

# BROOMS NEWS



March/April 2009

Visit the club website at [www.broomfieldparksc.org.uk](http://www.broomfieldparksc.org.uk) for the latest club news

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## PRESIDENT'S PIECE

**Andy Crowfoot**



The Northern line Challenge is well and truly on and seems to be a great success already with more than 50 of you getting involved and training like mad! Good luck to all those that are attempting to get to Morden before the 22nd May. I must say a big thank you to Duncan and Deirdre for all of their hard work in getting the Challenge up and running.

During the past month Beth Robbins and Kelly Floyd took part in the Middlesex Bagcat Championships. The qualifying times for this competition are set very high so in just making the qualifying mark they have done extremely well and more than that they both managed to get into the top 8 places - so huge congratulations to both of them.

The time trial at the end of February was a great success with most of the development squad achieving the Broomfield Park Speed award which allows them to attend on Wednesdays. All of the Junior and Senior squads are also entitled to swim at this session at Southgate Pool between 8 and 9pm.

We are still looking for people to join the Parents Committee. It meets once every 4-6 weeks during the Junior squad session on either Monday or Thursday. The committee is primarily responsible for social events and fundraising and is a good chance to make friends and have a chat whilst the kids are swimming.

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## SWIMMING FEES

Summer term swimming fees are due before the beginning of May. PLEASE be prompt so that Sylvia doesn't have to keep coming up to QE or Southgate to chase up late payers. No change to fees this term.

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## CHIEF COACH

**Luke Dormer**

The Enfield Borough Championships report is elsewhere in this Brooms News. Special congratulations to our Borough Champions Beth Wilson (100m Fly), Joshua Rock (100m Backstroke), Kelly Floyd (50m Breaststroke), Carl Wyrwas (100m Fly and 50m Backstroke), and to our new Open gala swimmers Amy Applin, Ella Connick, Peter Jackman, Erwin Jahromi, Emily Lowe, Issy Mason and Mohammed Salem.

The Chief Coach award for swimmers of the term goes to Sorcha Jackman and Josh Rock.

You cannot have failed to notice our current fund raising event which takes the form of a tube line swim. We have well over 50 competitors all trying their hardest and training like mad to make it to Morden by the 22nd May. There will be prizes for swimmers from each squad who manage to get the furthest along the line - so don't worry if you're not going to make it all the way. All swimmers who reach Camden Town will be entered into a prize draw. Sponsorship forms will be handed out this week and we are hoping to raise as much money as possible which will be split between our Altenberge exchange funds and the Alzheimer's Society.

For the remaining part of the year, the committee is hoping to arrange a social event for everyone during the summer months and are also currently working on ideas for promoting the club to new swimmers. We are also considering a 'biathlon' event in the autumn.

The committee meets just once every month or so at QEGS pool, usually during a Monday evening club session. Please feel free to come along, everyone is welcome!

Look out for posters on the board.

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**GALAS**

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Last weekend a team of 28 Broomfield Park swimmers took part in the Borough 50/100 Metre Championships at Southbury Road, Enfield. In a hugely successful weekend for us we brought home 30 Medals in total - 12 Bronze, 13 Silver and 5 Gold. From swimmers competing for the first time right through to the usual and exciting duals between Carl and Josh - every swimmer put their best efforts into their races with most achieving personal best times. The full results are on the web site.

It made us really proud to see so many of our swimmers ranking right up there with bigger clubs. As always the team spirit was fantastic with all swimmers behaving well and encouraging their team mates on. The team all looked great in their club kit and were the envy of the other clubs with their new dolphin emblem stencil tattoos.

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**Swimming at QE next term**

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There are some changes to the sessions at QE from 20th April.

Most important, we now have sessions on Tuesday evenings from 6:45 to 8:45. Juniors, Seniors and Masters may use this for a one hour or two-hour training session. Additionally there will be one-hour sessions for the Development Squad (6:45 to 7:45) and for Adult Development swimmers (7:45 to 8:45). As this is a new session it will be kept under review for the first few weeks.

The Development Squad sessions on Monday and Friday will now run from 6:30 to 7:30 instead of 7:15. Junior and Senior/Masters sessions will start 15 minutes later than present.

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## **Easter Swimming**

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Swimming at QE finishes for the Easter holidays on SUNDAY 5th APRIL and restarts on SUNDAY 19th APRIL.

Teaching sessions finish on FRIDAY 3rd APRIL and restart on MONDAY 20th APRIL.

Southgate Wednesday sessions continue and are open to all Development Squad swimmers during the holiday period.

Junior, Senior and Masters swimmers may use the Wednesday sessions for two hours training.

### **Extra Possible Sessions open to all members**

We have found some time in Hatfield but we urgently need to know if any swimmers would be able to attend. This will be on a **first come first served basis**. Luke has emailed all the swimmers he can – if he does not have your email, contact him at [luke.bpsc@hotmail.co.uk](mailto:luke.bpsc@hotmail.co.uk) for details.

The dates and time would be 1:30 to 3:30pm on Monday 6th, Tuesday 7th, Tuesday 14th and Friday 17th April.

Note that we may only have 16 available spaces for the two hour sessions.

The dates and times may be subject to change.

We need your confirmation to proceed with a booking on behalf of the club. We look forward to hearing from you and hope that we can help you to maintain fitness and improve your technique over the two-week Easter Holidays.

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## **BIRTHDAY GREETINGS**

**Sylvia Burt**

**March birthdays:** Joshua Alford, Jemma Fossey, Ellie Hancock, Louis Wyrwas, Ella Wyrwas, Louis Taylor, Max Metcalfe, Charlie Crowfoot, Emily Humphreys, Duncan Jackman, Tia Needham, Ciara Cooper, Katie Southam-Unwin, Tim Robbins, Jessica Corbett, Isolde Rees, Harriet Key, Hana Assadi, Cheyanne Elikwu, Tameem Somalya, Olivia Abadian, Oscar Browning, Liam Heighington, Megan Lockheart, Rishi Patel, Rose Scott, Joar Solvang and Kai Joseph.

**April birthdays:** Finnley Blake, Peter Jordan, Joshua Rock, Sam Bull, Linda Lingley, Oliver Pinkett, Rebecca Gibson, Nigel Birdsall, Beth Wilson, Sara Taklo, Eliot Roberts, Omar Salem, Kelly Floyd, Aine Campbell, Cecilia Abadian, Homam Limam, Lucy Georgiou, Carmen Hogg, Lisa Robbins, Elias Bull, Kara Teale, Andy Crowfoot, Mariam Shaheen, Alexander Nye-Matthews, Eleni Valianis and Bev Coyle.

Happy birthday to you all, from Sylvia.

**And a Happy Birthday to you Sylvia,** from everyone in the Club.

Club president Andy Crowfoot led a Broomfield Park team to the Bracknell Masters on March 7 and joined Jeremy Birch, David Copley and Nick Robbins in scooping well-earned bronze medals in a highly competitive 4x25m freestyle relay. The quartet clocked 54.60 seconds to finish third behind Acton and Camden Swiss Cottage.

Jeremy picked up a silver medal with a swift 28.27 in the 50m freestyle and fourth place in the 50m butterfly (32.42). Dave, who returned to competition at last November's Enfield Borough Masters after years away, breached the 30-second barrier in the 50m freestyle to finish sixth in 29.92. Andy, newly arrived in the 40-44 age group like Jez and Dave, ventured for the first time in many years into the 100m butterfly, feeling the strength-sapping toll on the last length for fifth spot in 1:26.83. Andy also claimed fourth places in the 100m breaststroke (1:31.58) and 200m individual medley (3:06.67) and fifth in the 100m IM (1:21.87). Nick, featuring in the 45-49 age group, took fourth in the 50m backstroke (40.33), seventh in the 100m IM (1:24.94) and eighth in the 50m freestyle (33.25).

I celebrated a European record at the same meet, clocking 2:41.64 in the 200m butterfly. It was the fifth-fastest time of my life and carved some 18 seconds from the British short-course record (2:59.62) and nearly 12 seconds from the European mark (2:53.52). It was more than seven seconds inside the listed world record (2:48.78) but I later learned that a 2:38.71 has been clocked since then. I was buoyed by fantastic vocal support from club-mates and other friends round the pool. I picked up another British record in the 50m butterfly with a 31.59 which broke the previous mark in the 65-69 age group of 32.01. A 2:59.47 in the concluding 200m individual medley made it four wins in four events. I've now been lucky enough to break all the British butterfly records in the age group this year, having taken the long-course 50m (31.61), 100m (1:12.14) and 200m (2:58.12) marks at the South East Region meet at the K2 pool in Crawley at the end of January and, before that, the 100m short-course (1:10.92) in Shrewsbury.

It is good to see Broomfield Park swimmers competing at a variety of Masters meets. How about having a go at the Middlesex event in Enfield (June 7) and the Barnet Copthall Distance meet on July 18/19? We're also looking for an increased Masters presence at our own club championships. These are to be held for the first time at Enfield's Southbury Road pool and are to include 50m sprints as well as the usual 100m events and above. There will be two sessions, one at the end of June and one at the beginning of July.