



Newsletter March 2023

Arena League A Final

HAC Regional Qualifier

Swedish Grand Prix

Derventio Excel

Edinburgh International Swim Meet

BWSC Regional Qualifier



CWSC in the National Arena League A final



[Link to the CWSC Arena League A final newsletter](#)



Regional Qualifier

CWSC swimmers competed at Hackney Aquatics Club Regional Qualifier meet, 25-26th March 2023.

Congratulations to our swimmers for winning Top Club. It was an amazing weekend's swimming with lots of personal best swims from our team.

Congratulations also to George for winning overall Top Boy.





Swedish Grand Prix



Edward Marcal Whittles competed at the Swedish Grand Prix as part of Swim England's Youth Performance Squad.

Edward won gold in the 400m IM and bronze in the 200m IM; he also qualified and swam in the A finals in the 200m fly (4th place) and the 200m back (5th Place).

Congratulations Edward!

[Link to Swim England, Swedish Grand Prix](#)



Edinburgh International Swim Meet



Bryan Leong competed at the Edinburgh International Swim Meet with GB and Europe's finest Swimmers.

Bryan qualified and swam in the B finals in the 50m fly, 50m free and 50m breast; and in the A final for the 100m fly (7th place).

Congratulations Bryan!

[Link to the Edinburgh International results](#)

[Link to Edinburgh International Live stream](#)



Derventio Excel

CWSC swimmers travelled up to Sheffield's Pond Forge International Sports Centre to compete at the Derventio Excel meet, 10 -12th March 2023.

Our team had a great weekend with personal best swims galore. It is great to see so many swimmers making steps in the right direction as the season progresses. Well done!

A special shout out goes to Ben Podurgiel, who won Top Boy.

[Link to Derventio Excel meet results](#)



Ben Podurgiel



Bracknell and Woking Regional Qualifier Meet



[Link to BWSC Regional Qualifier results](#)



CWSC swimmers competed at Bracknell and Woking's Regional Qualifier Meet, 18-19th March 2023.

Our swimmers had a super successful weekend of racing, gaining many personal best swims and winning medals galore.

Well done everyone!

Queen Mother Sports Centre 50 Metre Pool

Please click the Queen Mother Sports Centre survey link below and tick the request for a 50m facility.

<https://www.pimlicopeopleforum.co.uk/support>

Please support the club and the future of Westminster by completing this 3 minute questionnaire; and also, please pass it onto your contacts. The more questionnaires completed, the better our chances of a 50m pool being built in Westminster.

New World Aquatics course information

All swimming officials are required to update their qualification, in line with World Aquatics standards, before renewing their licence. There is an opportunity to take one of the updates at Southbury Rd Leisure Centre on the 7th May 2023

[Link to Course information and booking](#)

[Link to CWSC instruction and information](#)

[Link to WA competition regulations](#)

5 Mental hacks for swimmers on race day



[Link to Swim Swam's race day mental prep](#)

Swim Meets and Galas April - June 2023



SE London Summer Championships
Weekend 1, 22-23rd April 2023



2023 Wycombe L3 LC Sprint Meet
22nd April 2023



SE London Summer Championships
Weekend 2, 29th April -1st May 2023

For full details of the swim meets, please visit CWSC, events and competitions tab, team events.