



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2024/25 SEASON OCTOBER EDITION

Welcome back to the start of another season!

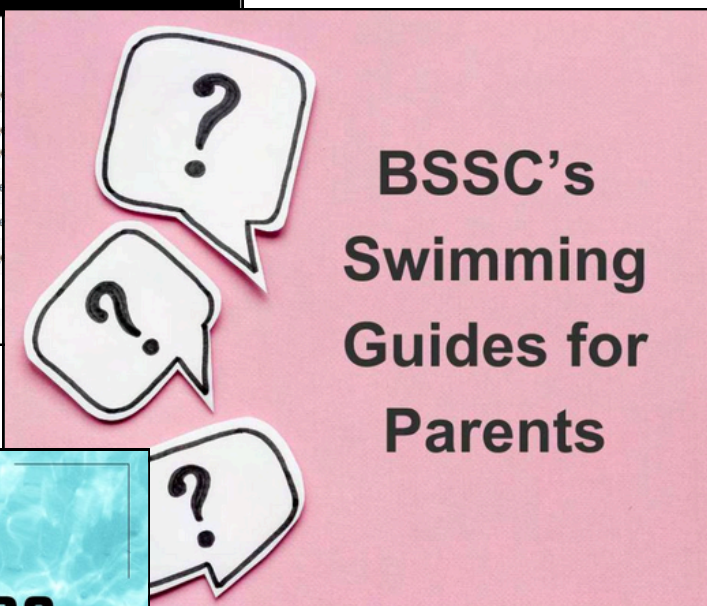
BSSC has had a fantastic start to the 2024/25 season, with exciting things happening across all squads. There's far too much to list here, but highlights include: launching the new **Rookies B squad** and welcoming 30+ new members, a fantastic start to our Premier Division **Arena League** campaign, securing 14 gold medals at the **Masters East Region Championships**, and Dylan and Ella helping to secure **Hertfordshire's highest position** in the National Team County Championships for five years!

WEBSITE UPDATES

We've been making lots of updates to the website over the summer, so make sure to take a look. You can find training schedules for all squads, upcoming planned meets and galas and updated guides – including [Arena League](#), [Parents Guide to Swimming](#), [Guide to Competitions](#), and [Guide to Counties and Regionals](#).

We want our website and newsletter – in fact, all of the information members receive – to be interesting and useful, so if you've got any feedback or suggestions about news or articles you'd like to see, please email BSSC Comms.

Senior Performance	
Age Group Performance	
Age Group Performance Squad training schedule	
Monday	19:30 - 21:30 (College)
Tuesday	18:30 - 20:00 (College) 20:00 - 21:30 (College)
Wednesday	19:30 - 21:00 (Grange)
Thursday	06:00 - 07:00 (College) 19:00 - 21:00 (Grange)
Friday	18:30 - 20:00 (College)
Saturday	07:30 - 09:00 (College)
Sunday	



**BSSC's
Swimming
Guides for
Parents**



**STARTS & TURNS
CLINIC**

Thursday 31 Oct, 4.15pm-5.15pm

Email secretary@bsswimclub.org.uk to book your place

Key Documents

We will try to keep these document versions up to date, but the latest versions should be available on the County website as we get closer to the date of the competition.

- [Download](#) 2025 County Championships QT and CT
- [Download](#) 2025 County Championships schedule
- [Download](#) 2025 County Championships meet conditions

Venue

The major change this year is that the Championships will be held at Westminster Lodge pool.

Age groups

For 2025 there will be no 16 year old age group and this has been included in the oldest age category. However a higher number of entrants will be accepted into the 16 & older age category if they achieve the consideration times.

Qualifying and Consideration Times

These broadly remain the same; however some QT and CTs have been reduced due to the higher standards achieved. These times are

30 NEW SWIMMERS JOIN ROOKIES B SQUAD

Last month, we announced the launch of a **new squad for swimmers aged 8-11: Rookies B**. We had a fantastic turn-out at the trial on Tuesday 24th September, with 30+ swimmers accepting places on the new squad. We wish a very warm welcome to everyone on the Squad – we can't wait to meet you all!

We will be introducing members of Rookies B in our next newsletter.

Our coaching team is planning a mini swimming meet just for Rookies B swimmers on **Tuesday 10th December**. Look out for more details from the coaching team.



**ARE YOU 8-11?
LOVE SWIMMING?**

We're looking for swimmers aged 8-11 with Stage 6 or above to join BSSC's new Rookies B Squad.

Training on Tuesdays at Bishop's Stortford College, our Rookies B squad is the ideal way to take your swimming to the next level with our team of expert coaches.

Rookies B squad offers:

- Weekly, one-hour sessions ✓
- Training on Tuesdays at 5.15pm ✓
- Perfect transition from Learn to Swim to club swimming ✓
- Opportunities to swim at open meets and team galas ✓
- £24 per month + Swim England annual membership fee ✓

BOOK A TRIAL

Email our Club Secretary to book a trial:
secretary@bsswimclub.org.uk

Squad info: at a glance

- For Stage 6+
- Ages 8-11
- Taught by expert coaching team
- Perfect transition from Learn to Swim to competitive swimming
- Train Tuesday at 5.15pm-6.15pm at Bishop's Stortford College Pool
- Opportunity to take part in open meets, team galas and BSSC Club Championships
- Squad fees £24 per month + Swim England annual membership fee
- Trials to be held regularly.

WELCOME TO...

BSSC has also welcomed 21 swimmers to our competitive squads this season:

Rookies A
Lara, Archer and Lola

Senior Performance
Scarlett and Adrien

Juniors
Emily, George, Evie, Elizabeth and Archie

Masters
Samantha, Jackie, Rebecca, Caitlin, Lauren,
Matthew and Paul

Age Group Competitive and Age Group Performance
Edie, Davi, Ruben and Meredith

CONGRATULATIONS MOLLY

Congratulations to Molly G, who has been selected to take part in Swim England's **National Age Group Development Programme** for 2024-2025.

The NAGDP is a series of camps for swimmers aged 11-15 that focus on developing technical and tactical race skills, as well as education and coaching.

Well done to Molly for her selection.



SWIM SERPTENTINE FUNDRAISER

BSSC Masters swimmers **Jake Lloyd, Laura Burgess, Niamh James** and **Geoff Short** took on Swim Serpentine at London's Hyde Park on Saturday 14th September, swimming 18 miles between them.

Jake raised £362 for the Club – thank you, Jake!

Meanwhile, **Rachael Hunt** competed in Ultraswim Greece, a grueling 33.3km open-water marathon around Skopelos, Greece. The event comprises six swims over four days, and Rachael secured a top-three place in her category – her first ever podium place. Congratulations Rachael - a massive achievement.



HERTFORDSHIRE COUNTY CHAMPIONSHIPS 2025

Swim England Hertfordshire has released the **conditions, schedule** and **qualifying/consideration times** for Hertfordshire County Championships which will take place in January and February 2025. Key documents can be [found here](#).

Remember, when you are looking at the entry times for next year's Counties, you will need to consider the age your child will be on 31st December 2025. For example, a child born in 2012 who is 12 this year (2024) will need to meet the 13 year old Qualifying or Consideration Times for the next Championships in January 2025.

We have also updated our [Guide to Counties](#) and you can find a recording of last year's Counties [here](#). If your swimmer is new to Counties, they might want to watch some of last year's event so they know what to expect.

Qualifying tab in Swim Manager

Finally, if you're unsure whether your swimmer has got a Counties QT or CT, go onto Swim Manager, and under your swimmer's account have a look at the 'Qualifying' tab. All QTs and CTs will show up in green.

Members		Hertfordshire Summer County Times 2025							
Attendance Sign Up		Qualifying Status							
Shop		Event	Age Group	Swim After	Swim Before	Consideration Time (SC)	Qualifying Time (SC)	Best Time (SC)	Eligible Time (SC)
Teams		50m Freestyle	13	01/04/2024	08/12/2024	33.66	30.88	31.10	31.10 CT
Club Records		100m Freestyle	13	01/04/2024	08/12/2024	1:15.35	1:07.28	1:09.59	1:09.59 CT
Club Policies		200m Freestyle	13	01/04/2024	08/12/2024	2:44.96	2:27.29	2:34.57	2:34.57 CT
Invoices		400m Freestyle	13	01/04/2024	08/12/2024	5:44.76	5:07.82	5:32.36	5:32.36 CT
Orders		800m Freestyle	13	01/04/2024	08/12/2024	11:28.46	10:14.70		CT
Payments		1500m Freestyle	13	01/04/2024	08/12/2024	22:24.00	20:00.00		CT
Credit Notes		50m Backstroke	13	01/04/2024	08/12/2024	39.82	35.55	40.46	0.64 CT
Meets		100m Backstroke	13	01/04/2024	08/12/2024	1:25.74	1:16.55	1:27.41	1.67 CT
Events		200m Backstroke	13	01/04/2024	08/12/2024	3:05.02	2:45.20		CT
Newsfeed		50m Breaststroke	13	01/04/2024	08/12/2024	45.23	40.38	40.44	40.44 CT
Messages		100m Breaststroke	13	01/04/2024	08/12/2024	1:40.80	1:30.00	1:28.11	1:28.11 QT
Documents		200m Breaststroke	13	01/04/2024	08/12/2024	3:38.40	3:15.00	3:13.60	3:13.60 QT
User Guide		50m Butterfly	13	01/04/2024	08/12/2024	37.90	33.84	41.87	3.97 CT
		100m Butterfly	13	01/04/2024	08/12/2024	1:32.39	1:22.49		CT
		200m Butterfly	13	01/04/2024	08/12/2024	3:58.56	3:33.00		CT
		100m Individual Medley	13	01/04/2024	08/12/2024	1:28.51	1:19.03	1:23.16	1:23.16 CT
		200m Individual Medley	13	01/04/2024	08/12/2024	3:11.30	2:50.80	2:57.12	2:57.12 CT
		400m Individual Medley	13	01/04/2024	08/12/2024	6:51.91	6:07.78		CT

- Key**
- **Green QT** Swimmer has a qualification time
 - **Orange CT** Swimmer has a consideration time
 - **Red CT with time on the left hand side** Swimmer has a time for this race, and the time shown is the difference between their best time and the County consideration time
 - **Red CT with no time** Swimmer doesn't currently have a time for this race, so doesn't yet have a consideration or qualification time

OPEN MEETS & TEAM GALAS

BSSC Club Championships 2025

It was fabulous to kick off the 2024/25 seasons with the ever-popular Club Champs!

It was wonderful to see many of our younger swimmers competing for the first time, while more experienced racers took on new, longer events such as 800m and 1500m.

We look forward to celebrating successes (and giving out lots of medals and trophies) at the presentation evening on **Saturday 30th November** at **St Michaels Mead Community Centre**. Look out for more details very soon.



BRAINTREE SEASON STARTER

September was rounded off nicely with a trip to Braintree for Braintree & Bocking Swimming Club's Season Starter. For some of our swimmers, including **Erin** and **Ailbhe**, it was their first taste of competitive swimming.

A massive **111 top three places** (57 gold, 31 silver, 23 bronze) were secured, and 54% of swims were PBs!

Thank you **Kiri Conroy**, **Claire Miller** and **Barry Millson** for these great photos. We're really keen to feature more BSSC swimmers, so please send photos of your swimmers celebrating their achievements to [BSSC Comms](#).



NATIONAL COUNTY TEAM CHAMPIONSHIPS

BSSC's **Dylan** and **Ella** were on great form as they travelled north to represent Hertfordshire at Swim England's National County Team Championships 2024 on Sunday 6th October at Ponds Forge in Sheffield.

Dylan (15) and Ella (16) joined 25 other top swimmers from clubs including Hatfield, City of St Albans, Cheshunt and Watford to make up the Hertfordshire Team.

Hertfordshire finished 9th out of the 18 Division Two teams, meaning the county **easily avoids relegation** and keeps its place in Division Two for next year's Championships. This is Hertfordshire's **highest finishing position since 2019**. [Read more online.](#)



EAST REGION MASTERS CHAMPIONSHIPS

Sunday 29th September saw BSSC Masters swimmers **Jake Lloyd, Niamh James, Callum Davis, Lucy Wheeler** and **Sally Winter** travel to Newmarket for Swim England's East Region Masters Championships.

The team were in fantastic form, with **16 medals** (14 of them gold!) won. Highlights from the day included the 4 x 50m freestyle and medley relays, with Niamh, Callum, Jake and Lucy taking gold in both events.

Alyson Fordham continued her **record-breaking streak**, taking two seconds off her own British 200m backstroke record with a time of 2:51.51. [Read more online.](#)



ARENA LEAGUE: ROUND ONE

Saturday 6th October saw our debut in the **London National Arena Swimming League Premier Division**. Swimming at Westminster Lodge in St Albans, the team finished a respectable 6th out of eight teams in a very, very tough division.

Round One results:

- Basildon 335
- Teddington 257
- Maxwell 246
- Hatfield 245
- Hillingdon 225
- Bishops Stortford 214
- COSTA 212
- Anaconda 96.

The atmosphere poolside and in the gallery was fantastic, and the whole team gave 100%. Amazing swimming, teamwork and cheering all evening - well done Team Stortford! Next month we take on Camden A and B teams, Enfield, Hackney Aquatics, Teddington, Hatfield and Anaconda for Round 2.



Full team for Round One

Open

Niamh J, Peterson I, Ella G, Adrien S-W, Emma F, Callum D, Daniel C, Rebecca J, Jake L, Jacob H and Freya H.

15 and under

Rose C, Dylan D, Felice C, Jack D, Zoe O, Elliot H, Erin M, Volodymyr I and Molly G.

13 and under

Lois F, Benjamin P, Isabelle E, Jenson R, Edie F, Max D, Millie C, Eddy C, Noah C and Guy S-B.

11 and under

Ellyse H, Harrison D, Yana P, Taras B, Linke G, Luca T, Olivia H and Josh G.

COMING UP...

As well as lots of things to celebrate, there's also plenty going on over the coming months:

October

- Saturday 26th and Sunday 27th - Team Ipswich Halloween Spooktacular 2024
- **Thursday 31st - BSSC Starts & Turns Clinic**
- Friday 25th to Sunday 27th - Swim England Masters National Championships

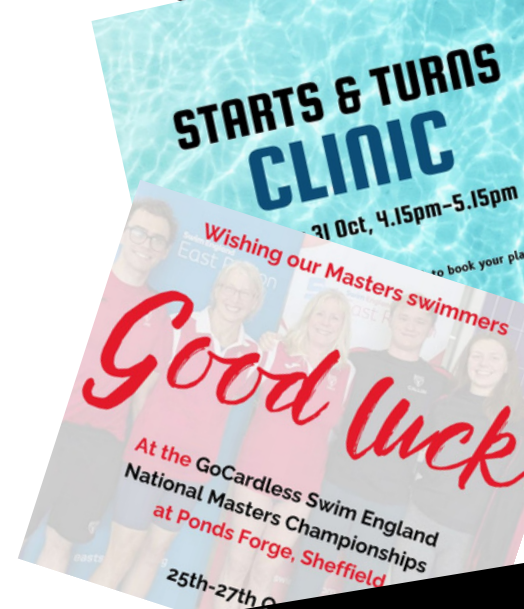
November

- Friday 1st to Sunday 3rd - Swim England Short Course Regional Championships
- **Saturday 9th - National Arena League Round Two**
- Saturday 23rd and Sunday 24th - Hatfield Swimming Club County Qualifier
- **Friday 29th - BSSC No Frills Meet, Bishop's Stortford College pool**
- Saturday 30th - Club Champs Awards Evening



December

- Thursday 5th to Sunday 8th - Swim England National Winter Championships
- **Saturday 7th and Sunday 8th - Colchester Swimming Club Last Chance County Qualifier**
- Sunday 8th - Counties qualification window closes
- **Tuesday 10th - Rookies B mini meet, Bishop's Stortford College pool**
- Saturday 14th - National Arena League Round Three



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

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 iPhone 16 Pro!** 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

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.