella Greatbatch who broke club records and the following swimmers who obtained age group medals or reached the senior final:

Age Group Medals: Ella Greatbatch (15yrs 1st 100m Breaststroke), Callum Cox (17+yrs 2nd 50m Fly), Callum Davis (17+yrs 3rd 100m Fly), Emma Fields (17+yrs 3rd 50m Fly), Jago Derrington (17+yrs 2nd 800m Freestyle, 3rd 1500m Freestyle)

15-99yr Final: Emma Fields (5th 50m Fly), Ella Greatbatch (2nd 100m Breaststroke), Callum Cox (2nd 50m Fly, 8th 50m Freestyle), Jago Derrington (3rd 200m IM), Lauren Gore (4th 50m Breaststroke, 6th 100m Breaststroke), Callum Davis (8th 50m & 100m Fly)

OTHER COMPETITION NEWS JAN-MAY 2023

City of Norwich Swimming Club Easter Long Course Meet

Over the Easter weekend, 23 swimmers from Benjamins A, Minimes, Juniors, Elites and National squads competed in a long course level 1 meet in Norwich. This was a large meet with a team from Hamilton Aquatics in Dubai flying in for the weekend and a large squad from Repton independent school.

Medallists: Dylan Davenport (13-14yrs 1st 50m Freestyle), Ella Greatbatch (15-16yrs 1st 200m Breaststroke, 2nd 50m/100m Breaststroke), Lauren Gore (17/Over 1st 50m Breaststroke, 2nd 100m Breaststroke), Jago Derrington (17/Over 1st 200m IM), Kirsty Neill (15-16yrs 2nd 200m Breaststroke), Emma Fields (17/Over 2nd 50m Butterfly), Laura Burgess (17/Over 3rd 50m Freestyle)

Top Point Scorers: Dylan Davenport - 23 points; Ella Greatbatch - 22 points; Lauren Gore - 20 points

Congratulations also go to our swimmers who were on great form over the weekend and obtained personal best times in every race they entered: Elliot Hall - 9 PBs; Freya Hadnutt & Bobbie Macdonald-Williams - 5 PBs; Robert Gor - 4 PBs; and Lois Fields - 3 PBs.



Halstead Swimming Club Level 3 Annual Open Meet

At the end of the Easter holidays more than forty swimmers of all ages travelled to Braintree for the Halstead Open Meet and we saw lots of superb performances resulting in personal best times and achievement of penguin themed bling! In fact, 27 of our swimmers came home with an amazing 66 medals (29 Gold, 22 Silver, 15 Bronze). There are too many to list right here, but three performances stand out: Noah Conroy competed in 5 races, won 5 Gold medals and achieved 5

PBs; Millie Cass competed in 5 races, won 5 medals (1 Gold, 3 Silver, 1 Bronze) and swum 4 PBs; whilst Elliot Hall competed in 4 races, won 4 medals (3 Gold, 1 Silver) and swum 3 PBs. Other swimmers who obtained PBs in all their races were: Amber Shaw, Catherine Els, Elspeth Lowe, Felice Chan, George Hall, Jenson Richards, Joshua Green and Oliver Vaughan. Well swum everyone!

World Multisport Championships, Ibiza

BSSC swimmer and triathlete Meisha Trend-Evans won a World Aquathlon Bronze medal on her international Team GB debut at the World Multisport Championships in Ibiza in May. Meisha came third in the 16-19 years age group category in an overall time of 36min 42sec, behind Catarina Felicio Santos from Portugal (35.48) and Team GB athlete Imogen Bungay (36.33).



OTHER COMPETITION NEWS JAN-MAY 2023

Hertfordshire Peanuts League Rounds 1 and 2

As a club we enter a team each year into the Hertfordshire Peanuts league and compete against other clubs in our County. We've not completed the write-ups on the team performances in round 1 and 2 yet, so keep your eye out on our social media and website and in the local newspaper for articles. Good luck to the team for the final round in July! For those of you who want to know more about Peanuts, we have a guide you can read on our [website](#).



BPSC Spring Short Course Open Meet

The weekend of 20-21 May saw 29 swimmers aged 9-16 visit Basildon Sporting Village for the BPSC Spring Meet 2023. Over the two days, the swimmers took part in 120 swims, with nearly 70% of swims resulting in personal best times. 19 swimmers won a grand total of 53 ice-cream themed medals – 24 gold, 13 silver and 16 bronze. See our [website article](#) for a full list of swimmers who are the lucky owners of the medals and top marks to BPSC as usual for creative seasonal medal theming!

Special mention must go to Robert Gor and George Grimwood, who achieved PBs and medals in all of their races. Congratulations also go to Isobel Lucas, Kenny Millsom, Olivia Hawker, Lois Fields and Lauren Gore, who achieved personal best times in all of their races.

BSSC No Frills Short Course Level 4 Meet

Late May, 54 BSSC swimmers gathered at the College to take part in our first No Frills Meet of 2023. It was a great night and out of 182 swims, a massive 60% were personal best times!

As well as the fantastic swimming on display, **the event raised a whopping £1148 in entry fees, door sales and raffle tickets**. A big “thank you” to swimmers, coaches, parents, grandparents, officials and everyone who volunteered to help on the night. These events are so valuable to the Club, and without your support they wouldn't be possible.

Congratulations to the following swimmers, who achieved PBs in all their races:

Robert Gor, Sienna Coulthard Pinheiro, Henry Crawford, Molly Greatbatch, Betsy Gibson, Adeline Chan, Oliver Vaughan, Oliver Thornton, Edward Crawford, Amelia Aspden, Jacob Hayes, Isabelle Earley, Catherine Els, Lois Fields, George Grimwood, Anna Vaughan, Alexander Eustace, Joshua Green and Olivia Hawker.

10th Eric Shepherd Short Course Open Meet

June kicked off with a trip to Harlow Leisurezone for sixteen Stortford swimmers, who took part in 54 swims and brought home 25 medals:

9 Gold: Noah Conroy, Robert Gor, Zoe Opiyo, Miriam Moukdad and George Taylor

9 Silver: Robert Gor, Ellyse Harvey, Brandon MacDonald-Williams, Noah Conroy, Guy Spearman-Baines and Molly Greatbatch

7 Bronze: Brandon MacDonald-Williams, Guy Spearman-Baines, Kenny Millsom and Grace Mason

Our very youngest swimmers did the Club proud, with every 9- and 10-year-old BSSC swimmer winning at least one medal.

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**. **In the past 2 years they have won over £1100 in return!** 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 4K TV & Home Theatre System!** 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.