

## OUR CLUB! ISSUE 3



Welcome to the **THIRD** issue of BSC news. And, it is a 'bumper' issue, too! We now have our new name too - "**OUR CLUB!**" as devised by *George and Oliver Eagle* of Club and Platinum squads. Hope that you all like it and that it reflects this newsletter's role of being for and by **our** swimmers. Thanks to all who sent in their ideas; the Chairman and Committee had a hard choice to make.

Don't forget! You can be a contributor - send in your news about swimming, other sports or just a topic which you feel would be of interest to BSC.

Contact Hilary on [john@hamo6055.plus.com](mailto:john@hamo6055.plus.com) or 020 8857 4977. I am looking forward to hearing from you!

### CONTENTS -

"Down Mexico Way"; The Nationals; The Welsh Summer Nationals; Kent Masters; Olympic Site visit; BSC swimmers in Germany; White Horse League; Ten things you didn't know about.....CILLA DANIELS!

*GOOD LUCK to all those selected for the White Horse League and Kent Junior League Galas!*

## CONGRATULATIONS TO ELLEN GANDY!

Ellen made the semi-finals of the **200M fly** in the Beijing Olympic Games. Report from Ellen in the next newsletter!



## "DOWN MEXICO WAY" by Liesje van der Velde



About a week before departing for *Mexico* I received an enormous brown paper bag full of *GB Kit*. I had always wanted the track suit and here it was lying before me in the royal blue and red. I was also given a raincoat, woolly hat, t-shirts, training costumes, shorts, and most importantly, the black Speedo FS Pro full legged racing costume. For the first time I felt butterflies in my stomach and the realisation of swimming in the *Junior Worlds for Great Britain* dawned on me.

Arriving in *Monterrey*, after a 23 hour journey, I realised why I had been given a raincoat. Believe me this was the essential part of the kit!! It poured and poured even to the point where the "amazing and wonderful" venue had rainfall pouring from the ceiling! (*How did they transport Crystal Palace Pool ceiling there? Ed*)

I was immediately thrown into the daily routine of travelling to the pool and training. We were all up by *6am* and on the coach, fed and watered, to arrive at our training facility for *7am*. When I say "fed and watered" believe me there was not much "fed" but loads and loads of "watered". We would complete a training session and return to the hotel for some lunch and a rest, before returning for a second session later on.

I was truly inspired. Seeing the various *flags* from all over the world, listening to the different *anthems* and meeting people and making new *friends*, many of whom I am still in contact with, made the experience very special. We had the Japanese camp behind us and I will always remember their chant that was belted out on a regular basis. It was wonderful to see other swimmers from all over the world swimming at such a high level. The atmosphere was happy, hot and noisy and one I shall remember for the rest of my days.

It was great to have *Tony* there giving me encouragement and overseeing my training. I had to keep motivated and focused for about eight days before I swam my individual and the relay. Unfortunately those two races fell within about five minutes of each other and so all my competing was over fairly quickly, but I swam well and enjoyed every moment.

*Liesje van der Velde*

## 'THE NATIONALS' - insights written by our swimmers.....



*Ponds Forge*

### My 2<sup>nd</sup> Year at Nationals by Michael Gunning (aka BIG MIKE)

I was determined to get more than one national time this year! I have been training so hard and I even made up a training plan for myself. I already got my **200M fly** in January, and after the London Regions, I achieved another **four** national times. I was so pleased because last year I got one, and now I am going to be staying in Sheffield for four days and not just the one night.

My main goal this year was to get into the 200M fly final again, as last year was an amazing experience and I really wanted to do it again. In the heats I was so nervous because everyone was expecting me to get into the final again.

I knew what I had to do and I came 3<sup>rd</sup> in my heat of a time of **2.14.56** AND guess what .... I was in the final!

The final was **AMAZING** and I recognized the lady in the black dress who walked in the finalists. This year I was in lane 8 and this time I knew what the great big box labelled "Lane 8" was for! When the man called out my name I was shown on the big plasma TV screen. In my head I thought I am not a little boy any more, I am actually "**BIG MIKE**", I couldn't help myself giving a big wave; I knew this would make my mum smile. I came 7<sup>th</sup>.

In the **200M freestyle relay**, Jack, Gabriel, Marlon and I all swam our "socks off"; we were ranked 25<sup>th</sup> and came 18<sup>th</sup>. Mind you, Tony promised us that if we got under 4 minutes, he would buy us all a beer when we were 18! But that offer changed quite quickly to ice creams when he saw how determined we all were.... we achieved **3.59**. We were all very happy and Tony did buy ice creams. Actually, I didn't have mine, because I am going to see Tony when I am 18!

On the last day as I was saying my goodbyes to everyone, it was announced that I had achieved 10<sup>th</sup> position in the BAGCATS and there was to be a presentation for the first 10 in my age group. We had to wait around for a couple of hours but it was well worth it. It was a lovely presentation; I stood on the podium and was awarded a certificate by the lovely ladies in the "Black Dresses". All in all it was a fabulous experience, one that I would love to do every year; just hope I can make it again next year.

I am truly thankful to **Di Manley** for giving me the support I needed in the first two days at 'Nationals', and I am really grateful to **Tony Beckley** for coaching me towards achieving my "**National Experience**".

## Lauren and Rebecca Walton

As we walked out onto the starting blocks, our hearts racing, and minds rushing, it suddenly dawned on us that we were at the biggest gala we had ever been at. We were at the **Nationals!** We had never been so nervous in our lives. Tingles in legs and arms; we thought that something was wrong! But then **Tony** told us that it was just nerves. The pool was massive and there were big screens everywhere showing the swimmers on it. We had a shock when we first dived into the pool as it was **freezing!** Colder than we had ever experienced before.

When we went to watch **Michael** in his final we witnessed something spectacular. The pool was filled with bright lights and it looked like something from the **Olympics**. It felt weird not having the long journey to and from the pool each day but being able to walk there to and from where we were staying at will.

Even though we didn't do very well at the Nationals this year, we still really enjoyed the **experience** and the whole **atmosphere** of the place. We are going to work doubly hard this year to get the chance to go again next year.

The whole experience was **amazing**; we would like to thank **Di** for all her support and encouragement, but especially **Tony** for all his hard work, because we would never have got to Nationals without him!

## Marlon Gasparotto

I first went to the 'Nationals' when I was 11 and funnily enough, I didn't feel nervous! I was very excited and couldn't wait for my first race. The 'Nationals' is not like any other swimming gala. It makes you feel important, special and on top of the world, a real professional.

At my first Nationals, I qualified for **6 events** and made **2 finals**, not bad for someone who trained for 6 hours a week. This year I qualified for **7 events**, 2 of which were relays and I made **3 finals**. The events were 400M IM 7th place, 100M fly 9th place, 200M breaststroke 10th place, 200M IM 11th place and 200M free, 21st place.

In the BAGCATS awards, I came 11th, just missing 10th place by a couple of points. As a result of this, I have been chosen for the **ASA England Age Talent Development Camp**. This is a stepping stone for talented swimmers to move forward with their swimming career, and hopefully to podium success. I train for 9-10 hours a week, and next year, I want to increase my hours. My coach, Tony Beckley, told me after my second nationals that I have made it this far on pure talent; now, I just have to increase my hours and I should do well.

## Youth Nationals by Liesje van der Velde



Left -Liesje van de Velde with her two trophies for the 50M and 100M free.  
Right - Liesje, Tony Beckley and Steph Denny

I love going to Nationals and Sheffield; Mum and I always feel as if we are on holiday for a week. However this year I had suffered so badly with jetlag after returning from Mexico, I really was unsure how I was going to perform. The Beckenham swimmers had great fun and had decided to be *Prince Charming* (Tony) and the *Seven Dwarfs*! I was "*Sleepy*", which was quite fitting this year.

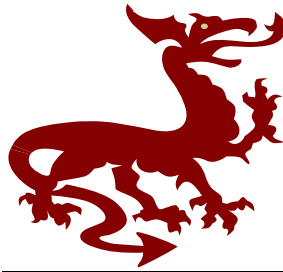
I was ranked 5<sup>th</sup> in the *100M* free, and as Tony will tell you, I never seem to perform particularly well in this race at Nationals, but this year I qualified for the semis and then for the final. I really did feel as if I had a chance of getting a medal, but I knew it wasn't going to be easy as the line up was pretty challenging. Each time I swam Tony gave me advice on what to do differently in the next stage and here I was on the blocks in the final. I had my new suit on and felt good. I just remember Tony's words of "*go out faster*" so I did. My first 50m was swum in a time of 27.22 secs and I swam for my life on the way back and nobody was more surprised than me when I looked at the scoreboard and realised I had won gold.

For my *50M* I was ranked first, which is altogether a different kind of pressure. The final was more or less at the end of a very busy week. I progressed through the heats and the semis, and then it was time for the final. Again I had on my new costume and felt good. It was a very close race, but I am happy to say that my last race for Beckenham Swimming Club was successful; I was very happy to be going home with *two golds* and two enormous cups.

**Liesje van der Velde**

*Thanks Liesje; good luck at your new school, and in the future!*

**THE WELSH SUMMER NATIONALS - Croeso I Cymru!**  
**(Welcome to Wales!)**



Would there be a "welcome in the hillsides" for the group of intrepid BSC swimmers who travelled to Swansea for a taste of another country's national swim championships? Would the *pwll nofio* (swimming pool) be a fast one? Would there be *glaw* (rain)? Yes, and yes again (*Enough already - Ed.*)

It was a meet requirement that you could not enter an event in which you had already achieved a British NQT. There had been a huge increase in entries this year and every single entry was checked against national rankings to ensure genuine times had been registered; thanks to Patricia Ogunfeibo's hard work and painstaking attention to detail, this held no fears for the BSC swimmers! A number travelled there by train and a group stayed in the University accommodation aka Fawly Towers/Stalag Kilvey - a ten-minute walk from the new pool. ....

the photo shows the 'en-suite'...well, not exactly! It's a view from a room; the accommodation is being re-vamped! Actually it was handy, clean and had good food for swimmers.



The Meet was a *huge success* not only for the results, in terms of a plethora of *PBs*, the *finals* made and *medals* won, and even a *Championship record*, but for the camaraderie, support and enthusiasm of not only the swimmers, but also the parents, who helped out as temporary 'coaches', as unfortunately Di Manley could not be with us, or marshalled swimmers with aplomb, or officiated - the latter getting used to a very formal protocol in walking to and from the pool-side. We were also joined by Tim Molyneux and mum Sandra from Gravesend and Northfleet SC. Tim did excellent PBs - and was pleased to be part of the "London Squad"!

All swimmers and parents felt that this visit to the *Welsh Summer Nationals* was really worth the journey, extensive rain and getting used to bi-lingual directions and instructions as well as '*cyclical seeding*'...check that out on Google! We were also treated to a superb unaccompanied solo at the start of some of the final sessions by one of the organisers of the Welsh national anthem - stirring stuff...wonder if that will catch on at the Nationals in Sheffield!!

**Day 1** saw Kitan Ogunfeibo and Mark Handley setting the pace with PBs (they did become the 'PB Kings' - getting PBs in every race they swam!) then Georgia Phillips, Jack Brown, Jack Regan, Katie Irving, Olivia Handley and Sabrina Travers make the finals in the 14/15 Girls' 50 free, 13/14 Boys' 200 Fly, 15/16 Boys' 200 IM, 14/15 Girls' 200 IM, 12/13 Girls' 200 Fly and 14/15 Girls' 200 Breast respectively.

Georgia had broken the meet record with an impressive PB of 28.77 in the 50M free heats, and went on to clinch Gold in the finals. Both Jacks, Katie (breaking the 200IM record in her swim) and Olivia all won silver in fiercely contested races.

Jack Regan and Olivia's achievements were particularly noteworthy, as they were both in the lower half of their age groups.

**Day 2** saw our swimmers continue to battle for times, finals and medals. Lani Davies and Megan Shelts joined the squad and added more PBs in their races at the meet. Again, we saw swimmers swim in the finals: Jack Regan (15/16 Boys' 200 Back and 100 Free), Jack Brown (13/14 Boys' 100 Fly), Hannah Vigors (14/15 Girls' 400 IM), Georgia Phillips and Katie Irving (14/15 Girls' 100 Free), Olivia Handley (12/13 Girls' 100 Fly), Heather Travers (100 Breast), Kunmi Ogunfeibo (12/u Boys' 100 Fly). Georgia continued her winning streak and Katie won silver, making it a Beckenham 1 and 2 in the 14/15 Girls' 100 Free. Olivia broke the meet record in her race, but was 0.15s slower than the winner, who took the new record; Jack Brown took Bronze in his race with a massive PB. For some reason we were confused with the Borough of Kirklees team when being announced as medallists on the podium - but a bit of prompting (aka shouting!) restored us to our London roots!

**Day 3** saw our swimmers even more determined to make their mark; they had 'tasted' success! The finals for this day saw Jack Regan (15/16 Boys' 200 Free), Georgia Phillips (14/15 Girls' 100 Breast), Jack Brown (13/14 Boys' 100 Free), Olivia Handley (12/13 Girls' 400 IM) and Louis Phillips (12/u Boys' 100 Free) swim in the finals. Katie Irving qualified for the finals in the same event as Georgia, but left to watch Kylie at the O2 instead - now after 3 intense days of swimming, who wouldn't do the same? This day also saw Louis claim a bronze medal in a fabulous PB swim, and Jack Brown, another Silver 'bling', and so very close to gold in the 100M free!

**Day 4** (Sunday, 3 August), saw the arrival of a depleted number of our swimmers. They nevertheless, in true Beckenham 'gutsy' style did not let their dwindled number affect their individual swims. The day again saw many PBs achieved, and finalists in the 400M free, Olivia Handley and Jack Brown, with Jack Regan gaining silver (very narrowly missing out on gold).

Heather Travers swimming in fine form to reach the 200M breast final, which was the very last event of the meet. The full results are on the Welsh ASA web-site ([www.nofiocymru.co.uk](http://www.nofiocymru.co.uk)). Every swimmer who attended swam very well against some formidable competition, with some swimmers from the other clubs attaining their NQTs belatedly at the meet - as did Olivia. *Well done to all!*

**Beckenham Swimmers:-** *Jack Brown, Lani Davies, Olivia Handley, Mark Handley, Katie Irving, Kitan Ogunfeibo, Kunmi Ogunfeibo, Georgia Phillips, Louis Phillips, Jack Regan, Megan Shelts, Heather Travers, Sabrina Travers and Hannah Vigors.*

### **BSC SWIMMERS in OLYMPIC SITE VISIT!**



On 17th July two Beckenham swimmers, *Steph Denny* and *Jack Brown* from national squad, were invited to spend the morning at the Olympic Site and have a photo shoot with Seb Coe, Tessa Jowell and the top executives from Balfour Beatty. Both were in the winning swimming teams at the *London Youth Games*. Three swimmers from the Bromley girls' team and three from the Sutton boys' team were asked to take part in the event in Stratford as the first day of work began on the *Aquatic Centre*. They spent the morning looking at the plans for the new pool, and having their photos taken by lots of photographers and TV crews on the site where the pool is being built.

### **BSC MASTERS at the KENT CHAMPS**

Our best team for a few years of *eight* men and *two* ladies competed in the Kent Masters Championships on 5 July finishing in the overall position of *4<sup>th</sup>*. The main difference in this team was that it contained a number of swimmers in the younger age groups, something we have not been able to achieve for many years. All the events were swum in one session, which meant it was a busy time for our swimmers competing in 35 individual events and 6 team relays.

Our **two ladies** did extremely well with Anna Newell, swimming in the senior category of 18-24 years coming 1<sup>st</sup> in the 50m Freestyle, 100m Freestyle and 50m Breaststroke, whilst Jo Collins in the 30-34 years age group achieved 1<sup>st</sup> in the 50m and 100m Freestyle and 2<sup>nd</sup> in the 50m Breaststroke.

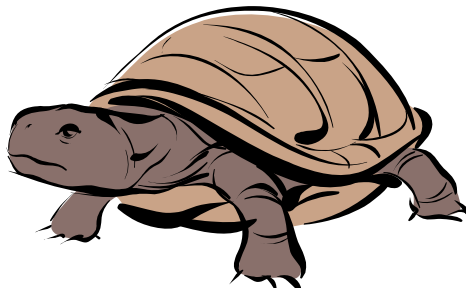
**The men** also took a good number of places, notably Nick Jackson swimming in the senior category of 18-24 years coming 1<sup>st</sup> in the 100m Breaststroke and 2<sup>nd</sup> in the 50m Breaststroke.

In the youngest age group, Rob Spurr came 1<sup>st</sup> in the 50m Freestyle and 2<sup>nd</sup> in the 100m Freestyle whilst Richard Collins notched up 1<sup>st</sup> in the 50m Breaststroke. In the 40/44 Years age group Paul French trawled in a consistent bunch of four 2<sup>nd</sup> places in the 50m and 100m Freestyle and 50m and 100m Backstroke. Newly aged up Paul Baker, swimming in the 60-64 years age group achieved 1<sup>st</sup> in the 50m Freestyle and 2<sup>nd</sup> in the 100m Freestyle and 50m Backstroke. Peter Sutherland, in the 65-69 years age group added 1<sup>st</sup> in the 50m Fly, 2<sup>nd</sup> in the 100m Backstroke and 3<sup>rd</sup> in the 50m Backstroke.

Some good results were also obtained in the **Team Relays**. The 120 Years/Over team came 2<sup>nd</sup> in the Medley and 3<sup>rd</sup> in the Freestyle events, the 160 Years/over team came 2<sup>nd</sup> in the Freestyle and Medley events and the 200 Years/over team came 3<sup>rd</sup> in the Freestyle and 5<sup>th</sup> in the Medley.

The big surprise was seeing our **120 Years/Over team** swimming in the Ladies event! (Come on guys, you are swimming with the big boys now!) But nothing to fear, they had missed their slot and a kindly official allowed them a lane in the following ladies event as they were all being swum as 'Heat Declared Winners'. The teams were comprised of Rob Spurr, Richard Collins, Patrick Baker, Paul French, Mike Kibblewhite, Paul Baker and Peter Sutherland. **Congratulations to all.**

Contact Peter Sutherland on 020 8658 4068, [petersutherland938@btinternet.com](mailto:petersutherland938@btinternet.com) for further information about joining the BSC Masters. The picture below this article reflects that on the masters' web-site section...check it out!



## WHITE HORSE LEAGUE - Round Four



This latest round of the competition saw Beckenham hosting the gala, and thanks to all who helped out in so many ways under the co-ordination of Isabel Castello. The team came in second behind Orpington OJs.

There were some excellent swims and much camaraderie amongst the swimmers, who really did try their best on what was a very hot and sticky evening at Crook Log. Thanks to swimmers, coaches, team managers, officials and supporters; next round *6th September, and then 4th October*. It's all to swim for!

## THE "GERMAN EXPERIENCE" - BSC in KENT SQUAD



*Ricky Outhwaite, Michael Gunning, Katie Irving and Steph Denny* were recently selected by Kent County to compete at an international meet in Darmstad in Germany; they competed in a challenging top level 3 day meet with teams from Canada, South Africa, Italy, Germany, Qatar, Egypt and other countries. A fantastic experience and time was had by all our swimmers who performed well in this very high level competition.

Their medal haul was: - *Ricky* - Gold 100 Freestyle; *Katie* - Gold 100 breast stroke, Gold 200 breast stroke, Gold 200IM, bronze 100 fly;

*Michael* - Gold 200 fly, Silver 200 Freestyle, and Bronze 100 Fly; and *Steph* - Silver 50m Freestyle, Bronze 200m Freestyle and Bronze 50m Backstroke. A special well done to *Michael* who achieved 8th place in the Men's Open 400IM. A superb achievement.

*Well done to Ricky, Michael, Katie and Steph!*

**TEN THINGS YOU DID NOT KNOW ABOUT.....CILLA DANIELS**

Favourite Film(s) - The Apartment (*That's a good film! Ed*)



Favourite Food - Peppered steak and crème brulee



Favourite Music - Country

Football club - West Ham (Cilla's sons influencing her here!)

Interest(s) - Not got time for any

Things I hate - Not much really

Motto/Chant - No pain, no gain!



Cat or Dog - have one of each

First swimming medal - 1954 - it was a spoon (*there is still a 'Tea spoon gala', where all medallists get Sheffield steel tea spoons...Ed*)

Likes/dislikes about swim meets - Hate the heat; love the competition!

Thanks to Cilla for their thoughts and being so helpful. Another willing person/victim will be in the hot seat next issue.....or maybe two!

***Thanks to the following contributors*** - Cilla Daniels, Anne Denny, George and Oliver Eagle, Marlon Gasparotto, Michael Gunning, Katie Irving, Patricia Ogunfeibo, Peter Sutherland, Liesje van der Velde and Lauren and Rebecca Walton.

*Please send any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by 27/10/08 for the November issue.*

**September 2008 Issue**