



# Newsletter

## August - September



## CWSC win 'The Most Improved Club' at the British Nationals!



Pietro Ubertalli, Josef Adams, Edward Marcal Whittles, Nick Finch and Zeno Ubertalli with the 'Most Improved Club' trophy

CWSC won the 'British Summer Championships Most Improved Club' trophy.

This award is given to the club that has achieved the most progression in its performance.

It is an unbelievable and amazing credit to our swimmers to have won this award.

The trophy is attached to an award for the club, which will be revealed in due course.



CWSC stood out competitively at the Nationals as they swam head to head with major city programs and private schools from across the country.

Almost every CWSC swimmer who competed in the Nationals smashed their personal best time, and made a final in British or English Nationals.

A massive congratulations to our fantastic team!



CWSC had 24 qualifying swimmers in the Nationals this year. Well done to : Thomasina, Indigo, Olivia, Veronica, Victoria, Lavinia, Bryan, Joseph, Pietro, Eddie, Zeno, Johnny, Nick, Edward, Max, Henry, Aryaan, Jason, Tallulah, Emily, Ethan, Carri, Imogen and Manson.

Our National medalists are:  
**Edward Marcal Whittles:**  
 5 Gold, 4 Silver, 1 Bronze  
**Nick Finch:** 2 Gold, 2 Silver, 1 Bronze  
**Pietro Ubertalli:** 1 Silver  
**Eddie Roberson -** 1 Gold  
**Emily Leonard:** 2 Bronze  
**Josef Adams:** 1 Silver, 1 Bronze  
**Veronica Venuti:** 1 Silver  
**Henry Gray:** 1 Silver

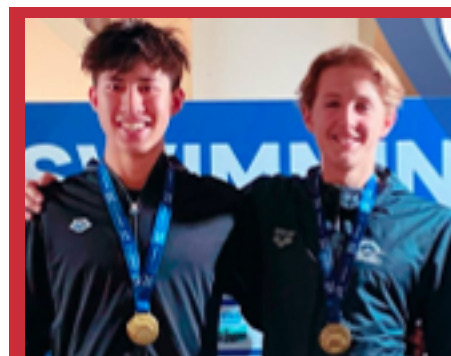
[Link:- British Nationals](#)

**4x100 medley relay, youth -Zeno, Edward, Nick, Joseph:- Silver**

Edward Marcal Whittles and Josef Adams medalled in British and English Nationals. Edward had in excess of 12 events (heats and finals), achieving huge pbs and top of the Country rankings in some events.

[Link: Nick Finch 50m FC ,2.06.59](#)

[Link: Edward Marcal Whittles 400IM 1.59.52](#)



[Nick Finch and Edward Marcal Whittles](#)



## European Youth Olympic Festival gold!



CWSC swimmer Henry Gray returns from the European Youth Olympic Festival with a gold medal for his role in the 4x100 medley relay.

Henry also qualified for the

semi finals in all of his individual events in the European Youth Olympic Festival.

**Congratulations to Henry on his fantastic performance on the international stage!**

[Link to Henry Gray swimming 4x100 Medley at the EYOF 2022 2.06.34](#)



## CWSC - 3rd place in Junior Arena League Final



CWSC competed in the finals of the National Junior Arena League. Our swimmers swam against fierce competition and raced tough. Our team achieved 3rd place in the finals; our highest position to date. Well done to our amazing team!





# SPRINT WITH THE STARS



CWSC Volunteers with: Adam Peatty, Sydney Pickrem, James Guy, Molly Renshaw, Medi Harris, Jacob Whittle, Luke Greenbank and Anna Hopkin

CWSC teamed up with Sprint With The Stars to make a magical day for the 660 swimmers who took part.

The 50m sprints, in all four strokes, took place at the London Aquatic Centre. The fastest swimmers in each age group gaining a well deserved place in the finals to race against a star swimmer.

CWSC competed against 216 attending clubs and our team swam with focus and maturity. Standout swims go out

to:  
Maya Eleni Orfanidis;  
Edward Robinson;  
Lara Marquez; Max Stafford-Davies and Sofija Gelev.

Thank you to the swimmers and the stars who took part in this unforgettable event; you were inspirational. It was a fantastic day!

A very big thank you also to all of the volunteers, officials and coaches who made this event possible.

[Link: Sprint with the stars 2022](#)



## Commonwealth Games Success



Director of swimming -Lisa Bates and Bryan Leong at Birmingham 2022

CWSC Director of Swimming, Lisa Bates, joined Team England's coaching team at Birmingham 2022.

Team England swam against the Commonwealth's best, finishing in second place. They won a total of 32 medals - 8 gold, 16 silver and 8 bronze.

Congratulations to Lisa and Team England!

[Link to the Commonwealth Games medal tally](#)

CWSC national performance swimmer, Bryan Leong, represented Malaysia at Birmingham 2022.

Bryan qualified for the semi finals in his 100m fly with a time of 53.94. In the semi final, he swam alongside Chad le Clos (RSA), defending champion, achieving a time of 53.87.

Congratulations Bryan!

[iplayer link to Bryan Leong swimming 100m Fly at CWG finals and semi finals 41.57](#)

## Lisa Bates, Director of Swimming



[Link: Lisa's end of season letter](#)

Our swimmers are certainly putting CWSC on the map. What we have achieved as a club and as individuals this season is quite remarkable.

A huge thank you to all of our swimmers for believing in themselves and to our coaches for pushing and inspiring our swimmers everyday.

**Bring on the 2023 season!**

## Swim Meets

Oct 01 2022	MCASA October Open Series Wknd 1 01 October 2022 - 02 October 2022 Event Category: External Meet-Upper Qualifying Limits
Oct 08 2022	NUEL Early County Qualifier Open Meet 2022 08 October 2022 - 09 October 2022 Event Category: External Meet-Upper Qualifying Limits
Oct 14 2022	Cambridge Grand Prix 14 October 2022 - 16 October 2022
Oct 15 2022	MCASA October Open Series Wknd 2 15 October 2022 - 16 October 2022 Event Category: External Meet-Upper Qualifying Limits
Nov 05 2022	SE London Winter Championships 2022 05 November 2022 - 06 November 2022
Nov 18 2022	Guildford L2 Winter Open 18 November 2022 - 20 November 2022