

## Minutes of the Para Committee held on 19<sup>th</sup> June 2023 at 19.00 via Zoom

### Present:

P. Robbins (PR) Regional Vice Chair  
C.Ralph (CRa) Cornwall Representative  
C. Robinson (CR) Para manager - temporary  
A Clarkson (AC) Coaches Representative  
J Daly (JD) Devon Representative  
K O'Reilly (KoR) Gloucester Representative  
K Wilcox (KW) Somerset Representative

### Apologies:

G.Pearce (GP) Regional Finance Officer  
P Rutherford (PR) Wiltshire Representative  
D Sturgess (DS) Dorset Representative

### Para/2023

#### 9. Welcome

9.1 CR welcomed everyone to the meeting.

#### 10. Declaration of Interests

10.1 Nothing declared

#### 11. Minutes of 9<sup>th</sup> January 2023

11.1 Accepted as a true record. Proposed by KoR and seconded by KW.  
Agreed unanimously by those who attended.

#### 12. Matters arising from above minutes

12.1 4 7a) Regional records. CR to get an update on this

12.2 7a) The problems with Millfield for Para swimmers was raised with both the coaches and the swimming committee. If there is a swimmer with problems accessing the balcony by prior agreement arrangements can be made for them to be accommodated on the pool deck and if only a small team from the club they may also be able to sit there.

12.32 7c) Swimmer of the year – agreed unanimously

I would like to nominate Kieran Williams of Newquay Cormorants as the Para swimmer of the year 2022, South West Region.

Kieran has had a really successful year. He was selected to compete at the

BPISM in Scotland where he qualified for 3 International finals and 1 British final winning a Silver medal in the 50 free International final.

Kieran then went on to qualify for all 4 of his S10 nominated events at the British Championships in Sheffield. He qualified for the finals in all 4 events getting Gold in the 400 free, Silver in the 100 free and Bronze in the 50 free as well as recording some really good PBs. In all an excellent year and I believe fully worthy of this nomination.

The trophy is being arranged and then we will contact CRA to arrange presentation by the Regional President..

### **13. County Reports:**

13.1 Cornwall. No report

13.2 Devon. See Appendix A

13.3 Dorset. See Appendix B.

13.4 Gloucester. KoR asked for clarification on what was required in the County report. It should be an update on Disability / Para swimming from within the County. This can be development or competitions within the clubs or county plus the achievements of the athletes within the county.

13.5 Somerset. Team Bath AS and University of Bath are working with Martin Lees to set up a para Hub. It is still in embryotic stage at the moment but it is progressing.

13.6 Wiltshire. No report

### **14. SW Para-Swimming Development Plan 2023**

14.1 Training day at Exeter.

It was organised at very short notice but 8 athletes attended from various clubs. Enjoyed by those who attended. Feedback to County reps was the short notice of the event.

14.2 Next Training day is 1<sup>st</sup> July in Plymouth. Already has 9 registered to attend because of longer notice.

14.3 Joint South East/ South West Development competition. Date and venue have been very hard to obtain as being organised by the South East.

14.4 Start Para-Swimming centres – hopefully this will be at the University of Bath.

14.5 Development Training days / dates are:

01.07.2023 Plymouth

21.10.2023 Marlborough

06.04.2024 Taunton School

06.07.2024 Plymouth

14.6 2024 Para Development Competition will be at Hengrove 22.09.2024. It is believed this will be a joint venture with the South East Region again and will incorporate classification.

14.7 2024 Para Champs will be incorporated into the youth Champs in Plymouth 1-3 May 2024.

## **15. Para-Swimming Manager**

15.1 We are very sorry that Graham felt that this was the time for him to retire from his role as Para Chair / Manager to concentrate on his health and his family but we fully support his decision and thank him for all he has done to get this group united and working towards their goals. However, it is even more important that a Para Manager is found as soon as possible to be able to concentrate on the continued promotion of Para Swimming within the Region and build on the foundations Graham has put in. We will be advertising this role on our website and within our newsletter but if you can also approach your contacts who are already working within the sector to try and fill this important position it would be much appreciated.

## **16. Any other business:**

16.1 Following the Regionals in Plymouth the need for a dedicated Para warm up lane was raised. This was already raised last week at the swimming meeting and will be actioned in November at Millfield and in Plymouth in the future.

16.2 Para Juniors took place last weekend with many good swims from all including many from athletes from the South West.

16.3 Exeter are holding an external taster day for athletes to join their para training. It is on Wednesday 9th August 430-530pm at the INFOCUS site pool. Adam Clarkson, Keira Jordan a lifeguard and two in pool level 1 teacher assistants will be there. The pool is 25m 4 Lane. 32-33 degrees with good parking, accessible for all abilities.

16.4 JD is trying to get some clarification around the progression path for swimmers from the Start Para hub in Plymouth into club swimming. Is it restricted to only directing them to Devonport Royal or can they be given the options of Tavistock (same Coach) or Dinnaton? There seems to be a breakdown between Start Swimming and the Swim England clubs.

## **17. Date of next meeting:**

A Doodle poll to be sent to establish the best day for everyone to get maximum attendance.

**Meeting closed at 19.55**

## Appendix A

### Regional Report from Devon

#### February

- Saw both Abi Daly and Alex Hobbs head off to Dubai as part of their 2<sup>nd</sup> year of the Swim England Diploma in Sporting excellence.
- Both swimmers swam well considering there was no multi class category for the swimming.

#### March

Plymouth based para swimmers headed up to Ponds Forge Sheffield to compete in the Citi World Para Series incorporating the British nationals.

Disability Swim hub alumina, Plymouth active life centre based Devonport Royal swimmers

Abi Daly, Rachel Balling and Xander Harris had their coach there for support

They did as follows on British para points rather than times

#### Xander Harris

50m Fly 1st in British national final

50m Freestyle 1st in British national final

Has been added to the team GB 2024/2028 paralympic relay long list

#### Abi Daly

200m freestyle 4th in British national final

100m fly 5th in British national final

200m IM 20th out of 23 British national swimmers

100m backstroke 26th out of 36 British national swimmers

#### Rachel Balling

100m freestyle 32nd out of 36 British national swimmers

100m backstroke 29th out of 36 British national swimmers

400m freestyle 25th out of 26 British national swimmers

100m fly disqualified

For Plymouth Leander we had Nathan Mcmanus and Cameron Vearncombe representing team GB in the world series they did as follows

## **Nathan Mcmanus**

100m freestyle 6th in the B final and junior champ  
200m IM 3rd in the C final

## **Cameron Vearncombe**

100m backstroke 10th in the B final  
100m breaststroke 10th in the A final  
200m freestyle 4th in the B final  
100m fly 7th in the B final

Both Nathan and Cameron do some training in the Plymouth active life centre pool.  
They were supported by team GB coaches

All 5 swimmers did really well for Xander, Nathan and Rachel it was their 1st international para event. They competed against para swimmers from 35 countries.

## **Alex Hobbs**

100m Freestyle 32nd out of 46 British national swimmers  
100m Backstroke 12<sup>th</sup> out of 36 British national swimmers  
50m Backstroke 2<sup>nd</sup> in the British National final  
50m Freestyle 21<sup>st</sup> out of 29 British national swimmers

## **Theo Reynolds**

100m Freestyle 36 out of 46 British national swimmers  
200m IM 22<sup>nd</sup> out of 29 British national swimmers  
100m Backstroke 29<sup>th</sup> out of 36 British national swimmers  
100m Breaststroke 25<sup>th</sup> out of 33 British national swimmers  
50m Fly 8<sup>th</sup> in the British National final  
400m Freestyle 24<sup>th</sup> out of 27 British national swimmers  
50m Freestyle 23<sup>rd</sup> out of 29 British national swimmers  
100m Fly 13<sup>th</sup> out of 18 British national swimmers

## **May 2023**

### **South West Summer Regionals**

Saw 6 Devon Swimmers compete at this event

#### **Devonport Royal**

Abi Daly

- 100m Fly – 3<sup>rd</sup>
- 100m Freestyle – 2<sup>nd</sup>
- 100m Back stroke – 2<sup>nd</sup>
- 200m Freestyle – 2<sup>nd</sup>

Rachel Balling

100m Back stroke – 3<sup>rd</sup>

- 200m IM – 3rd

### **Plymouth Leander**

Nathan McManus

- 200m Freestyle – 1<sup>st</sup>
- 100m Breast stroke – 2<sup>nd</sup>
- 200m IM – 1<sup>st</sup>
- 100m Back stroke - 1<sup>st</sup>
- 100m Fly – 3rd

### **Tiverton**

Ben Bibey

- 100m Breast stroke - 4<sup>th</sup>
- 50m Freestyle – 7<sup>th</sup>
- 100m Freestyle – 5<sup>th</sup>

### **Barnstaple**

Theo Reynolds

- 100m Breast stroke 5<sup>th</sup>
- 50m Fly – 1<sup>st</sup>
- 200m Im – 4<sup>th</sup>
- 100m Back stroke - 5<sup>th</sup>
- 50m Freestyle – 8<sup>th</sup>
- 400m Freestyle – 6<sup>th</sup>
- 100m Freestyle – 4<sup>th</sup>

### **Mount Kelly**

Alex Hobbs

- 100m Back stroke – DQ

### **Para World Series**

Plymouth Leander's Cameron Vearncombe competed in Berlin representing team GB

- 100m Fly - 26<sup>th</sup> out of 53
- 100m Breast stroke - 34<sup>th</sup> out of 99
- 100m Freestyle – 54<sup>th</sup> out of 159
- 100m Back stroke – 37<sup>th</sup> out of 92
- 200m IM – Got into the the B final

### **June 2023**

#### **National Junior Paras**

##### **Barnstaple**

Theo Reynolds S6  
200IM  
100m Backstroke  
400m Freestyle  
50m Fly

##### **Tiverton**

Ben Bibey S14  
100m Freestyle  
50m Freestyle  
100m Breast stroke  
100m Backstroke

**Plymouth Leander****Nathan McManus S14**

100m Freestyle

200m I M

100m Breast stroke

100m Backstroke

200m Freestyle

**July 2023****British Summer Nationals****Plymouth Leander****Nathan McManus S14**

200m Freestyle

100m Backstroke

100m Breast stroke

200m IM

**Reece Dunn S14**

Had qualified but never entered the event

**Devonport****Abigail Daly S14**

200m Freestyle

**Xander Harris S6** had entered

50m Fly

100m Freestyle

50m Freestyle

However has pulled out due to injury

**Mount Kelly****Alexander Hobbs S7**

100m Backstroke

**August 2023****World Champs****Plymouth Leander****Cameron Vearncombe S14**

Has been selected to represent Team GB at this event

**English Nationals****Devonport****Abigail Daly S14**

200m IM

100m Fly

100m Backstroke

**Mount Kelly****Alexander Hobbs S7**

50m Freestyle

100m Freestyle

**Plymouth Leander****Nathan McManus S14**

100m Fly

**Barnstaple****Theo Reynolds S6**

50m Freestyle

100m Freestyle

100m Breast stroke

50m Fly

200m Im

## Appendix B

As I am new to this role and not sure what has actually been reported so I thought I would do a quick summary of our disability swimmers (that I am aware of). I would appreciate any feedback on other clubs that have disability swimmers. I have three male and one female swimmer in Dorset that I am aware of, but have this weekend spoken with the Downs Syndrome GB team and am currently looking into whether Dorset has any representatives in the DSST team.

Dorset County Championships 202 (Jan/Feb): We were lucky to have four swimmers competing at this event and all swimmers improved their short course times and shared the medals between them. Two of the swimmers (SB5 and an S10) managed to break the current British short course record for their classification, I believe these are still waiting on ratification.

English Schools Swimming Association (March/August): Two of our Dorset swimmers have been chosen to compete for the South West and also England in the above in various competitions. Our male swimmer was selected and competed at the Inter County championships for the South West Region in Coventry and won all three gold medals available in the multiclassification races taking the South West Division to win the overall male para championship cup. A female swimmer has now been chosen to compete in the U15 World Schools championships in Rio in August.

British Para-Swimming including World Series (March): Again all four of our para swimmers qualified for numerous events at this prestigious event in Sheffield, with all four swimmers making numerous finals with a host of PBs. It was a gruelling four days on poolside with heats in the morning and finals later afternoon.

Southwest Regionals (April/May): Three swimmers entered the Championships, and all three Dorset representatives came away with medals in every event that they entered; many were gold.

British Summer Champs including Para-Swimming (July): All four of our known para-swimmers are heading to these competitions having qualified in the multiclassification system within the top ten or top 18 swimmers for that event. One of our male swimmers will be representing Sweden at the World Para Champs and another of our male swimmers has been long listed to swim as a relay team for the visually impaired as a wild card team also at the World Para Champs in Manchester at the end of July/August 2023.

World Para-Swimming Championships 2023, Manchester (July/August): We have one male swimmer heading to this event but competing for Sweden (his mother is Swedish) and is hoping to medal. We may also have another male swimmer entering the World Championships in a wild card event as a Visually Impaired relay team, this

swimmer is currently shortlisted and has been training with the VI and lower classified swimmers at a camp in Bath.