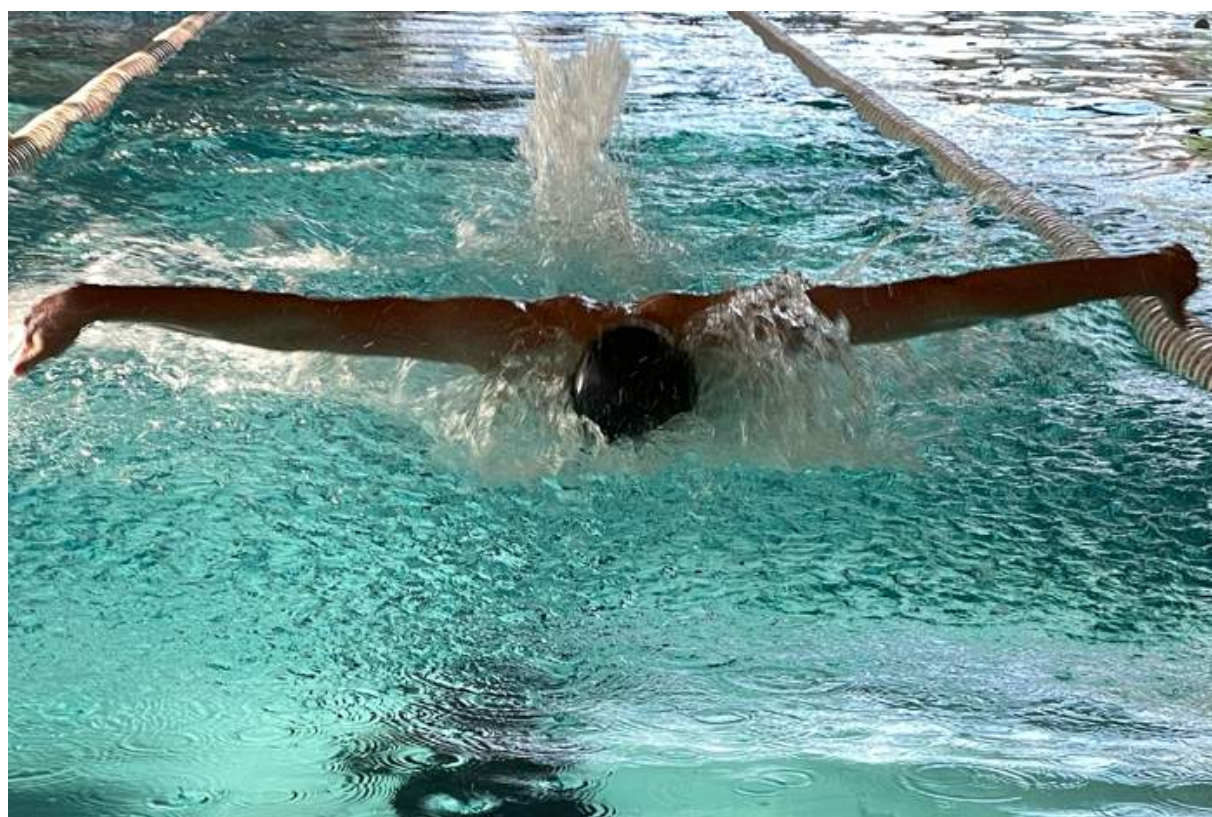




BABBLE

The Bishop's Stortford Swimming Club Newsletter



2023/24 NEW SEASON EDITION

Welcome back to the start of another season! Once more the summer seems to have flown by and most of us are fully back into the juggle of school, swimming and work. We've tried to make that transition as smooth as possible for you with a newsletter packed with lots of relevant articles and references on where to find the latest information on squad structure, training times and upcoming events on our website. We also spend time looking back to the end of last season when lots of great achievements happened that you might have missed.

September in Hertfordshire means the start of the short course (25m) season, beginning with our own fun and fantastic Club Championships, followed by the fast and furious National Arena League, with a smattering of Open Meets and two big competitions before Christmas - Winter Regionals in Nov and Winter Nationals in Dec - all culminating in Counties early next year. Don't worry if you're lost with all these names, keep reading this edition and all will be revealed ...

2023/24 BSSC COMMITTEE

Our committee for the 2023/24 season were voted in at the AGM

Chairperson: Lorinda Pietersen

Treasurer: Jackie Taylor

Secretary: Helen Badcock
Paul Davenport

Membership Secretary: Sarah Cass

Competitions Secretary: Danielle Reilly

Fundraising: Claire Fields

Swim Mark: Jake Lloyd

General Members: Leanne Eustace
Sally Lowe

The following two roles are not on the committee but regularly volunteer:

Welfare Officer: Brian Neill

Communications Lead: Kat Gore

BSSC OFFICIALS - PLEASE SIGN UP

To run any of our internal club meets such as Club Championships or No Frills, or to be able to send our swimmers to externally run Open Meets or our teams to Peanuts and Arena League competitions, we must have our own BSSC officials (the folks around the pool in white). They are all volunteers and started out as parents of young swimmers like yourselves. The swimmers of many of our current senior officials have left the club, but they are willing to give us their time so we can still run meets. However, **we can't keep relying on them in the future and we need to build a new group of officials.**

HUGE thanks go to a few of our members who have shown their support and recently started on the officials training, but there's always room for more! If you are interested in becoming an official, or would just like to know more of what it entails, please email officials@bsswimclub.org.uk

OTHER VOLUNTEERS - PLEASE HELP

We have a number of roles that are not on the committee, but need a small level of involvement all year round and the more people who join the teams to share the work, the easier it will be on everyone involved. If you'd like to know more about our Competitions and/or Communications teams please get in touch:

Competitions team: competitions@bsswimclub.org.uk

Communications team: communications@bsswimclub.org.uk

Finally, we have opportunities at Club Champs where we really need your help just for the evening. Don't worry if you've never helped out before, our own meets are a great place to start, with plenty of old-timers to show you the ropes! Sign up via Events on Swim Manager

WEBSITE UPDATES

We've been updating our website over the summer so it has the most recent information ready for you to access.

The new club squad structure for the 2023/24 season can be found from the Squads drop down via the Squad Structure page where you can find the schematic of the squads and download a copy of the entry criteria for each squad. All swimmers should have received an email from Headcoach Benoit at the end of last season sharing information on their new squad.

BSSC - CLUB STRUCTURE						
Year of Birth	Age by 31/12/24	MASTERS			Age by 31/12/24	Year of Birth
2006	18	JUNIORS		ELITES	18	2006
2007	17				17	2007
2008	16				16	2008
2009	15	CADETS	MINIMES		15	2009
2010	14				14	2010
2011	13	BENJAMINS			13	2011
2012	12				12	2012
2013	11	POUSSINS			11	2013
2014	10				10	2014

The new training times for each squad can be found on the Training schedule page via the Training drop down menu. Click on a squad to see the current training schedule. Temporary changes to training times will also be posted on this page.

Training schedule

Please also check the [Training News](#) page for updates and temporary changes.

The training schedules listed below are the standard timetable, subject to short-term amendments during holidays or exceptional circumstances.

Elites
Minimes
Juniors
Benjamins
Cadets
Poussins
Masters

UPCOMING EVENTS SEP-DEC 23

Benoit has already shared an event calendar for the rest of this season via email, 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.

September 2023

[October >>](#)

Thu	Fri	Sat	Sun
31	01	02	03
07	08	09	10
14	15	16	17
21	22	23 Swim England Hertfordshire Masters Championships 2023	24 BSSC Club Championships - Session 1
28	29 BSSC Club Championships - Session 2	30	01 BSSC Club Championships - Session 3 Swim England East Region Masters Championships

October 2023

[November >>](#)

Thu	Fri	Sat	Sun
28	29 BSSC Club Championships - Session 2	30	01 BSSC Club Championships - Session 3 Swim England East Region Masters Championships
05	06	07	08 Swim England National County Team Championships 2023
12	13	14 Arena League - Round 1	15
19	20	21 Team Luton Autumn Meet 2023 (Day 1)	22 Team Luton Autumn Meet 2023 (Day 2)
26	27 Swim England Masters National Championships (Day 1)	28 Swim England Masters National Championships (Day 2)	29 Swim England Masters National Championships (Day 3)

November 2023

[December >>](#)

Thu	Fri	Sat	Sun
02	03 Swim England East Region SC Championships (Day 1)	04 Swim England East Region SC Championships (Day 2)	05 Swim England East Region SC Championships (Day 3)
09	10	11 Arena League - Round 2	12 Masters Inter-County Competition
16	17	18 Putteridge Winter Open (Day 1)	19 Putteridge Winter Open (Day 2)
23	24	25 Hatfield County Qualifier (Day 1)	26 Hatfield County Qualifier (Day 2)

December 2023

[January >>](#)

Thu	Fri	Sat	Sun
30	01	02	03
07	08	09 Harlow Penguins County Qualifying meet Arena League - Round 3	10
14 Swim England National Winter Championships (Day 1)	15 Swim England National Winter Championships (Day 2)	16 Swim England National Winter Championships (Day 3)	17 Swim England National Winter Championships (Day 4)

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.

BSSC CLUB CHAMPIONSHIPS

Session 1: Sunday 24th September

Session 2: Friday 29th September

Session 3: Sunday 1st October

The first main event for our swimmers this season will be our BSSC Club Championships. This is an annual club meet where our swimmers can compete in multiple events against their training partners to be the BSSC champions for that season and is an important fundraising event for our club. Presentations are made at a separate awards evening, where members come together to celebrate the successes of the past season and those triumphant at the three nights of club champs. Keep an eye out for emails from the competitions team explaining which events are taking place across the three nights, chat to coaches if you'd like advice on how many events to enter (it's a fast paced night), sign up through Swim Manager and parents, please do volunteer to help via the Events page on Swim Manager. We can't run these nights without volunteers and they are important nights for our swimmers - they will get times to use at Open Meets and maybe even qualify for the 2024 Hertfordshire County Championships.

QUALIFYING FOR EVENTS

There are a few events on our calendar where swimmers will need to qualify for times and some will only be suitable for older swimmers. We've put a little guide to each of them below:

Winter Regionals: this is a short course (25m) championships run in November at the Inspire Luton pool by Swim England East Region. To qualify you must meet a single set of qualifying times (not split by age) in the specified window at a Level 1-3 meet. Long course converted times are allowed but times from level 4 meets (e.g. Club Champs) are not accepted. Details can be found [here](#).

Winter Nationals: this is a short course (25m) championships run in December at the Ponds Forge pool in Sheffield by Swim England. To qualify you must achieve a (very fast!) qualifying time (split into three age groups) in the specified window at a short course Level 2 meet only. Details will be published [here](#) shortly.

Counties: the first rung in the Swim England competition ladder are County Championships and Hertfordshire usually hold them at Borehamwood across three weekends in January and February. To qualify you must meet specified times in the age group you will be by 31st Dec 2024 (not 2023). Times must be swum in the specified window at a licensed meet (Levels 1-4). More details can be found [here](#).

Masters events: there are county, regional and national masters events happening before Christmas and they too will have qualifying times and windows etc. More details can be found on the events pages via our website Calendar.

Selection events: there are a few events where teams will be selected. The BSSC Arena league team will be selected by our coaches, whilst the Inter-County teams will be selected by Swim England Hertfordshire.

For more details on many of these events see our website [guides for members](#)

2023 PEANUTS LEAGUE

Twenty five of our 9-12 yr olds were in action recently battling to keep our place in the top division of the Peanuts Hertfordshire Swimming League. They took part in three separate galas and finished a very respectable 8th out of twelve teams, retaining their place in Division one for 2024. It was a great achievement as they were up against many other larger clubs and were a very inexperienced team with some members competing for the first time!



Special mention goes to Yana, Lois, Noah & Anna G who all swam not only in their own age group but also the age group above. Also to Zander, Linke, Bethan, Charlotte & Tilly who were all competing for the first time. Thanks also to the organising team of Team Manager Danielle and Coach Joe, club captains Freya Reilly and Jakey Hayes and older swimmers (Callum, Jake & Niamh) who came along to support the younger members of the club.



Full squad across three galas: Harrison Dodwell, Joshua Green, Kenny Millsom, Noah Conroy, Samuel Bird, Haydn Bird, Elliot Hall, George Hall, Zander Van Baal, Eddy Cheng, Guy Spearman-Baines, Linke Groenwald, Tilly Sell, Bethan Crang, Yana Patel, Meha Patel, Lois Fields, Molly Greatbatch, Millie Cass, Charlotte Cass, Adeline Chan, Anna Grimwood, Anna Vaughan, Elsie Lowe, Alex Eustace

The Peanuts league galas have events that are a mix of individual age group races (9yr, U11yr, U12yr, U13yr) and relays and are usually raucous, loud, fun nights that provide a great opportunity for swimmers to experience being part of a team in a sport that is primarily individual. This was the first time at Peanuts for the majority of the swimmers and they all put in amazing performances, working together as a team and giving loads of support for each other.



Top 3 finishes in Round 3:

- 9yrs: Harrison Dodwell 2nd 25m Backstroke & 3rd 25m Butterfly
- 9-10yrs: Adeline Chan 1st 25m Freestyle & 3rd 25m Backstroke, Noah Conroy 2nd 25m Butterfly & 2nd 25m Breaststroke, Yana Patel 3rd 25m Butterfly
- 9-11yrs: Lois Fields 1st 50m Backstroke, Guy Spearman-Baines 2nd 50m Breaststroke, Haydn Bird 3rd 50m Freestyle
- 9-12yrs: Lois Fields 2nd 50m Butterfly & 3rd 50m Backstroke, Samuel Bird 2nd 50m Freestyle & 50m Backstroke, Eddy Cheng 3rd 50m Breaststroke
- Mixed 9-10yr 200m Freestyle Relay: 1st Bethan Crang, Harrison Dodwell, Noah Conroy, Adeline Chan
- Mixed 9-12yr 200m Medley Relay: 1st Lois Fields, Meha Patel, Guy Spearman-Baines, Samuel Bird
- Mixed 9-12yr 200m Freestyle Relay: 3rd Anna Grimwood, Haydn Bird, Samuel Bird, Meha Patel
- Mixed 9-12yr 8*25m Freestyle Relay: 1st Adeline Chan, Guy Spearman-Baines, Noah Conroy, Linke Groenewald, Harrison Dodwell, Lois Fields, Meha Patel, Samuel Bird

MEET THE SWIMMERS

If you'd like to feature in a future edition please get in touch via email.



Samuel Bird

Squad: Minimes

Swimming history: My Mum took me to lessons as a baby and I carried on with them until I finished Gold level at age 7. I was approached by a couple of competitive swimming clubs but decided to try out at Stortford on the advice of my swim teacher

Favourite stroke/race: Freestyle or IM

Proudest swimming achievement: Winning my first Club Champs trophies at my first Club Champs

Best thing about being a swimmer: The fitness that comes with the training and the ability to focus

If I could change one thing: I'd make galas shorter, you sometimes have to sit and wait for hours just for a 30 second swim!

Best poolside snack: Cereal bar/banana/dried apricots

Poolside playlist: My school squad coach plays us songs with deep bass that we can hear underwater which is great for concentration in training

Hat and Goggle etiquette: For racing, always goggles first

My Hero: Adam Peaty and Ellie Simmonds

Best swim hack: Take two of everything to each meet, that way you're prepared if your goggles snap or hat breaks

Best piece of advice/quote: Swim for you and don't worry about anyone else; you're only ever trying to improve your own time



Meha Patel

Squad: Minimes

Swimming history: I have been swimming since I was a baby when my mum used to take me to baby swimming classes, but have been swimming competitively since year 3 whilst I lived in Dubai. Then when I moved back to Stortford I continued swimming for BSSC

Favourite stroke/race: freestyle and I love doing the 100m freestyle or 200m IM

Proudest swimming achievement: when I won my first ever competition medal. It was for 50m freestyle and beat my PB

Best thing about being a swimmer: being part of a team and making friends outside of school

If I could change one thing: the way Swim England classifies swimmers so that it is the age of the swimmer on the day of the competition rather than by the end of the year

Best poolside snack: flapjack

Poolside playlist: I don't listen to music on my phone - prefer to chat to my teammates

Hat and Goggle etiquette: Hat first and then goggles on top or sometimes goggles on top

My Hero: Rebecca Adlington

Best swim hack: Prepare for swim meets by ensuring you have enough food and water

Best piece of advice/quote: Never give up - keep trying you'll get there in the end!

FUNDRAISING UPDATES: SPONSORED RELAY

Article by Club Captain Jakey Hayes

The Club required much needed funds to buy a few essentials for the club, such as a Back Stroke ledge so that swimmers can practice using them prior to competitions. I had the idea of holding a continuous Sponsored Relay.



So, I and my fellow Club Captain (Freya Reilly) organised a Sponsored Relay on the 12th May 2023. We had so many swimmers and their parents and grandparents keen to join in that we had to have two teams and so have two continuous relays of about 30 swimmers each.



It was a really fun night! We had lots of dancing, singing and **raised an amazing £2184 thanks to our generous families.**



We'd love to see more people joining our club to challenge themselves to improve in a sport that they enjoy and caters for all ages.



BRITISH AND ENGLISH SUMMER CHAMPIONSHIPS 2023

The **British Summer Championships** provides a key end-of-season competition opportunity for home nation athletes with the season's fastest swimmers in Britain invited to compete. BSSC had two local swimmers invited for the 2023 Summer Championships held in July, Ella Greatbatch (15 yrs) and Kirsty Neill (16 yrs), and they were joined by two swimmers from Team Bonn in Germany who were born and taught to swim in Bishop's Stortford, Toby and William Godsell (16 & 18 yrs).



Youngest BSSC competitor Ella had her best performance in the 100m Breaststroke where she came 9th in the 15 year old final in a time of 1:15.67, whilst Kirsty, swimming for the last time in a BSSC hat, secured her place in two 16 year old finals, coming 6th in the 200m Breaststroke and 10th in the 100m Breaststroke.

Toby (Team Bonn) had a great championships, taking gold in the 16 year old 100m Backstroke and 200m IM finals and silver in the 50m & 200m Backstroke finals. Will (Team Bonn) finalised in two of his four events, coming 5th in 18 year old 50m Breaststroke and 7th in 100m Breaststroke.

- Ella Greatbatch (15yrs): 9th 100m Breaststroke; 11th 50m Breaststroke; 21st 200m Breaststroke
- Kirsty Neill (16yrs): 6th 200m Breaststroke; 10th 100m Breaststroke; 16th 50m Breaststroke
- Toby Godsell (16yrs): 1st 100m Backstroke & 200m IM; 2nd 50m & 200m Backstroke
- William Godsell (18yrs): 5th 50m Breaststroke; 7th 100m Breaststroke; 13th 200m Breaststroke; 14th 200m IM

The **National Summer Meet** is Swim England's biggest domestic swimming event of the year and provides an opportunity for those who just missed out on qualifying for the British Summer Championships to compete against the best swimmers in England in the 2023 season. BSSC had four swimmers invited to the 2023 Summer Meet in August, first timer Dylan Davenport (Male 14 yrs), second timer Jago Derrington (Male 17 yrs), and two seasoned pros in the Female 17/Over category, Lucy Wheeler and Niamh James.



Dylan wasn't daunted by his first National level competition and obtained personal best times in every race, narrowly missing the 50m Freestyle final coming 11th in 25.91 seconds and securing 10th in the 100m Freestyle final (56.71 heats, 56.46 final). Jago got personal best times in the 50m Backstroke (15th in 29.10 secs) and the 100m Backstroke (9th in heat 1:01.73 and final 1:01.78), but his best race was the 200m Backstroke where he won his first National level competition medal, taking Silver in the final with a PB of 2:13.30. Lucy secured herself a place in the 100m Freestyle final with a season's best time of 58.75 and came 6th in the final (58.83). Niamh was close to her season's best in the heats of the 200m Backstroke (2:21.61) and secured a superb Bronze medal in the final (2:22.33).

HUGE congrats to all our swimmers and GOOD LUCK to Kirsty for her future successes as she leaves us to swim and study at Millfield School (and Toby who is moving there too!).

OTHER COMPETITION NEWS JUN/JUL 2023

Boudicca Level 3 Long Course Open Meet (Norwich)

June kicked off with a trip to the UEA Sportspark in Norwich for Norwich Swans Swimming Club's Boudicca Meet. A small squad of twelve swimmers took part in 51 races, with 21 medals won during the long course meet. Congratulations to our medal-winners:

- 9 Gold: Dylan Davenport, Emma Fields, Jake Lloyd, Kirsty Neill, Laura Burgess, Niamh James
- 5 Silver: Dylan Davenport, Jago Derrington, Jake Lloyd, Kirsty Neill
- 7 Bronze: Beau Reilly, Dylan Davenport, Emma Fields, Freya Hadnutt, Grace Mason, Imogen Tang, Jago Derrington

Hatfield Level 2 National Qualifier Summer Open Meet

The following weekend saw twenty-four BSSC members aged 11 to 28 visit the Hertfordshire Sports Village for Hatfield Swimming Club's National Qualifier. Over the two days of this short course meet the squad took part in 114 swims, with just over half of swims resulting in personal best times.

Twelve swimmers brought home 34 medals between them:

- 6 Gold: Dylan Davenport, Ella Greatbatch, Felice Chan, Lois Fields, Niamh James
- 17 Silver: Benjamin Palmer, Brandon MacDonald-Williams, Dylan Davenport, Elliot Hall, Jago Derrington, Jake Lloyd, Laura Burgess, Lois Fields, Molly Greatbatch
- 11 Bronze: Brandon MacDonald-Williams, Dylan Davenport, Elliot Hall, Felice Chan, Jago Derrington, Laura Burgess, Lois Fields, Niamh James

Congratulations to Bobbie, Erin, Felice, Molly and Zoe, who got personal bests in all of their races, and to Dylan, who achieved a massive 13 PBs over the weekend.



Swim England East Region 2023 Open Water Championships

BSSC had three competitors taking part in the Regional Open Water Championships in July and they all performed superbly:

- George Grimwood (16yrs 3km): 2nd East Region, 1st Hertfordshire
- Meisha Trend-Evans (17-18yrs 5km): 5th East Region, 1st Hertfordshire
- Grace Mason (17-18yrs 5km): 12th East Region, 2nd Hertfordshire.

Upcoming events

- Sep 24** BSSC Club Championships - Session 1
At Bishops Stortford College
- Sep 29** BSSC Club Championships - Session 2
At Bishops Stortford College
- Oct 1** Swim England East Region Masters Championships
At Newmarket Leisure Centre
- Oct 1** BSSC Club Championships - Session 3
At Bishops Stortford College
- Oct 8** Swim England National County Team Championships 2023
At Ponds Forge International Sports Centre

[Full events calendar](#)

OTHER COMPETITION NEWS JUN/JUL 2023

NUEL Swimming Club Level 3 Long Course Joy Atotileto Memorial Open Meet

Early July, thirty-three swimmers aged 9 to 17 headed to the London Aquatics Centre for a long course meet. This was the first time many of the younger swimmers had competed in a 50m pool and it was a fantastic opportunity to be at the home of the 2012 Olympic Games. In total, BSSC swimmers brought home 16 Gold, 8 Silver, 9 Bronze medals and one speeding ticket!



Nine year old Harrison Dodwell won the 9 year old 50m Breaststroke in a spectacular time of 48.63 seconds, which smashed the 9 and under long course BSSC record of 51.12 that had been held by Jeremiasz Kuczma since June 2018.2018. He added another Gold in the 200m Breaststroke and Bronze in the 50m Freestyle to his medal haul. The medallists are too numerous to mention in detail, but here are a few facts and figures.

Six swimmers medalled in every event they entered:

- Noah Conroy (10 yrs): Gold 50m Butterfly & 100m Freestyle, Silver 50m/200m Freestyle, Bronze 400m Freestyle
- Ella Greatbatch (15 yrs): Gold 200m IM and 1 speeding ticket in the 50m Breaststroke (winning in a time faster than the upper limit qualification time, i.e. too fast!)
- Lauren Gore (17/Over): Gold 50m/100m/200m Breaststroke & 200m IM, Silver 50m Butterfly
- Laura Burgess (17/Over): Gold 50m/100m/200m Freestyle, Silver 200m Butterfly
- Emma Fields (17/Over): Gold 50m Butterfly, Silver 50m Freestyle
- Jago Derrington (17/Over): Gold 100m Backstroke, Bronze 200m Backstroke

Gold medallists: 9 years - Harrison Dodwell; 10 years - Noah Conroy; 15 years - Ella Greatbatch; 16 years - Kirsty Neill; 17/Over - Jago Derrington, Emma Fields, Laura Burgess, Lauren Gore

Silver medallists: 10 years - Noah Conroy; 11 years - Guy Spearman-Baines; 15 years - Brandon Macdonald-Williams; 17/Over - Emma Fields, Laura Burgess, Lauren Gore

Bronze medallists: 9 years - Harrison Dodwell; 10 years - Noah Conroy, Kenny Millsom; 12 years - Elliot Hall; 14 years - Freya Hadnutt; 15 years - Brandon Macdonald-Williams, Imogen Tang; 17/Over - David Badcock, Jago Derrington

Team Luton Summer Level 3 Long Course Open Meet

The final open meet of the season was hosted by Team Luton at the Inspire Luton Sports Village. Twenty-eight Stortford swimmers entered, taking part in 92 swims. A whopping 60% of swims resulted in personal best times and 44 medals were secured over the two days.

- **24 Gold:** Brandon MacDonald-Williams, Dylan Davenport, Ella Greatbatch, Emma Fields, Jake Lloyd, Lois Fields, Meisha Trend-Evans, Molly Greatbatch, Niamh James and Noah Conroy
- **10 Silver:** Brandon MacDonald-Williams, Dylan Davenport, Emma Fields, Laura Burgess, Meisha Trend-Evans, Miriam Moukdad, Niamh James and Zackary Haslett Fossey
- **10 Bronze:** Dylan Davenport, Elliot Hall, Jake Lloyd, Miriam Moukdad, Molly Greatbatch, Niamh James and Zackary Haslett Fossey

Special mention goes to Ella Greatbatch and Noah Conroy, who won gold medals in every race they entered

- Noah Conroy (10 yrs): 50m/100m/200m Freestyle, 50m/100m Butterfly
- Ella Greatbatch (15 yrs): 100m/200m Breaststroke

IN CASE YOU MISSED IT ...

Lake Coniston End to End Open water event

Paul Palmer, BSSC Masters swimmer and Olympic Silver medallist (400m freestyle, 1996 Atlanta) recently took part in the 10th Anniversary of the Aquasphere Chillswim Coniston End to End 8.5km event in the Lake District and shared his experience with our swimmers. You can find the article on our [website](#)



Jellyfish Encounters in the Channel

Almost every other year since 1988, Cambridge and Oxford Universities have raced across the English Channel in the Varsity Channel Relay. Six swimmers, three male and three female, from each university race across the English Channel in hour long rotations from Dover until the French coastline of Calais is reached. In July 2023, BSSC University Squad member Ellie Mason was selected as part of the Cambridge team and she [shared](#) her experience.

IAPS Swimming National Final

BSSC swimmer Elliot Hall claimed a silver medal in the 50m freestyle in front of 3,000 spectators at the Independent Association of Prep Schools (IAPS) Swimming National Finals held at the London Aquatics Centre. The event, which featured 1,500 athletes, was the culmination of 40 qualifying galas organised throughout the year with more than 400 schools entering.



World Triathlon Sprint & Relay Championships, Germany

Grace Mason helped Great Britain's Team I claim a brilliant 16-19 age group mixed relay bronze medal at the World Triathlon Sprint & Relay Championships, finishing behind the winners USA and runners-up Mexico. She also came 8th in the individual 16-19 age group sprint triathlon. Ellie Mason was 41st in the 20-24 age group individual event and 11th as part of GB's Team IV 20-24 age group mixed relay.

Europe Triathlon Multisport Championships, Belgium

Grace Mason claimed Gold at the Europe Triathlon Aquathlon 16-19 age group event in Belgium this summer. She was in third place after a 1km swim of 16min 33sec, but a 21min 26sec 5km run brought her into 1st. Ellie Mason was 5th in the 20-24 age group and Lizzie Bellinger was 8th in the 45-49 age group.



Competing for the first time in the Team GB age group squad, Dominic Mason was 30th in the 55-59 age group middle distance triathlon which involved a 1.9km swim (41.14), 88.6km cycle (2hr 57min 40sec) and 21km run (1:52.01).

IN THE NEWS

Our archive of news articles published in the local newspaper can be found [here](#)

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 £1500 IKEA 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.