

# The Splash!

*News from Bristol Henleaze Swimming Club*



**BRISTOL HENLEAZE  
SWIMMING CLUB**



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## Club Champs are back!

**Wow - that was epic... hoards of combatants descending on the pool; a taste of competition so long in the waiting; a death-defyingly close finish and a champion was crowned... and that was just the virtual duck race...**

Back to the real world, and Saturday 11th October saw our first weekend of racing at this year's Club Championships – different in format to any event we have seen before, where 3 rounds of 6 heats of swimmers pitted their wits over 2 events in just a 30-minute time frame each! As soon as 1 round finished, the deck was cleared, and the next 40 or so individuals arrived for round 2, to lay their mark in this brave new swimming world...

In all, over 120 athletes – from our Club Development groups through to our High Performance seniors - raced their way through 50m freestyle and 50m butterfly with individual age group champions (9 and under; 10 years; 11 years; 12 years; 13 years; 14 and over) crowned and points awarded, accumulating towards a grand total that will discern our top male and female athletes across all 3 weekends of competition.

Despite the long lay-off from the pool, there were PBs aplenty and no signs at all of rustiness from 6+ months without any opportunities to race. For some it was their first taste of a gala, and I can't remember the last time I saw so many young swimmers, brand new to the sport, get completely stuck in to arguably the hardest event for any youngling, the 50m butterfly. For other seasoned competitors it was a chance to dust off the cobwebs and realise their need... their need for speed!! And boy was there some fast swimming...

Super proud coaches cheered on from the poolside; cool, calm, and efficient masked officials timed every race with precision; and excited parents and siblings watched all the action via our live Facebook feed. A fantastic effort by everyone involved! **Jez Birds**

# Club Champs in Pictures

With thanks to Mickael



# Bex's BHSC bites

Making soda bread is about as simple as bread-baking gets – bicarbonate of soda does the work in place of yeast to give your loaf the perfect rise. Toast it and load it with toppings for a pre-swim snack.

## Fuel your training

It's been an exciting time as many swimmers head back to the pool. As some of you ramp up your training,, the priority is to make sure you are eating enough to fuel the exertion. It's question number one for Sports Nutrition – do you have enough energy? For high-intensity sessions (think short rest, high heart rate and sprinting), you will need to eat some carbohydrates before the session. Given many of you do sport in the evening, there is often a long gap between lunch and training. As such, you'll most probably need a snack to thrive. This month's recipe is a great option – toast! Making bread can be a little intimidating, but this is a great recipe for bread making beginners – no sourdough starter or yeast involved! It's pretty foolproof. When eating shortly before a session, keep your toppings simple so you don't feel ill in the water – try some jam or banana. For larger meals, load your toast with eggs, tofu or halloumi, which are all great protein-packed toppings to help you recover after a workout.



**SODA BREAD**

**HIGHER IN PROTEIN THAN REGULAR BREAD**

**FAST & EASY TO MAKE**

**INGREDIENTS**

- 250G WHOLEMEAL FLOUR
- 250G PLAIN FLOUR
- 420ML BUTTERMILK
- 1 TSP BICARB
- 1 TSP SALT

**METHOD** – preheat oven to 200 C

1. Mix dry ingredients in a large bowl
2. Incorporate buttermilk
3. On work surface, shape into a ball + flatten → place on baking tray.
4. Score deeply - a cross + bake for ~30min (or until hollow to tap on bottom)
5. ENJOY Fresh + Brilliant toasted the next day.

	PER 100G	%	PER 175g SERVING	%
Energy(KJ)	867	16%	667	8%
Energy(Kcal)	205	16%	158	8%
Fat	1.1	2%	0.9	1%
of which saturates	0.2	1%	0.2	1%
Carbohydrate	38	15%	29	11%
of which sugars	2.6	3%	2	2%
Fibre	3.6	14%	2.8	11%
Protein	8.9	18%	6.9	14%
Salt	0.89	15%	0.69	12%

@rebecca\_guy\_nutrition

- Follow me on social media for food inspiration + nutrition titbits @rebecca\_guy\_nutrition
- To learn a bit more about my work head to: [www.rebeccaguynutrition.co.uk](http://www.rebeccaguynutrition.co.uk)

# Committee News

## Officials news

Nicola Heffner – Officials' Coordinator

It was so good to have the BHSC Officials Team Back in action, at week 1 of Club Champs.

Whilst not a licensed meet, we had just enough of us to make the competition experience feel more real for our swimmers.

It was a debut meet for our new, nearly qualified, Level 2 Official, Liz Mount. It was also an opportunity for Fabrizio Colangelo to be thrown in at the deep end (pardon the pun!) with his first practical experience of timekeeping, after passing the theory aspect of Level-1 training just before lock down. What a fab job he did, without a mentor.

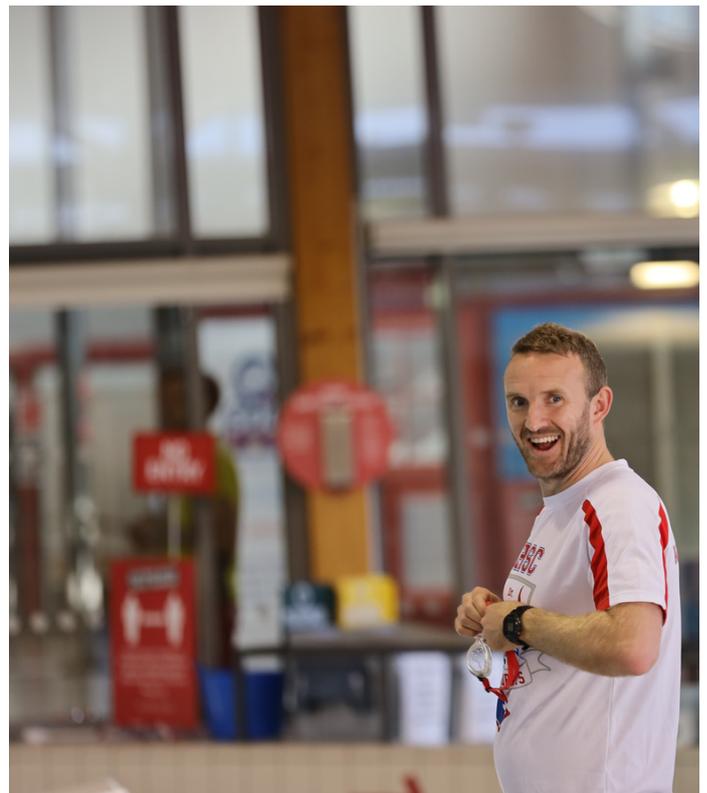
Our new officials accessory was, of course, a face mask 😊. It was a little hot, but all worth it, especially to see all the excited, smiling faces, particularly of our younger, new-to-racing, swimmers.

Thanks to all the team. Looking forward to Week 2 already.



## Next Club Champs

The date for our next set of races (50m backstroke and 50m breaststroke) is Saturday 7th November at Horfield, so mark it in your diaries – you don't need to have competed at this first weekend to be eligible – and once again we will live stream the racing and post all results electronically during the course of the evening...  
Get your entries in!



## AGM

Marco Maestri, Chair

Wednesday 28th October 7–7.30pm

Due to current Covid regulations our postponed AGM will take place later this month as a virtual meeting, via Zoom. Log-in details and agenda will be communicated closer to the day.