



Newsletter March/ April 2025

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# ARENA SWIM SERIES 2024-2025

## Chelsea & Westminster + Millfield

### Grand Prix 14-16th March 2025



Jehanara



Daniel



Elodie



City of Bristol Aquatics

Well done to all of our CWSC swimmers on their events over the Grand Prix weekend at Millfield. There were many PBs and medals won!

A special shout out and congratulations to Jehanara Nabi on breaking the Pakistan national records in the 200m freestyle (2:08.49) and the 400m freestyle (4:32.27).

A massive thank you to all of the clubs who travelled to Millfield to compete in the Grand Prix; to the volunteers and officials who gave their time and made this meet possible; and to our coaches for their ongoing support. Special thank yous to Alexander and Guy for their endless patience and time



[Link to CWSC + Millfield Grand Prix 2025 results](#)

[Link to CWSC + Millfield Grand Prix 2025 CWSC Instagram](#)

[Link to CWSC + Millfield Grand Prix 2025 CWSC Instagram - Jehanara Nabi](#)





# EDINBURGH INTERNATIONAL SWIM MEET

14-16th MARCH 2025



Edward



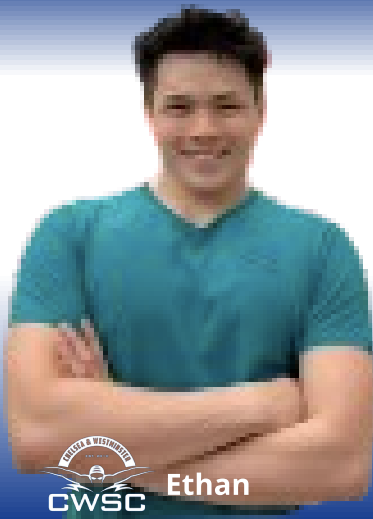
Martyna



Bryan



Zeno



Ethan



Ben

Our incredible CWSC swimmers travelled to Scotland to swim at the Edinburgh International Swim Meet 2025.

Our swimmers qualified for 10 finals places competing against strong International competition.

Congratulations to Ben on winning a gold medal for his outstanding 50m free and bronze for 50m fly.

[Link to Edinburgh International Swim Meet 2025 results](#)

[Link to Edinburgh International Swim Meet 2025 livestream](#)

10-12th April 2025



A massive thank you to Hackney Aquatics & Anaconda, Greenwich Royals and Camden Swiss Cottage Swimming Clubs for organizing the London Legacy Meet and inviting CWSC swimmers.

Well done to all of the swimmers who took part. And thank you to the officials, volunteers and coaches who made this meet possible.

Results for this meet are on Meet Mobile

[Link to Hackney Aquatics London Legacy Meet 2025 Instagram Reel](#)

[Link to Hackney Aquatics London Legacy Meet 2025, Swim Swam](#)





# Brent Borough's Schools Championships 2025



Liliana, Nel and Charlotte recently competed at The Brent Borough Schools Championships 2025.

Congratulations to our CWSC swimmers who collectively brought home an impressive 10 medals!

Their performances in the pool were outstanding. Well done girls!



## just swim

## Nutrition information for the female athlete

Please click on the link below to read Just Swim's article on optimal nutrition for the female athlete.

It is an informative and useful article that focuses on: energy availability; carbohydrate intake; the menstrual cycle; and the minerals calcium and iron.

The article is not a replacement for medical support from medical professionals.



[Link to Swimming.org/ Just Swim's article on 'Nutrition information for the female athlete'](https://www.swimming.org/just-swim/nutrition-information-for-the-female-athlete)



**Link to - A way to stop  
overthinking on race day**



## Meets and Galas May June



**May**  
**03**  
2025

SE London Championships 2025, weekend 2  
03-06th May 2025

**May**  
**11**  
2025

Camden Future Stars Spring Meet  
11th May 2025

**May**  
**24**  
2025

2025 AP Race London International  
24-26th May 2025

**May**  
**24**  
2025

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

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