

OUR CLUB! ISSUE 21: FEBRUARY, 2012



Welcome to the first issue of OUR CLUB in 2012 - the year of the Olympics and Paralympics arriving in our own city.....! As always, many thanks to all contributors to this issue; keep all those articles, notes, photos, and ideas coming in. So, get pen to paper or fingers to key-board and get in touch. Next issue - which will be in April or May, I will be looking for reports and photos from Opens, Kent Championships, Kent Junior League, White Horse League, water polo results and anything else! Contact me via john@hamo6055.plus.com or ring me on 020 8857 4977.

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Ellen Gandy's progress, Icebreaker Meet and Derby Open, Masters' meet, introduction to our new social and fundraising secretary, competition winner (and the answer!) 10 things you did not know about Olivia Handley our senior female club captain and much else....

ELLEN GANDY - LONDON 2012 PROGRESS



Keri-Anne Payne, Becky Adlington and Ellen Gandy after the World Champs
Ellen Gandy, a life-time member of the club, who won silver in the 200M fly at the World Championships last year, continued her success recently in the important turn of the year Melbourne Meet. Ellen struck gold on the opening day of the Victoria State Championships in Melbourne; she qualified fastest for the 50m

Butterfly final before taking gold in a personal best 26.54 - just 0.3 seconds short of Fran Halsall's British record. Ellen underlined her impressive form with a personal best in the 800m Freestyle, touching in 8:47.43 to scoop bronze. She also won the 100m Butterfly title in Melbourne and qualified fastest for the final in 2:10.47, but followed her British teammate, Jessica Dickons, home for silver in 2:11.39. Follow Ellen's progress via www.britishswimming.org and then click on the section on GB's swimmers.



Ellen in action

CITY OF CANTERBURY and DOVER LIFEGUARD ICE-BREAKER MEET

This popular January Meet saw a good number of BSC swimmers from many squads taking part. The medalists/finalists were:-

GIRLS -

Olivia Handley (14/15) 1st 200m Backstroke 200m Butterfly 100m Butterfly 100m Backstroke 3rd 100m Freestyle

Georgia Harris (12/13) 1st 200m Butterfly 400m IM 3rd 400m Freestyle 4th 200m Freestyle

Tamara-Elise Elliott (10/11) 1st 100m Breaststroke 2nd 50m Freestyle

Sabrina Sinha (12/13) 2nd 200m Freestyle 4th 200m Butterfly 200m Breaststroke 5th 200m IM (Sabrina also finished 3rd in the Skins Competition) 400m IM and 100m Freestyle

Sophie Lewis Ward (12/13) 3rd 100m Backstroke 4th 200m Backstroke 6th 50m Freestyle and 100m Freestyle

Olivia Garvin (10/11) 3rd 200m Breaststroke 6th 100m Breaststroke

Phoebe Gould (14/15) 4th 200m Breaststroke 6th 100m Breaststroke 400m Freestyle

Lucy Grant (12/13) 4th 100m Butterfly 5th 200m Freestyle

Kate Grant (10/11) 4th 200m Freestyle

Megan Shelts (14/15) 5th 400m Freestyle 6th 100m Butterfly 400m IM

Marie Deane (12/13) 5th 400m Freestyle

Regina Chisholm (14/15) 5th 100m Freestyle

Emily McClymont (14/15) 5th 100m Backstroke

BOYS

Harry Ingamells (14/15) 2nd 200m Backstroke

Maclaren Crawford (10/11) 3rd 100m Backstroke 4th 100m Freestyle

Ned Moriarty (14/15) 5th 200m Freestyle

Sabrina Sinha writes...

" I rushed down to Canterbury after running in a cross country race to compete in the Canterbury Icebreaker. I was only down for two races and was looking forward to just spending time with my friends. I was down to swim the 200 IM and the 200 Fly and thought that was enough for one day along with the 3+ Km X-country race! In fact I was looking forward to going home early and having pizza and relaxing in front of the TV! When I got to the pool I didn't feel tired anymore and swam a big PB in the 200IM. I was pleased with my swim and my 5th place in the 12/13 age group. I was preparing for my 200 Fly when I found out that I had qualified for the Skins competition, which was down as the last event of the day. I had qualified because I had finished 5th in the IM. I sort of knew what it was, as we had watched Olivia (Handley) swim in the Skins competition the previous year. I decided to take up my place as it is supposed to be a fun event and I thought it would be good experience, I assumed I would be the first one out so there would be no pressure on me!

I swam the 200 fly and somehow managed to knock another 7 seconds off my PB I was so pleased but was wondering how much energy I had left for the skins....

Finally the time had come and we were called up for the race. The man explained to us how the competition is run. There was a bag and inside there were 4 coloured balls. Each ball represented a stroke:-

Red= Backstroke; White= Butterfly; Black= Freestyle; Yellow= Breaststroke

There would be 5 rounds and each round would consist of a 50m race. The stroke to be swum was determined by whatever ball was selected from the bag. All 4 balls were in the bag each time a stroke was selected so you could get the same stroke more than once. After each race the last person back was eliminated, like musical chairs! The winner from each round would get £5 and then the overall winner would also get £25 and second place £10.

We were spearheaded into our lanes and I was in the outside lane. Luckily Fiona Pearson was timekeeping my lane and I was relieved to see a friendly face as I was very nervous.

The first ball was selected, it was yellow. My breaststroke isn't my best stroke but I would give it my best. The first race started as any other race would and as soon as I heard the starting signal I swam as fast as I could. (I found out later that I had got a 2 and a half second PB!). I was so relieved to see that one of the other girls was last home. I was in the next round- phew! The girl who was eliminated put her hand in the bag and chose the next ball- Yellow- again! This time though the start was different, All the rounds now would start exactly 2 mins after the previous one and we were not going to be told when to "take our marks". Instead a whistle would be blown 10 seconds before the starting signal which was now a klaxon.

Standing on the blocks ready to dive seemed like ages, but then the klaxon went and I swam breaststroke as fast as I could again. I was so pleased to see that I looked around and was so happy to see I was still in the competition. By now I was starting to feel tired. The hand went back in the bag and a black ball came out- Yes! Freestyle- my number one stroke (although I am not really a sprinter). Back we went to the blocks to wait for the klaxon. I dived in and swam as quickly as my legs and arms would go. Imagine my surprise to find that I had come 3rd- I was still in the competition. Unfortunately, I was all on my own now out in lane 6. The other 2 girls left in the competition were in lanes 3 and 4. The ball came out of the bag- another Black.

When the klaxon went I swam as fast as I could but had no idea where the others girls were. Sadly I touched last, but I had given it my all and was very proud of my third place. I didn't win any money although Tony told my mum that third place should get some reward (..... Tony I am still waiting, please can you talk to my mum again!) The girl who won was a year older than me so I am not disappointed. After my day's various achievements it was a fun way to end the day".

Sabrina Sinha

CITY OF DERBY OPEN MEET

Well done to all our swimmers who attended this high quality Meet in the 10 lane 50m pool at Sheffield where many swimmers from all over the Country trying to get qualifying times for the forthcoming Olympic trials. Such was the 'clamour' for places at this Meet that over 3,000 swims were rejected!

Leading performances were from:-

Luke Gunning (13/14) 1st in Final 100m Butterfly 1st 200m Butterfly 5th 200m Freestyle

Michael Gregory (Open) 1st 50m Backstroke 7th in Final 100m Backstroke

Sian Rowe (13/14) 8th in Final 100m Breaststroke

Michael Gunning (Open) 4th 400m Freestyle 200m Butterfly

Kunmi Ogunfeibo (13/14) 3rd 200m Backstroke

Rebecca Walton (Open) 10th 400m Freestyle

TOM HANDLEY OPEN MEET BRIGHTON

On the same weekend as the Derby Meet, another group of our swimmers attended this Meet which, as a level 2 Meet, was also of very good quality. A large number of Kent times were achieved as well many PBs and top six places. Medals only went to those in the top 3 in each event so well done to:-

Lucy Grant (12) 1st 100m Breaststroke 3rd 50m Freestyle, Brooke Pitt (9) 3rd 200m Breaststroke and Ruby Waters (11) 3rd 200m Freestyle

MICHAEL GUNNING - PHOTO FROM MEET in BARCELONA

Michael Gunning, Lauren Walton and Natasha Sinha swam in an open meet in Barcelona at their recent training camp. Michael won the 400M and his BSC team mates posted some good times at the event, too.



Michael Gunning - a golden moment!

KUNMI OGUNFEIBO - FIRST BRITISH CHAMPS QUALIFYING TIME!

Kunmi writes -

"I got my first ever British Champs time at Hillingdon in December 2011, where we went for a weekend of swimming. Maybe I should have listened to my mum on the Saturday. She insisted that I should have eaten Weetabix for breakfast; however her constant nagging led me further away from that. Instead I ate Coco Pops. It was not one of the best decisions of my life. That day my races did not go as smoothly as I had hoped. I was disappointed with my times. At the end of the day I wondered how I could do better the next day when I would be doing the 100m backstroke, my best event. Then I thought, I was going to try to do everything right.

The next day came and I was up and out of bed at least an hour and thirty minutes before we had to leave. I started off by mentally preparing myself on how I was going to swim. I simultaneously I did blood flow. Weetabix was the first thing I thought of as I walked into my kitchen to eat breakfast. The day went on and it was almost time for my 100m backstroke. I recalled everything I did until that present moment. Ate, drank a lot, blood flow, and for lunch I even got something quite different, as I had asked my mum about all the oil that must have been in my pesto pasta. I had a Tuna melt instead.


I stood behind the racing blocks and visually thought about how I was going to swim my race. I thought back to what I had done in all the training sessions leading up to that point and I thought to myself "I can do this." I needed a 1.01.28.

Of all the 100m backstrokes that I swam prior to that gala I had never had such a good start. I came up at just the 15m mark and when I was swimming I felt good. I believe I hit 10m off the 50m turn and that's when I really fought for it. In my mind I knew what I had to do, and luckily my body responded positively. With every stroke that I took, I did not feel the usual pain. I knew that I was nearing the end of my race and I tried to maintain my stroke rate till the finishing touch.

I emerged from the water with a gasp as I sucked in air. My eyes concentrated on the score board and it seemed like nothing else in my body functioned as all my natural energy was diverted to my eyes. 1.01.15!"

Congratulations and thanks Kunmi (and good luck to all BSC swimmers who will be at the British Champs in March - Ed).

Congratulations!



OUR NEW SOCIAL AND FUNDRAISING SECRETARY writes....

"My name is Samantha Rowe and my daughter Sian Rowe swims in Top Squad. We have been at BSC for around 10 months now and feel really privileged to be part of such a fantastic club, with wonderful parents and more importantly outstanding swimmers, right through the club - I was in awe watching the recent club championships. We have had such a warm welcome which has enabled us to settle in quickly, my only regret is that I didn't try to get Sian onto the Beckenham waiting list sooner.

I'm aware that swimming clubs can only survive and prosper with the help of the parents and volunteers, so when the role of 'shopkeeper' came up I decided to put myself forward and volunteered to do it. I officially took over the role in January 2012 and was fortunate to be shown the ropes by Linda Deane who has done an absolutely fantastic job; I hope I can only hope that I can be as efficient as she has been!!! I look forward to serving you, and therefore getting to know you, all in the near future. I have also taken on the role of Social/Fundraising Secretary to try and raise much needed funds for the club.

Although raising money will be the primary aim of any event, I'm hoping that any event organised will help bridge any gaps between squads and parents. I feel it's important that we all feel part of the same team regardless of if you are trying to get your first County time or if you have a National time. I know this can be really difficult when the squads swim at different times and the parents don't get a chance to meet so hopefully these events will bring us closer together as members of the same club.

The first thing I'm starting is from the beginning of February on Monday evenings, whilst in the shop, I will be selling tickets for the '100 club'. This will be way of people paying £13 a year to have a unique number. You will be able to buy more than one number, too - increasing your chances of winning in the bi-monthly draw.

Winners will receive cash prizes, £25, £15 and £10. This club is a good way of supporting the club in a simple way - and also having the chance of winning money back too - much better odds than any lottery! If any parents would like to help me in this role I'd be very grateful. Please get in touch - at the shop or through John Handley or Hilary Moore - john@hamo6055.plus.com and then we can get the 100 Club up and running. That's all for now!"

Sam Rowe

(Do get in touch with Sam about the '100 Club' - and don't forget that all shop purchases help the club! Ed)

SENIOR and MASTERS L/C MEET at K2 Crawley - 28 & 29 January 2012

A team of 10 BSC swimmers competed in the above competition with some excellent result, *writes Peter Sutherland.*

Gavin Simpson had a particularly busy weekend swimming in six events in the 40-44 years age group. Finishing 1st in the 50m Breaststroke, he then had a tough battle in the 100m Breaststroke to take 2nd place. This took its toll however in the closely following 100m Freestyle where Gavin came 6th. With some interesting interpretations on what leg kick was allowed in the Fly leg of the 200m I.M., Gavin achieved 4th place using Breaststroke leg kick on the dive and Dolphin kick on the swim, but probably would have done better to continue with his excellent Breaststroke leg kick, with one leg kick to one arm stroke. (*This mix and match only allowed in Masters' events*). He completed his card with 3rd place in the 50m Fly and 5th in the 50m Freestyle.

Nick Bunclark had an excellent weekend swimming in the 35-39 years age group achieving 1st place in the 50m Fly, 200m Freestyle and 200m I.M., followed up by 2nd place in the 50m Freestyle. Paul French, swimming in the 45-49 years age group had good swims obtaining 3rd place in the 50m and 100m Backstroke and 5th in the 100m Freestyle.

Tim Waters battled hard in the 45-49 years age group to obtain 2nd place in the 200m I.M., 3rd in the 50m Fly, 5th in the 100m Breaststroke and 6th in the 800m Freestyle. In the 50m Fly, Iain Jameson went head to head with Gavin Simpson in the adjacent lane, only to be just beaten by Gavin into 4th place by 0.06 secs.

Returning to competition after a few years break due to illness and injury, Cailean MacKirdy did very well swimming in the 70-74 years age group to take 2nd place in both the 200m I.M. and the 400m Freestyle. Swimming in the same age group as Cailean, Tony Rowbotham claimed 2nd place in the 100m Freestyle and 8th in the 50m Fly.

The 4x50m Team Relays are always great fun but the clash our Men's 160+ years Freestyle team had with Black Lion would take some beating. The team of Nick Bunclark, Gavin Simpson, Iain Jameson and Mike Kibblewhite had calculated from times achieved in the individual events that they should be able to just take them, and take them they did by 0.38 secs to come 1st.

The Men's 160+ years Medley team of Paul French, Nick, Gavin and Iain added another 1st place seeing off Black Lion again, and RTW. Our Men's 240+ years Medley team of Mike Kibblewhite, John Paddington Tony Rowbotham and Peter Sutherland came 2nd, being beaten by Spencer.

A great weekend of competition enjoyed by all.

Peter Sutherland

TEN THINGS YOU DID NOT KNOW ABOUT.....OLIVIA HANDLEY (our senior female club captain)

Favourite food - Sweet and sour chicken...

Favourite Music – Olly Murs (going to his concert this month for my birthday - !)



First swimming memory - Winning silver for the 50M fly in my first Open - aged nine years and two days in the 9/10 age group



Worst swimming memory – Junior Speedo League - on my birthday, getting kicked in the face during warm-up and major nose bleed and Mum having to get the life-guards to help me 'cos I was in the fist races...

Favourite Film – Have to have two - Pride and Prejudice and all the twilight films.



Best sporting memory –

Getting my first NQT with my friends from Millfield and BSC cheering me at Crystal Palace and also wining the ' vitrix ludorum' trophy for athletics at Millfield.

Favourite Holiday - California, summer 2011



Huntington Beach and Pier

Football team – Liverpool

Favourite subject at school - English

Cat or Dog - neither - but I like dolphins

Favourite TV Programme - 90210 and Made in Chelsea (but I like Sherlock, Dr Who and Merlin, too!)

Pet hate - people stepping on the back of my shoes!

THE GALLERY

Some recent photos of BSC receiving awards for Kent Championship results and Arena League placing.



Kathy Hook handing the award to Olivia Handley for BSC being top female club at the 2011 Kent County Champs



Kathy handing Henry Knight the runner-up male club award for the 2011 Kent County Champs



Henry Knight and Olivia Handley (senior club captains) receiving the Arena League pennant for the A team achieving 5th place from Diane Gamble, Arena League South President.

COMPETITION WINNER -

Tim Waters correctly got the answer to the last 'OUR CLUB' competition. The question was, "Who was the only GB swimming medalist at the 1948 London Olympics?"

Answer - Catherine Gibson, Bronze in 400m Freestyle; time - 5:22.5.

Well done; a small prize is on its way!



Many thanks to our contributors: - Tim Waters, Sam Rowe, Sabrinha Sinha, Kunmi Ogunfeibo, Olivia Handley and Peter Sutherland.

WANTED - roving reporters for duties at any galas/events up to early April, 2012; please report to the Editor! NB silly BSC T-Bag, hat and Polo shirt photos wanted - please!

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