



camden  
swiss cottage  
swimming

# NEWSLETTER

CSCSC SQUAD CATCH UP

DECEMBER 2015

## Winter Wonderland

Camden Swiss Cottage swimmers put in some impressive performances at the London Swimming Winter Championships, held at the London Aquatics Centre converted to a 25m pool. The ultimate aim of the swimmers participating was to make the tough qualifying times for the Winter Nationals in late December.

Maddie Hookway's form continued to impress as she finished the weekend with 6 individual medals. She took victory in the junior 200m breaststroke, adding to bronze in the open category. Maddie's heat time was 2.41.34 was a PB, but she stepped up in the final to smash this by a further 4 seconds, touching in 2.37.26. In the shorter 100m event, Maddie sprinted to bronze in the open category in 1.13.12, taking silver in the junior section and once again swimming PBs in both the heat and the final.

Not content with being a breaststroke expert, Maddie also showed her all-round versatility with a bronze in the 200m IM, moving to silver position in the juniors. Maddie swam two best times in this event too – 2.24.05 and 2.22.74.

Alex Borisov (14) took bronze in the junior 200m breaststroke with two years still to swim in the age group. His final time of 2.29.59 saw him dip below 2.30 for the first time. Alex also finished 7<sup>th</sup> in the 400m IM with a 20 second improvement on his best time!



## Seasons Greetings!

Wishing everyone  
a happy festive season  
and a happy, healthy, peaceful  
(and fast!)  
2016

Check out the Christmas  
timetable on the website

Next meet:  
BWFSC New Year Meet  
3<sup>rd</sup> January 2016

Cont.

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James Slade (17) raced a busy programme, finishing the meet with a clutch of PBs. He touched in bronze position in the final of the 200m IM (PB of 2.07.58), 7<sup>th</sup> in the 100m butterfly (PB of 58.49) and 8<sup>th</sup> in the 50m free (24.29).

Stanley Ramsay took bronze in the junior 200m backstroke in 2.09.82 and also finished third on the podium in the 200m freestyle in a new best of 1.57.83, breaking the 2 minute barrier for the first time.

Making finals and finishing in the region's top 10 were Indigo Mathews, Isobel Moffatt, Anne Tavierne, Matthew Clarkson, Alexander Kapanadze, George Kapanadze and Alex Panteli.



### STOP PRESS! STOP PRESS! JAMES SLADE MAKES FIRST SENIOR NATIONAL FINAL

A team of Camden Swiss Cottage's very best (including, pictured from left to right Stanley Ramsay, Natalia Kaczmarkczyk, Anne Tavierne, Alex Lezard and James Slade) travelled to the Winter Nationals at Ponds Forge, Sheffield, held on the weekend before Christmas. At the time of writing, James had just made his first ever Senior National final appearance, finishing 8<sup>th</sup> in the B Final of the 200m IM.



Lucy Ogilvie and Christopher Hopton

## Masters Corner

Around 50 members of the Masters Squad celebrated the end of 2015 with an awards evening at The Stag pub in Fleet Road on 12<sup>th</sup> December. The evening recognised the outstanding achievements of the squad over the past 12 months.

The winner of the Male Swimmer of the Year was Christopher Hopton, with Lucy Ogilvie taking the Female title, both winning for their outstanding competitive performances over the year. Newcomer of the Year went to Alex McLoughlin and the Harry Oppenheim Award for a Lane 4 swimmer went to Naoko Fader.

In addition, Elizabeth Knowles was the well-deserved recipient of the Masters Member of the Year

## LEAH BRINGS HOME THE BLING AT THE NATIONAL PARA-SWIMMING CHAMPIONSHIPS



Camden Swiss Cottage's Leah O'Connell (13) did our club proud at the National Para-Swimming Championships held at the Manchester Aquatics Centre, achieving a brilliant medal tally of three golds and one silver medal.

Racing in the 10-13 years category, Leah achieved golds in the 100m breaststroke (SB7 category), 100m freestyle (S8) and 100m backstroke (S8); and silver in the 100m freestyle (S8).

Leah trains 3 times a week with Michelle in the Gold Squad. She also swims two times a month with the London Disability Swim Club at the London Aquatics Centre. In addition, Leah trains with Highgate Harriers Running Club once a week to help with her strength.

Leah began swimming as a form of physiotherapy and joined our club at Stage 7. She then started with Bronze Squad 18 months ago.

Says Leah's mother, Bianca Mogan: "This was Leah's first time at the Nationals. Her best events are 50m breaststroke and 50m backstroke, but as these races were not offered there for her classification it was really great to see her do so well in other events."

On the back of her performances, Leah has now been put on the spotlight programme for 2016 by England Para-Swimming Talent ID.

Congratulations Leah!



## TAMIR TAKES A NATIONAL TITLE AND SWIMS AT EURO CHAMPS

Tamir Gonen-Cohen completed a busy December schedule to finish the year with a new National title and the experience of racing at a world class meet.

Butterfly specialist Tamir, who now swims and studies in Plymouth but trains with us when she is home, won her first Israeli Nationals Short Course title (pictured top), claiming victory in the Open 100m butterfly in 1.01.66, as well as taking silver in the longer 200m event in 2.15.84.

The National Championships followed on from the European Short Course Championships. The 18<sup>th</sup> European 25m competition took place in Tamir's national team's home pool at Netanya. Her times at her first senior meet of this level there were 1.01.88 and 2.15.86.

# CONGRATULATIONS!

Congratulations to Sue Sellar, mum of Hugh and Jocelyn, who qualified as an ASA J1 Judge at the Harrow Christmas Cracker meet.

We'd like to thank Sue for all the time she has put into gaining the qualification – and we look forward to more Camden Swiss Cottage officials joining her soon.

## SWIMMERS IMPRESS AT AQUAE SULIS MEET

Camden Swiss Cottage swimmers put in one of the best overall team performances of recent years at the Aquae Sulis Grand Prix at Bristol. Countless personal best times were smashed by almost everyone and Matt commended the swimmers' exemplary commitment and behavior poolside.

For Matt, one of the standout performances of the meet was James Slade's gold medal 200m IM swim, in a time of 2.04.82. His time represented a 5 second improvement in around 6 weeks, which at James's elite level is almost unheard of. It also sets him well inside the qualifying mark for this December's Winter Nationals. James also powered to a bronze in the 200m free in 1.54.73, bettering his previous mark by 2 seconds.

Ella McEver (10) had a brilliant meet clocking 9 PB times. Ella claimed gold in the 50m fly (37.73), 100m IM (1.21.18), 200m IM (2.55.98) and 200m breaststroke (3.11.93), with her 200m breaststroke time ranking her within the top 10 in the country for her age. Ella also touched for silver in the 50m backstroke (37.21), 50m breaststroke (42.31), 100m breaststroke (1.32.60) and 100m fly (1.27.60).

Anne Taverne (14) sprinted to gold in the 100m freestyle (57.92) in a Winter Nationals time, the 100m backstroke (1.05.88) and the 200m backstroke (2.19.80). Anne also took silver in the 200m free in a new best mark of 2.05.05.

Alexander Kapanadze (17) claimed gold in the 400m IM in 4.38.45, a 9 second improvement on his entry time. He also took bronze in the 200m fly in 2.12.32. Brother George (18) also claimed gold in the Open 400m IM in 4.37.22, similarly 9 seconds faster than his entry time, going one better than Alexander to take silver in the Open 200m fly in 2.09.45.

Brandon Biss (10) took silver in the 200m IM (2.59.79) taking 16 seconds off his entry standard, silver in the 200m back (2.46.92) and bronze in both the 50m (37.12) and 100m backstroke (1.21.91).

Scarlet Bureau (10) swam a clean sweep of PB times across all her events, taking silver in the 100m back (1.27.95) and bronzes in the 50m free (34.11) and 200m back (3.09.17) in the process.

Yann Divet (11) continued his terrific form with great times across his 9 swims, touching in the silver medal position in the 50m back in an impressive 33.14.

Bronze medal winners were Max Quellman (9) in the 50m free (38.31), Natalia Kaczmarczyk (15) in the 100m free in a PB (and Winter Nationals time) of 57.87 and Isobel Moffatt (17) in the 50m fly (29.05)

There were far too many best time swims to list, but special mentions go to Graham Brantley (15) taking more than a second and a half off his 100m freestyle time, clocking 55.91, and to Tomas Chu (14) for breaking the minute barrier for the first time in the 100m free (59.77) from a previous best of 1.03.17.

Well done to all on an outstanding weekend's swimming.

## CAMDEN SWISS COTTAGE SHOW GREAT TEAM SPIRIT IN ARENA LEAGUE LONDON FINAL

Camden Swiss Cottage swimmers displayed great team spirit and held their nerve well under pressure at the London Premier Division Final of the National Arena Swimming League. Held at a packed Woodside Leisure Centre in Watford before a vocal and enthusiastic crowd, the competition was fierce with Camden finishing a creditable 7th overall in the League for 2015.



Camden Swiss Cottage Lauren Brantley (13) was one of Camden's standout performers, racing to two second place finishes in close succession in the girls 13 and under 100m butterfly and 100m freestyle. Alexis Lambropoulos (11) also touched in second place in the girls 11 and under 50m butterfly as did Maddie Hookway (16) in the Ladies Open 100m breaststroke.

Gabriele Giavannoni (11) sprinted hard to take third spot in the boys 11 and under 50m backstroke with Alex Chen (11) finishing in the same position in the boys 11 and under 50m breaststroke. Katie Ambridge powered to another third in the Ladies Open 100m butterfly and James Slade continued to make valuable points for the club also touching third in the 200m Individual Medley.

The girls 11 and under 4 x 50m medley relay swam well together to take a second place finish, with the 11 and under boys quartet coming in third in their race.

A number of Camden Swiss Cottage swimmers also produced Personal Best Times, finishing outside of the top three but still taking valuable points on the night.

Said Head Coach Matt: 'The opposition in the Arena League at this level is incredibly tough and the swimmers raced exceptionally hard. I was really pleased with how well the team supported each other, especially as we have a number of less experienced swimmers. As we head towards the County Championships in January I am really pleased with how well we are progressing.'

### UPCOMING FIXTURES

#### BWFSC New Year Meet

3 January 2016 Level 3  
London Aquatic Centre

#### Barnet Novices Meet

10 January 2016 Level 3  
Barnet Copthall Sports Centre

#### Middlesex County Youth and Age Groups

23 January – 7 February 2016 Level 2  
Barnet Copthall Sports Centre

#### Ealing February Open

27 – 28 February 2016 Level 3  
Northolt Leisure Centre

#### Harrow Regional Qualifier Meet

5 – 6 March 2016 Level 3  
Barnet Copthall Sports Centre