

OUR CLUB! ISSUE 15: NOVEMBER 2010



Welcome to the latest issue of "OUR CLUB" - the newsletter by and for Beckenham SC, a digest of events and information since September.

Thanks to all contributors to this issue, and keep all those articles, notes, photos, ideas and so on, coming in. John Handley is the weekly newsletter editor and so between us we can ensure that your news and views get an airing. So, get pen to paper or fingers to key-board and get in touch. Looking for Kent Development Meet, Rising Stars, Opens, the final Arena League galas (A team especially), BSC Swim Camp, water polo fixtures and reports, and anything else! Contact me via - john@hamo6055.plus.com or 020 8857 4977.

CONTENTS -

Ladies water polo; The Channel swim.. .the full story; Brighton Sprints; Ellen Gandy in Delhi; Arena League; Masters' success; London Region Winter Champs, and a new competition and other stuff besides....!

SOME WATER POLO NEWS



*National League water polo with the Invictor Ladies Team
By Emily Grant, Platinum squad and Water polo player*

This year, for the first time, I am in the Invicta ladies team (a national league club with a mixture of players from teams in Kent including a lot of Beckenham players) for National League water polo. We have already had 2 weekends away playing water polo.

The first one was in Blackpool on the 25th and 26th, September where we had a good start to the league. Our first game was against Birmingham and although we went into the 4th quarter losing 6-4 we turned it around to win 8-6 and.....

I scored a goal!!! That isn't something I'm normally able to do and I was very pleased! However, the other games that weekend were more disappointing, we lost 14-4 to Carlisle who are a very strong team and had the same sort of score against everyone they played. Then on Sunday morning we had a really annoying 5-4 defeat against Derbyshire. I really think we should have won that game but we didn't seem to be playing our best and they scored a goal in the last minute.

The second weekend was in Walsall where we played Liverpool, Cardiff and Caledonia. In our first game we lost against Liverpool due to a really bad referee. Everyone got quite cross with that game. However, to be fair I did think the refereeing did improve when he refereed our last match against Caledonia.

So far it has been a great experience travelling around to different places with the team. It makes the weekends more memorable. I travelled to Blackpool by train with Anna, Jen and Nina and back with Anna, Jen and Richard. Thank you, especially Anna and Jen, for helping me get to Blackpool!!!! The train was good, even when it was a bit scary being stuck with a football crowd from Preston to Blackpool. Richard (Collins) our coach wanted everyone to avoid being tired on Sunday so we stayed in the hotel eating and watching X-factor, as a team. It is fun and I liked it because I am normally too tired to do much else anyway.

This report seems a good chance to say a really big THANK YOU to Richard for being a great coach, to Ken for being our team manager and to Greg for organising everything including great accommodation!!!! You've all made the weekends so far a success and I'm looking forward to the rest of them.

Emily Grant (thanks, Emily - good luck for the rest of the season!)

Check out the web site below for all INVICTA water polo reports and updates -

<http://invictawaterpolo.net/?p=268>

BRIGHTON SPRINTS GALA - SEPTEMBER 2010

Report by Tamara-Elise Elliott

My name is Tamara-Elise Elliott. I'm also called 'Mars Bar' by my school friends at Bromley High. I am 10 years old and joined Beckenham Swimming Club in February. I train in Gold Squad. On Saturday 11th September I took part in the Brighton Sprints Gala for the first time. My dad was away so my mum, my brother and I left home at 6.30am because I needed to be in the pool by 8.30am and my mum always needs extra time as we usually get lost when we haven't been somewhere before. We did get lost, but I was in the pool on time.

My first race was the 100IM and I really didn't know what to expect because I hadn't met any of the other swimmers in my race before except my friend Ruby Waters who I train with. I was nervous when I stepped up for my race but I managed to win. When I collected my trophy I kissed it and put it in my bag because I needed to start thinking about my next race. My dad always says that football managers always tell their team to forget their last match even if they won it because they need to prepare for the next match and I think swimming is the same.

My favourite stroke is freestyle but I wasn't allowed to swim it because of my time. My next favourite stroke is backstroke and I was extremely nervous before my 50m race but I looked at my mum before I got into the pool and she gave me a big smile and blew me a kiss. My mum always tells me never to worry about the other swimmers in my race because they are none of my business she says I should race myself and think of the time because that's what really matters. As I got to the flags at the end of the first 25m my turn was very tight and I thought I lost some time but I swam even harder after that and won my heat. When I found out I'd won the race I was so happy. I kissed my trophy and put it in my bag because I had to swim 50m breaststroke.

I love to swim freestyle but I have been working really hard to improve my other strokes. My mum says I can achieve anything I want to and I mustn't think anything negative about myself and I really wanted to see how I could do in the 50m breaststroke race because I've only swam it at the elementary gala. I won it!!! Even though it was my third trophy I loved it just as much and gave it a kiss and put it in my bag.

My last race was butterfly. My brother Dominic-Paul said I should quit while I was ahead and forget about the butterfly race. My mum gave him the look. He only said that because it was getting late and he wanted to go to a party with his friends. But I love butterfly and I have been training hard to get better at it and I have only swam it at the elementary gala. I won the race! Four gold trophies all with a kiss and all in my bag!



We got home in time to take my brother and his friends to the party. So everyone was happy. I lined my trophies up on the front window so my dad could see them when he got home. He was very pleased. I felt so happy and proud of myself. If you believe in yourself, you can achieve well.

Thank you Susie and Jo King for all the advice you gave me at the gala it all helped. Well done to all the other Beckenham swimmers who got trophies and medals too.

Thank you Tamara- Elise, and well done!

THE CHANNEL SWIM - the full story!



'Beckenham Masters take on the Channel'

22nd July 2010 ***'Channel No. 5'*** Suzie Munnery, David Bennett and Louise Kelly

The day began nice and early with the call from Paul the Boatman who informed us that we should be ready in Dover at 7am. We were told to place our best swimmer first as the tide around the coast of Dover is fairly strong and a strong swimmer can make a lot of headway at the beginning. After much debating we decided to give Dave a go, and within the first hour we had rocketed away from the two pilot boats also starting their channel crossings that day.

Louise followed Dave and having overcome so many fears already, jellyfish, weed, cold, darkness, boats, fish, water, sea, she placed the rest of us on Shark watch while she swam a solid hour in good time. After that was Suzie, John and Edan also keen to finish in a respectable time. After a few fairly close encounters with purple jellyfish, P&O ferries and gigantic waves during our second swims, we put Dave in for his third and final swim. Having outdone himself already it was close as to whether we would finish without having to put another swimmer in the water. With only a few hundred metres to go we all jumped in and joined Dave for the final swim up the beach.

A few confused locals helped us take the obligatory celebratory photos and after spending 5 minutes on French land we headed back to the boat. Dave even managed a few butterfly strokes before deciding that actually this wasn't a good idea.

Back on the boat and after 5 months of cold, cold and even colder water training in various lidos and trips to Dover we cracked open a well deserved bottle of champagne. With 11 hours and 20 seconds as our finishing time we currently hold the record for the fastest five person relay this year and overall are the second fastest on record. Many thanks to the boatman Paul for doing an awesome job navigating us across and more importantly, well done team! We raised an impressive £8,646 in total for our chosen charities, The Royal Marsden Cancer Campaign, Marie Curie, The Lucy Faithfull foundation, The Starfish foundation and Croydon Opportunity Pre-school.

Yes there are easier ways of getting to France, but where's the fun in that? Don't catch a ferry...Swim!!!

Records and more information at <http://www.dover.uk.com/channelswimming/>

Well done all - and many thanks for such a great article!

ELLEN GANDY AND THE DELHI COMMONWEALTH GAMES



Congratulations to Ellen Gandy who in addition to the silver Medal she won in the 100m Butterfly at the Commonwealth Games in Delhi took third in the 200m Butterfly with a storming finish over the last 50 metres (and despite being sick on the morning of the event). Ellen also joined up with Gemma Spofforth, Kate Haywood and Fran Halsall to win England a Silver Medal in the Medley Relay, recording the fastest Butterfly leg of all the teams in the Final.

Ellen is now training in Melbourne but until about 3 years ago swam full time with the Club. Ellen still holds numerous Club Championship records and remains a member of Beckenham Swimming Club.



SILVER STAR: Ellen Gandy grabs silver in the 100m butterfly in Delhi

The 19-year-old, who claimed 200m butterfly bronze at the European Championships in Budapest this summer, dropped down a distance to 100m at the Commonwealth Games - and upgraded to silver.

Gandy, who hones her skills in Melbourne, touched home in 57.66 seconds but could not compete with familiar foe Alicia Coutts - who grabbed her third gold medal of the Games this far.

"Congratulations to all at Beckenham SC for providing the start and nurture for Ellen to do so well in the Commonwealth Games. She has just grabbed the Silver in the 100m Fly! It is a credit to the club, the coaches and the volunteers for providing the conditions in which she has thrived. Now we look forward to seeing her in the 2012 London Olympics". Norman Peters (time keeper at Olympics).

BECKENHAM SC -WINNERS!

Beckenham Swimming Club won the Winner's Trophy for the Men/Boys Championship Points *and* the Ladies/Girls Championship Points at the 2010 County Swimming Championships. Congratulations and well done to all our swimmers who took part in the County Championships!

The trophies will be presented at the Annual Council Meeting of the Kent County ASA which is to be held on Saturday 4th December.

THE ARENA LEAGUE - BSC A AND B - THE STORY SO FAR!



Beckenham has two teams in this National League, and there have been two rounds so far. The most recent took place on 13th November; the A team went on tour to Bracknell, and the B team had a visit to Horsham - where we had visited last year. The A team won for the second time and this time the B team was very close, but

came 6th out of six, and should be extremely proud of themselves - the following is a report from a B team participant and also take into account the comments by coaches, officials and many others who came to support what was an exciting evening with huge enthusiasm, sprit and working together - well done all!

My first Arena League for BSC: Olivia Handley - Top Squad

Up to this year I swam for Millfield, my previous school, and last week I was selected to swim for the Beckenham B squad and was really pleased. I have had a shoulder injury which has been a real pain and also meant that I have not been able to train properly - kicking all the time instead... how boring is that? I did two time-trials at the last Club Champs, and then did two relays at the London Sprints, and so, I went to Horsham (where the heck is that?) with Mum and Dad - they always are the Judges and stuff, which can be embarrassing!

It was a very, very hot pool - and I have been to a few. Right by Lane 1 (our lane) there was a huge hot air blower - which made me feel very tired before I had even started. I am sure that it did not have to be that hot! We had a good club spot on pool-side, and after the warm-up, I got changed with a few of my team-mates, like Leah and Sabrina, into our racing costumes...and then I had to rush and get Leah's goggles as she was in the first race and we did not realise that the gala was ready to start! (*Bit of extra sprint land training, Tony! Ed*).

I wore my older racing suit which is getting see-through (please note Mum and Dad, and that it will not be my Christmas present...!) and did the U15 fly, open fly, open free and also three relays....a bit more than I thought, but poor Lauren R was not well, and did really great to do any races at all. I was so happy that nothing hurt. Mind you as soon as I got home, had to ice my shoulder, with an ice-block in a tea-towel, as I do at least three times a day; it is not a good look.

What I felt most was how much everyone supported each other and how well the boys did! So many of them were swimming against much older swimmers and that was the most obvious in the open events; but, they did not let that bother them and they really swam so well, and we really shouted too. I was very impressed and by the way that the crowd clapped (not just our supporters) I think that everyone realised the effort and pride that they showed, and did not let the fact that they were behind stop them trying. And, we got no DQs at all. If there were extra points for guts, we would have won that round!

I hope that I am selected for the next one - I really enjoyed it and on the way back even got to go to Burger King! Thanks to Di and Susie and all my friends and team-mates.

Olivia Handley, Top Squad

TRIALS FOR NEW SWIMMING MEMBERS

Just under 50 swimmers attended a trial and were assessed by coaches Di Manley, Susie Goold and Michelle Mitchell. Michelle turned up to assist for the first time and her help allowed some of the older swimmers a chance to show off their butterfly, turns and endurance. Julia Maxwell was also on hand to help with the administration side and her help was very much appreciated.

The Coaches were really pleased with all the swimmers who behaved really well, waiting their turn patiently and swimming their hearts out.

We started with the youngest swimmers born in 2005/2006, at least one of whom was ready in Pyjamas before the trial! The older swimmers were then assessed and the trial was finished just before the Spa shut for the evening.

25 swimmers were offered a place in a squad and 2 swimmers are on a waiting list for a place in Club squad. I am currently waiting for the successful swimmers to confirm that they wish to accept their place and start swimming this week. I will let squad reps know who is joining their squad as I get confirmation but please can everyone who sees a new face please make them feel welcome as I cannot be around when all the squads swim.

Thank you to all the swimmers who attended, some of whom had waited since April and all the Coaches, Julia and Katie (my very important runner), for helping the night run smoothly.

Oh yes, and I have 6 swimmers waiting for the next trial already and I have had daily enquiries this week from swimmers wishing to join!

Jackie Elliott, Membership secretary

BECKENHAM SC MASTERS SUCCESS!



29th - 31st October 2010 Masters' Championships

Robert Farrish had an excellent weekend of competition in the above championships during October. Swimming all Freestyle events in the 45-49 Age Group he came 1st in the 1500m, 2nd in the 800m, 5th in the 400m and 4th in the 200m. Not a bad weekend's work!

Not exactly a tortoise then!! - Ed

"Why leave it to just your children to get fit. Why not come along to the Masters session on a Monday evening from 9.00pm - 10.00pm. We have 6 lanes graduated from slowest to fastest, so there are no excuses! Phone or e-mail [Peter Sutherland](#) (the Masters secretary) if you want more information".

Peter Sutherland

BRITISH GAS LONDON REGION WINTER CHAMPIONSHIPS



Michael Gunning, following the above championships. Ask him about the fireman's axe!

Well done to all the swimmers who competed at the British Gas London Region Winter Championships which took place at Crook Log Bexleyheath. The competition is fierce as all the top Clubs in the Capital send their best swimmers including a number of senior and junior international swimmers. To achieve the results our swimmers did was fantastic. Particular congratulations go to those who won medals and achieved National Qualifying Times. Here is a list of all medalists and qualifiers for the finals (with apologies for any omissions)

Michael Gunning 1st Open and Junior 400 m 1500m Freestyle 200m Butterfly and 400m IM; 2nd Junior 200m Freestyle

Lauren Walton 1st Junior and 2nd Open 400m Freestyle 2nd Open and Junior 800m Freestyle Finalist Open 200m Freestyle

Rebecca Walton 1st Open and Junior 800m Freestyle 2nd Junior and 3rd Open 200m Backstroke 3rd Junior and Finalist Open 400m Finalist Open 200m Freestyle Freestyle Finalist Open 200m IM

Steffi King 2nd Open 100m Backstroke and 200m Backstroke Finalist Open 200IM and 50m Freestyle

Sophie Simpson 2nd Junior and 3rd Open 200m Butterfly 2nd Junior and Finalist Open 100m Butterfly

Rachel Bull Finalist Open 100m and 200m Backstroke Open 200m IM Open 100m Butterfly 400m Freestyle

Fearn Cook Finalist Open 200m Backstroke 50m Freestyle

Kunmi Ogunfeibo Finalist Open 100m Backstroke

Henry Knight Finalist Open 400m IM

Women's Open Relay Beckenham A 2nd (Steffi King, Lauren Walton, Fearn Cook and Rebecca Walton) in Freestyle and 3rd (Steffi King, Rebecca Walton, Sophie Simpson and Lauren Walton) in Medley and Beckenham B (Georgia Philips, Olivia Handley, Sophie Simpson and Rachel Bull) 4th in Freestyle and (Leah Casey, Rachel Bull, Olivia Handley and Fearn Cook) 4th in Medley

Full results at <http://www.surreyswimming.org/asalondon/LWMeet10/index.htm>

(Thanks, Gill for the photo - Ed)

THE 'ASPIRE' CHANNEL SWIM....

Your editor, Hilary Moore, and husband (John Handley) have now nearly completed their fundraising swim for the charity Aspire. John is the well-known taxi driver for Olivia and Mark (and not just for swimming either) and so fitting in the lengths for the return 22 mile leg has been a tall order! But, he is getting there...we have done in excess of 35 miles so far so only (!) 7/8 more to go! We need your support. Many thanks to all those who have contributed; as a certain well known supermarket says, "every little helps"! We have until 13th December to do this.

Aspire www.aspire.org.uk is a charity which relies solely on donations to do its vital research alongside practical support of people with spinal injuries. Our webpage is www.justgiving.com/Hilaryandjohn or you can see John on many swim mornings or evenings, or at Club champs, etc. Thank you! *Hilary and John Handley*

NEW COMPETITION! The Hat.....



We have had the T Shirts and polo top challenge...now it is the ***Beckenham Hat challenge!***

Without getting into trouble with teachers, police, etc, or injuring yourself, try and put your BSC hat in an unusual place (make sure that you can get it back again) - maybe you have a bust like the Queen Vic in East Enders....? Please ask permission! Or dress it up....as long as you can use it again, or get someone to wear it who would not usually.....

This is a fun thing and hope that you will enjoy taking your snaps of "BSC hat on tour" and sending them to me. There will be a prize! Send them in as soon as you can...

CHRISTMAS PRESENTATION DISCO - FRIDAY 17th DECEMBER



Where - The Beckenham Rugby Club, Balmoral Avenue, BR3 3RD

When - Doors open at 7pm, Trophies awarded at 7.45 pm; finish at 11pm

There will be a Pay Bar and Buffet

Entry is strictly by ticket only (there is no charge). Please could you indicate to *your Squad Rep the number of tickets your family requires by 27th November?*

We will then distribute the Tickets at training during the week commencing 6th December. We hope people will bring a dish for the buffet table, and a list of suggestions will be circulated via e-mail and at training. Please could you indicate what you might like to bring so we don't end up with too much of the same thing?

Thank you.

It would be greatly appreciated if a few Dads could put themselves forward to do a short shift on the door through the evening. We would also be grateful for a hand 'clearing up' at the end of the evening, last time this happened very swiftly as a good number of people helped out.'

Finally this is a great opportunity to get together as a Club for some well-earned Festive Cheer and to celebrate the achievements of the last year. ***Pat Davies***

Many thanks to our contributors: - Emily Grant, Jackie Elliott, David Grant, Pat Davies, Tamara-Elise Elliott, Gill Gunning, Peter Sutherland, the Channel Swim team, Olivia Handley.

WANTED - roving reporters for duties at any galas/events and the final two evenings of club champs between now and January, 2011; please report to the Editor!

DON'T FORGET YOUR BSC HAT COMPETITION ENTRIES!!

Next issue - any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by January 12th, 2011 for next issue.

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