

## **BECKENHAM SWIMMING CLUB: WEEKLY UPDATE: FRIDAY 12 NOVEMBER**

### **CLUB MATTERS**

#### **Beckenham Rising Stars Meet – Saturday 27<sup>th</sup> November – Help Needed**

We are due to hold our own Rising Stars Open Meet on Saturday 27<sup>th</sup> November at Trinity School Croydon. We need help with all aspects of the Meet on the day such as spectator door entry, raffle ticket sales etc. In addition we need raffle prizes. Please contact Claire Ockwell (email - [elliskeeler@btinternet.com](mailto:elliskeeler@btinternet.com)) with all offers of help etc.

#### **Christmas Presentation Disco – Friday 17<sup>th</sup> December**

Beckenham Rugby Club has been booked on Friday 17<sup>th</sup> December for the Club's presentation disco and general festive get together. We would like to have as many members as possible at the disco and hope that a good number of those in the Water polo and Masters Sections will be able to come as well those in all Swimming squads. More details will follow as we near the time but for any further information or offers of help please contact Pat Davies. **Please could you all put this important date in your diaries.**

#### **ASA Data Protection Forms**

Squad reps are handing out an ASA data protection form for each club member to sign and return. Please look out for these and help both your squad rep and Sally Lewis, the ASA officer, by signing and returning these forms. More information related to this is on the British swimming website <http://www.swimming.org/asa/about-us/data-protection>

#### **Publicity**

We would like to increase awareness of the Club throughout Bromley and the surrounding Boroughs through placing articles on the Club and its swimmers' achievements in newspapers etc. We should be grateful if any of you could supply details of what free papers are distributed in your area such the News Shopper. Please respond to Hilary Moore email [john@hamo6055.plus.com](mailto:john@hamo6055.plus.com)

#### **Officials**

If you are interested in officiating please contact John Handley on [john@hamo6055.plus.com](mailto:john@hamo6055.plus.com). We are waiting to hear from the County Officials co-ordinator as to the courses to be run this autumn. Many thanks to those who have already volunteered!

### **GALAS**

### **RESULTS**

#### **British Gas London Region Winter Championships**

Well done to all the swimmers who competed at the British Gas London Region Winter Championships which took place last weekend 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 medallists and qualifiers for the finals (with apologies for any omissions)

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

Lauren Walton 1<sup>st</sup> Junior and 2<sup>nd</sup> Open 400m Freestyle 2<sup>nd</sup> Open and Junior 800m Freestyle Finalist Open 200m Freestyle

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

Steffi King 2<sup>nd</sup> Open 100m Backstroke and 200m Backstroke Finalist Open 200IM and 50m Freestyle

Sophie Simpson 2<sup>nd</sup> Junior and 3<sup>rd</sup> Open 200m Butterfly 2<sup>nd</sup> 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

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

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

### **Bromley Borough Championships**

The Bromley Borough Championships were swum the weekend before last at Beckenham Spa and swimmers from the Club attained numerous medals and personal best performances. The following placed in the top 6 in their age groups:-

Girls 09/10 Yrs - Duyen Nguyen (2<sup>nd</sup> Backstroke and Butterfly 3<sup>rd</sup> Breaststroke and Freestyle) Olivia Garvin (2<sup>nd</sup> Breaststroke). Top Six Places in this age group for Kaylee Southward, Faith Ockwell and Jessica Reece

Boys 09/10 Yrs - Maclaren Crawford (1<sup>st</sup> Freestyle and Butterfly, 2<sup>nd</sup> Backstroke and 3<sup>rd</sup> Breaststroke) Marcus Travers (1<sup>st</sup> Backstroke and Breaststroke, 2<sup>nd</sup> Freestyle), Alexander Tanglin (2<sup>nd</sup> Breaststroke and Butterfly), Sammy Woodhead (3<sup>rd</sup> Freestyle). Top Six Places in this age group for Jamie Regan

Girls 11/12 Yrs - Grace Ockwell (1<sup>st</sup> Backstroke 3<sup>rd</sup> Butterfly and Breaststroke) Phoebe Goold (1<sup>st</sup> Breaststroke 3<sup>rd</sup> Freestyle). Top Six Places in this age group for Sophie Lewis Ward

Girls 13/14 Yrs - Gabrielle Conroy (1<sup>st</sup> Breaststroke) Alexandra Sandeman (1<sup>st</sup> Butterfly, Backstroke and Freestyle 2<sup>nd</sup> Breaststroke) Regina Chisholm (3<sup>rd</sup> in all four strokes)

Boys 13/14 Yrs - 100m Freestyle Edward Moriarty (1<sup>st</sup> Freestyle, Breaststroke and Butterfly 2<sup>nd</sup> Backstroke) Jack McDonald (1<sup>st</sup> Backstroke 2<sup>nd</sup> Freestyle 3<sup>rd</sup> Butterfly) Top 6 places for Scott Sandeman

Girls 15 Yrs/Over - Lauren Walton (1<sup>st</sup> Butterfly Freestyle and Breaststroke 2<sup>nd</sup> Backstroke) Rebecca Walton (1st Backstroke 2<sup>nd</sup> Butterfly Freestyle and Breaststroke)

Many congratulations to all our swimmers.

## **THIS WEEK'S GALAS**

Good luck to all our swimmers competing this weekend in the National Arena Swimming League. The A Team faces a tough test against the likes of Bracknell & Wokingham at Bracknell whilst the B Team is again the only B Team in its Division facing other Club's A Teams at Horsham.

Also the best of luck to all those who are swimming in the Kent Development Meet at Medway Park Gillingham on Sunday. This meet is open to 10 11 and 12 year olds who did not swim in individual events in the Kent County Championships earlier this year.

## **UPCOMING GALAS**

13 November	Arena League Round 2 (A Team at Bracknell Leisure Centre B Team at Pavilions in the Park Horsham)
14 November	Kent County ASA Development Meet (Level 4 Meet at Medway Park Gillingham)
20 November	Kent Junior League Round 3 (Sevenoaks Swimming Centre)
21 November	Gravesend & Northfleet SC Autumn Regional & County Qualifier (Level 2 Meet at Medway Park Gillingham)
20/21 November	Crawley Not So Early Bird Meet (Level 1 Meet at K2 Crawley)
22 November	Beckenham Swimming Club Championships Session 4 (Beckenham Spa)
27 November	Beckenham Rising Stars Meet (Trinity School Croydon)
3/4/5 December	Northampton Swimming Club Winter Festival Open Meet (Level 1 Meet at Corby East Midlands International Pool)
4 December	Greenwich Borough Swimming Championships (Eltham Centre)
4/5 December	Thanet Swimming Club Winter 200 Open (Kingsmead Pool Canterbury)
11 December	Arena League Round 3
13 December	Beckenham Swimming Club Championships Session 5 (Beckenham Spa)

Queries regarding entries to Open Meets (only) should be directed to our Gala Secretary Sarah McClymont

Details of these galas and other forthcoming galas can be viewed on the fixtures page of the Club's website.

## **MASTERS**

### **ASA Masters National Championships – Sheffield**

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 1<sup>st</sup> in the 1500m, 2<sup>nd</sup> in the 800m, 5<sup>th</sup> in the 400m and 4<sup>th</sup> in the 200m. Not a bad weekends work!

## **Calling all parents**

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.

Details are on the website. [http://www.beckenhamswimmingclub.com/Masters\\_Swim.html](http://www.beckenhamswimmingclub.com/Masters_Swim.html)

## **FREQUENTLY ASKED QUESTIONS**

### **What is a PB?**

PB stands for personal best. It is the best time an individual has achieved for a particular stroke at a given distance. The club does its best to record swimmers times and PBs though swimmers are encouraged to keep a log book if they can (see below). PBs in Licensed Meets are recorded on the National Rankings Database. Each swimmer's ranking in their County (for Beckenham – Kent), Region (London) or Nationally can be found for each event. The link to the current year's rankings on the British Swimming website is <http://www.swimmingresults.org/2010web/index.php?nextpage=../swimming/current/index.php>

Please remember that swimmers cannot get PBs every time they swim and sometimes they achieve significant PBs one week which they might not be beat for several competitions. This can be down to numerous things but for all swimmers there are troughs and plateaus as well as peaks and certainly the former should not be viewed as a lack of effort either in competition or training.

Some of the more experienced swimmers may be told that the expectation at a certain Meet is PB plus 2%. So if a PB was 50 seconds for a swimmer this would mean the target time is 51 seconds i.e. 102% of the existing PB. This does not mean that the swimmer should try any less hard nor would the Coach expect them to but because for instance they might be in heavy training for another competition a few weeks hence or at a certain point in their training cycle and are therefore tired the Coach may set what he considers a more realistic target for the swimmers. Naturally if they gain PBs at that Meet everyone is delighted.

### **REMEMBER –**

Please do continue to view the website as it is regularly updated at [www.beckenhamswimmingclub.com](http://www.beckenhamswimmingclub.com) and pass on any questions, feedback or requests for information that might be useful to David Grant our webmaster at [david.grant@talk21.com](mailto:david.grant@talk21.com)

Please send news and comments to John Handley on [john@hamo6055.plus.com](mailto:john@hamo6055.plus.com). The deadline for inclusion in the weekly newsletter is Midnight on the preceding Wednesday.