



# BABBLE

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The Bishop's Stortford Swimming Club Newsletter

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## 2023/24 SEASON SUMMER EDITION

As the 2023/24 season draws to a close, we've got plenty to write about! Since we last shared a newsletter, all of BSSC's squads have been busy training hard, competing and breaking records. Our youngest swimmers gave their all to retain the Club's position in Division One of Peanuts League. May saw 25 BSSC swimmers qualify for Regionals, with four top-three places secured. The season finished with nine BSSC swimmers taking on the fastest in the UK at the summer Nationals competitions in Sheffield! Meanwhile, our world-ranking Masters have been setting records and winning multiple medals on the international stage.

We'd like to wish swimmers, parents and coaches a relaxing summer break, and we look forward to welcoming everyone back to the pool in September.

# 2024/25 SEASON UPDATE

Thank you to everyone who came to Jamie and Darren's Meet the Coach sessions in May; we hope you found the sessions helpful.

## Squad meetings - watch this space!

In September, Jamie will be inviting parents to squad-specific meetings, which will cover the new season's objectives and expectations for each squad, meets that each squad will attend, together with the new squad structure and criteria.

## 2024/2025 Fixtures

Jamie has shared the calendar of open meets, together with the Club's strategy going into the new season.

This season, the Club aims to increase the number of swimmers qualifying for County Championships, together with the number of events they qualify in. To achieve this, it's extremely important that swimmers enter the galas that Jamie and the coaching team have selected, which will give swimmers the best opportunity to gain qualifying times for Counties.

Please avoid entering the same events at every meet, and if your swimmer is considering entering any meet not on our programme, please discuss it with Jamie before entering.

If you have any questions or queries about entries, please don't hesitate to ask Jamie or the Competitions Team.

BSSC Gala/Open Meet Calendar 2024/25 Season			
Date	Gala/Open Meet	Venue	Squads Attending
September-24			
13th	Club Champs Night 1	College Pool	All Squads
15th	Club Champs Night 2	College Pool	All Squads
27th	Club Champs Night 3	College Pool	All Squads
29th	Braintree Season Starter	Braintree Swimming Pool	All Squads
October-24			
12th	NASL Round 1	TBC	Team Selection
13th	Basildon 1500m Meet	Basildon Sporting Village	All Squads
18th/19th	Cambridge Grand Prix	Parkside Pool, Cambridge	Performance Squads
25th - 27th	Masters Nationals Sheffield	Ponds Forge, Sheffield	By Qualification
November-24			
1st-3rd	East Region SC Meet	Luton Inspire	By Qualification
2nd/3rd	Herts Aquatics Meet	Westminster Lodge	ALL Except East Region Qualifiers
9th	NASL Round 2	TBC	Team Selection
23rd/24th	Hatfield County Qualifier	Hatfield Sports Village	All Squads
29th	No Frills Gala	College Pool	All Squads
December-24			
5th - 8th	Winter National Meet	Ponds Forge, Sheffield	By Qualification
7th/8th	Colchester Last Chance	Braintree	All Squads
14th	NASL Round 3	TBC	Team Selection
January-25			
11th	Counties Long Distance	Westminster Lodge	By Qualification
18th/19th	Counties Weekend 1	Westminster Lodge	By Qualification
25th/26th	Counties Weekend 2	Westminster Lodge	By Qualification
February-25			
1st	Counties Long Distance	Westminster Lodge	By Qualification

# 2024/2025 BSSC COMMITTEE

Our Committee meets once a month and works with the coaches and Learn to Swim team to ensure the smooth running of our club.

We are always keen to welcome new committee members; members can be co-opted onto the Committee at any point, so please do put your name forward if you are interested.

Our committee for the 2024/25 season were voted in at the AGM in June:

**Chair:** Lorinda Pietersen

**Fundraising:** Claire Fields

**Vice Chair:** Jake Lloyd

**Swim Mark Coordinator:** Niamh James

**Treasurer:** Jackie Taylor

**Membership Secretary:** Sarah Cass

**Secretary:** Paul Davenport

**Welfare Officer:** Sally Lowe

**Competitions Secretaries:**  
Danielle Reilly and Leanne Eustace

**Communications Officer:**  
Eloise Spearman

## 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](mailto:officials@bsswimclub.org.uk)



# SWIMMER OF THE MONTH AWARD

**Announcing our Swimmers of the Month for April, May and June.**

Every month, Coach Joe awards a badge to swimmers from Avenirs, Poussins and Benjamins who have demonstrated positive behaviour in and around the pool, excellent focus and attitude towards training, and regular attendance and performances at competitions.



Huge congratulations to the following swimmers:

## April Swimmers of the Month



**Margo Martin**

“After only joining recently, Margo has quickly improved, making sure she is listening well and trying hard to understand and complete all the new challenges we give.”



**Isabella Crotty**

“Isabella has worked hard to attempt to achieve her goals, and I am sure as soon as she does, she will be quick to challenge herself even further.”

# SWIMMER OF THE MONTH AWARD

## May Swimmers of the Month



**Cian Millsom**

“Cian has made a noticeable improvement in his focus and attention in training, and has already seen the results, with great improvements in his times and many PBs at Watford's open meet last month.”



**Zachary Haslett-Fossey**

“Zach has shown good commitment to training, and made sure he has given his all at each and every one, and pulled out some great swims at the first round of Peanuts League.”

## June Swimmers of the Month



**Josh Green**

“Josh has knuckled down this month, making sure he is always listening to what the coach is saying. He has worked hard around his injuries and has accepted every alternate activity he has been set.”



**Jenson Richards**

“Jenson has worked really hard over the past month, especially in the sessions he has had with the squad above, Minimes. With his continued hard work, we are sure he will ease into Minimes in no time.”

# BSSC CLUB RECORDS KEEP TUMBLING

We are delighted to celebrate more club records, with long course times in particular tumbling during this part of the season.



**BSSC CLUB RECORD ALERT**

**800m Freestyle: Male Open Age Long Course**

May 2018	9:11.92 [Nick Botha]
April 2024	9:10.24
July 2024	9:06.33

**BRANDON MACDONALD-WILLIAMS**

B.S.S.C.

Brandon MacDonald-Williams has been adding to his collection in both April and May, breaking an **800m freestyle** record that had been held by Nick Botha since 2018 and improving his own **1500m freestyle** record. Whilst competing at the Swim England National Summer Championships Brandon beat both his **800m & 1500m freestyle** records again.



**BSSC CLUB RECORD ALERT**

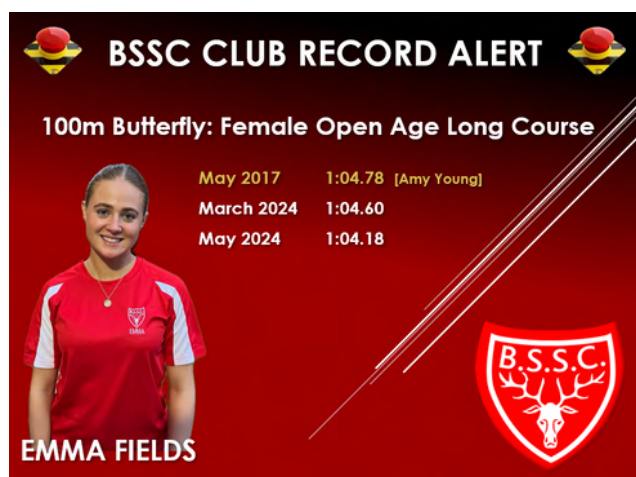
**1500m Freestyle: Male Open Age Long Course**

April 2023	17:53.48 [Jago Derrington]
March 2024	17:46.15
May 2024	17:40.62
July 2024	17:30.05

**BRANDON MACDONALD-WILLIAMS**

B.S.S.C.

In May, Emma Fields improved on the **Long Course 100m butterfly** record she'd set in March, when she too had broken a long standing record.



**BSSC CLUB RECORD ALERT**

**100m Butterfly: Female Open Age Long Course**

May 2017	1:04.78 [Amy Young]
March 2024	1:04.60
May 2024	1:04.18

**EMMA FIELDS**

B.S.S.C.

In May, Noah Conroy broke the age **10-11 50m butterfly** record that had been held by Max McCusker since 2010! He then went on to break his own record at the London Aquatics Centre in July, with a time of 34.64.



**BSSC CLUB RECORD ALERT**

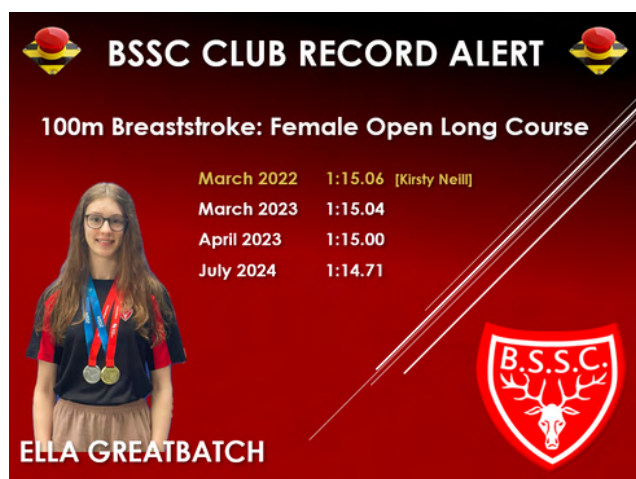
**50m Butterfly: Male Age 10-11 Long Course**

July 2010	36.05 [Max McCusker]
May 2024	35.64
July 2024	34.64

**NOAH CONROY**

B.S.S.C.

Another record tumbled at the Swim England National Championships, when Ella Greatbatch broke her own **100m breaststroke** record.



**BSSC CLUB RECORD ALERT**

**100m Breaststroke: Female Open Long Course**

March 2022	1:15.06 [Kirsty Neill]
March 2023	1:15.04
April 2023	1:15.00
July 2024	1:14.71

**ELLA GREATBATCH**

B.S.S.C.

Congrats to them all on an outstanding Long Course season! You can find our club records via the Swim Manager menu (website version only). They are split by short vs long course, gender, age group and event.



# EAST REGION LONG COURSE CHAMPIONSHIPS 2024

Twenty five BSSC swimmers recently competed against the top swimmers from the six eastern Counties of England – Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk – at the Swim England East Region Long Course (50m) Championships.

For many of the BSSC swimmers it was their first taste of a regional level competition and they stepped up to the additional challenge, securing many personal bests and breaking club records.

## Top-three finishes

Four swimmers had outstanding performances and **won medals in their age groups:**

- 11/12 years: Summer Miller Bronze 200m Butterfly
- 14 years: Molly Greatbatch Silver 100m Breaststroke
- 15 years: Dylan Davenport Bronze 100m Butterfly
- 16 years: Ella Greatbatch Gold 200m Breaststroke



There were an additional twenty-seven **top eight finishes:**

- 11/12 years: Summer Miller (6th 100m Butterfly, 7th 50m Butterfly & 400m IM), Noah Conroy (7th 100m Butterfly)
- 14 years: Molly Greatbatch (7th 50m Breaststroke)
- 15 years: Dylan Davenport (4th 50m Freestyle, 8th 100m Freestyle)
- 16 years: Brandon MacDonald-Williams (6th 400m/800m/1500m Freestyle, 8th 400m IM), Volodymyr Ignatiev (5th 50m Butterfly, 8th 50m Breaststroke)
- 17+: Niamh James (4th 50m Backstroke, 7th 100m Backstroke & 200m IM), Laura Burgess (5th 50m Freestyle), Emma Fields (6th 100m Butterfly), Jake Lloyd (6th 200m Butterfly), Lucy Wheeler (6th 100m Freestyle)

# EAST REGION LONG COURSE CHAMPIONSHIPS 2024

## Top-eight finishes (continued)

Relays: 4th Female 17 Yrs/Over 400m Free Team (Laura Burgess, Niamh James, Emma Fields, Lucy Wheeler), 5th Open/Male 17 /Over 400m Free Team (Callum Davies, George Grimwood, Jakey Hayes, Jake Lloyd), 8th Open/Male 17 /Over 400m Medley Team (Jakey Hayes, Callum Davies, George Grimwood, Jake Lloyd)

## Highlights - too many to choose from!

There were so many other outstanding performances that it's hard to just pick a few highlights, but we've had an attempt!

Although eleven year old Noah Conroy did not make the 11/12 year old 50m butterfly final, his heat time of 35.64 **broke the BSSC Age 10-11 long course record** that had been held by Max McCusker since July 2010.

Brandon MacDonald-Williams **improved his own Open age long course 1500m freestyle club record** by nearly 6 seconds, swimming 17:40.62 to finish 6th overall.



Two BSSC swimmers featured in the **Regional Top Swimmer** awards. Molly Greatbatch gained personal best (PB) times in five of her seven swims and was joint ninth in the Top Female 14 years category.

Summer Miller, in her first ever Regional level competition, gained PBs in nine of her 11 swims and was joint 15th in the Top Female 11/12 years category.

Harrison Dodwell, BSSC's **youngest competitor at just 10 years old** on the day of the championships, competed in the 50m breaststroke in the 11/12 year old category (age is defined by 31st Dec 2024). He couldn't better the time he set in the same pool at Easter, but came very close and was the 5th fastest (nearly) 11 year old, showing great promise for the 11/12 age group next year.



# EAST REGION LONG COURSE CHAMPIONSHIPS 2024

The other swimmers in the 11/12 year age group all achieved **personal bests in their events**: Elspeth Lowe (38.56 50m Backstroke), Guy Spearman-Baines (43.34 50m Breaststroke, 1:36.02 100m Breaststroke) and Jenson Richards (43.95 50m Breaststroke).

Congratulations to all our Regional swimmers for their outstanding performances.



Full list of BSSC swimmers:

- 11/12 years: Elspeth Lowe, Guy Spearman-Baines, Harrison Dodwell, Jenson Richards, Noah Conroy, Summer Miller
- 13 years: Benjamin Palmer, Lois Fields
- 14 years: Elliot Hall, Molly Greatbatch
- 15 years: Dylan Davenport, Felice Chan, Volodymyr Ignatiev
- 16 years: Brandon MacDonald-Williams, Ella Greatbatch, Freya Hadnutt
- 17+ years: Callum Davis, Emma Fields, Jake Lloyd, Jakey Hayes, Laura Burgess, Lauren Gore, Lucy Wheeler, Miriam Moukdad, Niamh James

# PEANUTS HERTFORDSHIRE SWIMMING LEAGUE

Twenty five of our 9-12 year olds were in action throughout May and June, battling to keep our place in the top division of the Peanuts Hertfordshire Swimming League. The team took part in three separate galas and finished 10th out of twelve teams, **retaining their place in Division One for 2025**.

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!

## Off to a flying start

Round One kicked off at The Haberdashers' Aske's Boys' School in Elstree, with the team competing in a mix of individual age group races (9yr, U11yr, U12yr, U13yr) and relays.

After Round One, BSSC finished eighth in the league - putting us in a strong position going into Round Two in Hitchin in June.



## Top 3 finishes in Round One

9 years:

- Morgan Richards - 2nd 25m Breaststroke

9-10 years:

- Harrison Dodwell – 1st 25m Freestyle, 1st 25m Breaststroke
- Linke Groeneweld - 2nd 25m Backstroke

9-11 years:

- Adeline Chan - 1st 50m Freestyle, 1st 50m Butterfly

9-12 years:

- Millie Cass – 2nd 50m Breaststroke, 1st 50m Freestyle
- Isabella Crotty - 3rd 50m Butterfly
- Zachary Haslett-Fossey - 2nd 50m Freestyle, 2nd 50m Backstroke
- Elspeth Lowe – 2nd 50m Backstroke
- Jenson Richards – 1st 50m Breaststroke

Mixed 9-12 years 200m Breaststroke Relay:  
3rd Millie Cass, Morgan Richards, Olivia Hawker, Harrison Dodwell

## Peanuts League Round One full squad:

- 9 year olds: Ruby Penny, Lucy Pickard, Morgan Richards, James Tattershall
- 10 year olds: Charlotte Cass, Harrison Dodwell, Linke Groeneweld, Cian Millsom
- 11 year olds: Adeline Chan, Olivia Hawker, Kenny Millsom, Yana Patel, Luca Tse
- 12 year olds: Millie Cass, Isabella Crotty, Zachary Haslett-Fossey, Elspeth Lowe, Jenson Richards

# PEANUTS HERTFORDSHIRE SWIMMING LEAGUE

Saturday 8th June saw the squad travel to Hitchin for Round Two, where we took on Stevenage, Hatfield, Harpenden, CoStA and Verulam.

As ever, we are super-proud of our BSSC swimmers. The team put in superb effort; for some, it was their first competitive event. The older swimmers were fantastic role models, cheering on and supporting the younger ones.

## **Peanuts League Round Two full squad:**

Lucy P, Ruby P, Sienna H, Charlotte C, Linke G, Margo M, Ellyse H, Summer M, Lois F, William DT, Harrison D, Noah C, Luca T, Alex E, Guy S-B



## **Round three**

The team made a third and final trip to Hitchin for Round Three, where they took on Hertford, Potter's Bar, Tring, CoStA and Cheshunt.

### **Top 3 finishes in Round Three**

10 year olds:

- Harrison Dodwell – 1st 25m Freestyle, 1st 25m Breaststroke
- Cian Millsom – 1st 25m Butterfly

11 year olds:

- Luca Tse – 3rd 50m backstroke
- Isobel Lucas – 2nd 50m Freestyle
- Noah Conroy – 1st 50m Freestyle, 1st 50m Butterfly

12 year olds:

- Millie Cass – 2nd 50m Breaststroke, 2nd 50m Freestyle
- Jenson Richards – 3rd 50m Breaststroke, 2nd 50m Freestyle
- Summer Miller – 1st 50m Butterfly
- Zachary Haslett-Fossey – 3rd 50m Butterfly, 1st 50m Backstroke
- Elsie Lowe – 3rd 50m Backstroke

Relay team:

- 1st Mixed 9-10 200m Freestyle Relay
- 2nd Mixed 9-12 200m Medley Relay
- 2nd Mixed 9-12 200m Breaststroke Relay
- 1st Mixed 9-12 400m Freestyle Relay



# PEANUTS HERTFORDSHIRE SWIMMING LEAGUE

## **Peanuts League Round Three full squad:**

Lucy P, Morgan R, Charlotte C, Harrison D, Ellyse H, Luca T, Millie C, Jenson R, Ruby P, Margo M, Cian M, Kenny M, Otis M, Isobel L, Noah C, Summer M, Zachary H-F, Elsie L.



## **A “thank you” from Coach Joe**

“We would like to say a massive ‘thank you’ to our club captains Jakey and Freya (as well to our self-appointed Vice Captain, Beau) for helping the swimmers in every which way, making them feel confident and ready for each evening of racing.

Thanks for our Masters swimmers (seasoned pros) Niamh, Jake, Callum and Lucy on coming down and organising the chaos, showing the youngsters that swimming really can be a lifestyle not just a hobby.

These evenings can’t go on without the parents, responding quickly to emails and bringing the kids to the galas, fuelled up and raring to go.

We are tremendously grateful for the parents who volunteered as Team Managers, Officials and in all other roles: Lorinda Botha, Claire Fields, Sarah and Rob Cass, Sally Lowe, Leanne Eustace, Richard Baines, Rowena Haslett-Fossey, Barry Millsom, Cristel Groenewald and Rachael Taylor.”

# PEANUTS LEAGUE - WHAT IS IT?!

Interested in finding out more about **Peanuts**? Peanuts League is an annual interclub league competition run during May to July by the **Hertfordshire Swimming League**. For many of our swimmers, this will be the first team swimming event they have entered.

During the first part of each year BSSC coaches will select a team of swimmers to represent our club in The Peanuts League and the Competitions Team will be in touch via email with information on selections, dates and locations. The swimmers will be 9 to 12 (based on their age on the day of the final gala - normally around the end of June to early July) and they will compete in a series of age group individual events and relays over three separate galas (or rounds). The selected team may vary across each round due to swimmer availability.

The league is made up of 3 Divisions with around 12 teams per Division (the bigger clubs may send more than one team) and each Division competes over 3 Rounds:

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



At the end of Round 3, Pennants are awarded to the top six teams in each Division, the bottom two teams in Divisions 1 & 2 are demoted and the top two teams in Divisions 2 & 3 are promoted ready to do it all again in May-July the next year. We have competed in the top division of the league for many years and in both years post Covid have successfully defended our place in that division, finishing 6th in 2022 and 8th 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 Peanuts league is such a great opportunity to swim as part of a team in a sport which is mainly self-focused and the evenings are exciting and great fun.

Look out for more information from Coach Joe early next year!

**[Take a look at the Competitions News for write-ups and photos from the 2023 and 2024 Peanuts League galas](#)**

# 2024 AQUATICS GB SUMMER CHAMPIONSHIPS



The Aquatics GB Summer Championships (previously known as the British Summer Championships) sees the top-ranked swimmers in Britain race against each other to be crowned British summer champion. Qualifying swims have to happen at Level 1 (Long Course) meets in a defined March-May window and this year two current BSSC swimmers and two recent BSSC Alumni were fast enough to receive invites to compete. The 2024 event was held in the Ponds Forge International Pool in Sheffield from 20-26th July.

Dylan Davenport overcame an injury during the season and was invited to compete in the 15 year age group in the 50m and 100m freestyle. He had a great swim and came 10th in the 50m freestyle final in a time of 25.55 seconds, having achieved a personal best time of 25.36 to secure his place in the top ten in Britain. He also came 15th in the 100m Freestyle in a time 55.32 just outside his PB.



Ella Greatbatch competed in 16 year age group and was 13th in the 200m Breaststroke in a time very close to her season's best.

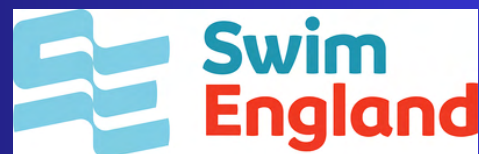
BSSC alumni Kirsty Neill who moved to Millfield School at the start of this season, also had a successful championships, securing a personal best time to come 5th in a closely matched 17 year age group 200m Breaststroke final where bronze to 6th was decided by 0.22 seconds. She also was 10th in the 100m Breaststroke and 20th in the 50m Breaststroke.

Another recent BSSC alumni Callum Cox, who moved to Mount Kelly School at the end of last season, was also invited to the championships and finished 27th in an extremely competitive 18 Yrs and over 50m Butterfly event.

**Massive congratulations to all past and present BSSC swimmers who were invited to compete at this prestigious summer event and thanks to Headcoach Jamie for his fantastic support throughout both summer events.**



# 2024 SWIM ENGLAND NATIONAL SUMMER CHAMPIONSHIPS



Running soon after the Aquatics GB Summer Championships is the Swim England National Summer Meet, where the next batch of fastest swimmers are invited to compete. Invites are again based on qualifying swims from Level 1 (Long Course) meets in a defined March-May window and this year nine current BSSC swimmers were fast enough to receive invites to compete.



Brandon MacDonald-Williams kicked off the BSSC campaign in great style, finishing 9th in the 16yrs 1500m freestyle and shaving ten seconds off his own BSSC club record in the process (17:30.05)! A few days later he was back in record breaking time, this time taking nearly 4 seconds off his 800m freestyle record to finish 15th in his age group (9:06.33).

Ella Greatbatch was our top finisher overall, taking Gold in the 50m breaststroke final (33.89) and Silver in the 100m breaststroke final where she also broke her own club record with a time of 1:14.71.

Fourteen year old Molly Greatbatch was our youngest competitor and performed superbly at her first National level event, finishing 14th in the 14/15yrs 200m breaststroke (5th fastest 14 year old) and 29th in the 100m breaststroke.

Dylan Davenport (15yrs), Emma Fields (18/Over) and Lucy Wheeler (18/Over) all had great swims to reach finals in their age groups. Dylan was 7th in the 50m butterfly final and 22nd in the 100m butterfly; Emma was 10th in the 50m butterfly final and 17th in the 100m butterfly; whilst Lucy was 6th in the 100m freestyle final.



Congratulations also go to Laura Burgess (18/Over) who was 11th in the 50m freestyle, Jakey Hayes (17yrs) 18th in the 200m backstroke and Lauren Gore (18/Over) 29th in the 50m breaststroke.



# MASTERS COMPETITIONS & NEWS

## Triple Gold for BSSC Masters

Two BSSC Masters were in action at the 2024 Derbyshire Open Long Course Masters Championships.

Lizzie Bellinger (45/49 Yrs Age Group) had a one-two of amazing swims, swimming a 1:10.40 100m Butterfly and a 2:44.53 200m IM with no more than ten minutes rest between the two, earning herself two golds in the process.

Assistant head coach Joe Collins (25/29 Yrs Age Group) performed a true “splash & dash” going to swim the 50m Breaststroke and Freestyle, getting Gold in the breaststroke with 34.14 and just missing out on a podium finish in the freestyle, coming in 4th.



## Golden time at British Masters Championships

BSSC Masters swimmers Lizzie Bellinger and Alyson Fordham had outstanding performances at the British Masters Championships, bringing home five gold and three silver medals and a new East Region records.

Lizzie (45-49 yrs), the current age group British record holder, obliterated the field in the 100m Fly winning nearly 14 seconds ahead of her closest rival (1:10.36) and broke the East Region record taking silver in the 200m IM (2:41.73). She also won Gold in the 50m Fly (30.67 seconds).

Alyson Fordham (65-69 yrs), already the age group European Record holder in both the 50 and 100m Freestyle, easily won gold in both events (50m 30.62 & 100m 1:10.51) and added gold in the 100m Backstroke (1:24.15, new East Region record) and silver in both the 50m Backstroke (39.30) and 50m Breaststroke (42.79) to her haul.

Congratulations to them both on their achievements that continue to inspire our younger swimmers.



# MASTERS COMPETITIONS & NEWS

## **BSSC Masters on top of the world in 2023!**

The World Aquatics Masters rankings for 2023 were published in April and two BSSC Masters had such a great year that they feature in the World Aquatics Top 10 lists of fastest swimmers!

Sixty eight year old Alyson Fordham had an amazing 2023, becoming the fastest woman in the WORLD in her 65-69 year age group in the short course (25 pool) 50m & 100m Freestyle, the 100m & 200m Backstroke and the 100m IM. She showed her versatility by also being the 4th fastest in the 50m Backstroke, 5th in the 200m Freestyle and 50m Breaststroke and 7th in the 100m Breaststroke. In the long course (50m pool) format, she again topped the world rankings in the 50m Freestyle, was 3rd fastest in the 100m Freestyle, 4th in the 50m Breaststroke, 5th in the 200m Freestyle and 7th in the 50m Backstroke.

Lizzie Bellinger (45-49yrs) also got into the 2023 world top 10 rankings for both short course (SC) and long course (LC) events, being the 3rd fastest competitor in the world in the SC and LC 100m Butterfly, 6th in the SC and LC 50m Butterfly and the SC 200m IM, 7th in the SC 400m IM and 9th in the LC 200m IM.

## **BSSC Masters Shine at Hertfordshire Championships**

Eight BSSC Masters swimmers won medals in every event they entered at the Swim England Hertfordshire Masters Championships, bringing home an amazing 22 individual medals.

Regular competitors Joe Collins, Callum Davis, Alyson Fordham, Niamh James, Jake Lloyd and

Sally Winter were joined by Geoff Short and Anel Zuniga-Daly and their superb combined performances resulted in BSSC being the third ranked club in Hertfordshire.



Callum Davis completed an individual clean sweep taking Gold in all five male events in his 18/24Yrs age group; Jake Lloyd was denied the same feat in the 25/29Yrs age group when he was pipped to Gold in the 50m Breaststroke by Joe Collins, but still came away with four Golds and one Silver medal; whilst Niamh James, Geoff Short and Sally Winter all won three Golds each. The relay teams were equally successful, resulting in four Gold and one Silver finishes.



# MASTERS COMPETITIONS & NEWS

## Beating the Best in Europe

Two BSSC Masters recently represented Team GB at the European Aquatics Masters Championships in Belgrade. Both Alyson Fordham (65-69 yrs) and Lizzie Bellinger (45-59 yrs) were on superb form across multiple events.

Lizzie, the current Aquatics GB record holder in the 100m Fly, was in action across four events and secured an impressive three Silver medals and one Bronze medal, setting Swim England East Region records in both the 200m and 400m Individual Medleys.

Alyson, the European Record holder in the 50m and 100m Freestyle, kicked off her campaign with a Silver in the 50m Breaststroke, and quickly followed that up with two superb Gold medals and European Masters Championship Records in the 50m and 100m Freestyle.



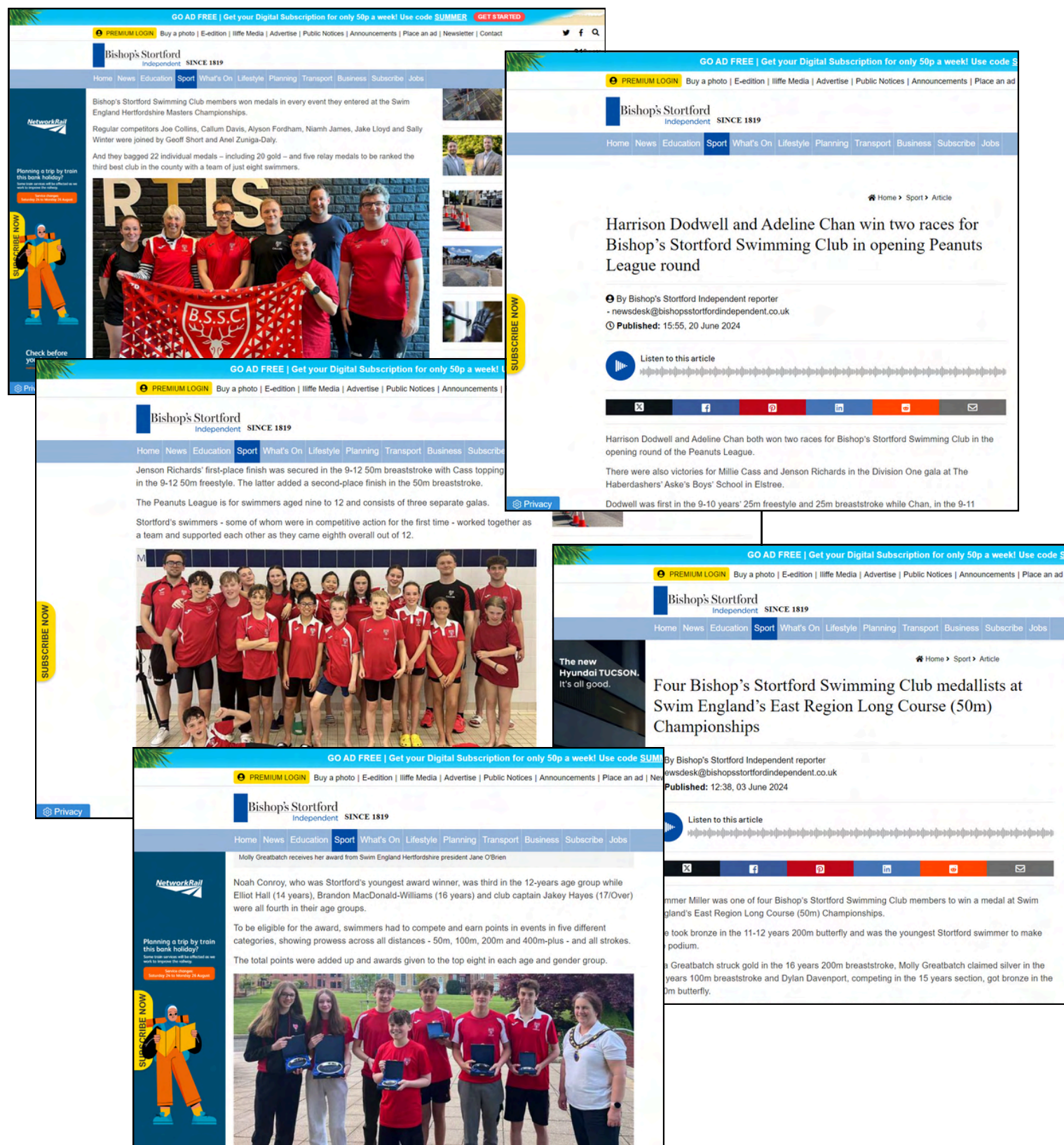
## Fundraising for Stortford at the Serpentine

Following his success at the East Region Open Water Championships in July, where he came top of his age group and seventh overall in the 3km event, BSSC Masters swimmer Jake Lloyd is taking on six miles of Swim Serpentine at London's Hyde Park on 14th September.

Jake will be joined by fellow BSSC swimmers Rachel Hunt, Laura Burgess, Niamh James and Geoff Short.

Jake is fundraising for BSSC - if you'd like to support Jake (and the Club!), you can sponsor him [here](#)

We love sharing the achievements of our swimmers with as many people as possible, so it's been fantastic to see BSSC swimmers featured in the Bishop's Stortford Independent nearly every week this year so far! Don't forget to take a look our noticeboard at the College for the latest press cuttings!





# RECIPES: POST-SWIMMING SNACKS

Looking for some ideas for post-swimming snacks? We'll be sharing recipes for healthy treats; the following recipes are courtesy of Swim England's Member News.

## Super Food Smoothies

Ingredients (for four servings):

- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 large banana
- 1/4 cup walnuts
- 1/2 peaches
- 1 cup light coconut milk
- 1 large handful of spinach
- Water and ice as needed



## Method

1. Add all ingredients to your blender. If using frozen fruit, add enough water to blend. If using fresh fruit, add enough water to blend as well as ice to make cold.
2. Process until smooth.
3. Garnish with additional berries.



## Banana muffins

Ingredients (makes 10 muffins):

- 50g butter
- 75g brown sugar
- 1 egg
- 225g wholemeal flour
- 2 mashed bananas
- Pinch of salt
- 1 tablespoon of baking powder
- 1 tablespoon of vanilla essence
- 5 tablespoons of milk

## Method

1. Combine all ingredients in a large bowl.
2. Spoon into 10 non-stick bun tins.
3. Bake at approximately 190C for approximately 20 minutes.

**If you'd like to share your favourite post-swimming snack, please send the recipe to [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk). We can't wait to try them!**



# OTHER COMPETITION NEWS MAY-JULY 2024

## Temperatures soar while times and records tumble

Eight BSSC swimmers, assistant head coach Joe Collins and volunteer Team Managers Kat Gore, Lorraine Hayes and Tony Hadnutt recently headed south to the K2 50m pool in Crawley for **Romford Town Swimming Club's Last Chance National Qualifier Meet**.

The clue was most definitely in the title, as this long course meet was held on the final weekend within the qualifying window for the Aquatics GB and Swim England Summer Meets. Only the top swimmers in the country get invited to the National Summer Meets and this open meet was one of only four running in England offering final qualification chances so the pressure was high, as were the temperatures!

Despite sweltering poolside, the swimmers performed superbly in the water, with eight personal bests and many other seasons bests being recorded. **Twelve medals were secured** (6 Gold, 3 Silver, 3 Bronze) and three swimmers increased the chance of them being invited to the national summer meets. Emma Fields broke her own open age group **100m butterfly club record**, dropping her time to 1:04.18, **Jakey Hayes got a personal best** in the 200m backstroke (2:15.13) and Lauren Gore lowered her seasons best 50m breaststroke time (35.38). Laura Burgess and Emma Fields came close to their 50m freestyle and butterfly times that had already put them on the potential invite list, but did not improve them.



## Top-three finishes

- Gold: Callum Davis (50m Butterfly), Emma Fields (50m & 100m Butterfly), Jakey Hayes (200m Backstroke), Lauren Gore (100m Breaststroke), Miriam Moukdad (400m Freestyle)
- Silver: Callum Davis (100m Butterfly), Freya Hadnutt (50m Freestyle), Lauren Gore (50m Breaststroke)
- Bronze: Laura Burgess (50m Freestyle), Jakey Hayes (50m Backstroke), Lauren Gore (200m Breaststroke)

# OTHER COMPETITION NEWS MAY-JULY 2024

## Speeding tickets issues at Watford Development Meet

Twenty of BSSC's youngest swimmers aged 9 to 13 took part in Watford Swimming Club's Development Meet over the weekend of 18th-19th May.

Over the two days, the swimmers took part in 62 swims, with a massive **70% securing personal best times**. Eleven swimmers brought home 21 medals between them (8 Gold, 9 Silver and 4 Bronze). Every swimmer went home with either a personal best time, a medal or a speeding ticket – or all three!

This Meet was a bit different, with 'speeding tickets' issued to swimmers who swam faster than the upper entry time (based on County Consideration times for their age group). While this left a few swimmers baffled, it did give the younger swimmers more opportunities to take home medals over the weekend. **Twenty-one speeding tickets were issued** to nine BSSC swimmers.

Congratulations to **Isabella Crotty** and **Joshua Green**, who were issued speeding tickets and achieved personal best times in all of their races.

**Full medal (and speeding ticket) results by age group are given below.**

### 9 year olds:

- Cian Millsom (Silver 50m Freestyle)

### 10 year olds:

- Joshua Green (Speeding tickets, 200m Freestyle and 50m Freestyle)

### 11 year olds:

- George Hall (Silver 200m Freestyle, Bronze 50m Backstroke, Gold 50m Freestyle)
- Isabella Crotty (Speeding tickets, 100m Freestyle, 100m Individual Medley, 200m Freestyle, 50m Backstroke, 50m Butterfly)
- Kenny Millsom (Gold, 100m Individual Medley)
- Luca Tse (Speeding ticket, 100m Individual Medley, Silver 50m Backstroke, 50m Breaststroke and 50m Freestyle)
- Yana Patel (Gold 100m Freestyle, Bronze 50m Backstroke, Gold 50m Freestyle)



### 12 year olds:

- Emilia Cass (Gold 200m Individual Medley, Silver 50m Butterfly)
- Guy Spearman-Baines (Speeding tickets, 100m Freestyle, 100m Individual Medley, 200m Freestyle, Silver 50m Freestyle)
- Sebastian Smith (Speeding ticket, 100m Breaststroke)
- Zackary Haslett Fossey (Speeding tickets, 200m Freestyle, 50m Backstroke, 50m Freestyle, Gold 100m Individual Medley)

### 13 year olds:

- Isabelle Earley (Speeding tickets, 100m Backstroke and 50m Breaststroke)
- Meha Patel (Speeding tickets 200m Freestyle, 200m Individual Medley, 50m Freestyle, Gold 100m Individual Medley, Silver 50m Backstroke, Bronze 50m Butterfly)
- Samuel Bird (Speeding ticket 100m Freestyle)
- Elizabeth Balaam (Gold 100m Freestyle, Silver 50m Butterfly)



# OTHER COMPETITION NEWS MAY-JULY 2024

## Massive medal haul for Stortford swimmers at Harlow

On Saturday 15th June, our youngest squads took part in **Harlow Penguins Swimming Club's 11th Eric Shepherd Meet** at Harlow Leisurezone.

Twenty-two swimmers from Poussins, Benjamins, Minimes, Cadets and Juniors competed in 85 swims over the two sessions, with our youngest swimmers aged 9-11 particularly well represented.

A massive **64% of swims secured top-three places**, and **70% of swims resulted in personal best times**. Nearly every swimmer left with at least one medal and one PB. Our swimmers jingled home with 18 gold, 19 silver and 17 bronze medals.

A big 'well done' to **Charlotte Cass** and **Linke Groenewald**, who achieved personal best times and top-three spots in all of their events. Congratulations also go to **Harrison Dodwell**, who won a very impressive total of six gold medals (and one silver!).



Congratulations to all our swimmers who took part in meets this season. We've reported on the "bling" in the articles above which is great fun to jingle home with, but so many swimmers performed brilliantly in getting season best times or even just getting onto the blocks for the very first time. We're sorry we don't have the capability to celebrate every success, but you know what you achieved and **WELL DONE** to you all!



## WELFARE OFFICER

Just a reminder that **Sally Lowe** is our Welfare Officer and actively supporting the club. If you have any welfare concerns please do contact her via [welfare@bsswimclub.org.uk](mailto:welfare@bsswimclub.org.uk)

## FINAL FUNDRAISING NOTES

**Thank you** to all our members who continue to support us through the **East Herts Lottery**. **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 £2000 luxury holiday or £2000 cash!** 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.easypundraising.org.uk/causes/bsswimclub/>



## PRO SWIMWEAR

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

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



## STORTFORD SPORTS SUPPLIES

[www.stortfordsportssupplies.org](http://www.stortfordsportssupplies.org)

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.