



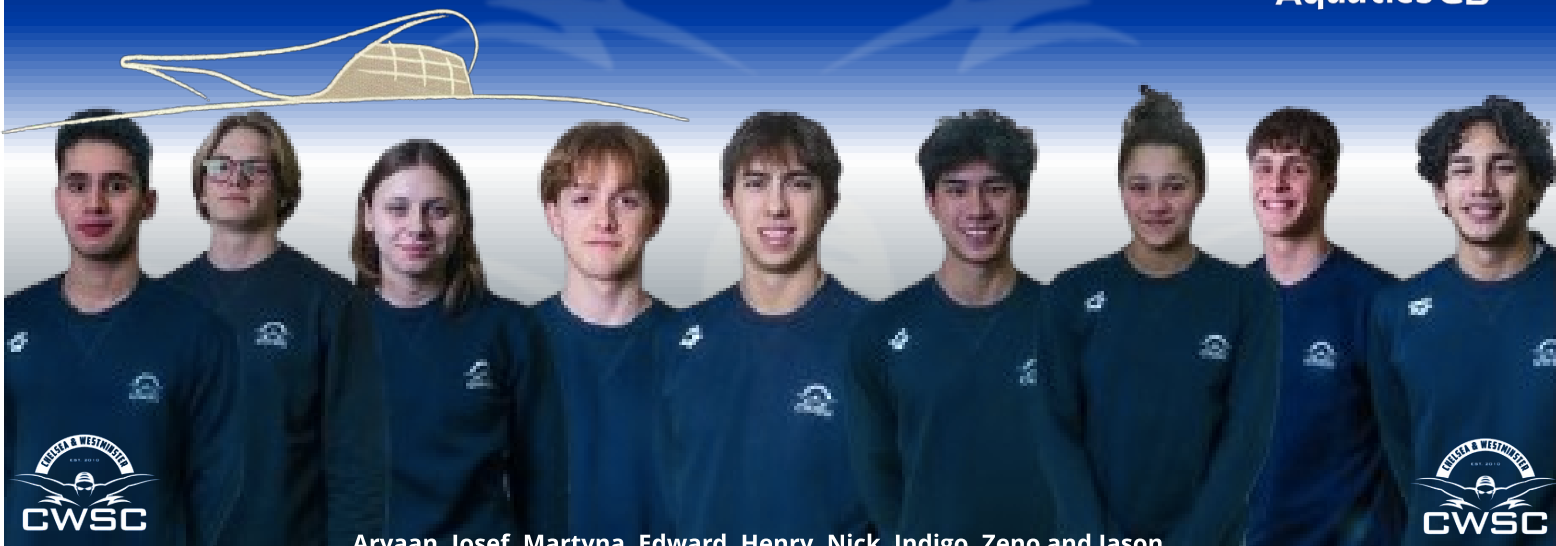
## Newsletter April 2024

Speedo Aquatics GB Championships 2024  
Swim Open Stockholm 2024  
Letter from the committee  
M11 Round 1  
Olympic trials bronze medalist

# PARIS 2024

## Olympic Trials

speedo  
Aquatics GB  
Championships  
2024



Aryaan, Josef, Martyna, Edward, Henry, Nick, Indigo, Zeno and Jason

CWSC qualifying swimmers competed at the Speedo Aquatics GB Championships 2024/ Paris 2024 Olympic Trials at the London Aquatic Centre, 2-7th April 2024

[Link to Speedo Aquatics GB Championships 2024 livestream](#)

Our swimmers gained total of 11 European Junior Championship qualifying times! Congratulations to Edward, Nick, Martyna and Henry, who also secured a bronze

[Link to Speedo Aquatics GB Championship 2024 Results](#)

medal in the 200m butterfly! Our swimmers qualified for 13 finals places in the championships and swam with a 88.6% PB rate. Excellent performances from our team and thanks to our coaches.

# SWIM OPEN STOCKHOLM



CWSC swimmers- Bryan Leong, Ethan Lim, Jeffery Lo and Gordon Lee competed at the Swim Open Stockholm, Eriksdalsbadet, 5-8th April 2024.

Well done to our CWSC team who achieved personal best swims and finals places at this Olympic qualifying event.

[Link to Swim Open Stockholm results](#)

[Link to Swim Open Stockholm SwimSwam highlights](#)



# Letter from the Committee



Dear CWSC Members,

We are extremely proud to announce that the club has four representatives on this year's European Junior Championships team representing Great Britain. This is the largest contingent of swimmers from any club, including private boarding schools or city programmes. Huge congratulations go to Nick Finch, Henry Gray, Martyna Karabacz and Edward Marcal Whittles.

We wish you every success!

The board would also like to congratulate Lisa Bates, as Director of Swimming/ Head Coach of National Performance and all of the swimming and land coaches who support National Performance. This result is a testament to, of course, the hard work and commitment of the swimmers, but also the quality of the programme that Lisa has put in place and the commitment of the national performance coaches to their sport and the swimmers .

For those members who would like to read the Aquatics GB article, a link is below.

The European Junior Championships run from the 2nd-7th July 2024. Stay tuned to the Club Social Media for updates along the way!

CWSC Board

**British Swimming's selection for the European Juniors 2024**





# CWSC WIN ROUND 1 OF M11!



**Well done team!**

[Link to M11 Round 1 results](#)

## Olympic trials bronze medalist



PARIS 2024  
Olympic Trials

GB Aquatics  
SWIMMING  
CHAMPIONSHIPS



[Link to Henry's interview](#)

A massive congratulations to Henry on winning a bronze medal in the GB Championships!

Henry, a junior at 17 years old, went into the A final of the 200 butterfly in lane 8. His breathtaking performance secured him a bronze medal; and a place in the European Junior Championships.



[Link to: Eat right, swim faster - a nutritional guide](#)

## Meets and Galas in May

**May 04 2024** SE London Summer Championships, weekend 2  
4-6/05/2024, LAC

**May 11 2024** JAL virtual selection gala  
11-19/05/2024

**May 12 2024** CWSC Future Stars Meet  
12/05/2024, KLC

**May 26 2024** M11 League, Round 2,  
26/05/2024  
Selected swimmers

[Please see the TU events page for full details of the listed events](#)