

Report of 2023 Open Water Season for the South West

Distance and Open Water Development Day – Lake 86, June 3rd

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 25th

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 29th, 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 29th, 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 16th 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 1st overall in the women's event 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 (+ Masters)	5k female (+ Masters)	1k boys & girls	2k Masters	2k boys	2k girls	3k boys	3k girls 14yo	3k girls 15yo	3k Masters	Totals
Dorset	3	4			4		3	2	1	1	18
Gloucester	3	3	2	2	3	4	5	2	5	4	33
Somerset	5	1	3		3	6	3	3	2		26
Wiltshire	2	1	10	8	3	1	4	2	2	1	34
Devon	6	6		1	3	2	4	1	4	1	28
Cornwall	3	4	1	2	1	1	1	1	2	2	18
	22	19	16	13	17	14	20	11	16	9	157

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

Men's 5k Championship					
Finish Position	Time	Swimmer	Age	Club	County
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
Masters					
1	01:20:04	Rob Rudge	40/49	Gloucester Masters	Gloucester
1	01:33:44	Mark Partridge	60/Ov	Stroud Masters	Gloucester

Women's 5k Championship					
Finish Position	Time	Swimmer	Age	Club	County
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
Masters					
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

Girls 1k Taster Event					
Finish Position	Time	Swimmer	Age	Club	County
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

Boys 1k Taster Event					
Finish Position	Time	Swimmer	Age	Club	County
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

Masters 2k Championship						
Finish Position	Time	Swimmer	Age	Gender	Club	County
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

Boys 2k Championship					
Finish Position	Time	Swimmer	Age	Club	County
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

Girls 2k Championship					
Finish Position	Time	Swimmer	Age	Club	County
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 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 Keays	15	Co Bristol	Gloucester

Masters 3k Championship						
Finish Position	Time	Swimmer	Age	Gender	Club	County
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 Quiterio	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 29th 2023**

Swimmer	Event	Time	Finish Position	Club	County
Daniel Wareing	12yo Boys 2K	00:26:08	5	Severnside	Glos
Kruze Frampton		00:26:20	6	Millfield	Somerset
Phoebe Kerley	12yo Girls 2k	00:26:07	9	Swindon Dolphins	Wilts
Connie Rendell		00:29:10	16	Severnside	Glos
Kaden Frampton	13yo Boys 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 2k	00:24:55	9	Mt Kelly	Devon
Christina Angelakis		00:26:04	18	Mt Kelly	Devon
Reuben Thomas	14yo boys 3	00:35:15	6	Mt Kelly	Devon
Alfie England		00:36:32	19	Soundwell	Glos
Harry Pearse	15yo boys 3k	00:33:36	4	Mt Kelly	Devon
Josh Miles		00:34:41	12	Soundwell	Glos
Edie Price	14yo girls 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 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 5k	01:02:33	7	Exeter City	Devon
Amos Starkey	18yo boys 5k	00:54:06	1	Gloucester City	Gloucester
Lawrence Elliott		00:56:43	5	Seagulls SC	Dorset
Nathan Chapman	19yo+ 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 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 5k	00:57:53	3	Plymouth Lea	Devon
Maddison Gottfried		01:14:48	17	Tigersharks	Wiltshire
Beth Hall	18yo girls 5k	01:00:43	4	Mt Kelly	Devon
Emily Forwood	19yo+ 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