

2019 Annual Report



Welcome from the Regional President

Well, it seems a lifetime away since I was inaugurated as Swim England South West Regional President at the Annual Regional Meeting on September 8th, 2019.

My first event was the Master's Short Course event held on 29th September, at Hutton Moor Leisure Centre. I was called upon to make the presentations, including the presentation of the medals for all those competing. Little know how contentious this was going to turn out to be!



My next event took place at Sheffield's Pond's Forge, the National County Team Championships, where Joy and I were VIP guests of Swim England, and what a thrilling and well organised event it was.

Two galas running side by side, you really didn't know where to look next, or for me who to shout for. My heart belongs to Somerset, however felt I should divide my loyalties to all the teams from the South West Region.

Dominant Devon sealed their first-ever National County Team Championships crown to end Yorkshire's three-year reign as Division One title holders at Sheffield's Ponds Forge.

After finishing runners-up in 2017 and third 12 months ago, Devon finally got their hands on the top prize.

They ended on 469 points after winning four and finishing runners-up in five other races. That left them 30 points ahead of second-placed Northumberland and Durham and 31 clear of Kent, who were third. My beloved Somerset finished in sixth place on 386 points.



In Division Two Dorset finished in sixth place on 425, Gloucestershire in ninth on 374, Wiltshire finished in 15th position on 259, and Cornwall were 17th on 240 points. Well done to all the counties. Who knew you could have such fun without a ball in the water?

The following week I was back up North, this time for the Swim England Annual General Meeting, held at the Radisson Blu East Midlands Hotel, Derby. I found this extremely interesting and entertaining, although I couldn't sit on my hands when water polo was bought up!

On the weekend of 2nd and 3rd of November, I was back at a very familiar venue, Millfield School Pool, for the Swim England South West Winter Championships. Again found this exciting, although was disappointed to see the amount of swimmers withdrawing from finals, whilst others did their best to get into them. This goes against everything I believe in regards to striving to win, but then, I'm not a swimmer and bow to their better judgement.

At the end of November I was back in much familiar surrounds, be it at Millfield again, this time for the region's Inter-County Water Polo Championships.

It was good to see Les Jessop, president of Dorset, and his wife; also Belinda Caslake, president of Cornwall present, and Roger Bossom, president of Devon, together we entertained the National President, Ian Mackenzie, and there was some fantastic water polo played.

Pictured are the Devon Senior Men's team that won the event. Full results can be found in the water polo report.



My final event of 2019 was to attend the Swim England Inter-region Under-14s event at Walsall in December.

I travelled there, not as President, but as the South West Region's representative referee, although I was called upon to present the prizes to teams and most valuable players. Luckily, I'd taken the chain of office...

Mike Coles
SW President
Weston Super Mare SC

Report from the Chairman



This is my final report as Chairman of the South West region as I will shortly be completing my second and final 4 year term of office. Prior to this I was a member of the Regional Management board for over 7 years, so it is with sadness that I will be stepping down from a role that I have felt very proud and privileged to hold.

I will of course not be leaving the world of swimming as I will continue as a Member of the Swim England Board and hope I will be able to continue to represent the interests of the regions and all members at a national level.

During 2019 Swim England celebrated its 150th Anniversary as the national governing body for swimming in England. Throughout their history, Swim England has remained a membership organisation committed to its 200,000 members and over 1,000 affiliated clubs. It continues to lead the aquatics sector, setting the rules of the sport, providing expert teaching and coaching for the workforce and creating a pathway for our talented athletes.

In the South West region we continue to celebrate and build on the success of all our members, clubs and counties with a varied programme of events and development support.

Once again our Championships in all disciplines have continued to provide a high level of competition for all our members and I congratulate everyone for providing yet another season of outstanding competition.

The sport would not flourish without the large numbers of volunteers who regularly give their time at club, county and regional level. I have previously made comments that it's vital that as a region we continue to ensure volunteers and the roles they perform are set as our top priority.

As a region we continue to value our volunteers in many ways and are looking to develop and support even further the vital role they play in the sport. We already established strong links with the Volunteering Team at Swim England and our regional team will be looking to develop in the coming months new initiatives which will address the recruitment and retention of our volunteers.

There have been so many success stories during the past year. I was fortunate to attend the National Awards ceremony in Birmingham in November and saw many volunteers and clubs from across the region receive nominations at this annual event.

Bristol Penguin Olympic SC won the prodigious Club of the Year Award which was an outstanding achievement and demonstrates the hard work and commitment of everyone in the club.

Another outstanding result was Maureen Davies from Cornwall who won the Swim England Technical Official of the Year. Maureen was overwhelmed by receiving the 'gold' but her citation described her as being a well-respected official and volunteer in the South West, 'brilliantly' managing a team of officials with 'absolute integrity'.

Who could forget another memorable achievement at the National County Team Championship at Sheffield in October. Devon winning the Division One title and became National County Team Champions! This was the first time in many years the title had been won by a team from the South West, the event being dominated by the north counties for many years.

Clearly there are so many success stories across the region and I would like to extend my personal thanks to everyone who has contributed to this success not only in the past year but during the past 7 years.

The region has grown in the central support offered to all members and clubs with the assistance of our regional staff who provide information and guidance.

To the members of the Regional Management Board who have embraced the many challenges and positive changes we have collectively made due this time.

The regional Management Board through open recruitment have appointed Chrissie Robinson as the new regional Chair and she will commence her new role in April 2020.

Chrissie is no stranger to the region and is currently the Regional Finance Officer. Chrissie has been a key member of the Regional team and has managed the finances of the region with professionalism and integrity for the past 14 years. She is ideally placed to continue and build upon the success the region has built.

I thank everyone for their hard work, time and expertise given and also thank everyone who supports aquatics in the Region at a regional, county and club level. We simply couldn't do it without you all.

David Flack



Swimming

Competitions

As ever the Summer Championships were full so overall 320 entries with consideration times were rejected. The Youth Championship programme at Plymouth was changed to run with 2 heats sessions followed by all finals. Dry warm up areas were available throughout the weekend. The Age Group Championships at Millfield and Hengrove both ran well. The Winter Championships also had high entry and were run with A & B finals. All competitions had a good supply of officials.

Following the poor turn out in 2017 and 2018 the Relay Gala was cancelled. There were issues with the FAST 5. Although racing was good there were a lot of problems with Gloucester's GL1 pool and it was agreed that in future the competition would move to Millfield.

Summer Championships Top Swimmer Awards

AGE	MALE	CLUB	FEMALE	CLUB
11/12yrs	Jake Garrett	Sevenside	Blythe Kinsman	Plymouth Leander
13yrs	Conor Cherrington	S Bournemouth	Jessica Lawton	City of Bristol
14yrs	Oscar Barlow	Taunton Deane	Ruby Dixon	Millfield
15yrs	Cameron Williams	Dartmoor Darts	Sophie Freeman	Plymouth Leander
16yrs	Stanilas Chausson	Millfield	Turaya Evans	Carn Brea
17yrs	Brodie Williams	Millfield	Laura Stephens	Plymouth Leander

Number of Entries

Competitions	Total Entry	Female Entries	Male Entries	Clubs
Summer Champs	1442	704	738	87
FAST 5	238	124	114	
Winter Champs	476	235	241	48

Masters

A Development Day was held at Bath University in January, attended by 39 people and was much appreciated. The Masters competition in September was once again supported by swimmers from outside the Region which made it just viable.

The Masters inter-county in November was won by Devon, placing them 4th nationally. The Decathlon winner was Levin Veale of Totnes.

Licensing

As usual there was a high number of licensed meets, most of which fulfilled the needs of the swimmers. The Committee have tried to ensure the Region has sufficient meets at the levels required but there are still issues with clubs battling over dates and venues. Generally clubs are fulfilling the requirements of Licensing.

Talent Pathway

The Region continue to run the pathway programme for 12yr olds. 18 girls and 18 boys were selected for the starts and turns programme which was held at Millfield over 3 Sundays throughout the year. A Lead Coaches and 6 Lane coaches are selected each year but the days are open to any coach wishing to observe.

A part of the Pathway Programme the Coaches Conference was held in March aimed mainly at L2 coaches.

The Region's financial support has enabled us to have a second Coach Advisor and Jo John & Euan Dale have worked with 4 of the Region's club coaches throughout the year.

Officials

In the autumn the SW Region ran a pilot for Swim England for the new on line J1. This was well received and the course is now live. It has enabled trainee officials to get through their training at the own pace and generally much quicker. New officials are essential for our sport and although we are generally well covered for our own meets, officials are required for all the licensed meets in the Region. This keeps many of them are very busy but fortunately we have a good supply of stalwarts who work very hard for the Region's clubs.

Qualifications gained 2019

Timekeeper	227	Judge 1	160	Judge 2	56	Starter	13	Referee	7
------------	-----	---------	-----	---------	----	---------	----	---------	---

National Inter County Team Championships

All our Counties made the annual trip to Sheffield for the National Inter-County Team Championships. Congratulations to Devon, who have had mixed fortunes over the years, but were the winners in 2019 for the first time.

Swimmer of the Year

The 2019 swimmer of the year was Cameron Williams of Dartmoor Darts.

Cameron set a new British and English 14 year old 50 M breaststroke (LC) record in January and a new British and English 15 year old 100 M breaststroke (LC) record in July. He also won three silver medals at the European Youth Olympics in Baku - 100 M breaststroke, mixed medley relay and boy's medley relay

A thank you to...

Robert Margetts who has been the Region's Competition Secretary since 1982 finally decided the time had come to pass the job on to someone else. Over the years he has seen many changes and developments in the sport. For 38 years he has dealt with all the entries for our swimming competitions and in the early days this was done by hand. Gradually developments in technology has made the job easier but it has definitely been a huge workload. Of course, taking the entries is only half the job as attending all the Region's meets and dealing with the results is another major commitment.

For many years Robert has also been involved at National level and has acquired a wide range of knowledge and experience. Fortunately for us he will not be leaving swimming altogether as he has other roles within the Region.

Artistic/Synchronised Swimming

February 17, 2020 Artistic swimming replaces synchro in England as sport aligns with FINA Synchronised swimming in England is getting a new name ahead of the Tokyo 2020 Olympic Games.

In line with world governing body FINA, the sport will now be known as artistic swimming. The change is being introduced in a bid to capitalise on the expected interest that will surround artistic swimming during this summer's Olympic Games.

Artistic swimming will now be used in all of Swim England's communications about the sport, while the discipline website has changed to swimming.org/artistic-swimming. All Swim England competitions from the [National Championships](#), which takes place in April, will also be known as artistic swimming rather than synchro.

Clubs across England are being encouraged to follow Swim England's suit and change the name of the sport to artistic swimming in all marketing, communications and branding by January 2021. Maria Ramos, chairperson of the Swim England Artistic Swimming Leadership Team, said: "FINA has called the sport artistic swimming since 2017 and with the Olympics coming up, we feel it is the ideal time to align". Our regional committee has been reformed into working parties working on Competitions, Workforce and Athlete development and the overall administration of our sport.

Paula Brand has been appointed as our regional Artistic Swimming Development Officer for the South West. She will be working with clubs and counties in the region promoting our sport Our current FINA judges Lynne Squire (A) and Georgie Coombes (G) are both licenced until Dec 2020

Swim England Artistic Swimming Talent Programme Squad Training Squad

Cerys Hughes
Daniella Lloyd
Kate Shortman
Isabelle Thorpe
Laurel Allen
Lilly Todd
Evie Garrett
All from City of Bristol.

Kate Shortman and Isabelle Thorpe both had an outstanding year as a duet. At the European Junior Championships, they finished in fourth place and narrowly missed out on a medal in both the [tech](#) and [free](#) events. They showed their strength and determination, looking like strong senior athletes to put Great Britain firmly on the map.

Following this, they showed their potential at the FINA World Championships in Gwangju, South Korea. Kate and Izzy finished in 14th place in both the [free](#) and [tech](#) competitions – an improvement of two places on their previous World Championships appearance. They were one of the youngest pairings at the event and are closing the gap on the rest of the more experienced field – which will be their continued aim throughout 2020.

Water Polo

At the 21st September Regional Training Centre, held at Millfield for 06s, 07s and 08s in the first two hours, and for 03s, 04s and 05s in the second hour, the teams to represent the South West at the forthcoming girls and boys 14 and under team were selected.

The girl's competition was held at Walsall on the weekend of the 30th November and 1st December, 2019; whilst the boys competed on 7th and 8th December, also at Walsall's Gala Baths.

At the girls' event they started the day off with a tough match v North West losing 12-3. The girls stepped up their game and in a tough second game against Scotland won 6-1 with an awesome performance. Their third game of the day was against the East. A tense affair from start to finish ended in a 3-3 draw. On the second day it was a tough day for the girls learning how to deal with players bigger and stronger. Last group match saw them lose to West Midlands 8-4. They entered the playoffs with a touch close match against the South East, which they lost by one goal, 5-4. Last game of the day the girls stepped up and played well finishing with a comfortable win over East Midlands 6-2.

Well done to Felicity Lamont-Tuckett who received the South west MVP.

In the boys' event, attended by South West Regional President, Mike Coles, as the South West's representative referee. In the South West's games, they had a good first win against a strong and physical Scotland side. 5-2. Against North West Ravens in the second game, the boys gained their second win 9-5. They had their last group game on Sunday morning when they faced London, however they lost 2-6, meaning that the South West Sharks missed out on the medal playoffs by goal difference. They played off for the 4th-6th place with games against the South East, winning 6-5, and their final game was against Ireland, however they lost narrowly 5-6, giving them fifth place in the tournament.

Mr Coles was asked to present the trophies to the winners and most valuable players.



Photographed – SW u14 girls team and SW u14 boys team.

Annual Inter County Event

In November, the South West held their annual Inter-County Event at Millfield, which was attended by several county presidents, the regional president, and national president, Mr Ian Mackenzie and his wife.

A big thank you goes out to Stuart Noyce, chairman of the Swim England South West Regional Water Polo Technical Committee, for his hard work in setting up the programme for this event.

Water Polo Review

In December, a meeting was held to discuss the problems going forward for water polo in England, following comments made across social media, etc. The meeting was chaired by David Meli, who had been appointed by Swim England to oversee this review, and was also attended by George Wood, Sport Development Director for Swim England and Andy Fuller, Swim England Water Polo Development Manager, and attended by representatives of water polo clubs across the South West, as well as members of the Regional Board and South West President.

It was a very fruitful meeting, and from this and the many other meetings across the county, the basis for a new national water polo management board was established with Toby King as the chairman. This continues to grow day by day.

News from the Counties

Around the region, various reports and updates have been received. In Devon, they have nearly completed their leagues for 2019. It has been quite a successful year with age groups under 13, 15 and 17, also senior men's and ladies. They have no Under-19 league at the moment, as there are only two teams willing to enter that age group.

The Under-13 tournament had five teams, and is run at four different pools within the county. This has turned out to be a very good structure, and all the teams and players taking part have enjoyed it immensely.

Devon have held trials for the Under 12s, 14s and 16s, and have select players for the competition in November. We are also trying to start training sessions for the younger age groups to enable the teams to gel as a development programme.

Devonport Royal were the only team from the South West to enter the National Age Group competition due to the location of the preliminary competition being in Sunderland.

Results in the Devon Leagues: Devonport won the Under-13s, Under-15s and Under-17s; the senior league was won by Exeter, and the Women's League was won by Newton Abbot. The Under-15s Cup and the Under-17s Cup was won by Devonport Royal; Senior Men's Cup was won by Exeter, as was the Women's Cup.

In Gloucestershire it was announced that Sandford Parks Lido was due to host the British Championships for the next three years.

In the National Age Group Competition, Cheltenham Under-15s finished fourth.

In Somerset they received the bad news that due to his many commitments, Simon Tomlinson would be stepping down as county coach. He hopes to fulfil his 'passion' for water polo after being selected for UK Coaching's Performance Foundation Coach Support Programme. After enjoying a successful playing career at national and international level, Simon turned to coaching when his two daughters joined Taunton Deane. Over the last 10 years, he has progressed through the ranks to become head coach of Swim England South West's 2003 girls. He also leads England's 2003 girls, as well as being assistant coach of England's 2004 girls and head coach of Exeter Ladies.

During the 18-month programme, Tomlinson will receive one-to-one support from UK Coaching. He said: "I applied to further my development and learn from like-minded people, bounce ideas off each other and learn from their experiences.

"I've always been one of those people who has lived and breathed it. It's always been my passion and only later in life did I think I wanted to go into coaching. I made my own pathway. It's the classic scenario of making things happen yourself, putting yourself out there and making yourself available. I love it. It is my life really and I'm fortunate that I have a very supportive wife who is involved as well."

In the Somerset Senior County Championship held at Millfield School Pool, in September, Frome beat Weston-super-Mare in the final, and both teams had victories over Taunton Deane. Somerset President, Kelly Podbury, presented the prizes.

Bristol and West Water Polo League

The 2019 season winners were as follows:



Left: Martyn Thomas received the Premier League Shield from BWWPL President, Phil Whiting, on behalf of Cheltenham Spartans.



Right: John Sissons, Chief Coach of City of Bristol received the shield for City of Bristol Barbarians, who won the Senior Men Division 1.



Left: Jack Tod received the shield for Senior Men Division 2 on behalf of his team, University of Bath.



Right: Brian Steer received the shield for the Women's Division on behalf of Exeter City Water Polo.



Left: John Sissons received the Junior Division 1 Award on behalf of City of Bristol.



Right: Dan Griffiths received the Junior Division 2 Shield on behalf of the winners City of Newport.



Cheltenham were winners of the Under-12s BWWPL Tournament held in Plymouth Life Centre

Player Honours



Amy Berry of Cheltenham was selected as Swim England Female Player of the Year.

Charlie Brogran of Cheltenham picked up the British Swimming Male Player of the Year.

Thomas Manley – GB Under-19s

Joe Ashworth - England Under-17s

Amy Berry - GB Under-19 Euro Qualifier (captain)

Charlie Brogran - GB Under-17 Euro Qualifier and GB Under 19

Tom Hunt - GB Under-18

Tom Hunt - GB Under-19

Oliver Stanley - GB Under-19

Joe Hubble - GB Under-19

Matilda Dugdale - England Schools

James Willis – England Schools

Rudi Polster of Cheltenham represented Cardiff University for the GBR-BUCs Senior Men's Team at the World University Games in Naples in July 2019. Dave Taylor of Cheltenham was the assistant coach, and Edwards, also of Cheltenham, was the Team Manager.

Representing Great Britain Under-17 Junior Men was Charlie Brogan of Cheltenham Swimming and Water Polo Club, playing at the LEN European Championships Qualifying Tournament in May 2019.

Lilymay Girvin and Anashe Chisadza, both of City of Bristol, and Amy Berry of Cheltenham Swimming and Water Polo Club represented Great Britain 2002 born Junior Women at the 2019 European Championships. Held in Volas in September 2019.

There was good presentation for the South West in the England Under-19 2000 born Junior Men's team at the Turbo Cup, held in Barcelona in September 2019. They were Tom Manley of Dusseldorf and Newton Abbot; Joe Hubble of Dusseldorf and Newton Abbot; Oliver Wright of Newton Abbot; and Tom Hunt, also of Dusseldorf and Cheltenham.

Rudi Polster of Cheltenham represented England Senior Men when they played Scotland at Manchester in May 2019. Again Dave Taylor of Cheltenham was Assistant Coach, and Dave Edwards was Team Manager.

Ella-Louise Jones, of Devonport, was selected for the England Senior Women's Team at the 2019 EU Nations event, held at Brno, in the Czech Republic. Head Coach for this team was Nick Hume, of City of Bristol, and he was assisted by Sue Webb of Newton Abbot

Also present at this tournament was Paula Manning, of City of Bristol, who was part of the Table Officials team, together with South West Referee Maxim Gerasimov of Cheltenham.

Finally, a special mention to a team representing Newton Abbot Swimming and Water Polo Club in Devon who won the 2019 Swim England National Age Group Championships, coached by Rhys Tamlyn, former Bristol Central coach and a stalwart of the refereeing world at both local and national level.

Newton Abbot celebrated ecstatically when they won the title beating City of Manchester 10-7.

Open Water

Age Group Swimming

The SW Regional Open Water event was scheduled for July 6th at the usual venue of Weymouth with Gloucestershire, Wiltshire, Dorset, Cornwall and Somerset again choosing to combine their County Championships with the regional event.

However, the weather was not kind to us in the weeks leading up to the event and persistent cold temperatures meant the sea temperature was unlikely to reach the FINA required minimum of 16°C by the start of July. By mid-June, the sea temperature had only reached 14°C and on the 27th, the committee took the decision to cancel the Weymouth event and set about planning for an alternative.

By the 29th, an agreement had been reached that SW swimmers could swim at the Midland Championships at Holme Pierrepont on July 7th – the SW Championship being, in effect, run in parallel to the Midland Championship. We would like to thank the Midland Region for their help in this and to our Finance/Chair Sue Dors and to Kelly Podbury our competition manager for their outstanding efforts in making this happen.

Of the 184 swimmers who were originally entered, 50 transferred to swim at Holme Pierrepont ensuring that the SW Region had a good representation at the National Event.

Ironically the National Competition also had problems this year and was relocated at the last minute from its usual location of Rother Valley to Thrybergh reservoir, which is just a few miles north – however this was a water quality issue and not temperature related. South West swimmers did, however, swim well with the outstanding performance coming from Mount Kelly's Ben Harrison taking an excellent 3rd place in the 19+ men's 5k event. All our top ten placings are listed below.

Swimmer	Club	Age Group	Distance	Position
Ben Harrison	Mt Kelly	19+ Men	5km	3 rd
Theo O'Keefe	Poole	19+ Women	5km	5 th
Alexander Sargeant	Millfield	17/18 Boys	5km	7 th
Tegan-Mae Graham	Poole	17/18 Girls	5km	8 th
Alex Palotai-Avella	Poole	15 Girls	3km	9 th
Amos Starkey	Gloucester	14 Boys	3km	7 th
Isabella Woollard	Millfield	14 Girls	3km	6 th
Georgina Woollard	Millfield	13 Girls	2km	8 th
Francesca Woollard	Millfield	12 Girls	2km	9 th

Sean Kinsey – who usually swims in the Masters 55-59 category – also swam in the 19yr+ 5k event and came a creditable 10th against swimmers 30+ years his junior.

The Devon Open Water Championships were due to be held on Saturday 10th August in Exmouth, but due to windy weather conditions on the day, it was postponed until the 7th September. However, with less than a week to go, Exmouth Beach Rescue informed us that they had double booked us so couldn't provide safety support on the day. To avoid cancellation, the organisers contacted Teignmouth Beach Rescue who were very helpful and the event was moved to Teignmouth Beach. All the changes meant that 21 swimmers took part with the Senior and Junior Male and Female trophies being won by Exeter City swimmers with Exeter City taking the team trophy as well.

Masters Swimming

World Masters Championships – Gwanju, South Korea, 12th to 17th August.

A small contingent from the South West made it to this year's World Championships and performed well. Tony Cherrington (GMSC but swimming for Spencer due to pool relay commitments, 75-79) won a hard fought bronze medal; and John Wood and Helen Kula-Przewanski (Caradon, 60-64) both came a creditable 5th; Jacquie Blastland (Cirencester, 60-64) was 8th.

Swim England National Masters Open Water Championships 2019

In a break from the norm, the Masters event took place at Nene Valley Water Park, near Peterborough, on Sunday September 1st.

This new venue proved to be excellent, with superb facilities, easy parking and good views of the entire race for spectators. The event was also graced by the participation of the SW President, Bob Holman and the President of Gloucestershire, Brian Armstrong.

Most of our swimmers medalled with Tony Cherrington (GMSC, 3k, 75-79), Sue Haigh (Tiverton, 3k, 56-69) and Jacquie Blastland (Cirencester, 3k, 60-64) winning their age groups; John Wood (Bristol Henleaze, 3k, 30-34) and Chris Rollinson (Devonport, 2k, 60-64) took excellent 2nd places & Gemma Owen (Exeter City, 5k, 18-24) won a bronze.

Swimmer of the Year

Despite some excellent performances from all our swimmers, one stood above the rest. Steve Taylor from Gloucester Masters, was our busiest Open Water competitor this year.

Swimming in the British Long Distance Swimming Association Grand Prix Steve travelled to twelve locations around the UK and raced an impressive total of 67.19 miles.

Steve had wins at Wykeham, Torbay, Bala, Ullswater and Derwent and at seasons end and even though he was in the veteran category, Steve was crowned overall BLDSA Grand Prix Champion 2019, winning the prestigious Fred Slater Trophy for the swimmer who had demonstrated outstanding effort throughout the season. Steve is therefore the worthy winner of the SW OW Swimmer of the Year Award.

Development

Low participation meant that a swimmers development course was not run in 2019, although a J1 official's course was run in Exeter. We had 9 candidates and all were signed off for their initial workshop.

Virginia and Anastacia Pereria were also selected to officiate at the European Junior Open Water Championships in Prague.

A coach's course was also put on by Swim England at Vobster Quay.

Venue for future Championships

Given the issues with water temperature at Weymouth over the past two years (the 2018 event only just scraped into the temperature window despite very warm weather that year), the committee began to look at other venues for the 2020 event and beyond.

A site meeting took place at Lake 86 and Lake 32, both located in the Cotswold Water Park near Cirencester, on Sept 28th 2019 and it was felt that Lake 86 had the availability and facilities required for the 2020 event. This was confirmed by a Risk Assessment visit early in 2020 and plans were made to use this venue.

Given the location of this lake at the north of the region, the committee are also looking at other venue further south to give a fair geographical spread of venues in alternating years. Roadford Lake near Launceston is still of interest and will be investigated further.

Brian Armstrong
Chair, Open Water Committee.
April 2020

Para and Disability Swimming

In its first full year since becoming a stand-alone discipline, Para and Disability Swimming has made real progress in beginning to address the increasing interest from swimmers across the region.

Very ably assisted by key personnel from Swim England's Para and Disability Team, the region has formed its own Para and Disability Swimming Committee (whose membership includes disability teachers and coaches, a former Paralympian athlete, Swim England Para and Disability Team representatives, our Swim England Club Development Officer, a disability swimming representative from each county, and members of the Regional Management Board and South West staff team); created a progressive development plan to take the sport forwards; and started to address the key issues necessary to develop the discipline so that any young person with an eligible impairment will be able to access swimming, move into a club, and develop the skills, experience and knowledge required to progress through the swimming pathway.

Consequently, we are concentrating in the first few years on establishing Start Para-Swimming Centres; developing training and competition opportunities for swimmers across the region; and providing opportunities for teachers, coaches, swimmers and parents to develop and enhance their knowledge and skills in relation to para and disability swimming.

The purpose of Start-Para Swimming Centres is to increase the number of eligible swimmers across the region and develop the para-swimming pathway by introducing swimmers at an early stage to clubs and providing them with opportunities to develop and enhance their skills to meet the standards required for classification. There are currently two Start Para-Swimming Centres, at City of Bristol and Plymouth Life Centre, and we are hoping that a further two will be established in other parts of the region in the near future.

Successful regional training and development events at Plymouth in January and Marlborough in October combined talent identification, various aspects of training, and classification sign-off opportunities for swimmers. Following the success of these days, four more training and development events have been planned for 2020 (at Tavistock, Sherborne, Plymouth and Pewsey), and these will also include opportunities for teachers, coaches and parents to gain further skills and knowledge in relation to para-swimming. The region also ran a successful training event for officials alongside the 2019 SW Para-Swimming Championships at Horfield, enabling them to update their skills and knowledge. A similar training opportunity for officials will be repeated in conjunction with the 2020 SW Para-Swimming Championships.

The 2019 SW Para-Swimming Championships were held at Horfield Pool in March, and included swimmers from the South West, South East and West Midlands regions. Although the number of South West swimmers attending was quite low, we hope entry numbers will increase in the coming years with our renewed focus on developing para-swimming. Among the South West competitors were Suzanna Hext, Harriet Dickinson, Rebecca Turner, Kitana McCann, Holly Sullivan, Cameron Harris, Aiden Coxhead, Jamie Salvador-Swords, Leo Pellow, Samuel Levesconte, Aidan Stanbrook, Giacomo Fatica, Ethan Dent, James Edwards, Sebastien Williams, and Jacob Wood.

The South West Region Summer Championships held in Plymouth in early May 2019 also provided competitive opportunities for our para-swimmers. Those taking part were Cameron Vearncombe, Andrew Keeler, Xander Harris, Abi Daly, George Kelman-Johns, Aiden Coxhead, Aidan Stanbrook, Leo Pellow, Suzanna Hext, Holly Sullivan, Matthew Davies, Harry Wellington, James Edwards, Peter Harper, Kieran Williams and Alex Hobbs.

Following 2019's encouraging developments, the various events outlined in this report have been planned to bring continued progress throughout 2020. Immediate challenges include identifying swimmers with disabilities who want to participate in para and disability swimming, and identifying and supporting clubs in making provision for those swimmers.

Regional Award Winners

Youth Volunteer of the Year

Kerry Rutherford from Swindon Dolphin ASC



Kerry is 16 and has been poolside coaching younger swimmers for about 5 years. She currently coaches/teaches at least 10 hours a week with squad swimmers, para swimmers and learn to swim swimmers and has recently passed her level 1 teachers. She enjoys passing on her swimming knowledge and skills to younger swimmers who are just setting out on their own competitive swimming journey.

She regularly coaches the para squad and has supported swimmers with a variety of disabilities in a

number of ways for example she has supported an adult para swimmer during training sessions through being a training partner in the water.

Kerry completed the Young Volunteer programme last year and following on from that, she has volunteered at various competitions as a timekeeper. She is now about to undertake the Judge 1 qualification. She has had a difficult six months due to significant health issues but this has not stopped her loving swimming and teaching/ coaching swimmers. Kerry can find some social situations difficult however she shows great confidence in supporting others and is passionate about helping them to develop their swimming to the best of their ability.

Kerry Rutherford was also recognised with a Silver award at the Swim England national awards in the SE Youth Volunteer of the Year Category.

Volunteer of the Year

Martin Walters from Exeter City SC



Martin has been involved with Exeter City Swimming Club for around 10 years. He is a knowledgeable and dependable member of its committee and has held the role of Competition secretary for 6 years. He never misses a committee meeting and is always willing to assist with new tasks and challenges. He is able to provide other club members with advice and the benefit of his knowledge and experience and always maintains a positive outlook and is a friendly face to new members.

Martin is also a committed licensed Swim England official and last year qualified as a referee. He approaches his role as an official in the same way as he does any task that he undertakes: with a huge amount of commitment, enthusiasm and professionalism. Despite being required to officiate at the meets that Exeter hosts, he also provides his knowledge on meet race recording, assisting others with this task and thanks to his excellent IT skills, he has been able to help develop other volunteers' knowledge within the club, which is not only selfless, but hugely beneficial to the on-going development of Exeter City Swimming Club and its volunteers.

Martin Walters was also recognised with Silver at the Swim England National awards in the Volunteer of the Year Category.

Technical Official of the Year

Maureen Davies - Truro City SC

Maureen has been a technical official for many years. She is respected throughout Cornwall for her integrity and this respect extends to the Region and at National Level. She has officiated at meets outside the County and Region and encourages others to do so. For example the British Masters Championships in June 2018 and the 2019 World Para championships in September.

In the last 12 months Maureen has successfully managed her team of officials and carried out her own officiating duties. This is at a time when able volunteers are in exceptionally short supply. She runs her team of officials brilliantly and is always available to help provide the necessary officials for both County and Club events. As County Technical Officials Officer Maureen attends County meetings providing invaluable suggestions, comments and reports. She is also an excellent 'trainer' and has established a high standard team of officials in the County of Cornwall.

In addition to this Maureen was also awarded the Gold award at the Swim England National Awards for Official of the Year.



Coach of the Year

Emma Collings-Barnes –Mount Kelly



Emma is currently Director of Swimming at Mount Kelly a role she took over in September 2018. Since then Mount Kelly swimming has gone from strength to strength, growing in numbers, raising the standard and generally creating an incredible team spirit. The compassion for all her swimmers is only matched by her drive to improve their technical ability. Emma gives everything, putting in many hours supporting her team, her staff and first and foremost her swimmers. Her ability to create a teamwork ethic is unparalleled.

The results Mount Kelly swimmers have achieved this year are a direct result of this dedication. These include winning the Arena League B final, coming 1st and 2nd in the Challenge 68 at the winter nationals, having 57 qualifiers at the British Summer Championships. Two swimmers were selected onto the European Junior team for Great Britain and one was selected onto the Italian team. Two swimmers qualified for the world juniors and two for the world championships. These achievements have meant that this year Emma has been selected onto the Coach 2024 program.

Club of the Year

Bristol Penguin Olympic SC

At the beginning of the 2018-19 season Portway Swimming Club merged into Penguins. The clubs had been working together for some time and the transition happened smoothly. Club membership has grown from 120 in 2010 to a current figure of 415. This base is a key part of Penguins financial sustainability. There have been challenges - lost pool time, giving up learn-to-swim. However, the club has adapted, making better use of the pool time and land training and developing its club pathway. Penguins has formed reciprocal partnerships with Clifton College Swim Academy and Badminton School around the provision of teaching and coaching in return for pool access.



This year BPOSC ran its first open meet with Keynsham SC, a one-day swim camp with Severnside Tritons and it is actively involved in the City of Bristol and South Gloucestershire swim networks. Coaches have taken part in County and Regional pathway camps for swimming and open water and it helps run the Southern Junior League. The Club holds open water sessions inviting other local clubs, and swimmers work towards the Swim England open water club awards. Penguins host several galas each year for local clubs and run three galas for primary schools. Social events have expanded with an annual day out, BBQ and swim at Portishead Lido and Christmas and summer parties.

The Club has increased the number of qualified swimming coaches, licenced officials and team managers and smaller teams of volunteers have been established to work on areas such as finance and welfare. To add to accredited courses, the club runs its own annual CPD workshop around key areas of relevance.



All the above has helped to retain more swimmers and make Bristol Penguins an enjoyable place for its members to develop as swimmers and individuals.

In addition to this regional award Bristol Penguins also won gold award at the Swim England National Awards for Club of the year.

Adult Achievement Award

Dan Kinsey – Weymouth & Portland WPC

Dan started playing for Weymouth and Portland WP Club at aged 11. He continued with the sport whilst at University and represented Wales before returning to the club as first team captain and coach. As a PE teacher he was also significantly involved with other sports.

In 2015, at the age of 35, he suffered a serious stroke that affected his right side and speech. However in 2018 through determination and hard work he returned to work and coaching following rehabilitation. Dan now coaches all sides in Weymouth and Portland Water Polo Club and oversees the development of a large group of young players. In addition he organises and coaches age group and senior Dorset county teams. This determination to return to the sport he loves has been amazing.

Long Service Award to Aquatics

Chas Wallace – Dorset Schools Association previously member of Wimborne SC



Chas's swimming 'story' commenced in 1957 when like most volunteers his first pool side experience came when his children started to swim and he offered to spend one night to help with a session. From 1957 until 1996 Chas held various coaching and teaching posts at Clubs in the South and South East having become an ASA Advanced Teacher in 1967. In addition he organised exchange trips with a swimming club in Montbeliard, France, for a number of years and also organised galas for the local Guides and the Sea Ranger Association.

Chas retired to Wimborne, Dorset in 1996 immediately going onto the poolside to help Wimborne Swimming Club an involvement that continued until the club disbanded in 2007.

However he still maintained his previous swimming links as in 1990 he had been asked by the local Lions groups to advise how best to run an event for young people with disabilities. He developed a handicap system to cater for all levels and enlisted the help of local clubs and officials to run the event. He continued to organise this annual event until 2013 travelling from Dorset to do so.

Chas was also an official, initially on the Middlesex County and Southern Counties list and then from 1996 until 2006 on the Dorset County list, when at the age of 81 he retired.

Chas has spent a lifetime dedicated to swimming and he still continues today by supporting Primary School swimming events in Dorset - there are 20 galas held across the eight areas of the County throughout the year - and he volunteers his service whenever or even without being asked.

Youth Achievement Award

Tia Crews – Devonport RSA



Tia has faced a lot of adversity in swimming, from injuries to illness and everything in between. This hasn't dampened her spirit and care for the sport. She has become a constant source of support for younger swimmers in her club, giving them advice during sessions, at galas and on poolside.

Whilst still swimming and competing herself she has had a key impact on these swimmers who look up to her and follow her example. She has now started to embark into some assistant coaching. Tia is quiet, unassuming and modest but cares about the sport, her teammates and her club. Her role as a swimmer, mentor, inspiration and person deserves recognition.

Tia Crews was recognised with a Bronze award at the Swim England National Awards in the Youth Achievement Award category.

Personal Achievement Award

Suzanna Hext – Swindon Dolphin ASC



Suzanna joined Swindon Dolphin in March 2017 initially to improve her fitness following a severe riding accident that had left her paralysed.

Her GB Para Classification was completed in January 2019 and she was classified as an S5, SB5 and SM5 and since then she has amazed everyone who has seen or met her. At the beginning of 2019 Suzanna's aim was to reach the Regional Championships. In February 2019 at the BUCS championships in her first ever long course competition she set a new long course 50m S5 British Record. Later that month she set (subject to ratification) British Short Course records in 50m & 200m Freestyle.

In March 2019 whilst swimming at the British Para-Swimming International Meet in Glasgow Suzanna underwent her International Classification and was selected to represent Team GB at the British Para Championships in London in September 2019 in the 50m, 100m and 200m Freestyle. She also qualified

for the British Championships in the 50m, 100m and 200m Freestyle. Suzanna has surpassed even her wildest dreams by not just qualifying for the Regional Championships, but also the British Championships and World Para Championships. Her drive, belief and enthusiasm are simply amazing.

Suzanna Hext was also awarded Silver at the Swim England National Awards in the Personal Achievement award category.

Swimmer of the Year

Reece Dunn – Plymouth Leander



Reece Dunn joined the British Para-Swimming setup in 2019 and has already established himself with a trio of World Para Swimming Championship titles and four world records.

In a whirlwind debut year, Plymouth Leander athlete Reece broke the S14 100m and 200m Freestyle records at June's

World Para Swimming World Series event in Berlin.

Three months later, he swam to individual gold in the S14 200m Freestyle and S14 100m Butterfly at the World Championships, as well as playing a part in the Mixed S14 4x100m Freestyle Relay team.



Reece also added an SM14 200m Individual Medley silver for good measure.

S14 200m Freestyle	2019 - London	1:52.96	Gold
S14 100m Butterfly	2019 - London	54.46	Gold
S14 200m Individual Medley	2019 - London	2:08.70	Silver
Mixed S14 4x100m Freestyle Relay	2019 - London	3:42.21	Gold

South West School of Swimming Development



Millfield School and competed on both the World and Olympic stage.

The 2019 Annual Summer Skills Camp was held 11th to 17th August 2019 at Bryanston School, Dorset. This was attended by 64 swimmers which was an increase on last year's numbers by 15. 41 of these swimmers were first time attendees which meant 64% of the swimmers were new to this camp and this has been a consistent trend for the past 5 years. This year's GB swimmer in attendance was James Guy who had previously trained at

Wiltshire, Somerset and Dorset were the three counties with the most swimmers attending this and Devon had one swimmer attend, this was the first time a Devon member had attended since 2016.

The swimmers were split into three groups for the duration of the camp, this helped with making sure that swimmers of similar abilities were together for the sessions. We welcomed two new members of staff and there was one returning staff member helping with the delivery of the camp.



The advertising campaign behind this camp was reviewed and changed to improve knowledge of the camp and increase bookings. This was the first time there was proactive regular advertising via social media. This year was the first time we tried using online applications, this was liked by applicants as it was a much simpler process.

During the camp we had daily social media updates on sessions in the pool and land sessions that the swimmers were participating in. From the social media analytics this brought a wider audience to our social pages meaning that there was more knowledge around how we were running these camps. This also had a very positive response from parents who could have a look and see what their child had been up to.

Each camp we invite Young Volunteers to apply to come along and help at the camp to gain some experience on a residential basis; we had two applications in for that this year. We also invite all of the County Presidents to attend.



South West Regional Team

Who we are and what we do



Chris Vickery
Regional Office
Coordinator and
Events Officer



Stacey Millett
Regional
Development
Officer



Jackie Hilleard
Regional
Development
Coordinator



Stephanie Gadd
Club
Development
Officer



Laura Hill
Regional
Development
Officer (Stacey
Maternity Cover)

What we do

- Provide admin support to the Regional Management Board
- Regional Programmes administration
- Volunteer training opportunities
- Initial point of contact for enquiries
- Support and develop a coach education plan
- Regional newsletter
- Website and social media development
- Club development support
- Support to the various Regional Committees
- Swim Mark accreditation process support
- Young volunteer programme
- Link to national groups and programmes
- Support to club networks
- Support for Swimming Events

Key successes 2019

- Introduction of a Welfare Officers development day
- Introduction of a development morning for Volunteer coordinators
- Provided coach development opportunities at regional pathway camps
- Ran a successful summer swim camp with James Guy, Olympian, in attendance
- Supported the launch of the Teaching and Coaching register