



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2024/25 SEASON JUNE EDITION

We've had so much to write about over the past few months! Since our last newsletter in March, BSSC has hosted a fantastic Regional Qualifier with Harlow Penguins, celebrated incredible swims at Long Course meets including the prestigious London Legacy Meet, saw 32 swimmers qualify for Regionals... before achieving the most successful Regional Championships on record. But, the season's not finished yet! Over the next few months we look forward to Club Champs 2025, the Team Steel Meet in Sheffield, Peanuts League Rounds 2 and 3 and summer Nationals at Ponds Forge.

In this edition of Babble, we celebrate highlights from 2025's Regional Championships, recognise newly-broken Club records, share upcoming dates for your diary, and take a look back at an absolutely fantastic Round 1 of Peanuts League.

EAST REGION LONG COURSE CHAMPIONSHIPS

This year's Regional Championships saw BSSC bring home **20 medals** (6 Golds, 7 Silver and 7 Bronze). This is huge improvement on 2024's four medals, and is the Club's **best-ever Regionals result**.

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

Qualifiers and top-eight finishes:

- 32 qualifiers (vs 25 in 2024)
- 18 individual finalists in total (vs 11 in 2024)
- Junior swimmers well represented – 10 swimmers took part in 14/under finals
- 57 top-eight finishes (vs 31 in 2024)
- 20 medals (up from four in 2024!)

Weekend One of the competition kicked off on Friday 28th March with events for the 15/over swimmers at UEA Sportspark in Norwich.

The weekend started with the 800m Freestyle, with BSSC represented by 17-year-old **Brandon Macdonald-Williams**.

Over the following two days, 16 of BSSC's senior swimmers took part in 54 swims across heats and finals, and brought home five medals:

- **Molly Greatbatch – 200m Breaststroke, Gold**
- Dylan Davenport – 100m and 50m Freestyle, Silver
- **Lucy Wheeler – 100m Freestyle, Bronze**
- Rose Conday – 100m Freestyle, Bronze



EAST REGION LONG COURSE CHAMPIONSHIPS

Weekend Two (Saturday 3rd to Monday 5th May) saw the 15/overs return to Norwich, with **Brandon Macdonald-Williams** and **Oliver Tom** taking on the 1500m Freestyle, and **Ella Greatbatch** and **Dylan Davenport** adding to BSSC's medal count with bronzes in the 50m Breaststroke and 200m Freestyle respectively.

On Bank Holiday Monday, 11 of BSSC's junior swimmers (14/under) began their Regionals campaign.

The youngsters had an amazing day, with nine out of 11 swimmers reaching the finals, and four swimmers securing four medals between them:

- **Summer Miller – 100m Butterfly, Gold**
- Noah Conroy – 100m Butterfly, Silver
- **Taras Boiko – 100m Butterfly, Silver**
- Harrison Dodwell – 50m Breaststroke, Bronze



Weekend Three saw BSSC's juniors (14/unders) finish the competition in style as they headed to Inspire: Luton Sports Village on Saturday 10th and Sunday 11th May.

The final weekend kicked off with the 800m Freestyle, with 12 year old **Noah Conroy** representing BSSC.



EAST REGION LONG COURSE CHAMPIONSHIPS

The juniors then had a packed weekend of racing, with 9 out of 14 swimmers reaching finals, 19 finals raced, and nine more medals won:

- **Taras Boiko – 400m Individual Medley, Gold**
- Kenny Millsom – 200m Breaststroke, Silver
- **Noah Conroy – 200m Butterfly Silver**
- Summer Miller – 200m Butterfly Gold, 400m Individual Medley Silver, 50m Butterfly Bronze
- **Guy Spearman-Baines – 200m Breaststroke Gold**
- Edie Foster – 100m Freestyle Gold, 50m Freestyle Bronze



Five swimmers made their Regional debuts

For five BSSC swimmers it was their first taste of a regional level competition:

Linke Groenewald, Kenny Millsom, Luca Tse, Sophie Tom and Millie Cass.

Kenny had a fantastic first Regional Championships, reaching **finals for all three of his races** (50m, 100m and 200m Breaststroke) and winning silver in the 200m Breaststroke final.

EAST REGION LONG COURSE CHAMPIONSHIPS

At the end of Sunday's racing, Swim England East Region presented Top Swimmer Awards for each age group, with **Summer Miller** awarded 3rd Top Girl Swimmer in the 13 years category.



Additional top-eight finishes (excluding top-three positions)

11/12 years

- Harrison Dodwell – 50m Breaststroke 3rd, 200m Breaststroke 6th
- Kenny Millsom – 50m Breaststroke 5th, 100m Breaststroke 4th
- Linke Groenewald – 50m Breaststroke 8th
- Taras Boiko – 200m Individual Medley 4th, 200m Freestyle 4th, 50m Butterfly 5th, 100m Backstroke 7th, 400m Freestyle 4th, 200m Backstroke 4th

13 years

- Guy Spearman-Baines – 200m Individual Medley 4th, 200m Freestyle 7th, 400m Freestyle 8th, 100m Breaststroke 6th
- Summer Miller – 200m Individual Medley 5th, 100m Freestyle 8th, 50m Freestyle 5th

14 years

- Edie Foster – 100m Butterfly 4th, 200m Freestyle 5th, 50m Butterfly 5th
- Benny Palmer – 200m Freestyle 6th, 50m Freestyle 4th, 100m Freestyle 6th
- Lois Fields – 200m Backstroke 6th

15 years

- Rose Conday – 50m Backstroke 6th, 50m Freestyle 4th
- Elliot Hall – 100m Freestyle 5th
- Molly Greatbatch – 200m Individual Medley 6th, 50m Breaststroke 4th, 100m Breaststroke 4th

16 years

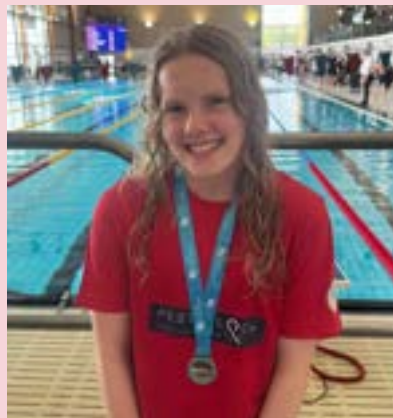
- Dylan Davenport – 50m Backstroke 6th, 50m Butterfly 7th

17/over

- Ella Greatbatch – 100m Breaststroke 6th
- Jake Lloyd – 100m Butterfly 8th
- Niamh James – 200m Backstroke 4th, 100m Backstroke 5th



EAST REGION LONG COURSE CHAMPIONSHIPS



CLUB RECORDS BROKEN

Following a hugely successful season so far, it's time to celebrate more club records! First, Long Course broken from March-May 2025.

March:

ALERT BSSC CLUB RECORD BROKEN!

Kenny Millson

Male 10-11 age group
Long Course record
March 2025



50m Breaststroke	45.50
200m Breaststroke	3:17.35

ALERT BSSC CLUB RECORD BROKEN!

Taras Boiko

Male 10-11 age group
Long Course record
March 2025



200m Individual Medley	2:44.47
50m Butterfly	33.80
400m Individual Medley	5:52.78

ALERT BSSC CLUB RECORD BROKEN!

Dylan

Male 14-15 age group
Long Course record
March 2025



50m Freestyle	34.95
100m Freestyle	54.88

April:

ALERT BSSC CLUB RECORD BROKEN!

Niamh

Female Open age group
Long Course record
April 2025



200m Individual Medley	2:26.55
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ALERT BSSC CLUB RECORD BROKEN!

Ben

Male 9/Under age group
Long Course record
April 2025



50m Backstroke	43.28
100m Breaststroke	1:45.82

ALERT BSSC CLUB RECORD BROKEN!

Taras

Male 10-11 age group
Long Course record
April 2025



400m Individual Medley	5:44.60
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ALERT BSSC CLUB RECORD BROKEN!

Taras

Male 10-11 age group
Long Course record
April 2025



100m Backstroke	1:15.87
100m Butterfly	1:13.22
400m Freestyle	5:00.84
200m IM	2:43.71

ALERT BSSC CLUB RECORD BROKEN!

Harrison

Male 10-11 age group
Long Course record
April 2025



200m Breaststroke	3:15.18
50m Freestyle	30.77
50m Breaststroke	39.47

ALERT BSSC CLUB RECORD BROKEN!

Summer

Female 12-13 age group
Long Course record
April 2025



200m Butterfly	2:35.18
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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.

CLUB RECORDS BROKEN

May:

ALERT BSSC CLUB RECORD BROKEN!

Harrison

Male 10-11 age group
Long Course record
May 2025



50m Breaststroke 38.11

ALERT BSSC CLUB RECORD BROKEN!

Summer

Female 12-13 age group
Long Course record
May 2025



100m Butterfly 1:08.03

ALERT BSSC CLUB RECORD BROKEN!

Taras

Male 10-11 age group
Long Course record
May 2025



200m Individual Medley 2:40.59 | 100m Butterfly 1:11.65

ALERT BSSC CLUB RECORD BROKEN!

Summer

Female 12-13 age group
Long Course record
May 2025



200m Butterfly 2:30.56 | 50m Butterfly 39.92

ALERT BSSC CLUB RECORD BROKEN!

Taras

Male 10-11 age group
Long Course record
May 2025



400m Freestyle 5:00.06 | 200m Backstroke 2:40.25
100m Backstroke 1:35.19 | 50m Butterfly 32.43
400m IM 5:38.36

ALERT BSSC CLUB RECORD BROKEN!

Harrison

Male 10-11 age group
Long Course record
May 2025



200m Breaststroke 3:10.94

Short Course Club Records - March to May 2025:

ALERT BSSC CLUB RECORD BROKEN!

Benjamin

Male 9/Under age group
Short Course record
March 2025



100m Backstroke 1:37.71

ALERT BSSC CLUB RECORD BROKEN!

Dylan

Male 14-15 age group
Short Course record
March 2025



50m Freestyle 24.73

ALERT BSSC CLUB RECORD BROKEN!

Taras

Male 10-11 age group
Short Course record
March 2025



100m Butterfly 1:12.25
200m Individual Medley 2:39.36

ALERT BSSC CLUB RECORD BROKEN!

Ailbhe

Female 9/Under age group
Short Course record
March 2025



100m Breaststroke 1:52.20

ALERT BSSC CLUB RECORD BROKEN!

Benjamin

Male 9/Under age group
Short Course record
May 2025



100m Breaststroke 1:44.79
100m Backstroke 1:32.92

ALERT BSSC CLUB RECORD BROKEN!

Erin

Female 9/Under age group
Short Course record
May 2025



100m Breaststroke 1:44.72

SUMMER NATIONALS QUALIFIERS

Nine BSSC swimmers have been invited to compete at the **best of the UK's summer swimming competitions!**

Dylan, Ella, Rose, Molly and **Kirsty** will be competing at the Aquatics GB Next Gen Championships at Ponds Forge from 19-25 July.

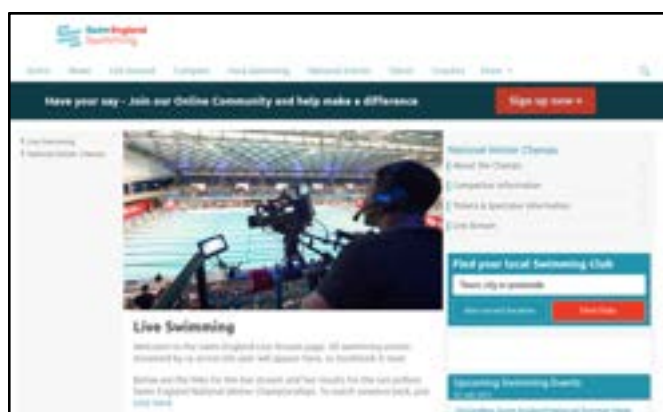
They'll return to Sheffield - along with **Summer, Edie, Brandon** and **Niamh** - for the GoCardless Swim England National Summer Meet, which kicks off on 29 July.



About Nationals...

The [Aquatics GB Next Gen 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.

Running soon after the Aquatics GB Next Gen 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.

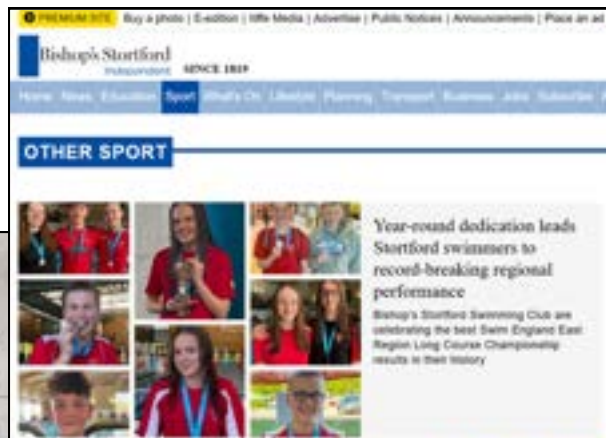
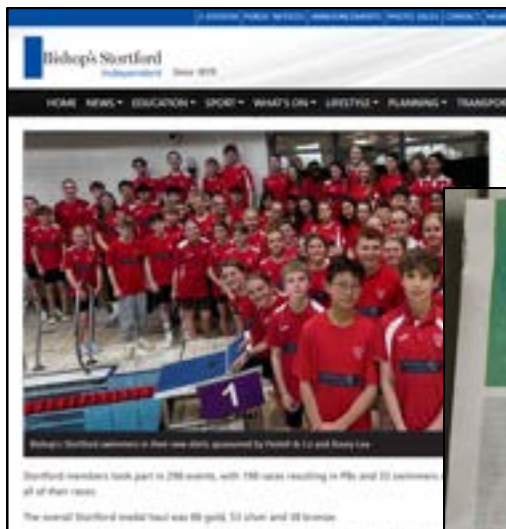


Live streaming

Swim England National Summer Meet:
<https://www.swimming.org/sport/swimming-live-stream/>

Aquatics GB Next Gen Championships:
https://www.youtube.com/@Aquatics_GB/streams

We've enjoyed plenty of coverage in the Bishop's Stortford Independent over the past few months, including photos and write-ups from our Regional Qualifier with Harlow Penguins, London Legacy Meet at the London Aquatics Centre and - most recently - the Club's success at Regionals.



SWIMMERS OF THE MONTH

Announcing our Swimmers of the Month for March and April! Every month, **Coach Joe** awards a badge to swimmers from Juniors A, B and C 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:



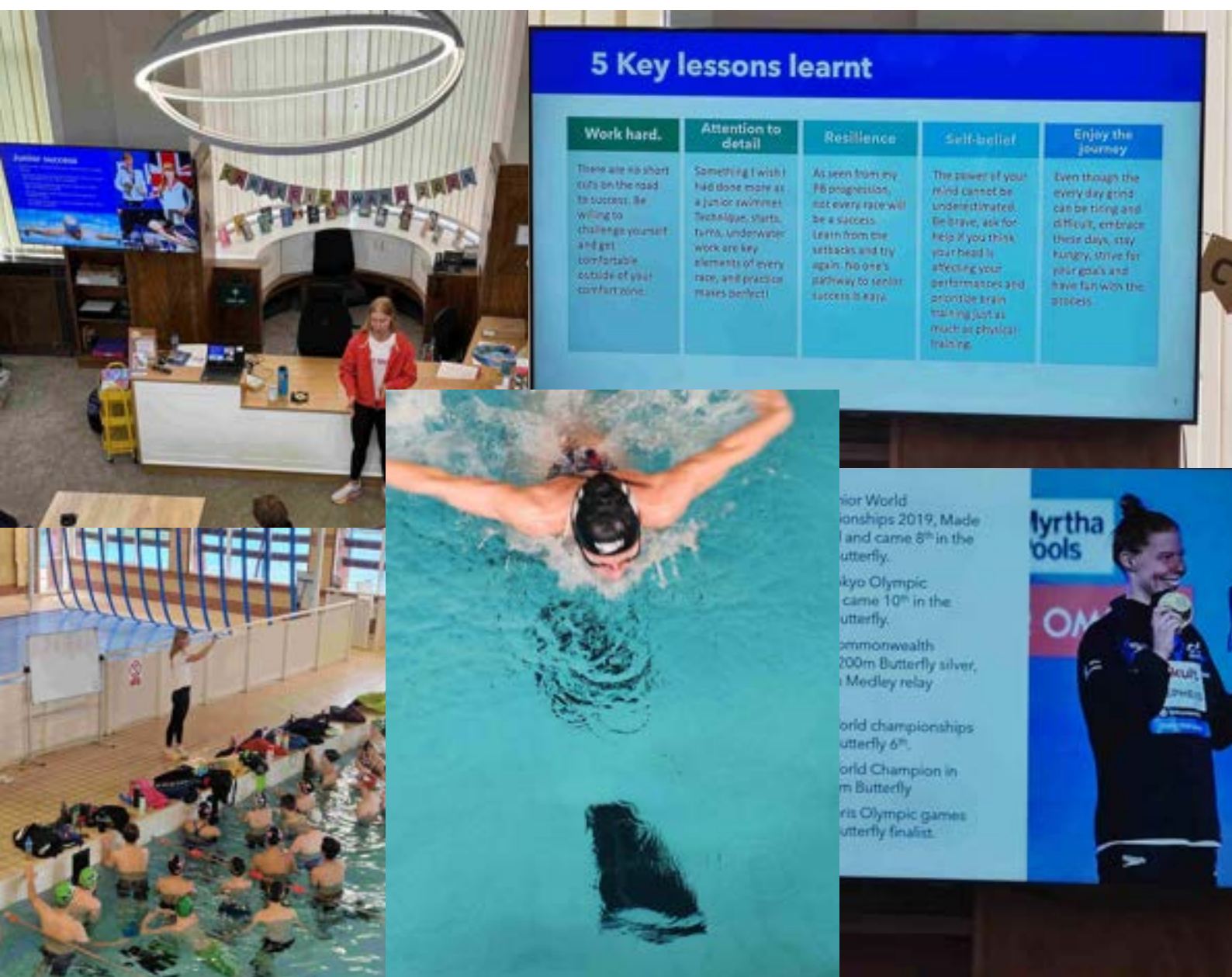
BUTTERFLY CLINIC WITH LAURA STEPHENS

On 29th April, BSSC hosted our first-ever **Butterfly Clinic** with 2024 World Aquatics 200m Butterfly **gold medalist and Olympic swimmer** Laura Stephens.

Laura kicked off the morning with a motivating talk about her swimming journey, starting with success at the 2012 County Championships (where she won every event in her age-group!), **Olympic trials at 13** and medaling at the 2015 and 2016 **European Junior Championships** before the transition to senior swimming. Laura then spoke about her experiences as a senior swimmer, including the **2021 Tokyo and 2024 Paris Olympic Games**.

Finishing off her talk, Laura focused on **five key lessons learnt** during her swimming journey - **work hard, attention to detail, resilience, self belief** and the importance of **enjoying the journey!**

We then moved to the pool to work with Laura on Butterfly skills, drills, starts and turns, before Laura joined swimmers in the pool. The 40 swimmers from BSSC (and other clubs in the area) left the Clinic feeling motivated, inspired and ready for their next Butterfly race!



BRAINTREE & BSSC CHRISTMAS CRACKER

Save the date: **29th and 30th November 2025!**

We're excited to announce that BSSC will be co-hosting a **Christmas Cracker Open Meet** with Braintree & Bocking Swimming Club on 29th & 30th November 2025 at Braintree Swimming and Fitness.

More details to follow!

CLUB CHAMPS 2025

Club Champs 2025 is underway!

This year, we have some absolutely fantastic raffle prizes up for grabs, including **beautiful gift hampers** and **£100 vouchers** from:

- **Rosey Lea Cafe & Tea Rooms**
- Baan Thitiya
- **Paisa**
- Smokyy Egg @ Eat 17
- **Home & Eat**

Thank you to Rosey Lea, Paisa, Baan Thitiya, Home & Eat and Smokyy Egg for their extremely generous donations and support of our Club!



LEARN TO SWIM

Did you know that BSSC also run an excellent Learn to Swim school, covering Swim England Learn to Swim Stages 1-9?

Lessons are from 3pm-6pm, Sundays at the College.

Waiting lists are now open for the September 2025 term, so 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 WITH MADDOCKS FITNESS

Craig Maddocks from Maddocks Fitness, our Strength & Conditioning partner, delivered his **Dryland Training and Swimming Nutrition Performance** talk to swimmers and parents on 22nd April. Craig focused on his four pillars of dryland training (training, fuel, regeneration and drive), nutrition, preventing injury and preparing for races.

BSSC's Strength & Conditioning programme recently received a boost in the form of a £2,000 **training equipment grant** from Bishop's Stortford Town Council.

This generous funding has enabled the Club to purchase new dryland training equipment including **dumb bells, resistance ropes, skipping ropes** and **exercise mats**.

Dryland training is designed to help improve swimmers' fitness, performance and recovery – in turn, resulting in improved performance, more effective training and reduced chance of injury.

The equipment grant is part of a larger sum awarded by Bishop's Stortford Town Council that will enable the Club to invest in updated software and AV to run and manage swimming meets, together with pool training equipment such as backstroke ledges, swim bungee cords and bridge buoys.



THANK YOU TO...

We'd like to extend a massive "thank you" to all the parents, volunteers and officials who've helped make this season such a success so far.

An extra big "thank you" this month goes to **Barry Millsom**, who has been instrumental in securing new Club sponsors and whose energy and enthusiasm has given our fund-raising an enormous boost. He's also our Club Champs superstar DJ!



SUMMER SOCIAL: SAVE THE DATE

Plans are underway for a BSSC Summer Social at Bishop's Stortford Rugby Club on either **Saturday 13th** or **Saturday 20th** September.

We're just waiting for the Rugby Club to confirm their home fixtures for the autumn, and will confirm the date as soon as we know.

In the meantime, please **put both dates in your diaries**. More details to follow!



WELCOME TO...

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

Rookies

Antonina, Emily, Anna, Florence, Mason,
Poppy

Juniors

Aurelia, Jacob, Oliver, Isla, Alex, Chloe

Masters

Alex, Oliver, Bronwen

OPEN MEETS, TEAM GALAS & CHAMPIONSHIPS

BSSC X HARLOW PENGUINS REGIONAL QUALIFIER

BSSC and Harlow Penguins Swimming Club hosted their second joint Regional Qualifier Open Meet at Harlow Leisurezone on Saturday 22nd March.

We welcomed over **300 swimmers**, together with a packed gallery of 300 supporters and spectators from clubs across the region including Epping Forest, New Hall, Harwich and Brentwood.

BSSC was well represented, with 80 swimmers from across the Club – from our Junior squads to Masters swimmers. Our swimmers raced in 298 events, with 198 races resulting in personal best times. Thirty-three swimmers **PB'd in every race**.

Our overall medal haul was 177 medals – 86 gold, 53 silver and 38 bronze.

Ten swimmers from the Juniors squad were competing in their very first open meet, with three of them going on to secure top-three places: **Ruby Penny** (Silver, 50m Backstroke), **Lara Crotty** (Silver, 50m Butterfly) and **Otis Mastin** (Gold, 50m Breaststroke).

Full results can be found [on our website](#)



The Club's newly branded kit - sponsored by Bishop's Stortford estate agents **Pestell & Co** and cafe and tea rooms **Rosey Lea** - was unveiled at the meet, with swimmers looking smart in their new Club tops.



LONDON LEGACY MEET

We kicked off a busy Easter holidays with a trip to the **London Aquatics Centre** for the prestigious London Legacy Meet on Thursday 10th to Saturday 12th April.

Huge congratulations to everyone who took part; **60% of swims were PBs** and it was fantastic to see swimmers across the age groups securing medals and places in the Finals.

There were far too many amazing performances to list, but here are the highlights:

Finals places

Junior A finals

- Rose Conday – 1st 100m Freestyle, 2nd 50m Butterfly, 2nd 50m Backstroke, 1st 50m Freestyle, 8th 100m Backstroke
- Elliot Hall – 3rd 50m Butterfly, 6th 50m Freestyle, 6th 100m Freestyle

Junior B finals

- Summer Miller – 3rd, 200m 100m Butterfly
- Noah Conroy – 5th, 200m Butterfly
- Tom Hughes – 5th 50m Butterfly

Senior A finals

- Freya Hadnutt – 4th, 50m Freestyle
- Adrien Storck-Wihlidal – 9th, 50m Breaststroke

Senior B finals

- Freya Hadnutt – 1st 50m Backstroke, 8th 100m Backstroke
- Adrien Storck-Wihlidal – 1st 50m Backstroke
- Esme Stringer – 2nd 100m Breaststroke
- Matt McLaughlin – 4th, 50m Breaststroke



LONDON LEGACY MEET & AQUATICS GB CHAMPIONSHIPS

Age-group awards

- Rose Conday – gold 50m Backstroke, gold 50m Freestyle, gold 100m Freestyle, bronze 100m Backstroke
- Taras Boiko – gold 100m Butterfly
- Guy Spearman-Baines – gold 100m Breaststroke

Club records broken

- Harrison Dodwell – 10-11 years LC 200m Breaststroke, 50m Freestyle and 50m Breaststroke
- Taras Boiko – 10-11 years LC 100m Butterfly, 400m Freestyle, 200m Individual Medley and 100m Backstroke

Special mention also goes to **Isabella Crotty**, **Harrison Dodwell** and **George Hall**, who PB'd in all of their events.



Aquatics GB Championships

Two BSSC swimmers, **Ella** and **Niamh**, competed in the Aquatics GB Championships at the London Aquatics Centre from 15-20 April.

The biggest domestic meet of the year welcomed around 1,000 swimmers and para swimmers to the nation's capital as athletes such as James Guy, Poppy Maskill and Ben Proud all took gold as the latest **Olympic and Paralympic cycle** kicked in to gear.

BSSC swimmers:

- Ella Greatbatch - 50m and 100m Breaststroke
- Niamh James - 50m Backstroke
- BSSC alumni Kirsty Neill, representing Millfield - 100m and 200m Breaststroke

Ella placed **third in her age group** for the 50m Breaststroke, narrowly missing out on a spot in the Junior Final.

CITY OF NORWICH EASTER MEET

BSSC swimmers kept up the hard work over the Easter weekend for City of Norwich Swimming Club's Easter LC Meet at University of East Anglia Sportspark.

31 swimmers completed 148 events, including Finals.

Swimmers continued their record-breaking form, with five more long course BSSC Club Records broken over the Easter weekend:

- **Summer Miller – 200m Butterfly, 2:35.18**
- Taras Boiko – 400m Individual Medley, 5:44.60
- **Niamh James – 200m Individual Medley, 2:26.56**
- Ben Green – 50m Backstroke, 43.28 and 100m Breaststroke, 1:45.82



Finalists

Congratulations to the following Finalists:

- Laura Burgess – 7th 100m Freestyle, 3rd 50m Freestyle
- Rose Conday – 2nd 100m Freestyle, 1st 50m Freestyle, 2nd 50m Butterfly, 2nd 50m Backstroke
- Lois Fields – 7th 100m Backstroke
- Edie Foster – 5th 100m Freestyle, 7th 100m Butterfly, 1st 50m Freestyle, 3rd 50m Butterfly
- Freya Hadnutt – 7th 100m Backstroke, 5th 50m Freestyle, 3rd 50m Backstroke
- Elliot Hall – 6th 50m Breaststroke, 7th 50m Butterfly, 4th 50m Freestyle
- Molly Greatbatch – 3rd 50m Breaststroke, 4th 100m Breaststroke
- Matthew McLaughlin – 5th 100m Breaststroke
- Summer Miller – 5th 100m Fly, 6th 50m Butterfly
- Esme Stringer – 2nd 50m Breaststroke, 3rd 100m Breaststroke

CITY OF NORWICH EASTER MEET

Top-three places:

10 years

- Benjamin Green - silver 10 yrs 50m Breaststroke, silver 50m Backstroke, bronze 50m Freestyle, gold 100m Breaststroke
- James Tattersall - bronze 50m Backstroke
- Alys Morton – bronze 50m Freestyle, gold 100m Breaststroke, bronze 100m Freestyle

11 years

- Daniel Cara – silver 100m Backstroke

12 years

- Harrison Dodwell – silver 200m breaststroke, bronze 400m Freestyle, gold 50m Breaststroke, bronze 100m Freestyle, bronze 200 IM, gold 100m Breaststroke
- Taras Boiko – silver 100m Backstroke, silver 400m IM
- Luca Tse – silver 50m Freestyle

13-14 years

- Edie Foster – silver 100m free, gold 50m freestyle, gold 50m Butterfly
- Summer Miller – gold 200m Butterfly

15-16 years

- Rose Conday – gold 100m Freestyle, gold 50m Freestyle, gold 50m Butterfly, bronze 50m Backstroke
- Molly Greatbatch – bronze 200m Breaststroke

17/over

- Niamh James – silver 200m Backstroke, bronze 200m Breaststroke, gold 200m IM, silver 100 Backstroke
- Esme Stringer – gold 50 Breaststroke
- Brandon MacDonald-Williams – bronze 400m Freestyle, bronze 800m Freestyle, silver 400m IM
- Jake Lloyd – silver 50m Butterfly
- Laura Burgess – silver 200m Freestyle



HALSTEAD ANNUAL OPEN MEET

45 BSSC swimmers headed to Braintree on Sunday 18th May for Halstead Swimming Club's Annual Open Meet.

Swimmers absolutely **smashed their personal bests**, with 74% of swims resulting in PBs. 76 medals were awarded – 33 gold, 22 silver and 20 bronze – with over 40% of swims resulting in a top-three finish.



Top-three finishes

9 year olds

- Ailbhe Millsom – 50m Backstroke gold, 100m Breaststroke silver, 50m Breaststroke silver
- Archer Dodwell – 100m Breaststroke silver, 50m Freestyle silver, 50m Breaststroke gold
- Benjamin Green – 50m Backstroke gold, 100m Breaststroke gold, 50m Freestyle gold, 100m Backstroke gold, 100m Freestyle gold
- Erin Millsom – 100m Breaststroke gold, 50m Breaststroke gold
- Lara Crotty – 50m Freestyle bronze, 100m Backstroke bronze

10 year olds

- Cian Millsom – 200m Freestyle gold, 50m Fly silver, 50m Backstroke bronze, 50m Freestyle gold, 50m Breaststroke gold, 100m Freestyle bronze
- James Tattersall – 100m Backstroke silver
- Morgan Richards – 100m Breaststroke gold, 50m Freestyle silver, 50m Breaststroke silver
- Ruby Penny – 100m Breaststroke bronze
- William Marshall – 200m Freestyle bronze, 50m Fly bronze, 100m Fly bronze

11 year olds

- Evie Lowers – 100m Fly gold
- Harrison Dodwell – 200m Freestyle gold, 50m Backstroke gold, 100m Breaststroke gold, 50m Freestyle gold, 100m Fly gold, 100m Freestyle gold
- Joshua Green – 200m Freestyle bronze

HALSTEAD ANNUAL OPEN MEET

Top-three finishes - continued

13 year olds

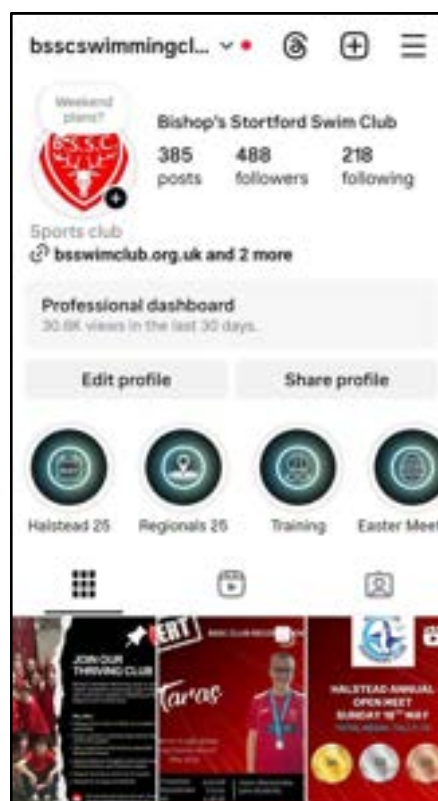
- Anna Grimwood – 200m Freestyle silver, 100m Fly bronze
- Millie Cass – 50m Fly gold, 50m Freestyle gold
- Ivy Powell – 100m Backstroke bronze
- Jenson Richards – 50m Backstroke silver, 100m Breaststroke bronze, 50m Freestyle bronze, 50m Breaststroke gold
- Meredith Ting – 100m Fly silver
- Sebastian Smith – 100m Breaststroke silver, 50m Breaststroke bronze
- Zackary Haslett Fossey – 50m Backstroke gold, 50m Freestyle silver, 100m Freestyle silver

14 year olds

- Chloe Richards -100m Breaststroke silver, 50m Breaststroke bronze
- Isabelle Earley – 50m Breaststroke silver

15 year olds

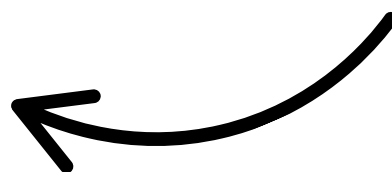
- Thomas Hughes – 200m Freestyle gold, 50m Fly gold, 50m Freestyle silver, 100m Freestyle silver



Lots more photos on Instagram!

A big “thank you” to Team Manager **Amy Green** for poolside photography at Halstead.

Follow BSSC on Instagram at [bsscswimmingclub](https://www.instagram.com/bsscswimmingclub); we post stories throughout the day at most of our meets and galas, and you can find photos and reels in our Highlights.



PEANUTS LEAGUE: ROUND ONE

Saturday 10th May saw BSSC's **youngest swimmers** take on the first round of Peanuts League 2025 at The Haberdashers' Boys' School in Elstree.

The Peanuts League consists of three separate galas held between May and June. Swimmers aged 9 to 12 compete in a mix of individual age group races (9yr, U11yr, U12yr, U13yr) and relays. BSSC is currently in **Peanuts League's Division One**, alongside eleven other Hertfordshire swimming clubs including Hatfield, Watford, City of St Albans, Harpenden and Stevenage.

For many of our youngest swimmers, Peanuts League is their first time competing in a team event – for some, it was their **first taste of competitive swimming**. They all put in amazing performances, working together as a team, supporting each other and cheering on their team mates.



After Round One, BSSC finished in **second position on the night** and **third in the league** (behind City of St Albans A Team and Hatfield), putting us in an excellent position going into Round Two. Round Two will be held on Saturday 7th June in Hitchin, followed by the third and final Round on Saturday 28th June at a venue to be announced.

Combined Team Scores:

- City of St Albans Swim Club A 186
- **Bishop's Stortford 183**
- Potters Bar SC 139
- City of St Albans Swim Club B 121
- Rickmansworth Swimming Club 92
- Verulam 88

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

PEANUTS LEAGUE: ROUND ONE

Top 3 finishes in Round One:

9 years:

- Benjamin Green – 1st 25m Butterfly, 1st 25m Backstroke
- Ailbhe Millsom – 3rd 25m Backstroke
- Erin Millsom – 1st 25m Breaststroke
- Archer Dodwell – 3rd 25m Breaststroke, 1st 25m Freestyle
- Lara Crotty – 1st 25m Freestyle

9-10 years:

- William Marshall – 3rd 25m Freestyle, 2nd 25m Butterfly
- Isla Hall – 1st 25m Butterfly
- Morgan Richards – 25m Backstroke
- Otis Mastin – 1st 25m Breaststroke

9-11 years:

- Linke Groenewald – 1st 50m Backstroke, 1st 50m Breaststroke
- Joshua Green – 3rd 50m Backstroke, 2nd 50m Freestyle
- Daniel Cara – 2nd 50m Breaststroke
- Margo Martin – 3rd 50m Freestyle
- Isla Hall – 3rd 50m Butterfly
- Cian Millsom – 2nd 50m Butterfly

9-12 years:

- Sophie Tom – 1st 50m Freestyle
- George Hall – 3rd 50m Freestyle
- Luca Tse – 2nd 50m Butterfly, 3rd 50m Backstroke
- Linke Groenewald – 3rd 50m Breaststroke
- Kenny Millsom – 1st 50m Breaststroke

Relay teams:

Mixed 9-10 Freestyle Relay Team – 1st

Lara Crotty, Archer Dodwell, Ruby Penny, Otis Mastin

Mixed 9-10 Medley Relay Team – 1st

Ruby Penny, Archer Dodwell, William Marshall, Lara Crotty

Mixed 9-12 Breaststroke Relay Team – 1st

Linke Groenewald, Morgan Richards, Erin Millsom, Kenny Millsom

Mixed 9-12 400m Freestyle Relay Team – 1st

Sophie Tom, Benjamin Green, Isla Hall, Otis Mastin, Ailbhe Millsom, Joshua Green, Linke Groenewald, Luca Tse

Mixed 9-12 Butterfly Relay Team – 2nd

Isla Hall, Cian Millsom, Benjamin Green, Evie Lowers

Mixed 9-12 Medley Relay Team – 3rd

Daniel Cara, Oliver Vaughan, Evie Lowers, Margo Martin



Peanuts League Round One full squad:

9 years: Lara Crotty, Benjamin Green, Archer Dodwell, Ailbhe Millsom, Erin Millsom

10 years: Alys Morton, William Marshall, Ruby Penny, Otis Mastin, Morgan Richards, Isla Hall

11 years: Linke Groenewald, Daniel Cara, Margo Martin, Joshua Green, Cian Millsom

12 years: Kenny Millsom, Oliver Vaughan, Evie Lowers, Sophie Tom, Luca Tse, Holly Fitzgerald, George Hall

COMING UP...

June

- Peanuts League Round Two - 7th June
- **British Masters Championships - 13th to 15th June**
- BSSC Club Championships Session Two - 13th June
- **BSSC Club Championships Session Three - 15th June**
- Team Steel Long Course Meet - 21st to 22nd June
- **Peanuts League Round Three - 28th June**



July and August

- Swim England East Region Open Water Championships - 13th July
- **Aquatics GB Next Gen Championships - 19th to 25th July**
- Go Cardless Swim England National Summer Meet - 29th July to 3rd August



September

- BSSC Summer Social - 13th or 20th September

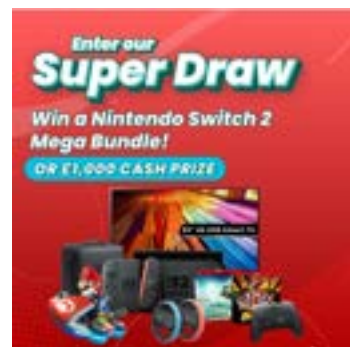


WELFARE OFFICER

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 a Nintendo Switch 2 bundle or £1000 in 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.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.