

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 25th 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 5th 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 28th 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 16th 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 3rd 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 21st 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 2nd 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 5th place overall (6 regions). The aim was to improve to 4th 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 – 2nd Overall
- 50m Relay – 3rd overall (top two had 2 x 2008 swimmers which gave them a significant advantage) – approx. 4 secs behind the winners.
- Figures – 3rd overall – 2 marks behind 1st place (top 2 had nearly all 2008 athletes which upped their figure averages by 4 marks and 5 marks respectively)
- Final Place – 2nd 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 th	3 rd	18 th	7 th
Annelie Jonsson	7 th	4 th	19 th	8 th
Hannah Gibbons	13 th	8 th	25 th	12 th
Bo Jones	20 th	12 th	32 nd	16 th

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 1st overall - 3 marks above the rest of the field.

Pia Lanham – 11th 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 4th to 9th 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 11th to 13th August

Athletes:

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

Coaches:

- Calum Jarvis, Bath Performance Centre

2023 World Aquatic Championships – Fukuoka, Japan 23rd to 30th 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 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, 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 (+ 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 Fraisse	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

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

