

OUR CLUB! ISSUE 7: SEPTEMBER 2009



Welcome to the latest issue of "OUR CLUB" - the newsletter by and for Beckenham SC. An excellent bumper round-up of all that has been happening over the summer and lots of other stuff too! Don't forget you can be involved - send me bits and pieces about swimming, other sports or ideas. Contact me via john@hamo6055.plus.com or 020 8857 4977; I am looking forward very much to hearing from you.

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Nationals; Welsh Summer Nationals; photo caption decision; 'Ten things you did not know about Georgia Phillips, the T Bag/polo shirt challenge and the suit debate....a new twist?

THE NATIONALS 2009



Michael Gunning's Nationals

It doesn't seem long ago since I was at Sheffield at my first Nationals waiting for my final in the bagcats in 2007. Now I was in the Youth Nationals in 2009 racing against the *big boys!*

Building up to Nationals I was fairly worried about how I would swim at the meet, because throughout the year I was very ill and I had to miss a lot of training and when I got ill 8 weeks before, it was 'touch and go' whether I would even make Nationals and this was a real concern for me. I was hoping that I would be well enough to attend Nationals and I really wanted to do well so I stayed positive and I persevered in my training and Nationals turned out to be a great meet for me.

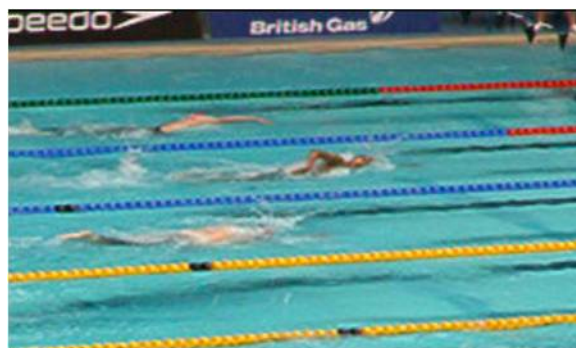
I was out of age this year and I had no pressure on my shoulders. In most of my heats I was racing against people that were 3 years older than me, but I just held my head high and stayed confident.

I got PBs in most of my events and I just missed out on the final on my 200M butterfly. I was really pleased with all my swims but my most outstanding performance was the 1500m freestyle. I swam this race, near the end of the meet, but towards the end of the race, I got very tired, but I still gave the event everything I had. Going into this event, I had a time of 16.53, and I was in a heat with an 18 year old boy. This slightly did put me off, but when I dived in and swam the race, I was chuffed with how I swam. I came 2nd to him by one second and I had done a BIG PB!!! I came 10th in the 15/16 years and in my age group; I came 6th with a time of 16.36.

The overall meet was good and I really enjoyed myself and I was really happy that I was able to compete at Nationals.



Getting ready!



Showing the way!

Many thanks Michael - and congratulations on your achievements and your PMA (positive mental attitude)!

AGE GROUP CHAMPS

Leah Casey and Marlon Gasparotto flew the flag for BSC this year; some of last year's qualifiers having moved up to the Youth section of the Championships.

Here are Marlon Gasparotto's thoughts and experiences -

" For me it all started in last December at the Bath meet where I had achieved my first 3 national qualification times; the 400 IM, the 200M IM, and the 200M fly. My hard work had paid off in getting my national times. I then achieved my fourth individual national time at the Burns meet at Ponds Forge.

This year, the 13 year old national age group was at it strongest for 20 years, therefore making it even harder to get into the finals. I was the only swimmer from London to get into the final for the 400M IM, making me the fastest swimmer in London for that event.



Rank	Swimmer Name	Club	Time
1	Billy Luba	UBC	0:0
2	Verling Christopher	BALM	
3	Gasparotto Marlon	BEEL	
4	Austin Cameron	PRIN	
5	Hughes Caleb	MBST	
6	Mirrean Fraser	BARN	
7	Szaranki Mark	ECCX	
8	Gay James	NLM	
9	Cook Marcus	DEEA	
10	Laing Ewan	BRS	

The scoreboard!



Waiting for the whistle...

I don't think about my competitors, I just think about my own race. As long as I have done a good PB, I have done my best. It is an achievement in itself to even make the nationals. I have already achieved the 14 year old national qualification times for the 200M IM and 400M IM for next years national. I have also been chosen by the ASA to go on a talent camp which will be divided into 3 separate days, and am really looking forward to it!"

Marlon Gasparotto

WELSH SUMMER NATIONALS 2009

Nofio Cymru



Swim Wales

National Pool, Swansea

A goodly contingent of swimmers from a number of BSC's squads descended upon Swansea for the *Welsh Summer Nationals* meet. Building on the success of last year's trip to Wales, once again prepped by Patricia Ogunfeibo, whose unerring attention to detail ensured our entries got in, and help regarding University accommodation from John Handley, enabled us to be part of what turned out to be an extremely successful meet for the Club.

Say "cheese".....whose fingers are those behind Olivia?



The pool was pretty full on the Wednesday night before the competition with a number of squads having booked lanes for their swimmers...undeterred a group of BSC swimmers commandeered a lane as public swimmers (does this ring a bell?) and were accompanied by some groupies in the shape of three Mums and a Dad! Getting to know the pool and where things are, what you need for lockers etc is always a good idea and the swimmers and 'hangers on' enjoyed their session!

The majority of swimmers and parents chose to stay in the University, and this year we had newly refurbished rooms with en-suite showers and good sized kitchens which came in very handy on the night of the cooking extravaganza organised by Linda Deane and team - to say nothing of the selection of wines and other non-alcoholic beverages provided too.

A real highlight of the meet, which along with our Saturday night outdoor meal at a local pub, enabled us all to have a fun time together and created an even greater camaraderie.

The Fun things...the group meals.....Harold (where is my key?) Pearson, Kunmi (I got the voice!) Ogunfeibo (shortly to be on YouTube - a short iPod induced sing-along - only kidding Kunmi!).....Pat "Go Lani Go" Davies and his exhortations to all swimmers to do the same, causing a very hoarse voice at the end of very long day! Shepherding of swimmers expertly by Mark Brown and Fiona Gorman....parading on to The Proclaimers and being the starter for a session (Hilary)....

Tucking in after Saturday's sessions -



'Smiler' Allan James (his new Welsh name) tucks in, too!

The interesting bits - award for the worst dressed member of the team during a fire alarm goes to...Hilary Moore (thank the Lord no photos!) at 9.30pm one evening...OK she went to bed early with trusty car manual (sad case!)...the revenge somewhat spookily of the curse of Block 5....it had to be checked and worked on immediately after Gabriel Dada left it for his 100M free (this story will run and run!)...the Roberts travelling for five hours to get there, and being greeted as they got to their rooms with a fire alarm (we had three - but only one at night and one we were at the pool for!); James Allan pondering on sharing a room with Mum...and the relief when this did not happen as rooms were changed! Pat Davies being woken by sea-gulls at 4am - must have known your room Pat!

The fab bits - two age group record holders - Olivia Handley 200M fly, and Kunmi Ogunfeibo 100M back; huge numbers of PBs and many by some margin; finalists and medallists; hearing "Beckenham" announced for finals and final heats;



Silvers for the girls' free and medley team; official suitably impressed?

Superb solo rendition of the Welsh national Anthem sung at the last final session - enough to make the hairs stand up on the back of your neck; BSC helping as officials (John Handley, Hilary Moore, Fiona Pearson and Catherine Simpson) team managers and poolside support - Catherine, Pat Davies, David "faster, faster" Dada, Fiona; volunteer helpers, Mark Brown, Patricia, Pat Roberts (in and out of that results room like a fiddler's elbow!) and Fiona and others and not forgetting the massive vocal support from all parents. **BSC was there!!!**

Some notes from Patricia about the last day of the competition-

"Day 4

Fighting off the inevitable tiredness that a 4 day meet would bring, the swimmers turned up at the Swansea pool once more. Jack made the finals in the 200 Fly, Harold in the 100 Breast, Kunmi and Olivia in the 200 Free, Hannah in the 100 Free - Gabriel made 1st Reserve in the Boys' event; and then secured a definite finals place in the 200 Back; Sophie and Olivia also made the finals in the 200 Fly. In finishing the penultimate session of the meet, Kunmi secured a bronze medal in the HDW 400 IM event, Harold finished 8th, and James finished 6th - all in their respective age groups.

Day 4 Finals results:

- 15-16 Boys' 200 Fly - Jack, 3rd
- 10 -12 Boys' 100 Breast - Harold, 8th
- 10 -12 Boys' 200 Free - Kunmi, 3rd
- 14 - 15 Girls' 100 Free - Hannah, 5th
- 15 - 16 Boys' 200 Back - Gabriel, 5th
- 12-13 Girls' 200 Fly - Olivia, 1st (new meet record)

The relay events of the day were again swam as straight finals, and Lauren, Lani, Sophie and Dolly, again did the team proud in the 4 x 50 Medley event to secure our last medal of the meet, a silver.

Well done to all the swimmers and to all the parents who, without exception, did the club proud!"

After getting the gold medal and record, Olivia Handley's first comment to Mum was not connected with the swim, the medal, the time...but a reminder of a foolish throw-away comment about a particular store visit should she do well...so it was, "So, is there a Hollister in Wales?"

Swimmers were in alphabetical order: -

Boys- James Allan, Jack Brown, Gabriel Dada, Robert Deane, Mark Handley, Henry Knight, Kunmi Ogunfeibo and Harold Pearson

Girls- Lani Davies, Marie Deane, Olivia Handley, Emily McClymont, Dolly Myers, Lauren Roberts, Sophie Simpson and Hannah Vigors.

Full results are on www.welshasa.co.uk and click on 'summer national championships'. Thanks to all contributors, Patricia Ogunfeibo, Linda and Robert Deane, Olivia Handley amongst others.

THE BECKENHAM SC T-BAG/POLO SHIRT CHALLENGE!

Well, who are these two BSC swimmers with their tops? Somewhere in the Egyptian desert near the Red Sea? Prize on way, both...!



THE CAPTION COMPETITION

The decision! The photo of Rebecca Walton at the London games at a medal ceremony prompted a few interesting captions...the winning one will be selected by readers with Rebecca having the final say. A small prize will then be winging its way to the winner!



Who is that guy - I can't keep smiling like this for ever!
I can't get through the wall -so stop pushing me!
Next time don't say cheese!
God, I hope this doesn't get on Facebook!

THE SUIT DEBATE!

Reproduced from an article in *THE GUARDIAN*, 1/8/09 written by Simon Burnton, and reproduced here with his personal agreement.



American swimmer Ricky Berens reveals more than his talents at the world championships in Rome, thanks to his polyurethane suit. Photograph: Michael Sohn/AP.

"Sport is all about action. It is also about competition and rivalry, technique and speed, dedication and timing. And some other things. But most of all, it is about action. It is not about friendlies and press conferences and transfer requests. It is about the search for the moment. So it is always annoying when some apparently irrelevant irritant crops up to stop you from enjoying that action.

Last August, in the final days of football's close season, the Olympics arrived. An orgy of action. And the opening week was all about the [swimming](#). In those days, when I needed it - or anything else to be honest - swimming was good to me. And this summer, with similarly sublime timing, it was coming back. And I was ready.

It, however, was not. It was not ready at all. It was busy squabbling over swimsuits.

I wasn't so concerned as they dominated the build-up to the swimming world championships. The Olympics were brilliant, but they had dominated the build-up to that too. Sadly, while they became a side-issue in Beijing, in Rome the suits have covered the entire event in some kind of figurative interest-repellant polyurethane membrane. The technology might aid buoyancy, but since its invention the sport's reputation has done nothing but sink.

It's been a frustrating time for everyone involved, including those whose involvement was limited to sitting on a sofa in London hoping to watch eight people jump into a pool at the same time, swim to the other end and then graciously congratulate whoever got there first.

Last Sunday, America's Ricky Berens bent down for a pre-race stretch and felt his suit split wide open along his backside, and he was not the only swimmer so embarrassed. "I felt like I was putting on a pretty good show," he said after his swimsuit, and his entire sport, came apart at the seams.

FINA, the governing body for diving, swimming and all things wet, found itself in the deep end. And they were doing a deeply unconvincing doggy paddle. They banned the suits. They unbanned them. They re-banned them. They watched in horror as their sport's icon, Michael Phelps, was beaten by a previously unknown German so supercharged he might as well have been sporting an outboard motor.

Over the years, as science has advanced, so have swimming costumes. But it's disappointing the boffins in charge have got excited by just half of their job description, becoming so obsessed by the object's first word that they have forgotten the second. As a result these products are now unbeatable when it comes to swimming - but as costumes, they're useless. We love costumes.

The first book of the Old Testament has Adam and Eve donning novelty fig-leaf outerwear and Jacob dressing up in sheepskin to pass himself off as Esau, and we've been at it ever since. But this is a new low. If you see someone in a swimming costume, it is immediately obvious that they're going swimming. It doesn't fool anybody. And they're not even colourful - aside from a handful in eye-catching tones, they are almost all black. If someone turned up at a fancy dress party in one of these, you'd assume they had come dressed as boredom.

The secret of the new-generation costumes' success is that they cover the entire body, and they are waterproof. In other words, swimmers no longer get wet. If they don't get wet, they are basically just running horizontally. It is barely swimming at all. That being the case, maybe we should dump the first word entirely, or at least split the two. Instead of wearing swimming costumes, our champions could go swimming in costume. It would become, quite literally, a carnival of sport. The athletes might complain about dedicating their lives to the perfection of their art only to be judged, ultimately, by what they are wearing - but then they're doing that already".

Interesting thoughts and the 'suit debate' continues apace.....!

TEN THINGS YOU DID NOT KNOW ABOUT GEORGIA PHILLIPS, our Senior Female Captain (Swimming)

_Favourite Film - Oh Brother where art thou?



Food - Sushi

Music - A bit of everything!



Football club (other sport) - Athletics
(any excuse to get him in - Ed!)

Mr Bolt....!

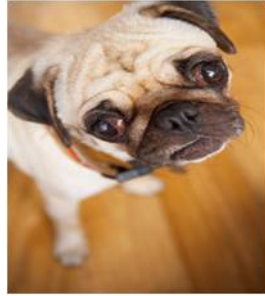


Particular pet hates - People sniffing all the time
need a tissue - Ed!

(they

Motto or chant - I do not have one

Cat or Dog I likes both cat and dog, but would prefer a dog



First swim medal - Orpington Novices gala; I can't remember what stroke!!

Likes and dislikes about swim meets/gala - like seeing friends from other clubs,



but I can't stand the heat on pool side!!!!

Thanks to Georgia for her ten things.....and to her mum for sending them on!

REMINDER - DATE FOR DIARY

London Swimming's annual conference will now take place on **13th September 2009** at St Paul's School, Lonsdale Road, SW13. This event was cancelled at the last minute, and the organisers promise a number of workshops and master classes on the day. Details and booking form is available on the London Swimming web-site - www.londonswimming.org.

Thanks to the following contributors - Michael Gunning, Georgia Phillips, Patricia Ogunfeibo and the Welsh Summer Nationals 'team' and Marlon Gasparotto.

DON'T FORGET YOUR T-BAG/POLO SHIRT PHOTOS ENTRIES!!

Next issue - resumption of the White Horse League, Kent Junior League, National League, Opens and much more! *Please send any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by 28/10/09 for the November, 2009 issue.*

September 2009 Issue