



Swim England South West

President: Roger Downing

Open Water Committee Meeting

held on Thursday 03.03.2022 at 1900 via Zoom

Minutes

Present:

Brian Armstrong	Chair	(BA)
Sue Dors	Finance	(SD)
Kelly Podbury	Competition Sec	(KP)
Howard Green	Wiltshire	(HG)
Chrissie Robinson	Regional Chair	(CR)
Paul Robbins	Regional Vice Chair	(PR)

The following joined at 20.00

Richard Smith	Development Coach	(RS)
Nicky Taylor	Somerset	(NT)

1. Apologies

Dan Corbett - Board Representative
Jason Quiterio – Cornwall
Geoff Pearce – Regional Finance Officer

2. Correspondence

- 2.1 Paul Kendal - which includes National and Regional Championships. NW/NE, SE and London nothing confirmed as of yet.
- 2.2 Lake 86 – update regarding the cost which has risen dramatically from £3,600 to £6,600. BA/SD initial response was that is a lot of money. BA suggested that it might be possible to switch the event to Roadford Lake (proposed venue for 2023). However, after discussion, the consensus was that for continuity, the event should remain at Lake 86.
- 2.3 An enquiry re competitions. BA to respond

3. Declarations of Interest

None

4. Committee Roles

Sue Dors confirmed to the committee this would be her last meeting. The role of Finance will therefore be vacant. BA asked for any nominations to take on the role and received no response.

5. 2022 Regional Championships

Date – 02.07.2022

Venue – Lake 86

Format – 1k Taster event for juniors up to 13 years old cost £20.00 and then 2k 3k and 5k for juniors and adults at £30.00 entry fee. Entry fees agreed unanimously.

Discussion around funding this event – counties usually contribute £300 each perhaps this could be increased to £400 each. Agreed unanimously.

Cost of hiring a venue has not happened before as used Weymouth – need to try and build in this expense going forward.

There is another event on the 02.07.2022 potentially taking away from us and they are charging £25.00 per entry.

BA has contacted Roadford (In Devon) which is significantly cheaper than Lake 86 and this will be investigated as a potential venue for 2023. Base fee of £1600, power boats £300 each, and Kayak rental of £20.00 each. SD stated travel and accommodation would need to be added, plus costing for officials to travel there. BA informed the committee accommodation should not be a problem as a couple of budget hotels in the area plus many B&B etc for officials/competitors/supporters. Discussion followed re expenses and our region offers 45p per mile, as this is not a joint event with any other region that is what can be claimed. Discussion followed re costs and charges it was felt that Regional rate should be paid to officials. BA to contact Paul Kendall to discuss.

Event needs to be promoted

T Shirts could be purchased generating income.

BA will discuss the Lake 86 charges with the lake manager,

Ideas: charge for parking to reduce our fees.

A possible invite to Lake 86 members if they take temporary SE membership increase entrants

SD asked about boats BA will check but certain that cost was included in the hire fee.

Can catering be brought in to raise funds?

Number expected to enter – historically 200

RS suggested we use an entry system which he will discuss with BA at a later date. Discussion around how payment should be made – KP indicated that BACS system previously used worked well and will keep participants costs down – to be discussed with Geoff Pearce (KP/CR),
Cheques no longer accepted.

Chip timing – RS provided costs – LPS £1358 plus VAT, Timing Monkey £500
Agreed to try Timing Monkey if we can obtain it for this price –RS will check on this.

SD – Equipment needed from the office – Gazebos plus anything else relevant – NT should be able to transport this in a van. BA happy to help. NT also indicated that she has a van and would also be happy to assist

Tables (2 of) also needed. BA will look at sourcing

PA System – Steve from London will bring the system if he attends and charges from £100 - £150 – Need confirmation.

6. Budget

2022 Budget

Venue costs

Officials – relevant personnel not present who had said they would look into with Paul Kendal at the last meeting. CR will see if the list that Jill Beard gets includes OW officials

7. Development Plan & 2022 Development Days

RS informed the committee of the plans going forward: see Appendix 1

National Development plan begins in September 2022

Plan:

Overall cost of this will be £1500 which should hopefully be self funding.

NT asked if the counties could contribute to this development plan rather than ask the swimmers to pay and a discussion followed.

IMPORTANT that numbers need to be good as previously only 9 attended

Discussion followed on how to select the swimmers – CR proposed putting the information out to the counties and individuals and a minimum ability is put onto the criteria for the swimmers.

BA – strip costs out of RS document and put the costs to the counties to confirm who would be interested.

Selection criteria needs to be sorted

Cap numbers?? – access needs to be available to all Counties but also needs to be financially feasible.

RS informed the committee there should be a proforma covering entry criteria which is simple to understand and then the county reps can refer to this and pick swimmers.

8. Counties Update

Gloucester – no activity

Somerset –NT waiting for info on RS Development Days

Devon – no activity

Dorset – no activity

Wiltshire – no activity

Cornwall – no activity

9. AOB

Virtual Team events – See Appendix 2 Need to look at it and see how viable it is.

Competitors from each county to do an inter-county event. All to send thoughts on this to BA via email. Zero costs, number crunching, how to do it fairly.

Code of Conduct BA will check to see who has not supplied.

10. Date of Next Meeting

21.04.2022 1900 hours via zoom

Meeting closed 20.55

SWIM ENGLAND – SOUTH WEST**OPEN WATER DEVELOPMENT & COACHING 2022****1 Developing a County to Regional Coaching (& Officials) Resource**

- Identify current OW coaches in each County through SE L2 coach education programme, BTF & network.
- Each County in region identify key coach(es) who are will to support County/Regional development
- March 22 hold an invited Coaches network & development mtg on Zoom to discuss suggested development programme
- April 22 run an online CPD workshop for regional coaches including input on coaching / training programme content, officials input on rules, nutrition & feeding strategies training & competition
- Opportunity for regional coaches to attend and support development training sessions
- April/May support promotion and delivery of RLSS Open Water Rescue 3 Day Course and assessment for coaches
- May/June – Sept support promotion and delivery of Swim England Level 2 Coaching award

2 Solutions to Potential Barriers

Barriers	Solutions
Clubs don't have endurance squads / focus	Bring OW swimmers together into County training groups that link in to Clubs
Clubs pool and gala focused	
Club perception is that OW will take swimmers away from pool swimming & clubs into Multisport	Change the language. OW is a fantastic & exciting extension to a swimmers experience as is multisport, also a potential exit route for those who won't make higher level of swimming
Lack of Club coaches	SE L2 Coaching module, supporting Club coaching development
Pool time & cost, taking swimmers out of pool lane programmes	A lot of swim training needs to still be done in pool training sessions with OW experience developed alongside
Lack of County / Regional Events	Look at whole range of racing opportunities not just SE
Lack of safe venues	Increase in number of well managed / accredited OW swim sites & programmes
Lack of officials & volunteers	Develop alongside proposed programme
Cost of equipment wetsuits etc	Sponsorship

3 Recruiting Open Water Swimmers & Providing a Development Pathway

- May 2022 Pool 2 Open Water Regional Workshop
- June 2022 Regional Swimmer Development Day Vobster Quay: OW confidence & safety, equipment, technique adaptations, racing skills, starts, turns, sighting etc OW competition preparation, race rules, race strategy & tactics, course orientations/prep, swimming in different conditions, feeding

4 Creating Opportunities to Train & Race (County to Regional, Regional to National)

- June/July/August local time trial events to build on Regional Champs
- Potential for invited athletes to attend an additional training event in prep for nationals

Programme including budget costings:

Initial online Regional Coach Mtg – March 29th Zoom

Initial online regional coaches meeting to discuss development programme, shared best practice and shape CPD meeting

Regional Coaching Online Mtg and CPD – April 19th Zoom

Workshop content to be shaped by the initial online coaching meeting but to include Pool to OW training strategies, OW training next generation, fuelling & feeding
Coach CPD Facilitation plus expert input £100:00-£150:00

RLSS Open Water Rescue 3 Day Course & Assessment – April 30th /May 1st & 14th Vobster Quay

RLSS Open Water Rescue course for open water including assessment
Participants cost £180:00 including resources and assessment

Regional Pool to Open Water Development Day – May 22nd Monkton Combe School

Invited swimmers from across the region attend a full days coaching including a skills session, land conditioning, swimmer nutrition, training and race planning, & a conditioning swim session OW format

Regional coaches would be able to observe and support development day providing additional CPD opportunity

Monkton Combe School venue hire including pool hire: £250:00
Coaching & workshop input £300:00

Regional OW Development Day – June 5th 2022 Vobster Quay

Invited swimmers from across the region attend a full days coaching and race simulation programme, supporting their preparation towards regional and national

OW race competition. A mixture of workshop sessions, land training and in water skills, plus race simulations.

Regional coaches would be able to observe and support development day providing additional CPD opportunity

Regional officials CPD and training opportunity run parallel with the coaching day with some input to swimmer programme

Vobster Quay venue hire: £250:00 inc. lifeguard

Coaching: £300:00

Officials Development Facilitation: £?

Estimated total budget for full programme £1500:00

Majority if not all of costs incurred should be covered by swimmer fees for attendance

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Appendix 2

SW Region OW – Concept for a virtual Intercounties trophy

To add an extra dimension to the Regional event, and remind swimmers that they are also swimming for their County as well as their club and themselves, a “Virtual Intercounties” competition could be added without any additional costs.

The basis would be to use the times/places the swimmers achieve in their respective races and combine them into an overall competition. There could be several possible ways of accomplishing this

- Allocate points to each county swimmer either based on their finishing position
 - Either actual finishing number – lowest total wins
 - Based on arbitrary value for 1st with lower value for subsequent positions – highest total wins
- Use the combined race times – lowest total wins

Issues surrounding the choices

- Some counties will only have 1 or 2 swimmers per race, providing a bias to the counties that have many swimmers thus do we need to include only the top couple of entrants per county?
- Do we use race positions or age group positions as some races contain more than one age group?
- Do we look at combining race times or just point based on placing?
- Do we have a separate ladies/men’s competition or just an overall competition?
- Do we include Masters?

On reflection, using race times was overly complicated and diverged from other regional/national pool championships which use a points-based system.

To investigate the options, results from the 2018 and 2017 races have been evaluated using three different points-based scenarios and counting all swimmers in any given race, including Masters and temporary members. This could (should?) be adjusted to remove temp members.

1. Points awarded based on position – 1 for first place etc. down to whatever the entry numbers were. Three swimmers counted for each county. Lowest overall total wins.
 - a. If there were not three swimmers in an event for a county then points were awarded based on the final position +1 point; i.e. if there were 20 swimmers in a race and a county had only one representative then that county is given 21 and 22 points for their total. County therefore scores even if no swimmers to allow this model to work!
2. Points awarded based on position. Three swimmers count for each county. Highest overall total wins.
 - a. First place given a value based on the number of entrants, i.e. for a race with 20 swimmers, the winner achieves 20 points. This does, however, diminish the achievement of a race winner just because there are fewer swimmers in his race! Is this fair?

- b. First place given an arbitrary 60 points (if we have a race with more than 60 swimmers, then this number will need to be adjusted) with one less point for each lower placing.

Analysis

2017 results

Position based points – Min total wins; DNC or DNF is number of race swimmers +1, +2, +3						
	<i>Cornwall</i>	<i>Devon</i>	<i>Dorset</i>	<i>Glos</i>	<i>Somerset</i>	<i>Wilts</i>
5k M	43	36	12	38	26	52
5k W	48	38	9	44	33	54
3k M	27	66	32	38	24	58
3k W	15	60	18	52	26	23
1.5k M	89	24	18	46	24	60
1.5k W	53	73	18	40	19	53
Totals	275	297	107	258	152	300
Overall Position	4	5	1	3	2	6
Points based; Max total wins - based on number of swimmers in race (20 in race - winner gets 20 pts)						
	<i>Cornwall</i>	<i>Devon</i>	<i>Dorset</i>	<i>Glos</i>	<i>Somerset</i>	<i>Wilts</i>
5k M	18	24	48	22	34	9
5k W	4	13	42	8	18	0
3k M	36	0	31	3	39	6
3k W	45	1	42	7	34	37
1.5k M	28	93	111	71	93	57
1.5k W	67	47	98	80	101	67
Totals	198	178	372	191	319	176
Overall Position	3	5	1	4	2	6
Points based; Max total wins - based on 60pts for win; 59 for second etc						
	<i>Cornwall</i>	<i>Devon</i>	<i>Dorset</i>	<i>Glos</i>	<i>Somerset</i>	<i>Wilts</i>
5k M	59	106	171	104	157	50
5k W	48	101	59	52	106	0
3k M	156	0	151	43	159	46
3k W	168	42	165	48	157	160
1.5k M	94	159	177	137	159	123
1.5k W	130	110	161	143	164	130
Totals	655	518	884	527	902	509
Overall Position	3	5	2	4	1	6

Interestingly, this data set provides the only change in the winner over the two years that have been evaluated.

Wilts stay resolutely at the bottom and the methods show only single place variation for the other counties.

2018 results

Position based points – Min total wins; DNC or DNF is number of race swimmers +1, +2, +3						
	<i>Cornwall</i>	<i>Devon</i>	<i>Dorset</i>	<i>Glos</i>	<i>Somerset</i>	<i>Wilts</i>
5k M	30	48	28	74	12	60
5k W	34	45	8	33	38	87
3k M	51	27	11	39	47	15
3k W	63	45	13	36	17	37
2k M	30	58	12	69	13	62
2k W	31	49	23	38	12	71
Totals	239	272	95	289	139	332
Overall Position	3	4	1	5	2	6
Points based; Max total wins - based on number of swimmers in race (20 in race - winner gets 20 pts)						
	<i>Cornwall</i>	<i>Devon</i>	<i>Dorset</i>	<i>Glos</i>	<i>Somerset</i>	<i>Wilts</i>
5k M	27	9	29	22	45	0
5k W	31	21	58	33	28	26
3k M	4	27	43	15	7	39
3k W	10	27	59	36	55	35
2k M	60	32	78	21	77	28
2k W	68	50	76	61	87	28
Totals	200	166	343	188	299	156
Overall Position	3	5	1	4	2	6
Points based; Max wins - based on 60pts for win; 59 for second etc						
	<i>Cornwall</i>	<i>Devon</i>	<i>Dorset</i>	<i>Glos</i>	<i>Somerset</i>	<i>Wilts</i>
5k M	153	93	113	148	171	0
5k W	148	99	175	111	145	143
3k M	47	106	172	144	93	168
3k W	47	97	170	110	113	146
2k M	153	94	171	83	170	121
2k W	152	134	160	145	171	112
Totals	700	623	961	741	863	690
Overall Position	4	6	1	3	2	5

In all 3 measures, Dorset comes top with Somerset in second place. The biggest swing is Glos which varies between 3 and 5.

Is there a favourite method? I think that, on the day, the 60pts for a win method may be easiest/quickest way to generate the winner.

Overall it can be seen that home field advantage may be playing some part in the Dorset dominance. It will be interesting to see how/if this changes with the 2021 event being held in Gloucestershire. It also makes the case for different venues and it would be great to see the Championship held in rotation by each of the counties.

Brian Armstrong; Dec 2020

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