

British Swimming
Annual Report
and Accounts 2011



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Front cover: Rebecca Adlington with her 800m freestyle gold medal from the 2011 world championships
The majority of the text in this report refers to the period April 2010 to the end of June 2011 whilst the featured major events are from the summer of 2011



'British Swimming is highly regarded by UK Sport and Government as the example of good practice.'

Chairman's Report

Alistair Gray

It is with pleasure that I introduce my third Annual Report as Chairman on the activity of British Swimming during 2010. We continued to make progress in developing our global position across our disciplines. Results at the 2010 Commonwealth Games in Delhi, and the European Championships in Budapest represented our best ever performance in both events. At the IPC world championships in Eindhoven, our disability swimmers were fourth on the medals table. Our achievements in both areas reinforces the view that we are on track for a good performance at the London Games in 2012.

It has been pleasing to note real progress in two of our other disciplines – Synchronised Swimming and Water Polo. Our results at both major championships in Synchronised Swimming confirmed an improved ranking at Continental and world level. Our women's water polo team also benefited from an extended period of preparation in Hungary and demonstrated improved performances. Over the last two years we have changed the model through which we have developed our men's water polo team, with many players playing for clubs outside the UK. This, along with other changes to preparing the team, has led to improved performances. Our congratulations go to the athletes, their coaches, support staff and Performance Directors in all our disciplines for their continued efforts in enabling our talented swimmers to achieve their potential.

Your Board continue to work closely with the Chief Executive Officer and his executive to implement our strategic plan. Real progress was made in 2010, not only in the pool but also in our other strategic priority areas.

Our partnership with British Gas continues to flourish and in 2010 we worked closely with them on events such as the British Gas Swimming Championships. At this point I pay tribute to the efforts of our staff who are engaged in this partnership and to the staff at British Gas. The sponsorship industry recognised our respective performances in our partnership through the award of the Hollis Best Sport Sponsorship and Sponsorship of the Year for 2010. Our other partners and sponsors, especially Speedo and Kellogg's, have also responded to our challenge to be the world's leading swimming nation and we have successfully extended our partnership with Kellogg's for a further term.

There have been challenges in other governing bodies of sport around the question of governance e.g. the RFU and The FA. I am pleased to report that British Swimming is highly regarded by UK Sport and Government as the example of good practice. In 2010, we reviewed our performance as a Board, individually and collectively, and this keeps us firmly on our strategic agenda and our core purpose of 'British Swimming Winning'.

As ever, I take the opportunity to salute and thank all our dedicated staff and volunteers who serve our sport so well. The British Swimming family is in good spirits and ready for a once-in-a-lifetime performance in 2012. This year has seen British Swimming continue to build on its strong foundations and make real progress in many areas. I look forward, with my colleagues on the Board and Executive, to delivering an excellent performance through to and beyond London 2012.



'All our competitors and coaches have stepped up their preparation and the results in the pool suggest there is more to come.'



Chief Executive's Report

David Sparkes

We can reflect on a further year of steady progress towards the Olympic and Paralympic Games in London in 2012. All our competitors and coaches have stepped up their preparation and the results in the pool suggest there is more to come.

However, the summer of 2011 will be tough for us as we travel to Shanghai for the last World Championships before the Olympics and to Berlin for the last IPC European Championships before the Paralympics. I am sure the athletes and coaches will not only be analysing their own results but will also be keeping a careful eye on other athletes from around the world as they fine-tune themselves for London.

In addition to this, August 2011 will see our first Olympic test event in marathon swimming in Hyde Park's Serpentine when again our preparation for the Games will come under more detailed scrutiny from FINA and athletes from around the world. This will be followed by more test events early in 2012 as we open London's 'jaw dropping' Aquatics Centre.

We are all committed to delivering the greatest possible British performance in London in 2012, but we are also busy planning the 'Road to Rio' as bringing the Games to London will have been for nothing if it does not catapult our performance on to the next Games in 2016.

We have also been working with our many partners like LOCOG to ensure we have the best possible legacy from the Games and I am sure everyone who participates as an athlete, coach, volunteer or spectator will find the whole Olympic experience a life-changing one as there can be nothing more powerful for our sport than having the Olympic Games in your own country.

So join with me in the tension over the next 12 months - wondering what London will bring. Have no doubt that there will be great moments of jubilation and despair for us all but we will certainly have given everything in the build up to this amazing event.



Excellence

'Budapest...proved to be Britain's most successful European LC championships ever.'



Excellence

Swimming

National Team Environment

The first meet of the summer season saw open water athletes at the LEN Cup in Israel challenging for selection for the 2010 Open Water World Championships, Open Water European Senior Championships and Open Water European Junior Championships. This LEN Cup meet presented an opportunity for British senior swimmers to show their dominance in the open water arena with first and second places going to Keri-Anne Payne and Cassie Patten respectively, and with Daniel Fogg picking up a gold medal in the men's event.

Podium results continued at the Open Water European Junior Championships in Holland, with gold medal performances for Great Britain in both the men's and women's events. Given the previous high standard of British performances globally in senior open water swimming, results at the World Championships in Canada saw the women placed lower than predicted at eighth and 14th in the 10km event and the men forced to pull out of the race as a result of the difficult meet conditions. As such, the senior open water programme has been revisited and strategies put in place to help re-establish Britain as a leader at world level once again.

The European Long Course (LC) Championships in Budapest was the first senior 'pool' competition of the summer and was targeted as a preparation meet for swimmers to hone their skills in an un-tapered state. However, this meet still proved to be Britain's most successful European LC Championships ever, beating the previous best medal tally of 13 with six

gold, six silver and six bronze medals.

At 'pool' development level, the European Junior Championships in Helsinki brought some excellent performances from our youth swimmers who took second place on the medals table behind France, with a total of five gold, seven silver and three bronze medals. In addition, the two athletes selected to compete at the Youth Olympics in Singapore added two bronze medals to Team GB's medal tally.

Following an extremely successful British holding camp in Doha with 66 athletes attending from all three home countries to prepare for the Commonwealth Games, the conditions experienced by swimmers in Delhi proved more of a challenge. Nevertheless, the Games produced the best British results to date, exceeding performance in Manchester, and with British athletes picking up 38 medals, nine gold, 16 silver and 13 bronze, and breaking seven Games records, one Commonwealth record and two British records.

Predictions based on world rankings going into the meet showed Great Britain with the potential for 30 medals and Australia 59. However Australia fell short of this target, achieving 47 medals. In an analysis of Olympic event

performances, Great Britain took 33 medals compared to Australia's 37. The Games was also a step forward for our men's programme where five out of the nine gold British medals won were from the men's events.

The competition programme also saw a small representative team of four development athletes participating at the European Short Course in Eindhoven in November, and at the Portland Junior International Meet in the USA in December, where there

were some excellent performances from the British youth swimmers who brought back eight gold, seven silver and eight bronze medals.

In February, the British Gas GBR Open >





< Water Swimming Team started their 2011 campaign in style, racing at the Midmar Mile event in South Africa. The mile race attracted 16,500 starters over the two days of racing, with a strong international contingent for the elite section. Prior to the mile, the international 10km saw a strong British team race their first marathon of the season, with British men taking first, second and fifth spots and the British women taking first, second and third places. The mile race did not disappoint with another one, two and three for the British girls and the GB men taking silver and bronze.

For the second year running, the British Gas GBR Swimming Team challenged Germany in a Duel meet in Essen, Germany in February. The GBR team largely comprised of development swimmers and this time lost to Germany picking up 195 points compared to Germany's 240.

The British Gas Swimming Championships (50m) in March once again acted as the trials for our major summer championships. The meet was used as the first selection point for the 2011 FINA World Championships in Shanghai, and also an opportunity for our youth swimmers to qualify for the European Junior Championships, European Youth Olympic Festival, World Youth Championships, and from which times will be considered for Commonwealth Youth Games selection. These pool trials were also used as the first stage of selection for the British Gas GBR Open Water Swimming Teams in 2011.

The national training programme began in the spring with the national squad and open water talent camps. The national squad camp took place at the BEST Centre in Majorca with 32 senior athletes

training together over a two-week period supported by 26 staff. Joseph Nagy, one of the world's leading experts on breaststroke technique was also present to conduct clinics with coaches and breaststroke specialists. The open water talent group, comprising of swimmers from all three home nations, started their camp tour in St Felice Circeo, near Rome. The team trained in the sea to familiarise themselves with swimming in salt water and currents prior to participating in the 10km event against tough competition in the second round of the European Open Water Cup.

The group then flew to Port Grimaud, near St Tropez in the South of France for the main training phase of the trip. However, this leg of the tour proved to be somewhat challenging when the team faced France's worst ever regional floods and had to demonstrate superb coping skills. After leaving France, the team flew back into the UK for the final competition of the tour, the British Gas Great East Swim in Alton Water, near Ipswich.

The autumn and winter season was a period of intensive training both at home and away, with warm weather camps conducted in the USA, Australia, South Africa, Tenerife; altitude training undertaken in Sierra Nevada, and a group of 28 development swimmers attending an eight day camp in Dubai.

As part of our commitment towards ongoing improvement of the national team environment, event debriefs were conducted for the European Junior Championships, the World Open Water Swimming Championships, and the European Long Course Championships. Key findings have been taken forward with the aim of implementing best practice at future events.

Daily Training Environment

In October, the three top British clubs were identified following an analysis of performances at the 2009/10 major international benchmark meets and selected to be World Class Podium Clubs for the 2010-12 period. Nova Centurion achieved Podium Club status once again, and Glasgow and Garioch were the other two successful programmes.

The British Gas Intensive Training Centres (ITCs) and the Podium and Development Clubs were given a further injection of funding courtesy of British Gas, via a percentage of a £20,000 bonus calculated on their performances at the 2010 Commonwealth Games and World Open Water Championships.

At the end of 2010, a series of ITC inductions took place at each centre with invitations to local MPs, ITC partners, media, as well as ITC athletes, coaches and support staff. The purpose of the inductions was to provide information about the nature and purpose of the ITCs, to recognise achievements to date, and to acknowledge the contribution made by all key players.

A review of the World Class Development Clubs was undertaken in April 2011 with Millfield, Manchester, Cardiff and Plymouth successfully maintaining their Development Club status for a further 12 months, and Preston replacing Leicester as the fifth top club. In addition, an Athlete Pathway Club Recognition Award for the top club placing four or more pool and open water athletes on the World Class Podium and Development programmes has been introduced. The award is open to clubs who are not aligned to an ITC or currently funded through the Podium or Development Club programme. This

'The process of formulating strategies to optimise performance in Rio is underway'



year, former Podium Club, Sheffield was identified for this award.

In our aim to support world class athletes wishing to combine academic and sporting excellence, a concept of 'swimmer friendly universities' is being progressed to encourage universities to sign up to an agreed set of principles that support excellence in sport and academic endeavours. In addition, British Gas via

their Career Development Programme has been working in partnership with British Swimming to help athletes achieve excellence outside the pool. As a starting point, the first stage of the programme started with sessions conducted by Gordon McFarland (Head of HR at British Gas) at all five ITCs with the aim of getting athletes to think about their careers. The programme offers advice and opportunities and is designed and tailored to meet individual needs whether athletes are looking for additional income now or are planning to retire after London 2012.

The World Class Pathway

Parallel to the 2012 Games preparations, the process of formulating strategies to optimise performance outcomes in Rio is underway. As a first step in the process, a Development Pathway Think Tank was convened to examine the strengths and weaknesses of Britain's current Talent/Development swimming pathway. The 'Think Tank' comprised of representatives from British Swimming World Class Programmes, each home country (England, Scotland and Wales), UK Sport and the BSCA. The findings and

recommendations have been presented, and a Talent Directorate group established to develop the future strategic and technical direction of the Development/Talent programmes, and to ensure that we have a vibrant system capable of producing podium swimmers for the 2016 Olympic Games in Rio and beyond.

The April 2010 review of World Class Development 'pool' athletes saw the overall number in the squad remaining the same, and 55 per cent of athletes re-qualifying for the programme. The September open water athlete review saw seven open water swimmers placed on the World Class Development programme, five of which secured their place on the programme for a second term.

Following these reviews, and movements resulting from the World Class Podium athlete reviews, the total number of Development swimmers in the autumn of 2010 reached 43.

The Commonwealth Games were used as the benchmark meet to identify World Class Podium 'Pool' athletes, and, with inclusion of open water swimmers, saw the World Class Podium athlete squad numbers increasing from 36 to 42 athletes, five of which progressed from the World Class Development programme.

The overall findings from the UK Sport Athlete Insight Survey proved positive, with the majority (84 per cent) >





< agreeing that the World Class Swimming programme meets their needs, and 87 per cent indicating that morale is high and that the World Class Swimming culture is making a positive contribution towards performances.

Sports Science Sports Medicine (SSSM)

With winning margins becoming increasingly narrow, it is imperative that we continually assess, monitor and are innovative in our approach. As such, over 20 SSSM projects have been identified and are underway. These include developments such as a force platform starting block and wedge for measuring power, position and reaction; Swimtrack software providing quantitative analysis of starts and turns via video footage captured above and below water and digitized to accurately determine measures such as velocity and body position; and an integrated athlete data management system (Starfish) incorporating competition analysis, national screening - medical, musculo-skeletal and strength and conditioning.

One of the other key activities being

developed off pool deck is a Starts and Turns Technical Plan. This initiative aims to improve the technical component of performance of World Class athletes at international benchmark events by addressing weaknesses in the key impact areas of starts and turns. This will be achieved by implementing a targeted and integrated programme that provides athletes and coaches access to world class technical knowledge and resources within the daily and national squad training environments. The Starts and Turns Technical Plan has set a target of achieving an 80 per cent improvement rate in turns for the British Gas GBR Swimming Team at the 2011 World Championships

as measured by race analysis comparisons with results from the 2010 Commonwealth Games. To support this plan, a Starts and Turns Initiative Fund and a Starts and Turns Excellence Award has been established to offer incentives to coaches and swimmers.

Providing the tools and feedback mechanisms, focusing on technique, making small changes, working repeatedly on those changes, and seeing the consequence of the change, will contribute to making a performance difference.

Coach Development

Further investment in the World Class swimming coach development programme has provided opportunities for coaches to experience the Commonwealth Games first hand, and in addition offered individual packages of support to coaches covering a range of areas. These included attendance at domestic and international coaching conferences, overseas programme visits, and the provision of coach resource materials.



‘Attention has now been turned to focus on preparations for London 2012.’



Disability Swimming

Following the success at the IPC World Championships in August 2010 where the team exceeded all targets to bring home 52 medals attention has now been turned to focus on preparations for London 2012.

Manchester was announced as the venue for the holding camp for the Paralympic Games in London 2012. John Atkinson, National Performance Director (NPD) for Disability Swimming believes that by selecting Manchester for the holding camp, the issue of ‘home advantage’ will certainly be achieved. Manchester is the current home of the National High Performance Centre and is a world class facility that can deliver on all performance requirements for the British Gas Disability Swimming Team in their preparations for London. Some benefits of

utilising Manchester are the high quality swimming facilities including exclusive access to a 50m and 25m pool, quality strength and conditioning and recovery facilities, a secure environment for the team, high quality accommodation, access to Home Country Institute of Sport facilities and effective and secure transfer to and from the airport/railway station, accommodation and pool. Following confirmation of this decision, Disability Swimming have been using Manchester for a number of key activities, something which they will continue to do in the lead up to London.

Indeed, Manchester was the venue for British Gas GBR Disability Swimming Team Orientation Camp in March and Holding Camp later in the year prior to the 2011 IPC European

Championships and in readiness for the 2012 Paralympic Holding Camp. Following the Orientation Camp in Manchester, a team of 51 athletes and 20 staff travelled to Berlin for the German Open. Within the team were a group of Development athletes gaining invaluable competitive experience. The aim of the German Open was to ensure athletes carried out extended volume in warm ups and swim downs and maintained training volumes throughout competition whilst racing hard. This was achieved and, bearing this in mind, the results gained were excellent: 10 gold, three silver and two bronze medals along with one world, 15 European and 26 British records.

Shortly following the German Open, 21 athletes competed at the BT Paralympic World Cup. None tapered or rested in the lead up to the competition and NPD John Atkinson was particularly happy with the team’s performances.

There have been a number of warm weather camps. In January 2011, a team travelled to Doha and then another team travelled to Majorca for a training camp between the German Open and BT Paralympic World Cup. More camps are planned in the lead up to London 2012 to get the swimmers into a warm climate to help them avoid illness and ensure maintenance of training.

A staff and coach development plan is well underway with a number of workshops and conferences already taken place including a coaches workshop and a physiology workshop. There are a number of other similar activities planned as part of the preparation for London. >



Profile Louise Watkin



FAST FACTS

DoB: 13th August 1992
Born : Stockholm, Sweden
Height: 1.64m Weight: 54kg
Team/Club: City of Salford
Coach: John Stout

Major achievements:
2008 Paralympic silver 100m free;
2010 IPC Worlds gold 50m free;
2011 IPC Euros - 3 gold, 2 silver and
3 bronze medals



Louise Watkin (centre) after beating Natalie Du Toit at the 2010 IPC World Championships

'To start with I wasn't winning any medals. My family didn't know about disability events so until 2006 I was competing only in able-bodied competitions.'

At 18, most girls are just starting university; some want to be teachers, some doctors and some just want to go out and experience a bit of the world. But for Louise Watkin, the future looks a little different: she wants Paralympic gold.

After making a splash in the Beijing Paralympic Games three years ago, the City of Salford swimmer has gone from strength to strength, boosted by her time in China. 'Beijing was such an amazing experience for me. Getting to compete at such an incredible event when I was just 16 is still a bit hard to believe,' she said.

Winning a silver and three bronze medals (in the S9 100m freestyle, S9 50m freestyle, SM9 200m individual medley and SB9 100m breaststroke respectively) catapulted her to the higher echelons of the sport and into the national headlines along with the rest of her team-mates.

'I was completely oblivious to how big the event had become back home and how much attention we were getting. I didn't realise how big a deal it was until I actually landed back in Britain. Then it hit me.'

Louise now looks back on those weeks in Beijing as among the best of her swimming career: 'Everyone was happy all of the time. It was so special that nobody wanted anything to spoil it. The team atmosphere was so good: everyone was friendly and supportive and that all added to the experience.'

Louise's start in the sport began like that of many others: family ties. 'I tried lots of different sports when I was younger, but my sister swam so I just

followed her into it.

'I chose swimming because to me it was a lot of fun. I liked going to training and racing, and I just really enjoyed everything to do with it.'

But it wasn't success from the outset for Louise: 'To start with I wasn't winning any medals. My family didn't know about disability events so I was competing in able-bodied competitions.'

The Surrey-born athlete, who competes in the S9 category, was born with an upper limb deficiency and is missing her left hand, but it wasn't until 2006, when she entered her first DSE Championships, that she began to believe she had a talent for the sport: 'I started to think that it was something that I could be quite good at.'

When she was 14, Louise competed as the youngest member of the Great Britain team in the Paralympic World Cup, and since then she has been to the Paralympics as well as European and world championships.

Last summer, (2010), she returned from the IPC World Championships in Eindhoven as part of one of the most successful British squads and with gold, silver and bronze medals in her luggage. Louise also beat her long-time rival Natalie Du Toit in the S9 50m freestyle.

'To go out there and beat Natalie – something that I'd been working towards for such a long time – was

amazing,' she said.

'It had been in my sights and something that I'd been aiming to do, so to finally do it at a world championships was incredible.'

But her potentially career-defining moment remains on the horizon: 'I'm really excited about London,' the City of Salford swimmer said.

'I've changed clubs recently and I'm hoping that the change in environment will help me get to compete in the home Paralympics. It would be amazing.'

Moving clubs wasn't just a matter of swimming: 'Kelly College [a specialist sports college that combines high-level training with education] only goes up to sixth form, so I'd had a great time there but needed to find something new,' she said.

Now attending Manchester College, Louise is studying for a foundation degree in sport and fitness management: 'I looked at lots of courses and this one just seemed to fit with swimming and what I would like to do in the future,' she said.

'After I've finished competing I'd like to work in sport, so it seemed like a good way to get into it.'

It's this kind of commitment – the willingness to change her whole life in search of a dream – that makes Louise one of the best disability swimmers in the world.

'I think it's a combination of hard work and loving what I do. I swim with a great group of people and they make going to training every day fun,' she added.



< Diving

A team of 10 athletes competed at the FINA World Cup in Changzho, China in June 2010. Unfortunately, injuries meant that the team was not at full strength but despite this they achieved three top eight places in synchro events and two top 12 places in individual events. In addition, six of the individual divers made semi-finals.

In October, 13 athletes and five staff travelled to Delhi for the Commonwealth Games. The combined medal target for

not being available so their gold medal in this event was particularly impressive. In addition, there were three fourth places achieved in Delhi with relatively small differences in score which could have added to our medal tally if these had been converted into bronze medals.

In early 2011, the British Gas GBR Diving Teams underwent an intensive competition period, probably the hardest and most intensive three months of

preparation on the pathway to London 2012. In this period, the team undertook nine

also a number of top four, six and eight finishes.

Tom Daley and Peter Waterfield have established themselves as our new synchronised diving pairing for the 10m platform. In winning the gold in Sheffield, they beat the Chinese pair, only the third time in history that the Chinese have been beaten in this event - the other times being the 2000 Sydney Olympic Games and the 2005 World

Championships, both times by Russia.

In March 2011 a team travelled to Turin, Italy for the European Diving Championships. Whilst Great Britain's main rivals - Russia, Germany, Ukraine and Italy - were fielding their A team, Great Britain had only taken a B team who were a new generation of divers focused towards Rio 2016 and looking to gain some invaluable competitive experience.

The results were extremely promising with seven top eight finishes and two top four finishes. One of the top four finishes was another new synchro pairing, Jenny Cowen and Brooke Graddon who finished fourth in the 10m synchro, a great result considering this was their first international performance as a pair.

There has been a particular focus on synchronised diving. A Synchro Assessment Camp took place in December 2010, the objective being to strengthen the current GB pairings and if necessary form new partnerships in order to target more medals in 2012. Results gained since this camp suggest that this has been successful.

Unfortunately, athlete wellbeing has been a concern over the last 12 months with some of our top divers missing

international competitions and two training camps. These included the FINA Grand Prix in Penza, Madrid, Montreal and Fort Lauderdale; FINA World Series in Moscow, Beijing, Sheffield and Guanajuato; European Diving Championships in Turin and training camps in Sheffield and Guanajuato.


The British Gas GBR Diving Team returned from most of the competitions with medals. In the Grand Prix, the team brought home a bronze from Penza and a silver from Fort Lauderdale. A number of medals were also won in the World Series, two bronze medals in Beijing, a silver medal in Guanajuato and a gold in Sheffield which was won by Tom Daley and Peter Waterfield in the 10m synchro.

Apart from the medals, there were

the home country diving teams for this event was three to six medals.

Despite a recent injury, Tom Daley took two gold medals, performing his new list of much higher degree of difficulty dives for the first time at a major event. In the men's 10m synchro event, Tom had to pair up with Max Brick due to Peter Waterfield





‘Daley and Waterfield ... beat the Chinese pair, only the third time in history that the Chinese have been beaten in this event’

competitions through illness or injury. Injury prevention and recovery has, therefore, been, and continues to be a major issue as the expectation levels from performance and training volumes increases. The priority focus has been on quality preparation and careful seasonal planning.

The British Gas GBR Junior Diving Team have also had a very successful year. In August 2010, 12 athletes and eight staff travelled to Tucson, America to compete in the Junior World Diving Championships. GBR finished third in the medal table against 30 countries with two gold medals and ten top 12 finishes from 18 starts which was a very promising result for our future generation of divers.

Within the junior programme and outside of competition, there has been a focus on training camps to try and create a seamless transition between England and TASS (Talented Athlete Scholarship Scheme) programme based athletes, and also on the creation of a common pathway with a shared philosophy. An integral part of this has been an increased awareness, at a younger age, of the expectations of senior based goals and professional attitudes. An important part of this has been providing younger athletes with competitive experiences like the B team selected to compete at the European Championships.

There has also been a focus on coach

development.

The junior programme continues to give rise to a new generation of coaches who are committed to the GBR team philosophy and are willing to facilitate the professional expectations of athletes. This is all part of the preparations for Rio 2016 and beyond.

Synchronised Swimming

In September 2010, the British Gas GBR Synchronised Swimming Team had an excellent competition at the FINA World Cup. The target was to finish in the top 12 but the team managed to finish in eighth place. It is important to note however that neither Spain nor France was at this event. If they had been, it is likely that Great Britain would have finished 10th, but still two places ahead

of target.

Shortly following the World Cup, the team travelled to Delhi for the Commonwealth Games. The performance target for Delhi was one to two medals across the home countries. This was exceeded with a silver medal for England in the solo, won by Jenna Randall. Olivia Allison and Jenna Randall also secured a silver in the duet despite a malfunction of the underwater speaker during their performance. Scotland's Lauren

Smith also won a bronze - the first

ever medal won by Scotland in

synchronised swimming.

Unfortunately in 2010, there were a number

of injuries within the

synchronised swimming squad.

Following this, there is now

an increased focus on injury

prevention and research to

enable the squad to get back

to full fitness.

In terms of staffing, there were a number of changes throughout the year most

noticeably within the

English Institute of

Sport. The support

provided by the

English Institute of

Sport is now back to full

capacity. A number of

consultants have also

been recruited to work

with the squad including the USA coach

and former Olympian Tammy McGregor

who provides technical expertise, and


choreographer Stephen Miermont.

Another coach, former French athlete

Myriam Glez is also coaching part time

at the High Performance Centre in

Aldershot.



'I would tell people who say
synchro isn't really a sport to
try it. They don't understand
how physically hard it is!'

Profile Vicki Lucass

Vicki Lucass began her synchro career at the tender age of six-and-a-half. 'I learnt to swim when I was two and I always loved being under the water so my swimming teacher said that I should take up synchro. I went to watch a session, started the next week and loved it straight away,' she says.

The 20-year-old from Frimley took to the sport immediately and began etching out her future career. As a member of Rushmoor Synchronised Swimming Club, one of the top clubs in the country, she learned the tricks of the trade and was soon noticed as one of Britain's top talents.

At the age of 12, Vicki won silver in the 12 and under duet competition at the National Age Group Championships and she went one better in 2004 and 2006 winning gold medals in the 13-14 and 15-17yrs categories with Emily Kuhl as her partner.

'I have lots of amazing memories from my time swimming with Rushmoor before I joined the GBR squad. It's a really great club to swim for,' she said. No doubt these memories include being part of the gold medal-winning team at the British Championships every year from 2004 to 2007, an impressive feat for any club.

Air miles

In 2007 Vicki was selected as part of the British junior synchro team to travel to Spain for the LEN European Junior Championships. But it wasn't until 2008 that she began adding up the air miles with the British junior team with trips to Sicily, St Petersburg and Madrid for training camps and competitions. 'I was so happy and excited to be selected for the squad. I knew it was a great opportunity to compete for my country and develop my synchro career.'

It was at this point that Vicki realised that synchro was destined to be more than just a hobby for her.

As a regular member of the British Gas GBR Synchronised Swimming Team, 2009 brought yet more success for Vicki with her biggest competition to date: the FINA World Championships in Rome. The team secured one of its most successful performances ever with a seventh place finish in the free combo.

Under the guidance of world-class coaches, including national performance director Biz Price and assistant coach Lolli Montico, the team is in good shape. 'It's an amazing opportunity for us all to be working with some of the best coaches in the world,' says Vicki. 'They bring so much knowledge and experience to the team. They have come from different countries which means that they also bring a variety of new ideas and perspectives.'

She adds: 'Many people over the years have influenced me in different ways. My family and friends have given me support and encouragement and coaches have given me amazing opportunities.'

Her hectic synchro schedule sees Vicki train Monday to Friday with the rest of the British squad at the High Performance Centre in Aldershot, along with an additional Saturday training session at Bisham Abbey and flexibility work in her own time.

'When I first joined the squad I was doing my A levels so I had to go into college after training until I had finished

my exams. I had to reduce the number I took, but I did finish them successfully.'

Advanced apprentice

In 2010 Vicki graduated from the Advanced Apprenticeship in Sporting Excellence (AASE), which allowed her to combine her education with a structured training and development route in synchro, giving her the tools she needs to work in the sport once she finishes her competitive career.

But before then she has more pressing matters: 'London 2012 is my ultimate ambition. To compete in the Olympic Games in front of a home crowd would be amazing. We're improving every day, which we wouldn't be able to do without the coaches. In each competition we are making visible progress and we're now beating teams which a few years ago probably would have beaten us.'

'As a team we are all really close. We work well together both as professional athletes and as friends, which helps.'

She adds: 'I would tell people who say synchro isn't really a sport to try it. They don't understand how physically hard it is!'

FAST FACTS

DoB: 11th September 1990
Born: Frimley
Height: 1.70m
Team/Club: Rushmoor
Coach: Biz Price / Lolli Montico

Major achievements:
ECC11: Combo Bronze
WC09: Combo 7th, Team 10th, 15th
ECC09: Combo 5th, Team 6th



< Our duet athletes trained for three weeks in San Francisco with Tammy McGregor at the start of 2011 to improve their technical programme. This was followed by a two-week camp in Spain with the Spanish national team when physical and mental improvements were made. The focus for the team has been the technical routine and they are taking big steps forward on this.

We used 2010 as a training period and an opportunity to build a junior team for 2011 so the junior team did not compete at all during this period. The juniors are coached by two former GB synchronised swimmers who are being mentored by Canadian coach Leslie Sproule.

This British Gas GBR Junior Synchronised Swimming Team will make their debut at the European Junior Championships in 2011. In addition, we now have five athletes on the talent satellite programme which has increased by one since 2010. Two athletes have been moved off this programme and are now on the junior programme.

In March, following a presentation to the BOA it was confirmed that both the duet and team had met the standards required to take up their place for the London Olympics which is extremely exciting news for the sport.

There has been a big improvement in terms of media coverage for synchronised swimming. The sport has now been featured on Sky News, the BBC website, local news as well as in most national papers. There have also been features on individual athletes appearing nationwide in newspapers, magazines, websites and other TV programmes. This is great publicity and something which is likely to continue to grow in the lead up to London 2012.

Water Polo

It has been a really busy year for both the men's and women's British Gas GBR Water Polo Teams. The women have had various international competitions with some excellent results showing their progression.

After the disappointment of not qualifying at the European Qualifiers despite some competitive games, the women went to the World League where they were grouped with Hungary, Italy, Germany and Russia. The women beat Germany for the first time ever in one of the legs which was an excellent result.

The women also entered into the Hungarian League that provided them with competitive matches every fortnight. This was a new initiative and the aim was to finish in the top six which was achieved.

In 2010, the Europeans changed their format of competition by removing the A and B levels and coordinating preliminary rounds to qualify through to the final competition. The women had a good draw of Spain, Ukraine and Israel. To date, they have played against Israel and Ukraine beating both and putting GBR in a good position to qualify.

There has been a further move towards professionalising the women's water polo programme. In September 2010, the women began their new water polo programme, dedicating 2.5 days entirely to

their sport that covers education sessions, technical sessions and videos whilst still maintaining full-time training. The women have a new performance analyst working with them who focuses on match analysis, game statistics, Olympic opposition and key training needs. This analysis will include using high-speed cameras to examine movement patterns of an effective water polo shot across the squad and it is felt this will prove to be extremely beneficial. A full time Assistant Strength and Conditioning Coach has also been appointed to work with the women's

team to provide invaluable extra support



‘The women have had various international competitions with some excellent results’



to the programme.

The men spent the majority of the 2010 summer trialling in different clubs in Europe to try and gain a place for the club season that started in September 2010. In addition, the men's squad gained extensive competitive experience through playing numerous competitions across the summer most notably winning the President Cup in Poland.

As with the women, the Europeans changed their format for men by removing the A and B levels and coordinating rounds to qualify for the final. The men had a tough draw of Greece and Georgia where the top two go through to the next qualification round and then, if successful, through to the championship. The first game was played against Georgia in October and unfortunately was lost. The men then played Greece in Manchester in front of a sell out crowd and despite the game being competitive, Greece were at a superior level and won 13-2.

In September 2010, 12 athletes left to compete in European clubs including some great placements in Spain and Hungary. Four athletes continued to train in Manchester due to university commitments.

There have also been some staffing changes within the men's programme. A part-time physio and strength and conditioning coach was appointed through the English Institute of Sport. A volunteer assistant coach was also recruited to work with the men's programme.

In September 2010, preparation began in readiness for presenting to the British Olympic Association on the Olympic Qualification Standards. There

was a successful outcome to this process meaning both our men's and women's squads will take up their place to compete in London 2012. This was

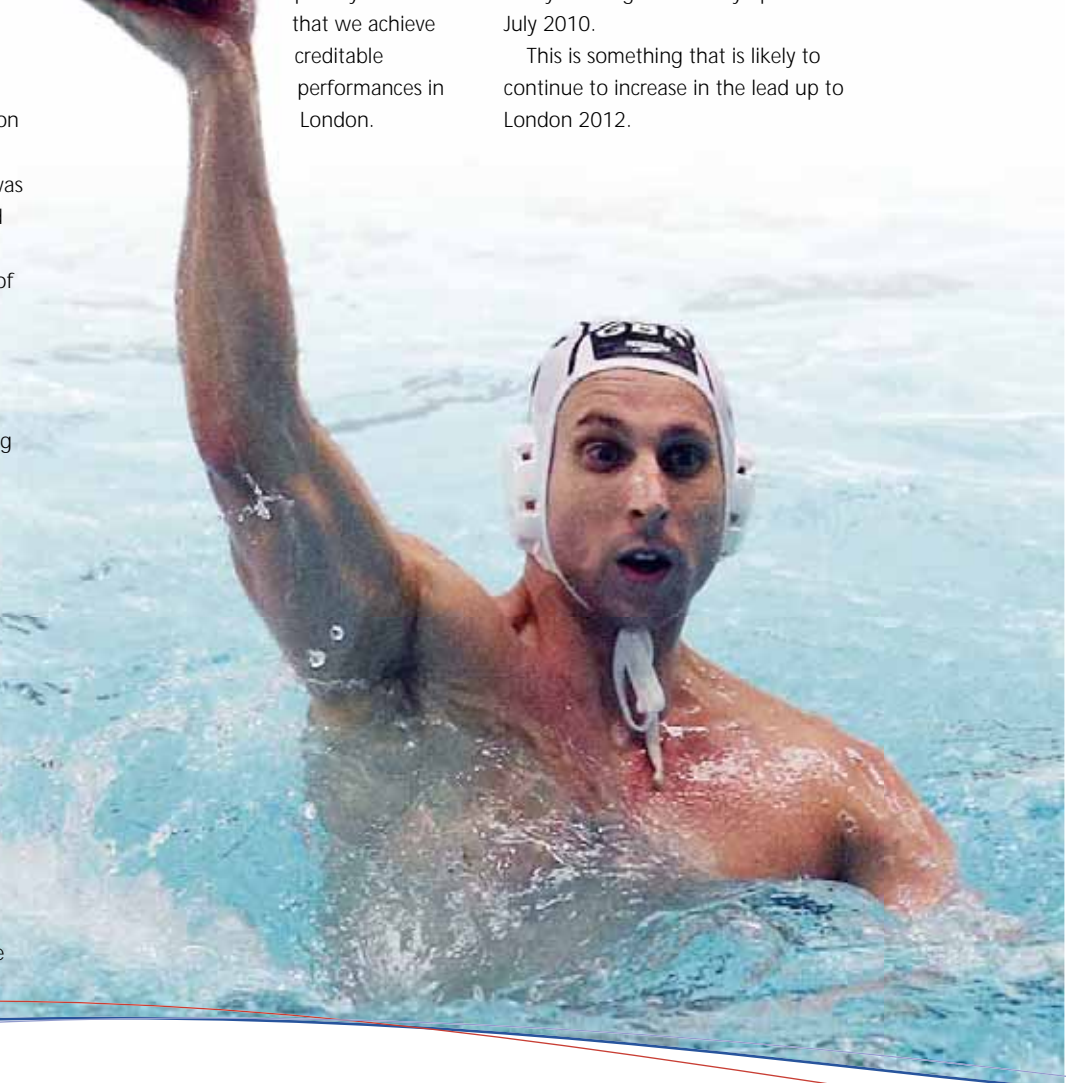


obviously extremely pleasing news and following this, the implementation of the London preparation programme became a priority to ensure that we achieve creditable performances in London.

As part of the preparation for London 2012, British Water Polo has started a programme called 'Out of the Pool' which comprises of education sessions and speakers on themes like the Olympics, media training and being an elite athlete. The most impressive speaker on this programme to date was the chief scout for Manchester United football club.

The media coverage for both the men's and women's British Gas GBR Water Polo Teams has increased over the past 12 months, most noticeably around the two years to go to the Olympics mark in July 2010.

This is something that is likely to continue to increase in the lead up to London 2012.





EUROPEAN JUNIOR CHAMPIONSHIPS 2011 BELGRADE

‘The team rounded off a fantastic competition. They stuck together on the final night, they all raised their game and helped to consolidate our position at the top of the medal table with some unexpected results and a great overall team performance.’

Britain’s swimmers top medal table

Two individual wins from Siobhan-Marie O’Connor stood out in a British haul of six gold, six silver and seven bronze medals and put the British Gas GBR Junior Swimming Team top of the medals table at the 2011 LEN European Junior Swimming Championships in Belgrade.

The 19 medals was Britain’s second-best tally in the history of the European junior championships, a total bettered only by the 20 in Glasgow in 2003.

Mark Perry, Britain’s development and open water coach, was very happy with the final results. ‘The team rounded off a fantastic competition. They stuck together on the final night, they all raised their game and helped to consolidate our position at the top of the medal table with some unexpected results and a great overall team performance.

‘Siobhan topped off a great week with another gold medal in the 200m IM and there were some fantastic medals from

Craig Benson, Dan Wallace and Jessica Fullalove in personal best times.

‘Unfortunately there were a lot of fourth places so we need to work on that to improve our podium hit rate next time.

‘The professionalism and dedication of the British Swimming staff helped to create a team environment to allow swimmers to do their best and achieve this fantastic result.’

The British Gas GBR Junior Swimming team’s gold in the 4x100m medley relay was a good example of their spirit as they won the race by over a second. The quartet of Jessica Fullalove, Siobhan-Marie O’Connor, Georgia Barton and Jessica Lloyd meant business, leading from the gun. Jessica put in a strong first 100m. In form O’Connor swam a good breaststroke leg to put the Brits just in front.

Georgia continued the pace and fought hard to the wall before handing over to Jessica Lloyd who had a storming freestyle

Medal table	Gold	Silver	Bronze	Total
Great Britain	6	6	7	19
Italy	5	6	5	16
Germany	4	2	2	8
France	3	-	1	4
Russia	2	7	5	14
Hungary	2	4	2	8
Spain	2	2	3	7
Ukraine	2	2	2	6
Denmark	2	2	1	5
Greece	2	1	1	4

leg, stopping the clock at 4.09.34, over a second ahead of silver medallists Russia. Russia finished in 4.10.38 with Denmark a delighted third in 4.11.27.

‘This is such a rush,’ said Fullalove. ‘That was mint!’ Lloyd said: ‘I finally got my 55 split. I can’t explain how I feel. I’m really happy with the girls, we all stepped it up after the week and I’m so proud. O’Connor added: ‘It’s amazing! I love the relay and I really enjoy the buzz of racing and winning as part of a team. >

Main picture: Siobhan-Marie O’Connor continued her sparkling summer with gold in the 200m and 400m IM plus a third gold and a silver in the relays;
right: Great Britain’s Ieuan Lloyd wins gold in the boys 200m IM



Event: European Junior Championships 2011 Belgrade

GBR medals (19)	
Gold (6)	
Siobhan-Marie O'Connor	200IM
Siobhan-Marie O'Connor	400m IM
Iuean Lloyd	200m IM
Elena Sheridan	200m Butterfly
Girls 4 x 100m Medley team (Jessica Fullalove, Siobhan-Marie O'Connor, Georgia Barton and Jessica Lloyd)	
Boys 4 x 200m Free (Thomas Moss, Matthew Parks, Myles Crouch-Anderson and Iuean Lloyd)	
Silver (6)	
Craig Benson	100m Breast
Jessica Fullalove	100m Back
Dan Wallace	200mIM
Lauren Quigley	50m Back
Rachael Williamson	400m Free
Girls 4 x 100m Free (Siobhan-Marie O'Connor, Amelia Maughan, Chloe Tutton and Jessica Lloyd)	
Bronze (7)	
Dan Wallace	400m IM
Molly Renshaw	200m Breast
Georgia Barton	100m Fly
Georgia Barton	200m Fly
Rachael Williamson	800m Free
Jessica Lloyd	100m Free
Phoebe Lenderyou	200m Back

'The adrenaline kicked in and I just kept going until I could feel the wall.'

So a great week for the British swimmers - an improvement on last year's 15 medals and third on the medal table -

to top the table in 2011 with six golds, six silvers and seven bronze, a total of 19.

Open Water

The European Junior Open Water Swimming Championships took place on August 12-13 in Navia, Spain and British Gas ITC Swansea swimmer Tom Allen won the silver medal.

Allen, who competed at the 2011 World Championships in Shanghai, would have wanted to hold on to his title from 2010 but had to settle for silver after a strong swim in the 5km race.

Thomas Sunter finished in fifth place and Jack Burnell was eighth.

In the girls' 5km race, Danielle Hall-Jackson took 13th place with Eleanor Faulkner just behind her in 14th and Jessica Thielmann in 18th.

Diving

Grace Reid captured double silver at the European Junior Championships as the British Gas GBR Junior Diving Team won six medals in Belgrade.

The Edinburgh diver, who also won two medals at last year's European juniors, bagged her first medal in the 3m synchro, teaming up with City of Leeds' Chloe Hurd. The British duo scored 261.63 for their silver medal, beaten only by Russia's Irina Tonnikova and Elena Chernykh

Top 5	Gold	Silver	Bronze	Total
Russia	9	5	2	16
Ukraine	2	3	3	8
Italy	2	1	4	7
Germany	1	1	0	2
Great Britain	0	2	4	6

(270.87).

Reid added her second silver on the final day in Serbia, scoring 368.00 in the Group B 3m springboard behind Chernykh (378.40).

Jessica Williams won bronze in the Group A platform, having narrowly missed out on the springboard medals last year.

Having qualified ninth for the final, the Crystal Palace diver upped her game when it mattered, scoring 371.55 for her medal behind Russia's Maria Poluyanova (390.50) and Romania's Mara Elena Aiacoboaie (380.95).

Southampton Diving Academy's Rosie Medlock also took platform bronze, in the Group B age group. After qualifying second behind British team-mate Lucy Cliff, Medlock scored 301.15 for her medal behind Germany's Louisa Stawczynski (312.80) and Ukraine's Ann Krasnoslyk (304.85). Cliff ultimately finished sixth with 287.00.

Daniel Goodfellow impressed to win the Group B 3m bronze. The Cambridge diver progressed in first from the preliminaries

Above right: Britain's medallists at the European Junior Diving Championships (back, l-r) Daniel Goodfellow, Chloe Hurd, Rose Medlock; (front) Grace Reid, Jessica Williams and Sam Thornton

Left: Tom Allen won silver at the European Junior Open Water Championships





and held his nerve in the final to scoop bronze with 432.00 behind Russia's German Stroeve (442.60) and Ukraine's Maxym Dolgov (432.10).

Goodfellow also impressed in the Group B 1m, finishing third in the preliminaries. But it was Bradford Esprit's Sam Thornton who stole in to clinch bronze in the final with 359.55, with Goodfellow (350.10) eventually finishing fifth.

Meanwhile, there were fourth-placed finishes for James Denny (Group A 1m), Freddie Woodward (Group A 3m), Goodfellow (Group A platform) and the 3m synchro pair of Josh Dowd and Woodward.

Synchronised Swimming

With no solo or duet entry, the British Gas GBR Junior Synchronised Swimming Team finished 10th in the team final at the

junior Europeans in Belgrade. For many of the squad, it was their first European competition and it gave them an insight into what the best in the world are doing.

The junior squad was led by Canadian Leslie Sproule along with former British representatives Louise Woolley and Helen Morris. Russia won all the events with Spain second in the team and Ukraine second in the duet and solo.

Greece were third in the solo and duet with Ukraine third in the team final. There was a tie for third in the free combo between Ukraine and Italy.

Many of the British juniors had to take exams at their last camp held at Crystal Palace. The exams were arranged close by and athletes taken to them during training.

Water polo: Girls

The European junior championships were held on Aug 21-28 in Spain, and the British Gas GBR Junior Water Polo Team

finished in ninth place.

After group qualification victory over Turkey (24-3) but defeats to the Czech Republic (10-12) and Italy (4-19), the girls lost to the eventual winners, Greece (4-20) in the round matches before beating Sweden (14-7) in the quarter finals but losing (6-20) to Slovakia in the semi finals. In the finals round on the last day, the GBR girls had another victory – this time over France (14-3).

Water polo: Boys

In the 2011 qualification tournament, the British Gas GBR Junior Water Polo Team beat Lithuania 9-4 and the Former Yugoslav Republic of Macedonia 13-7 but lost 4-15 to Slovenia, 1-17 to Turkey and 6-18 to Romania – to be ranked fourth in their group and not progressing to the championships proper.



International Influence

Board members, volunteers and staff of British Swimming continue to play an active role in furthering British Swimming's international strategy.

In September 2010, a small British Swimming delegation attended the 1st FINA Aquatic Conference in Uruguay. British Swimming Chief Executive, David Sparkes was invited as a speaker. It proved to be a most productive trip allowing for meetings with FINA, LEN, IPC, other national federations and commercial partner representatives in a number of areas including grass roots development; Olympic and Commonwealth Games preparations; development and enhancement of future 'Duel' meets against USA and Europe; as well as lobbying in support of our bid to host the IPC European Championships in 2015.

During 2010, several members of the British Swimming Events Team transferred to LOCOG. This is a testament to the level of expertise that has been developed within British Swimming.

Having graduated from the ILP programme in March 2010, Katie Brazier, Director of Sponsorship was invited back to speak to the 2010/11 cohort as British Swimming's international influence work is considered a best practice example.

Operations Co-ordinator, Rachel Washington was selected onto the BOA Women in Sport programme.

British International delegates and representatives are now as follows:

FINA

FINA Disciplinary Panel	David Sparkes
FINA Technical Synchronised Swimming Committee	Jenny Gray
FINA Technical Open Water Swimming Committee	Sam Greetham
FINA Technical Diving Committee	Melanie Beck
FINA Masters Committee	Simon Rothwell
FINA Sports Medicine Committee	Kevin Boyd
FINA Coaches Commission	Biz Price
FINA Diving World Series Director	Melanie Beck

LEN

LEN Bureau	David Sparkes
LEN Technical Swimming Committee	Craig Hunter
LEN Technical Diving Committee	Alexei Evangulov
LEN Technical Synchronised Swimming Committee	Jenny Gray (Vice-Chair)
LEN Technical Open Water Swimming Committee	Sam Greetham (Secretary)
LEN Masters Committee	Simon Rothwell (Chair)
LEN Medical Committee	Ian Gordon, (until November 2010) David Sparkes (Bureau Liaison)
LEN EU Policy Commission	David Sparkes
LEN Auditor	Robert James

PARALYMPIC

British Paralympic Association	Tim Reddish, OBE (Chair)
IPC Technical Swimming Committee	Bob Outram

Forty-eight British officials are on the FINA lists and 27 are on the LEN lists.

World and European events

Events delivered were:

FINA Diving World Series, April 2010, Sheffield

LEN European Water Polo Championships 2012 Women's Qualification Match, November 2010, Manchester

LEN European Water Polo Championships 2012 Men's Qualification Match, November 2010, Manchester

LEN European Water Polo Championships 2012 Women's Qualification Match, January 2011, Loughborough

FINA Diving World Series, April 2011, Sheffield

LEN European Water Polo Championships 2012 Women's Qualification Match, April 2011, Manchester

LEN European Synchronised Swimming Champions Cup May 2011, Sheffield

LEN European Water Polo Championships 2012 Men's Qualification Match, July 2011, Manchester

'SportPark has now achieved 'excellent' from BREEAM'



Corporate

Green agenda

The ASA/British Swimming is certified for BS8555 to level 3 for an Environmental Management System, and is audited annually for retention of the standard.

The in-house Green Team tries to raise environmental awareness and reduce the governing body's carbon footprint. They encourage recycling, conference calls instead of meetings, switching off equipment at night including VDUs, and careful printing of documents.

The new headquarters for British Swimming and the ASA, SportPark has moved on from its initial 'very good' rating and has now achieved 'excellent' from BREEAM, the global environmental assessment mark.

Unique green elements in its design include ground source heat pumps, window controls maximising natural daylight and ventilation, screens and doors to minimise noise levels, a small stream integrated into the landscaping to provide an ecologically valuable habitat and dedicated parking spots for employees joining the car share scheme.

Employee satisfaction

British Swimming will be conducting another staff survey before the end of the year, and will be collecting data in the same categories as previously.

In the meantime, we have been working on specific areas identified in the survey and consolidating good practice

elsewhere. In some areas, issues have been addressed by providing training and in other areas by revisiting policies and documentation.

We hope that the impact of these initiatives will be reflected in the outcomes from the next employee survey and we will be looking forward to reporting the results in next year's annual report.

Equity and diversity

British Swimming has continued to develop its commitment to equality and diversity. We have updated the equality policy to bring this in line with the Equality Act 2010, continued to train our staff and volunteers and complete our annual equality audit.

We have also reconvened our cross-departmental equality working group; the group is comprised of staff members with a range of expertise from across the organisation, who together will be working to consolidate the organisation's commitment, which it hopes will be evidenced by the achievement of the Advanced level of Equality Standards by 2013.

We have a close working relationship with the key national equality organisations who have supported us throughout the year.

For instance we have worked with the English Federation for Disability Sport to develop and market an on-line course: 'An introduction to Disability Swimming'. Also, 372 disabled swimmers were newly identified this year and signposted to appropriate opportunities from learn to swim to recreational sessions to competitive clubs, and they are being tracked.





WORLD CHAMPIONSHIPS 2011 SHANGHAI

‘We stood together. Our best days were the last two days. It was a week of highs and lows but our strength as a team really came to the fore.’

Fourth on the medals table

Swimming

The Shanghai 2011 world championships were certainly a rollercoaster – even national performance director Michael Scott acknowledged that. And there were initial causes for concern as Gemma Spofforth (100m back), Becky Adlington and Jo Jackson (200m free) headed a significant list of swimmers who failed to make semi-finals or finals that they were expected to reach.

For six days it was at best a mediocre championships for Britain and that was enough to set one or two tabloid hacks baying for blood. But they perhaps overlooked that this is an eight-day meet and that it's never over until the fat lady sings – or in this case the Olympic champion strikes, the world champion

GBR medals (6)	
Golds (3)	
Keri-Anne Payne	10km Open Water
Rebecca Adlington	800m Freestyle
Liam Tancock	50m Backstroke
Silver (3)	
Rebecca Adlington	400m Freestyle
Ellen Gandy	200m Butterfly
Hannah Miley	400m Ind Medley

Main image: Stunning city, stunning swimmer, stunning swim: Keri-Anne Payne with her gold medal after regaining her 10km world title in Shanghai; **below:** Rebecca Adlington on her way to victory in the 800m freestyle and (rt) with the gold





< Liam Tancock (above) won the 50m back in Shanghai and will be looking to convert that to a medal in the 100m back at London's 2012 Olympic Games

defends and the Scottish young pretender shows her credentials as the rightful heir to a medley throne.

No sooner had the Fleet Street boots gone in than Rebecca Adlington, Liam Tancock and Hannah Miley drove the rollercoaster to its highest crests of the week – and restored British pride and British hopes for London 2012.

'It was a rollercoaster – I don't deny that. But the team didn't crumple – we got stronger as the meet went on,' said Scott. 'We stood together. Our best days were the last two days. It was a week of highs and lows but our strength as a team

'Our focus now is quite clear. Swimming has become global and it's a game of inches. Our focus will be on those inches, on those 1 per centers, on making sure we convert.'

really came to the fore. Our team unity helped us through those days of not-so-good performance and to finish as one of the strongest nations. As well as the three gold and three silver medals, we also had three fourth places that were [a combined] 0.27sec from the podium.'

He added: 'Our focus now is quite clear. Swimming has become global and it's a game of inches. Our focus will be on those inches, on those 1 per centers, on making sure we convert.'

The bare statistics told the most cheerful story. Including Keri-Anne Payne's 10km victory, Britain's three golds and three silvers put them a very respectable fourth in the swimming medals table behind only the untouchably dominant USA (17 gold, 5 silver, 9 bronze), host nation China (5, 2, 7) and Brazil (4, 0, 0).

Just as significantly, those three golds put Britain ahead of other major swimming nations such as Australia, France, Italy, Russia and Germany, though the first three had more medals in total.

'We were the top European country,' Scott pointed out.

The tally also compared favourably with those from other recent world championships and Olympics, not least Roma 2009, which yielded 15 British finalists compared to 22 this time round.

Open Water

Keri-Anne Payne took the fast lane to London 2012 by regaining the 10km world title she won in Rome in 2009 and lost in vastly colder Canadian waters a year later.

The Olympic silver medallist from Beijing actually needed only to finish in the top 10 in Shanghai to become the first British athlete in any sport to secure a place in her home Games next year.

But, in keeping with the record-

breaking form she showed in the pool at Manchester in March and at various open water events since, the 23-year-old went 10 places better, leading from start to finish despite a punishing water temperature of 29 degrees. The Stockport ITC swimmer maintained her composure throughout the two-hour race, fending off determined challenges from her rivals towards the end to win Britain's first gold medal of the championships in 2hr 1min 58.1sec.

'It's an amazing feeling,' she said, 'There is a massive sense of relief because now I can just concentrate on training to make sure I'm at my absolute peak in London. As soon as I get home, I'll get straight back in the water and concentrate on my preparation for 2012.'

Payne's Stockport training partner Cassandra Patten, who won the bronze to her silver in Beijing, finished 21st in 2:02:33.01, ruling out a second British swimmer in the London event. 'I gave it my best on the day. I can't ask for more than that,' she said.

Britain's Dan Fogg led for much of the men's 10km event before slipping back to 15th in 1:54:46.9. The second Briton, Tom Allen, was 26th in 1:55:37.4.

The result keeps the door open for Beijing silver medallist David Davies to qualify for the 10km in London via the 1500m at the trials in March and a FINA open water qualifier in Portugal in May – but again there will be only one place available.

Keri-Anne Payne became the first British woman - in any sport - to qualify for the 2012 Olympic Games

'It's an amazing feeling. There is a massive sense of relief because now I can just concentrate on training to make sure I'm at my absolute peak in London.'

Diving

Whether it was a wake-up call or a learning curve, the diving championships provided a sharp reminder of how difficult diving medals will be to come by at London 2012.

The British Gas GBR Diving Team was relatively spoilt for success in 2010 with two golds in Delhi and Jack Laugher topping the junior rankings with double gold at both European and world level.

China tightened its grip on the world order with an unprecedented clean sweep of the 10 gold medals in Shanghai plus silver in four of the six individual events. And while the British are still firmly wedged in the chasing pack, there was a sense that the other competitive countries had raised their game in anticipation of the 'big one' next year. Nowhere was this more evident than in the men's 10m platform where British eyes were

focused on Tom Daley, who became the first British individual world champion in Rome two years ago.

Considering the personal trauma of losing his father in the run-up to Shanghai, few were expecting the 17-year-old to be at his best. He performed steadily and consistently throughout the final, and finished with 505.10 – a creditable score but only good enough for fifth, with China's all-conquering Qiu Bo claiming gold some 80 points ahead of him on 585.45.

Daley's team-mate Peter

Waterfield was well off his best as he struggled to overcome illness and a wrist injury. The 2004 Olympic silver medallist achieved his ultimate target of reaching the 10m platform final to secure a second British quota place for the same event in London. But he finished >





< **‘Sixteen-year-old Jack Laugher sprung a surprise to finish eighth in the 3m springboard on his worlds debut.’**

11th in the individual 10m platform and he and Daley – genuine medal contenders after their gold at the World Series in Sheffield – were sixth on 407.46.

Sixteen-year-old Jack Laugher sprung a surprise to finish eighth in the 3m springboard on his worlds debut. His star has been firmly in the ascendant since landing double gold at last year’s world juniors and the City of Leeds diver showed few signs of nerves as he held his own to score 453.50 in the final.

There was also heart to take from Tonia Couch and Sarah Barrow’s fourth place in the 10m synchro. They had only competed together a handful of times since Barrow recovered from a seven-month injury lay-off last season but they scored 314.52 to fall just 1.77 short of becoming the first-ever British female world championship medalists. Couch admitted they had surpassed their own expectations in China. ‘We were so close to a medal and can be really proud of ourselves,’ she said.

Couch impressed again in the individual platform, finishing ninth on 315.05 with worlds debutante Jenny Cowen 24th on 254.70. Chris Mears and Nick



Robinson-Baker were seventh in the 3m synchro. Mears also came 14th in the 1m springboard on 361.20 with Laugher 33rd.

In the women’s 3m synchro, Rebecca Gallantree and Alicia Blagg, competing in their first worlds together, were 15th on 239.40. The British women fared little better on the individual springboard, 14-year-old Blagg (212.50) and 16-year-old Hannah Starling (226.50) finishing 30th and 25th respectively in the 1m. Starling (259.40) and Gallantree (251.45) were 27th and 29th respectively in the 3m.

Synchronised Swimming

The British Gas GBR Synchronised Swimming Team ended the world championships on a high note, beating USA for the first time to finish ninth in the team free final. Having qualified in 10th for the showpiece event, the Brits raised their game in the final to score 87.280 and move ahead of USA (86.800) in the rankings. The result capped a successful week for the team, who secured top 10 finishes in all seven events and equalled

or improved their ranking from the 2009 world championships in each.

Jenna Randall secured a personal best world championship result,

‘The British Gas GBR Synchronised Swimming Team ended the world champs on a high note, beating USA for the first time to finish ninth in the team free final.’

finishing eighth in the solo free final. The 22-year old, who also finished eighth in the solo technical final, improved on her preliminary score with a total of 88.880. Having finished ninth at the last worlds, Randall admitted her performances in the solo – which is not an Olympic event – set her up for greater things at next year’s European Championships.

Jenna Randall and Olivia Allison were 10th in the duet tech with 87.300. They improved on their world ranking from 2009 in Rome by one place.

Jenna and Olivia had another improved world ranking in the duet free as their



spider-inspired routine impressed the judges with its complex choreography. They moved ahead of rivals France with 88.860 to eighth place overall.

The British Gas GBR Synchronised Swimming Team was 10th in the technical team – five places better than the last worlds in Rome in 2009 - and seventh in the combo team.

Opposite page: Jack Laugher, top, was eighth in the 3m springboard on his worlds debut; below: Tom Daley finished fifth in the 10m platform final; **this page, above:** Jenna Randall and Olivia Allison improved to eighth in the duet free **below:** Another improved ranking for the British Gas GBR Synchronised Swimming Team in Shanghai





Aldershot High Performance Centre for Synchronised Swimming

In September 2007, the British Synchronised Swimming World Class Programme centralised at the British Army Barracks in Aldershot where they formed their High Performance Training Centre. This was an important part of their preparation for London 2012.

Since 2007, the High Performance Centre has grown and grown. There are now 11 elite athletes (two World Class Podium and nine World Class Development) based full time at the Centre and these are supported by professional coaches and support staff, all with the goal of fulfilling their potential at the London 2012 Olympic Games.

Biz Price, National Performance Director for Synchronised Swimming, says of the Centre: 'One of the biggest

highlights for me has been setting up the Centre in Aldershot. This was great because it meant that we could get the programme up to speed. For the first time in British Synchro's history, we have athletes training full time at a centralised High Performance Centre. This will enable us to compete at the highest level and provide the best preparation for the 2012 Olympic Games.'

All athletes benefit from a full training programme, including physical and technical preparation, nutritional support, lifestyle support and psychological and physiological monitoring along with a competition programme that

covers international events. The team compete in between 3-6 events each year all over the world.

In Aldershot, there is a full time treatment room allowing support staff like physiotherapists to treat the girls during training sessions. The team also have access to full English Institute of Sport (EIS) support both at home in the Centre and also when travelling as the EIS staff often travel with the team to domestic and international competitions. This helps to ensure that the team have continuity and continued support to rehabilitate and prevent injuries. Athletes also have access to Bisham Abbey which provides



‘One of the biggest highlights for me has been setting up the Centre in Aldershot - Biz Price NPD’



Outline of a typical week's training for a synchro athlete based at Aldershot High Performance Centre:

	Gym	Pool am	Pool pm
Monday	7am-8am	8am-12.30pm	3pm-5pm
Tuesday	7am-8am	8am-1pm	
Wednesday	7am-8am	8am-12.30pm	2.30pm-4.30pm
Thursday	7am-8am	8am-12.30pm	2.30pm-4.30pm
Friday	7am-8am	8am-1pm	
Saturday (Bisham Abbey)	8am-12pm		

a rehabilitation centre for any injured athlete.

Competitive synchronised swimmers must be extremely fit and completely at home in the water. When tested and compared with other Olympic athletes, the results show that synchronised swimmers ranked second only to long distance runners in aerobic capacity. In order to achieve the standards required for competition synchronised swimming, athletes must therefore train on speed and distance swimming as well as complete sessions that are devoted to working on technical skills such as the set body positions and transition movements that form the basis of the sport.

Many hours are spent on practising the routines. Athletes work with partners for duet routines or in squads of up to 12 swimmers, perfecting movements, developing the choreography of the

routine. However, not all the training is done in the pool. Land work sessions include working on flexibility, strength and weight training. In addition, creating, walking through and learning routines as well as listening to music is also done on dry land.

The athletes train in the gym or sports hall with land base training, mobilisation, core and stretching followed by synchro based training including speed swimming sessions, technical skills and physical synchro sets. The afternoon sessions then include synchro corrections and more physical sets.

Music is integral to synchronised swimming. Although the choice of music is not judged, it does support the theme of the piece or may even inspire the theme in the first place. The choreography and performance will be expected to mirror the tempo of the music in its speed.

Jenna Randall is hoisted high by some of her team-mates at the High Performance Centre in Aldershot

All athletes have input towards the music and routine movements.

British Synchronised Swimming often invites international consultants to come to Aldershot to work with the athletes on a short-term basis. Since the Centre started, athletes have had the opportunity to work with renowned choreographers to help inspire and enhance the routines. Stephen Miermont, a world-renowned choreographer, regularly works with the senior team. In the past, Stephen has produced Azure Circus de Soli underwater show in Las Vegas.

In synchronised swimming, underwater speakers are used so that the swimmers can hear the music clearly. There are high tech Lebell's underwater speakers and music system installed at Aldershot High Performance Centre which link to the coaches' and athletes' ipods. This system is taken to camps and competitions domestically and internationally.

The synchro team have also got involved with charity events from time to time, namely with the Army based on site. The team recently arranged a Help for Heroes fundraising event which saw members of the British Gas GBR team don full army gear and race against and teach some of the army members how to do synchronised swimming.

The life of a synchro swimmer is certainly busy and all activities and preparations are now focused on London 2012.







World Class Programmes - Analysis of Athletes

The World Class Programmes are designed to support our leading Olympic and Paralympic athletes in their mission to win medals at the world's biggest sporting events.

The Programmes operate at three distinct levels:

- **Podium** - supporting athletes with realistic medal winning capabilities at the next Olympic/Paralympic Games (i.e. a maximum of four years away from the podium).
- **Development** – comprising of athletes whose performances have suggested that they have realistic medal winning capabilities but are judged to be four to six years away from achieving a podium position at a Games.
- **Talent** - designed to support the identification and confirmation of athletes who have the potential to progress through the World Class pathway with the help of targeted investment.

As of March 31 2011, there were 206 athletes on a British Swimming World Class Programme. Following is an analysis of the World Class athletes in each of the five British Swimming disciplines.

	WC Podium		WC Development		TOTAL
	Male	Female	Male	Female	
Swimming	22	20	21	22	85
Diving	5	6	5	6	22
Disability Swimming	16	15	5	9	45
Water Polo			18	20	38
Synchronised Swimming		2		14	16
TOTAL	43	43	49	71	206

The age profiles of the athletes on a World Class Programme are shown below:

	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	37	48
Swimming		1	4	9	11	9	10	4	8	5	6	6	3	4	1	3		1						
Diving			3	3	2	1	2		1	2	1	2	1	1	1			2						
Disability Swimming	1	2	1	1	5	3	3	6	1	4	1	3	1	3	1	1	1	1	2		1	1	1	1
Water Polo					1	3	1	3	6	8	5	4	2	2	1		1			1				
Synchronised Swimming	2	2	1		1	1		1	3	1	2	1				1								
TOTAL	3	5	9	13	19	16	17	14	19	20	15	16	7	10	4	5	1	4	2	1	1	1	1	1

The World Class Programmes aim to provide athletes with the support they require to be successful on the world stage in their chosen sport. The support provided includes coaching, training and competition support, medical and scientific services and access to the best facilities that the UK (and often the world) has to offer.

Herewith quotes from current World Class athletes on the World Class Programme:

'The majority agree that the culture of the WCP in Diving contributes positively to their performance and the squad is confident in its ability to achieve its performance goals in 2012'

'All synchronised swimmers agree that the culture of the WCP in their sport contributes positively to their performance. The coaching is definitely gold standard - world class coaches with amazing experience and skills. The physiotherapy is also gold standard, we are treated excellently with the greatest care.'

'I have a supportive coach at every session. I am working with swimmers who are faster than me which helps to push me on. My coach attends competitions and camps with me and understands what I need to achieve my goals.' (Disability Swimming)

'The WCP in Swimming is well led, the quality of and access to coaching is sufficient; the WCP work effectively as a team'

'Our coach is very good and has coached the whole squad and brought us forward for over three years. We are a whole lot closer to the top teams and closing the gap.' (Women's Water Polo)

'91% of 2010 athletes agree their morale is high compared to 36% in 2009' (Men's Water Polo)



IPC EUROPEAN CHAMPIONSHIPS 2011 BERLIN

‘Susie Rodgers wasn’t looking for stardom as one of nine newcomers in Britain’s team, but she certainly found it in Berlin. She managed to outshine some of the biggest names in disability swimming, taking home four individuals golds, one relay gold and a silver.’

Second on the medal table with 27 golds

The British Gas GBR Disability Swimming Team enjoyed a medal bonanza at the Berlin IPC European Championships 2011, where their 83 medals included 27 gold, 26 silver and 30 bronze. Only medal table-toppers, the Ukraine had more.

Susie Rodgers wasn’t looking for stardom as one of nine newcomers in Britain’s team, but she certainly found it in Berlin. She managed to outshine some of the biggest names in disability swimming, taking home four individual golds, one relay gold and a silver.

It wasn’t as if the rest of the GB team didn’t shine since all but seven of the 39-strong team returned home with a medal. Heather Frederiksen won four golds while Jonathan Fox won three golds and broke two world records in the process. Even the least experienced members of the team shone with teenagers Oliver Hynd, Andrew Mullen and Hannah Russell all making the podium in their first events.

However, Rodgers’ performance stood out, partly because it was her first appearance for GBR at the age of 27, but also because she dominated the S7 category. ‘People probably knew I was out there,’ Rodgers said while acknowledging that she had surprised many with her success. ‘I think I must be on the radar now.’

She opened her account with a superb win in the 400m freestyle when she broke the European record by almost two seconds. Rodgers also set a new

European mark in the 50m fly, breaking a six-year-old record. If one performance stood out, however, it was her close battle in the 100m backstroke, considered one of the races of the championships. Susie held the slenderest of leads to the finish to win by 0.43sec in 1:26.09.

She completed her medal haul with 100m freestyle gold and a silver in the 50m freestyle. Rodgers was also part of the GB quartet that won gold in the 100m relay.

Closest finish

Frederiksen came close to emulating Rodgers’ success, winning gold in the S8 100m freestyle, 400m free and 100m backstroke, as well as the 4x100m medley. The City of Salford swimmer missed out on a fifth gold by 0.05sec in the 50m freestyle – the closest finish of the championships. But the 25-year-old was delighted with her

performance. ‘I was really ill at Christmas and then three weeks ago I was back in hospital so I have been out of the water for two weeks leading into this competition.’

Jonathan Fox was GBR’s most successful male swimmer, winning gold in the 100m and 400m freestyle and 100m backstroke in S7. The 20-year-old, who now trains at the Manchester HPC, also took silver in the 50m freestyle and two relay bronzes.

Before the championships, Fox had made no secret of his ambition to supplement his 100m backstroke world title with a 400m freestyle win.

He threw down >



Main image: Susie Rodgers displays one of her four individual gold medals; **right:** Heather Federiksen took three individual golds and a relay gold



Left: Stephanie Millward with her gold from the S9 400m free - flanked by silver medallist Sanja Milojevic of Croatia, and GBR's Louise Watkin with the bronze

below: Ellie Simmonds dives into action; right: Jonathan Fox on his way to victory in the 400m free
below right: Oliver and Sam Hynd pose with their medals, gold and bronze respectively, after the 200m individual medley SM8 final. Charles Rozoy of France, took the silver medal

< 'The 400m always seems like too far to me but I very much enjoyed it.'

the gauntlet to world champion Croatian Mihovil Spanja by breaking Spanja's world record in his heat. In the final Fox led from the first stroke, establishing a lead of four seconds which he held to the finish.

Fox also broke his own world record in the backstroke event where he stormed ahead to win by three seconds and take 1.5 sec off his world record with a time of 1:10.45. He won the 100m freestyle by a similar margin but had to settle for silver in the 50m behind team-mate Matt Walker.

Rivalry

Ellie Simmonds also did very well. She

took her first title by winning the 400m freestyle, lowering her own world record by over two seconds to 5:25.20. GB team-mate Natalie Jones finished third.

Later it was bronze in the 50m freestyle, silver in the 100m freestyle and then gold in the 200m IM, moving through the field from fifth to take the lead in the final 50m. Finishing in 3:08.98, it was another world record and Jones took the silver this time.

Stephanie Millward, who trains at Swansea with Simmonds, won two golds in the fiercely competitive S9 category. The 29-year-old broke her own European

record in the 400m freestyle final, to win by 3.34sec. Team-mates Louise Watkin and Lauren Steadman finished third and fourth respectively. 'The 400m always seems like too far to me but I very much enjoyed it,' Millward said.

She won her second gold in her favourite event, 100m backstroke, ahead of Watkin and Emilie Gral of France. Watkin was favourite to win the 100m freestyle but finished third behind Spain's Sarai Gascon and Millward.

However, she won the 200m IM the next day, beating both Gascon and team-mate Claire Cashmore, the current European record holder.

Gascon took the three remaining S9 golds – 50m freestyle, breaststroke and fly – but she, Watkin and Millward all know that the swimmer to beat next year will be South Africa's mighty Natalie Du Toit, who plans to swim in all seven S9 events.

In S13, Rhiannon Henry took two golds and a silver. The Welsh swimmer seemed a little surprised to win the IM, 11 seconds ahead of Ukraine's Iryna Balashova. The freestyle was a more tactical race with Henry waiting until the final 25 metres to swim through the Ukrainian. In both events she set new British records.

The Golden Hynds

British brothers Sam and Oliver Hynd gave the GBR team its only clean sweep, with Thomas Young, in the S8 400m freestyle.

Sam - the elder of the two – did not disappoint as race favourite, taking a 0.5sec lead in the first 50m. Oliver and



'Fox broke his own world record in the backstroke event where he stormed ahead to win by three seconds and take 1.5 sec off his world record.'



Young tried in vain to keep with the world record holder as he swept to a three-second win. Both set new PBs. 'A GB one-two-three is fantastic. I couldn't ask for a better result,' said Sam.

Oliver went one better in the 200m IM, taking gold and breaking his brother's European record in a time of 2:25.75. Sam took the bronze behind Charles Rozoy of France. 'I thought I had a bit more to give,' said Oliver as he explained how he held off Sam's push in the breaststroke leg. 'Sam was happy for me which was nice.'

The team boasted two sets of siblings as Emma Hollis was joined by younger brother James. She won five medals, three silvers and two bronzes, while James took a bronze in the relay.

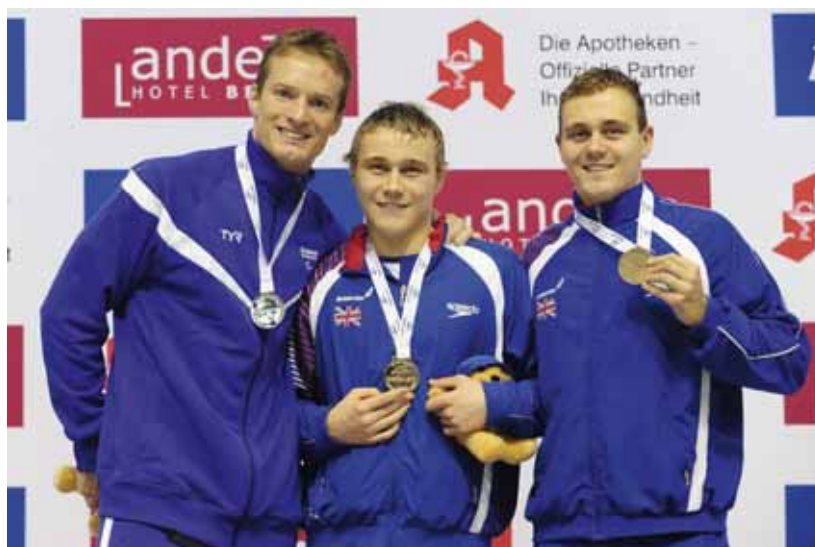
'I thought I had a bit more to give. Sam was happy for me which was nice.'

Younger talent

National performance director John Atkinson chose to test some younger talent, including Hynd and Hollis. Andrew Mullen, the youngest of the team at just 14, didn't appear at all fazed, taking silver in his first event, S5 50m fly behind

Beytullah Eroglu of Turkey. He also won bronze in the 200m IM.

Hannah Russell, who is just three months older than Mullen, won her first medal when she finished third in the S12 100m fly. She was squeezed out of the medals in the 400m despite producing





Event: IPC European Championships 2011 Berlin

< a 13-second PB and breaking Melanie Easter's 11-year-old British record.

However, the Guildford City swimmer produced a fearless performance in 100m backstroke as she led European record holder Oxana Savchenko of Russia for 50 metres before finishing just 0.69sec behind Savchenko.

The team's other medallists included James Crisp, who won five medals including gold in S9 100m backstroke, and Rob Welbourn, who won four including gold in S10 400m freestyle.

Dan Pepper won gold in S14 200m IM and silver in 100m breaststroke. The regular battle between

friends and team-mates Liz Johnson and Charlotte Henshaw in S6 breaststroke was won by Johnson this time. The Paralympic champion was fractionally behind Henshaw, European record holder, at the turn but had the more powerful finish, winning by just over a second in 1:38.89.

Oldest team member

Anthony Stephens won three silvers and two bronze medals in S5 while James Anderson, the oldest member of the team, added three S2 bronzes to his huge cache of international medals.

The team signed off its European campaign with gold and another world record in the final race, the women's 4x100m medley. GBR

Top: The British Gas GBR Disability Swimming team celebrate their successes at the 2011 IPC European Championships; below: James Anderson wins another medal; left: Daniel Pepper on his way to silver in the S14 100m breaststroke



were third at 100m but a strong swim by Millward set up Watkin to storm through the Russian and Spanish teams and win by 14 seconds, breaking GB's 2009 world record by two seconds.

GBR's final medal tally of 83, including 27 golds, gave the team second place behind the Ukrainian team, that amassed a total of 105 medals. Spain finished third.





‘The team performed very well and it is difficult to highlight the outstanding achievements as there were so many but the professionalism both from athletes and staff made this an outstanding team, one that I am sure will continue to develop further towards London.’

NPD’s verdict



National performance director John Atkinson was delighted with the team’s performance but also realistic: ‘The team performed very well and it is difficult to

highlight the outstanding achievements as there were so many but the professionalism both from athletes and staff made this an outstanding team, one that I am sure will continue to develop further towards London.


‘I would also stress that when showing the medal tally in just Paralympic events, we are only three golds away from the Ukraine and then only seven medals away from their total medals.

‘At the World Championships last year we finished fourth behind both Russia and the Ukraine so it was pleasing to move beyond Russia this year. They remain a threat in London, along with a resurgent Spain.

‘Adding back in the United States, Australia, Canada and the 2016 Paralympic hosts, Brazil, London 2012 will prove to be the greatest test so far in Paralympic Swimming.’

GBR medallists		Gold	Silver	Bronze
Susie Rodgers	S7	400m Free, 100m Free, 100m Back, 50m Fly, 4x100m Freestyle	50m Free	
Jonathan Fox	S7	100m Backstroke, 400m Free, 100m Free	50m Free	4x100m Free, 4x100m Medley
Heather Frederiksen	S8	100m Backstroke, 400m Free, 100m Free, 4x100m Medley	50m Free	
Louise Watkin	S9	200m IM, 4x100m Free, 4x100m Medley	50m Free, 100m Backstroke	100m Free, 100m Breaststroke, 400m Free
Stephanie Millward	S9	100m Backstroke, 400m Free, 4x100m Medley	100m Free, 100m Fly	
Ellie Simmonds	S6	400m Free, 200m IM	100m Free	50m Free
Rhiannon Henry	S13	100m Free, 200m IM	50m Free	
Claire Cashmore	S9	4x100m Free, 4x100m Medley	100m Breaststroke	100m Fly, 200m IM
James Crisp	S9	100m Backstroke	200m IM	400m Free, 4x100m Free, 4x100m Medley
Oliver Hynd	S8	200m IM	400m Free	100m Backstroke
Rob Welbourne	S10	400m Free	100m Free	200m IM, 4x100m Free
Daniel Pepper	S14	200m Free	100m Breaststroke	
Sam Hynd	S8	400m Free		200m IM, 4x100m Medley
Thomas Young	S8	100m Breaststroke		400m Free
Lauren Steadman	S9	4x100m Free		
Liz Johnson	S6	100m Breaststroke		
Matt Walker	S7	50m Free		
Anthony Stephens	S5		200m Free, 100m Free, 50m Backstroke	50m Fly
Emma Hollis	S8		200m IM, 400m Free	100m Breaststroke, 100m Fly, 100m Free
Natalie Jones	S6		200m IM	100m Free, 400m Free
Andrew Mullen	S5		50m Fly	200m IM
Ben Procter	S14		100m Backstroke	200m Free
Hannah Russell	S12		100m Backstroke	100m Fly
Natalie Massey	S14		200m Free	100m Backstroke
Charlotte Henshaw	S6		100m Breaststroke	
Emma Cattle			100m Backstroke	
James Anderson	S2			100m Free, 50m Backstroke, 50m Free
Fran Williamson	S3			50m Free, 100m Free
Gemma Almond	S10			200m IM
Graham Edmunds	S10			50m Free
James Hollis	S10			4x100m Medley
Sean Fraser	S8			4x100m Free





Stephanie Millward on her way to silver in the IPC European Championship S9 100m butterfly

British Swimming Limited

Abridged Consolidated Accounts

The following information has been extracted from the full statutory accounts, which are available on request from the company's registered office at: Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, Leicestershire LE11 3QF

Directors' report for the year ended 31 March 2011

The Directors present their report and the financial statements for the year ended 31 March 2011.

Statement of Directors' Responsibilities

The Directors are responsible for preparing the Directors' report and the financial statements in accordance with applicable law and regulations.

Company law requires the Directors to prepare financial statements for each financial year. Under that law the Directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and the Group and of the profit or loss of the Group for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Group will continue in business.

The Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and the Group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets

of the Company and the Group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Principal Activities

The principal activities of the parent Company in the period under review were to regulate and administer the sports of swimming, diving, synchronised swimming, water polo, disability swimming and open water swimming at the Great Britain level, and to fund the programmes of those sports, principally in the areas of Officials development to international standard and domestic competition whilst ensuring a solid platform of best practice corporate governance.

The principal activities of the subsidiary Company, High Performance Swimming Limited, in the period under review were to administer and deliver World Class Performance Programmes in Great Britain for the sports of swimming, diving, synchronised swimming, water polo, disability swimming and open water swimming on behalf of British Swimming. In particular, these responsibilities included the preparation and selection of Great Britain teams to compete in European and World Championships, Olympic Games and Paralympic Games.

Directors

The Directors who served during the year were:

S Greetham
R M K J James
S Rothwell
A W Clark
G S S Davis
K Evans (resigned 22 January 2011)
M Campbell
J C Hunter

M J Power
D Sparkes
A W Gray
W Hatton
J E Cooke (appointed 22 January 2011)

Results

The surplus for the year, after taxation, amounted to £92,996 (2010 - £8,608). In accordance with the Memorandum and Articles of Association, no dividend can be paid and this is unchanged since incorporation.

Review of Developments and Future Prospects

The Group has continued to invest from its successful programmes to accelerate the modernisation of the sport across the UK, as well as continuing to make significant monetary commitments to the nationwide development of swimmers, officials and administrators.

High Performance Swimming Limited has secured grant funding from UK Sport for the current quadrennial cycle from 1st April 2009 until 31st March 2013. Funding over the current quadrennial cycle has been increased by £9,536,143 from £38,251,196 in 2005-2009 to £47,787,339 in 2009-2013. This funding will be used to ensure key performance indicators outlined in British Swimming's 4 year strategic plan submitted to UK Sport are met.

Financial Instruments

The Group finances its operations using bank balances plus debtors and creditors. The cash flow is regularly monitored.

Risks and Uncertainties

The Group is classed as a "medium-sized" group and, as such, the Directors strive to apply the principles and procedures

of good corporate governance as set out in the various codes of practice. The senior management team maintains a risk register which is reviewed by the Audit and Probity Committee (sub-committee of the Board), which reports to the Board of Directors.

The major financial risks currently facing the Group are considered to be:

- A reduction in the willingness or ability of public sector grant making bodies to support the activities of the Group and of the Home Country associations.
- A reduction in sponsorship for commercial reasons or non-achievement of desired outcomes.

Provision of Information to Auditors

Each of the persons who are Directors at the time when this Directors' report is approved has confirmed that:

- so far as that Director is aware, there is no relevant audit information of which the Company and the Group's auditors are unaware, and
- that Director has taken all the steps that ought to have been taken as a Director in order to be aware of any information needed by the Company and the Group's auditors in connection with preparing their report and to establish that the Company and the Group's auditors are aware of that information.

Auditors

The auditors, haysmacintyre, will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

This report was approved by the board and signed on its behalf.

A Gray

Secretary

Date: 17 September 2011

CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2011

	2011 £	2010 £
INCOME	12,880,493	13,156,612
Direct costs	<u>(7,272,441)</u>	<u>(7,831,340)</u>
GROSS SURPLUS	5,608,052	5,325,272
Administrative expenses	<u>(5,539,128)</u>	<u>(5,329,487)</u>
OPERATING SURPLUS/(DEFICIT)	68,924	(4,215)
Interest receivable	<u>31,630</u>	<u>15,799</u>
SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	100,554	11,584
Tax on surplus on ordinary activities	<u>(7,558)</u>	<u>(2,976)</u>
SURPLUS FOR THE FINANCIAL YEAR	<u>92,996</u>	<u>8,608</u>

All amounts relate to continuing operations.

There were no recognised gains and losses for 2011 or 2010 other than those included in the income and expenditure account.

CONSOLIDATED BALANCE SHEET

AS AT 31 MARCH 2011

	£	2011 £	£	2010 £
FIXED ASSETS		-		45
Tangible assets				
CURRENT ASSETS		1,623,155	1,220,750	
Debtors		3,082,566	<u>2,733,073</u>	
Cash at bank and in hand		<u>4,705,721</u>	3,953,823	
CREDITORS: amounts falling due within one year		<u>(4,400,195)</u>	<u>(3,741,338)</u>	
NET CURRENT ASSETS		305,526		212,485
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>305,526</u>		<u>212,530</u>
RESERVES		305,526		212,530
Income and expenditure account		<u>305,526</u>		<u>212,530</u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf:

A W Gray

Director

Date: 17 September 2011

R M K J James

Director

Date: 17 September 2011

High Performance Swimming Limited

Abridged Accounts

The following information has been extracted from the full statutory accounts, which are available on request from the company's registered office at: Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, Leicestershire LE11 3QF

Directors' report for the year ended 31 March 2011

The Directors present their annual report and the financial statements of the Company for the year ended 31 March 2011.

Statement of Directors' Responsibilities

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Company law requires the Directors to prepare financial statements of the Company for each financial year. Under that law the Directors have elected to prepare the financial statements of the Company in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Directors must not approve the financial statements of the Company unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of the profit or loss of the Company for that period. In preparing these financial statements of the Company, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements of the Company on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements of the Company comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Principal Activities

The principal activities of the Company in the period under review were to administer and deliver World Class Performance Programmes in Great Britain for the sports of swimming, diving, synchronised swimming, water polo, disability swimming and open water swimming on behalf of British Swimming. In particular these responsibilities included the preparation and selection of Great Britain teams to compete in European and World Championships, Olympics and Paralympics.

Directors

The Directors who served during the year were:

S Greetham
R M K J James
S Rothwell
A W Clark
M Campbell
A W Gray

Results

The surplus for the year, after taxation, amounted to £Nil (2010 - £Nil).

The company's funding is provided by revenue grants from UK Sport and is matched with expenditure.

Future Developments

Grant funding from UK Sport has been secured for the current quadrennial cycle from 1st April 2009 until 31st March 2013. Funding over the current quadrennial cycle has been increased by £9,536,143 from £38,251,196 in 2005-2009 to £47,787,339 in 2009-2013. This funding will be used to ensure the key performance indicators outlined in British Swimming's 4 year strategic plan submitted to UK Sport are met.

Financial Instruments

The Company finances its operations using bank balances plus debtors and creditors. The cash flow is also regularly monitored.

Risks and Uncertainties

The Company is classed as a 'medium-sized' Company and, as such, the directors strive to apply the principles and procedures of good corporate governance as set out in the various codes of practice. The senior management team maintains a risk register which is reviewed by the Audit and Probity Committee (subcommittee of the board), which reports to the board of directors.

The major financial risks currently facing the Company are considered to be:

- A reduction in the willingness or ability of public sector grant making bodies to support the activities of the company and of the home country associations.
- The non-achievement of key performance indicators agreed with UK Sport for the current quadrennial cycle 2009 - 2013.

Provision of Information to Auditors

Each of the persons who are Directors at the time when this Directors' report is approved has confirmed that:

- so far as that Director is aware, there is no relevant audit information of which the Company's auditors are unaware, and
- that Director has taken all the steps that ought to have been taken as a Director in order to be aware of any information needed by the Company's auditors in connection with preparing their report and to establish that the Company's auditors are aware of that information.

Auditors

The auditors, haysmacintyre, will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

This report was approved by the board and signed on its behalf.

A Gray

Company Secretary

Date: 17 September 2011

INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2011

	2011 £	2010 £
INCOME	9,999,634	9,194,465
Direct costs	(4,923,097)	(4,273,835)
GROSS SURPLUS	5,076,537	4,920,630
Administrative expenses	(5,091,997)	(4,929,667)
OPERATING DEFICIT	(15,460)	(9,037)
Interest receivable	19,570	11,437
SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	4,110	2,400
Tax on surplus on ordinary activities	(4,110)	(2,400)
SURPLUS FOR THE FINANCIAL YEAR	-	-

All amounts relate to continuing operations.

There were no recognised gains and losses for 2011 or 2010 other than those included in the income and expenditure account.

BALANCE SHEET

AS AT 31 MARCH 2011

	£	2011 £	£	2010 £
CURRENT ASSETS				
Debtors	386,426		288,173	
Cash at bank and in hand	1,149,776		1,141,367	
		1,536,202		1,429,540
CREDITORS: amounts falling due within one year		(1,536,202)		(1,429,540)
NET CURRENT ASSETS		-		-
TOTAL ASSETS LESS CURRENT LIABILITIES		-		-
RESERVES				
Income and expenditure account		-		-

The financial statements were approved and authorised for issue by the board and were signed on its behalf:

A W Gray

Director

Date: 17 September 2011

R M K J James

Director

Date: 17 September 2011

Thank you

British Swimming would like to place on record its sincere appreciation to all the volunteers and professional staff in the three constituent countries who contributed to both domestic and international programmes for the good of the sport.

Thank you to all contributors to this report

Alistair Gray	British Swimming Chairman
David Sparkes	British Swimming Chief Executive
Jane Nickerson	Chief Operating Officer
Wendy Lockton	World Class Operations Manager
Sylvia Armiger	Manager Performance Co-ordination and Support Services
Katie Brazier	Director of Sponsorship
Andrew Logan	Sports Science Manager
Joanna Wray	World Class Programmes Manager - Water polo
Alexei Evangulov	National Performance Director - Diving
Sarah Starbuck	Technical Officer - British Disability (World Class)
Adele Carlsen	High Performance Manager - Synchronised Swimming
Claire Whitfield	Events Manager

For production and editing

Peter Hassall	Editor Swimming Times magazine
Melanie Pollard	Designer
SWpix	Official photographers to British Swimming

Partners and sponsors

British Swimming wishes to express its thanks to the following companies and organisations for their support during the past 12 months.



It may all come down to the touch: Rebecca Adlington displays her world championship 800m free gold medal from Shanghai



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British Swimming

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