

# Bec Chat

Lines from the Lido

March 2020

SLSC  
SOUTH LONDON  
SWIMMING CLUB  
TOOTING  
BEC LIDO

*The calm before Storm Chiara by Clare Lyons-Collins*

## Letter from the editor

By Barbara Jennings: barbara.jennings@ctplc.com

Well, 2020 is in full swing (or should that be swim?) at the Lido, with teams and individuals heading off to Ice Swimming Championships in China and Slovenia, competitions opening for registration (well done to all those who got into the Seahorse!) and plans being laid for more training once the water warms up. See our Forthcoming Attractions section for details of the many and varied ways the Club provides for its members to lose that post-Christmas food baby – there's no excuse not to be competition-ready when your event rolls around!

Not that some of our hardy members need to wait for the water to warm up.... On page six you can read Ellery's account of her trip to the International Winter Swimming Association World Cup in China. It sounds like an incredible trip, both culturally and organisationally, with plenty of challenges to which, of course, our Ellery rose like the tigress she is, returning with five gold medals to add to her bling stash. And this was before heading off to Lake Bled for the Winter Swimming World Championships at which she joined other South London Swimming Club members and won yet more metal. That'll teach the Chinese to insist on an age cut-off of sixty! Congratulations, Ellery!

Of course, Ellery isn't the only club member who's won medals at international sporting events. On page three you can read Flavio's wonderful interview with Len Allen, a real live Olympian who won a bronze medal at the Commonwealth Championships, but not for swimming... if you're puzzled as to what it was for, read his account of the "Cupboard Club", Tooting Lido's alternative sporting organisation, and be astonished at what he and his friends used to consider a suitable athletic challenge. And, as you can see from Jonathan's article about the Cupboard Club Knees Up, his talents are by no means confined to sport.

Until next month, Happy Swimming!

## February results

**2 February.** The wonderful Pip Tunstill was the winner, with Laura Davies and Zoe Podmore just behind. Well done ladies!

**9 February.** Jonathan Buckley managed to come in first of all the brave swimmers who braved Storm Chiara, with Clare McRobbie and Doro Stoffels just behind. A fitting prize for Doro as it was her birthday!

**16 February.** Mick Hinde won with John Porter and Margy Sullivan in his wake. The celebrations were slightly muted by the fact that Emma Watson, Richard Stansfield and the editor were all absent on other business, meaning that the assembled masses were tragically cakeless and sconeless. We at BEC Chat Towers deeply regret this appalling incident and our thoughts and prayers are with those most deeply affected. We believe that appropriate counselling and support is being provided and most members are expected to make a full recovery, provided that there are no further baking no-shows. The views of those who aver that the complainants are whining entitled ingrates who could occasionally get off their lazy arses and shove a packet of Betty Crocker's in the oven themselves if cake is so important to them have, of course, no place in this publication.

**23 February.** Rob Hughes took home the laurels – well done Rob!

Sunday 1 March is the last race of the Winter Season. Sunday 8 March is the Heron Cup Invitation Gala and then we start back on two widths on 15 March. See page 8 if you want to swim in the gala!



# Water Temperatures

By David Dunham

Lent is the time when many people give things up but we at the Lido don't give up swimming in this season. I think it is better to give to rather than give up. Those who stop drinking wine should donate the money to buy a bottle to charity.

The water still hasn't been that cold again during February

	2017	2018	2019	2020
February	5.6°C	4.0°C	4.5°C	5.0°C
	42.0°F	41.0°F	40.5°F	41.0°F

## Time to Talk Day

By Clare Lyons-Collins and the Editor

As many of us know, cold-water swimming is a fantastic antidote to the winter blues. Thursday 6 February was Time to Talk Day, aimed at ending the isolation, shame and worthlessness that too many people with mental health problems are made to feel. Clare Lyons-Collins has been publishing wonderful pictures of her daily visits to the Lido on the SLSC Facebook page (one of which features as our mast header this month) and on 6 February she added this lovely poem. NB The Editor is not sure what a feck is – possibly an old-fashioned unit of currency?

### Down on the Bec, sure we don't give a feck

Out on the Bec with man's best friend  
Jumping, running, he just doesn't want it to end.

And over the high fence, a secret world lies  
Of cold water swimmers getting shivery highs.

Some jump, some faff,  
Some folk even dive,  
To get that awesome feeling  
Of truly being alive.

Our friends and family,  
Some shudder at the thought.  
To gain this feeling surely can't be bought.

Problems in life, they just fade away.  
Good mental health, why it's here to stay.  
Big, small, tall, thin;  
Everyone's welcome to come and check....

*Because down on the Bec, sure we don't give a feck*

# Membership

Don't forget that membership renews on 1 April, and that's no joke! However, you can apply from 1 March at <https://www.slsc.org.uk/membership-fees/>. The annual adult membership fee for 2020 is £145, (£10 early bird discount during March) which includes your Lido pass allowing you to swim at the Lido all year round (but NOT to jump the queue in summer, oh dear me no!). Please follow all the online instructions carefully and apply as soon as possible – we are now a huge club of more than two thousand members, which is a massive amount of administration for our lovely membership elves to get through, so the earlier you apply, the easier you make it for them. And speaking of membership...

## Ask the Librarian

Dear Librarian

*Sadly, I was made redundant on 31 January and am hoping to fill some of my spare time by increasing my swim training. I have heard that The People's Republic of Tooting Bec Lido holds the biggest outdoor pool in Europe. Will I need a blue passport to visit?"*

Yours concernedly

S. Barclay (The Rt Hon)

Dear Your Honourableness

The Librarian is no stranger to threats of redundancy and wishes you good luck in any change of career on which you may be embarking. The People's Republic Of Tooting does indeed have a fine lido, and there is no requirement to hold any sort of passport, assuming you are a resident of one of our friendly neighbouring boroughs. We have an agreement with them which allows free movement between Streatham, Earlsfield, Brixton, Norwood and even (for we welcome even North Londoners) with Maida Vale. Though obviously we do ask for a vaccination certificate from those crossing the river. The Lido is indeed open...



The Lido open for business during Storm Chiara: Nicky Smith

# A Dip In The Life of.. Len Allen

By Flavio Centofanti

*"You've got to fulfil your full potential – everyone's got a talent for something."*



*I'm ashamed to say I've been coming to the Lido since 1994 and yet can still be surprised by the treasures it holds. Len Allen is an Olympian and winner of a Bronze medal in welterweight wrestling in the 1962 Commonwealth Games and has been a solid member of the 'Tooting Bec Outdoor Swimming and Physical Culture Club' (something else I knew little about) for 65 years! He comes every day at lunchtime to meet up with friends even if an injury stops him from swimming. These days, his group of friends – Roy Wise, John Wigglesworth and Dennis Smit – is getting smaller. But Len's magnetism is unmistakable. It was a real pleasure to interview the man who one of his fiercest opponents later called "a sportsman and a gentleman".*

## **Tell us a bit about your early life and family.**

I was born in 1932 in the East End of London. My family consisted of mum, dad and one brother. We moved out of London to the St Helier Estate – this must have been around 1935. I attended the local school (Tweedale) but it was known as 'Number 10'! War was in full swing with bombs meant for the local hospital going astray and boys I knew were killed. A lot of school time was spent in the air raid shelter singing songs!

## **Tell us a bit about your career.**

I started work at 14, a 7-year apprenticeship in lithographic printing. From the age of 18 to 20 I was in the army doing national service. Then I went back into printing and worked with several firms in London.

## **What was it like being in the army just five years after the war had ended?**

The Korean war was in full swing. It was a place I definitely didn't want to go to. I was in a Field Survey Unit – we printed maps.

## **When did you first start coming to the Lido?**

Back in 1955, before the days of gyms and sports centres, places where you could train with weights were very few and far between. I heard of this club at the Lido. It was not a swimming club but to be a member you had swim through the winter. That's how I became a member of the 'Tooting Bec Outdoor Swimming and Physical Culture Club'.

## **Tell us more about this club.**

Our Club is quite small now and not very organised but at one time we had about 30 members. As well as the weights and the equipment, we had a strong judo section as well as boxing. We also had running races. I was the first to run the London marathon – the first London marathon in 1981. Actually, it's quite embarrassing – I finished two places in front of Jimmy Saville. I shook hands with him but if I'd known then what I know now I would have boxed him one.

## **How many members have you got now?**

Actually, the last couple of years we've grown. Quite a few women have joined and a couple of men. We welcome new members.

## **How has the Lido changed over the?**

The pool is much cleaner than it used to be. In the winter it was never filtered at all. It was thick brown water with things crawling about and they emptied it out about this time every year. This was in the 50s and 60s. Things I dislike are: the bouncy castle in the summer – that's a disaster – it takes up so much space, interferes with people swimming lengths! Our Club also shuns the sauna – we refer to it as the 'Bacteria Bungalow'! But at least these things have attracted more people and kept the pool open. Us old members are a bit selfish really!

## **Tell us about Len the wrestler – how did it all start?**

On resuming civilian life in 1953, I heard about this wrestling club in Norbury so decided to give it a try. I was not an immediate success – you win a few you lose a few, you make sacrifices, you have disappointments and if you're lucky you come out on top in the end. I was lucky.

## **Tell us about the highlights of your wrestling career.**

By 1962 I was representing England in the World Championship in Toledo, USA and in the Commonwealth Games in Perth, Australia where I won a Bronze medal. The last honour I wanted was to become an Olympian – this I achieved in Tokyo in 1964.

## **What gave you drive and determination?**

It's the desire to fulfil yourself. As a sportsman you've only got a short span of time, after that you've got to

find something else to do. But you've got to fulfil your full potential – everyone's got a talent for something – because you only get one chance and once it's gone it's gone.



#### **What about the mental challenge?**

When you go into competitions, you do get nervous there's no two ways about it but you get used to being nervous – it's all part and parcel of it.

#### **And despite the competition did you make friends?**

People who are your fiercest enemies become friends in later life. I'm still in touch with some. Albert Aspen for instance from Bolton. Ron Grinstead from Bodmin. Also Joseph Maleszi from Hungary, great chap. One of my fiercest opponents was George Farquhar, a Scotsman. He hated and wanted to kill every Englishman. I met him in five championships – he won two, I won two and we drew one. In later life, George was in charge of the national Scottish team and they came down to London and as he was introducing me to one of the up and coming wrestlers he said "This is Len Allen – he's a sportsman and a gentleman". I was choked up, for him to say that after all we'd gone through. It still gets me now.

#### **Any other memorable moments?**

At the 1964 Olympics I was in the dining hall. You get a lot of people asking for your autograph. This little old boy comes shuffling along with his tray and says "Do you mind if I sit next to you?" He asks me questions about myself and after a while the conversation dries up so I thought I'd better ask him some questions so I said "So what are you doing here" and he said "I work for my local newspaper". "Did you ever do any sports?" I asked him "Oh yes" he said "I was an athlete". "But you didn't make it to the Olympics?" "Yes I was in the 1936 Olympic Games". "And how did you get on?" "I won four Gold medals". I knew straight away who it

was. We had a long conversation – he explained to me that his name wasn't Jesse, it was John Charles (J.C.) Owens. So that was the highlight of the Olympic Games for me!

#### **Is professional wrestling very different ?**

I don't knock them. It's entertainment. They practise doing what they're doing. People love it, my mum used to love watching it. What we did was 'Olympic Freestyle Wrestling' – it used to be called 'Catch-as-Catch-Can' in this country. In France they called it 'Lutte Libre'.

#### **How has that changed over the years?**

It's changed completely. Because of health and safety. I didn't know anyone who got injured but it **was** fear of what could happen. Everything I used to do would be banned now.

#### **If you had your time again would you do it again with the new rules?**

I wouldn't be as effective, put it that way. Ground wrestling was my speciality – grind them down and 'pin' down your opponent. But now once you're on the ground, all you get is 20 seconds before you have to get up. Before we could be on the ground for 15 minutes!

#### **What advice would you give to your 19-year old self?**

I don't believe in having regrets. You've got to do things while you can. I cycled across America – from San Diego to Brunswick, Georgia – at the age of 68. Now I'm pleased I did it. There were about 20 of us and I was the only Englishman there. It was a nice feeling of accomplishment. Before that in the 1980s – it was the year of the miners' strike in fact – I cycled from John O'Groats to Land's End with Greg Jaskiewicz. That was good too though we both fell off our bikes!

#### **What do you enjoy doing most now?**

So now I am not as nimble as I used to be, how do I fill the unforgiving minute? I work out in the gym every day, I try to improve as a musician playing the trumpet and flugelhorn (I've played with Jonathan, Vince and Jawad) and I swim at the Lido which is still a great place in spite of the changes.

#### **What is your most treasured possession – your medal?**

Well yes but the most important thing is my health.

#### **What's been your motto in life?**

You only get out of life what you put into it.

# Cupboard Club Knees Up Blows a Trumpet for Shelter

By Jonathan Buckley



*Len on his trumpet*

The tea and cake concert brought together musical talent and baking skills from around the Club and raised £235 for Shelter. The catering crew featuring Nathaniel and Laurie Burke and Nathan and Miya Rosenberg-Cowley were knocking out tea and cake at £2 a shot; great idea from Miya to make and sell cakes in support of Shelter.

Music came courtesy of various folk within the Club: acoustic harmonies from duo Pensa & Read, chansons francaises from Elise, acoustic disco funk from The Troubadours (Jawad, Ben Bennett, Jonathan Buckley and Hana Miyagi); and the cultured alt folk of the Vincent Burke Quartet (Vince, Jawad, Paul Southern and Hana).

Tracy Mattar got up to sing Sloop John B and then it was time for jazz classics with Paul on piano, Vince crooning, Len Allen on trumpet and a surprise appearance by Keith Thomson providing some tasteful fills on jazz guitar. The show concluded with a final mash-up singalong to Unicorn Blues, Len's lament about summer queues.

Len, who is well into his 80s, represented Great Britain in wrestling at the 1964 Tokyo Olympics. He is a multi-talented man and longstanding member of the 'Cupboard Club' aka the Tooting Bec Outdoor Swimming and Physical Culture Club (TBOS&PCC). Unicorn Blues was the poem he recited at one of the Club's annual dinners. From the poem, a song and then a Knees Up.

Len was back on his feet to tell the audience a little bit about the club within a club. TBOS&PCC was a

completely separate entity from South London Swimming Club until the 1980s when the Lido was threatened with closure. It takes its nickname from the small room it retains on the railway side of the Lido, where its history is conserved, chairs kept and weights stored.

These were the folks who did all the gymnastics at the Lido back in the day and thought nothing of cycling down to Birling Gap for a run and swim in the sea. Long-time winter swimmers and fitness freaks, they have always been something of an independent hard-core at the Lido. And in a small way this event was something of a coming out party for them.



In fact, the Knees Up brought a whole bunch of Tooting locals into the Lido to see it for the first time and also involved newer, non-traditional SLSC members which was one of the aims. Jawad said, "It was surprisingly well attended from both sides of the Lido and across generations. It displays the Lido community at her best. The Lido is so much more than cold water."

## Tooting Bec Outdoor Swimming and Physical Culture Club

By Dominic Reid and Len Allen

*Editor's note: Back in 2016 when I started editing BEC Chat I met Dom Reid, who was then an SLSC member and has since moved to the Lake District. He kindly sent me a copy of his account of the "Cupboard Club", so called because of their storage room on the railway side of the Lido. He interviewed a number of them for their reminiscences, including Len, so I'll publish the further interviews in later editions of BEC Chat.*

I joined the SLSC around four years ago to swim in the chilly winter and, like many people, wondered what the bunch of folk who inhabited the far side of the pool were about. They would magic up weights and exercise on a bench outside of a mysterious cupboard, swim in the chilly pool all through winter and nip off for a run occasionally.



I popped over to meet these mysterious folk and was lucky enough to be given a tour of the cupboard by Terry. He talked with an enthusiasm that uncovered some of the cupboard roots, so I asked a few people to write down their version of this clubs history.

### **The Club Within a Club or Two Clubs Divided by the Same Language** *by Len Allen*

Back in the early 1950s there were two clubs at Tooting Bec Lido, the South London Swimming Club and the Tooting Bec Outdoor Swimming and Physical Culture Club, phew' (TBOS&PCC).

In those days entry to the pool was free in the winter and the water was left unfiltered and stagnant until March by which time it had become a dark shade of brown and looking extremely unhealthy. It was then emptied, cleared out and readied for the Summer season.

The two clubs were entirely separate although some SLSC members did join in the TBOS&PCC activities. The swimming club was devoted entirely to swimming and competed in several cups, the TBOS&PCC had acquired some weight training equipment gifted to the by the Young Britons Club which had been based in St Marks Church at Figges Marsh.

Although swimming was not the main priority for TBOS&PCC you had to swim through the winter or you could not be a member, this rule was vigorously applied. As there were no sports centres and very few places where you could train with weights in those



days, the club boomed attracting the local body builders, strong men, hand balancers etc and Saturday and Sunday morning were very busy with a queue of people waiting to do their reps on the weights. By the late 50s running had become an important item on the Club's agenda with a six mile race every Sunday

morning and a classic handicap six mile race on New Year's Day.

There were organised visits to Winkworth Arboretum, Birling Gap, weekends in Dorset and summer holidays in Ibiza and Majorca all incorporating runs followed by a swim.

In the 60s TBOS&PCC gained even more popularity with a very enthusiastic judo section, some years later this was followed by the introduction of boxing to the club's curriculum. Running marathons also proved to be a magnet for many club members. There were various trophies to be competed for, "The Birling Gap

Four Seasons' Cup", "The Superstars' Cup" and finally with the advent of triathlons the "Iron Man" competition which comprised of a mile swim in the pool followed by a cycle ride to Birling Gap roughly 67 miles and finishing off with a run of about 9 ½ miles.

There was a great club spirit, these were really the halcyon days of the Club. Unfortunately, with the spread of sports centres and private gyms numbers started to dwindle and the average age of the few left is about seventy plus.

*Editor's note – it's great to know from Flavio's interview that the Club has started to attract a few new members.*

## **A Trip to the International Winter Swimming Association World Cup in Jinan, China**

*By Ellery McGowan*

On 5 January I flew direct from New York, where I had spent Christmas and New Year with my son and his family, to Beijing; a nearly 14 hour flight and a 13 hour time difference! After we 'foreigners' from Russia, Latvia, UK, Poland, Czech Republic, France, USA, Finland... met up for dinner, it was straight to bed for me!

I set my alarm early as we had a 6:30 breakfast on the Tuesday followed by a tourist day – Tiananmen Square, Forbidden City, a silk factory visit (yes I did buy a silk duvet!), lunch, a few hours on the Great Wall of China (stunning views and a hard climb with unevenly spaced steps), back to Beijing for an acrobatic show which left Cirque de Soleil for dead and then dinner! How was I going to survive? Well one didn't really have to think – just be in the hotel lobby each day at some ungodly hour and climb on a bus or train!

The next day, meeting at 6:15, we went to the South Station to catch the bullet train south. This was an experience, travelling at over 300km/hour most of the journey. We left JCR (*John Coningham-Rolls, Vice-President of the IWSA and good friend of SLSC*) and Jin, our Chinese organiser, in Jinan to oversee the arrangements for the World Cup at the weekend. After nearly four hours on the train we met up with the rest of the 'foreigners' who had spent a day in Shanghai, and on two coaches we travelled to the amazing city of Tai'erzhuang further south in Shandong province. This has been rebuilt since it was destroyed by the Japanese in the Second World War and is situated on the Grand Canal of China. We stayed in the old town – cobbled streets, waterways, festive lanterns –which

was pretty amazing! That night we had a huge banquet with all the speeches in the conference centre and country reps were presented with tow floats. The food was amazing and the Chinese beer, which we had at all meals went down well. Some had tried the pool out but I decided to rest and wait for my races in the morning! After the banquet we went on small boats paddled by Chinese ladies in costume, singing beautifully as we meandered through the lit up waterways to a golden pagoda where there were fireworks and a Chinese dragon performance.

It was around 6° in the water, air chilly, no sauna or heating and no spectator area. We did have a boat moored on the canal, next to the pool where we could sit between races, get changed etc. At this festival one could only enter three races, the Chinese one, and there were only three age groups ending at 60! In your nominated event it was possible to win prize money but I pulled out of mine, the 300m as the Grand Canal did not look clean at all and in fact a lot of competitors became ill. I managed the 50 fly and 50 Free plus a 4 x 50 m relay – mixed, which means a medley! Marshalling was under a shelter in the open and one walked around to the pool just in bathers – chilly!

Another big meal at night, buffet style followed by a stroll through the old town and to find yet another spectacular dragon performance! On Friday we left after an early breakfast at a café/restaurant beside a canal, checked and clambered onto two busses – Russian speakers in one and English in the other. Five to six hours later we arrived in Jinan and went straight to lunch followed by a tour of the open water venue and the eight lane pool. All looked spectacular for the TV but there was no spectator area, the two changing rooms were no bigger than our sauna and cold! The sauna was a little larger but no more than 30 degrees at a guess.



At night we had a formal dinner with other nationalities arriving – Germany, Mongolia... with age discrimination in full swing I was not entered into the 300m event in Daming Lake,

lovely fresh water at four degrees fed by springs and having an abundance of fish! However, I managed to worm my way into the event with the help of Mariaa from Finland (*IWSA President*) and swam as a Russian who had withdrawn. We went out to the island by boats... 66 of us in the C group, some in wet suits,

some diving, and basically a strange start. I loved it and came 22nd but could not find the baggage drop... we got our medals for finishing but there just masses of photographers, people and utter chaos in four degrees. However, SLSC members are tough... the changing room was a good 150m away... not heated so I ventured back to the lake in bare feet on the snow and ice and eventually found my kit! (*Yikes! Ed*)

The 300m races continued well into the afternoon with the 25m breast, 50 m free and 100m breast scheduled. We had a delicious 'packed lunch' – noodle soup, rice and a variety of Chinese food in the 'library' pagoda which was warm and settled down to a tea ceremony and tea drinking before lunch! Fortunately, we had two bilingual carers who made sure we were in time for our heats etc as basically it was pandemonium. Our lanes and/or heats were continually changing. I was in one of the first heats for breaststroke but when I lined up for the freestyle we were told it was all over for the day!

That evening we walked around the park – lanterns everywhere for Chinese New Year, followed by a majestic boat ride around the city, passing famous springs, lit up bridges, going through a lock and back into Daming Lake! From there we walked back to our hotel through the old town. Sunday was full on... 50m free, 100m breast, 25m ice fly, 50m breast, 25m fly, 100m freestyle but ran smoother than the Saturday! Prize money was awarded to place getters but not if you were over 60!

I left after my 100 free race to fly to Xian where I spent two nights, seeing the terracotta warriors, cycling around the 15km city walls on cobbled stones which I was advised not to do by my guide but I insisted. In the late afternoon we visited the Muslim quarter which I loved, full of tempting street stalls from goat's feet, flattened squid, dumplings, fruits etc. I left my guide at the Grand Noble Hotel (excellent) and had an early night after treating myself to a rather nice quilted coat in a shopping street! On Tuesday I was collected at 10:00am, a civilised hour to visit the Goose Pagoda and learn a bit about Buddhism before heading off to the airport for a flight to Hong Kong and then home.

The most notable things were the dull skies from smog, the fact that I didn't see any old people and I saw just one wheelchair as I walked around by myself. Disabled people would not be able to use any facilities around Daming Lake or any attractions as there are steps everywhere – even three to the squat toilets!

Well, I won five gold medals (*applause!*) which Jin should be bringing to Bled (*Winter Swimming World Championships*) for me. It was a remarkable trip and from the tourist point of view we were extremely well looked after.

# FORTHCOMING ATTRACTIONS

## TRAINING AND EVENTS AT THE LIDO AND ELSEWHERE

### The SLSC Annual General Meeting

In the Lido Pavilion on Sunday 22 March at 10.00am, entrance from the common. Please make every effort to come along – a number of committee places are up for election and, of course, we'll also have the presentation of Margaret Lipsey's Unsung Hero award.

### Want to be a Tooting Bec Lido lifeguard?

In the coming months Lido manager Karen will be recruiting lifeguards for the summer season. So, if you want to join the team, here's your chance! The next lifeguard training event is taking place at Balham Leisure Centre on 6 to 10 April.

Email [karenwells@pfpleisure.org](mailto:karenwells@pfpleisure.org) if you are interested or pass this information on to anyone else who might be! Young and not so young welcome to train to be a Tooting Bec Lido lifeguard this summer.

### SLSC water polo

Indoor water polo continues at St Joseph's College pool, Beulah Hill, West Norwood SE19 3HL on Sunday afternoons 5.15 to 6.30. Email [waterpolo@slsc.org.uk](mailto:waterpolo@slsc.org.uk) for more info – all abilities welcome!

### SLSC indoor swim training session

**NEW for 2020:** Sunday mornings 10.45 to 11.45 at Allen's School, Dulwich. We have plenty of space for new swimmers, so do join us!  
[www.slsc.org.uk/training-sessions](http://www.slsc.org.uk/training-sessions).

### Training sessions at Tooting Bec Lido wet and dry fitness

Saturday mornings 9.30 to 10.45am. 7 March to 30 May. Come along and get ready for the new season of events, have fun and get fit in and out of the water. All ability and fitness levels welcome – age groupers to novices – coach Patricia will make sure everyone is challenged! Session information and pricing at <https://www.slsc.org.uk/training-sessions/>.

### The Total Motion Aquathlon

Saturday 30 May  
The Total Motion Aquathlon at Tooting Bec Lido is established as a firm favourite with multisport athletes in SW London and forms part of the British Triathlon London Senior League. Suitable for anyone from novices to seasoned competitors. Enter today at <https://www.totalmotionevents.co.uk/total-motion-aquathlon>.

**Lido opening times:** 7am or sunrise to 2pm every day. Last swim at 1.45pm. Please leave promptly.

### Heron Cup Invitation Spring Gala

**Sunday 8 March 9.30 to 11.00am**

Serpentine SC, Brockwell Swimmers, PHISH and Out to Swim are guests at this year's competition. SLSC need a team (or two!) of 10-12 swimmers (Under 45, Over 45, Over 60) for all four strokes and relays... and bring/bake food (cake) to share!

Registration from 9.30am, races kick off at 10.00am  
Swimmers keen to participate should email [swimcaptain@slsc.org.uk](mailto:swimcaptain@slsc.org.uk)

### 2020 Summer Aquathlon series

Save the dates:

Race 1 – Wednesday 27 May

Race 2 – Wednesday 10 June

Race 3 – Wednesday 24 June

Race 4 – Wednesday 10 July

Entry will be £20 per race with £4 discount for SLSC members and BTF members.

Online registration opens on 1 March.

[www.slsc.org.uk/2020-summer-aquathlon-series/](http://www.slsc.org.uk/2020-summer-aquathlon-series/)

### Tooting Bec Lido SwimRun

Wednesday 15 July

The Tooting Bec Lido SwimRun is the perfect introduction to SwimRun with participants completing 1km over four swims in the Lido, as well as four runs totalling 8.8km around Tooting Common. The perfect opportunity to test your kit and your teamwork. Enter now at <https://www.totalmotionevents.co.uk/tooting-bec-lido-swimrun>.

### Exercise in the lovely Lido Pavilion

**Mondays: NEW!** 7 to 8am Drop in Yoga class with Sam Clarke – SLSC members £8

9.30 to 10.30am Pilates with Bex Redfearn,

11am to 12pm Yoga with Luisa Cicuttin,

6.45 to 7.45pm Beginners Yoga with Em Thomson

**Tuesdays:** 6.45 to 7.45pm Flow and Rebalance yoga with John Pullin

**Wednesdays:** 9 to 10am T'ai Chi with Caroline Ross – £9 discounted to £6 for SLSC members.

**Thursdays:** 6.45 to 7.45pm Candlelit Vinyasa Yoga with Em Thomson

**Fridays:** 9 to 10am Pilates with Bex Redfearn

**Saturdays:** 8.30 to 9.30am Ashtanga Yoga with Em Thomson

**Sundays:** 11.30 to 12.30am Vinyasa Yoga with Em Thomson

Yoga classes £8 discounted to £5 for SLSC members.

**Check out** Solasta Dance Academy, and Benchmark Gym for the little ones!

**To see what else is what's happening in the Lido Pavilion visit** [www.slsc.org.uk/open-events/](http://www.slsc.org.uk/open-events/)