



camden  
swiss cottage  
swimming

# NEWSLETTER

JULY 2017

## Youngsters celebrate M11 Junior League success!

For the first time ever Camden Swiss Cottage entered two teams in the National Junior Swimming League (M11), the team competition for swimmers aged 9 to 12. The A team (right) performed brilliantly to win the league outright, while showing our really great strength in depth, the B team (below) also raced exceptionally well to finish third in their final round gala in division two with 273 points.

The A team will now head to the Southern Area Final, and with it the chance to win a place in the National Junior League Final. They finished the third round with a total 294 points, beating runners up City of Cambridge on 274 and Barnet Cophthall on 268.



*Our M11 champions 2017!*



*Camden Swiss Cottage's young stars having fun at Southend.*

Many of our B team swimmers (left) were racing in a team event for the first time. They completed their three rounds at Clements Hall Leisure Centre near Southend. Our winners here were Jiatun Sun (9), Melina Tsakou (9), Saphir Pasheli (9), Lila Byass (10) and Oladele Kole (10), Lillian Sparks (12) plus the 9 year old medley and freestyle relay quartets comprising Jiatan Sun, Maria Gordienko, Melina Tsakou and Emily Heese.



**12 year old M11 swimmer Antoine Divet gives us his swimmer's eye view of the final round:**

'On Sunday 25<sup>th</sup> June we competed in the third and final round of M11 Junior Swimming League. Our meeting point was at the Swiss Cottage Leisure Centre at 11:45am, which was closed because of the evacuation of the Chalcot Estate. TV cameras were on site, but not for us! The whole A team took the bus together with Gerry and Irina Markov, our Team Manager. Scott and Kylie joined us in Barnet.

The Barnet pool was crowded and the atmosphere was competitive (third round points are worth double!) but fun. Our main competitors were Barnet Cophall themselves and City of Cambridge. We were lucky to have many Camden parents supporting our team and waving flags. The coaches gave us club tattoos to put on our body. Many of us love them so much we don't want to put soap on them in the shower!

M11 is a great team competition because it includes relays, with the last one being a cannon, a combination of boys and girls swimming 1 lane of front crawl. I swam the fourth leg of the 12 years freestyle relay - we were lucky to win!

After hours of stress and exhaustion, the results appeared: Camden Swiss Cottage had won! We then took lots of memorable photos on the poolside. Some swimmers were disappointed when they learned they couldn't push the coaches in the pool, at the risk of getting disqualified. I think it was just an excuse because 2 years ago we pushed Michelle into the water and weren't removed from the competition!

Our coaches then distributed our well-deserved medals, and we held the trophy up high! We were delighted – the whole team performed brilliantly. Thanks to everyone who supported us.'

*Antoine Divet*

As ever, your child would not be able to compete in these galas without the support of a huge number of volunteers. Each club must provide officials for every round. If you enjoyed the M11 galas, and want your child to be able to compete again next year, please contact [Robin Brantley](mailto:Robin.Brantley@camdenswimming.co.uk) at [volunteer@camdenswimming.co.uk](mailto:volunteer@camdenswimming.co.uk) to find out how you can help.



*Celebrating Camden Swiss Cottage's M11 victory at Barnet, with our winning trophy, are Assistant Head Coach Gerry Gillespie with, from left to right, Jonny Cullinane, Nick Finch, Leonardo Brero, Nikita Markov and Garance Ferera.*

The coaches of both teams were really impressed by each and every swimmer.

Says Assistant Head Coach Gerry Gillespie: "We approached our final gala in a very positive mood and with a near full strength team we felt optimistic going in.

The swimmers all stepped up their performance for the occasion with many producing season's best performances. At the half way point we had a good points lead over the opposition, but knew that they would be strong in the second half of the meet. We needed a big team effort – and our swimmers didn't disappoint. It was a wonderful moment when the results were announced!"

Says Michelle McCarthy: "I hope our swimmers saw that their great performances in the M11 really showed how much their hard work has paid off.

All the coaches would like to thank every swimmer who competed for us this year and who all showed great team spirit. We'd also like to thank all the team managers and officials from our club for giving up their time to make sure we could race."

## Camden swimmers make a run for it at London Youth Games Aquathlon

Camden Swiss Cottage swimmers were out in force at the recent London Youth Games, both in the swimming and aquathlon events, held at Crystal Palace on the weekend of 8<sup>th</sup> and 9<sup>th</sup> July. In the aquathlon our swimmers, representing a cross-section of boroughs of the capital, raced between 200m and 400m in the pool before running between 1km and 3km.

Our most successful performance came from SAGS swimmer Yann Divet who took gold in the Year 9 Boys event for the London Borough of Camden, with a 300m swim in 3.56.00 and a 2km run in 7.19.70.

Pictured from left to right are Amir Castronovo, Drew Dill, Danny Markov, Yann Divet, Maxine Huang and Annelise O'Connell. Also competing were Sian Tilbury, Scarlet Bureau and Mika Fitzpatrick-Suen.



## Masters' Corner

A select group of Camden Swiss Cottage masters travelled to Norfolk in May to compete in the Norfolk Masters Long Course Meet and came home with fantastic tally of 13 golds and four silvers between them. Karen Bellas won six golds, Fiona Kinsella four golds and two silvers and Nuala Muir-Cochrane three golds and two silvers. This very friendly meet, held in a great 50m pool in Norwich is highly recommended by all those who have taken part over the years.

A month later, seven of our intrepid masters (Elizabeth Knowles, Nuala Muir-Cochrane, Hilary Johnson, Sheryl Slater, Andrew Russell, Martin Woodhams and Paul Brockway), took part in the Henley Classic in June.

This is a 2.1 km endurance upstream River Thames swimming event, held over the Henley Royal Regatta course, very early on the Sunday morning. A key feature of the event is that you arrive in darkness and walk the 1/4 of a mile to the start into the sunrise. They all had great swims and there were podium finishes for Hilary Johnson (36.16, 1st in Masters women 55+), Nuala Muir-Cochrane (32.41, 2nd women Traditional (non wetsuit)) and Sheryl Slater (33.18, 3rd Masters women 45-54). In the next issue we will have results from the Brighton Pier to Pier, Barnet Distance Meet and Barnet Sprints. Good luck to all those who are taking part!

Do check the website for all forthcoming masters events – it would be great to see more of our masters competing. Next up is the Barnet Sprints on 3 September. It's a fun event to kick start the season and is only up the road in Barnet Copthall. Usually we have a good Camden Swiss Cottage presence at this meet and it's also nice to catch up with everyone after the summer holidays. The closing date for entries is 22<sup>nd</sup> August.

As Masters' Reps, Fiona Kinsella and Zorika Adams are your point of contact with the CSCSC Committee Squad Rep, currently Ann-Marie Halsted who is also the Club chair. If you have any questions, queries or issues of any sort, please feel free to contact either Fiona or Zorika at any time. You can speak with them at the pool or ask in the office for their contact details.



*Some of the Camden Swiss Cottage Masters at the Henley Classic race.*

# SWIMMERS MAKE A SPLASH AT NOVICES CLUB CHAMPS!

Our Novices Club Championships were held this year on Sunday 18<sup>th</sup> June at the Camden Swiss Cottage Leisure Centre.



The event featured 50m in all strokes, plus the chance to try them all in one go with a 100m individual medley! We had a great turnout from swimmers in our Club and Development Squads, and the meet provided many with the chance to race for the first time in a familiar environment, plus get those all-important times on the swimming rankings. We even had the Mayor of Camden, Richard Cotton, pop in to catch some of the action in the pool and present a few medals.



We would like to thank all those parents who stepped up, both technical and non-technical, to ensure the meet could run and that the times could be officially recorded.

Says Matt: "It was really good to see so many of our swimmers gain solid racing experience and also, just as importantly, to see so many happy faces."

We would also like to thank top squad swimmer Ally Larson for taking a wonderful set of photographs of the day which will also provide us with some great stock shots for our website.



# GREAT MEDAL HAUL AT REGIONALS



Camden Swiss Cottage swimmers put in some strong performances at the London Swimming Regional Youth and Age Group Championships, held over three weekends in May at the London Aquatics Centre and Crystal Palace.

Top medalist for the Swiss Cottage-based club was Alex Borisov (16), who claimed four golds in the 200m breaststroke, 200m butterfly and the 200m and 400m individual medley. Alex also added a silver medal to his collection in the 100m breaststroke.

Ella McEver (12) claimed a clean sweep in her breaststroke events taking three golds in the 50m, 100m and 200m events. Ella also added a silver in the 400m individual medley and bronze in the 200m butterfly.

Ally Larson (17) showed her all-round versatility to take double gold in the 200m and 400m Individual Medley (dipping under the five minute mark for the first time in the latter), adding a silver in the 100m butterfly and a bronze in the 50m butterfly.

Jackson Olin (15) powered to two wins in the 100m butterfly and 200m backstroke, also adding a silver medal in the 100m backstroke. James Slade (20) also added another gold to Camden's medal haul with a win in the 200m individual medley.

Brandon Biss (12) took silver medals in the 1500m freestyle and 200m backstroke and a bronze in the 100m backstroke. Lauren Brantley (15) won two silver medals in the 50m and 100m butterfly, while Benji Moore sprinted to silver in the 50m butterfly, also claiming bronzes in the 100m butterfly and 50m freestyle.

Amir Castronovo (14) raced to silver in the 100m breaststroke, touching for a bronze in the 200m event, with Julia Murphy (14) claiming a silver in the 100m freestyle and bronzes in the 50m freestyle and 100m backstroke.

Maddy Hookway (18) won a silver medal in the 100m breaststroke while William Chen (13) claimed bronzes in both the 50m and 100m backstroke

Rounding up the medal tally, Leo He (12) claimed bronze in the 50m butterfly as did Gabriele Giovanonni (13) in the 1500m freestyle, Alex Chen (13) in the 200m breaststroke and Ann Schmitt (17) in the 200m backstroke.

## UPCOMING FIXTURES



**British Summer Championships 2017**  
25<sup>th</sup> -30<sup>th</sup> July 2017, Level 1  
Ponds Forge, Sheffield

**Barnet Masters Sprint Meet**  
3<sup>rd</sup> September 2017  
Barnet Cophall Leisure Centre

**South East Masters**  
7<sup>th</sup> October 2017  
Guildford Spectrum Leisure Centre

**Swim England Summer Championships 2017**  
2<sup>nd</sup> – 6<sup>th</sup> August 2017, Level 1  
Ponds Forge, Sheffield

**East Region Masters & Seniors Championships**  
1<sup>st</sup> October 2017  
Newmarket Leisure Centre

**Middlesex Development Meet**  
14-15<sup>th</sup> October 2017, Level 3  
Southbury Road, Enfield