



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2024/25 END OF SEASON NEWSLETTER

As the 2024/25 season draws to a close, we've got plenty to write about! Since we last shared a newsletter, all of BSSC's squads have been busy training hard, competing and breaking records.

Our youngest swimmers gave their all at Round 3 of this year's Peanuts League, finishing as runners-up in Division One. The season finished with nine BSSC swimmers taking on the fastest in the UK at the summer Nationals competitions - returning with four medals between them! Meanwhile, our world-ranking Masters have been setting records and winning multiple medals at the British Masters Championships.

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

BSSC CLUB NEWS

2025/26 SEASON UPDATE

Next season's squad criteria, squads and training times have been emailed out - please BSSC Secretary's email dated Thursday 31 July for details. You can also find updated squad criteria and next season's training schedule [on the website](#).

2025/2026 Fixtures

Jamie has shared the calendar of open meets - please see email dated Monday 21st July, and [Calendar on the website](#).

The coaching team have been working hard to select appropriate galas for all levels of the club while ensuring plenty of racing opportunities to achieve new times, PBs, county qualifying times, or Winter national times. They are also looking to add a distance meet to provide opportunities in the 800m and 1500m events this will be confirmed ASAP.

Our schedule is designed to offer ample racing opportunities while allowing key training blocks between galas to support continued improvement. As you'll see, the Arena League returns in October, so please keep those evenings free as we want to field our strongest team and build on last year's outstanding 5th place finish! Teams for each round will be announced about two weeks prior.

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

BSSC Gala/Open Meet Calendar 2025/26 Season			
Date	Gala/Open Meet	Venue	Squads Attending
September-25			
26th	Season Starter No Frills	College Pool	ALL SQUADS
28th	Braintree Season Starter	Braintree Swimming Pool	ALL SQUADS except Rookies
October-25			
5th	SE National Team Championships	Ponds Forge, Sheffield	Hertfordshire County Team Selection
11th	NASL Round 1	TBC	Team Selection
18th & 19th	CO Birmingham Winter Meet	Ladywood Leisure Centre, Birmingham	Performance Squads (Winter National Qualification)
24th-26th	Masters SC Nationals Sheffield	Ponds Forge, Sheffield	By Qualification
25th & 26th	Team Ipswich Spooktacular	Crown Pools, Ipswich	ALL SQUADS except Rookies & East Region Winter Qualifiers
November-25			
31st-2nd	East Region SC Meet	Luton Inspire	By Qualification
8th	NASL Round 2	TBC	Team Selection
14th-16th	Cambridge Grand Prix	Parkside Pool, Cambridge	Performance Squads (Winter National Qualification)
28th & 29th	Braintree & Stortford Christmas Cracker	Braintree Swimming Pool	ALL SQUADS except Rookies
December-25			
6th	NASL Round 3	TBC	Team Selection
7th	Last Chance County No Frills	Grange Paddocks	ALL SQUADS
11th-14th	Winter National Meet	Ponds Forge, Sheffield	By Qualification

2025/2026 BSSC COMMITTEE

Our Committee meets once a month and works with the coaches and Learn to Swim team to ensure the smooth running of our club. Our committee for the 2025/26 season were voted in at the AGM in June:

Chair: Jake Lloyd

Treasurer: Dan Tattersall

Secretary: Paul Davenport

Competitions Secretaries:

Danielle Reilly and Leanne Eustace

Membership Secretary: Sarah Cass

Swim Mark Coordinator: Niamh James

Communications Officer:

Eloise Spearman

Fundraising: Barry Millsom

Welfare Officer:

Rowena Haslett Fossey

Co-opted Committee Members:

Laura Dodwell and Claire Miller

ENTRIES OPEN: BRAINTREE & BSSC CHRISTMAS CRACKER

Entries are now open on Swim Manager for BSSC x Braintree & Bocking Swimming Club's co-hosted **Christmas Cracker Open Meet** on 29th & 30th November 2025 at Braintree Swimming and Fitness.

Entries close on **Friday 5th September**.



TRAINING: RETURNS TUESDAY 26TH AUGUST

Please see email from Jamie dated 1st July for August training dates:

Tuesday 26th August –

17:30 – 18:30 – Rookie Squads

18:30 – 19:30 – All Junior Squads, Age Group Competitive & Development Squad

19:30 – 20:30 – Age Group Performance, Senior Competitive & Senior Performance

Wednesday 27th August –

17:30 – 18:30 – All Junior Squads

18:30 – 19:30 – Age Group Performance, Age Group Competitive & Development Squad

19:30 – 20:30 – Senior Competitive & Senior Performance

Thursday 28th August –

17:30 – 18:30 – Rookie Squads

18:30 – 19:30 – All Junior Squads, Age Group Competitive & Development Squad

19:30 – 20:30 – Age Group Performance, Senior Competitive & Senior Performance

Friday 29th August –

17:30 – 18:30 – All Junior Squads

18:30 – 19:30 – Age Group Performance, Age Group Competitive & Development Squad

19:30 – 20:30 – Senior Competitive & Senior Performance

Masters Sessions @ Grange Paddocks –

Wednesday 26th August – 19:30 – 21:00

Friday 28th August – 6:30 – 7:30

Sunday 30th August – 17:00 – 18:00

SUMMER SOCIAL: RSVP

We're looking forward to celebrating with you at the Summer Social on **Saturday 13th September** at Bishop's Stortford Rugby Club!

To help us organise catering and make sure there's plenty of food and drink for everyone, please RSVP via the following link:

[Summer Social RSVP](#)



LEARN TO SWIM: LAST FEW PLACES

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.

We have a few final spaces left in Stages 1, 2, 4 and 5 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

A poster for Bishop's Stortford Swimming Club (BSSC) promoting swimming lessons. The top left features the BSSC logo and a photo of a young swimmer wearing goggles. The main title 'SWIMMING LESSONS' is in large, bold, white letters on a dark blue background. Below the title, it states: 'Our Learn to Swim school provides high-quality swimming lessons at Bishop's Stortford College Pool on **Sunday afternoons** from 3pm-6pm. Spaces available from **September 2025**.' To the right, under the heading 'We offer:', there is a list of benefits: 'Lessons covering Swim England's Learn to Swim Framework', '30-minute lessons with qualified, DBS-checked swim teachers and assistants', 'A nurturing, supportive approach', 'Some of the lowest pupil/teacher ratios in the area', 'Termly booking (10-14 week courses)', and 'The opportunity to trial to join our competitive swim squads'. Three circular callouts provide additional details: 'Lessons for 3 1/2 years+', 'Maximum of 8 swimmers per lesson', and 'Spaces available from September 2025'.

WELCOME TO...

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

Rookies

Ottillie, Anna, Jake and Millie

Masters

James and Dave

Age Group Development


Eason

SWIMMERS OF THE MONTH

Announcing our Swimmers of the Month for May and June! 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:

May
Swimmer of the Month

Erin

A circular portrait of Erin, a young girl with blonde hair, wearing a black and red swimming cap and a black jacket with a red lanyard.

"Erin has made a real effort to take on board every piece of feedback she receives and makes every effort to improve." *Coach Joe Collins*

May
Swimmer of the Month

Cian

A circular portrait of Cian, a young boy with blonde hair, wearing a red swimming cap and a red shirt, giving a thumbs up.

"Cian has made sure he is leading the lane in every training session, showing others how hard work pays off." *Coach Joe Collins*

May
Swimmer of the Month

Kenny

A circular portrait of Kenny, a young boy with blonde hair, wearing a red shirt and a blue lanyard, holding a small trophy.

"Kenny has been chosen as Junior A Swimmer of the Month for his hard work and achievements at Regionals." *Coach Joe Collins*

June
Swimmer of the Month

William

A circular portrait of William, a young boy with blonde hair, wearing a red shirt and an orange lanyard.

"William has worked really hard this month (as he has since joining), making a big step up in the amount of training he's doing and making sure he stays focused and puts in the right amount of effort to each and every task." *Coach Joe Collins*

June
Swimmer of the Month

Bethan

A circular portrait of Bethan, a young girl with dark hair, wearing a red swimming cap and a red shirt with a lanyard.

"Bethan has shown real commitment and determination in training: attending regularly, always with a positive 'can do' attitude and giving her best effort to anything asked of her." *Coach Joe Collins*

June
Swimmer of the Month

Archer

A circular portrait of Archer, a young boy with blonde hair, wearing a red shirt and a red lanyard.

"Archer has made great improvements this month, especially on his underwater work, which showed in his excellent swims at Peanuts League." *Coach Joe Collins*

CLUB RECORDS BROKEN

Following the conclusions of a hugely successful season, it's time to celebrate more Long and Short Course club records!

ALERT BSSC CLUB RECORD BROKEN!

Ben

Male 9/Under age group
Short Course record
June 2025

200m Breaststroke 3:45.84



ALERT BSSC CLUB RECORD BROKEN!

Taras

Male 10-11 age group
Short Course record
June 2025

100m Individual Medley	1:14.81
100m Butterfly	1:11.29
200m Butterfly	2:37.35



ALERT BSSC CLUB RECORD BROKEN!

Dylan

Male 14-15 age group
Short Course record
June 2025

50m Freestyle 24.18



ALERT BSSC CLUB RECORD BROKEN!

Harrison

Male 10-11 age group
Short Course record
June 2025

800m Freestyle	10:39.94
50m Breaststroke	38.38



ALERT BSSC CLUB RECORD BROKEN!

Niamh

Female Open age group
Long Course record
June 2025

200m Individual Medley 2:26.54



ALERT BSSC CLUB RECORD BROKEN!

Rose

Female 14-15 age group
Long Course record
July 2025

50m Freestyle 26.75



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.

AQUATICS GB NEXT GEN CHAMPIONSHIPS 2025

Aquatics GB
NEXTGEN
CHAMPIONSHIPS

The Aquatics GB Next Gen Championships (previously known as the British Summer Championships) sees the top-ranked swimmers in Britain race against each other to be crowned British summer champion.

Qualifying swims have to happen at Level 1 (Long Course) meets in a defined March-May window and this year four current BSSC swimmers were fast enough to receive invitations to compete. The 2025 event was held in the Ponds Forge International Pool in Sheffield from 19-25 July.



BSSC's youngest swimmers were **Molly Greatbatch** and **Rose Conday**, both swimming in the 15 years age group.

Molly had a **fantastic swim** with the 200m Breaststroke, finishing 12th with a time of 2:47.10.

Rose secured a **personal best time** to qualify in second place for the 50m Freestyle Final. She achieved another PB in the Final, finishing with a **bronze medal** in a time of 26.75. She was then back the next day for the 100m freestyle, where she finished **7th in the Final**.

Rose also **broke a Club Record** with her 50m Freestyle time!



AQUATICS GB NEXT GEN CHAMPIONSHIPS 2025

Aquatics GB
NEXTGEN
CHAMPIONSHIPS



Dylan Davenport was invited to compete in the 16 years age group in the 50m and 100m freestyle.

He had a great swim in the 50m Freestyle heats, swimming a personal best time of **24.73** to secure his place in the final where he finished as **10th fastest in GB**.

He also PB'd in the **100m Freestyle heats**, with a time of 54.64.

Ella Greatbatch competed in the 17/18 years age group, qualifying for the **50m Breaststroke Final**, where she finished in 9th place with a time of 33.47.

She was then back the next day for the **100m Breaststroke**, competing in the tough 17/18 years age group. She finished in 30th place (15th out of the 17 year olds) in 1:15.87.



SWIM ENGLAND NATIONAL SUMMER MEET 2025



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, and this year seven current BSSC swimmers were fast enough to receive invitations to compete.

Thirteen year old **Summer Miller** was our youngest competitor and performed superbly at her first National level event, reaching the Finals for both of her races.

She finished in 9th place in the 100m Fly, before going onto **win bronze** in the **200m Fly** on the final day of the event.



Rose Conday continued her successful form from the previous week's racing. She competed in the **200m Freestyle**, where she finished 14th out of 38 swimmers.

She then **PB'd in the 100m Backstroke** heats and secured her place in the Final with a time of 1:07.54 – before going on to take **Silver in the Final** with another PB of 1:06.41! She also **finished 6th** in the 50m Backstroke Final.

SWIM ENGLAND NATIONAL SUMMER MEET 2025



Ella Greatbatch reached the Final of the 17/18 years 200m Breaststroke, where she **finished in 4th place** (very narrowly missing out on a medal by 0.04 seconds) with a time of 2:44.98 – a **personal best** and taking nearly three seconds off her heats time.

Niamh James competed in the 18/over category; a personal best time of 1:06.54 secured Niamh a place in the **100m Backstroke Final**, where she finished in 9th place. A further PB in the **200m Backstroke Final** secured Niamh a **Bronze medal** with a time of 2:22.23. She also competed in the **200m Individual Medley**, where she finished 12th in the heats.



Congratulations also go to **Edie Foster** who was 21st out of 44 swimmers in the 100m 14/15 years Freestyle heats with a **PB of 1:01.24**, **Molly Greatbatch** who was 14th in the 50m Breaststroke and **11th out of 44 swimmers** in the 100m Breaststroke heats, and **Brandon Macdonald-Williams** who finished 13th in the 17 years **1500m Freestyle**.

OPEN MEETS, TEAM GALAS & CHAMPIONSHIPS

PEANUTS LEAGUE ROUND 3

Peanuts League 2025 concluded in thrilling style on Saturday 28th June, as BSSC's youngest swimmers battled it out to see who would win the Division One of the Hertfordshire Peanuts League 2025.

Following a second-position finish in round one in May, and a win for the second round earlier in June, it was all to play for going into the third and final round at Haberdashers' Boys' School in Elstree.

It was an exciting night of racing, with nearly all races going down to the wire. The swimmers did incredibly - securing 30 top-three places. Ultimately, City of St Albans A Team took the win, finishing ten points ahead of BSSC.

Noah Conroy and **Sophie Tom**, both 12, collected the runner-up pennant on behalf of BSSC.



Despite disappointment over not topping the league, finishing as runner-up in the League is a remarkable achievement and enormous progress on last year's results, where BSSC finished tenth out of 12 teams and at times had to dig deep to stay up in Division One.

Combined Team Scores:

- CoStA A 178
- **Bishop's Stortford 168**
- Stevenage 137.5
- Watford 136
- Hatfield 118.5
- Harpenden 76

Top 3 finishes in Round Three:

9 years:

- Lara Crotty – 1st 25m Butterfly, 2nd 25m Freestyle
- Ben Green – 2nd 25m Butterfly, 1st 25m Backstroke
- Erin Millsom – 1st 25m Breaststroke
- Archer Dodwell – 1st 25m Breaststroke
- George Georgeu – 3rd 25m Freestyle

9-10 years:

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

9-10 years Mixed Freestyle Relay team – 1st

9-11 years:

- Linke Groenewald – 1st 50m Backstroke, 3rd 50m Breaststroke
- Harrison Dodwell – 2nd 50m Breaststroke, 1st 50m Freestyle, 2nd 50m Butterfly
- Aurelia Court – 3rd 50m Freestyle
- Isla Hall – 3rd 50m Butterfly

9-11 years:

- Linke Groenewald – 1st 50m Backstroke, 3rd 50m Breaststroke
- Harrison Dodwell – 2nd 50m Breaststroke, 1st 50m Freestyle, 2nd 50m Butterfly
- Aurelia Court – 3rd 50m Freestyle
- Isla Hall – 3rd 50m Butterfly

9-12 years:

- Sophie Tom – 2nd 50m Freestyle, 2nd 50m Butterfly
- Noah Conroy – 3rd 50m Freestyle, 2nd 50m Butterfly

Mixed 9-12 200 SC Meter Medley Relay – 3rd

Mixed 9-12 Butterfly Relay – 3rd

Mixed 9-12 Breaststroke Relay – 2nd

Mixed 9-12 Freestyle Relay – 2nd

Mixed 9-12 Squadron Freestyle Relay – 2nd



CITY OF SHEFFIELD TEAM STEEL MEET

A small squad of BSSC swimmers travelled up to Sheffield for City of Sheffield Swim Squad's Team Steel Meet at Ponds Forge. Nearly everyone left the meet with at least one medal or a late-season personal best, and it was a fantastic opportunity for those who qualified for Nationals to familiarise themselves with Ponds Forge before Nationals kicked off the following month.



Top-three places:

11/12 years

- Harrison Dodwell – silver 200m Breaststroke, bronze 50m Freestyle, gold 100m Freestyle, gold 50m Breaststroke, silver 200m Freestyle, silver 100m Breaststroke
- Taras Boiko – gold 200m Backstroke, bronze 50m Butterfly, bronze 100m Butterfly, silver 200m IM

13 years

- Guy Spearman-Baines - silver 200m Breaststroke
- Noah Conroy - bronze 200m Butterfly

14 years

- Edie Foster – gold 50m Butterfly, bronze 50m Freestyle, silver 100m Freestyle
- Benny Palmer - silver 50m Freestyle, silver 100m Freestyle

15 years

- Rose Conday – bronze 50m Butterfly, silver 50m Freestyle

MASTERS BRITISH CHAMPIONSHIPS

A squad of eight BSSC Masters were in action at the British Masters Championships at the London Aquatics Centre from Friday 13th to Sunday 15th June.

The British Masters Championships is the highest level of domestic Masters swimming in Great Britain. The event, which takes place in a long course 50m pool, rotates between England, Scotland and Wales every year.

BSSC's swimmers came away with an impressive 18 medals: 12 gold, 3 silver and 3 bronze.



With Britain's fastest Masters swimmers in action, it's not unusual to see world, European and British records broken at the meet. BSSC's **Lizzie Bellinger** certainly delivered, with a brilliant **British Masters record-breaking swim** in the 100m Butterfly (45-49 years) in a time of 1:08.54!

Our relay "dream team" of Callum Davis, Lucy Wheeler, Niamh James and Jake Lloyd took **gold in two relays** – the Mixed 4 x 50m Medley Relay (72 years+) and Mixed 4 x 100m Freestyle Relay (72 years+).

Sally Winter (65-69 years) and **Lucy Wheeler** (25-29 years) also secured **double golds** in the 200m Freestyle.

BSSC finished in **16th position** overall out of over 200 represented clubs – a considerable achievement with a squad of eight swimmers competing!

MASTERS BRITISH CHAMPIONSHIPS

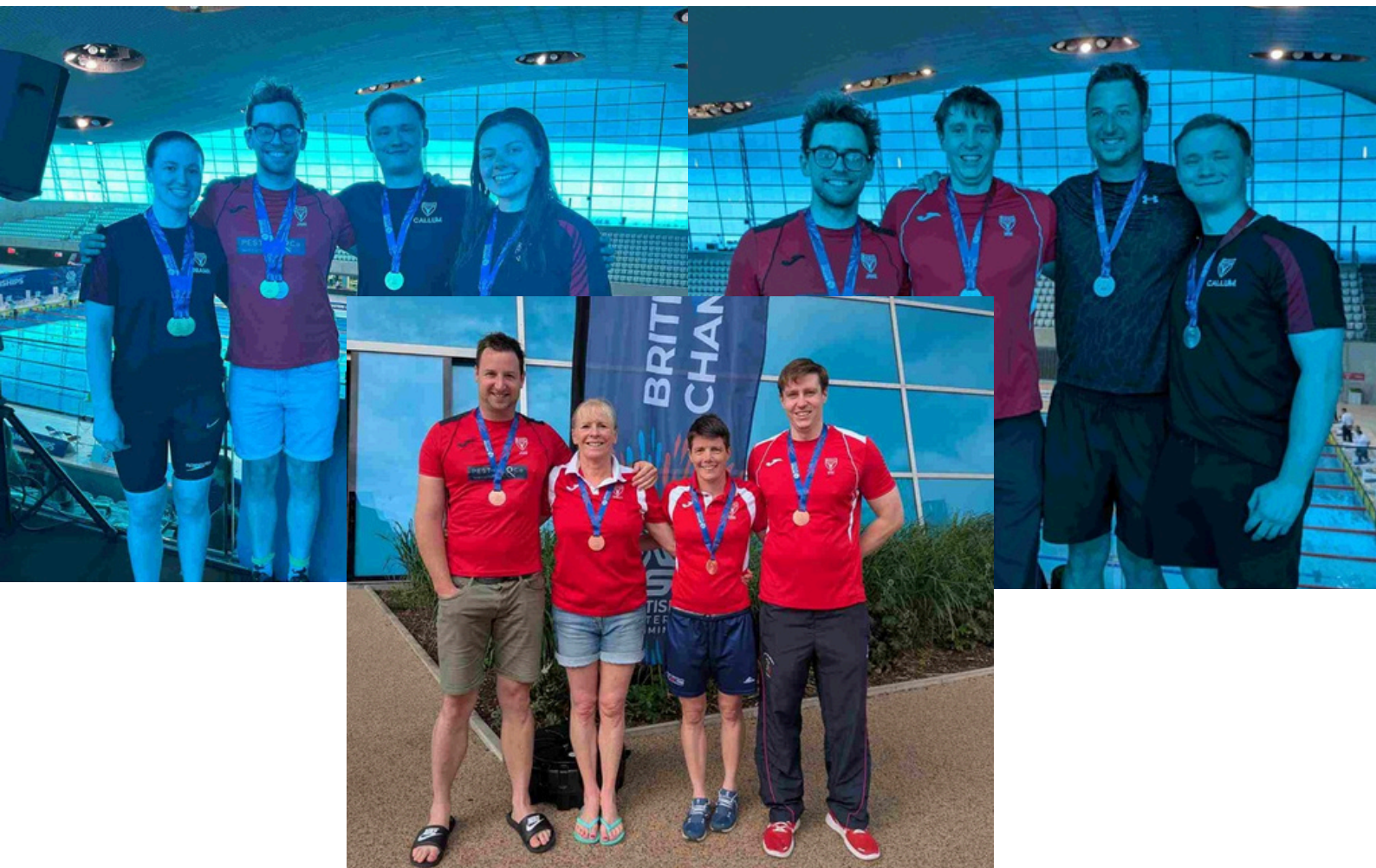
Full results – top-three places:

- Lizzie Bellinger (45-49 years) – gold 100m Butterfly; silver 200m IM; gold 50m Butterfly
- Niamh James (18-24 years) – gold 200m Backstroke; gold 200m Breaststroke; gold 200m IM
- Lucy Wheeler (25-29 years) – gold 200m Freestyle; gold 50m Freestyle; gold 100m Freestyle
- Jake Lloyd (30-34 years) – bronze 200m Freestyle; bronze 100m Butterfly; silver 200m Butterfly
- Sally Winter (65-69 years) – gold 200m Freestyle; gold 100m Freestyle

Relays

- Gold – Mixed 4 x 50m Medley Relay (72 years+) - Niamh, Callum, Jake and Lucy
- Gold – Mixed 4 x 100m Freestyle Relay (72 years+) - Niamh, Callum, Jake and Lucy
- Silver – Mens 4 x 100m Medley Relay (120 years+) - Jake, Matt, Callum, Geoff
- Bronze – Mixed 4 x 50m Freestyle Relay (160 years+) - Lizzie, Sally, Matt and Geoff

Full team: Lizzie Bellinger, Callum Davis, Niamh James, Jake Lloyd, Lucy Wheeler, Matt McLaughlin, Geoff Short, Sally Winter



OPEN WATER REGIONAL CHAMPIONSHIPS

Four BSSC swimmers took on the East Region Open Water Championships at Whitlingham Adventure in Norwich on Sunday 20th July. There were some fantastic performances:

1km

Guy – Gold for both Hertfordshire County and East Region

3km

Elizabeth – Hertfordshire County Gold

5km

Oliver T – Hertfordshire County Bronze

Jake L – Qualified for the Open Water National Championships on 26th July!

A big “thank you” to Coach Matt Banham for his support throughout the day – especially helping our new open water swimmers stay calm and confident.



Congratulations to Jake Lloyd, whose swim at Open Water Regionals qualified him for the **Open Water National Championships** at Rother Valley Country Park on 26th July.

Jake finished in 11th place in the 19+ age group in the 7.5km event.



COMING UP...

August

- Tuesday 26th - training resumes

September

- BSSC Summer Social - 13th September
- **BSSC No Frills - Friday 26th September**
- Braintree Season Starter - Sunday 28th September



October

- Swim England National Team Championships - 5th
- **National Arena League Round One - 11th**
- City of Birmingham Winter Meet - 18th & 19th
- **Masters Short Course Nationals - 24th to 26th**



November

- East Region Short Course Meet - 31st October to 2nd November
- **National Arena League Round Two - 8th**
- Cambridge Grand Prix - 14th to 16th
- **Braintree & BSSC Christmas Cracker - 29th and 30th**

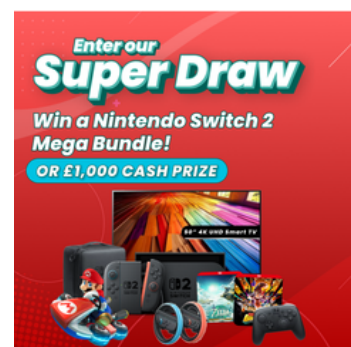


WELFARE OFFICER

Rowena Haslett Fossey 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.easypfundraising.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.