

BSC Swim News

Monday 17 October 2016

Year 2016/17 Issue 02



Birkenhead Swimming Club train every week at Leasowe Recreation Centre, Europa Pools and the Liverpool Aquatic Centre, Picton, (50m pool)



Best action to help the club—help it grow
Do you know any friends etc., who want to swim faster, invite them to come along!



Local Wirral Championships at Europa Pools, **all competitive members should enter.** All events and distances. Last chance for county qualifying times. See link below for dates, events and entry form, if this is a hardcopy see our [website](#).
<https://1drv.ms/w/s!AvOeMY7N9LCdiK9eddmu6vQFAEx00Q>

Club future Fixtures:

Dates to keep free.....

- * Oct 22/23 Liverpool & District Champs, Everton Park
- * 19/20, 26/27 Nov & 04 Dec Peninsular Champs—entries now being taken, all strokes & all distances. Closing date 11 Nov.

BSC Sessions altered or cancelled in next few weeks

Turns Workshop **Sat**
Europa (18 **29 Oct**
swimmers only) **14-**
16:00h

Europa & **Sat**
Leasowe ses- **05 Nov**
sions cancelled
Bonfire Night!

General News - Turns Workshop, Peninsular Championships 2016, Xmas Panto, Wirral Metro Xmas Meet, Hannah's sponsored swim

The club is running a starts and turns workshop on Saturday 29 October at Europa Pools. The tutor coming in to support this will be Ian Ingham, one of the coaches from City of Liverpool. We already have enough swimmers to make this viable and can take up to 18 swimmers. There is a cost for this special session which is currently set at £25, but this may fall if more apply as we only aim to break even on these workshops. The turns & starts covered in this first workshop will be freestyle and back-stroke, the other two strokes will be in a workshop in February. We will contact relevant members with an offer of a place, any queries to Cath Long or Sarah Wylde.

The Peninsular Championships will be held on 5 days, 19, 20, 27, 28 Nov and 04 Dec. These events are at Europa Pools (very local) and feature all events and distances competed at ASA county, regional and national championships. (and the Olympics). Europa is a fast pool because of its depth and structure. There are between 3 and 4 events per day at these galas so swimmers can effectively do as many as they wish to obtain a time. If you feel you might like to compete fill in the form and hand it in to Peter, Sarah or Cath. Not sure?, then discuss it with your coach.

[Entry form at this link](#)

<https://1drv.ms/w/s!AvOeMY7N9LCdiP9U-PKtOhe5yJ7ZXQ>

Some mums from the club are organizing a trip to the panto...oh yes they are!! Going on 08 Jan just before school starts and on the show's last night....

[Details at this link](#)

https://1drv.ms/w/s!AvOeMY7N9LCdiP9VGD_H6oQ0F4PV0w

Also coming soon, the Xmas Metro Meet, this is definitely your last chance locally to get a county qualifying time on 17/18 Dec so pick your races.....

[Details of meet](#) and [entry form](#)

<https://1drv.ms/w/s!AvOeMY7N9LCdiP9XUCIg0PUK-FAIRpw>

<https://1drv.ms/w/s!AvOeMY7N9LCdiP9WDa9ICp4SbNFu-kA>

KIDNEY RESEARCH UK

Hannah Hughes is swimming 10,000m in Leasowe on the 11th November to raise money for kidney research

You can help Hannah raise money for this great cause by donating directly to her fundraising page

[HERE](#)

Club wins Development All Clubs Gala on Sunday 09 October at Europa Pools, result in doubt until last few races.....

We have been competing in this development league for some years after we developed the format and encouraged other clubs to participate! All Wirral clubs were there (except Neston) with full strength teams. It is one of the few galas in which our team is selected purely for overall team performance with individual swimmers asked to do relays only and compete in events not their norm....

The format allows all swimmers to compete at a level appropriate to themselves and gradually improve without the risk of fully open competition. But enough about what it is, let's celebrate how well our swimmers performed.....

The [gala result](#) was:

Birkenhead	178
Woodchurch	169
Bebington	163
Hoylelake	146
Ellesmere Port	108
Wallasey	92

and with points from 6 to 1 available for each event you can see how close the result was! It was our consistency in placing high in almost every event that secured this win. The teams were heavily biased with younger swimmers from the club, promising even better performances in the future. The boys team was especially young with only two swimmers above the 11yo category.

The 11&u boys own age group and in the individual events a first place for Borys Rogala in the 50free. Toby Anderson with two events, a second place in the 50 back and a first in the 25 fly also recording a pb by almost a second. The final individual event of 50 breaststroke and it was Aiden Hughes remarkably improving his previous best by almost 2 seconds. The relays and one 1st, two 2nd and a 3rd place out of the six teams, that's what we mean by consistent performance!

The 13&u age group and Borys Rogala again on the 50 free and faster than in his own age group. Linus Wilm covering the 50 back and breast with confident 3rd

places. The 50 fly and the biggest pb of the gala with Aiden Hughes swimming faster by almost 35seconds! Quite an improvement! Keep it going. The relays in this age group and four 2nd places!

The open age group and Ciaran Doughty covering all four individual events, he was 2nd in the 100free and recorded pbs in all the other three strokes. One and half seconds faster over the 100 back and almost three seconds faster in both 100 breast and 50 fly, quite a step forward overall for his performances. The relays here and two 1st places, one 2nd and a 3rd place, again the consistency that wins galas.

Over to the girls with almost as young a team for this gala. The 11&u and Charlotte Wylde competing in the 50 back, Isabelle Naylor the 25 fly, very close to her pb. The other two events, 50 breaststroke and 50 free swum by Evie Stirrup with two 2nd places and two pbs in free by over 2½secs and in breaststroke by over a second, a good afternoons work for her.

The 13&u age group and Isabelle Naylor swimming up into the 50 fly and gaining a very creditable 3rd place. Hannah Hughes taking 2nd, swimming the 50 breaststroke and a pb of over three quarters of a second. The other two events were completed by Halle Jones, a 2nd place in the 50 free and a three quarter second pb in her 50 back. The relays and again all 1st and 2nd places.

The open age group and Niamh Wylde and Sarah Robson sharing 3 of the swims and not finishing below 3rd. The fourth swim, the 50 fly, completed by Hannah Hughes swimming up, taking first place and getting a three quarters of a second pb also, quite a swim and the second stroke she had improved in!

Overall obviously the result couldn't have been better and shows what can be achieved with a team willing to swim any event and relays only to support the overall performance of the team.

**In this gala we
only had three
swims where we
finished lower
than third place**

Results from the local leagues and galas for 2016

On the Wirral peninsular there are eight swimming clubs, all of them can compete in leagues and competition against each other throughout each year. This ensures a lively and varied programme locally. The clubs also work together through the Peninsular Group to maximise local swimming provision.

We've just completed the local competition programme for 2016 where we competed in a number of events, I've described them and our performance below:

Peninsular League

This is a competition in which there are no restrictions on capability. Each club enters their strongest available team for each of the galas. To complete the programme you have to have 4 swimmers in each age & gender group and that was where we were found a little wanting this year, we have the swimmers but can they turn up? The league is decided by total points, so every swim counts! As said previously this is all about more members.....

Hoylake A	1075
Bebington	995
Hoylake B	765
Ellesmere Port	740
Birkenhead	716
Woodchurch	633
Wallasey	318

So for next year we are in a position where 3rd place is easily obtainable through more members and greater availability when we call for our teams.

Development League

Now this league is again open to all Wirral clubs and is limited by performance so that all swimmers will have effective competition. We were in contention to win this league until our very last gala with Woodchurch, but lost that gala by 7 points. As can be seen from the scores the competition here is very close.....

Woodchurch	760
Birkenhead	740
Hoylake	727
Bebington	723
Ellesmere Port	706

Wallasey

635

It is again a total points league, so every race and every swim counts. We do also use this league to provide an opportunity for swimmers to compete in distances or strokes other than their normal/best ones. If you have any wish to do this let one of the coaches know.

The development league was reasonably well attended by our swimmers. It would be helpful when swimmers can or can't swim, to learn this as soon as possible. Fitting the correct swimmer to the appropriate race is not best calculated in the 10 mins prior to a gala on poolside when 3-4 don't turn up! Help us to help you, let us know early if attending or not and then immediately should anything change.

Thanks

All Clubs Gala

This is the Cup Final of the Peninsular galas, open to all local clubs. It is swum to the same programme as the Peninsular League except that there is only one competitor per event rather than two. This format favours us currently and the result showed the difference from the Peninsular League:

Hoylake	214
Bebington	190
Birkenhead	146
Ellesmere Port	123
Woodchurch	65

Development All Clubs

Again a one off gala in development league format, our best format and a team selected for maximum points. Again only one swimmer per event and **we run out clear winners!!!**

Birkenhead	178
Woodchurch	169
Bebington	163
Hoylake	146
Ellesmere Port	108
Wallasey	92

A really good result and well deserved by all those who attended and swam for every point. Every race, place and point were competed for and the relays were supported by swimmers only there for just that, thanks to them and well done to everyone.

We're on the web:
www.birkenheadsc.org.uk

**Congratulations on
 achieving
 timekeeper
 qualifications to all
 below:**

Well done to parents

Tony Foran

Carol Stebbings-Hearn

Richard Williams

Eric Hearn

Dave Hughes

Bettina Wilm

Bethan Toale

Kirsten Pankhurst

Paul Hignett

and our youngsters

Ruby Hearn

Ethan Kirby

Christian Allen

want to join them, speak

to Peter Blood