



## Newsletter January 2024

Middlesex County Championships 2024  
Luxembourg Euro Meet 2024  
Lanzarote training camp 2024  
CWSC Awards Evening 2024  
Up and coming swim meets 2024



# Middlesex County Championships 2024



CWSC swimmers competed at the Middlesex County Championships over two weekends -  
27-28th January 2024 at London Aquatic Centre  
3-4th February 2024 at Hillindon Leisure Centre

Our swimmers had a fantastic start to the long course season with a huge medal tally, 176 finals places and personal best swims in abundance.

### County Championships 2024 CWSC medal/trophy tally

	56 Gold
	36 Silver
	35 Bronze

Maya Orfanidis - Senior Wilkinson Sword

Troy Seymenoglu - Dave Barnes Memorial Trophy

Our age group swimmers stormed to victory in the second weekend, winning all bar one of the Middlesex County trophies.

Team CW you are awesome!

[Instagram link to CWSC week 1 at the counties](#)

[Instagram link to CWSC week 2 at the Counties](#)

[Link to Middlesex Counties results/trophies 2024](#)





# Luxembourg Euro Meet 2024

Euro Meet  
LUXEMBOURG



Edward Marcal Whittles, Nick Finch and Henry Gray represented Swim England at the Euro Meet 2024 Luxembourg, Centre National Sportif et Cultural.

Our swimmers' early long course hit out proved successful. Their process lead fearless racing resulted in:

Henry: Gold 200 fly

Edward: Gold 200 IM,  
Bronze 200 back  
Bronze 200 breast

Nick: Bronze 100 fly

A massive well done to our three International medalists!

[Link to Euro Meet 2024 site](#)  
[Euro 2024 results](#)



## Lanzarote training camp 1-8th January



2024



CWSC National and Regional Performance swimmers had a great start to 2024, as they attended a training camp at the Barcelo Lanzarote Active Resort.

[Link to CWSC instagram reel 1](#)  
[Link to CWSC Instagram reel 2](#)  
[Link to CWSC Instagram page 3](#)  
[Link to CWSC Instagram page 4](#)



Swimmers were smashing out up to 14 kms over the day, staying resilient throughout the tough training regime.

Massive thanks to: Director of swimming - Lisa Bates; coaches Reiss and Mitch; and team manager - Sofia Marcal Whittles, for their time and energy.





# CWSC Awards 2022-2023

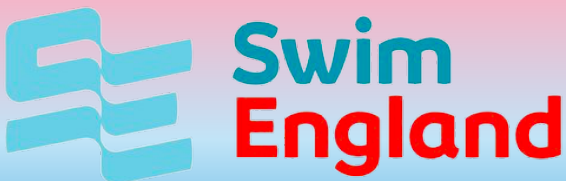
We celebrated our swimmers' outstanding achievements during the 2022-2023 season with an award ceremony at Pimlico Academy, 13/01/2024.

Thank you to everyone who came to support our club pathway awards. Well done to all of our winners and nominees. A special shout out goes to volunteer extraordinaire, Sofia Marcal Whittles on her outstanding contribution to CWSC.

[Link to CWSC Instagram page](#)



[Link to 7 Fun Facts about age group swimming plateaus](#)



[Link to 10 tips to help balance revision and training](#)

## Meets and Galas March & April 2024

- |             |   |
|-------------|---|
| Mar 03 2024 | Arena League Cup Final 2024                 |
| Mar 08 2024 | CWSC & Millfield 2024 Grandprix             |
| Mar 09 2024 | CWSC 2024 Yellow and Blue Hats Spring Gala  |
| Mar 22 2024 | The Winchester Spring Qualifier 2024        |
| Mar 24 2024 | 2024 Camden's Future Stars Development Meet |
| Apr 02 2024 | British Swimming Championships 2024         |
| Apr 12 2024 | COSASC April 2024                           |
| Apr 14 2024 | M11 League, Round 1 2024                    |

Please see the TU team events page for full details