



# BROOMS NEWS



## July/August 2010

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**

Once again we have had a busy couple of months. Events during this time included a gala with our Borough friends Halliwick Penguins, the Biathlon and the club championships.

Hopefully you enjoyed the club championships, I think a good time was had by all and it was great to see some new swimmers competing. In future we may well run the event slightly differently in order to have adequate time to present Cups and medals. We are looking for your feedback on how we can improve the club champs. Please let us know if there was anything that you didn't understand especially if you entered for the first time - perhaps there were things that we could have made clearer? Please e-mail me: [president@broomfieldparksc.org.uk](mailto:president@broomfieldparksc.org.uk)

This summer we are joining forces with Griffins Swimming club to jointly run a summer swimming program. This coalition gives both clubs a chance to offer members a more extensive summer training schedule. Details are on the website and notice board at Q.E Girls and have been e-mailed out. If you have not received an e-mail please send your e-mail address to [membership@broomfieldparksc.org.uk](mailto:membership@broomfieldparksc.org.uk) and you will be added to the e-mail list. Details are on Page 4.

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### CLUB CHAMPIONSHIPS

With even more swimmers than last year, this year's Club Championships came up with some outstanding performances and one or two surprises. A total of 74 swimmers, including 14 Masters (including Ladies!) entered the 33 events, and again it was good to see many taking their first plunge into competitive swimming.

In the Senior section **Carl Wyrwas** swept the board, winning all seven events, including the 100m Butterfly, where Derek Parr surrendered the trophy for the first time in many years. The Ladies' trophies were shared much more evenly, with Helen McKibbin winning the 100m Breaststroke, Anne Upjohn the 100m Freestyle, and **Lindsey Bennister** the 400m Freestyle.

In the Junior section, **Kelly-Sarah Floyd** almost emulated Carl, just losing out in the 100m Butterfly to Sorcha Jackman, but taking the other six (100m Freestyle, Breaststroke and Backstroke, 200m Freestyle and IM, and 400m Freestyle) to win the Girls' award. **Charlie Crowfoot** took the Boys' cup, winning the 100m Backstroke, Breaststroke and Butterfly (in which he came in ahead of Carl), and the 200m Freestyle and IM, just edging out Louis Wyrwas.

Kelly comfortably took the Girl's age-group trophy, ahead of Sorcha, while **George Stewart** won the Boys' age-group trophy, just ahead of Louis.

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## Halliwick Penguins 60th Anniversary Gala

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We were very much honored to be invited to the Halliwick Penguins 60th Birthday gala on the 12th June. Of the 5 teams that took part we were the only able bodied club.

Halliwick Penguins was set up as the first swimming club for the disabled by James (Mac) McMillan, a local engineer and swimming teacher, and his wife Phyl. They conceived and developed the Halliwick Association of Swimming Therapy method, part therapy, part swimming teaching, and this concept of teaching swimmers with disabilities is followed by clubs for swimmers with disabilities all over the world. Its first members were girls from the Halliwick School in Southgate, and the club was based for many years at Arnos Pool. The lifts you see at Arnos, Southgate and Southbury Road pools, for lowering disabled swimmers into the water show the importance of Halliwick Penguins to Enfield swimming.

The gala was very different to our normal galas. All entrants had to submit an entry time. The start of the race was staggered in a handicap system with the intention that everyone should finish at more or less the same time. Some races had as many as 2 minutes between the start times of the swimmers making it a really exciting and fun way to compete. The swimmers closest to their entry time were the winners. There was also a diving competition.

Like us, Halliwick Penguins are a non-profit making club with charity status which relies on the help of a team of volunteers to run its training schedules. Halliwick would be grateful if anyone could spare a couple of hours on a Saturday between 3pm and 5pm to go along to Southgate pool to help out. Anyone from the age of 15 can go along and help, you do not need to be a qualified coach/teacher as they will show you what you need to do. It may also help towards your completion of your Duke of Edinburgh award scheme. Anybody interested please e-mail [president@broomfieldparksc.org.uk](mailto:president@broomfieldparksc.org.uk)

The Broomfield team comprised Duncan, Deidre, Sorcha and Peter Jackman, Nick, Lisa, Beth and Tim Robbins, Natalie Broadbent, Steve Ramsey, Molly Hopping, Andy, Charlie and Summer Crowfoot.

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## MASTERS SECTION

**Derek Parr**

Andy Crowfoot, Duncan Jackman and I flew the flag for Broomfield Park at the Middlesex Masters at Enfield's Southbury Leisure Centre on June 6.

Andy struck bronze in the 50m backstroke in an extremely competitive 40-44 years age group, touching in 37.45 seconds, his fastest time since the new suit laws were introduced. He had tuned up with a highly impressive PB in the 50m breaststroke, clocking 40.20 to finish fifth and maintained his upward trend for this year in the 50m butterfly (36.21) and 50m freestyle (31.48). Duncan, racing in the same age group as Andy, could also feel pleased with a good day's work. Duncan swam the 200m freestyle (3:07.99), 50m breaststroke (45.20), 100m individual medley (1:39.95) and 50m freestyle (34.85). Swimming in a far less competitive 65+ age group, sometimes with only one direct rival, I came away with gold in the 200m freestyle (2:44.68), 50m butterfly (33.68), 100m individual medley (1:27.84), 50m backstroke (43.88) and 50m freestyle (34.21), plus a silver in the 50m breaststroke (46.48).

Our trio, massively outnumbered by most of the other teams, finished ninth of 14 clubs among the men and 12th of 17 overall.

Two masters, Lindsey and Nick, took part in the Great East Swim on the 19<sup>th</sup> June at Alton Water just outside Ipswich. A lovely setting and would make a great day out.

But on the day the weather was very difficult, strong winds and bursts of rain – so much so the water had white capped waves and felt more like swimming in the sea. In fact after the elite swim the course was shorten from the planned 1 mile due to the difficult swimming conditions going into the head wind.

Even with the conditions both completed the event in very respectable times of 27 and 24 minutes and are planning to do it again next year,

There is also a 500m open water swim for the 11-16 year old, which is definitely worth considering for our Junior & Senior swimmers.

More details can be found at [www.greatswim.org](http://www.greatswim.org).

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## **Around The World in ... How Many Days ?**

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Almost 80 swimmers signed up for this year's event, a swimming version of Phileas Fogg's famous journey, scaled down naturally on a 1m:1Km basis (or 1m:4Km for development swimmers). With more exotic places to visit than stations on the Northern Line, swimmers responded with enthusiasm and commitment, and pride of place going to **George Stewart** for not just one, but two full circumnavigations on the senior scale, and Lewis Walters, Shane Steele, Megan and Sue Busby and Michael Andrews doing the same on the development scale.

Full Around the World honours to: Tessa Mason, Kelly-Sarah Floyd, Tim Robbins, Omar Salem, Molly & Jayne Hopping, Nick Robbins, Charlie Crowfoot, Mohammed Salem, Louis Wyrwas, SORCHA Jackman, Ella & Clare Harrington, Ross Mason, Peter Jackman, Andy Crowfoot Beth Robbins, Anna Banks, Isabel Mason, Molly Tonini, Leon Casling and Anne Upjohn on the senior circuit,

And to: Leonardo Pacini, Elena-Rose Constandinou, Brandon Boyd, Jake Keaney, Holly Greenwood, Lisa Robbins, Karen Wyrwas, Jane Crowfoot, Kusum Maini, Lucia Keaney, Ronan Murphy, Lindsey Taylor-Bennister, Connie Blamire and Jenny Murley.

For everyone else, there is still time to make it, or at least to get to somewhere worth stopping at, by the end of term.

To celebrate & mark the end of the event and most importantly present a cheque to **Noah's Ark Children's Hospice**, we are holding a small casual event at QE Girls School on Tuesday evening, 20th July.

The evening will start with a 'fun' swim for approx 1¼ hrs, then from 8:20 to 9:20 in the school canteen there will be the presentation of the cheque, a team photo, awards of a few prizes.

There are a number of medals and cups from the Club Championships, to be presented. It would be great to see everyone there especially those who have taken part.

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## **BIRTHDAY GREETINGS**

**Sylvia Burt**

**Birthday greetings for July to** Anna O'Brien, Clare Harrington, Douglas O'Connor, Elliott Browning, Georgina Smales, Iain Frenkiel, Isobel Stokoe, Jake Keaney, Jessica Levy, Lindsey Taylor-Bennister, Jasmine Leffman, Louis Pentecost, Marcus Gallo, Mariane Lingley, Martha Pentecost, Shannon Kelly, SMI Kadelburg, Stuart Shaw, Verity Dieter and Zak Husain Najand.

**Belated birthday greetings for June to** Amy Applin, Hannah Neighbour, Molly Hopping, Jo Lingley, Beth Robbins, Natasha Fardoust, Hannah Price, Katie Cronin, Ella Meyer, Athena Kashis, Tessa Mason, Karen Wyrwas, Caris Brett, Kezziah Tilley, Faye Carter, Florence Hughes, Katharine Hart, Emilia Pasciello, Oisín Andrews, Joseph Connick, Kobby Thomas, Jamie Fawkes, Adam Tonini, Duncan Jackman, Thomas Johnson, Alex Wilkinson and Allan Lingley.

**And advanced birthday greetings for August to** Alice Mason, Caitlin Sadler-Eve, Charlie Salmon, Courtney Clarke, Darryl Birch, Delphi Rees, Elena Constandinou, Frances Gallantine, Helen McKibbin, Ian Osborne, Isabelle Applin, Julia Haidar, Laurie Pearce, Maia Peacock, Max Cohen, Molly Hopping, Niamh Friel, Oliver Bryce, Olivia Solomon, Rebecca Hart, Richard Whatling, Sarah Johnson

**Happy birthday to you all from Sylvia.**

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## Club Biathlon

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On the 13th June we ran our first club Biathlon, which was a huge success and enjoyed by everyone who took part. So much so we will be running another one on Sunday 26th Sept i.e. within the first few weeks of the autumn term. It was great to see members from all squads including both Adult Dev and Masters taking part.

The event is handicapped and favours the runners slightly, so the Dev & Junior training groups should do well and it would be good to see more of you taking part. It is a 100m or 200m swim followed by a 1 or 2km run within the grounds of QE Girls.

This was followed by a social game of football and rounders. All in all a very enjoyable event and hopefully more members will take part in Sept.

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## SUMMER SWIMMING

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This year we have lined up great pools, more sessions at better times and all at better value. We have teamed up with Griffins Swimming Club to provide an opportunity to swim regularly throughout the summer. Both clubs will be sharing their different drills and coaching styles.

The cost will be a straightforward £3 a session for Mondays, Tuesdays, Thursdays and Fridays. Wednesday swimming is already included in your termly swimming fee. There is the opportunity to swim every weekday, for the five weeks over the summer from Monday 26th July through to Friday 27th August.

We will be using Southbury Rd (which many of you will know from galas) and QE Boys, both 25m/ 8 lane pools as well as Southgate. We will be sharing the pool with Griffins squads of the same standard. Our BPSC coaches will be present.

Do come along even just for the odd session – its open to **all** and we want as many swimmers as possible. Make sure you take note of which pool the session is at, and check your email to see our weekly reminder of session times and locations

Don't bring the £3 cash to the sessions; we will email you with the 'bill' based on attendance at the end of the 5 weeks. There is a **Live News Section** on our website news page at [www.broomfieldparksc.org.uk/news.html](http://www.broomfieldparksc.org.uk/news.html) Please check this section as we will be announcing any changes to the program and up to date information here first.

### Session times and squads

**Monday (QE Boys):** Development 6:30-7:30, Juniors and Seniors 6:30-8:00, Adult Development and Masters 8:00-9:00.

**Tuesdays (QE Boys):** Juniors and Seniors 6:45-8:00.

**Wednesdays (Southbury Road):** Juniors 8:00-9:00, Seniors 8:00-9:30.

**Wednesdays (Southgate):** Development 8:00-9:00, Masters, Adult Development and Club Swimmers 8:00-10:00 or 9:00-10:00.

**Thursdays (QE Boys):** Development and Juniors 6:30-7:30, Seniors 6:30-8:00.

**Fridays (Southgate):** Development and Juniors 7:00-8:00, Seniors and Masters 8:00-9:00.

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## TERM DATES AT QE GIRLS

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The last Learn to Swim sessions will be on **Friday 23rd July**. Anyone who cannot make their normal session may come along to one of the other sessions in that week.

Training sessions will finish on **Sunday 25th July**.

For details of summer holiday swimming see above.

Swimming will restart at QE Girls on **Sunday 5th September**, and Learn to Swim sessions will restart on **Monday 6th September**.