



Newsletter April/May 2025

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# SE London Summer Championships 2025

26-27th April & 3-5th May 2025, London Aquatic Centre



Congratulations to all of our swimmers on their phenomenal performances over the two weekends of SE London Summer Championships 2025.

Our team brought home an incredible 87 medals and finished in second place in the combined team scores, narrowly missing first place.

Our athletes consistently rose to the occasion and delivered outstanding swims across the board. There were many PBs, medals and national rankings won by our fantastic swimmers.

We are immensely proud of everyone's effort, determination and team spirit during the Regionals.

Our swimmers were not only amazing in the pool, they were amazing out of the pool too, with outstanding attitudes.

There was nothing but smiles throughout the meet!

[Link to SE London Championships medals table](#)

[Link to SE London Championships combined team scores](#)



# AQUATICS GB SWIMMING CHAMPIONSHIPS 2025

**Aquatics GB** 15-20TH APRIL 2025, LONDON AQUATIC CENTRE



CWSC had 16 swimmers who qualified and competed at the Aquatics GB Swimming Championships 2025.

Our team are:

Nick Finch  
Martyna Karabacz  
Edward Marcal Whittles  
Indigo Spence  
Jason Mahmutoglu  
Henry Gray  
Bryan Leong  
Veronica Venuti

[Link to Aquatics GB Swimming Championships 2025 results](#)

Ethan Lim  
Zeno Ubertalli  
Manson Mak  
Jeffery Lo  
Ben Proud  
Kylan Parisi  
Gabe Knight  
Eddie Robinson

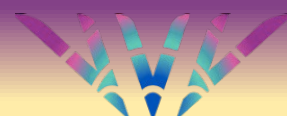
A massive well done to all of our finalists, and congratulations to our Champion Ben Proud on his 50m freestyle final; fastest time in the world 2025, 21.67.

[Link to Aquatics GB Swimming Championships 2025 livestream](#)

## Team GB World Championship Team 2025



Congratulations to Ben Proud and Lisa Bates on their selection to Team GB. They will be attending the World Aquatic Championships Singapore July/August 2025.



commonwealth games  
GLASGOW 2026

### Team England's Long List



Nick Finch

Edward Marcal Whittles

Martyna Karabacz

Gabe Knight

Zeno Ubertalli

Ben Proud

Henry Gray





# Geoff Roche (AKA Roche the Coach) is finally hanging up his whistle!



Dear Chelsea and Westminster swimmers and coaches,

I have decided that it is finally time to hang up my whistle and put away my stopwatch.

I have been associated with CWSC for over 20 years, starting off as a poolside helper, then a teacher, and finally progressing to a squad coach; all of which I have thoroughly enjoyed.

I have also had the good fortune to meet, get to know and work with

colleagues, along side my daughter Rosie, all of whom had the same objective, and that was to get the best out of the swimmer regardless of their ability. My motto has been to keep children engaged in sport for as long as possible.

I would like to take this opportunity to wish the club all the very best for the future. I would also like to extend this to the coaches, to keep doing what they do best. Finally, to all of the swimmers who I have coached over the years, A massive THANK YOU!

*We wish Geoff all the very best on his retirement and thank him for going above and beyond during his 20 + years of coaching at CWSC* ❤️❤️❤️



## Swim England

## 10 Top tips to balance revision and training



Swim England have given ten helpful tips to help alleviate some of the stresses around balancing exam revision and swim training. The suggestions are common sense and practical and provide a simple framework to build a working timetable on.

Good luck!

[Link to Swimming.org's page on '10 top tips to balance revision and training](#)



### Link to - Recovery Strategies for Athletes

The information in the above link is not to replace professional medical advice



## Meets and Galas May/ June



May  
24  
2025

2025 AP Race London International  
24-26th May 2025

Jun  
14  
2025

CWSC 2025 Yellow & Blue Hats Mini Club Championships  
14th June 2025

Jun  
19  
2025

CWSC 2025 Orange Hats Mini Club Championships  
19th June 2025

Jun  
20  
2025

CWSC 2025 Club Championships 20-22nd June 2025

Jun  
27  
2025

CWSC 2025 Red Hats Mini Club Championships  
27th June 2025

Please see the TU events page for full details of the listed events