



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2024/25 SEASON DECEMBER EDITION

Happy New Year! We hope 2025 is treating you well so far and you're looking forward to competing in or cheering loudly at the Swim England Hertfordshire County Championships later this month!

In this edition of Babble, we introduce members of our new Rookies B squad, share plans for early 2025 including a joint Regional Qualifier Open Meet with Harlow Penguins, and look back at some of successes from the past few months, including finishing top place in Hertfordshire in the National Arena Swimming League and the fantastic Club Championships Award night we shared in November.

2024-25 SEASON CLUB CAPTAINS

We are delighted to announce our Club Captains for 2024/2025 season:

- Female Club Captain: **Emma Fields**
- Male Club Captain: **Dylan Davenport**

We would like to thank everyone who put themselves forward, and last year's Captains Freya and Jakey for doing an incredible job.

Speaking at last month's Awards Evening, Dylan and Emma shared their plans for the year ahead, including a new house system for swimmers and re-introducing a sense of family to the Club. They also said thank you and goodbye to outgoing Captains Freya Hadnutt and Jakey Hayes – acknowledging that the new Captains had “big boots to fill”!



2024 CLUB CHAMPIONSHIPS AWARDS EVENING

It was lovely to see so many swimmers, parents and supporters at our Club Championship Awards Night on Saturday 30th November.

We were taken through the successes of the year by Head Coach Jamie McLoughlin – from Counties to Nationals and securing a place in the Arena League Premier Division London Final. It was wonderful to hear a summary of the 2023/2024 season and how well many of our swimmers have done.



Jamie then introduced our new Club Captains, Dylan Davenport and Emma Fields, who spoke about their plans for the year ahead.

Rachael Hunt, a BSSC Masters swimmer, then spoke to the swimmers about her journey from being “too slow” for competitive swimming as a child to her goal of swimming one million open-water meters in 2024!

Coach Joe Collins then awarded over 250 medals to the swimmers. Huge congratulations to everyone for their successes. See more [photos from the Awards Evening](#).



INTRODUCING ROOKIES B

In our last newsletter, we announced BSSC's newest squad - Rookies B. Thank you to everyone who sent in their swimmers' biogs and photos. Let's say "hello" to...



Peter Martin, 9:

I wanted to join the Rookies Squad to improve my swimming. I've been swimming at Grange Paddocks since I was 3. My favourite stroke is breaststroke. I've already made friends since starting and the coaches have been very supportive. (Hopefully I'll be able to beat my big sister Margo in a race ;))"

Sami Retvan, 8:

I wanted to join the Rookies B squad because I've been learning to swim since I was a baby and now I really want to race. My favourite swimming stroke is front crawl because it's the stroke where my technique is best and helps me go fast!



Dylan Rees, 9:

I wanted to join the Rookie club to improve my swimming technique and become a more competent swimmer. I love gliding through the water and racing my younger siblings. My Grandpa and Dad swim weekly and I want to continue this tradition. I'm looking forward to competing in meets and galas.

Jamie Purewal, 11:

I love the water and am keen to improve my swimming technique. I'm also really looking to taking part in a gala.



INTRODUCING ROOKIES B



Kasey Wong, 8:

I wanted to join Rookies because I wanted to try something harder than what I usually do to give myself a challenge. I enjoy swimming because it's a sport where your hands and feet need to work together in order to move. I am very excited about galas and racing in meets so I can prove my talent of swimming!

Ethan House, 10:

I've always loved swimming, so when I got the chance to join BSSC Rookies, I was excited to try it out. I'm just a few weeks into training, but I'm really enjoying the practices and I can tell that the coaches are helping me improve and become a better swimmer.



Joel Wilson:

I was so excited when I was invited to join the Rookie squad; I am so, so happy to be part of the team and am really looking forward to eventually competing and swimming at galas. I have always been passionate about swimming and am super keen to take it to the next level.

Dexter Cottam, 11:

I am very sporty, but particularly love swimming. I'm really looking forward to competing in the near future.



We will be holding more Rookies B trials next year. Please email secretary@bsswimclub.org.uk for dates and details.

BSSC LEARN TO SWIM

We've just finished a busy term at BSSC Learn to Swim, with 90 swimmers moving up to the next Stage and 20 new swimmers ready to join us in January.

This means we have spaces in Stage 1, Stage 2 and a few remaining spaces in Stages 6 and 7. Lessons are from 3pm-6pm, Sundays at the College.

If you know anyone who's looking for high-quality, small group lessons for children aged 3 and a half upwards, please ask them to email us on

learntoswim@bsswimclub.org.uk



S&C MADDOCKS FITNESS

New strength and conditioning trainer Craig Maddocks will be joining the BSSC coaching team in the new year.

Craig will be working with the older and Performance squads to begin with, but the younger squads will also be given swim-related exercises to do at home to support their training. You can find more information about Craig and his swimming-specific training on Instagram [@maddocksfitnesstraining](https://www.instagram.com/maddocksfitnesstraining)

WELCOME TO...

BSSC has welcomed the following swimmers to our competitive squads recently:

Rookies B

Hannes, Henry, George, Laurence and Aaron

Juniors

Alice, George, Evie, Harry and Pumpkin

Age Group Competitive and Performance

Holly, Isabelle, Ivy and Meredith

Senior Performance

Esme and Oliver

Masters

Jackie and Chris

THANK YOU TO...

We'd like to extend a big "thank you" to all the parents, volunteers and officials who've helped make this season such a success. Your contributions - expertise, time, raffle prize donations, Christmas treats - are really appreciated. It was wonderful to see Rookies and Juniors parents getting involved at the fun galas earlier this month.

An extra big "thank you" goes to **Rachael Taylor**, who has been an absolute superstar this season. Rachael is a J1T (Official in training) and has volunteered at so many meets, including Braintree's Season Starter, all three sessions of Club Champs, Cambridge Grand Prix, Hatfield County Qualifier, our own No Frills meet and Colchester's Last Chance County Qualifier.

HALF TERM STROKE-SPECIFIC CLINICS

Following the successful Starts & Turns clinic held during the October half term, we're looking at running stroke-specific clinics during the February half term, with the help of BSSC's older swimmers.

Details are being finalised, so look out for more details in January!



BSSC & HARLOW PENGUINS OPEN MEET



Save the date! We are hosting a Regional Qualifier Open Meet with Harlow Penguins at Harlow Leisurezone on **Saturday 22nd March**.

Details, including the schedule, QTs and promoters' conditions, can be [found here](#).

Entries will be via Swim Manager; look out for more information from the Competitions team in the new year.

HERTFORDSHIRE COUNTY CHAMPIONSHIPS 2025

We are delighted to announce that **60 BSSC swimmers** have qualified for the 2025 Swim England Hertfordshire County Championships. This represents a significant increase on the 43 swimmers who qualified for last year's Championships. For many of these swimmers, this is their first time achieving this milestone and we couldn't be more proud.

To everyone who has qualified - well done! To those who came so close, we are immensely proud of you too.

Best of luck everyone!



The latest information for the Swim Hertfordshire County Championships is now available on [Swim Hertfordshire's website](#).

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.

OPEN MEETS, TEAM GALAS & CHAMPIONSHIPS

CAMBRIDGE GRAND PRIX

Friday 18th to Sunday 20th October saw a brilliant performance from BSSC swimmers at City of Cambridge Swimming Club's Grand Prix Meet. The weekend saw some amazing results, including plenty of County Qualifying & Consideration and Winter Nationals times achieved, plus a **massive 78% of races** resulting in personal or seasonal best times.

BSSC swimmers also secured 25 top-three places: 8 gold, 9 silver and 8 bronze. This was really strong performance at a challenging, high-level meet and all swimmers should be incredibly proud of themselves.

Full results and more photos can be [found here](#).

IPSWICH SPOOKTACULAR

Another great weekend of swimming, saw BSSC swimmers securing 31 Halloween-themed medals at the Ipswich Spooktacular: 15 gold, 8 silver and 8 bronze, together with **personal or seasonal best times in over 70%** of swims.

Congratulations to medalists Taras, Noah, George G, Summer, Isabelle, Harrison, Kenny, Jenson, Morgan, Adrien and Luca.

Thank you **Claire Miller** 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](#).



MASTERS NATIONAL CHAMPIONSHIPS

Huge congratulations to the BSSC Masters who were in action at the **GoCardless Swim England Masters National Championships** in Sheffield over the weekend of 26th-27th October.

The team did amazingly, walking away with 19 medals: 12 gold, 5 silver and 2 bronze. Huge congratulations to medal winners Niamh, Lizzie, Lucy, Alyson, Callum, Jake and Annabelle.

Highlights from the weekend include an **entire podium of swims** in the **women's 100m Individual Medley** with medals across the age groups, and the **relay dream team** of Callum, Lucy, Niamh and Jake taking gold in the 4 x 100m Mixed Freestyle and Medley relays.

Full results – top-three places:

- Niamh James – gold 200m backstroke, gold 200m IM, bronze 100m IM, gold 200m breaststroke
- Lizzie Bellinger – gold 50m fly, silver 200m IM, silver 100m IM, gold 100m fly
- Alyson Fordham – gold 100m freestyle, silver 50m breaststroke, gold 100m IM, gold 50m freestyle, gold 100m backstroke
- Lucy Wheeler – gold 200m freestyle, silver 100m freestyle
- Jake Lloyd – silver 200m fly
- Annabelle Wright – bronze 400m freestyle

Relays:

- Gold 4 x 100m mixed medley relay (Niamh James, Callum Davis, Jake Lloyd and Lucy Wheeler)
- Gold 4 x 100 mixed freestyle relay (Lucy Wheeler, Niamh James, Jake Lloyd, Callum Davis)

Read Assistant Head Coach Joe's [poolside commentary](#).



MASTERS INTER-COUNTY CHAMPIONSHIPS

Eight BSSC Masters swimmers represented Hertfordshire at the East Region's Masters & Senior Inter-County competition on Sunday 10th November 2024 at Bury St Edmunds Leisure Centre.

Teams from Essex, Hertfordshire, Bedfordshire, Norfolk and Suffolk took part in a series of individual 50m events and team relays. The **Hertfordshire team came third**, with Essex taking the top spot.

BSSC was represented by: Joe Collins, Dan Chada, Niamh James, Jake Lloyd, Zara Pretious-White, Geoff Short, Sally Winter, Alyson Fordham, with ex-swimmer Anne Edmonds representing Hertfordshire and previous BSSC coach Barry Chandler swimming for Suffolk. The team secured **11 medals, 7 of them gold**.

Full results can be [found online](#).

WINTER REGIONALS

BSSC swimmers secured two places in finals and two medals at November's Swim England East Region Short Course Championships:

- Niamh James - silver, 200m Backstroke
- Lucy Wheeler - silver, 100m Freestyle

Congratulations Niamh and Lucy!



A vertical event poster for the 'SWIM ENGLAND EAST REGION 2024 SHORT COURSE CHAMPIONSHIPS'. The top left features the BSSC logo and 'BISHOP'S STORTFORD SWIMMING CLUB'. The main text is in bold, with 'SWIM ENGLAND' in black, 'EAST REGION' in red, '2024 SHORT COURSE' in red, and 'CHAMPIONSHIPS' in black. Below this, it says '1-3 NOVEMBER' and 'INSPIRE: LUTON SPORTS VILLAGE'. On the right side, there is a black box with white text that reads 'Congratulations to our individual qualifiers and relay swimmers:' followed by a list of names: Edie Foster, Rose Conday, Molly Greatbatch, Dylan Davenport, Volodymyr Ignatiev, Ella Greatbatch, George Grimwood, Freya Hadnutt, Brandon Macdonald-Williams, Adrien Storck-Whitdal, Peterson Inhensiko, Emma Fields, Jakey Hayes, Miriam Moukdad, Daniel Chada, Callum Davis, Niamh James, Rebecca Johnson, Jake Lloyd, Matt McLaughlin, Lucy Wheeler, and Laura Burgess.

HATFIELD COUNTY QUALIFIER

Over 50 BSSC swimmers visited Hertfordshire Sports Village over the weekend of 23rd-24th November to compete in Hatfield Swimming Club's County Qualifier.

The personal and season best times kept on coming, with a **whopping 78% of swims resulting in PBs**. Thirty-one swimmers came away with Christmas-themed bauble medals. 22 swimmers reached the finals, with 13 top-three places in the finals secured.

Poolside photos can be [found on the website](#).

Full medal results by age group are given below.

9 years

- Benjamin Green – silver 50m breaststroke, silver 100m freestyle
- Alys Morton – gold 50m backstroke
- Morgan Richards – gold 100m breaststroke, gold 50m breaststroke
- James Tattersall – bronze 50m backstroke, bronze 100m freestyle, bronze 50m fly

11 years

- Taras Boiko – gold 400m IM, bronze 200m breaststroke, gold 200m IM, gold 200m backstroke
- Harrison Dodwell – gold 200m freestyle, silver 200m breaststroke, silver 100m IM, silver 100m breaststroke, silver 100m freestyle, bronze 50m fly
- Joshua Green – bronze 200m backstroke
- Linke Gronewald – bronze 50m backstroke, bronze 100m breaststroke
- Kenny Millsom – gold 50m breaststroke
- Luca Tse – bronze 100m IM, gold 50m backstroke

12 years

- Emilia Cass – silver 100 IM, silver 50m fly, silver 100m freestyle
- Noah Conroy – silver 200m freestyle, gold 400m freestyle
- Summer Miller – silver 400m freestyle, silver 50m backstroke, silver 100m breaststroke, gold 100m freestyle, gold 50m fly
- Guy Spearman-Baines – gold 200m breaststroke, gold 100m IM, silver 100m breaststroke

13 years

- Isabelle Earley – silver 100m breaststroke, silver 50m breaststroke
- Zackary Haslett-Fossey – silver 50m backstroke, silver 100m breaststroke, bronze 50m breaststroke, bronze 100m freestyle
- Benjamin Palmer – gold 50m freestyle, gold 200m freestyle, gold 400m freestyle
- Sebastian Smith – gold 100m breaststroke, silver 50m breaststroke

14 years

- Elizabeth Balaam – bronze 400m freestyle
- Rose Conday – gold 50m freestyle and FINAL, gold 50m backstroke and FINAL, gold 400m IM, silver 200m freestyle, silver 100m fly, silver 50m fly, gold 50m fly FINAL
- Elliot Hall – gold 50m freestyle and FINAL, silver 100m fly, gold 100m fly FINAL, gold, 200m IM, Gold 50m fly and FINAL

15 years

- Felice Chan – gold 100m freestyle
- Dylan Davenport – gold 50m freestyle, silver 100m IM, silver 50m backstroke, Gold 100m fly
- Volodymyr Ignatiev – bronze 100m IM, silver 50m fly
- Erin Matthews – bronze 100m freestyle, bronze 50m fly

16 and over

- Emma Fields – gold 100m fly
- George Grimwood – bronze 100m IM
- Freya Hadnutt – silver 50m freestyle, bronze 50m backstroke, Silver 50m backstroke FINAL, bronze 100m freestyle, gold 100m freestyle FINAL
- Niamh James – silver 200m breaststroke
- Jake Lloyd – silver 400m IM, Gold 100m fly and FINAL
- Adrien Storck-Wihlidal – gold 100m backstroke and FINAL, gold 100m IM, bronze 100m IM FINAL, gold 100m breaststroke and FINAL, gold 50m breaststroke and FINAL

COLCHESTER COUNTY QUALIFIER

BSSC swimmers from 9 to 16 gave it their all to get those last-chance County times at the aptly-named Last Chance County Qualifier at Braintree Swimming & Fitness over the weekend of 7th-8th December.

The personal and season best times kept on coming, with **57% of swims resulting in PBs**. Hot on the heels of Hatfield's Christmas bauble medals, Colchester SC impressed us all with their snowman and Christmas tree festive medals – our overall haul was:

- 44 gold
- 11 silver
- 13 bronze

Full results and medal winners' photos can be [found on the website](#). Here's a selection from poolside; thank you to **Rowena** and **Holly** for sending these!



ARENA LEAGUE: ROUND TWO

Saturday 9th November saw BSSC take on London's finest for **Round Two** of the London National Arena Swimming League Premier Division. Swimming at Inspire Luton Sports Village, the team built upon their solid start in Round One – where they finished sixth – and went on to secure **second place**.

Head Coach Jamie McLoughlin was thrilled with Saturday's result:

“The Arena League gala was a testament to the determination and spirit of this incredible team. To finish in second place against such strong opposition is more than just an achievement – it's a reflection of the **hard work and commitment** each swimmer has put in. Every single swimmer stepped up, delivering personal bests and leaving it all in the pool.

I couldn't be prouder of this team. It's only the **second time in the Club's history** (previously 2014) that they have qualified for the National Arena League London final.”



Full team for Round Two

Open 16+

Niamh J, Jake L, Ella G, Peterson I, Rebecca J, Adrien S-W, Lucy W, Callum D, Emma F, Dan C

15 and under

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

13 and under

Lois F, Benjamin P, Isabelle E, Guy S-B, Edie F, Millie C, Jenson R, Summer M, Noah C

11 and under

Ellyse H, Harrison D, Linke G, Luca T, Olivia H, Josh G, Yana P, Taras B, Margo M, Kenny M

ARENA LEAGUE: LONDON FINAL

Following the excitement of Round Two, the team travelled back to Luton for the **Premier Division London Final** on Saturday 14th December.

BSSC dug deep, and finished in fifth position on the night and **fifth overall in the League** - making BSSC the **top club in all of Hertfordshire!**

Round Three results:

1. **Chelsea & Westminster - 319 points**
2. Basildon & Phoenix SC - 315 points
3. **Camden Swiss Cottage Swimming Club - 307 points**
4. Hackney Aquatics Club - 219 points
5. **Bishop's Stortford Swimming Club - 203 points**
6. Watford Swimming Club - 189 points
7. **Hatfield Swimming Club - 182 points**
8. Teddington Swimming Club - 92 points



Full team for the Final

Open

Niamh J, Jake L, Ella G, Nick B, Rebecca J, Adrien S-W, Lucy W, Callum D, Emma F, Dan C and Laura B

15 and under

Rose C, Dylan D, Felice C, Elliot H, Elizabeth B, Volodymyr I, Molly G and Jack D

13 and under

Lois F, Benjamin P, Isabelle E, Guy S-B, Edie F, Noah C, Millie C and Summer M

11 and under

Ellyse H, Harrison D, Alys M, Luca T, Olivia H, Taras B, Margo M and Kenny M

COMING UP...

December Christmas training:

Monday 23rd December, Friday 27th December & Monday 30th December:

- 9am-10am – Rookies, Junior C, Junior B, Junior A and Age Competitive
- 10am-11:30am – Age Group Performance, Senior Competitive, Senior Performance and Masters

Saturday 28th December:

- 7am-8am – Age Group Performance, Senior Competitive, Senior Performance and Masters
- 8am-9am – Rookies, Junior C, Junior B, Junior A and Age Competitive

January

- **Thursday 2nd - Normal training schedule resumes**
- Saturday 11th - Swim England Hertfordshire County Championships weekend one (Long Distance)
- **Saturday 18th and Sunday 19th - Swim England Hertfordshire County Championships weekend two**
- Saturday 25th and Sunday 26th - Swim England Hertfordshire County Championships weekend three



February

- Saturday 1st - Swim England Hertfordshire County Championships weekend four (Long Distance)
- **Sunday 9th - Braintree & Bocking Winter Sprints Meet (selected squads)**
- Half-term Stroke Clinics - look out for more details soon!

March

- Saturday 22nd - BSSC and Harlow Penguins Regional Qualifier Open Meet



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.