



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2024/25 SEASON MARCH EDITION

Wow, 2025 is flying by! Since we last shared a newsletter we've had Counties, sent three swimmers to Swim England's County Development Camp, welcomed Greg Coe to present seven Top-Eight Counties awards, and celebrated 55 personal best times at Braintree's Winter Sprints Meet. There's lots to look forward to over the coming months, including the prestigious London Legacy Meet and our own Regional Qualifier.

In this edition of Babble, we celebrate highlights from 2025's County Championships, share a step-by-step guide for swim parents considering joining our team of officials, and recognise newly-broken Club records and British, European and World records broken by our inspirational Masters swimmers.

BSSC CLUB NEWS

HERTFORDSHIRE COUNTY CHAMPIONSHIPS 2025

Swim England Hertfordshire have released the final medal tallies and tables from this year's County Championships, and BSSC had the **most successful County Championships** in the Club's history:

- Overall medal tally – 145 medals (up from 87 in 2024)
- Junior Championship – top club in Hertfordshire!
- 88 Age Group medals (up from 56 last year)
- Qualifiers – 60 swimmers (up from 43 in 2024)
- Championship – second-placed club in Hertfordshire

SWIMMING CHAMPIONSHIPS 2025

2025

Overall - Combined

Position	Club	Gold	Silver	Bronze
1	Hatfield	89	73	57
2	Stortford	60	52	33
3	Watford SC	37	43	57
4	Co St Albans	34	58	69
5	Verulam	15	17	10
6	Berko	15	4	7
7	Cheshunt	13	11	11
8	Stevenage	11	4	2
9	Ware	8	7	1
10	Harpenden	8	4	3
11	Hoddesdon	4	7	8
12	Hemel	2	5	11
13	Potters Bar	2	2	17
14	Hitchin	1	6	2
15	Royston	1	4	2
16	Hertford	0	3	1
17	Tring	0	0	3

2024

Overall - Combined

Position	Club	Gold	Silver	Bronze
1	Watford	100	63	67
2	Hatfield	74	70	56
3	Costa	69	70	46
4	Stortford	31	23	31
5	Cheshunt	10	5	12
6	Tring	7	9	4
7	Harpenden	6	11	14
8	Hoddesdon	4	17	13
9	Potters Bar	4	12	25
10	Verulam	4	9	8
11	Hitchin	4	5	10
12	Hertford	4	4	8
13	Stevenage	3	6	8
14	Berkhamsted	3	5	5
15	Ware	2	10	8
16	Bushey	0	6	4
17	Royston	0	0	3
18	Hemel H	0	0	1
19	Rickmansworth	0	0	1

SWIMMING CHAMPIONSHIPS 2025

2025

Age Groups - Combined

Position	Club	Gold	Silver	Bronze
1	Hatfield	49	45	38
2	Stortford	37	33	18
3	Co St Albans	28	42	54
4	Watford SC	27	33	35
5	Verulam	15	15	10
6	Berko	15	4	7
7	Stevenage	11	4	2
8	Cheshunt	10	7	7
9	Ware	8	7	1
10	Harpenden	7	4	3
11	Hoddesdon	4	5	6
12	Hemel	2	5	11
13=	Hitchin	1	4	2
13=	Royston	1	4	2
15	Potters Bar	1	1	12
16	Hertford	0	3	1
17	Tring	0	0	3

2024

Age Groups - Combined

Position	Club	Gold	Silver	Bronze
1	Watford	76	49	49
2	Costa	59	53	34
3	Hatfield	45	48	39
4	Bishops Stortford	38	15	23
5	Cheshunt	10	5	11
6	Tring	7	9	3
7	Harpenden	6	8	11
8	Verulam	4	9	8
9	Hitchin	4	5	8
10	Hertford	4	4	7
11	Potters Bar	3	7	16
12	Berkhamsted	3	5	5
13	Hoddesdon	2	11	9
14	Ware	2	8	7
15	Stevenage	2	6	7
16	Bushey	0	3	2
17	Royston	0	0	3
18	Hemel Hempsstead	0	0	1
19	Rickmansworth	0	0	1

SWIMMING CHAMPIONSHIPS 2025

2025

Junior Championship - Combined

Position	Club	Gold	Silver	Bronze
1	Stortford	17	9	8
2	Hatfield	12	7	3
3	Co St Albans	4	13	7
4	Watford SC	4	2	13
5	Cheshunt	3	4	4
6	Potters Bar	1	1	5
7	Harpenden	1	0	0
8	Hoddesdon	0	2	2
9	Hitchin	0	2	0
10	Verulam	0	2	0

2024

Junior Championship - Combined

Position	Club	Gold	Silver	Bronze
1	Hatfield	13	8	8
2	Watford	9	7	7
3	Costa	8	11	6
4	Stortford	6	2	3
5	Hoddesdon	2	6	4
6	Potters Bar	1	4	5
7	Stevenage	1	0	1
8	Harpenden	0	2	1
9	Hitchin	0	0	2
10	Cheshunt	0	0	1
11	Hertford	0	0	1
12	Tring	0	0	1

SWIMMING CHAMPIONSHIPS 2025

2025

Championship - Combined

Position	Club	Gold	Silver	Bronze
1	Hatfield	28	21	16
2	Stortford	6	10	7
3	Watford SC	6	8	9
4	Co St Albans	2	3	8
5	Hoddesdon	0	0	2

2024

Championship - Combined

Position	Club	Gold	Silver	Bronze
1	Hatfield	16	14	9
2	Watford	15	7	11
3	Stortford	7	6	7
4	Costa	2	6	6
5	Bushey	0	3	2
6	Ware	0	2	1
7	Potters Bar	0	1	4
8	Harpenden	0	1	2

COUNTY CHAMPIONSHIPS: WEEKEND ONE

Bishop's Stortford Swimming Club's 2025 County Championships campaign got off to a strong start on Saturday 11th January. This year's competition moved to Westminster Lodge in St Albans, and kicked off with the **Mixed 800m Freestyle** event.

BSSC was well represented with swimmers across the ages, comprising of:

- Noah Conroy, 13 years
- Summer Miller, 13 years
- Samuel Bird, 15 years
- Bobbie Macdonald-Williams, 16/over
- Brandon Macdonald-Williams, 16/over
- Oliver Tom, 16/over

Our youngest swimmers, Noah and Summer, took a **massive 40 and 37 seconds** off their entry times respectively. Noah finished 6th in his age group, while Summer **secured silver for her swim**, with a time of 10:20.19.

Samuel and Oliver both finished 9th in their age groups, **both swimming PBs**. Brandon Macdonald-Williams finished 6th in the 16/overs age group, while Bobbie Macdonald-Williams was 14th in the Female 16/overs and swam a season's best.



COUNTY CHAMPIONSHIPS: WEEKEND TWO

BSSC swimmers were on sizzling form for weekend two of the 2025 Swim England Hertfordshire County Championships, returning from Westminster Lodge with 41 age group medals, 18 Junior Championship awards and six Championship awards.

BSSC's youngest swimmers

The two 10 year olds swimming in the 10/11 year age group at their first County Championships both performed superbly. **Daniel Cara** took an impressive eight seconds off his entry time and finished 4th in the 100m backstroke heats to secure a place in the 10-11 years final, where he finished a very respectable 5th place. **Cian Millsom** swam against very strong competition to secure a place in the 10-11 year 100m Freestyle final, where he finished seventh.

Three of the Club's 11 year olds made their first appearance at Counties, with Evie Lowers, Linke Groenewald and Luca Tse **reaching the final** of the 100m Butterfly, 100m Breaststroke and 100m Freestyle respectively.



Returning to Counties were 11 year olds Taras Boiko, Harrison Dodwell and Kenny Millsom. **Taras Boiko performed superbly**, winning golds in the 400m Freestyle and 100m Butterfly, and silver in the 200m and 400m Individual Medley.

Meanwhile, 11-year-old **Harrison Dodwell** achieved personal best times and top-ten finishes in all of his events, including a four-second PB to reach the 100m Breaststroke final where he was joined by team-mate Kenny Millsom.

COUNTY CHAMPIONSHIPS: WEEKEND TWO

There were BSSC finalists in all of the **male 100m Freestyle finals**, with Cian Millsom (10-11 yrs), Harrison Dodwell, Luca Tse and Taras Boiko (12 yrs), Guy Spearman-Baines and Noah Conroy (13 yrs), Benjamin Palmer (14 yrs) and Elliot Hall (15 yrs) all securing their places in the age group finals, and Dylan Davenport and Brandon Macdonald-Williams swimming in the 16/over final.

Top-three places were taken by **Benjamin Palmer** (gold), **Elliot Hall** (gold) and **Dylan Davenport** (bronze).



The medals kept on coming for the 13 and 14 yr age groups, with Noah Conroy taking silver in the **Male/Open 13 yr 100m Butterfly**.

12 year old Summer Miller added to her 800m Freestyle silver medal from weekend one, with **five top-three finishes** – gold in the 100m Butterfly, 200m Individual Medley and 400m Individual Medley and silver in the 100m Free and 400m Freestyle.

14 year old Benjamin Palmer **dominated the boys age group Freestyle events**, taking gold in the 400m and 100m Freestyle and earning second place in the 400m Freestyle 15/U Junior Championships.

Edie Foster took gold in the 14 yr age group for the 100m Butterfly and 100m Freestyle.



COUNTY CHAMPIONSHIPS: WEEKEND TWO

Elliot Hall had a fantastic weekend, securing medals in all of the events he entered: golds in the 100m Butterfly, 100m Freestyle, 100m Breaststroke, 200 IM and 400m Freestyle, and silver in the 400m IM.

Rose Conday, also 15, **medaled in all of her events**, taking silver in the 100m Backstroke, 100m Freestyle, 200m and 400m Individual Medley and bronze for the 400m Freestyle.

Molly Greatbatch won gold in her 100m Breaststroke and bronze in the 100m Backstroke and 200m IM.

In the 16/over category, Brandon Macdonald-Williams took gold in the 200m IM, newly-elected Club Captain Emma Fields secured the top spot in for the 100m Butterfly, Jake Lloyd took silver in the 100m Butterfly and 400m IM) and Niamh James won the 100m Backstroke and 200m IM.

Saturday saw the 15 and Unders of Hertfordshire battling it out across **12 relay events**. The BSSC A relay teams in the youngest age group (13/Under) events finished with two silver and two bronze medals, together with a 4th and 8th place finish. This is an **enormous improvement** on last year's Championships, where this age group came home with one bronze.

The **junior championship** (15/Under) medley team were **incredible**, with the mixed medley, female medley, mixed freestyle and female freestyle teams bringing home **four gold medals** between them.



COUNTY CHAMPIONSHIPS: WEEKEND THREE & FOUR

Highlights from weekend three: **15/over relays**

Weekend three saw the 10/over – although these teams usually comprise of older swimmers aged 15 and over – relay teams battling it out. Following BSSC's success in the previous weekend's 15/Under relays, BSSC took a **gold and four silver medals**:

Gold:

Mixed 10/Over Freestyle Team

Rose Conday, Dylan Davenport, Rebecca Johnson, Daniel Chada

Silver:

Mixed 10/Over Medley Team

Niamh James, Ella Greatbatch, Jake Lloyd, Daniel Chada

Female 10/Over Medley Team

Niamh James, Ella Greatbatch, Emma Fields, Rose Conday

Open/Male 10/Over 200m Medley Team

Inhensiko Peterson, Adrien Storck-Wihlidal, Jake Lloyd, Dylan Davenport

Female 10/Over Freestyle Team

Rose Conday, Edie Foster, Freya Hadnutt, Rebecca Johnson



Meanwhile, BSSC was particularly well represented in the **male 50m Breaststroke**, with entrants from all groups reaching the Final:

- Daniel Cara and Morgan Richards – 10-11 yrs
- Harrison Dodwell and Kenny Millson – 12 yrs
- Guy Spearman-Baines and Jenson Richards – 13 yrs
- Zackary Haslett-Fossey – 14 yrs
- Elliot Hall – 15 yrs
- Adrien Storck-Wihlidal and Matthew McLaughlin - 16/Over

Elliot Hall went on to **win the 15 yrs final** – bringing his medal total to seven across the weekend.

COUNTY CHAMPIONSHIPS: WEEKEND FOUR

County Championships 2025 concluded with the **1500m freestyle** – 60 lengths of the pool!

Summer Miller (13) and Brandon MacDonald-Williams (16) were in action in the 1500m freestyle event.

Both recorded superb personal best times, with Summer taking 49 seconds off her entry time to come **first in the female 13 year age group** (19:38.45) and Brandon securing Bronze in the Open age group, together with a **Championship Bronze**, taking 19 seconds off his entry time (16:42.74).



“

“I’m incredibly proud of our dedicated swimmers and coaching team for achieving the best County Championships in the Club’s history. This remarkable feat is a testament to the relentless hard work, determination and team spirit that define our club. Together, we have not met but surpassed our highest aspirations. Congratulations to everyone involved; your dedication and passion have made this possible.”

Jamie McLaughlin, Head Coach

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You can find full results from this year’s County Championships on the BSSC website:
<https://bsswimclub.org.uk/category/news/>

COUNTY CHAMPIONSHIPS: TOP EIGHT PLACES

The President of Swim England Hertfordshire, Greg Coe, recently presented seven Bishop's Stortford Swimming Club athletes with the **overall Top Swimmer awards** they won for outstanding performances across multiple events at the 2025 Hertfordshire County Championships.

To be eligible for the award, swimmers had to compete and earn points in events in five different categories, showing prowess across all distances (50m, 100m, 200m & 400m+) and all strokes (eg, 200m Individual Medley). The total points (1st place 15 points, 2nd 12 points, 3rd 10 points etc) were added up and awards given to the top 8 in each age and gender group.



Summer Miller was the top female swimmer in the County in the 13 years age group, while **Elliot Hall** topped the male 15 years age group. **Taras Boiko** (12 years) and **Rose Conday** (15 years) were second in their age groups. **Brandon Macdonald-Williams** (16/over) and **Molly Greatbatch** (15 years) were third in their age groups, while **Noah Conroy** was fourth in the 13 years category.

This is a fantastic achievement by all swimmers and we look forward to seeing what else they can achieve during the rest of this season.

COUNTY CHAMPIONSHIPS: CLUB RECORDS BROKEN

Following a hugely successful County Championships, it's time to celebrate more club records!

Congratulations to:

- **Morgan Richards** – 9/under 50m Breaststroke
- **Taras Boiko** – 10-11 years 200m Individual Medley, 200m Freestyle, 200m Backstroke, 400m Individual Medley
- **Edie Foster** – 12-13 years 50m Butterfly
- **Dylan Davenport** – 14-15 years 100m Freestyle
- **Emma Fields** – Open 100m Butterfly
- **Niamh James** – Open 100m Individual Medley

ALERT BSSC CLUB RECORD BROKEN!

Morgan Richards

Male 9/Under age group
Short Course record
January 2025



50m Breaststroke | 47.71

ALERT BSSC CLUB RECORD BROKEN!

Taras Boiko

Male 10-11 age group
Short Course record
January 2025



200m Individual Medley	2:41.36
400m Individual Medley	5:41.89
200m Freestyle	2:23.57
200m Backstroke	2:40.23

ALERT BSSC CLUB RECORD BROKEN!

Edie Foster

Female 12-13 age group
Short Course record
January 2025



50m Butterfly | 30.38

ALERT BSSC CLUB RECORD BROKEN!

Dylan Davenport

Male 14-15 age group
Short Course record
January 2025



100m Freestyle | 53.06

ALERT BSSC CLUB RECORD BROKEN!

Emma Fields

Female Open age group
Short Course record
January 2025



100m Butterfly | 1:04.12

ALERT BSSC CLUB RECORD BROKEN!

Niamh James

Female Open age group
Short Course record
January 2025



100m Individual Medley | 1:05.59

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.

COUNTY CHAMPIONSHIPS: IN THE NEWS

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!

Bishop's Stortford Independent

12°C | -2°C 5 day forecast

HOME NEWS EDUCATION SPORT WHAT'S ON LIFESTYLE PLANNING TRANSPORT BUSINESS HAPPY JOBS

Bishop's Stortford Swimming Club members win 41 medals on second weekend of Swim England Hertfordshire Swimming Championships

Bishop's Stortford Independent reporter

09:00, 05 February 2025

Bishop's Stortford Swimming Club members were on top form on the second weekend of the Swim England Hertfordshire Swimming Championships as they claimed a total of 41 medals.

The contingent also bagged 18 junior championship and six championship awards at Westminster Lodge Leisure Centre in St Albans.

Daniel Cara and Cian Millsom, in the 10-11 age group, both performed superbly at their first county championships.

Cara took an impressive eight seconds off his entry time and finished fourth in the 100m backstroke heats to secure a place in the final, where he finished a very respectable fifth. Millsom very strong competition to secure a place in the 100m freestyle final and came seventh.

Three of the club's 11-year-olds made their first appearance at counties, with Evie Lo Groenewald and Luca Tse reaching the finals of the 100m butterfly, 100m breaststroke and 100m freestyle respectively.

Returning 11-year-olds Taras Boiko, Harrison Dodwell and Kenny Millsom all excelled in the 400m freestyle and 100m butterfly as well as taking silver in the 200m and 400m freestyle respectively.

Indies Community Awards 2024

Latest news

Blues 'have to be at it' against Canaries after below-par showing at Barwell

Coach hails 'big moment' as TBSHS under-15s reach first national rugby final

Ilott finishes in top 20 as PREMA Racing makes Indycar Series debut

Mills hat-trick in vain as battling Stortford

Bishop's Stortford Independent

12°C | -2°C 5 day forecast

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Three of the club's 11-year-olds made their first appearance at counties, with Evie Lo Groenewald and Luca Tse reaching the finals of the 100m butterfly, 100m breaststroke and 100m freestyle respectively.

Returning 11-year-olds Taras Boiko, Harrison Dodwell and Kenny Millsom all excelled. Boiko struck gold in the 400m freestyle and 100m butterfly as well as taking silver in the 200m and 400m individual medley.

From left, Rose Conday, Eide Foster, Lois Field, Emma Cass and Molly Greatbatch

Dodwell achieved personal bests and top-10 finishes in all of his events, including a four-second PB to reach the 100m breaststroke final where he was joined by team-mate Kenny Millsom.


Most read

- 1 Makeover for Northgate End car park will take 'several months'
- 2 Thieves steal cigarettes, tobacco and booze from Bishop's Stortford Co-op
- 3 Former police superintendent due in court on sexual assault charge
- 4 24% of primary pupils miss out on first choice of secondary school in Hertfordshire
- 5 Saffron Walden man in court on rape and stalking charges

Bishop's Stortford Independent

12°C | -2°C 5 day forecast

HOME NEWS EDUCATION SPORT WHAT'S ON LIFESTYLE PLANNING TRANSPORT



top form, with three swimmers in the 15 year category winning top-three

securing medals in all of the male/open events he entered, taking gold in style, 100m breaststroke, 200 IM and 400m freestyle plus silver in the

medals in all of her events, taking silver in the 100m backstroke, 100m and bronze for the 400m freestyle.

the 100m breaststroke and bronze in both the 100m backstroke and

Bishop's Stortford Independent

12°C | -2°C 5 day forecast

HOME NEWS EDUCATION SPORT WHAT'S ON LIFESTYLE PLANNING TRANSPORT BUSINESS HAPPY JOBS

Bishop's Stortford Swimming Club have most successful Swim England Hertfordshire Championships campaign


Bishop's Stortford Independent reporter

13:03, 21 February 2025 updated: 14:59, 21 February 2025

Bishop's Stortford Swimming Club wrapped up their most successful Swim England Hertfordshire Championships campaign to date in St Albans.

They came top of the junior rankings and finished second for age-group medals, championship medals and overall medals.

"I'm incredibly proud of our dedicated swimmers and coaching team for achieving the best county championships in the club's history," said head coach Jamie McLaughlin.



Bishop's Stortford Swimming Club's successful squad

Indies Community Awards 2024

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HOME NEWS EDUCATION SPORT WHAT'S ON LIFESTYLE PLANNING TRANSPORT BUSINESS HAPPY JOBS

Bishop's Stortford Swimming Club youngster Summer Miller wins silver medal at Swim England Hertfordshire County Championships


Bishop's Stortford Independent reporter

09:00, 21 February 2025

Summer Miller secured a silver medal when this year's Swim England Hertfordshire County Championships got under way.

The 12-year-old Bishop's Stortford Swimming Club member came second in her age group in the 800m freestyle.

She also took 37 seconds off her entry time as she stopped the clock at 10min 20.19sec at the Westminster Lodge pool in St Albans.



Indies Community Awards 2024

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NEW! CLUB SPONSORS

We have some very exciting news for our Club! We can now confirm that two local companies have agreed to be our sponsors for the next three years! **Pestell & Co** and **Rosey Lea** are delighted to be supporting our Club.

Mark Hoddle, Director of Pestell & Co, Bishop's Stortford says, "We are very proud to be supporting BSSC. The Club plays a very important role in the local community and we look forward to watching the continued success following the amazing performances at both Counties and the Arena League."

Reminder: action required!

As part of the agreement, it has been agreed that their logos will feature on all Club tops, so what we need you to do please is bring in your t-shirts! Please bring them to the College during a training session at some point in the course of the next week and leave them in the box which will be poolside.

Please ensure that by **Friday 14th March**:

- you bring in a maximum of two t-shirts (eg, club and counties)
- your T-shirts are clean, have been washed but without fabric softener
- your T-shirts are clearly named so we can return them to you: please safety pin your swimmer's full name to the T-shirt.



THANK YOU TO...

We'd like to say a big "thank you" to everyone who gave their time to volunteer during this year's County Championships. It's fantastic to see so many BSSC parents (and parents who no longer have swimmers at the Club) supporting our swimmers:

- Officials: Rachael T, Claire F, Pierre, Helena, Graham and Debbie.
- Poolside helpers: Paul P, Kate P, Nicola E, Claire F, Claire M, Kiri and Tania B.
- Team managers: Holly, Laure, Claire M, Nicola E, Cressy and Heather.

HALF TERM BREASTSTROKE CLINIC

Half term kicked off with BSSC's first Breaststroke Clinic, hosted by BSSC coach (and National-level breaststroke swimmer) Darren and National 50m and 100m Breaststroke champion Ella Greatbatch.

40 swimmers from BSSC (and other clubs in the area) worked on breaststroke starts, turns and drills to help perfect their technique and boost their confidence for upcoming meets.

Look out for details of upcoming clinics over the next few weeks!



CLUB CHAMPS: SAVE THE DATE

We're excited to announce that Club Championships is being brought forward to June!

It will be held over three evenings on Sunday 1st June, Friday 13th June and Sunday 15th June, so please keep those dates free.

An awards celebration/club social will be held in the early autumn - more details to follow!

COUNTY DEVELOPMENT CAMPS

Three Bishop's Stortford Swimming Club swimmers, **Guy Spearman-Baines** (13), **Noah Conroy** (12) and **Summer Miller** (12) have been selected to take part in Swim England Hertfordshire's County Development Camp.

This year's programme takes place over three days through the season focusing on technique and skill development as well as other areas for development both in and out of the pool.

Swimmers were chosen based on their **200m Individual Medley** times at the end of the 2023/2024 season, with the fastest male and female swimmers aged 12 by 31 December 2024 (born 2012) in Hertfordshire offered a place on the Development Camp.



WELCOME TO...

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

Rookies B

Olivia, Arty, James, Isla, Benjamin, Nellie,
Lucy and Zac

Juniors

Alexander and William

Age Group Competitive and Performance

Piril, Victor and Sophie

Senior Performance and Competitive

Mia and Ollie

Masters

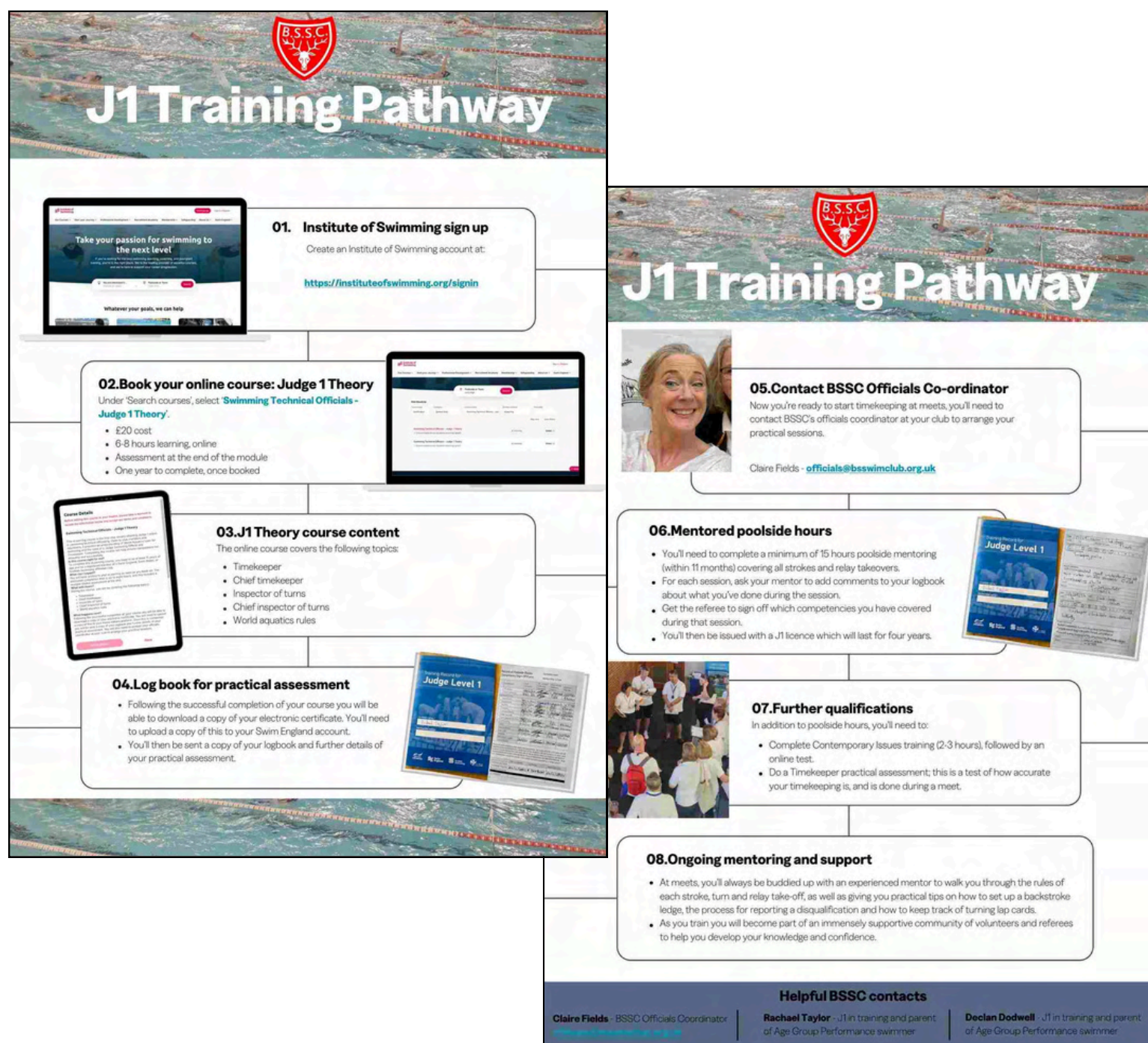
Zoe

OFFICIALS: J1 STEP BY STEP GUIDE

To run our own 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.

We desperately need to build a new group of officials, as many of our current officials no longer have swimmers at the club!

This [guide breaks down the training pathway](#) to becoming a Judge Level 1 - a swimming technical official responsible for timekeeping, inspecting turns, and ensuring swimmers comply with rules during starts, turns and finishes. If you are interested in becoming an official, or would just like to know more about what's involved, please email officials@bsswimclub.org.uk



OPEN MEETS, TEAM GALAS & CHAMPIONSHIPS

BBSC WINTER SPRINTS MEET

On Sunday 9th February, BSSC swimmers took part in Braintree & Bocking Swimming Club's Winter Sprints Meet at Braintree Sports & Fitness.

Twenty-six swimmers from the Juniors, Age Group Competitive and Senior Competitive squads competed in 82 swims over the two sessions, with our youngest swimmers aged 9-11 particularly well represented.



Nearly every swimmer left with at least one medal and one PB, and our swimmers jingled home with 34 medals in total – 15 gold, 9 silver and 10 bronze.

A big 'well done' to Alys Morton, Daniel Cara, Harrison Dodwell, Luca Tse and Tom Hughes, who secured top-three places in all of their events.

Thank you **Holly** for poolside photography! We're really keen to feature more BSSC swimmers, so please send photos of your swimmers celebrating their achievements to [BSSC Comms](#).

BBSC WINTER SPRINTS MEET

Full medal results by age group are given below.

9 years

- Alys Morton - Silver 50m Freestyle, Bronze 50m Backstroke, Bronze 100m Individual Medley
- Benjamin Green – Bronze 50m Breaststroke, Gold 50m Backstroke, Silver 100m Individual Medley
- James Tattersall – Bronze 50m Backstroke
- Morgan Richards – Silver 50m Freestyle, Gold 50m Breaststroke, Gold 50m Butterfly, Gold 100m Individual Medley

10 years

- Daniel Cara – Bronze 50m Freestyle, Gold 50m Breaststroke, Bronze 50m Butterfly, Gold 50m Backstroke, Gold 100m Individual Medley

11 years

- Evie Lowers – Silver 50m Butterfly, Bronze 100m Individual Medley
- Harrison Dodwell - Gold 50m Freestyle, Gold 50m Breaststroke, Gold 50m Butterfly, Gold 100m Individual Medley
- Luca Tse – Silver 50m Breaststroke, Silver 50m Butterfly, Silver 100m Individual Medley

12 years

- Jenson Richards – Silver 50m Butterfly, Gold 100m Individual Medley

13 years

- Sebastian Smith – Gold 100m Individual Medley

14 years

- Chloe Richards – Silver 50m Breaststroke
- Elizabeth Balaam – Bronze 50m Butterfly
- Thomas Hughes – Gold 50m Freestyle, Gold 50m Butterfly

15 years

- Jack Deeks – Bronze 50m Freestyle, Bronze 50m Butterfly



EAST HERTS INTER-DISTRICT CHAMPIONSHIPS

Congratulations to the East Hertfordshire district team for an incredible performance at Friday's 2025 HSSA Secondary Inter-District Champs.

The team finished in **second position** against very strong competition from overall winners St Albans.

BSSC swimmers were on fantastic form, with highlights including:

- Intermediate (years 9 and 10) and Senior Girls (years 11-13) **topped their age group** categories, with an impressive ten top-three finishes and three relay golds.
- Junior (year 7 and 8) and Senior Boys (years 11-13) Boys teams finished in **second position** to St Albans.
- **Gold medals** for BSSC swimmers Guy Spearman-Baines, Molly Greatbatch, Rose Conday, Ella Greatbatch, Jakey Hayes, Emma Fields, Brandon Macdonald-Williams, George Grimwood, Freya Hadnutt and Beau Reilly
- Two Inter District Championships **records were broken**: Zak Fellows' 50m backstroke with a time of 27.84 (breaking 28.09) and the Senior Girls Freestyle relay team with a time of 1:54.90 (breaking 1:55.20).



Thank you to District Reps **Tom Hamilton** and **Claire Fields**, and to **Declan Dodwell** for Officiating.

Full team sheet:

Junior: Isabella Crotty, Shoshana Dennehy, Harrison Dodwell, Zack Haslett-Fossey, Kenny Millsom, Ivy Powell, Jenson Richards, Guy Spearman-Baines, Mariella Thorne, Sophie Tom, Luca Tse

Inters: Rose Conday, Sophia Dixon, Zak Fellows, Lois Fields, Harry George, Molly Greatbatch, Thomas Hughes, Amelia Matthews, Benjamin Palmer, Seb Smith

Senior: Emma Fields, Robert Gor, Ella Greatbatch, George Grimwood, Freya Hadnutt, Jackey Hayes, Ellie Keeling, Brandon Macdonald-Williams, Beau Rielly, Lillia Thorne, Oliver Wilsher

MASTERS RECORDS BROKEN

Congratulations to BSSC Masters swimmer and Club President **Sally Winter**, who recently broke the 200m Freestyle 65-69 years European and British Records at Hemel Hempstead Swimming Club's 1st Open Masters Winter Meet on 24th February, with a time of 2:32.83.

The record was previously held by BSSC's very own Alyson Fordham.

Full results from the meet:

- **Elanor Cadzow**, 30-34 - Gold 200m IM, 100m IM and 200m Freestyle
- **Jake Lloyd**, 30-34 - Gold 200m IM, 100m Butterfly and 100m Backstroke, Silver 200m Freestyle and 100m Freestyle
- **Sally Winter**, 65-69 - Gold 50m Freestyle, 50m Backstroke, 200m Freestyle.



Meanwhile, Alyson Fordham has been breaking European and World records at the Swim England **North West Regional Masters** in Blackpool:

She says, "I'm still very much a Bishop's Stortford swimmer, but to make this last year in my current age group a little more interesting, I have teamed up with some friends from Black Country & Potteries masters to make up a 280+ relay team.

On Saturday 22nd February at the NW regionals in Blackpool we got the European record in the 400 medley relay [5:57.65] and the World record in the 800 free relay [11:29.12]."

COMING UP...

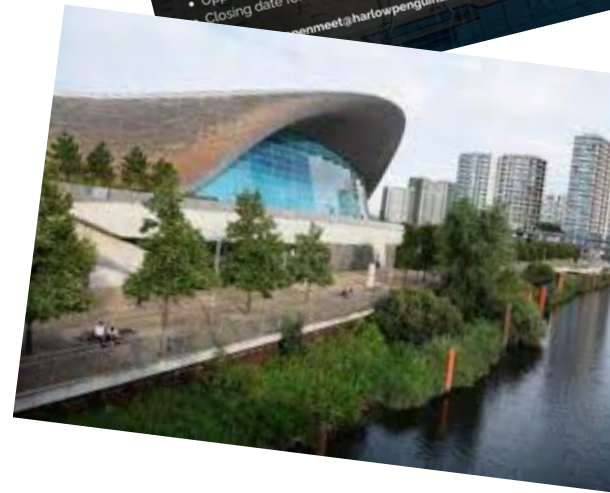
March

- **BSSC & Harlow Penguins 2025 Meet - Regional Qualifier - 22nd March**
- **East Region Long Course Championships - 28th, 29th & 30th March**



April

- **London Legacy Meet - 10th to 12th April**
- **British Swimming Championships - 15th to 20th April**
- **City of Norwich Swimming Club's Easter Long Course Meet - 18th to 20th April**



May

- **East Region Long Course Championships - 3rd to 5th & 9th to 11th May**
- **Peanuts League Round One - 10th May**
- **Romford Town Swimming Club Last Chance National Qualifier - 10th & 11th May**
- **Halstead Swimming Club Annual Open Meet - 18th May**



WELFARE OFFICER

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.