

OUR CLUB! ISSUE 17: MAY 2011



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

Thanks to all contributors to this issue, and keep all those articles, notes, photos, and ideas 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 BSC International Open, other Opens, regional champs, water polo reports, Masters and anything else for the next issue - July.

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

CONTENTS -

Arena League - the final; date with Liam Tancock; Bexley Open; Kent Primary schools champs; Water Polo success; Kent's overview; our elementary galas; White Horse League; a parent's view; an official's view and much else...

ARENA LEAGUE.....the final...



The National Arena Swimming League

17th April, 2011. An unseasonably warm day dawned for the London marathon, BUT, much further north in Sheffield, the Beckenham 'barmy blue army' descended, and took part in a keenly fought contest in the Arena National league "B" Final coming 8th - and narrowly not coming 7th. The full results can be found on the Arena web-site.



Well done to all involved -swimmers, coaches parents and other family and club supporters!



Some result highlights -

1st Boys 13/u Medley Relay; 1st Girls 15/u Freestyle Relay; 1st Sophie Simpson 15/u 100m Butterfly; 1st Craig Gibbons Open 50m Freestyle (Top Male swimmer based on FINA points); 1st Boys 11/u Medley Relay; 2nd Joe Casey 11/u 50m Backstroke; 2nd Luke Gunning 100m Butterfly; 2nd Kunmi Ogunfeibo 13/u Backstroke ; 3rd Boys 11/u Freestyle Relay; 3rd Tamara-Elise Elliott 11/u 50m Freestyle; 3rd Kunmi Ogunfeibo 13/u 100m Freestyle.

Pool-side ...





Proudly representing South.....



Some interesting parental costumes.....

"This was my first experience of the National Arena final at Sheffield and I had an absolutely amazing time, *writes Sophie Lewis Ward*. Initially we were all very disappointed after the last round in Crawley, thinking we had not qualified. I remember the feeling of excitement when Gillian Gunning sent an e-mail saying we were going as another London club had dropped out.

The anticipation began with receiving tracksuits and organising train tickets to Sheffield.

We met up with other Beckenham swimmers on the train and everyone was in high spirits. At the hotel, after abandoning our parents rapidly, the members of gold squad quickly all met up and we had great fun in and out of each others' rooms followed by a delicious buffet and encouraging team talk from Tony. When Di arrived later in the evening and saw us all in the restaurant at 9.30pm we were all sent to bed! Despite Tony saying we could stay up till 10pm. I didn't mind as I was tired and wanted to be ready and at my best for Sunday morning.

After another hearty breakfast and motivating talk, all the swimmers and parents marched to Ponds Forge. The swimmers were all in 'bubbling mood' in matching tracksuits and t- shirts and the parents followed being very loud and stood out in their neon outfits.

After many photos we entered the bustling pool. The atmosphere on poolside was out of this world. There were hundreds of people all blowing horns, banging drums and cheering loudly. The Beckenham parents were all dancing and embarrassing us!! Despite this, their support and effort was really appreciated.

After weeks of training hard it all came down to this one moment. Everyone swam exceptionally well. I know how nervous I felt at the start of my race but at least I didn't have to swim against Jo Jackson or Fran Halsall like our older girls. It was amazing swimming in the same gala as such fantastic swimmers that I admire and aspire to be like. Beckenham swimmers performed amazingly well with many PB's and incredible times and came 8th overall.

Congratulations to everyone who swam and supported and thanks to Sarah, Di and Tony for their poolside support and the Gunning's for all the organisation necessary to make the weekend such a huge success.

Sophie Lewis Ward

Kent Primary Schools Championships Heats

A report from Jackie Elliott -

"Many Beckenham swimmers represented their Primary Schools on Saturday at Gillingham for the first round of the Kent Primary Schools competition.

Tamara Elliott (Gold Squad) won the 50m Backstroke, Kate Grant (gold squad) was second in the 50m Freestyle, Joseph Kibblewhite (Silver Squad) and Jamie Regan (Gold squad) both took third place in the Backstroke and Freestyle events. These swimmers along with Lauren Braddon (Gold Squad) 4th Freestyle Tom Gosling (Silver Squad) 6th Breaststroke have all been invited back next Saturday to swim in the Final round. All of these swimmers with the exception of Tamara are only in year 5 and therefore have another year in this competition. Other Beckenham swimmers who swam were Faith Ockwell (8th Butterfly), Millie Smith (9th Butterfly), Finlay Maxwell (9th freestyle), Rosie Thomas (9th breaststroke), Nick Shoppee (11th butterfly) Ellen Meehan (14th freestyle) and Ollie Gosling (18th backstroke).

Many of these swimmers will also take part in the final round as their School's relay team has qualified in the top 6 teams.

AND -

Kent Primary Schools Championships Finals

The finals of the Kent Schools Swimming Association Championships were held at Medway Park, Gillingham. Congratulations to the following swimmers who each swam in their respective finals with the following results:-

Tamara Elise Elliott 1st 50m Backstroke
Joseph Kibblewhite 6th 50m Backstroke
Jamie Regan 6th 50m Freestyle
Kate Grant 5th 50m Freestyle



Tamara's result means that she has now been selected to swim for Kent Primary Schools against Surrey Primary Schools at Sevenoaks on 13th May. *Good luck Tamara!*

The full results can be viewed at <http://kssa.sports.officelive.com/Results.aspx>

Bexley Swimming Club Long Course Level 1 Open Meet

A very busy and very long meet which possibly as an official had the longest sessions I have experienced in over 6 years of galas, so what it was like waiting for your heat...at least I got supplied with sweets and water!

Well done to all the swimmers at this high level meet last weekend. In addition to many other top 6 finishes the medalists were (in event order):-

Girls

100 Butterfly Natasha Sinha 3rd (14/15)

200 Breaststroke Lucy Grant 3rd (11/u)

50 Freestyle Sophie Simpson 1st (14/15) Fearn Cook 2nd (14/15)

400 IM Sabrina Sinha 3rd (11) Lauren Walton 3rd (14/15)

100 Backstroke Natasha Sinha 2nd (14/15) Rachel Bull 1st (16/o)

200 Freestyle Lauren Walton 1st (14/15) Rebecca Walton 3rd (14/15) Rachel Bull 1st (16/o)

200 Butterfly Sophie Simpson 3rd (14/15)

200 IM Rebecca Walton 3rd (14/15) Rachel Bull 1st (16/o)

400 Freestyle Lauren Walton 1st (14/15)

200 Backstroke Natasha Sinha 1st (14/15) Rebecca Walton 3rd (14/15)

100 Freestyle Fearn Cook 3rd (14/15)

Boys

100 Backstroke Henry Knight 3rd (14/15)

400 Freestyle Michael Gunning 1st (16/o)

50 Freestyle Luke Gunning 2nd (12/13) Adam Strawford 2nd (16/o)
100 Butterfly Luke Gunning 1st (12/13)
200 Freestyle Luke Gunning 3rd (12/13) Michael Gunning 1st (16/o)
200 Backstroke Henry Knight 1st (14/15)
200 Butterfly Luke Gunning 2nd (12/13) Michael Gunning 1st (16/o)

Congratulations to all those who achieved Regional and National qualifying times at this meet.

The full results can be found at -

<http://www.bexleyswimmingclub.com/BexleyOpen2011Results.htm>

Scottish National Age Group Championships



Our sole representative Kunmi Ogunfeibo flew the Beckenham flag at the Scottish Age Group Nationals in Glasgow last week. Kunmi came away with excellent results. Swimming in the 13 years age group he finished 2nd in the 100 and 200 Backstroke to go with 4th in each of the 100 Freestyle 400 IM and 200 Freestyle. Well done Kunmi.

Full results at <http://www.swimscotland.co.uk/meets11/snags2011/index.htm>

He writes -

"I went to the Scottish Nationals in 2010, and although I missed my team mates, I really enjoyed it. Everyone was so nice, and I made a few friends that I've kept in touch with. The format is also very good, with heats and finals for the 100m and 200m events. People who are not Scottish however, have to not only be in the top 10 for the event, but also one of the 3 fastest non Scottish people in that top 10 to make the finals.

Last year I swam in 5 events, and made the finals in three; I didn't make the finals in one - because there were 3 faster English swimmers in the top 10 swimmers for that event. My fifth event was a heat declared winner event.

My first race this year was 100 free. Although I Pb'd, I had hoped to go faster, but as I'd made the finals, I couldn't really complain. I came 4th. It was the first of the three 4ths that I came (200 free and 400 IM). I also made the finals in 100m and 200m backstroke, and came 2nd in both, with a PB in the 200m.

I was a bit disappointed with my times because I had wanted to go faster, but was pleased that I had made the finals in all the events that had finals. Tony was great, he texted and spoke to me every day, and had also arranged for 2 coaches to look after me - thanks Tony.

The bit I liked most about the gala was meeting a former Beckenham coach, Mr. Hammy Smith, he was Tony's coach! He told my mum and I about the old Beckenham, and how in the 1976 Olympics, Beckenham had 7 swimmers in it! Wow!!! He left Beckenham to become the Director of swimming for Scotland, but he was pleased to see a Beckenham swimmer at the meet, and I felt very proud to be a Beckenham swimmer."

Kunmi Ogunfeibo

WHITE HORSE LEAGUE - GALA Round 2 2/4/11



The Club's B Team took part in the second White Horse League gala at Beckenham Spa - a change of venue for this round only. Having come third in the first round, BSC put up a very good number of wins and top placings to go into the final section leading a by a few points...but, in the end came second by a narrow margin.

Some great swims by many swimmers ensured a better result overall, and we had greater support from family and friends both in the stands and on pool-side, too. Having three referees, one being BSC's Hilary Moore, meant that the gala was completed before 8.15pm - record time - also a good result!

Results:-

Orpington O'Jays	318
Beckenham B	310
Bromley	276
White Oak	239
Erith & District	228
Saxon Crown	177



ELEMENTARY GALAS

The first two Elementary Galas of the year took place on March 20th and 27th. As in previous years, these galas were a great opportunity for younger swimmers to compete and enabled our coaches to see how swimmers have developed as they move through the squads. Swimmers from Development 2, Blue squad, Bronze squad, Silver squad and Club squad really did themselves proud and clearly enjoyed the well-organized galas.

"Well done to all swimmers but especially those who were competing for the first time; it was fantastic to see such a full balcony of spectators cheering and clapping the swimmers.

The gala ran smoothly thanks to the many helpers, some were parents of swimmers competing but a lot of officials and parents turned up to help even though their own children were not swimming. Thanks also to the coaches for helping to organise the swimmers and the swimmers themselves who all behaved very well on poolside and turned out some great swims.

It was great to have Zara Long (ex Beckenham swimmer) at the Gala who was, and still is, the youngest ever British Swimmer (13!) to swim 200m IM at the Olympics (LA 1984 and then Seoul 1988) and it was great to see her presenting the children with their medals. Thank you Zara.

Linda Deane also gave up her Sunday afternoon to set up the club shop for anyone who needed last minute kit which was greatly appreciated".

Julia Maxwell and Matt Biggs

Thanks also to Emily Eldridge of White 2 for the lovely description below -

- E** xciting atmosphere
- L** one numbers 1-6
- E** nergy to swim very fast
- M** edals to be won
- E** verybody tries to beat their personal best
- N** o - one wants to get disqualified

Take your marks

(Full results are on the BSC web-site).

KENT'S 2011 OVERVIEW



Congratulations to all the Club's swimmers at the final weekend of the Kent County Championships. The final tally of medals was 102 Gold, 70 Silver, 76 Bronze and a further 140 finalists' medals. We finished Top Women's Team in the Kent County Championship with nearly twice as many points as the second Club and were narrowly piped to Top Men's Team by Thanet. In the Combined Team results we finished over 500 points ahead of the field. Once again, congratulations to all the swimmers and particularly Tony, Di and all the other coaches.

Full details can be seen at <http://www.kcasa.org.uk/Swimming/SwimmingIndex.htm>

WATER POLO



The victorious U12 Beckenham Water polo team!

The U12 team secured their second successive win in the London Winter League on Sunday 6th February 2011 at Whitgift School. The league was played over four evenings during November, December, January and February. The last round did not disappoint with three convincing victories which was enough to retain the title amounting 44 points out of a possible 45.

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!

ELLEN GANDY - wins 100 and 200M Butterfly at the British Gas Swimming Championships!

Ellen Gandy booked her place at the World Championships by winning both the 100m and 200m Butterfly at the British Championships at Manchester Aquatics Centre with some of the fastest times seen in the World in those events this year.

Many congratulations to Ellen!



Check <http://www.swimming.org/britishswimming/swimming/elly-gandys-postcards-from-oz/elly-gandys-postcard-from-oz-april-update/8923/>

A PARENT'S VIEW OF AN 'OPEN WATER' DAY....

On 19th March, bright and (far too) early, "Team Gunning" picked up "The Walton's" for a trip down to Bath Uni and the Open Water camp. After a slight detour due to road works (what else!), we arrived in good time to start the day's activities. First off we had talk from Mark Perry, Head of Open Water (not the local MP as I thought from the itinerary).

He spoke about all the fabulous opportunities on offer to the top OW athletes, who got to swim in some wonderful locations all around the world - Sidney and Hong Kong harbours, Dubai and many more. Unlike those who prefer a pool, OW athletes get to actually see some of the country they are visiting (not just the airport, coach and pool).

Next up was David Davies, who gave an inspirational talk. He spoke about there being no difference between pool and OW swimmers, they were all just swimmers. He is a "down to earth" guy who trains in the pool, then goes off and swims OW. He made us all realise that OW training is essentially no different to training for distance pool events. Just as many hours spent 'ploughing up and down', covering vast mileage. But virtually no land training or weights (which was a surprise). He really made you feel that anyone can do it if they put their mind to it. He was open

and frank with us and answered any questions which were thrown at him. It was an honour to meet such a pleasant young man. Lunch followed (sandwiches in the car park), but it was a lovely sunny day so no hardship to be outside.

After this break we were split into three groups (swimmers, coaches and parents) and had lectures on a rotation; sports science, nutrition and race tactics. First up was nutrition, where we learned about pre and post race diets as well as feeding during the actual race itself. Next up was sports science where we learned a bit about the technology involved in helping the swimmers at major meets. Some of it secret so can't say too much. Don't want the international opposition stealing our ideas! Then finally race tactics, such as positioning and what line to take in the water.

Our 'classroom diet' over, the last part of the day was spent in the pool, where the swimmers were put through some race tactic training as well as learning how to feed whilst swimming (very funny!). They were handed bottles on poles suspended in the water by the coaches (who were all trying to outdo each other). They also fed from gel packs tucked into their costumes, which they discarded after use (hope they're biodegradable) All those years spent teaching the kids to bin their rubbish properly now gone straight down the drain!

It had been a long day, but great fun and very informative. And thanks to Sean for doing all the driving. It was a treat to sit and doze on the way home.

Jackie Walton



BEING AN OFFICIAL...

Best view in the house, good supplies of water and often tempting sweets (warning do not tuck into a toffee if you are the starter....!) so, what is it really like being an official? Well, it depends much on the organization of the gala or team league, and like any event who you are working with if people share your sense of humour and everyone gets along - it is really good.

Firstly, being kitted out in oh so not flattering white shapeless tops and trousers, not a fashion trend from any catwalk, with some wearers demonstrating the strength of seams and zips, is clearly not a good start. But, that sartorial blunder aside, working as an official does have more plus points than minus ones. Putting into

action the theory and workbooks which have been completed (although those of us who did exams with quill pens in former years know nothing of these 'work books'...) is a highly important part of being a successful official.

Bearing in mind that officials are there for the swimmers to oversee a 'fair race and swim' - the phrase "We are there for the swimmers" is paramount in importance and also means that during the event you can learn from more experienced colleagues. Some may have taken part in the Commonwealth Games, Olympics or are hoping to be involved next year - although the ASA only wants those below 40 years to be officiating (well, that's a form of ageism...).

There are also times when humour and camaraderie are really what gets you through - issues with the technical equipment, crowd not knowing why a swimmer cannot re-start after starting their race a tad earlier than the signal and then booing, coaches swearing at you because their team will be relegated - even though you were not the cause of this...thankfully, these occasions are pretty rare. Much more likely to happen is grateful thanks from the meet/league organizers and referees, sometimes resulting in a bottle of wine to take home, or a box of chocs.

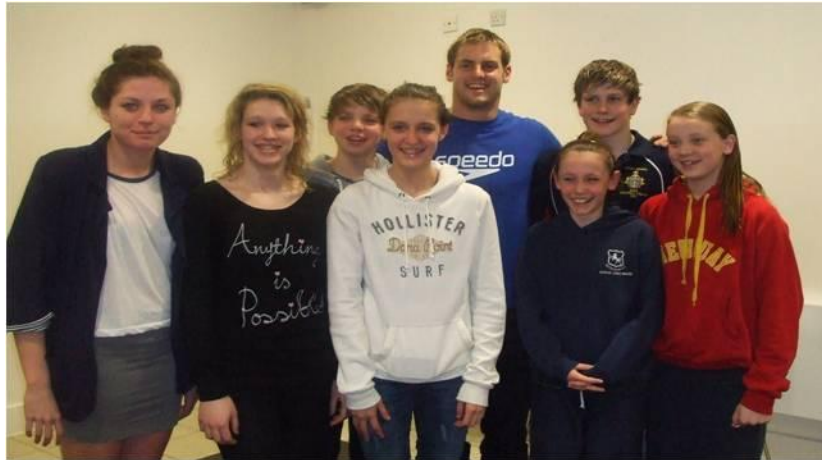
Officials are volunteers and do not receive money for their work - which often can be many hours pool-side keeping eyes peeled, getting to grips with clipboard and pen in between 50M free races, to record results, whilst not getting trench foot; Crystal Palace being a prime location for that WWI complaint.

So, why do we do it? If no-one worked to become an official, not a single gala would happen, and not a single swimmer would have a time or result. It is often that thought, as I wring out socks, change trainers and pack away my clip-board and stuff at the end of each and every gala that keeps me, and I would guess, most officials, returning week after week to support the swimmers - be they entering their first event or be they seasoned entrants.

Want to join us? Contact John Handley - john@hamo6055.plus.com



DATE WITH LIAM TANCOCK.....



Seven BSC swimmers joined other swimmers at Sevenoaks SC for a date with Liam Tancock - a master class session on back-stroke. All thoroughly enjoyed their Sunday date, picking up hints and tips about starts, turns and having many photos taken with a very supportive and relaxed world beater who also signed kickboards and other swimming kit, too!

IMPORTANT DIARY DATE FOR REPORTERS AND BUDDING PHOTOGRAPHERS!

Beckenham International Meet 7th/8th May 2011

The Club holds its annual Level 1 Open Meet at Crystal Palace; this is the Club's major fundraiser and this year we are going 'international'. Reporters and photographers needed for "Our Club"!



THE 'ASPIRE' CHANNEL SWIM....

Your editor, Hilary Moore, and husband (John Handley) raised £485 plus a good amount of gift aid for their swim - many thanks to all who supported us!

Hilary and *John Handley*

Marcus Anthony Humphrey-Gaskin

"We would like to thank everyone from Beckenham Swimming Club who sent messages and cards of condolences, sent flowers or made donations to Cancer Research. We would also like to thank all who attended any or all three venues relating to Marcus's funeral and celebration of life on Tuesday 12th April and who supported us during this very difficult time".

Bernard, Maria and Stephan Humphrey-Gaskin

Many thanks to our contributors: - Jackie Walton, Jackie Elliott, Matt Biggs, Julia Maxwell, Emily Eldridge, Kunmi Ogunfeibo, John Handley, Jenny Knight, Sophie Lewis Ward, Sarah McClymont, Linda Deane.

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

Next issue - *any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by June 30th, 2011 for next issue.*

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