

# South West Region

## Annual Report 2023

### January

#### **Inaugural County Governance Review and Regional strategy Weekend**

The region hosted a County Governance review day with Regional Staff and volunteers supporting National Officers Claire Coleman (Head of Development) and Helen Weeks (Sport Governance and Welfare manager). The Counties were invited to look at their own governance and discuss in groups how best to review these. Many interesting and thought provoking discussions were had on the day. The Team will be looking to follow up with the Counties by meeting to discuss further.

Following the above day the Region held a Strategy day which the County representatives were able to discuss the Regional Strategy for 2024 onwards. This was followed by a presentation by George Wood (Sport Development Director) on the Swim England strategy.

### February

#### **Swimming Officials World Aquatics Rules Update**

Throughout the first part of the Year Jill Beard, SW Officials Coordinator, has run a huge number of World Aquatics Rules update sessions to our Officials throughout the Region. This reached over 500 Officials from all over the South West and Jill ensured they were all kept up to date with the latest changes before they return to poolside to Officiate at events.



**WORLD  
AQUATICS**

### March

### April

#### **New Transgender and non-binary competition policy Published by Swim England**

Swim England has published its updated transgender and non-binary competition policy which aims to make all its sports fair and accessible to everyone.

It is the first time the policy has been revised since 2015 and has been introduced in a bid to create a 'fully-inclusive, non-discriminatory competitive environment'.

All of Swim England's disciplines – swimming, artistic swimming, diving and water polo – will see a new 'open' category introduced, which will be for athletes with a birth sex of male, trans or non-binary competitors.

[Click here to read the full article and for various resources.](#)

## May

### South West Open Water Swimmer of the Year 2022

2022 saw the return of open water swimming to the South West and Nationally – and what a year it was for our region.

Our Open Water Swimmer of the Year is Emily Forwood (Mount Kelly). Emily not only won her age group (17/18 yr old girls) event at the SW Regional (held at Lake 86 in cool surroundings) but went on to win the National Age Group Championship held at Thrybergh Lake nr Rotherham, was on one of the hottest days of what was already a hot summer.

She not only showed great speed and endurance, but also versatility by winning wetsuit and non-wetsuit events.

This is a fantastic result as it is several years since we have had a National Champion from the region and our congratulations go to Emily.

**Brian Armstrong**  
**Chair, SE SW Open Water Committee**

#### Additional Note.

The region had two NAG winners this year – Emily and Kaden Frampton (Millfield, Boys 12yo 2k). Kaden overturned the result from the regional event to pip Tigersharks Dominik Bartoletti by a mere 0.007 seconds at the finish board at Rotherham – they don't get much tighter than that, even at elite level. Our congratulations go to both swimmers as we look forward to their endeavours for the 2023 season.



## June

### South West Development Programmes End of Season Update

#### Regional Development Programme (RDP)



Our Regional Development Programme is just under a year in length and is for 24 female and 24 male athletes aged 12 years old. The programme consists of two pool sessions and an online education session. Upon selection athletes and home coaches are notified and we ask for commitment to all three sessions for the athletes to have the best experience on this programme.

The Coaching and Team Managing Team for the 2022/23 season were:

- **Lead Coach** – David Cousins, Bristol Penguins
- **Skills Coaches**
  - Craig Skinner – Gloucester City
  - Carolyn Nicholls – Warminster
  - Christopher Neilson – Poole SC
  - Martin Littlefair – Seagulls
  - Ashleigh Blackhouse – Plymouth Leander
  - Paul Perry – Yeovil and District
  - Gavin Whitworth – Taunton Deane
  - Iain Chalmers – Dawlish
- **Lead Team Manager** – Rebecca Smith, Bradford on Avon
- **Assistant Team Manager** – Sarah Edmonds, Exeter City

We started the 2022/2023 season with a Pool Camp held at Millfield School Street, this was on 25<sup>th</sup> September and was attended by all 48 athletes.

The day consisted of two pool sessions and a land training session. The athletes were split into 8 groups each having their own lane coach who would deliver sessions and monitor athletes on their development across the day.

In the first pool session the key areas of OADF were covered and the focus was on being a good learner and technically excellent. They focused on Butterfly and Backstroke technique, progression into IM turns.

The land Session was focused around Fundamental Movement Skills to include exercise such as a Glute Bridge and Split Squats.

The final pool session again used the same Key areas of OADF. The focus was on Backstroke and Breaststroke technique, progression onto IM turns again especially introducing and development the Back to Breast Crossover turn.

Next we held an Online Workshop which was held on 5<sup>th</sup> March 2023 via Zoom. This was attended by 40 athletes, a number of athletes were unavailable due to this workshop clashing with other sporting/academic commitments. Our Lead Coach David led this session and expressed his delight in the effectiveness and focus of those athletes attending. They were all really engaged with the content and good discussions were held throughout the session. Topics covered included Learning to fuel and self-awareness and race process goals. There was also an opportunity to split into male and female breakout rooms, the male session focused on lifestyle and recovery and the female session focused on puberty and performance.

The programme finished with a second pool camp at Millfield School on Sunday 28<sup>th</sup> May 2023. This was attended by 38 athletes, 10 were unable to attend due to illness and other commitments. This session was similar to that held back in September and was a good opportunity for the coaching team to see how the athletes had progressed over the past 8 months.

The morning pool session covered Backstroke and Breaststroke technique with progression into IM turns again, this meant they could recap on the learning from September and have another chance at developing the Back to Breast Crossover turn.

The Land training session focused on fundamental movement skills again and how best to develop the principles in order to improve performance.

The final pool session covered Breaststroke and Freestyle technique again progressing onto IM turns. As this was the final session of the Camp David also planned in some relays and fun challenges to conclude the programme.

Throughout the programme the level of engagement from the athletes was excellent with many of them taking on board the feedback from the coaches and putting this into practice throughout their training and racing when returning to their home programmes.



## Regional Distance Development Programme (RDDP)



The Regional Distance Development Programme is a new programme that was introduced by the Region in 2023. Usually this programme would run alongside the RDP programme from September to June, this programme was slightly different in that we ran the sessions from January to June. This programme is for 24 male and 24 female athletes aged from 12-15 years old. This programme consists of one pool session, one online education session and one Open Water Session. Upon selection athletes and home coaches are notified and we ask for commitment to all three sessions for the athletes to have the best experience on this program, this programme was run at short notice and due to not having all of the dates at the start of the programme we couldn't ask for full commitment on this occasion. Out of the initial 48 selected athletes 28 committed to the programme for this season.

The Coaching and Team Managing Team for this season were:

- **Lead Coach** – Neil Edwards, Mount Kelly Swimming
- **Skills Coaches:**
  - John Ferguson, Bristol Penguins
  - Paddy Noon, City of Bristol
  - Craig Skinner, Gloucester City
- **Lead Team Managers:**
  - Craig Hanson (pool session), Taunton Deane
  - Sarah Edmonds (Open Water session), Exeter City
- **Team Support** – Cassandra Patten OLY supported the coaching team at the Open Water Camp.

The pool session for this camp was held at Millfield School on Sunday 16<sup>th</sup> April and was attended by 23 of the selected 28 athletes.

The objectives for the first pool session was to develop Frontcrawl turns and breakouts, develop efficiency in Frontcrawl technique and skills and develop pacing using RPE.

This was followed by a land training session which was around fundamental movement skills and how this can impact training and competition development.

The second and final pool session focused on maintaining Frontcrawl DPS and SC, performance of efficient Frontcrawl Turns, introduction to Open Water Techniques and Skills.

Following the pool session we held an online education session which was attended by 20 athletes and these sessions covered stroke mechanics and technical considerations in relation to Open Water Swimming.

The third camp was an Open Water Camp which was held at Lake 86, Cotswold Water Park and the DeVere Hotel on Saturday 3<sup>rd</sup> June 2023. This was attended by 19 athletes, 7 of which were athletes not on the programme who we offered the opportunity to attend to up the numbers at this camp due to a number of the selected athletes not being available. We also had the support from Olympian Cassandra Patten at this session whose knowledge, experience and guidance was invaluable throughout the day.

The first session in the lake covered Pack Swimming, Sighting and Turning along with an introduction to swimming in Open Water as a number of the athletes had not done this before.

After the Lake Session they worked through a presentation on how to develop race day strategies at the hotel. The athletes were able to ask questions and learn more about the technical side of Open Water Swimming.

The group then headed back to the lake for the final session of the day where they completed a race simulation session over a 750m loop.

Although the planning for this programme was late we were still able to give a valuable experience to a number of athletes of which some of them had never experienced Open Water Swimming before.



## **Artistic Swimming Regional Development Squad Report – June 2023**

The regional development squad was set up to identify and support the development of those athletes 10 to 14 years old with potential to compete at the highest National and International level. The core aims of the squad are to:

- select athletes that will form the best Squad to achieve the highest possible results within the competitive season;
- prepare athletes for future trials for the England/GB Youth, development and Junior Squads;
- develop younger athletes and support clubs and coaches in developing talent within the region.

Selection to the squad this year was based on the same principles as the England Youth Squad selection criteria with a lower grade limit and with some flexibility on the level required on each of the tests taking into consideration age and regional standards.

Trials were held at Hengrove Pool on 21<sup>st</sup> January, and training commenced on 1 to 2 Saturdays per month between February and May with a view to competing in the Regional Games on Friday 2<sup>nd</sup> June. One further session is planned for July to go through the requirements of the England Youth Selection Process and prepare athletes for this (if eligible to enter).

A total of 18 swimmers were selected ranging from Year of Birth 2009 to 2012. In addition, two 2008 Year of Birth swimmers were taken to allow them to Trial for the GB Junior Squad in the future.

### **Training**

Training commenced in February with a view towards providing athletes with the fundamentals and basics for a well-rounded artistic swimmer. Training covered 4 main areas:

Flexibility – including safe stretches for ankles, toes, knee extension, splits, shoulders and backs as well as some strengthening work and some gymnastic skills and Land Video Requirements.

Land Conditioning – including Circuits, and strength training exercises using bands, and core work.

Speed Swimming – including technique work, pacing, turns, and improving underwater swimming for breath control.

Technical Skills – including spins, verticals, grade 4 figures, routine skills, and Pool Video requirements.

Some guest coaches were invited for Speed Swimming in particular with a focus on a coach who understood the importance of cross-discipline training using their skills in Water Polo, Swimming at development level, and artistic swimming needs – these types of coaches are few and far between. 2 sessions were provided and covered swim technique, working underwater, starts, turns, eggbeater (water polo exercises adapted for Artistic swimming needs), as well as core and swimming circuit training needs.

Training followed a build up towards competing at the Regional Games.

8 athletes also attended the High Performance Centre for the day and worked with Karen Thorpe. The day was very successful, and the swimmers really enjoyed it. The 8 swimmers selected to attend the HPC day were:

1. Josephine Phillips (CoBr) – 2009
2. Annelie Jonsson (CoBr) – 2009
3. Indigo Harris (CoBr) – 2009
4. Bo Jones (CoBr) – 2009
5. Hannah Gibbons (CoBr) – 2010
6. Anastasia Appleby (CoBr) – 2010
7. Eva Guseva (CoBr) – 2012
8. Harper Mosley-Mackenzie (CoBr) - 2012

Karen was impressed with several of the swimmers, and noted a huge improvement for those that had attended England Youth Trials in October 2022 but were unsuccessful in gaining a place.

## **Regional Games 2023**

The focus for the 2023 Regional Games was to improve general performance across the three events. Entrants were to be aged 10-14 (15 for males). In 2022 the SW achieved Joint 5<sup>th</sup> place overall (6 regions). The aim was to improve to 4<sup>th</sup> or above and training was set to achieve this. It should be noted that some regions entered many 2008 athletes this year after being allowed to include some in the squad for training purposes and the entry criteria had not been updated to reflect the changes in the regional development squad to 14yrs (15 for Males). This created an uneven playing field for those regions which followed the Regional Development Criteria set by Swim England. This has been raised with the AS committee to provide very clear guidance for next year for entries for all regions.

The three events entered were:

**Land Video (one athlete from each age group)** – SW Athletes were Indigo Harris CoBr(2009); Anastasia Appleby CoBr (2010); Ella Cash Bath (2011) and Bonnie Wilshire CoBr (2012).

**8 x 50m Freestyle Relay (up to 2 athletes from each year group)** – Athletes were:

Josephine Phillips (CoBr) – 2009  
Annelie Jonsson (CoBr) - 2009  
Hannah Gibbons (CoBr) – 2010  
Anastasia Appleby (CoBr) – 2010  
Elisabeth Phillips (CoBr) – 2011  
Ella Cash (Bath) – 2011  
Eva Guseva (CoBr) – 2012  
Harper Mosley-Mackenzie (CoBr) – 2012

**Grade 4 Figure Competition (up to 15 entries – top 8 figure average for each region taken to calculate overall place).** Athletes were:

Josephine Phillips (CoBr) – 2009  
Annelie Jonsson (CoBr) – 2009  
Indigo Harris (CoBr) – 2009  
Bo Jones (CoBr) – 2009  
Lola Jones-Hackett (CoBr) – 2009  
Josie Linehan (CoBr) - 2009  
Hannah Gibbons (CoBr) – 2010  
Anastasia Appleby (CoBr) – 2010  
Sophia Pullen (CoBr) – 2010  
Elspeth Brand (CoBr) – 2010.

## **Results**

The full breakdown of results are attached. Summary results are as Follows.

- Land Video – 2<sup>nd</sup> Overall
- 50m Relay – 3<sup>rd</sup> overall (top two had 2 x 2008 swimmers which gave them a significant advantage) – approx. 4 secs behind the winners.
- Figures – 3<sup>rd</sup> overall – 2 marks behind 1<sup>st</sup> place (top 2 had nearly all 2008 athletes which upped their figure averages by 4 marks and 5 marks respectively)
- Final Place – 2<sup>nd</sup> Overall.



Some key results:

| Name               | Regions Only     |                                  | With England Youth Squad |                                   |
|--------------------|------------------|----------------------------------|--------------------------|-----------------------------------|
|                    | Final Position   | Position excluding 2008 swimmers | Overall Position         | Position Excluding 2008 swimmers) |
| Josephine Phillips | 6 <sup>th</sup>  | 3 <sup>rd</sup>                  | 18 <sup>th</sup>         | 7 <sup>th</sup>                   |
| Annelie Jonsson    | 7 <sup>th</sup>  | 4 <sup>th</sup>                  | 19 <sup>th</sup>         | 8 <sup>th</sup>                   |
| Hannah Gibbons     | 13 <sup>th</sup> | 8 <sup>th</sup>                  | 25 <sup>th</sup>         | 12 <sup>th</sup>                  |
| Bo Jones           | 20 <sup>th</sup> | 12 <sup>th</sup>                 | 32 <sup>nd</sup>         | 16 <sup>th</sup>                  |

All athletes gained over 50 for their final score – and all improved over NAGs scores. All athletes came in the top half of the figures.

Overall it was a very successful competition which exceeded everything we set out to accomplish. The relay was a PB by some 20 seconds, the land video we entered was a very strong contender for gold, and the Figure competition with 4 swimmers in the top 20 is a huge improvement on last year's results.

It should be noted that on a level playing field it is highly likely the SW region would have won overall.

As a note the England Youth Team also competed in the figure competition as preparation for their upcoming competition in Croatia. 2 athletes from the SW region are part of this squad.

Danae Boitsidis – finished 1<sup>st</sup> overall - 3 marks above the rest of the field.

Pia Lanham – 11<sup>th</sup> overall.

Both swimmers have been selected to travel to Croatia and competed as part of the Free and the Combination teams.

### Going Forwards.

We have one more session this year where we will focus on England Youth Trials and ensuring all the eligible athletes understand what is involved and how to reach their goals either in 2023 (trials will be Sept/Oct) or 2024 for those that need further development.

Feedback from the AS committee members at the Games is that the Region has improved substantially this year. They have watched us in training as we share the pool and facilities at Hengrove with the GB Teams on Saturdays and have said the training is much more in line with their expectations.

They have advised that next year we should look at getting some days together for our younger club athletes to really target those with potential and bring them on. They don't have to do all of the regional sessions, but they feel this would be hugely beneficial for a region so spread out. Looking forwards to next year a few noted to consider for the Calendar.

Club testing requirements need to go to clubs in September and I would suggest a short webinar with the coaches to go through it with them and talk about why it is important even for smaller recreational clubs to identify any athletes with potential.

Trials day should be pre-Christmas rather than January. This gives us time to prepare more effectively.

Webinars on Nutrition, sports psychology and competition mindset and other subjects should be included next year for the Athletes and parents.

Reach out to clubs to attend the regional training should be included. This would give coaches access to other techniques, drills, etc that they can take back to their clubs.

I have put together a short set of ideas we can consider as a region and I'm happy to look at them going forwards with the Regional Committee.

Finally – I am hugely proud of all of the squad. They committed wholeheartedly to the training, and we have seen a substantial improvement in all aspects. There were lots of tears at the Games – of happiness from swimmers and coach alike. We exceeded all our goals and even our own hopes and expectations.

As a region we have developed a fabulous platform from which to grow and develop further, and with support and commitment from clubs, coaches, and the regional committee I feel sure we can achieve the top spot next year.

Can I just take the opportunity to thank everyone who has assisted me this year during trials, during training, and on the actual day. Too many to mention but especially.

Christine Merrifield  
Stacey Jones  
Paula Brand  
Sarah Pullen  
Georgie Coombes

Angela Boitsidis  
Regional Development Squad Coach.



*Photographed above: AS Regional Squad 2023.*

## July

### **Regional Athlete and Coach Selections 2023**

Congratulations goes out to over 20 athletes and 6 coaches from the South West who have been selected for British Swimming's squad to compete at European Juniors, LEN European Under 23 Champs and 2023 World Aquatics Champs.

## **European Junior Championships – Belgrade 4<sup>th</sup> to 9<sup>th</sup> July**

### **Athletes:**

- Vadim Bosc, Mount Kelly
- Rue Fowler, Team Bath AS
- Adam Graham, Millfield
- Blythe Kinsman, Mount Kelly
- Jessica Lawton, City of Bristol
- Erin Little, Mount Kelly
- Matthew Ward, Mount Kelly
- Solomon Williams, Millfield

### **Coaches:**

- Lisa Atkinson, City of Bristol
- Greg King-Limb, Mount Kelly

## **LEN European Under 23 Championships – Dublin 11<sup>th</sup> to 13<sup>th</sup> August**

### **Athletes:**

- Jonathan Adam, Bath Performance Centre
- Ed Mildred, Bath Performance Centre

### **Coaches:**

- Calum Jarvis, Bath Performance Centre

## **2023 World Aquatic Championships – Fukuoka, Japan 23<sup>rd</sup> to 30<sup>th</sup> July**

### **Athletes:**

- Matt Richards, Millfield
- Cameron Brooker, Bath Performance Centre
- Luke Turley, Bath Performance Centre
- Brodie Williams, Bath Performance Centre
- Freya Anderson, Bath Performance Centre
- Tom Dean, Bath Performance Centre
- James Guy, Bath Performance Centre
- Emily Large, Millfield
- Jacob Peter, Bath Performance Centre
- Ben Proud, Bath University

### **Coaches:**

- Jamie Main, Bath Performance Centre
- Ryan Livingstone, Millfield
- David McNulty, Bath Performance Centre

## **August**

### **Great Britain Artistic Swimming Team for the World Championships in Fukuoka Japan**

- Kate Shortman City of Bristol
- Isabelle Thorpe City of Bristol
- Cerys Hughes City of Bristol
- Daniella Lloyd City of Bristol



Kate Shortman winning the nation's first-ever World Championships medal at the 2023 World Aquatics Championships in Fukuoka, Japan.

She improved on her preliminary round score by six points as she received a total of 219.9542 for her performance. The score was broken down into 32.9000 for difficulty (up from 32.0000 in the prelims), 86.8000 for artistic impression and 133.1542 for execution.

Kate Shortman and Duet partner Izzy Thorpe finished fifth in the Duet Free final.

The duo scored 226.4834 for their performance which gave them the best result from a British female duet in recent history.

They were also placed eighth in the Duet Technical final where they matched their placing from last year's competition.

## September

### Report of 2023 Open Water Season for the South West

#### Distance and Open Water Development Day – Lake 86, June 3<sup>rd</sup>

As part of the newly revamped/combined distance and open water development programme from Swim England, the regional development day was held at Lake 86 and the De Vere Cotswold Water Park Hotel for the theory sessions. The venue was chosen to give the swimmers experience of the venue that would hold the Regional Champs later in the month.

Craig Skinner (Glos City) and John Ferguson (Bristol Penguins) led the sessions and were assisted by Cassie Patten (2008 Olympic Bronze Medallist for 10K open Water in Beijing) and Brian Armstrong with Sarah Edmunds from Exeter acting as team manager for the day.

The participants were a mix of swimmers, both old hands and some new to open water, and all seemed to really enjoy the event – particularly meeting an Olympic Medallist! Cassie has also provisionally agreed to help out at next year's development day.

## SW Open Water Champs – Lake 86, June 25<sup>th</sup>

This is the second year we have run the combined SW and East/West Mids champs at the lake and once again it was very successful with more than twice the number of total entrants at 251 of which 157 were from the SW. Comparison with previous years is given in the table below:-

| Year            | Total Entry Numbers | SW Entries |
|-----------------|---------------------|------------|
| 2017 (Weymouth) |                     | 194        |
| 2018 (Weymouth) |                     | 165        |
| 2022 (Lake 86)  | 117                 | 63 (53%)   |
| 2023 (Lake 86)  | 251                 | 157 (62%)  |

From the numbers available, it appears we are roughly back to the numbers we had a pre-pandemic championships and the SW filled its quota of NAG entries for Rother Valley at the end of July.

A breakdown of entries by county and event is presented below together with the full results.

## National Age Group Championships – July 29<sup>th</sup>, Rother Valley Country Park, Sheffield

After a late change of venue (apparently due to a swimmer being bitten by a pike at Thrybergh Country Park), the Championship returned to Rother Valley and a good number of the regions' swimmers were at the National Age Group event in late July. A summary of the results is presented at the end of the document or can be found at <https://www.swimming.org/openwater/open-water-swimming-results/>

The outstanding swim of the day was from Amos Starkey (Glos City) who was the first 18yo boys 5k in 54:06.

## National Masters Championships – July 29<sup>th</sup>, Rother Valley Country Park, Sheffield

The National Masters championships were curtailed when one of the swimmers in the first race got into difficulties. He was rushed to the shore where the medical support crew kept him stable till ambulances arrived. He was transferred to hospital and is currently making great progress following bypass surgery.

## GB Masters Championships – Sept 16<sup>th</sup> Llys-y-Fran, Pembrokeshire, Wales

A small number of SW Masters swimmers travelled to the far reaches of west Wales for this event and were rewarded with a marvellous venue with great facilities.

There were wins for Jessica Partridge (Stroud Masters, 45-49) – who also placed 1<sup>st</sup> overall in the women's event, Thomas Greet (Caradon 18-24) and Martin Saunders (Brixham, 50-54). Kerry Rutherford was second in the 20-24 age group and Christopher Rollinson was also second in the 65-69 age group.

## Championships 2024

We have had preliminary discussions with Lake 86 operator about next year and a couple of provisional weekends have been pencilled in, dependant on when NAGs are scheduled for 2024 and liaison with other regions to ensure key officials are not overstretched.

### South West Region Open Water Championship Entries by Event and County

|                   | 5k male<br>(+ Masters) | 5k female<br>(+ Masters) | 1k boys<br>& girls | 2k<br>Masters | 2k boys   | 2k girls  | 3k boys   | 3k girls<br>14yo | 3k girls<br>15yo | 3k Masters | Totals     |
|-------------------|------------------------|--------------------------|--------------------|---------------|-----------|-----------|-----------|------------------|------------------|------------|------------|
| <b>Dorset</b>     | 3                      | 4                        |                    |               | 4         |           | 3         | 2                | 1                | 1          | <b>18</b>  |
| <b>Gloucester</b> | 3                      | 3                        | 2                  | 2             | 3         | 4         | 5         | 2                | 5                | 4          | <b>33</b>  |
| <b>Somerset</b>   | 5                      | 1                        | 3                  |               | 3         | 6         | 3         | 3                | 2                |            | <b>26</b>  |
| <b>Wiltshire</b>  | 2                      | 1                        | 10                 | 8             | 3         | 1         | 4         | 2                | 2                | 1          | <b>34</b>  |
| <b>Devon</b>      | 6                      | 6                        |                    | 1             | 3         | 2         | 4         | 1                | 4                | 1          | <b>28</b>  |
| <b>Cornwall</b>   | 3                      | 4                        | 1                  | 2             | 1         | 1         | 1         | 1                | 2                | 2          | <b>18</b>  |
|                   | <b>22</b>              | <b>19</b>                | <b>16</b>          | <b>13</b>     | <b>17</b> | <b>14</b> | <b>20</b> | <b>11</b>        | <b>16</b>        | <b>9</b>   | <b>157</b> |

**South West Swimmers in the Regional Championship,  
Lake 86, Cotswold Water Park, June 25<sup>th</sup> 2023**

| <b>Men's 5k Championship</b> |             |                    |            |                        |               |
|------------------------------|-------------|--------------------|------------|------------------------|---------------|
| <b>Finish Position</b>       | <b>Time</b> | <b>Swimmer</b>     | <b>Age</b> | <b>Club</b>            | <b>County</b> |
| 1                            | 01:05:56    | Barnaby Ryder      | 16         | Mount Kelly            | Devon         |
| 2                            | 01:06:17    | Jonathan Thring    | 16         | Seagulls SC            | Dorset        |
| 3                            | 01:09:07    | Valerio Thompson   | 16         | Millfield              | Somerset      |
| 4                            | 01:09:08    | James Trevithick   | 16         | Tigersharks            | Wiltshire     |
| 5                            | 01:11:11    | Tyler Granger      | 16         | North Cornwall Dragons | Cornwall      |
| 6                            | 01:13:34    | Charles Barrett    | 16         | A.N.T. SC              | Somerset      |
| 7                            | 01:13:47    | Henry Birchall     | 16         | Exeter City            | Devon         |
| 8                            | 01:17:09    | Jamie Steadman     | 16         | Clevedon               | Somerset      |
|                              |             |                    |            |                        |               |
| 1                            | 01:03:47    | Amos Starkey       | 17/18      | Gloucester City        | Gloucester    |
| 2                            | 01:06:10    | Lawrence Elliott   | 17/18      | Seagulls SC            | Dorset        |
| 3                            | 01:09:29    | Cillian McCarthy   | 17/18      | Exeter City            | Devon         |
| 4                            | 01:11:14    | Wilfred Arrowsmith | 17/18      | Tiverton               | Devon         |
| 5                            | 01:11:21    | George Gillett     | 17/18      | Seagulls SC            | Dorset        |
| 6                            | 01:11:39    | Freddie Carter     | 17/18      | Swindon Dolphin        | Wiltshire     |
| 7                            | 01:12:08    | Zachary Nevell     | 17/18      | Taunton Deane          | Somerset      |
|                              |             |                    |            |                        |               |
| 1                            | 01:03:19    | Alexander Sargeant | 19/Ov      | Millfield              | Somerset      |
| 2                            | 01:12:22    | Timon Chapman      | 19/Ov      | Caradon                | Cornwall      |
| 3                            | 01:12:24    | Samuel Stewart     | 19/Ov      | Caradon                | Cornwall      |
| 4                            | 01:18:53    | Samuel Arrowsmith  | 19/Ov      | Tiverton               | Devon         |
| <b>Masters</b>               |             |                    |            |                        |               |
| 1                            | 01:20:04    | Rob Rudge          | 40/49      | Gloucester Masters     | Gloucester    |
| 1                            | 01:33:44    | Mark Partridge     | 60/Ov      | Stroud Masters         | Gloucester    |

| <b>Women's 5k Championship</b> |             |                     |            |             |               |
|--------------------------------|-------------|---------------------|------------|-------------|---------------|
| <b>Finish Position</b>         | <b>Time</b> | <b>Swimmer</b>      | <b>Age</b> | <b>Club</b> | <b>County</b> |
| 1                              | 01:11:17    | Megan Cumner        | 16         | Penzance    | Cornwall      |
| 2                              | 01:11:26    | Breanna Chamberlain | 16         | Mount Kelly | Devon         |
| 3                              | 01:16:11    | Eve Herbert-Jarvis  | 16         | A.N.T SC    | Somerset      |
| 4                              | 01:17:00    | Amelie Bodmer       | 16         | Soundwell   | Gloucester    |
| 5                              | 01:24:04    | Katie Daniel        | 16         | Caradon     | Cornwall      |



|                |          |                     |       |                |            |
|----------------|----------|---------------------|-------|----------------|------------|
| 1              | 01:08:49 | Beth Hall           | 17/18 | Mount Kelly    | Devon      |
| 2              | 01:20:47 | Kate Mugleston      | 17/18 | Caradon        | Cornwall   |
| 3              | 01:23:50 | Maddison Gottfried  | 17/18 | Tigersharks    | Wiltshire  |
|                |          |                     |       |                |            |
| 1              | 01:10:42 | Emily Forwood       | 19/Ov | Mount Kelly    | Devon      |
| 2              | 01:12:46 | Alex Palotai-Avella | 19/Ov | Seagulls SC    | Dorset     |
| 3              | 01:13:12 | Katie Bamborough    | 19/Ov | Mount Kelly    | Devon      |
| 4              | 01:19:28 | Samantha Lake       | 19/Ov | Tavistock      | Devon      |
| <b>Masters</b> |          |                     |       |                |            |
| 1              | 01:11:41 | Jessica Partridge   | 40/49 | Stroud Masters | Gloucester |
| 2              | 01:30:36 | Wendy Bates         | 40/49 | Seagulls SC    | Dorset     |
| 1              | 01:26:11 | Fiona Verney        | 50/59 | Caradon        | Cornwall   |

| <b>Girls 1k Taster Event</b> |             |                  |            |                 |               |
|------------------------------|-------------|------------------|------------|-----------------|---------------|
| <b>Finish Position</b>       | <b>Time</b> | <b>Swimmer</b>   | <b>Age</b> | <b>Club</b>     | <b>County</b> |
| 1                            | 16:00.90    | Harriet Matthews | 11         | Swindon Dolphin | Wiltshire     |
| 2                            | 16:37.96    | Lottie Farley    | 11         | Taunton Deane   | Somerset      |
| 3                            | 16:49.37    | Ella Delin       | 11         | Millfield       | Somerset      |
| 4                            | 17:50.31    | Evie Littlefield | 11         | Swindon Dolphin | Wiltshire     |
| 5                            | 17:55.75    | Millie Edwards   | 11         | Millfield       | Somerset      |
|                              |             |                  |            |                 |               |
| 1                            | 16:48.12    | Abigail Clarke   | 12/14      | Cirencester     | Gloucester    |
| 2                            | 16:48.81    | Olivia Porton    | 12/14      | Tigersharks     | Wiltshire     |
| 3                            | 17:21.51    | Sophia Kirk      | 12/14      | Swindon Dolphin | Wiltshire     |

| <b>Boys 1k Taster Event</b> |             |                   |            |                  |               |
|-----------------------------|-------------|-------------------|------------|------------------|---------------|
| <b>Finish Position</b>      | <b>Time</b> | <b>Swimmer</b>    | <b>Age</b> | <b>Club</b>      | <b>County</b> |
| 1                           | 16:00.23    | Harry Owens       | 11         | Swindon Dolphin  | Wiltshire     |
| 2                           | 17:33.63    | William Higgs     | 11         | Caradon          | Cornwall      |
| 3                           | 17:38.31    | Thomas Doel       | 11         | Swindon Dolphin  | Wiltshire     |
|                             |             |                   |            |                  |               |
| 1                           | 17:20.80    | Joseph Woodman    | 12/14      | Tigersharks      | Wiltshire     |
| 2                           | 18:44.96    | Alex Naisby       | 12/14      | Swindon Dolphin  | Wiltshire     |
| 3                           | 19:38.40    | Vlad Morar        | 12/14      | Swindon Dolphin  | Wiltshire     |
| 4                           | 22:01.78    | Tom Barry         | 12/14      | Bristol Penguins | Gloucester    |
| 5                           | 23:44.28    | Dylan Littlefield | 12/14      | Swindon Dolphin  | Wiltshire     |

| <b>Masters 2k Championship</b> |             |                 |            |               |                         |               |
|--------------------------------|-------------|-----------------|------------|---------------|-------------------------|---------------|
| <b>Finish Position</b>         | <b>Time</b> | <b>Swimmer</b>  | <b>Age</b> | <b>Gender</b> | <b>Club</b>             | <b>County</b> |
| 1                              | 43:54.06    | Matt Higgs      | 40/49      | Male          | Bude Sharks             | Wiltshire     |
| 1                              | 42:21.22    | Toby Whitley    | 50/59      | Male          | Caradon                 | Gloucester    |
|                                |             |                 |            |               |                         |               |
| 1                              | 29:53.35    | Jessica Stewart | 18/24      | Female        | Kingsbridge Kingfishers | Devon         |
| 2                              | 33:49.32    | Hannah Bailey   | 18/24      | Female        | Tigersharks             | Wiltshire     |
| 1                              | 31:40.36    | Sarah Lock      | 50/59      | Female        | Tigersharks             | Wiltshire     |

| <b>Boys 2k Championship</b> |             |                    |            |                    |               |
|-----------------------------|-------------|--------------------|------------|--------------------|---------------|
| <b>Finish Position</b>      | <b>Time</b> | <b>Swimmer</b>     | <b>Age</b> | <b>Club</b>        | <b>County</b> |
| 1                           | 29:27.60    | Daniel Wareing     | 12         | Sevenside Tritons  | Gloucester    |
| 2                           | 31:44.99    | Kruze Frampton     | 12         | Millfield          | Somerset      |
|                             |             |                    |            |                    |               |
| 1                           | 26:44.60    | Kaden Frampton     | 13         | Millfield          | Somerset      |
| 2                           | 26:46.25    | Ashby Edmonds      | 13         | Exeter City        | Devon         |
| 3                           | 26:58.46    | William Davies     | 13         | Newquay Cormorants | Cornwall      |
| 4                           | 27:54.35    | Dominik Bartoletti | 13         | Tigersharks        | Wiltshire     |
| 5                           | 29:09.95    | Billy Trapp        | 13         | Mount Kelly        | Devon         |
| 6                           | 29:10.93    | Gethin Jenks       | 13         | Swindon Dolphin    | Wiltshire     |
| 7                           | 29:11.27    | Jacob Burton       | 13         | Swindon Dolphin    | Wiltshire     |
| 8                           | 30:03.64    | Henry Fu           | 13         | Millfield          | Somerset      |
| 9                           | 30:08.42    | Hector Fraise      | 13         | Bristol penguins   | Gloucester    |
| 10                          | 31:36.58    | Noah Seabright     | 13         | Gloucester City    | Gloucester    |
| 11                          | 33:14.49    | Archie Rand        | 13         | Seagulls SC        | Dorset        |
| 12                          | 33:33.34    | Tommy Gleeson      | 13         | Seagulls SC        | Dorset        |
| 13                          | 33:15.41    | Theodore Stevens   | 13         | Seagulls SC        | Dorset        |

| <b>Girls 2k Championship</b> |             |                     |            |                   |               |
|------------------------------|-------------|---------------------|------------|-------------------|---------------|
| <b>Finish Position</b>       | <b>Time</b> | <b>Swimmer</b>      | <b>Age</b> | <b>Club</b>       | <b>County</b> |
| 1                            | 29:21.22    | Phoebe Kerley       | 12         | Swindon Dolphin   | Wiltshire     |
| 2                            | 31:33.72    | Constance Rendell   | 12         | Sevenside Tritons | Gloucester    |
| 3                            | 31:52.67    | Pollyanna Warman    | 12         | Millfield         | Somerset      |
|                              |             |                     |            |                   |               |
| 1                            | 29:06.13    | Iona Murray         | 13         | Millfield         | Somerset      |
| 2                            | 29:26.81    | India Brown         | 13         | Soundwell         | Gloucester    |
| 3                            | 29:34.81    | Christina Angelakis | 13         | Mount Kelly       | Devon         |
| 4                            | 29:39.45    | Megan Daniel        | 13         | Caradon           | Cornwall      |

|    |          |                    |    |                 |            |
|----|----------|--------------------|----|-----------------|------------|
| 5  | 29:52.05 | Alexa Farley       | 13 | Taunton Deane   | Somerset   |
| 6  | 29:55.92 | Evie Loosemore     | 13 | Bridgwater      | Somerset   |
| 7  | 30:03.76 | Ellie Birchall     | 13 | Exeter City     | Devon      |
| 8  | 30:08.11 | Josie Hanson       | 13 | Taunton Deane   | Somerset   |
| 9  | 31:38.87 | Georgia Barnes     | 13 | Gloucester      | Gloucester |
| 10 | 31:54.39 | Ruby Bodman        | 13 | Millfield       | Somerset   |
| 11 | 32:11.14 | Ruth Poyntz-Wright | 13 | Gloucester City | Gloucester |

### Boys 3k Championship

| Finish Position | Time     | Swimmer              | Age | Club            | County     |
|-----------------|----------|----------------------|-----|-----------------|------------|
| 1               | 39:46.29 | Reuben Thomas        | 14  | Mount Kelly     | Devon      |
| 2               | 41:43.23 | Charlie Owen         | 14  | Tigersharks     | Wiltshire  |
| 3               | 41:51.61 | Alfie England        | 14  | Soundwell SC    | Gloucester |
| 4               | 44:00.77 | Sam Jackson          | 14  | Millfield       | Somerset   |
| 5               | 44:52.10 | Tobias Penny         | 14  | Tigersharks     | Wiltshire  |
| 6               | 44:57.33 | Archie Dalgarno      | 14  | Soundwell SC    | Gloucester |
| 7               | 45:34.52 | Samson Dossett       | 14  | Mount Kelly     | Devon      |
| 1               | 38:08.98 | Joshua Miles         | 15  | Soundwell SC    | Gloucester |
| 2               | 40:19.22 | Ryan Hardy           | 15  | Mount Kelly     | Devon      |
| 3               | 40:26.41 | Harrison Galloway    | 15  | Co Bristol      | Gloucester |
| 4               | 40:40.87 | Will Birchall        | 15  | Exeter City     | Devon      |
| 5               | 41:28.51 | Harry Pollard        | 15  | Seagulls SC     | Dorset     |
| 6               | 42:28.11 | Henry Guppy          | 15  | Millfield       | Somerset   |
| 7               | 43:06.50 | Matthew Butcher      | 15  | Poole SC        | Dorset     |
| 8               | 43:08.18 | Will Leach           | 15  | Co Bristol      | Gloucester |
| 9               | 44:41.22 | Matthew Holland      | 15  | Caradon         | Cornwall   |
| 10              | 44:47.18 | Alexander McLaughlin | 15  | Seagulls SC     | Dorset     |
| 11              | 45:30.08 | Farrleigh Greaves    | 15  | Swindon Dolphin | Wiltshire  |
| 12              | 46:24.17 | Lucas Carter         | 15  | Swindon Dolphin | Wiltshire  |
| 13              | 55:46.83 | Larry Hinds          | 15  | Clevedon        | Somerset   |

### Girls 3k Championship

| Finish Position | Time  | Swimmer          | Age | Club                   | County     |
|-----------------|-------|------------------|-----|------------------------|------------|
| 1               | 42:46 | Freya Treliving  | 14  | Seagulls               | Dorset     |
| 2               | 42:46 | Hermance Vellaud | 14  | Mount Kelly            | Devon      |
| 3               | 43:30 | Isla Ince        | 14  | Millfield              | Somerset   |
| 4               | 45:42 | Emily Hughes     | 14  | Millfield              | Somerset   |
| 5               | 45:51 | Bertie Bryson    | 14  | Bournemouth Collegiate | Dorset     |
| 6               | 46:30 | Jessica Kane     | 14  | Gloucester City        | Gloucester |

|    |          |                   |    |                           |            |
|----|----------|-------------------|----|---------------------------|------------|
| 7  | 48:04    | Amy Barrett       | 14 | A.N.T. SC                 | Somerset   |
| 8  | 53:11    | Amelia Naisby     | 14 | Swindon Dolphin           | Wiltshire  |
| 9  | 56:49    | Martha Whitley    | 14 | Caradon                   | Cornwall   |
| 10 | 01:00:34 | Jessica Norridge  | 14 | Swindon Dolphin           | Wiltshire  |
|    |          |                   |    |                           |            |
| 1  | 43:15.0  | Frankie Hanson    | 15 | Taunton Deane             | Somerset   |
| 2  | 43:18.0  | Elizabeth Dudman  | 15 | Mount Kelly               | Devon      |
| 3  | 43:54.0  | Lucy Budd         | 15 | Soundwell SC              | Gloucester |
| 4  | 43:59.0  | Kelly Wynne-Jones | 15 | Mount Kelly               | Devon      |
| 5  | 44:02.0  | Ella Brown        | 15 | Co Bristol                | Gloucester |
| 6  | 44:04.0  | Mila Brooke       | 15 | Millfield School          | Somerset   |
| 7  | 46:06.0  | Constance Logan   | 15 | Mount Kelly               | Devon      |
| 8  | 46:37.0  | Beatrice Long     | 15 | Soundwell SC              | Gloucester |
| 9  | 48:00.0  | Sophia Gill       | 15 | North Cornwall<br>Dragons | Cornwall   |
| 10 | 48:18.0  | Esme Kerley       | 15 | Swindon Dolphin           | Wiltshire  |
| 11 | 49:07.0  | Sophie Yuill      | 15 | Seagulls SC               | Dorset     |
| 12 | 50:24.0  | Mia Lawes-Turley  | 15 | Exeter City               | Devon      |
| 13 | 51:39.0  | Amy Simms         | 15 | Tigersharks               | Wiltshire  |
| 14 | 51:43.0  | Kitty Newman      | 15 | Caradon                   | Cornwall   |
| 15 | 52:26.0  | Destiny Shedov    | 15 | Soundwell SC              | Gloucester |
| 16 | 56:53.0  | Lily Keeyes       | 15 | Co Bristol                | Gloucester |

| <b>Masters 3k Championship</b> |             |                  |            |               |                     |               |
|--------------------------------|-------------|------------------|------------|---------------|---------------------|---------------|
| <b>Finish Position</b>         | <b>Time</b> | <b>Swimmer</b>   | <b>Age</b> | <b>Gender</b> | <b>Club</b>         | <b>County</b> |
| 1                              | 51:08.60    | Mikko Jay        | 35/39      | Male          | Lydney SC           | Gloucester    |
| 1                              | 45:46.57    | Simon Mclaughlin | 40/49      | Male          | Seagulls SC         | Dorset        |
| 2                              | 49:50.90    | Jeremy Salmon    | 40/49      | Male          | Carn Brea & Helston | Cornwall      |
| 3                              | 56:03.72    | Tim Quitaro      | 40/49      | Male          | Caradon             | Cornwall      |
| 1                              | 43:36.79    | Martin Saunders  | 50/59      | Male          | Brixham SC          | Devon         |
| 1                              | 01:02:16.67 | Peter Kendall    | 60/Ov      | Male          | Gloucester Masters  | Gloucester    |
| 2                              | 01:08:05.53 | Tony Cherrington | 60/Ov      | Male          | Gloucester Masters  | Gloucester    |
|                                |             |                  |            |               |                     |               |
| 1                              | 01:01:38.32 | Kerry Rutherford | 18/24      | Female        | Swindon ASC         | Wiltshire     |
| 1                              | 51:10.48    | Sonja Dalgarno   | 40/49      | Female        | Soundwell           | Gloucester    |

**South West Swimmers in the National Age Group Competition,  
Rother Valley Country Park, nr Sheffield July 29<sup>th</sup> 2023**

| Swimmer             | Event            | Time     | Finish Position | Club             | County   |
|---------------------|------------------|----------|-----------------|------------------|----------|
| Daniel Wareing      | 12yo Boys<br>2K  | 00:26:08 | 5               | Sevenside        | Glos     |
| Kruze Frampton      |                  | 00:26:20 | 6               | Millfield        | Somerset |
| Phoebe Kerley       | 12yo Girls<br>2k | 00:26:07 | 9               | Swindon Dolphins | Wilts    |
| Connie Rendell      |                  | 00:29:10 | 16              | Sevenside        | Glos     |
| Kaden Frampton      | 13yo Boys<br>2k  | 00:22:51 | 2               | Millfield        | Somerset |
| Dominik Bartoletti  |                  | 00:24:23 | 5               | Tigersharks      | Wilts    |
| William Davies      |                  | 00:24:28 | 7               | Newquay          | Cornwall |
| Ashby Edmonds       |                  | 00:24:35 | 8               | Exeter City      | Devon    |
| Caoimhe Dolby       | 13yo Girls<br>2k | 00:24:55 | 9               | Mt Kelly         | Devon    |
| Christina Angelakis |                  | 00:26:04 | 18              | Mt Kelly         | Devon    |
| Reuben Thomas       | 14yo boys<br>3   | 00:35:15 | 6               | Mt Kelly         | Devon    |
| Alfie England       |                  | 00:36:32 | 19              | Soundwell        | Glos     |
| Harry Pearse        | 15yo boys<br>3k  | 00:33:36 | 4               | Mt Kelly         | Devon    |
| Josh Miles          |                  | 00:34:41 | 12              | Soundwell        | Glos     |
| Edie Price          | 14yo girls<br>3k | 00:36:25 | 5               | Mt Kelly         | Devon    |
| Freya Treliving     |                  | 00:38:02 | 17              | Seagulls SC      | Dorset   |
| Isla Ince           |                  | 00:39:14 | 18              | Millfield        | Somerset |
| Constance Logan     | 15yo girls       | 00:37:06 | 11              | Mt Kelly         | Devon    |
| Frankie Hanson      |                  | 00:38:10 | 17              | Taunton Deane    | Somerset |
| Elizabeth Dudman    |                  | 00:38:28 | 19              | Mt Kelly         | Devon    |
| Barnaby Ryder       | 16yo boys<br>5k  | 00:58:10 | 9               | Mt Kelly         | Devon    |
| Valerio Thompson    |                  | 00:59:01 | 10              | Millfield        | Somerset |
| Jonathan Thring     |                  | 01:02:35 | 16              | Seagulls SC      | Dorset   |

| Swimmer             | Event             | Time     | Finish Position | Club            | County     |
|---------------------|-------------------|----------|-----------------|-----------------|------------|
| Cillian McCarthy    | 17yo boys<br>5k   | 01:02:33 | 7               | Exeter City     | Devon      |
| Amos Starkey        | 18yo boys<br>5k   | 00:54:06 | 1               | Gloucester City | Gloucester |
| Lawrence Elliott    |                   | 00:56:43 | 5               | Seagulls SC     | Dorset     |
| Nathan Chapman      | 19yo+<br>boys 5k  | 00:54:40 | 2               | Mt Kelly        | Devon      |
| Alexander Sargeant  |                   | 00:54:42 | 3               | Millfield       | Somerset   |
| Samuel Stewart      |                   | 01:02:50 | 12              | Caradon         | Cornwall   |
| Megan Cumner        | 16yo Girls<br>5k  | 01:00:53 | 7               | Penzance        | Cornwall   |
| Breanna Chamberlain |                   | 01:00:55 | 10              | Mt Kelly        | Devon      |
| Eve Herbert-Jarvis  |                   | 01:06:25 | 16              | A.N.T. SC       | Somerset   |
| Evangeline Belt     | 17yo girls<br>5k  | 00:57:53 | 3               | Plymouth Lea    | Devon      |
| Maddison Gottfried  |                   | 01:14:48 | 17              | Tigersharks     | Wiltshire  |
| Beth Hall           | 18yo girls<br>5k  | 01:00:43 | 4               | Mt Kelly        | Devon      |
| Emily Forwood       | 19yo+<br>Girls 5k | 00:59:08 | 5               | Mt Kelly        | Devon      |
| Alex Palotai-Avella |                   | 01:00:38 | 8               | Seagulls SC     | Dorset     |
| Katie Bamborough    |                   | 01:02:40 | 12              | Mt Kelly        | Devon      |

## October

## November

### Cheltenham Swimming and Water Polo Artistic Section

Congratulations to Cheltenham Swimming and Water Polo Club Artistic Swimming section who have recently won Regional and National Awards.



## December

# 2023 Chairperson Report

2023 began with the launch of the Swim England Governance Code for Counties and the initial consultations on the Regional Safeguarding Plan and the Regional Strategy. This saw the Regional Board members meeting with key stakeholders from the County Associations and Swim England – Claire Coleman, Helen Weeks and George Wood.

In December one of our own Counties – Dorset County ASA, were the first County in the Country to meet this Governance Code. Congratulations.

The Region is now working towards the Swim England Code for Regions which will necessitate some amendments to our own constitution in due course.

The beginning of 2023 also saw Jill Beard providing over 90% of the Regions Swimming Officials with a mandatory World Aquatics rules update. One of the best regional uptakes of this training. A massive thank you to Jill on behalf of all the officials.

In March Swim England launched the Heart of Aquatics – a Safeguarding, Welfare and Culture plan. The Heart of Aquatics also included the Listening Project. This was conducted by an outside agency, engaging with athletes, coaches and volunteers to hear the negatives and positives from our sport.

The results were published at the beginning of this month. They do not provide easy reading but I do think they show why good strong governance and policies is so important.

This also included the amount that Sports rely on Volunteers, all of us. I know that clubs and Counties are generally struggling with the recruitment of new volunteers and the region is no different. Whilst I realise I am talking to the converted already engaged on here, without more people coming forward to help we will have to limit certain activities – current significant vacancies are a para lead, a masters lead, a swimming manager and most pressing a club to facilitate the swimming championships at Millfield next month.

We have also seen the introduction of the Transgender policy.

Development programmes for swimming and water polo continue and been introduced also for Artistic Swimming.

The Team Manager, Coach and Chaperone policy has also evolved from what was previously guidance.

2024 has seen Wavepower updated and published on 3<sup>rd</sup> January. This includes many governance changes as well as the introduction of adult safeguarding policies. Please make sure you are working with the most up to date information.

Lucy Doyle, Swim England's Welfare Officer and James Diamond, Swim England Safeguarding Case Manager attended a Welfare Officers Day to update our club, county and Regional welfare officers on many key changes.

The same weekend we also installed our new 2024 President – Mrs Jill Beard and presented Past Presidents badges to Brian Armstrong, Mike Coles, Roger Downing and Chris Elliott, our past presidents for 2020, 2021, 2022 and 2023.

Congratulations to all of our Regional athletes and coaches who have represented the Region and Swim England in the last year and in the future.

Our priorities now are to follow our Regional Strategy targets, meet the Regional Governance Code and most importantly support our athletes and volunteers.

