

2019 REGIONAL & NATIONAL OPEN WATER CHAMPIONSHIPS

London Steve Westwood steve.westwood170@googlemail.com

- Sat 29 Jun, SE London, Surry Docks

North West & North East Mark Davies mark.davies@swimmingvolunteers.org

- Sat 29 Jun, SE North West & North East, Salford Quays

South West Virginia Pereira swowsec@gmail.com

- Sat 06 Jul, SE South West, Weymouth

Midlands Claire Roberts smiler.claire@hotmail.co.uk **Jean Childs** childs234@btinternet.com

- Sun 07 Jul, SE Midlands, Holm Pierrepont

South East Keith Barber ser.owofficials@gmail.com

- Sat 13 Jul, SE South East, Chichester

East Paul Kendall openwater@eastswimming.org

- Sun 21 Jul, SE East, Whitlingham

Swim England Helen Akers helen.akers@swimming.org

- Mon, 05 Aug, SE National Championships, Rother Valley
- Sun 01 Sep, SE Masters National Championships, Nene Valley

Swim Scotland Les Roger lesroger@blueyonder.co.uk

- Sat 01 Jun, SS East District OW, Lochore Meadows, Fife
- Sat 15 Jun, SS Midlands District OW, Monikie
- Sat 20 Jul, SS North District OW, Loch Morlich
- Sat 10 Aug, SS National Championships (day 1), Loch Venechar
- Sun 11 Aug, SS National Championships (day 2)
- Sat 31 Aug, SS West District OW, Loch Ken

Swim Wales Lydia Gyngell event@swimming.org

- Sun 30 Jun SW National Championships, Bala

Please contact the event coordinators to register your interest in assisting at an event. If you wish to step-up to the next level of qualification please contact Paul Kendall at openwater@eastswimming.org to be put in touch with your local training team.