

HAC Masters Annual Review – 2022

A celebration of another glorious year!

After a couple of patchy years interrupted by several Covid lockdowns, in 2022 HAC Masters is back and thriving. This review is to celebrate some of the amazing things we've done over the year. Of course, we are all amazing - every time we drag ourselves out of bed in the morning, or resist the lure of the sofa in the evening to go out and be shouted at for an hour and a half, we are amazing!

Welcome to members who have joined during the year - hope you feel it was worth the wait!

Open water swimming achievements

Our open water swimmers have been busy, swimming in 16 events during the year. The outstanding achievement award has to go to **Briony** who swam a total of 68 km in events, exceeding her target of 65 km.

Here's the full list of open water events we attended:

June

- Strel Gulf of Hisaronu, Turkey – 35 km over a week – **Camilla Allwood**
- SwimTrek, Tremiti Islands, Italy – 5 km/day – **Jenny Morgan**
- SwimTrek Greek Sporades, Greece – 35 km over 5 days – **Bridget Atherton, Kath McClinton**
- The Longest Swim on the Longest Day (unofficial), Jubilee River, UK – 5 km – **Amy Henderson, Briony Fane, Karly Louie**
- Coniston Water end to end, Lake District, UK – 5.25 miles (8.5 km) – **Briony Fane**



Longest Swim on the Longest Day

July

- Lake Bala, Wales, UK – 10 km – **Briony Fane**
- Bantham Boomerang, Devon, UK – 7 km – **Amy Henderson**
- Lake Geneva, Switzerland to France – 15.8 km – **Briony Fane**
- Cork Distance Week, Sandycove Island, Co. Cork – 9 days – **Dorothy Whyte**

August

- Dedham to Flatford Mill 2Mill Slow Swim, UK – 2.3 km – **Cressida Sparrow, Sarah Cull**
- Thames Marathon, UK – 13 km – **Amy Henderson, Briony Fane, Emily Fahey**
- Jubilee 10K, UK – 10 km – **Briony Fane**
- Gaddin' About Garnish, Garnish Island, Co. Cork – 1, 3 & 5 km – **Dorothy Whyte**



Briony on the podium at Wörthersee

September

- Swim Long Eton Dorney, UK – 10 km, **Giorgio Spiegelfeld**

- Lake Wörthersee Swim, Austria – 2.5 km & 11 km – **Briony Fane**

October

- London Fields Aquathlon, UK – 400 m swim / 5 km run – **Camilla Allwood**

Open water swims coming up in 2023

- Already lined up: the [Winter Swimming World Championships](#), Lake Bled, Slovenia (23 – 29 January).
- Being considered: [Chillswim](#), Ullswater (July); [Solent Swim](#) (July); [Dart10k](#), Totnes (probably September).

Pool swimming achievements

Our biggest competition in terms of turnout was [GLLAM](#) at which we had 11 swimmers and a team captain! The following relay teams won gold at [GLLAM](#):

- **Charlie Messenger, Jonathan Bentham, Mike Tsang and Can Bozkurt** – gold in the 120-159 4x50m Freestyle Relay.
- **Jonathan Bentham, Giorgio Spiegelfeld, Can Bozkurt and Charlie Messenger** – gold in the 120-159 4x50m Medley Relay.
- **Nick Oakes, Chris Kaethner, Jose Manuel and Tom Hargreaves** – gold in the 160-199 4x50m Medley Relay.



Downtime following relay successes at GLLAM

For achievements at national level, well done to:

- **Charlie Messenger** for winning a silver medal in the 50m Butterfly at the [Swim England Masters National Championships \(SC\)](#), and to **David Broadbent** and **Giorgio Spiegelfeld** who also swam at the SC Nationals.
- **Chris Kaethner** for finishing 3rd nationally in the 50m Breaststroke in the [Masters Inter-Counties](#) competition, representing Middlesex, which came 3rd out of 33 counties.



Giorgio and Charlie representing HAC at the Nationals

Also, congratulations for the sheer quantity of individual events in a single day of competition go to **Stephen Lorimer** (6 events at the Middlesex counties), and to **James Richens** (5 events at GLLAM).

The best individual performances in 2022 per swimmer per event, as extracted from the [British Swimming Masters Event Rankings](#) are listed in appendix A. National rankings are listed for 'semi-finalists' (i.e. rank<=20).

Meets coming up in 2023

- Already lined up: [South East Region Long Course Masters Championships](#), K2, Crawley (21/22 January).

- Being considered: [Bracknell Masters Open Meet](#) (4 March); [Essex Championships](#), Basildon (March); [British Masters Championships](#), Ponds Forge, Sheffield (2–4 June); [Out to Swim – IGLA London](#), LAC, London (25–30 June); Middlesex Championships; Barnet Cophall Masters meets; Swim England Masters National Championships (25m).

The full calendar of Masters swimming competitions is published on the [swimming.org web site](http://swimming.org).

Competitions are open for all. Contact anyone listed in the HAC Masters – 2022 Competition Achievements table below for more information.

HAC Masters Swimmer of the Year 2022

For the first time, Hackney Masters were included in the club's annual awards. We were given a very short window to get this together so thank you to all those who nominated and got involved. We kept the criteria wide open this year given the time frame but next year we're planning to narrow it down and perhaps have multiple awards to make sure we fully celebrate our Masters' achievements across the club.

This year, the winner of our first award has been chosen because they hold many of the values that make our masters club great and received a number of nominations for being 'positive', 'committed' and 'friendly'.

Massive congratulations to **Amy Henderson** on being the first 'HAC Masters Swimmer of the Year'.

Thanks

Thanks to our coaching team: **Can, Dhaval, Madison, Jago, Ash, Tony** and **David** - we know how ragged we become when you're not on the poolside to shout at us.

And thanks also to the volunteers who together keep the club ticking over whether on the committee handling our finances, procuring lane time, etc., the Masters reps **Bridget** and **Chris**, and everyone amongst us who help to make the club convivial and active.

Appendix A: HAC Masters - 2022 Competition Achievements

Long Course

Name	Meet	Date	Time	Age Group	National Rank in Age Group *
Male - LC - 50m Freestyle					
Charles Messenger	GLLAM 2022, London	10/09/2022	26.06	25-29	17
Christopher Kaethner	GLLAM 2022, London	10/09/2022	33.79	65-69	9
Giorgio Spiegelfeld	GLLAM 2022, London	10/09/2022	34.24	40-44	
Male - LC - 100m Freestyle					
Charles Messenger	GLLAM 2022, London	10/09/2022	57.02	25-29	10
Mike Tsang	GLLAM 2022, London	10/09/2022	01:02.77	40-44	16
Ronan Cormacain	GLLAM 2022, London	10/09/2022	01:16.33	45-49	
James Richens	GLLAM 2022, London	10/09/2022	01:18.78	50-54	
Male - LC - 200m Freestyle					
Nicholas Oakes	GLLAM 2022, London	10/09/2022	02:21.47	35-39	7
Male - LC - 400m Freestyle					
Jose Manuel Escudero	GLLAM 2022, London	10/09/2022	05:00.11	30-34	7
Nicholas Oakes	GLLAM 2022, London	10/09/2022	05:10.61	35-39	9
James Richens	GLLAM 2022, London	10/09/2022	06:25.90	50-54	19
Male - LC - 100m Backstroke					
James Richens	GLLAM 2022, London	10/09/2022	01:42.67	50-54	8
Male - LC - 50m Breaststroke					
Christopher Kaethner	GLLAM 2022, London	10/09/2022	38.56	65-69	2
Giorgio Spiegelfeld	GLLAM 2022, London	10/09/2022	41.06	40-44	
Male - LC - 100m Breaststroke					
Tom Hargreaves	GLLAM 2022, London	10/09/2022	01:16.07	35-39	3
James Richens	GLLAM 2022, London	10/09/2022	01:34.87	50-54	9
Male - LC - 50m Butterfly					
Charles Messenger	GLLAM 2022, London	10/09/2022	26.46	25-29	4
Male - LC - 200m Individual Medley					
Tom Hargreaves	GLLAM 2022, London	10/09/2022	02:31.49	35-39	3
James Richens	GLLAM 2022, London	10/09/2022	03:19.52	50-54	15

Short Course

Name	Meet	Date	Time	Age Group	National Rank in Age Group *
Male - SC - 50m Freestyle					
Charles Messenger	SE Masters National Champs 2022, Sheffield	29/10/2022	24.42	25-29	
Utku Can Bozhurt	MCASA Masters 2022, Barnet Cophthall	22/05/2022	25.77	25-29	
Stephen Lorimer	MCASA Masters 2022, Barnet Cophthall	22/05/2022	30.32	40-44	
Christopher Kaethner	Masters Inter-County 2022, Various	20/11/2022	32.44	65-69	
Giorgio Spiegelfeld	SE Masters National Champs 2022, Sheffield	29/10/2022	33.07	40-44	
Male - SC - 100m Freestyle					
Charles Messenger	SE Masters National Champs 2022, Sheffield	30/10/2022	53.30	25-29	9
Utku Can Bozhurt	Barnet Cophthall Masters Distance Meet 2022	10/07/2022	56.88	25-29	
Tom Hargreaves	Essex Masters Champs, Basildon	12/03/2022	58.86	35-39	
Stephen Lorimer	MCASA Masters 2022, Barnet Cophthall	22/05/2022	01:05.16	40-44	
Giorgio Spiegelfeld	SE Masters National Champs 2022, Sheffield	30/10/2022	01:16.63	40-44	
Male - SC - 200m Freestyle					
David Broadbent	SE Masters National Champs 2022, Sheffield	28/10/2022	02:04.94	18-24	
Male - SC - 50m Breaststroke					
Giorgio Spiegelfeld	SE Masters National Champs 2022, Sheffield	28/10/2022	37.81	40-44	
Christopher Kaethner	Masters Inter-County 2022, Various	20/11/2022	39.27	65-69	8
Male - SC - 100m Breaststroke					
Tom Hargreaves	Essex Masters Champs, Basildon	12/03/2022	01:13.56	35-39	13
Stephen Lorimer	MCASA Masters 2022, Barnet Cophthall	22/05/2022	01:24.89	40-44	
Giorgio Spiegelfeld	SE Masters National Champs 2022, Sheffield	29/10/2022	01:26.76	40-44	
Male - SC - 50m Butterfly					
Charles Messenger	SE Masters National Champs 2022, Sheffield	30/10/2022	25.65	25-29	6
Utku Can Bozhurt	MCASA Masters 2022, Barnet Cophthall	22/05/2022	26.67	25-29	17
Male - SC - 100m Butterfly					
Charles Messenger	SE Masters National Champs 2022, Sheffield	28/10/2022	59.19	25-29	8
David Broadbent	SE Masters National Champs 2022, Sheffield	28/10/2022	01:00.28	18-24	
Utku Can Bozhurt	Barnet Cophthall Masters Distance Meet 2022	10/07/2022	01:01.20	25-29	13
Stephen Lorimer	MCASA Masters 2022, Barnet Cophthall	22/05/2022	01:18.99	40-44	
Male - SC - 200m Butterfly					
David Broadbent	SE Masters National Champs 2022, Sheffield	29/10/2022	02:21.52	18-24	7
Male - SC - 100m Individual Medley					
Tom Hargreaves	Essex Masters Champs, Basildon	12/03/2022	01:06.67	35-39	17
Stephen Lorimer	MCASA Masters 2022, Barnet Cophthall	22/05/2022	01:17.45	40-44	
Male - SC - 200m Individual Medley					
Stephen Lorimer	MCASA Masters 2022, Barnet Cophthall	22/05/2022	02:49.75	40-44	

* National rankings are listed for 'semi-finalists' (i.e. rank<=20)