

OUR CLUB! ISSUE 16: FEBRUARY 2011



Welcome to the latest issue of "OUR CLUB" - the first for 2011, by and for Beckenham SC, a digest of events and information since November.

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's (especially if it is your first time there) water polo reports, Masters and anything else!

Contact me via - john@hamo6055.plus.com or 020 8857 4977.

CONTENTS -

Rising Stars Meet, Arena League, Canterbury and Dover Icebreaker Open, top girl and boy - Club Champs, White Horse League, Tom Handley Open, KSSA, water polo update, ASA First Zonal Meet, and much else...

ARENA LEAGUE.....A and B teams



Sheffield..... Just when you thought you were safe from the Beckenham 'barmy blue army',

At the end of a hard fought and well swum campaign, Beckenham A team found itself in the position of having scored more points than a number of teams through to the League finals (17th April) but due the requirements of each of the seven leagues needing to be represented in the finals - we lost out. So, two wins out of three rounds seemingly not enough.

The B team swam amazingly against yet more A team opposition and ended up nearly winning its final round and so escaped relegation and will swim another year against A team opposition in 2011. But, the A team must have been somewhat depressed. After all, BSC had been in the last two 'B finals' and surely....but, not all stories have happy endings. Or, do they?

A few weeks back, being somewhat of a 'saddo' I was doing some work (writes your Editor - who said 'first time for everything?') and up popped an email from one Mrs Gunning. First of all I thought, expect it is really for John (Handley - my other half who is on the Committee) about a meeting or the like. But as we share the same e-mail...I could see the contents, and nearly fell off my chair.

Yes, this could be the happy ending for the A team!

Due to a club in the same league dropping out.....BSC was next in line! Amazing! As champagne corks popped (sadly only in my head)



the realisation dawned - that the club was going to the B Arena National League for the third time in a row! So, after cheekily sending my congrats and "whoopie's" by return e-mail, I set about writing with zest a press release for the newspapers that people had said cover the locality. A direct hit with The Newshopper - whose sports editor put it on the web-site, almost verbatim.

What is important is that the club will be returning to Sheffield Pond's Forge for a third successive year and will no doubt do all of us proud.



The B TEAM - FINAL ROUND

South Division 1 East Relegation Decider

This took place at Trinity School Croydon, where it was not as cold as for the Beckenham Rising Stars meet. The B Team went into the gala as third seeds but knowing that a final result putting them in the last 3 in the gala would condemn them to relegation. Even White Oak who even as top seeds could go down if they finished fourth or below - it was that close!

The team was 'buoyed up' by both the return of some swimmers who were unavailable for the second round, and particularly the sight of David Bennett appearing for the team (David is a former *Commonwealth Games* swimmer - and still a BSC member).

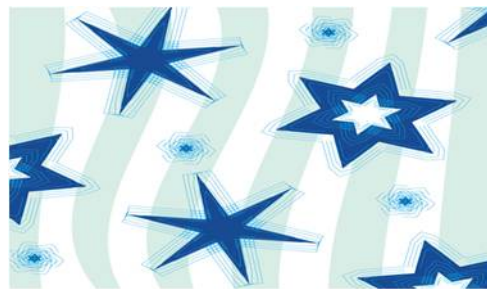
The team got off to a great start with wins by Leah Casey and David Bennett in the individual medley and when the Boys 9-11 relay team won the freestyle relay we had three victories in the first 4 races.

It was impossible to keep this rate of success up but consistent swimming throughout {we did not have a single last place} interspersed with wins in 10/11 Backstroke (Marcus Travers), 15U Backstroke (Leah Casey), Open Butterfly (David Bennett), 13 U Backstroke (Grace Ockwell) and the 13U Girls Freestyle Team and in total 19 2nd and 3rd places meant that the B Team were never far off the lead. When the results were announced, the B Team had finished 2nd just 4 points off the leaders Southend - a magnificent performance by all the swimmers. Thanks to coaches, swimmers and supporters for a great evening!

The Final Points were as follows:-

Southend on Sea	203
Beckenham B	199
White Oak	165
Redhill & Reigate	161
Erith & District	158
1066 Swimmers	131

RISING STARS 2011



This gala has been well known for its friendliness and for its being often a real chance for swimmers to perhaps swim in their first gala as well as a real opportunity for swimmers to get times for their respective county championships. On a very icy and cold day, the BSC faithful turned up to help out in many different ways to ensure that this meet was a good one for all who took part.

I have to say that I have never ever had to wear a track suit top when officiating - and I have done so when it has been extremely cold outside, but usually, as soon as you get pool-side the heat hits you andWell, this did not happen.

Work is being done at the pool, and of course it was taking place during the coldest winter for many a year, and one wall seemed to only have what can only be described as a thick tarpaulin over an entry door space...right opposite where I would be doing my bit as starter/finish judge (multi-tasking). But, the swimmers came and with their parents keeping coats on in the gallery, they pulled off some good times and results.

Despite the sub-Arctic conditions on poolside BSC swimmers competed exceptionally well in all the races with many podium finishes as listed below (with apologies for any omissions) and numerous top 6 places and PBs:-

9 year Boys Joseph Kibblewhite 1st 50m Backstroke

10/11 Boys Edward Langley 1st 100m IM and 50m Breaststroke 3rd 100m Backstroke; Freddie Pearson 2nd 100m Backstroke and 3rd 100m IM; Kie Ren Lau 2nd 100m Breaststroke and 3rd 100m Freestyle

12/13 Boys Oliver Kent 2nd 50m Butterfly; James Gillie 3rd 50m Backstroke; 14/15 Boys Jack MacDonald 3rd 100m Butterfly.

9 year Girls Kate Grant 1st 200m Freestyle, 100m IM and 50m Freestyle 2nd 50m Backstroke and 50m Butterfly; Katja Biggs 1st 50m Butterfly 2nd 200m Freestyle, 100m IM and 50m Freestyle; Isobel MacPherson 2nd 50m Breaststroke; Faith Ockwell 3rd 50m Backstroke; Sophia Grammatikopoulos 3rd 50m Freestyle.

10/11 Girls Sophie Lewis Ward 1st 200m Freestyle, 100m Butterfly, 50m Freestyle, 100m Freestyle, 50m Butterfly and 100m Freestyle 2nd 50m Backstroke and 100m IM; Lucy Grant 1st 50m Breaststroke 100m Breaststroke and 100m IM 2nd 200m Freestyle and 100m Butterfly 3rd 50m Backstroke; Tamara-Elise Elliott 1st 50m Backstroke 2nd 50m Freestyle and 3rd 100m IM; Natasha Hainsworth 2nd 50m Butterfly and 100m Freestyle; April Ockwell 2nd 50m Breaststroke and 3rd 100m Breaststroke; Ruby Waters 3rd 50m Butterfly.

12/13 Girls Erin O'Hara 1st 50m Butterfly 2nd 50m Backstroke and 100m Freestyle; Zoe Pope 2nd 100m IM

Open Erin O'Hara 2nd 50m Backstroke and 100m Freestyle and 3rd 50m Butterfly; Sophie Lewis 3rd 100m Butterfly



MICHAEL GUNNING - ON '2010-2011' - really important years!



Michael - Kent Male Swimmer of the year
flanked by (l) Jackie Bedford (BSC Committee and past President) and
(r) Kim Shead (President) with the top male and female team awards for BSC

2010 has been an amazing year for me and one of the best times of my life, *writes Michael*. I had worked so hard all year round and it was felt that I should have some time off, ready for the next important year to come. I spent the last days of 2010 with the sea and sand and with my family in the Caribbean Sea and it was a well deserved break! My last day of my family holiday was spent in Barbados, and it was fab!!!

I had a wonderful new tan to bring back home with me, but after my overnight flight back to Britain, I did not go home, as I had to go to the International week's training/competition and meet the England team.

Everyone was happy to see me when I arrived and the first thing the physio said to me was "WOW your tan!" ha ha. We had some lunch and then we went straight to the pool for a session.

The training was quite hard all week but I soon got my fitness back and we had all these types of testing done. We had a cardiac test to make sure that my heart was working well and I learnt loads of things that could help my performance even further.

We all had a fun time and when race day came along, that was truly amazing!! They coaches put a lot of pressure on us to swim well even after that week's training, but my aim was just to get in there and race the Canadian team.

I was with the best athletes in Britain and they all supported me so well, and when we came out of our races, we had all these specialists taking measurements, taking our lactic acid testing from our blood. I had a great time and it was an amazing experience and a wonderful way to start of 2011.

And to put the icing on the cake, I had some amazing swims, coming through in 6th place in the 100m Butterfly and 200m Butterfly, and coming 9th in the 400m Freestyle. Sarah Price, World Record Holder in the 200m Backstroke, was there to help us get prepared for the meet and we had such a good time. She was a huge inspiration to all of us and really guided us through our races. The England Talent team was so close and we knew each other better than ever, and this helped us when we battled it out at the Duel in the Pool. All my swims were filmed by the biomechanics specialists and they highlighted them with all this information that I didn't even know they could do with just one race!!!

When the meet finished, I was finally going home to see my family. It was emotional saying 'goodbye' after spending so much time with the team, but I will see them all very soon, when we go the British Championships in March and my Intense England Talent Training Camp in Cyprus. The Olympics is closer than ever, and if I get in the final of the Olympic Trials...who knows what could happen, all my dreams might come true!!

Good luck, Michael - from all at BSC!

TOM HANDLEY OPEN January



Well done to all the swimmers who attended the Tom Handley Open Meet at the Prince Regent Centre Brighton. This Meet has been running for 27 years and BSC has been staunch supporters and have competed since its inception.

Congratulations to James Gillie, Lauren Braddon, Kie Ren Kau and Isobel MacPherson who all achieved top 6 places in their events. For the full results please see <http://www.brightonsc.co.uk/TH%20Meet/2011%20results/index.htm>

WHITE HORSE LEAGUE - GALA 1 22/1/11

The Club's B Team took part in the first White Horse League gala at Crook Log, Bexleyheath. This league is a series of galas run during the year, against 5 other teams in Kent. Despite being short of a number of swimmers who were attending the Kent Schools Gala (see article in this edition as to how some of them got on) the team put up a creditable performance finishing 3rd.

The final results were as follows:-

Orpington O'Jays	306
Bromley	295
Beckenham B	260
White Oak	239
Saxon Crown	213
Erith and District	206

ASA ZONAL MEET 2011 January 29th and 30th

This new competition, introduced for the first time in 2011, brings together swimmers from three regions, South West, South East and London into a zonal championship. The 2011 event was hosted by London Region at Crystal Palace. The competition will be hosted by the other regions in turn in subsequent years. In fact, BSC was asked to help on the door and generally be the front of house staff on the days - so many thanks to all those who did so.

This meet, being the first of its kind, was a good way of entering key races and also to see the competition not only locally but also from further afield. Due to teaching and Church commitments, I became an arm-chair viewer...writes your editor. The screen showed you the start and the finish/turn and it was actually quite odd watching about 10M of a race! The results were up pretty quickly, but we could have done with a 'Fiona Pearson commentary' for the live feed! BSC swimmers did extremely well, with many PBs and final places along with medals, too. The site is

<http://www.southeastswimming.org/zonal/2011/>

BSC swimmers were in excellent form in this highly prestigious meet which attracted some of the best swimmers from London, the South East and South West Regions. Michael Gunning took gold in the junior 200m and 400m Freestyle with Rebecca Walton finishing first in the senior 800m Freestyle. Silvers were won by Michael Gunning in the junior 1500m freestyle Sophie Simpson in the junior

200m Butterfly. Lauren Walton took bronze in the 800m Freestyle as did Rebecca Walton in the 400m Freestyle

Finalists - Olivia Handley 4th (junior 100m Butterfly) and 7th (200m Butterfly), Sophie Simpson (6th 100m Butterfly and 8th 50m Freestyle) Henry Knight (7th 200m Backstroke)

Michael also qualified for the 100m and 200m Butterfly finals; also competing were:- Lauren Roberts, Luke Gunning, Fearn Cook, Kunmi Ogunfeibo, Tim Adelani and Lani Davies.

NEW OFFICIALS!



Congratulations to both Fiona Pearson and Shaun Gunning who have both passed their assessments and are now fully fledged Judges Level1 ('J1s').

UPCOMING ELEMENTARY GALAS

The first two Elementary Galas of this year will take place on March 20th and 27th. Details have been sent to squad Reps, via **Matt Biggs**. These galas are a fantastic opportunity for younger swimmers to compete and they represent an ideal chance for the coaches to see how swimmers are developing as they move through the squads.

They are specifically aimed at younger and/or less experienced competitors so swimmers from Development 2, Blue squad, Bronze squad, Silver squad and Club squad are encouraged to enter. It's all 'intra-club', and so is a great chance for less experienced swimmers to get a feel for the broader club. Age groups apply, so everyone will be swimming in a level pool, as it were!

The galas will be instead of the two training slots currently used by White 1 and 2 at Trinity School Croydon between 2pm and 4pm. Entry forms will be distributed soon via the squad reps - any offers of help on the two days are very welcome. There will be a variety of roles that need filling, from time-keeping (not onerous, great to be on top of the action, and you will be plied with bottled water and sweets, hurrah!) to selling tickets for the raffle. And do please keep any unwanted Christmas presents for the raffle - more details to come.

"I CLOSED MY EYES..... JOSEPH!



Susie Goold (one of our Coaches) has told me that her daughter Phoebe (Top Squad) and her brothers will be going to be performing in Joseph & The Amazing Technicolor Dreamcoat UK Tour. It is at The Orchard Theatre in Dartford and their team are in it on Thurs 17th March 1.00pm & 7.30pm shows, Friday 18th March 3.30pm & 7.30pm shows & Saturday 19th March at 1.30pm.

Susie is going to watch the 1.30 performance on Saturday 19th. Tickets are priced from £18.50 to £26.50. The website to book is www.orchardtheatre.co.uk.

Susie has asked if there is interest to let her know if they fancy it as a night out and perhaps a group booking could be organised.

Good luck Phoebe!

CLUB CHAMPIONSHIPS - TOP GIRL AND BOY - AGE GROUPS



Swimmers at the Club Championships got points for placing in the top 6 of their age group, so the more events they entered, the more points they got. The winners who were each awarded a Trophy at the presentation evening were as follows:-

Girls	9/ under	Sophia Grammatikopoulos
	10 years	Ruby Waters
	11 years	Lucy Grant
	12 years	Marie Deane
	13 years	Lani Davies
	14/15 years	Lauren Walton
	16/ over	Rachel Bull
<u>Well done to all!</u>		
Boys	9/ under	Joseph Kibblewhite
	10 years	Edward Langley
	11 years	Joe Casey
	12 years	Oliver Kent
	13 years	Kunmi Ogunfeibo
	14/15 years	Henry Knight
	16/ over	Michael Gunning

Canterbury and Dover 'Icebreaker' Open January 7th -9th



With a team of nearly 40 swimmers Beckenham were hoping for a good showing at the annual Icebreaker Open which is hosted by City of Canterbury Swimming and Dover Lifeguards Club and held in Canterbury.

The swimmers did not disappoint with a tremendous haul of 21 gold, 19 silver and 10 bronze medals as well numerous finalists and top 6 placings. In addition many swimmers achieved Kent County Championship qualifying times at the last realistic opportunity to achieve them.

Gold medals were won by Harold Pearson (5), Olivia Handley (5), Lucy Grant (3), Freddie Pearson (2), Henry Knight (2), Greta Sharp, Molly Haynes, Robert Deane, Henry Simpson and Sophie Lewis Ward. Silver medals by Louis Phillips (4), Harold Pearson (3), Freddie Pearson (2), Molly Haynes (2), Edward Langley (2), Marie Deane, Henry Simpson, Lani Davies, Greta Sharp, Lucy Grant and Robert Deane. Bronze medals by Sophie Lewis Ward (2), Louis Phillips, Olivia Handley, Regina Chisholm, Lani Davies, Ruby Waters, Greta Sharp, Ashley Hamilton and Tamara-Elise Elliott.

Other finalists/top 6 finishers were Ned Moriarty, Emily Wood, Mark Handley, Megan Shelts, Alex Sandeman, Freddie Suther-Jones, Emily McClymont, April

Ockwell, Sophia Grammatikopoulos, Harry Ingamells and Zoe Pope. (Apologies for any omissions). In addition Lani Davies and Molly Haynes made the 13 and under Skins competition and Olivia Handley the 14 and over Skins Competition by being in the top 6 of their respective age groups 200m IM.

(Olivia wondered if the money she received for 3 round wins plus the winner's money now means that she has lost amateur status...)

Well done to all the swimmers over the three days of competition.

WATER POLO NEWS

You can keep updated with all INVCTA polo news through the following web-site - <http://invictawaterpolo.net/?p=268>

Any people who wish to write an article/report for BSC Our Club are always welcome!

DATE FOR DIARIES!

Beckenham International Meet 7th/8th May 2011

The Club holds its annual Level 1 Open Meet at Crystal Palace in May. This is the Club's major fundraiser and next year we are going 'international'.



We anticipate entertaining a swim team from Sweden at the Meet. We will need parents to help us out both before and on the day - as they say 'many hands make light work'. We will also need raffle prizes so please put this date in your diaries and all offers of help and of prizes to Patricia Ogunfeibo please.

KSSA (KENT SECONDARY SCHOOLS SWIMMING ASSOCIATION)

Several BSC Swimmers attended the Kent Schools Swimming Association Championships at Medway Park, Gillingham, on Saturday, 22nd January.

The girls, Emily Wood, Phoebe Goold, Emily McClymont, Ashley Hamilton and Victoria Ward from Bromley SC all swam for Langley Park School.

The girls were up against many of the Independent Schools and Grammar Schools including Kings School Canterbury, Royal Tonbridge and Newstead Woods to name but a few. Molly Haynes swam for Bromley High School and Natasha Hainsworth from Gold Squad swam for Bishop Justus School.

It was a very exciting meet and our girls managed to gain places in the top 6. Both Emily's and Phoebe made the finals in their swims. Emily Wood gained a fourth place in the 200IM, Phoebe Goold gained a 6th place for the 100 Breaststroke and Emily McClymont a 6th place for the 100 Backstroke. Ashley Hamilton swam the 100 Fly and managed to take off a second from her previous PB.

Emily Wood, Emily McClymont, Ashley Hamilton, Phoebe Goold and Victoria Ward swam in the Medley and free Relay teams and were put through to the final. Both teams swam faster than in the heats and gained a 3rd placing in the final. The girls were presented with their Medals on the podium and were cheered very loudly by friends and parents!

Bromley High School achieved a 4th place in the Free Relay team and a 6th place in the Medley Relay, so well done Molly!

All girls put in a fantastic display and all achieved PB's. Thanks so Susie Goold who was coach.



Carol Wood

THE 'ASPIRE' CHANNEL SWIM....

Your editor, Hilary Moore, and husband (John Handley) completed their swim, and are now ensuring that the money promised gets to the organisation by the end of the month if possible. So, please see John who is around more at training sessions. Many thanks!

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. Hilary and *John Handley*

Many thanks to our contributors: - Michael Gunning, Phoebe and Susie Goold, John Handley, Carol Wood.

WANTED - roving reporters for duties at any galas/events up to end of March, 2011; please report to the Editor!

Next issue - any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by March 31st, 2011 for next issue.

FEBRUARY 2011: ISSUE 16