

BRITISH SWIMMING

ANNUAL REPORT
AND ACCOUNTS
//2013





┌
**MATTHEW
JOHNSON**



**JONATHAN
FOX** ┐

CONTENTS



**WORLD
CHAMPIONSHIPS
PAGE 30**



**IPC WORLD
CHAMPIONSHIPS
PAGE 44**

- 04** CHAIRMAN'S REPORT MAURICE WATKINS
- 05** CHIEF EXECUTIVE'S REPORT DAVID SPARKES
- 06** EXCELLENCE
- 24** EUROPEAN JUNIOR CHAMPIONSHIPS 2013
- 28** INTERNATIONAL INFLUENCE
- 29** CORPORATE
- 30** WORLD CHAMPIONSHIPS BARCELONA 2013
- 40** LONDON OLYMPIC CYCLE RESULTS
- 44** IPC WORLD CHAMPIONSHIPS MONTREAL 2013
- 50** FINANCIAL STATEMENTS
- 54** ACKNOWLEDGEMENTS

Front cover, bottom left to top right: Tom Daley, Amy Marren, Jenna Randall and Olivia Federici and Hazel Musgrove. Back cover: Andrew Willis in action and Ellie Simmonds.

The majority of the text in this report refers to the period April 2012 to the end of June 2013 whilst the featured major events are from the summer of 2013



◀
MAURICE
WATKINS

CHAIRMAN'S REPORT //

This is my first report as Chairman of British Swimming and it would be very remiss of me if I did not, first of all, pay tribute to my predecessor Alistair Gray for all his hard work in the last quadrennial.

Whilst our swimmers did not perform up to expectations in the 2012 Olympic Games, nevertheless we did achieve a record number of semi-finalists and finalists. This is a good platform to build upon for Rio in 2016.

The British Swimming Strategy for the next four years has been published with two simple but crucial strategic objectives: first, achieve medal success at Olympic and Paralympic Games and, secondly, influence key decisions at world and European level.

Towards these objectives, our synchronised swimming team is now established as an emerging power; women's water polo is building towards Rio; we are achieving medal success in diving; the swimmers are looking hard at their programmes and learning for the future. New talent is emerging for our Paralympic squad.

In terms of influence, our international strategy is now bearing fruit with key appointments in FINA, LEN and the IPC for

the next quadrennial, ensuring British voices will be heard. We have made a good start but there is no room for complacency. We must maintain consistency and move on towards new standards.

My initial reflections on taking on the role of Chairman are very positive. First of all, I have received a warm welcome from the Board, our Chief Executive and many people around the sport.

Secondly, I have found a very healthy mix of stakeholder and independent Board members, well informed and with an excellent range of skills.

All are committed to the sport and prepared to do their best to achieve success over the next quadrennial. This requires the Board consistently to take a hard look at how it can performance manage its programmes better and continue to build stronger and more effective governance into the culture of this great sport.

What is also so evident to me is how fortunate we are to have such dedicated staff and volunteers as well as our principal partner British Gas, official partners Kellogg's and Speedo and our official suppliers.

I am looking forward very much to the 2013 World Championships in Barcelona.



<
DAVID
SPARKES

CHIEF EXECUTIVE'S REPORT //

Whilst many involved in our sport will reflect on some mixed memories from London 2012, I am sure we all agree that the event has set a new benchmark for the Olympics and Paralympics in terms of performance.

It is now important for everyone in British Swimming to focus firmly on Rio 2016 as we build our athletes for the challenges that we will meet then.

With the amount of our funding now confirmed for the next four years, we need to ensure a common focus on using it well to prepare the athletes for success in Brazil.

The new leaders of our programmes are in place, their plans well advanced, and now is the time to give them solid support in delivering the best possible results.

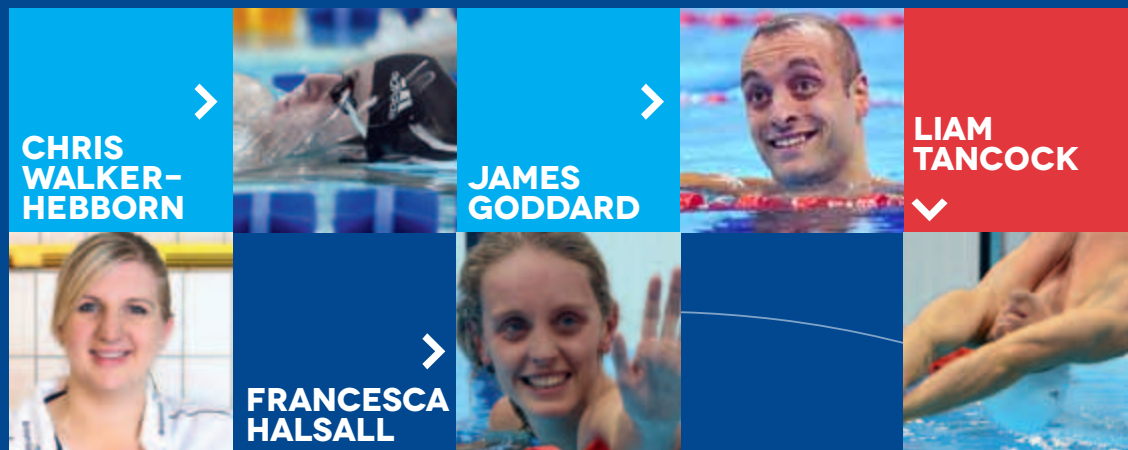
The important lesson we learnt from London 2012 was the need to be honest with ourselves and realistic about what could be achieved. It is also important to

have much more searching performance management and monitoring and evaluation of everything we do, day by day, at all levels. There are always things to learn on this sporting journey both from our success and our mistakes.

Having said that, through our work at the 2012 Games, there is no doubt that British Swimming has influenced change in our sport and we are now in a good position to continue this influence. But influence comes with responsibility - to listen and think before acting and to be clear on the way forward - and such an approach will guide us over the next quadrennial.

The immediate challenges for us are the 2013 FINA World Championships in Barcelona and the IPC World Championships in Montreal, and we look forward to our established team members and future stars beginning to make their name in those events.

EXCELLENCE // SWIMMING



CHRIS WALKER-HEBBORN

JAMES GODDARD

LIAM TANCOCK

FRANCESCA HALSALL

REBECCA ADLINGTON

AIMEE WILLMOTT

SENIOR EVENTS

Due to the timing of the event, a small team of just five athletes represented Great Britain at the 2012 European Long Course Championships held in Debrecen (Hungary) in May 2012. Participation in the meet was not a priority for many Olympic qualified athletes. A silver medal was won by both James Goddard and Sophie Allen in the 200m IM. The latter set a new English record.

The 2012 Mare Nostrum race series in June provided an opportunity for those already selected for the Olympic Games to refine race skills and strategies. As in previous years, the race series included meets in Barcelona, Canet and Monaco.

British swimmers dominated in the Barcelona leg of the Mare Nostrum series securing a haul of 13 medals that included five golds. Double Olympic champion, Rebecca Adlington was a standout performer, winning gold in the 800m freestyle in a championship record. In the 400m individual medley, Hannah Miley (Garioch) and Aimee Willmott (Middlesbrough) took gold and

bronze respectively. Georgia Davies cemented a strong performance in the women's events winning the 100m backstroke. British Gas ITC Swansea team-mates Jazz Carlin and Jemma Lowe also secured medals. Chris Walker-Hebborn took gold in the 200m backstroke, two-and-a-half seconds ahead of silver. James Goddard (British Gas ITC Stockport) took gold in the 200m IM with Stockport team-mate David Carry winning silver in the 400m freestyle. Other medallists included Michael Jamieson (British Gas ITC Bath) who took the silver in the men's 100m breaststroke. And in the men's 200m butterfly, Britain's swimmers added two more medals to their collective haul with a silver and bronze going to Roberto Pavoni (British Gas ITC Loughborough) and Matt Johnson (City of Sheffield).

In Monaco, Fran Halsall and Lizzie Simmonds took a gold and silver medal each. The British Gas ITC Loughborough swimmers led the British contingent on the final day's action which saw an impressive haul of medals. Simmonds won the 100m backstroke while Halsall

struck gold in the 100m freestyle and was joined on the podium by Loughborough University's Amy Smith who secured the bronze. Liam Tancock (British Gas ITC Loughborough) was again among the backstroke medals with silver in the 50m. Joseph Patching of Plymouth Leander ended the British haul with silver in the 200m backstroke.

British swimmers won a total of 10 medals over the two-day meet in Canet. Lizzie Simmonds (British Gas ITC Loughborough) won two golds that

SOPHIE ALLEN



MICHAEL JAMIESON

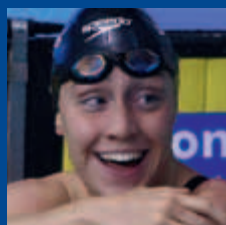
with a silver in the 100m IM and bronze in the 200m IM.

The European Short Course Championships 2012 took place in November in Chartres, France. The British Gas GBR swimming team comprised 17 swimmers. The team won five medals with notable performances from Hannah Miley who won a gold in the 400m IM and silver medals in the 800m freestyle and 200m IM. Aimee Wilmott (bronze, 800m freestyle) and Siobhan-Marie O'Connor (bronze 100m IM) were the other medal winners. Miley's time in the 400m IM was a European and championship record. Her performances secured two British records and three Scottish records.

A team of 19 represented Great Britain at the World Short Course Championships 2012 in Istanbul, Turkey. British Swimming had 13 finalists and won six medals. Hannah Miley repeated her gold medal winning performance in the 400m IM setting a new European record in the process. She backed this up with a bronze in the 200m IM. Michael Jamieson (200m breaststroke) and Fran Halsall (50m freestyle) both won silver medals. Jamieson's time was a new British and Scottish record. Jemma Lowe won two bronze medals in the 100m and 200m fly. Her 200m swim was a Commonwealth and British record.

JUNIOR EVENTS

A team of 30 travelled to Antwerp, Belgium, for the 2012 European Junior Championships in July. The majority rose to the challenge of competing against the best in Europe, setting a record number



LIZZIE SIMMONDS



HANNAH MILEY

included a dominant performance in the 200m backstroke, winning by over three seconds. Other notable British performers included Liam Tancock and Chris Walker-Hebborn (British Gas Bath ITC) who secured gold and silver in the 50m backstroke.

The post Games period comprised a number of international competition opportunities for British swimmers. The FINA World Cup series included five meets in October and November 2012 in Moscow, Stockholm, Berlin, Tokyo and Singapore. British Swimming was represented in all competitions. Six swimmers won two medals in Berlin, including a gold for Sophie Allen in the 200m IM. Allen was also the pick of the six swimmers present in Tokyo, winning three medals (one gold and two silver). Five swimmers competed in Singapore, with final appearances in 12 events. Hannah Miley and Sophie Allen won medals in Stockholm with bronze medals in the 200m freestyle and 400m IM and silver in the 200m IM respectively. Sophie Allen also secured two medals in Moscow

“DESPITE THE LOWER THAN EXPECTED MEDAL HAUL IN LONDON 2012, THE OLYMPIC CYCLE AS A WHOLE CONTAINED MANY SIGNIFICANT POSITIVES FOR SWIMMING. BRITAIN'S WORLD MARKET SHARE PROGRESSED TO A NEW HIGH IN 2012, INDICATING SIGNIFICANT STRENGTH IN DEPTH IN THE TALENT PIPELINE.”

“THE MAJORITY ROSE TO THE CHALLENGE OF COMPETING AGAINST THE BEST IN EUROPE, SETTING A RECORD NUMBER OF PERSONAL BESTS (51) DURING THE MEET.”



**DANIELLE
LOWE**



**JESSICA
FULLALOVE**



**LAUREN
QUIGLEY**

of personal bests (51) during the meet. The swimmers made 43 finals and 46 semi-finals winning 19 medals, securing third place on the medal table (total medals) and matching the haul achieved in Belgrade 2011.

The medal count included four gold and eight silvers. Standout individual performances included Matthew Johnson who won two gold (200m fly, 400m IM) and one silver (400m free), Molly Renshaw who won gold in the 200m breast, Joe Patching who won gold in the 200m back, Ross Murdoch who won two silver medals (50m breast, 200m breast) and Chloe Tutton who set a new Welsh senior record in claiming the bronze medal in the 400m IM.

Development Programme swimmers narrowly missing out on selection for the Olympics were offered the opportunity to compete at the 2012 US Open in Indianapolis. A team of more than 20 British swimmers won six medals (one gold, two silver, three bronze) and reached 20 championship finals. Standout individual performances included Lauren Quigley who won silver medals in the 100m back and as part of the women's 4x100m medley relay, and Matthew Johnson who won an individual bronze in the 800m free and gold as part of the men's 4x200m free relay.

A team of 48 athletes, comprising swimmers from the Development Programme, other upcoming juniors and five senior swimmers were scheduled to attend the Flanders Cup in Antwerp, Belgium during January 2013. The meet is a long-standing fixture in the development calendar. Unfortunately, adverse weather prevented many of those selected from attending. There were, though, some outstanding performances with several athletes winning multiple medals.

Notable performances came from Lauren Quigley with gold medals in the 50m, 100m and 200m backstroke. Danielle Lowe took both medley golds (200m IM and 400m IM) as well as winning bronze in the 100m and 200m breaststroke. Other multiple medal

winner included Stephen Milne, Max Litchfield, Russell Smith, Eleanor Faulkner, Rebecca Turner and Jessica Fullalove.

DEVELOPMENT PROGRAMME

As in previous years, a World Class British Gas Development Programme orientation event was staged for athletes successfully nominated onto the programme. This took place in May in Bath and involved 10 athletes and 13 staff. This event provides an overview of the services and support available on the Podium Potential Programme and is particularly important for athletes new to the programme. In future years, starting with the orientation day on May 18 2013 for the 13-14 programme intakes, attendees will include parents and coaches of programme athletes.

An experience camp was also staged for those athletes on the World Class Aspiring World Performers Programme in Edinburgh, in July. This enabled the 15 young aspiring athletes to experience some of the Olympic Games build up in and around Team GB. The camp programme included lunch with the Olympic squad and training session observation. Athletes were able to train at the University of Edinburgh during the team preparation camp, together with an opportunity to attend the Games themselves. Athletes were asked to produce a presentation at the end of the week on what they had learned and highlight areas they had identified within their own training performance for improvement.

The annual World Class British Gas Development Programme Camp took place at Millfield School between October 14-20 and was attended by 21 athletes and 12 staff. This represents a coming together of all funded athletes on the programme for intensive training, educational sessions and wider lifestyle advice and guidance. The programme included pool and land based training sessions, orientation activities, lectures on kit policy and anti-doping, performance lifestyle advice and an overview of sports

science and sports medicine services available to funded athletes. The camp was also an opportunity to pilot part of the curriculum for the nine-stage development pathway and provided five attending coaches with a continued professional development opportunity.

BRITISH GAS INTERNATIONAL SWIM MEET

March 2013 saw the launch of a brand new event to accompany a re-shuffle of the national events calendar and trials system. The later selection trials, to mirror the successful system in the USA, created a void in the event schedule. The new British Gas International took place in Leeds and comprised a 4-day programme. The competition served as the domestic benchmark meet for Podium Potential (formerly Development Programme) swimmers and the selection trials for the European Junior Championships and the European Youth Olympic Festival in 2013. Separate finals for junior qualifying swimmers allowed the spotlight to focus on the next generation of potential champions. All World Class Programme funded swimmers (with the exception of those ill/injured) competed at the meet.

OPEN WATER SWIMMING

The Open Water calendar, aside from the Olympics, saw British swimmers participate internationally in a number of FINA World Cup events and LEN Championships.

The LEN Cup in Israel is an event traditionally used by British swimmers in their annual preparation plans. Britain's young women competitors produced a number of notable performances. Danielle Hall-Jackson, Lucinda Campbell and Kristina Neves finished second, third and fourth respectively in the 10km. A large contingent of British men took to the water for the men's 10km race. Caleb Hughes and Thomas Sunter were the leading performers, finishing a creditable fifth and sixth in a 28-man field.

The FINA 10km in Setubal, Portugal served as the Olympic qualifying meet. Dan Fogg and David Davies were racing for a place on Team GB. Dan Fogg secured his place on the team as

the first British finisher.

The 2012 European Junior Open Water Championships were staged in Turkey in July. Eight swimmers represented the British Gas GBR junior open water team in four of the five events. Bradley Lynch won a silver medal in the boy's 5km event. The top female performer was Lucinda Campbell who finished sixth in the girls' 5km. Great Britain finished fifth in the team trophy standings.

The period following the Olympics included a busy schedule for our open water swimmers, both junior and senior. Building on their performances at the European Junior Championships, three of our top juniors contested the 2012 World Junior Open Water Championships in August.

Although Great Britain didn't win any medals, there were a number of notable performances. Bradley Lynch followed up his European silver with fourth place in the Youth Boy's 5km race with Lucinda Campbell finishing eighth in the girl's event.

An open water talent camp was staged in France for Britain's next generation of open water swimmers. Twenty-three young swimmers attended the race-train-race camp. Britain dominated the race series which was effectively a GB v France event. Over a 2.4km race in Sete, British swimmers filled the top seven places in the girl's race and the top six finishers in the boy's competition. The 5km races held in Redon saw a similar display of British dominance, with 11 of the first 12 finishes in the girl's race from Britain. The boy's results were similarly impressive with seven of the top 10 places going to British competitors.

The senior calendar saw the 2012 European Open Water Championships staged post Olympics in September in Italy and a British Gas GBR team comprising of five swimmers. Thomas Sunter was the first British male home in 29th position.

At the start of 2013, and in response to the London 2012 Performance Debrief that identified the need for greater exposure to tough international competition, our top open water swimmers raced at the FINA 10km World Cup events in Argentina and Brazil. In Santos, Jack Burnell was the highest place British finisher, coming home 17th from a field of 49 starters. The next event in Viedma saw vastly improved results with Jack Burnell finishing a



MATTHEW JOHNSON

creditable eighth, Tom Allen 10th and Tom Sunter finishing 11th. Rachel Williamson secured 15th place in the women's race.

NATIONAL SQUAD ACTIVITY

The start of the year saw an Olympic squad training camp held in London. As highlighted in last year's report, this provided a key opportunity to get acquainted with the London Aquatics Centre facilities and layout ahead of the Games themselves.

Following the Olympic Games and the outcome of the Performance Debrief, the national squad was disbanded. As we head into the new quadrennial, focus will turn to event specific squad activities and specific development events for coaches and staff. February 2013 saw the commencement of this new approach with the Target Rio weekend for coaches and sports science staff.

2013-2014 will see the introduction of a series of six event-based camps bringing together the top senior swimmers in each event for focused and more bespoke training and development activity. These will be led by an appointed head coach and will include up and coming junior athletes. All will be onshore and held at British Gas ITCs or key programmes across the UK.

DAILY TRAINING ENVIRONMENT ITC NETWORK

British Swimming, in collaboration with a number of key partners, continued to operate five British Gas Intensive Training Centres (ITCs) strategically positioned across the UK (Loughborough, Bath, Swansea, Stirling and Stockport). Impact and performance continue to be monitored and the regime of six-monthly reviews continued. The impact and performance of ITCs formed a key theme within the Olympic Performance Debrief. As a result of this and budget reductions, 2013-2014 sees the reduction of the network to four centres with the closure of the Stockport ITC. The ITC network will continue to be reviewed during 2013-2014.

SWIMMER FRIENDLY UNIVERSITY PROGRAMME

The British Swimming Swimmer Friendly University programme continued to be developed through 2012-2013. The programme continues to focus on providing flexible support to elite athletes to combine swimming and study. In addition to awards previously made to Loughborough, Bath and Swansea, Stirling University was awarded gold status in 2012.

ALTITUDE TRAINING

Altitude training continues to feature highly in the preparation plans for many of our middle and long distance swimmers. The British Gas Bath ITC camp held in Sierra Nevada represented the sixth British Swimming visit to the CAR high altitude training centre over the last three years, with previous visits by British Gas ITC Stockport and building on development camp activity prior to the Beijing Olympic Games.

An altitude training strategy is currently being finalised to maximise the benefits across the World Class Programme. As part of this, a number of proposals have been discussed with the CAR centre operators and representatives of the Spanish government for enhancing the training environment. Additionally, British Swimming has invested in a number of hypoxic tents/room conversion kits to allow high altitude to be simulated. Several athletes benefited from these in the run up to the Games, including Olympic silver medallist Michael

Jamieson, fellow breastroker Andrew Willis and World 10km Champion Keri-anne Payne.

NATIONAL SPRINT PROGRAMME

2012 saw the introduction of the new National Sprint Programme located at Loughborough University under the guidance of James Gibson MBE. The programme is a key initiative for the new quadrennial cycle with a fundamental aim to improve Britain's standing in sprint events. The programme includes world 50m backstroke champion Liam Tancock, world short course silver medallist Fran Halsall and Olympians Amy Smith and Grant Turner.

CLUB SUPPORT PROGRAMME

The Podium and Development Club initiative continued to operate in 2012-2013 with a proviso that a new programme will replace this in the new quadrennial cycle. A comprehensive review of club support was undertaken as part of the Project Rio planning process. A new programme of support will be considered for 2013-2014 onwards based on an evolving Performance Partnership Model of investment.

Garioch Swimming Club, home to Hannah Miley; Glasgow, the training base for Robbie Renwick; and Nova, Rebecca Adlington's club, all continued to be supported as British Swimming Podium Clubs.

The Development Club programme supported a number of clubs who nurture some of Britain's rising stars. Millfield, Manchester, and Plymouth continued to receive support. City of Sheffield and City of Cardiff were both supported via the Athlete Pathway Club recognition award.

SPORTS SCIENCE AND SPORTS MEDICINE (SSSM)

The programme of research and innovation continues to develop and a number of partner projects provide analysis and assessment information to inform coaching and race strategy.

The Starts and Turns Excellence Award initiative was set up in late 2011 and awards made to a number of programmes during 2012. A fundamental aim of the programme was to instil a culture of winning performance among the World Class Programme and ensure all elements of a swim, specifically starts and turns, are incorporated into the training programme. A key criteria in the assessment of awards was the extent of improvement in the 50m turn phase by athletes from 2010 Commonwealth Games to the 2011 World Championships. The top award was won by British Gas ITC Bath with British Gas ITC Stockport achieving second place.

The focus on starts and turns continued into 2012-2013. The ongoing race analysis programme continues to build a significant database of starts and turns performance and provide information that can ultimately be used by coaches to improve athletes' skills in these areas. Turn times improved from the British Gas Swimming Championships (selection trials) in March 2012 to the Olympic Games. Over half of swimmers who competed in both the 2011 World Championships and 2012 Olympic Games successfully improved their starts and/or turns performance during this time.

NEMO, the race analysis software, developed in partnership with Sheffield Hallam University, continues to be developed and used extensively across the Programme. British Swimming extended its investment in starts and turns analysis, funding a further two years of PhD study to continue the evidence collation already in place.

Further research was also commissioned into swimmer



<
HANNAH
MILEY

“AS WE HEAD INTO THE NEW QUADRENNIAL, FOCUS WILL TURN TO EVENT SPECIFIC SQUAD ACTIVITIES AND SPECIFIC DEVELOPMENT EVENTS FOR COACHES AND STAFF.”

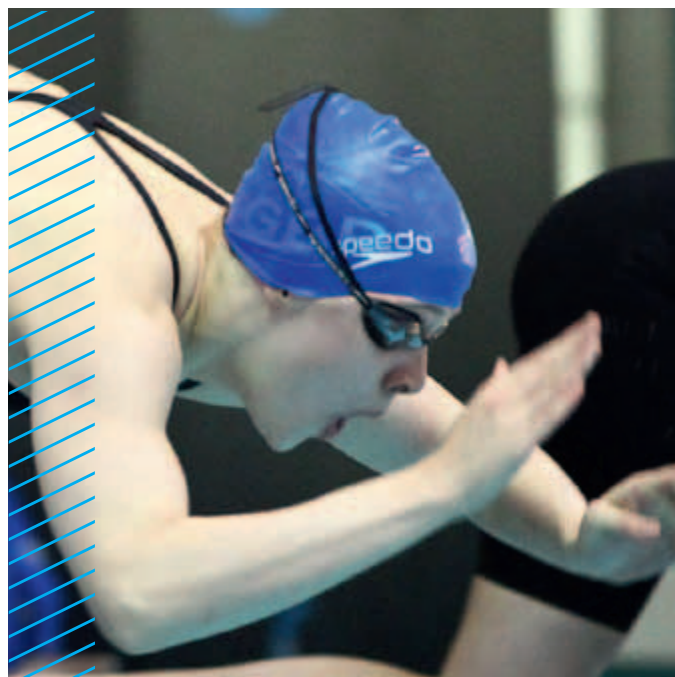
psychology in response to some of the Olympic Debrief findings. A three-year project with Loughborough University and other partners has been initiated to identify bespoke strategies to improve psychological preparedness and mental toughness.

This will help identify specific performance psychology services that are required to instil mental toughness and maximise performances at major meets.

British Swimming continued to work closely with the University of Southampton and the SwimSIM project entered its second year. Using a bespoke towing rig to analyse drag and streamlining, swimmers are recorded by underwater camera to provide analysis on speed, power and drag, body position and stroke to aid coaches in refining and improving body position and technique.

The project is joint funded with UK Sport and has already won a number of innovation awards. 2013-14 will see an increasing number of orientation activities with coaches to ensure that the findings and analysis can be used more extensively within key daily training environments.

Athlete self-management was identified as a key priority from the Olympic Debrief. An Athlete Self-Management Guide was developed to provide advice on best practice in a range of areas. All

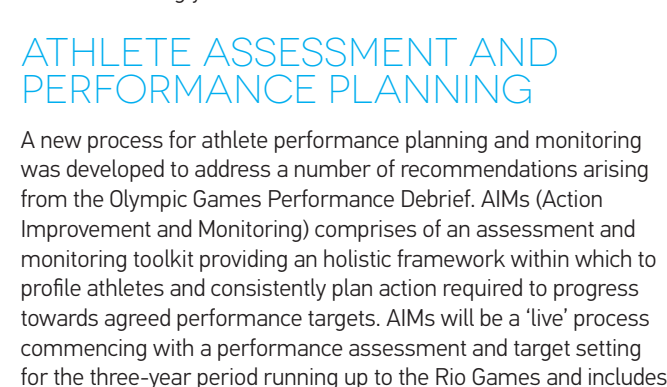
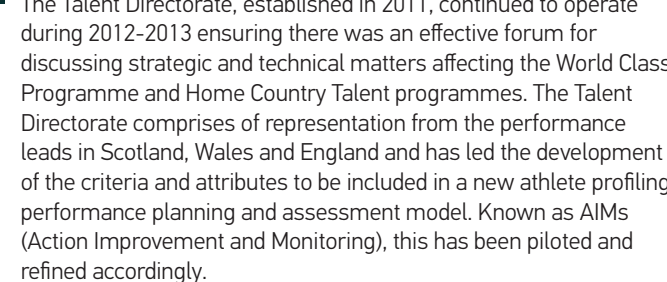
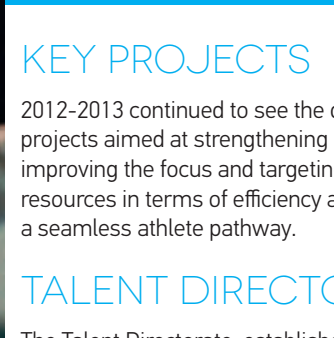
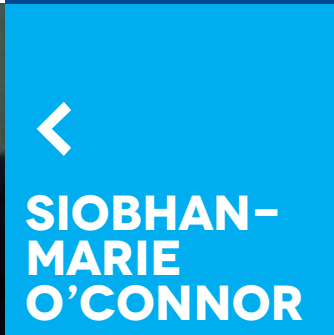
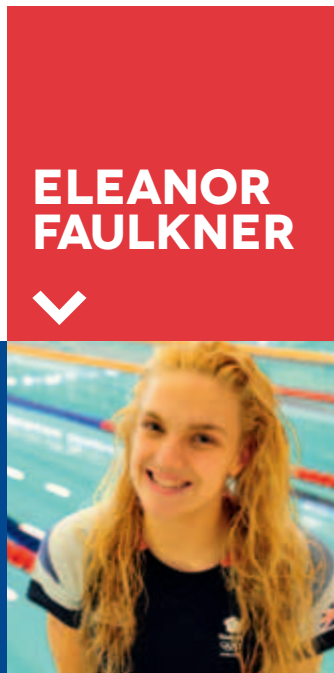


funded athletes have or will receive a copy of this.

Altitude training continued to be a focal area in 2012-2013. As already highlighted, the high altitude training centre in Sierra Nevada was once again a key venue for British Gas ITC training camps. An altitude training strategy is being developed and there was continued investment in hypoxic units and associated equipment during the year.

ATHLETE FUNDING AND SUPPORT

Post-Olympics, the number of athletes on Podium level funding has reduced. Moving forward over the Rio cycle, up to 22 athletes will be awarded membership of the Podium Programme. At the same time, UK Sport has awarded a significantly increased number of Podium Potential (formerly Development) programme places. Sixty-five promising young swimmers will be funded and supported by the British Swimming Podium Potential Programme. This will inevitably reshape some of the World Class Programme in terms of camps, competitions and other support services in the next four years as we progress towards the Rio Games.



ELEANOR FAULKNER



SIOBHAN-MARIE O'CONNOR

KEY PROJECTS

2012-2013 continued to see the delivery of a number of key projects aimed at strengthening programme delivery overall, improving the focus and targeting of services, maximising resources in terms of efficiency and effectiveness and creating a seamless athlete pathway.

TALENT DIRECTORATE

The Talent Directorate, established in 2011, continued to operate during 2012-2013 ensuring there was an effective forum for discussing strategic and technical matters affecting the World Class Programme and Home Country Talent programmes. The Talent Directorate comprises of representation from the performance leads in Scotland, Wales and England and has led the development of the criteria and attributes to be included in a new athlete profiling, performance planning and assessment model. Known as AIMS (Action Improvement and Monitoring), this has been piloted and refined accordingly.

ATHLETE ASSESSMENT AND PERFORMANCE PLANNING

A new process for athlete performance planning and monitoring was developed to address a number of recommendations arising from the Olympic Games Performance Debrief. AIMS (Action Improvement and Monitoring) comprises of an assessment and monitoring toolkit providing an holistic framework within which to profile athletes and consistently plan action required to progress towards agreed performance targets. AIMS will be a 'live' process commencing with a performance assessment and target setting for the three-year period running up to the Rio Games and includes

assessment and monitoring of a number of attributes/components of high performance.

Discussions are underway to develop a comprehensive database on which to store and collate AIMs data, coupled with other existing data about athletes. It will cover all WCP funded pool and open water athletes and be phased into use during 2013.

The profiling element of AIMs was used to long-list athletes for nomination onto the Podium Potential (formerly Development level) Programme for the start of the Rio cycle. The process will be used to identify and target bespoke services for athletes.

LONG TERM ATHLETE DEVELOPMENT (LTAD) REVIEW

A comprehensive review of the LTAD model in swimming and disability swimming was completed. Led by a steering group with representation from British Swimming, the ASA, Swim Wales, Scottish Swimming and the British Swimming Coaches Association (BSCA), with external consultancy support, the review was completed over a six-month period. The process encompassed consultation with coaches, clubs, swim teachers and internal stakeholders culminating in a detailed report and implementation plan. This has implications for the delivery of swimming teaching and coaching at all levels.

The review concluded that, overall, the current LTAD model has had a positive impact on swimming in Great Britain. However, the review identified a number of weaknesses and inaccuracies and, some ten years after first publication, the current model no longer represents best practice. Similarly, the landscape within which the performance element of the sport in Great Britain is delivered has changed, something which needs to be recognised within the framework going forward.

Overall, it was recommended that the existing LTAD model is evolved into and replaced by, a new overarching framework for the whole sport to work to, rather than a tightly prescribed model. The new framework will provide a clear, unified approach that is

fit for purpose for swimming in Great Britain and all associated stakeholders to deliver the desired performance and system outcomes for 2020 and beyond. Eight key elements have been identified which have differing levels of emphasis within the three primary delivery environments for teaching and coaching.

Specific resources are required to implement the findings of the review and it is likely that 2013-2014 will see significant progress in addressing key recommendations.

ENGLAND TALENT INTEGRATION

The England Talent Integration Group continues to plan and implement the integration of the England Talent programme and delivery at a World Class Programme level. A number of steps have been agreed and reporting and decision-making structures put in place. The principles of a seamless pathway are in place and have been built into the AIMs model, elements of which are to be used at the England Talent level. Some areas of programme administration have been streamlined and integrated within World Class Operations and some restructuring of the Talent Team is planned.

SWIM EDINBURGH PILOT PERFORMANCE PROGRAMME

A pilot investment project ran from April 2012 – March 2013, comprising World Class Programme investment in equipment, sports science and Coach CPD activity to support and add value to the new high performance project in Edinburgh.

Operating from the newly refurbished Commonwealth Pool, the programme has provided dedicated pool time to swimmers from the three partner clubs. A number of key performance indicators were established to measure the impact of investment on raising overall standards and in improving the expertise of coaches. The learning from the programme has been used to provide a blueprint for future club investment.

OLYMPIC PERFORMANCE DEBRIEF

Following a lower than expected medal total at the London 2012 Olympic Games, British Swimming undertook a comprehensive Performance Debrief exercise. This was led by a panel of internal and external representatives, took place through September and October 2012 and followed an agreed six-phased methodology comprising statistical analysis and range of iterative consultation activities with more than 80 stakeholders.

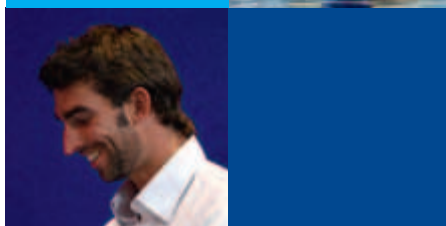
Overall, the review concluded that the World Class Programme is broadly delivering its objectives and has the right programme elements, initiatives and systems in place. However, a number of thematic areas where there were some shortcomings in leadership, in delivery, or where systems and processes in place did not function as well as they should have, particularly over the final period of the quadrennial cycle were identified. Although there was no one single factor responsible for shortfalls in London, weaknesses in coach and technical leadership, limited athlete performance planning and monitoring, concerns about selection processes and too few appropriate competition opportunities were identified as some of the core areas to address in the future. A consolidated action plan has been developed capturing all actions agreed from the Performance Debrief and other review and evaluation work during the course of the year.

COACH DEVELOPMENT

Melanie Marshall (City of Derby) and Richard Blackshaw (Stockport Metro) continue to participate in the UK Sport Elite Coach Apprenticeship Programme (ECAP). They were joined on the 2012 intake, by Nathan Hilton after a detailed application, short-listing and interview process.



MAX
LITCHFIELD



JAMES
GIBSON



STEPHEN
MILNE



ANDREW WILLIS

David McNulty, Head Coach at the British Gas ITC in Bath, has been selected to participate in the first UK Sport World Class Coaching Elite Programme.

The course comprises a ground-breaking three-year development allowing access to world leading expertise, technology and experiences in a bespoke format programme.

Thirty-two coaches, 16 Sports Science and Medicine staff, and 11 World Class Programme support staff attended the Target Rio weekend in February 2013. The event doubled as an awareness raising event following on from the Olympic Performance Debrief and an opportunity for coach and staff development. Bob Bowman, coach to Michael Phelps (the most decorated Olympian of all time), delivered two presentations and led a practical pool based session. These sessions provided some guidance on starts and turns, including practical drills, biomechanical considerations and lessons from his own experience.

A specific session was delivered on managing preparation between a late trials and a major championship, including details on training schedules for many of the top USA swimmers. Inigo Mujika, a world leading sports

scientist and specialist in double tapering, delivered a session aimed at generating discussion among British coaches about the challenges and considerations in preparing for peak performance with late trials and double taper. A learning paper on preparation for a late trials and double peaking was circulated to key stakeholders. This captures the key considerations for coaches and staff.

As in previous years, a programme of Coach Development workshops was organised in Swansea, Stirling and Loughborough. Eighteen coaches attended the workshop in Stirling where sessions included an insight into best practice when travelling with a national team, a focus on sprint freestyle and peer discussion on training sets.

The Swansea workshop involved 20 coaches, with sessions focused on the use of stroke rates in training and consideration to the key differences between age, youth and senior swimming. Seventeen coaches were involved in the Loughborough workshop which had a focus on strength and conditioning in home programmes, athlete self-management, practical pool session analysis considerations and guidance on developing a seasonal plan.

KEY APPOINTMENTS

Former world champion James Gibson MBE was appointed in December 2012 as the Sprint Coach to head up the new national Sprint Programme at Loughborough University.

He joined British Swimming from his coaching role at the CN Marseille club, one of French Swimming's High Performance Centres.

The commencement of the Rio cycle sees a change in leadership of the programme. Chris Spice commenced his tenure as National Performance Director in April 2013, arriving following successful stints at the helm of Basketball, Hockey and as Performance Director for the RFU.

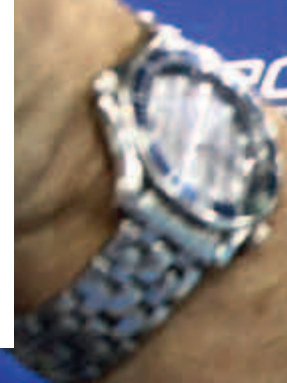
Bill Furniss also joined the programme in April as Head Coach, providing leadership and mentoring to ITC staff and coaches of WCP funded athletes across the club network.

Mike Peyrebrune, previously funded to work closely with Bill and Rebecca Adlington at Nova Centurion, commenced work as a Technical Consultant providing additional technical guidance and advice to the programme.



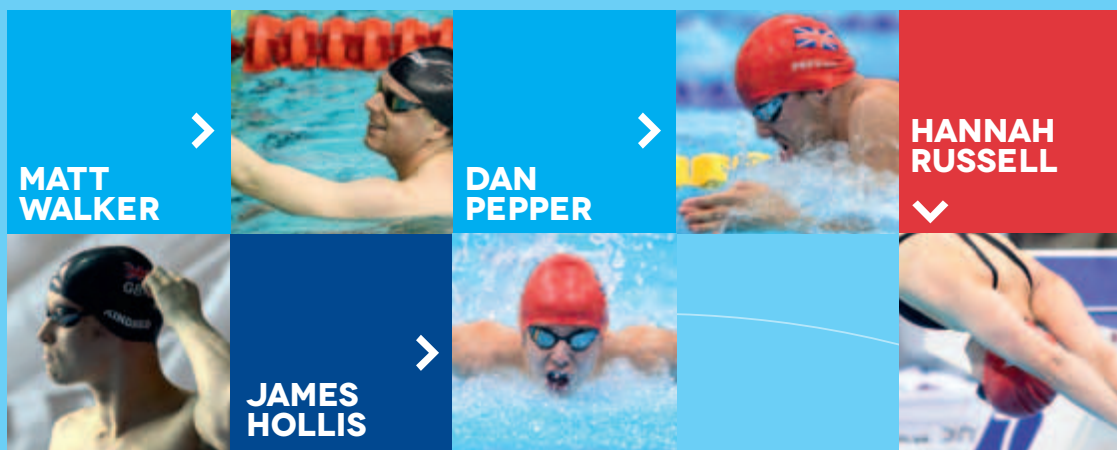
DAVE MCNULTY

“DAVID MCNULTY, HEAD COACH AT THE BRITISH GAS ITC IN BATH, HAS BEEN SELECTED TO PARTICIPATE IN THE FIRST UK SPORT WORLD CLASS COACHING ELITE PROGRAMME.”



EXCELLENCE

// DISABILITY SWIMMING



MATT WALKER

DAN PEPPER

HANNAH RUSSELL

JAMES HOLLIS

SASCHA KINDRED

RHIANNON HENRY

The second Paralympic trials took place in Sheffield in early April 2012 in the form of the British International Disability Swimming Championships. At this event, a number of additional swimmers met the selection criteria taking the total to 42. The Paralympic Games team was a real mixture of youth and experience with 45 per cent of the athletes preparing to compete in their first Paralympic Games.

Thirty of 32 World Class Podium athletes were nominated to ParalympicsGB and an outstanding 11 out of 18 World Class (WC) Development athletes were nominated. This demonstrates the strength of the young athletes progressing through the World Class Pathway and the depth of the pipeline within disability swimming. London 2012 gave these athletes a fantastic opportunity to experience a Paralympic Games competition and environment with their main focus being on Rio 2016.

Following the second trials, athletes returned to their home programmes before the Paralympic team travelled

to Majorca for a warm weather training camp in mid-May as part of their preparation for the Games.

At the end of June, a team of WC Development athletes travelled to Berlin to compete in the International German Championships alongside a select group of High Performance Centre athletes. The team returned home with a multitude of medals and broke two world and 11 British records during the competition.

FINAL PARALYMPIC PREPARATION

The Paralympic Swimming team used the British Gas ASA Youth Championships in August as their final racing opportunity pre London 2012 with some solid swims being recorded. The team then moved into the preparation training camp base in Manchester in mid-August for the final phase before transferring to London for the Games. This camp included a media day with numerous media outlets attending.

In London, the Paralympic team's final medal tally was 39, including seven gold,

16 silver and 16 bronze medals which put them seventh on the medal table. The table was topped by China who won 58 medals including a staggering 24 gold. One of the highlights of the team's performance was the standard achieved by the younger members of the team. Four of GB's gold medallists were under the age of 20. This is extremely exciting for Rio 2016. However, it was clear that the standard of Paralympic swimming has moved on to a new level. A total of 150 world records and more than 200


**JOSEF
CRAIG**


**ELLIE
SIMMONDS**

**STEPHANIE
MILLWARD**

**CLAIRE
CASHMORE**

and seven at venues in England). A total of 130 swimmers attended these days in November. This is a great example of the home countries collaborating within a British approach. Fourteen of the swimmers were identified for a fast-track development, 60 were signposted to clubs and a further 56 to learn to swim/participation programmes. Scotland and Wales have since run an additional day each. The future plan is to run two identified weekends per year using this joined-up approach.

Six swimming coaches have been inducted into the Hall of Fame based on their Paralympic gold-medal winning athletes from London 2012 and they were invited to the UK Coaching Awards hosted by Sports Coach UK.

Rob Aubry, National Lead Development Coach, was selected for the UK Sport Elite Coaching Apprenticeship Programme for 2013.

The UK Sport Talent team have been working with the World Class Programme on new initiatives to establish and develop gold-medal winning opportunities in Rio 2016.

2013 commenced with athlete reviews taking place around the country in January. Also in January, a group of High Performance Centre athletes attended a warm weather training camp in Durban, South Africa.

In February 2013, a coaching workshop took place, which focused on planning and periodisation.

Paralympic records were broken over the course of the event.

REBUILDING THE TEAM

Following the Paralympic Games, the focus was mainly on rebuilding the team through training camps and staff conferences and workshops.

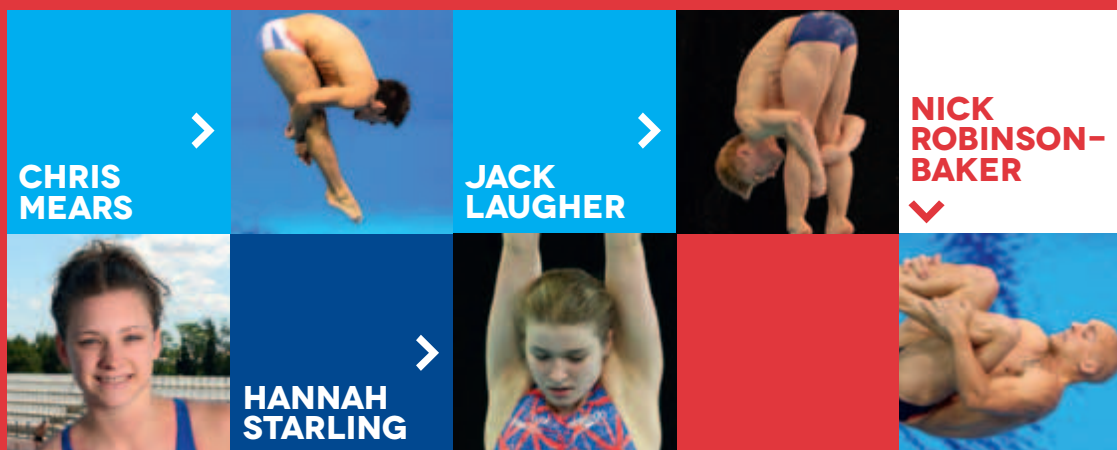
These included a Development camp in Manchester and the 'Road to Rio' Camp in Dubai, United Arab Emirates, in December 2012. Twenty swimmers aged 18 and under attended the camp, which focused on their ability to travel and train. The camp provided excellent experience to the development level athletes to help prepare them for longer haul travel experiences in the build up to Rio 2016.

A large area of focus has been the better integration of talent into the World Class Programme. As part of this, Disability Talent ID days were conducted in nine locations in Great Britain (one in Scotland, one in Wales

"IN LONDON, THE PARALYMPIC TEAM'S FINAL MEDAL TALLY WAS 39, INCLUDING SEVEN GOLD, 16 SILVER AND 16 BRONZE MEDALS WHICH PUT THEM SEVENTH ON THE MEDAL TABLE."

EXCELLENCE

// DIVING



CHRIS MEARS

JACK LAUGHER

NICK ROBINSON-BAKER

HANNAH STARLING

ALICIA BLAGG

PETE WATERFIELD

The British Gas GBR junior diving team started off their competition year in April 2012 at the Dresden Youth International. It is a strong international event that consistently attracts the largest junior field of divers outside the Junior World Championships: 26 countries including a total of 175 divers participated in 2012. The team's results surpassed expectations with 21 top six performances achieving a total of 11 medals: four gold, three silver and four bronze medals to finish top of the medal table. For British Diving, the competition served as the selection event for the 2012 British Gas GBR European Junior Championships team.

The senior team focused on competing at high-level competitions as part of their final stage preparations for the

Olympic Games. Between April and June, the British divers competed at two FINA Diving World Series (Moscow and Mexico) legs, one FINA Grand Prix leg, the European Championships and the national championships.

The results from the FINA Diving World Series were very promising: a silver medal won by Tom Daley at the Moscow leg was followed by one gold, one silver and two bronze medals at the Mexican leg; Tom Daley - gold in the 10m Platform; Chris Mears/Nick Robinson-Baker - silver in the 3m Springboard Synchro; and the two bronze medals were won by Daley/Waterfield and Couch/Barrow in the men's and women's 10m Platform Synchro, respectively.

EUROPEAN CHAMPIONSHIPS

The European Championships was the last rehearsal for the team before London 2012. This competition was the most successful ever in the history of British Diving. The British Gas GBR diving team achieved two gold medals, three top six places in the Synchronised events and five top eight individual places overall. There were nine individual finalists with every participating athlete making a final. In addition, four divers achieved personal best scores, including two British records. Obviously, both gold medals were very

special, the women's Platform gold being the first in this event since 1927.

Training took in both domestic and international camps. Diving has one of the highest risks of injury of any of the Summer Olympic disciplines, so a two-week warm weather Camp in Majorca, Spain in June was held to allow the Olympic team to manage and recover from any illnesses and injuries before London.

EUROPEAN JUNIORS

In July, the British Gas GBR junior diving team travelled to Austria to take part in the European Junior Diving Championships. At this event, Britain matched their best ever medal tally returning home with three gold, two silver and two bronze medals which earned them second place on the medal table behind Italy.

OLYMPIC GAMES

The major event for 2012 was the London Olympic Games. The Holding Camp for the Olympic diving team was held in Southend-on-Sea.

During the Games, Tom Daley and Pete Waterfield, who had doubled up in the 10m Platform Synchro and 10m Platform individual events, were moved from the Olympic Village to the base in Southend for a week as an 'escape' from

the Olympic Games, allowing them to continue to train in a quiet environment and make appropriate adjustments to their tactics.

The base performance target of one medal was achieved through Tom Daley's bronze medal in the blue-ribbon men's 10m Platform. In the Synchro events, we finished in fourth position in the men's 10m Platform, missing a medal by less than nine points, and fifth position in both the women's 10m Platform and men's 3m Springboard events.

There were also a number of other great performances from our up-and-coming divers, most notably Chris Mears who finished in ninth place in the 3m Springboard event, demonstrating promise for the future.

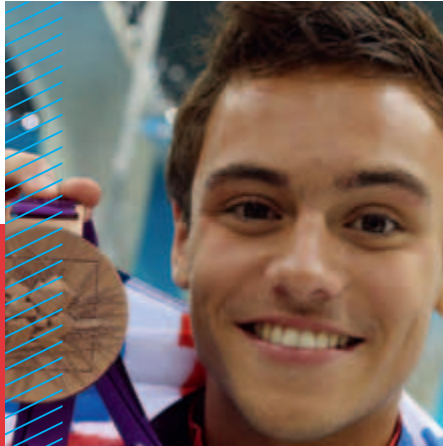
Britain become a multi medal winning sport?'. The National Performance Director reiterated the 'no compromise' approach across all activities in Diving.

Also of note was the diving assessment 'invitation only' senior and junior camp, which took place in Southend to test the athletes on 1m and 5m following holidays and time off training. Twenty-two top British divers, including some juniors who have been identified as our Rio hopes, were invited to the four-day camp.

SARAH
BARROW



TOM
DALEY



REBECCA
GALLANTREE



TONIA
COUCH



showed that the British Gas GBR diving team has a number of very promising young divers heading towards Rio 2016 alongside the current diving stars.

The FINA Diving World Series legs in Beijing, China, and Dubai, UAE held in March marked the closing competitions of the 2012-2013 cycle. In the first leg in Beijing, the British Gas Diving Team finished fourth in the medal table, winning a silver medal in the women's 3m Springboard Synchro (Alicia Blagg/Rebecca Gallantree) and achieving a further two top-six Synchro places and two top-eight Individual places overall.

This was the first female Springboard medal in the history of the Diving World Series since 2007 and the highest British female medal as well. In the second leg in Dubai, the British team narrowly missed another medal in the same event; overall results included two top-five Synchro finishes, and both 3m Springboard individual divers progressing to the final finishing in the top-six. These are encouraging results, but there is still plenty of room for improvement. In both legs we were missing all our top Platform divers due to their planned and agreed preparation plans for the World Championships in Barcelona in July.

JUNIOR WORLD CHAMPIONSHIPS

In October, a team attended the Junior World Championships in Adelaide, Australia. Great Britain had some outstanding performances to finish second in the medal table behind China. Jack Laugher and Tom Daley took almost all of the men's gold medals with Jack taking the gold in the 3m and silver in the 1m Springboard events and Tom taking the gold in the 10m Platform. They also paired together to take the gold medal in the 10m Platform Synchro. The girls also had some excellent performances with Hannah Starling taking the bronze medal in the 3m Springboard.

NO COMPROMISE

The Annual Coaches Conference took place in early November. The 2016 Strategy was delivered by the National Performance Director to all of the coaches and sports science and medicine staff. The main theme was 'how does

2013 started with a team of eight divers travelling to Sydney, Australia, to compete in the Australian Youth Olympic festival. The event provided an excellent opportunity for the athletes to experience a multi-sport environment and to compete against very high-quality opposition including Australia, China, Malaysia, New Zealand and Great Britain.

The British team was selected with consideration made to the number of junior divers transitioning on to the senior squad following the Olympic Games.

As a result, a number of the divers on the team were our third or fourth ranked in a particular event. The squad performed well, achieving one silver and four bronze medals, three fourth places, one fifth place, two sixth positions and one seventh place. The team was also recognised by the Chef de Mission for embodying the Olympic values and demonstrating the One Team GB ethos.

VERY PROMISING

Performances in February at the 2013 British Gas Diving Championships

“THE TARGET OF ONE MEDAL WAS ACHIEVED THROUGH TOM DALEY'S BRONZE MEDAL IN THE MEN'S 10M PLATFORM.”

EXCELLENCE

// SYNCHRONISED SWIMMING



◀
**DUET
ROUTINE**

**OLIVIA
FEDERICI**



**JENNA
RANDALL**

OLYMPIC QUALIFIERS

The Olympic qualifiers pre-camp was held in Aldershot in April 2012, followed by a training camp in London prior to the Olympic test event at the London Aquatic Centre. The event provided a great experience for the British Gas GBR synchronised swimming team to compete in the Olympic environment with media and home crowd present.

They produced good performances and also had the opportunity to try out the extra pool that they had hired during Games time in Bethnal Green.

In short, this was an effective dress rehearsal for the London 2012 Olympic Games. The British Gas GBR synchronised swimming team finished eighth. The duet did not swim due to a wrist injury.

In May, the team competed in Eindhoven at the European Championships. This event saw the best performances of the year so far by the British athletes. The British Gas GBR synchronised swimming squad

concentrated solely on the Olympic events with the team finishing in fifth place and the duet in seventh.

OLYMPIC GAMES

The major event of 2012 was the Olympic Games in London in August. The synchronised swimming team turned to musical theatre for expertise in the lead up. West End stars including Michael Crawford and Adam Garcia helped on the artistic presentation along with Olympic mentor Robin Cousins.

The synchronised swimming programme began with the duet technical routine in which Jenna Randall and Olivia Allison finished ninth demonstrating improvement on Beijing where they finished 14th.

Their score of 88.100 was a step up from the 86.500 they received for the same routine at the European Championships earlier in the year and it was enough to move them ahead of France and USA who both scored higher than the British pair in this event at the 2011 World Championships in Shanghai.

In the next event, the duet free routine, Jenna and Olivia again finished in ninth place to secure them a place in the final, a significant move on from their 14th place finish in Beijing four years ago.

In the duet final, the girls delivered their best performance of the Games to hold on to ninth place, beating close rivals USA and France again - a great result propelling them higher up the world rankings.

The British Synchronised Swimming Team began their Olympic debut with



TEAM TECHNICAL ROUTINE



TEAM FREE ROUTINE



NEW ARTISTIC IDEAS

In September, a team of three athletes travelled to Volos, Greece, to take part in the Junior World Synchronised Swimming Championships. The British Gas GBR synchronised swimming team only competed in the duet at this event and finished in 18th place.

In December 2012, the British Gas GBR synchronised swimming team competed in the FINA World Trophy in Mexico. In the lead up to this event, world champion and Olympic medallist Virginie Dedieu spent a week with the duet choreographing the routine. Olympic ambassador Robin Cousins also spent time in Aldershot working with the squad.

Having had a few retirements and one athlete requiring an operation after the Olympics, the squad of nine was boosted by the top junior athlete Emily Randall. Unfortunately due to severe sickness of one of the athletes whilst in Mexico, the duet had to pull out; this also affected the combo routine with not enough athletes to compete.

The training for this event, however, did allow the team to experiment with new artistic ideas to help them progress into the 2013 season.

Trials were held in January 2013 with five new athletes aged between 14-16 years old added to the senior squad.

Meanwhile, UK Sport are deciding on funding commitments for a new building at the High Performance Centre for a new dry-land area and synchro office.

“IN THE TEAM FREE ROUTINE, THE TEAM RAISED THEIR GAME TO SCORE 88.140 SECURING SIXTH POSITION, THEIR AIM AT THE START OF THE GAMES. THEIR SCORE WAS NEARLY A POINT CLEAR OF THEIR SCORE AT THE 2011 WORLD CHAMPIONSHIPS IN SHANGHAI WHERE THEY FINISHED NINTH IN THIS EVENT DEMONSTRATING THAT, AGAIN, THEY ARE MOVING UP THE WORLD RANKINGS.”

an encouraging team technical routine, placing them in sixth place. Having qualified as host nation, the British team finished above continental champions from Egypt and Australia. Their score of 87.300 was an improvement of 1.9 points from the European Championships earlier in the year.

In the team free routine, the team raised their game to score 88.140 securing sixth position, their aim at the start of the Games. Their score was nearly a point clear of their score at the 2011 World Championships in Shanghai where they finished ninth in this event demonstrating that, again, they are moving up the world rankings.

Good progress was made in relation to closing the gap with a number of targeted nations both in the duet and the team event. Of particular note was the fact that in the team event, we overtook Australia and in the duet we overtook France and the USA. We have always been ahead of Australia in world team rankings since 2009 (we did not compete as a team in the 2008 Olympics).

EXCELLENCE

// WATER POLO



CHLOE
WILCOX



JOE
O'REGAN



ALEX
RUTLIDGE



FRAN
LEIGHTON



HAZEL
MUSGROVE

Like all Olympic and Paralympic sports, 2012 was a hugely significant year for GB Water Polo, with the London Games as the pinnacle of numerous years of dedicated work and efforts from athletes and staff alike.

The men's team was returning to the Olympics for the first time since the 1956 Melbourne Games whereas the women were to make their debut.

Meticulous planning and team preparation had taken place well over a year in advance. In early May 2012, the

senior women competed in the LOCOG test event in the London Aquatic Centre against Hungary, Australia and the USA. There were some encouraging results at this event especially against USA, who have won medals in the last three Olympic Games. The team then competed in the preliminary round of the FINA Women's World League, which took place in Volos, Greece where highly competitive matches were played.

LONDON 2012

As a continuation of their preparation for London 2012, the women travelled to Spain for a friendly tournament with Spain and Italy - both Olympic qualification teams.

In May, the men's team returned to centralised training at the British Water Polo High Performance Centre in Manchester. A month later, a training camp was held with Romania, one of the teams in the same Olympic pool group. Romania had achieved qualification through the World Qualifying Tournament (WQT). The camp proved to

be beneficial to Britain's men in terms of understanding their rival's match tactics ahead of the Games.

Zoltan Kasas joined the squad in early June as consultant coach for the men's team, to work intensively up to the Games period. Zoltan brought with him a lifelong wealth of experience gained working with a large number of water polo playing nations, which proved beneficial to the men's preparation for the Games.

At the London 2012 Olympics, the women's performance demonstrated their impressive, rapid progression and the extent to which Britain is now closing the gap on some of the top European nations. Despite losing to Russia (6-7) and Spain (7-9), the team proved that Britain's women are now in a position to play competitively with the world's best. Having narrowly lost their fifth-sixth play off by two goals, the women's team finally finished in eighth position.

The men's team found themselves in an extremely challenging group which contained Hungary, Serbia, Montenegro, USA and Romania. Despite losing

all matches, the team put in some creditable performances, their best being against the USA.

PROFESSIONAL CLUBS

Following the Olympic Games, a number of players in the women's squad took their first opportunity to join professional clubs in Europe. Their placements provide new environments where the players can experience different coaching



◀
CRAIG FIGES



◀
GRAEME THOMPSON



◀
CIARA GIBSON-BYRNE

level was to receive no funding at all.

The women now have an opportunity to develop their programme to become truly 'world class' and to pursue their objectives of qualification for Rio 2016. A fully-fledged World Class Programme will also provide some further capacity to develop the pathway of talent development in the sport in conjunction with the Sport England Talent funding into the boys' and girls' structures.

Significant improvements to the programme are already underway. In late March, Graeme Thompson was appointed as National Performance Director for Water Polo. Graeme was previously Performance Advisor at UK Sport where his portfolio of Olympic sports included GB Water Polo. Previously, he was Performance Director for Rugby League.

At the time of writing, work was also progressing to secure a new national Head Coach at the start of this new Olympic cycle.

On the men's side, British Swimming remains committed to developing the men's game, despite the gap in funding. A men's strategic leadership group was established in March 2013, led by Alan Booth and including men's Olympic captain, Craig Figes.

One of the immediate objectives of the group was to ensure that the senior men's team was supported and overseen at the European Championship qualifying campaign in spring 2013.

methodologies and approaches to the game. These athletes, along with a proportion of our male players, are also successfully competing in the various European competitions to gain valuable experience.

Back in Manchester, the seasonal transfers have also provided the programme with the opportunity to fast-track some development athletes to train centrally alongside the senior team in a high performance environment.

FUNDING DECISIONS

In December, UK Sport announced the Rio 2016 investment decisions. It was undoubtedly well received when the news broke that the women's programme would receive a significant uplift: the largest of all Olympic and Paralympic sports.

There was disappointment, however, as the programme learned that, along with a number of other smaller Olympic sports, the men's game at world-class

“AT THE LONDON 2012 OLYMPICS, THE WOMEN'S PERFORMANCE DEMONSTRATED THEIR IMPRESSIVE, RAPID PROGRESSION AND THE EXTENT TO WHICH BRITAIN IS NOW CLOSING THE GAP ON SOME OF THE TOP EUROPEAN NATIONS.”

EUROPEAN JUNIOR CHAMPIONSHIPS

// 2013



>
JAMES GUY

EMMA DAY


**BOYS
4 X 200M
FREE**

SWIMMING: JAMES IS NEW GOLDEN GUY AS MATT DEFENDS TITLE

Defending champion Matthew Johnson and Barcelona-bound James Guy led the way as the British Gas GBR junior swimming team collected 15 medals and second place in the medal table at the European Junior Championships.

Johnson arrived in Poznan with two titles to defend after winning the 200m butterfly and 400m IM a year earlier. The City of Sheffield swimmer achieved the target in the fly in 1:58.84 after reeling in Russia's Alexander Kudashev, who was 1.5sec ahead at the final turn. 'There were some really fast guys in that final,' he said. 'They all went out pretty quick, but I knew I had a strong back end so I just stuck to my race plan. It didn't feel so good when I was swimming but when you look up at the board and see yourself coming first you don't remember how much it hurt any more.'

It took the European junior record holder Semen Makovic to thwart Johnson in the 400m IM and the City of Sheffield swimmer

had to be content with a silver medal in 4:17.47. He also won silver in the 400m freestyle, matching his 2012 placing in 3:51.11.

James Guy, meanwhile, warmed up for his world championship swims with gold medals in the 200m freestyle in 1:49.45 and the 4x200m freestyle in which his anchor leg split was a scorching 1:47.84.

GBR medals (15)

Golds (3)

Matthew Johnson	200m Fly 1:58.84
James Guy	200m Free 1:49.45

Boys 4x200m Free 7:19.84

(Max Litchfield 1:50.25, Alex Dunk 1:52.55, Caleb Hughes 1:49.20, James Guy 1:47.84)

Silver (9)

Matthew Johnson	400m IM 4:17.47
Matthew Johnson	400m Free 3:51.11
Max Litchfield	200m IM 2:02.13
Kathleen Dawson	50m Back 28.69
Kathleen Dawson	100m Back 1:02.21
Emma Day	200m Fly 2:12.14
Emma Day	200m IM 2:16.14
Amber Keegan	400m IM 4:46.83

Mixed 4x100m Free 3:33.25

(Mark Szaraneck 50.55, Jack Smith 51.49, Harriet Cooper 55.29, Katie Latham 55.92)

Bronze (3)

Caleb Hughes	1500m Free 15:19.63
Mark Szaraneck	200m IM 2:02.49

Girls 4x100m Free 3:46.89

(Harriet Cooper 56.44, Katie Latham 56.01, Linda Shaw 57.66, Lucy Hope 56.78)

Team-mates Max Litchfield and Alex Dunk kept Britain in touch with splits of 1:50.25 and 1:52.55 before Caleb Hughes moved from fifth to first with 1:49.20 and Guy extended the lead. 'I stuck to my race tactics and came back strongly like I wanted to,' said the Millfield swimmer. 'I'm really happy to come away with relay and individual gold medals.'

Litchfield and Hughes also made the individual podium, respectively winning silver in the 200m IM in 2:02.13 and bronze in the 1500m freestyle (15:19.63). Britain claimed two of the three medals in the IM as Mark Szaraneck took bronze in 2:02.49 behind Litchfield's silver.



**GIRLS
4 X 100M
FREE**



**ALICE
DEARING**

Medal table	Gold	Silver	Bronze	Total
1 Russia	22	8	2	32
2 Great Britain	3	9	3	15
3 Germany	3	8	11	22
4= Czech Republic	2	3	0	5
4= Lithuania	2	3	0	5
4= Ukraine	2	3	0	5
7 Hungary	2	2	4	8
8 Poland	2	1	4	7
9 Spain	1	2	2	5
10 Italy	1	1	8	10

Szaranek also picked up a silver medal as he joined Jack Smith, Harriet Cooper and Katie Latham in the mixed 4x100m freestyle relay, a new event in the championships.

The British girls discovered silver linings aplenty with second places for Kathleen Dawson in the 50 and 100m backstroke (28.69 and 1:02.21), Emma Day in the 200m fly and IM (2:12.14 and 2:16.14) and Amber Keegan in the 400m IM (4:46.83).

Harriet Cooper and Katie Latham each collected a second relay medal as they joined team-mates Linda Shaw and Lucy Hope to come a close third behind Russia and Germany in the girls' 4x100m freestyle.

OPEN WATER: GOLD FOR DEARING AND SILVER FOR HUGHES

Alice Dearing won gold and Caleb Hughes silver for the British Gas GBR junior open water team at the European Junior Championships in Kocaeli, Turkey.

Dearing, 16, from Royal Wolverhampton School, led to the first buoy of the 5k race. She stayed within the main group and was sixth for most of the race, making her break in the last 1km and outsprinting her opponents for victory in 1:03:30.88 just ahead of Italy's Alisia Tettamanzi, who touched in 1:03:30.90 to take the silver. Charlyne Secrestat of France was third in 1:03:31.18.

'I had a great start,' said Dearing. 'I managed to stay in the lead pack throughout the race but it was very physical in the middle of the pack so I tried to keep to the side and out of trouble. In the last 800m I just went for it and gave it all I could. I can't believe I have won the gold. I am so happy.'

Hatfield's Philippa Shuttleworth finished 15th in 1:06:20.80.

Meanwhile, Caleb Hughes won the silver in the 7.5k in 1:25:59.13. The 17-year-old Hatfield swimmer swam a good tactical race, staying in the top five throughout before passing three swimmers in the final 500m to clinch his medal.

Russia's Anton Evsikov won gold in 1:25:57.31 while Lincoln Vulcans' Oliver Bitowt was 27th in 1:39:30.00.

'It was a physical race but I was able to maintain my position throughout,' said Hughes. 'The last 800m was really tough but I just finished as fast as I could. I had nothing left to give.'

Windsor's Lucinda Campbell was the top Briton in the women's 7.5km as she came seventh in 1:35:00.75.

Beckenham swimmer Lauren Walton also secured a top-15 finish as she placed 13th in 1:37:17.15.

The British team of Hughes, Bitowt and Lucy Campbell finished sixth in the 3km team event in 37:19.60.

Britain finished third in the medal table (behind Germany, one gold and two silver, and Italy, one gold, one silver and one bronze) out of 20 countries.

DIVING: BEST EVER MEDAL TALLY FOR BRITISH GAS GBR DIVING TEAM

Britain's junior divers stormed to their best-ever medal tally at the European Junior Diving Championships in Poland to come second in the medals table for the second year running.

The 14-strong British Gas GBR junior diving team amassed four medals of each colour in Poznan, although the silver won in the mixed team event does not feature in the medals table, as this was included as a test event.

The tally included four golds, putting Britain second to 16-medal Russia, whose winnings included eight golds, and comfortably ahead of host nation Poland, whose three medals – one of each colour – put them third.

Ten of the 14 divers came home with at least one medal and the team won a medal in all but four of the 14 events.

The overall result represents a four-medal improvement on last year, when Britain equalled their best-ever tally of seven medals from 2010. Talent and development manager Julian Bellan said: 'In the last couple of years we have really improved. Our history has been normally picking up two, three or at best four medals. The average for a long period would have been three or four.'

'The hardest thing now will be to maintain it. We are going in the right direction but we can't get complacent. We have some encouraging signs, which is good, but this year's result will be

THE BRITISH GAS GBR JUNIOR DIVING TEAM

tough to replicate, that's for sure. We have talent and we can win medals but we had a number of boys who all came to maturity [this year] and some girls at the top end.'

Bellan cited Italy as an example of how quickly things can change in junior diving. The Italians topped the 2012 table with seven medals, including four golds, but slipped to eighth this year with only a single bronze.

The GB team was led by 16-year-old Alicia Blagg, who won two individual gold medals in a European junior debut that came 11 months after her Olympic debut in the springboard synchro event in London.

'Alicia had never done European juniors and the idea was for her to learn to be a winner individually as well as doing it as a synchro player at the highest level,' said Bellan.

'We wanted her to grow in confidence. She was relaxed and that was an important part of her development.'

Blagg's gold medals came in the 1m and 3m springboard.

In the 3m she overcame a shaky performance in the preliminaries which saw her qualify for the final in seventh place. 'I was worried going into the last round of the prelim – I was thinking that I wasn't going to make it to the final,' she said. 'There was a lot of pressure on me to do my last dive well.'

'[In the final] I did probably the best three dives I've ever done and I was so happy and shocked that it happened. I wanted to come to junior Europeans to get more experience in my preparation for Barcelona and to come home with three medals is amazing.'

Matty Lee, 15, looked on course to emulate his City of Leeds club-mate's golden double as he won the B group 3m springboard with 458.65, then led the platform final before being overtaken by Boris Efremov of Russia.

A bronze in the 1m springboard completed Lee's medal set, and he also won a second silver in the mixed team event with Blagg, Shanice Lobb and Dan Goodfellow.

Cambridge diver Goodfellow won Britain's fourth gold medal in the group A platform despite qualifying only fifth for the final. He effectively won the title with his third dive, a back three-and-a-half somersaults tucked, which attracted a score of 90.75 on the way to a final tally of 551.10.

Lydia Rosenthal (City of Leeds) held her nerve to claim a silver medal in the group B 3m springboard with a score of 367.70.

Silver also went to Jack Haslam and Freddie Woodward after they scored 309.00 in the 3m synchro.

Bronze went to Bethany Watts in the group A platform, Plymouth's Shanice Lobb in the group B 1m springboard and Francesca Del Celo and Grace Reid in the 3m synchro.

SYNCHRO: IMOGEN CLOSE TO FINAL

Imogen Smith came within four points of making a final at her first European junior championships in Poland. The Rushmoor swimmer scored 134.0239 in Poznan to come 14th in the solo preliminaries. The first 12 progressed to the final.

In the duet preliminaries, Smith and Corrie Leech scored 137.8286 to finish 16th out of 22.

In the figures competition, Smith came 105th out of 152 with 65.7339, Lilian Ryan 125th (63.9633) and Leech 131st (63.6032).

The figures also provided a reminder of the extent of Russian dominance in modern international synchro with Russian swimmers occupying the first 11 places and 12 of the first 15.

Russia also comfortably won the solo, duet and team combination events. The Ukraine won all four silver medals with Spain taking bronze in the duet, team and combination and France the solo bronze.



LILIAN RYAN, IMOGEN SMITH AND CORRIE LEECH

INTERNATIONAL INFLUENCE

It has been a busy year for the delivery of British Swimming's International Relations programme. It's long been recognised that hosting and attending international events and meetings provides an excellent opportunity to network and develop stronger relationships with international colleagues which, in turn, affords the opportunity to influence when required.

Involvement in the delivery of the aquatics events as part of the London Prepares Series and the London 2012 Olympic and Paralympic Games provided unique opportunities but there were many others including:

April 2012

- Direction of the FINA Midea Diving World Series 2012 by Melanie Beck on the FINA Technical Diving Committee
- Hosting of the FINA Technical Synchronised Swimming Committee during the FINA Olympic Games Synchronised Swimming Qualification Tournament

May 2012

- Hosting of the FINA Technical Water Polo Committee during the LOCOG Invitational International Water Polo Tournament
- Observer visit to the LEN European Diving Championships in Eindhoven (NED)
- Observer visit to the LEN European Swimming Championships in Debrecen (HUN)
- Attendance at the LEN Extraordinary Congress Debrecen (HUN)

July, August, September 2012

- Key volunteers placed in sport specific Games Maker roles across all disciplines
- Technical Officials appointed as NTOs (National Technical Officials) at the Olympic and Paralympic Games
- Participation in the IPC Paralympic Games Observer Programme
- Attendance at the LEN Congress Lisbon (POR)

October 2012

- Negotiation and agreement with IPC to upgrade the awarded IPC Swimming European Championships to a World Championships in 2015
- IPC site visit to Tollcross Leisure Centre, host venue for 2015

November 2012

- Attendance at the FINA World Aquatics Convention in Moscow
- Attendance at the LEN European Short Course Championships in Chartres (FRA)

December 2012

- Attendance at the FINA World Short Course Championships in Istanbul (TUR)

February 2013

- Hosting of the LEN Technical Open Water Swimming Committee in Manchester

FUTURE HOSTING

Progress has also been unrelenting on bid and hosting plans for future events. In November, a delegation including representatives from British Swimming and UK Sport, together with Olympic medallist David Davies, presented to the LEN Bureau, London's bid to host the 2016 editions of the LEN European Championships and LEN Masters Championships.

Whilst the events were not awarded, London was named as the preferred bidder and a revised bid requested by LEN in May 2013, we await a successful outcome.

Meanwhile, the planning and delivery of events already secured continued including the FINA Midea Diving World Series in Edinburgh in April 2013 and London 2014, the LEN Congress in Edinburgh in September 2013 and the IPC Swimming World Championships in Glasgow in 2015.

The role that our International Delegates play within our international relations programme remains equally, if not more, important as they have the opportunity to be directly involved in the decision making and governance structures that influence the development of the sport at continental and world levels.

BRITISH INTERNATIONAL DELEGATES/REPRESENTATIVES

LEN

(appointed at September 2012 Congress)

General Secretary, Bureau Member, liaison to Medical Committee, LEN EU Policy Commission	David Sparkes
Member Technical Swimming Committee	Craig Hunter
Chairman Masters Committee	Simon Rothwell
Hon Secretary Open Water Committee	Sam Greetham
Vice Chair Synchronised Swimming Committee	Jenny Gray
Panel for Disciplinary Matters & Disputes	Chris Murray

FINA

(appointed at July 2009 Congress and being nominated for appointment at 2013 Congress)

Member Disciplinary Panel, nomination for FINA Bureau	David Sparkes
Member Technical Open Water Committee	Sam Greetham
Member Technical Masters Committee	Simon Rothwell
Member Technical Synchronised Swimming Committee	Jenny Gray
Member Technical Diving Committee, Director of World Diving series	Melanie Beck
Member Sports Medicine Committee (Since 2011)	Kevin Boyd
Honorary Secretary, FINA Facilities Committee (Since 2012)	Kate McKnight

IPC

(appointed since 2009)

Head of Technical Control IPC Technical Swimming Committee	Robert Outtram
Member Classification Rules and Regulations Sub Committee	Craig Nicholson
Member Competition Programme Working Group	Tim Reddish

CORPORATE

PEOPLE AGENDA

Throughout the year, we have continued to work to improve staff engagement and communication strategies. The Olympics and Paralympics were ideal opportunities for our staff to engage with the sport and gain an appreciation of the effort that needs to go into achieving organisational objectives. We arranged various staff events and opportunities linked to the Olympics and Paralympics including team/department visits to the Paralympics, an Olympic torch breakfast event as well as opportunities for staff to volunteer at the events.

In February we organised a Staff Conference and there was an impressive level of attendance from all areas of the organisation. The focus of the day was to present to staff the Vision for Swimming 2013 -2017 and during the event each directorate explained what the Vision would mean for their area of responsibility. We followed up with open conversations hosted/facilitated by members of the Senior Management Team, who introduced the organisation's objectives and then took questions and feedback from staff.

We have also conducted a Staff Engagement/Satisfaction Survey in February/March 2013. The results highlighted effect of the work that has been undertaken and enabled us to focus on those areas that need further attention. We were particularly pleased that 96% of staff who responded care about the future of the organisation, 86% are proud to work for the organisation and 77% of staff agreed that working here makes them want to do the best work they can. We were also pleased that in the majority of areas we score higher than our benchmarked group (organisations of a similar size).

Looking ahead, we plan to consolidate and build on the work that has already been done so far, reviewing and refreshing our appraisal systems to ensure that personal development plans are in place for all staff. We will also focus on our Values: Opportunity, Innovate and Openness and ensure that these become embedded within the organisation.

EQUALITY, DIVERSITY AND INCLUSION

British Swimming continues to maintain its commitment to equality, diversity and inclusion. We are working to further entrench these key values into day to day practice and ultimately, towards the independent verification of our commitment through the achievement of the Advanced level of the Equality Standard for Sport; British Swimming is already the proud holder of the Foundation, Preliminary and Intermediate Standards.

As part of this equality commitment, British Swimming is now widening its audit scrutiny of equality representation to consider all characteristics covered by the Equality Act 2010. Those findings will inform British Swimming's equality and diversity activity over the coming year, and serve to underline its inclusive policy objective that the aquatic disciplines are 'for all'.

British Swimming is also further refining its processes and resources to ensure that this commitment is explicit and accessible. This is evidenced by the re-writing of the Equality web page.

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, skype and webex instead of travelling to meetings, switching off equipment at night including VDU's, and careful printing of documents. Sixty-six per cent of the waste produced during the year was recycled.

The 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. Alternatively, the 'cycle to work' scheme is actively encouraged.



WORLD CHAMPIONSHIPS

// 2013



➤
**FRANCESCA
HALSALL**


 A close-up photograph of a young male swimmer, James Guy, adjusting his blue Speedo swim cap. He is wearing black goggles and has a focused expression. The background is blurred, suggesting an outdoor pool setting.

>
JAMES GUY

JAZMIN
CARLIN



SWIMMING:

One bronze medal made Barcelona Britain's worst world championship performance since 1994, when the tally was zero. But it wasn't all gloom as team leaders detected rays of light in the tunnel.

For the two men charged with turning around Britain's swimming fortunes over the next three years, this was not just a baptism of fire but an educational experience. In their post-championship chat with British media, the words 'learn', 'learning' and 'learnt' were uttered 10 times in 10 minutes by national performance director Chris Spice and head coach Bill Furniss.

'We know it's a challenge and we know we have to change some things – drastic things,' said Furniss. 'We are going to learn from this.'

SINGLE BRONZE

There was no attempt to hide the disappointment of a championships that had yielded a single bronze medal and in which 50 per cent of swims were slower than the same swimmers achieved at the trials a month before. But Spice and Furniss were also eager to underline the positives, most of which were delivered by newcomers to the team.

'It's been a disappointing week,' said Furniss. 'We came here expecting to do much better than that. And we truly believed we would do much better than that. But it's very much an indication of where we are now. This is a new team. Thirteen swimmers who went to the Olympic Games are not on this team and something like 10 won major games medals in their career. So there's a big hole in the team.'

'But the juniors have stepped up. Five or six have really delivered. Their attitude is no fear and no respect. They are not looking at reputations. Look at James Guy. Fantastic. It doesn't matter who you are, he's going to take you on. There he is, 17 years old and fifth in the world in 400 free. Seeded nowhere coming in. Leads our relay off in 1:47.1.'

'I have said to the swimmers that this time our seniors can learn from our juniors. No fear, take it on, have a go in a controlled, right way. But I think that's something we have learnt. We've watched the athletes, we've watched the coaches, we've looked at everything and we can see some areas we can certainly move forward on.'



FULLY AWARE

'UK Sport are fully aware that we have only just started,' said Spice. 'And they also understand that our leadership team is not even in place yet. So from our point of view this was an assessment meet. This is a brutal assessment of where we are. Our impact hasn't even begun. As soon as we get our leadership team on board we will be looking at what we are going to do in terms of the front end of next year that will make a difference. But what we do know is that things cannot stay the same.'

Furniss added: 'There's a massive amount of work to get a new performance management team in and we are looking at everything we do in swimming – where we spend our money. But when that's over my job is on deck with the coaches and improving the conversion rate. I see that as my primary role.'



MICHAEL JAMIESON

FRANCESCA HALSALL



NEAR MISSES

Asked about the number of 'near-miss' places – three fourths and nine ninths not to mention a few 17ths – Furniss said: 'I'd rather fourth than fifth. I'm not bothered about ninth or eighth. If we are going to focus on ninth or eighth, we are not going to get the medals.'

'We've got to focus swimmers on trying to win events, to be the best in the world. In a few years time I will want to have swimmers who are disappointed with silver. It's about raising the bar, about being more focused, more concentrated. It's about being world class. To me we missed the medals and that was the thing we were after.'

MEDALS AND MISSES

Fran Halsall did claim a bronze medal at the 11th hour, but then declared she was not happy with it. 'Actually I'm disappointed. I wanted gold,' she said minutes after coming third in the 50m freestyle. 'I'm happy to be on the podium but I'd like to have gone a bit faster. A medal's nice but I wanted the gold so it's bitter-sweet really.'

Halsall, fourth in the 50m butterfly 24 hours earlier and fourth twice in the last world championships in 2011, was close to tears as she added: 'It's not easy when you keep coming fourth and fifth. It was about erasing my demons from 2011 and coming fifth in the Olympics. I have a lot of demons to shift.'

Halsall – now coached by James Gibson, who won gold and silver here 10 years earlier – was back in the pool an hour later to anchor the 4x100m medley relay team to sixth place with a split of 53.21. The event also provided a debut for backstroker Lauren Quigley (1:00.30) and breaststroker Sophie Allen (1:07.82), both swimming their first relays at this level, while Jemma Lowe found herself as the automatic butterfly choice for the first time following the departure of Ellen Gandy to southern climes and Halsall's temporary abandonment of the 100m fly.

'We had to step up to get in the final and then we stepped up again,' said Lowe, whose split of 57.34 was fourth fastest of the eight butterflyers in the final. 'It would probably have taken disqualifications of other teams for us to get a medal but sixth is a good result.' Gold for the USA gave Missy Franklin her sixth gold of the championships, the most won by a woman.

It was always going to be close in the men's 200m breaststroke but hopes rose a little as Andrew Willis and Michael Jamieson turned fourth and fifth at 50m only then to be dashed as they were edged into fourth and fifth respectively in 2:09.13 and 2:09.14. Both

were within 0.2sec of the bronze medal place as Hungary's Olympic champion Daniel Gyurta successfully defended his world title in 2:07.23, a championship record.

Willis, 22, who was eighth in both the 2011 worlds and the Olympic final, said: 'I wanted a medal and for us both to miss out is a bit gutting. Moving from eighth to fourth is the only positive to come out of the race.'

Jamieson, the Olympic silver medallist, whose preparation was disrupted by a shoulder injury, said: 'I've had a nightmare couple of months. My real strength is that back-end 50 and that's down to fitness but I don't have that here. You have to deal with injuries and unfortunately I had one at the wrong time. But I'm here for medals and I'm the first to hold my hand up and say that's not good enough.'

FUTURE GLORY

Jazmin Carlin, who missed out on London 2012 due to illness, and James Guy, the youngest man on the team at 17, emphasised their candidacy for future glory with fourth and fifth places in the women's and men's 400m freestyle. Guy was also among a quartet of teenagers who underlined the case by making three semi-finals and two finals between them.

Carlin, 22, arrived in Barcelona ranked higher in the 800 and 1500m after finding the form of her life in the trials. But it looked as though she might be heading for a medal in the 400 as she turned third at the final 50. It was not to be as New Zealand's Lauren Boyle eased ahead on the final length leaving the Welsh record holder 0.14sec away from the podium despite lowering that record to 4:04.03. 'I'm absolutely gutted,' she said. 'I wanted to be on that podium. It's disappointing – less than 0.2sec off bronze – but that happens in sport.'

But it's a best time and I've got to take positives from that. If someone had told me last year I'd be fourth at world championships I'd have taken it. But you want to be on the podium – you want to be the best.'

BURST OF SPEED

James Guy's emotions contrasted with Carlin's after he headed the field at 50m, gradually slipped back to seventh at 350m, then found a further burst of speed to race back to fifth on his world championship debut. The Millfield School student arrived in Barcelona hotfoot from the European Junior Championships, where he won individual and relay gold medals, and expecting to swim only the 4x200m freestyle relay.



**CRAIG
MCNALLY**

He was given the second 400m berth after Dan Fogg opted to cut the shortest of his four events from his programme – and then effectively kept fellow Briton and Olympic finalist Robbie Renwick out of the final as they finished eighth and ninth respectively in the heats.

Double Olympic champion Sun Yang won the final in 3:47.96, the first Chinese to do so after swimming inside world record pace for much of it. For Guy, being in the same race as Sun was almost sufficient. 'Sun Yang is my hero. To sit next to my hero in the call-room and race him is so cool,' he said.

'Today has been one of the best days of my life. I've made the world championship final, which I thought I'd never do – and I came fifth. I'm over the moon.'

Elsewhere, Robbie Renwick was sixth in the 200m free, Craig McNally sixth in the 200m back; eighth for Dann Fogg in the 1500m free and for the men's 4x200m free relay.

Lauren Quigley was eighth in the 50m back with Georgia Davies sixth. Sophie Allen and Siobhan-Marie O'Connor were seventh and eighth in the 200m IM with Hannah Miley fifth in the 400m IM.

RACE MORE

'But the main thing is we've got to race more. The thing I have learnt more than anything here is that we can swim in the bubble that is the trials in England but we are not competing well out of that bubble.

'You will see British swimmers as we get closer to major games racing more against the rest of the world and, importantly, racing tired against the rest of the world. So there is going to be a sea-change in that.'

Spice said he was pleased with the way people stayed on track in Barcelona despite the obvious problems. 'We had a day-and-a-half that were a real challenge for us in terms of performances. We pulled together really well as a team and I was pleased at the back-end of the meet but I still think there is work to do.

'A lot of it is related to racing and we have got to get better at the psychology of racing. And that isn't about swimming a time, it's about racing the person next to you. A lot of people won medals here without swimming their best times.'

ROLE FOR REBECCA

Rebecca Adlington is to be offered a role. 'Rebecca can help the kids develop, said Spice. 'She's hard and uncompromising. We've got to lift that junior group out and do something special with them. In three years time it's that group of athletes that will be around.'

'REBECCA (ADLINGTON) CAN HELP THE KIDS DEVELOP, SHE'S HARD AND UNCOMPROMISING. WE'VE GOT TO LIFT THAT JUNIOR GROUP OUT AND DO SOMETHING SPECIAL WITH THEM. IN THREE YEARS TIME IT'S THAT GROUP OF ATHLETES THAT WILL BE AROUND.'

UNFAMILIAR CHALLENGE

One unfamiliar challenge that swimmers and coaches had to deal with was a late trials – held, for the first time since 1996, just four weeks out from the meet instead of three or four months. The change was a response to the disappointment of London 2012 but many did not find it easy to adjust.

'Believe it or not, about 50 per cent of the performances from our squad were better than at the trials,' said Furniss. 'I think the trials hurt us aerobically and we haven't handled that very well, either swimmers and coaches. It's something we've got to learn. Interestingly, without those late trials I don't think those juniors would have made the team. I've spoken to their coaches and [they feel that in] March-time they weren't ready. They think they would have struggled. So swings and roundabouts.

'Next year we are not doing late trials. It's Commonwealth Games and we are going for trials in April. Then Chris and I have got to look very closely at where we are going in the future and learn from this. It's not as bad as we think. But in the distance events we've struggled and we need to learn from that.'



**ANDREW
WILLIS**



>
TOM DALEY

DIVING:

The Chinese maintained their dominance of the sport winning nine of the 10 events. For the Brits, the best performance came from Sarah Barrow's fourth in the 10m although Tom Daley battled bravely with injury for sixth in his 10m final. And there is such potential with Jack Laugher diving very well to lead the preliminaries of the 3m – but then not making the final – and Tonia Couch second in the semis of the 10m – but not repeating such form in the final. Britain's divers now need to be making the transition from 'potential' to winning medals when it counts.



HANNAH
STARLINGSARAH
BARROW
AND TONIA
COUCH

FINALISTS

WOMEN 3M

Eighteen-year-old Hannah Starling was delighted to get into the final – just, in 12th with 297.35, and steady throughout, she finished seventh with 326.20, the gold going to the 1m champion, China's He Zi on 383.40, the country's seventh successive win in the event.

WOMEN 3M SYNCHRO

Alicia Blagg and Rebecca Gallantree finished sixth having been in the medal chase before finishing just 7.35 points off the podium on 284.73. 'We're happy with the placing,' said Gallantree. 'That's the best we've got in a world event and it qualifies us for the World Series next year which is great. It's no easy thing to get a medal at a world champs – and it's nice that we were so close. Hopefully next time we can make that next step and get there to the podium.'

MEN 3M SYNCHRO

Britain's Chris Mears and Nick Robinson-Baker did not have the best of starts although after round five, they had pulled up to fifth and were closing on the podium. But just 63.24 for their last (inward three and a half somersaults with tuck) dropped them back to eighth on 391.53. 'We had a cracking competition,' said Robinson-Baker, 'but I went quite over on my last dive...maybe it was the pressure building up a little bit.'

MEN 10M

Could Tom Daley, making his return from injury, get that first medal for Great Britain? No, he finished sixth but was resigned to the situation: 'I've also had a local anaesthetic today so I've been diving with a numb arm which is a bit of a weird sensation. I can't straighten my arm properly which makes entry to the water really difficult. But I really wanted to compete. I would've competed even if my arm was falling off.'

'It's frustrating knowing that it was only 517 points to get a silver medal – the scores were low today and that could've been an opportunity for me to get up there again, it's one of those things though. When you've got an injury you can only do the best you can do with that. I'm a long way off my best. My best performance this year is 542 so it's a little bit frustrating but I'll go away from here and try and get my tricep rehab properly done.'

'I've torn it two or three times now so it's about time I had a little bit of luck. This year has just been one thing after another.'

'THAT'S THE BEST WE'VE GOT IN A WORLD EVENT AND IT QUALIFIES US FOR THE WORLD SERIES NEXT YEAR WHICH IS GREAT. IT'S NO EASY THING TO GET A MEDAL AT A WORLD CHAMPS'

WOMEN 10M

Sarah Barrow and Tonia Couch both made the final, with Tonia qualifying second from the semis. However, neither started well, Sarah eighth after round one and Tonia last with just 43.20.

But Sarah soon began to dive extremely well and at one stage was just one point away from the bronze medal position but ending the best performance of her career on 346.45, she remained fourth.

'I'm not too disappointed at all,' she said. 'I got a personal best by about one point and the last time I did that was 2008 so I'm pretty happy. When I came to this competition, I thought it's my first final at a World Championships and I didn't have anything to lose so I just sat back and enjoyed it. People dropped one dive but I managed to stay steady.'

Tonia finished ninth with 311.00, no doubt rueing her start. 'I'm a little bit gutted with today's performance. That's diving for you – one day you're buzzing and happy and I dive like I did yesterday and then the next day you're not. My score yesterday would have got that bronze medal and that will tick over in my head for a while.'

WOMEN 10M SYNCHRO

Back in ninth after the first round, then seventh, Britain's Tonia Couch and Sarah Barrow pulled up to third after the third round but they couldn't hold on to the bronze spot and finished fifth on 309.72.

Sarah Barrow was aware that a better result was possible. 'We got two bronzes and a silver in the World Series this year against the same teams as today so we know we can beat them. Apart from the Chinese, the top eight in the world are always changing really.'

'It just needs to go right on the day. We've been working really hard on inward which has been our lowest scoring dive the past few years but was our highest in prelims and finals today. You start on one dive and another one goes a bit.'

'One day we'll get it all together.'



JENNA RANDALL

SYNCHRONISED SWIMMING:

It was Russia all the way to the gold medals for the second successive world champs. And for Britain, whilst NPD Biz Price is just starting the development of a new team, the experienced solo and duet swimmers, Jenna Randall and Olivia Federici, were looking to improve their marks on the world stage.

SOLO TECH

Jenna Randall went through to the final in 10th place albeit just one point separating her from the competitors from Greece, Italy and the USA. Having been eighth in the last worlds, she was looking for improvement and, despite having a delayed start due to a music problem, her routine to music from 'Notre Dame de Paris' was well received by the crowd. She had good height out of the water and clean execution of the elements and her 87.500 did lift her up one place in the rankings, but she was a little disappointed.

'I thought I stepped it up for the final and did a really good swim,' she said. 'It's a shame about the marks again and I'm not so happy with that ranking. But I've spoken to my coaches and they're pretty happy with how I've performed which is important.'

SOLO FREE

Jenna Randall, swimming fifth in a stunning pink and green and gold shimmer costume, looked confident and strong performing to the sultry music of Lana del Rey's 'Motel Mermaid' and she gave one of her best ever performances, hugging coach Imura at the end as tiredness swept over her. But with a big smile on her face. 87.590 for eighth, same as the world's two years ago. 'I thought it went really well,' she said, 'I tried to give everything and I think I did.'

DUET TECH

Having finished ninth at the past two worlds and ninth for their technical routine at London 2012 last year, Jenna Randall and Olivia Federici's 'Ravens' routine for 87.800 brought them a best ever eighth place (jointly with Italy).

'We were really focusing on the execution of our elements and wanted to do better than we did in the prelim (87.700),' said Jenna. 'We felt really as a unit in the water, which is fantastic, and we haven't really felt like that for years.'

Olivia credited new coach Masayo Imura – who coached the Chinese to six medals at the 2011 world champs – with their improved technique. 'She really helped us – especially on the

elements, she's brought in sculling techniques, which has made a difference to our height and stability. Just having a different approach and perspective has helped as well and we've really enjoyed working with her over the last two months. We call her super-coach.'

'I THOUGHT I STEPPED IT UP FOR THE FINAL AND DID A REALLY GOOD SWIM, IT'S A SHAME ABOUT THE MARKS AGAIN AND I'M NOT SO HAPPY WITH THAT RANKING. BUT I'VE SPOKEN TO MY COACHES AND THEY'RE PRETTY HAPPY WITH HOW I'VE PERFORMED WHICH IS IMPORTANT.'

DUET FREE

Swimming first in sparkling royal blue and flesh-coloured costumes, Jenna and Olivia repeated their London 2012 ranking with 87.180 for ninth but they had been looking for a move up the marks. 'We hoped for something better,' admitted Olivia. 'It would have been nice to start reaching in to the 90s this week, which we've been trying to do. Sometimes it's hard when you receive low marks after a good performance but all we can control is our own performance and we gave it our best.'

TEAM FREE

Considering that four of the 'new' British Gas GBR synchronised swimming team of eight were at their first senior championships, and three of them just 15 years old, the girls had done well to qualify 11th for the final with 82.510 for their 'Peter Pan' routine, a slightly amended version of last year's Olympic routine.

The team was London 2012 Olympians Yvette Baker, Vicki Lucass, Katie Clark and Asha Randall and newcomers Amy Campbell, Lucy Bowes, Sam Wilson and Jodie Cowie and they had the biggest crowd of the championships so far.

The opening lift went very well and the girls were precise, the theme was well played out and the whole routine well received for 82.570 (12th).



◀
**BRITISH
TEAM IN
ACTION**



**BRITISH
GAS GBR
SYNCHRO
TEAM**
L

HAZEL MUSGROVE



CLAIRE NIXON



WATER POLO: HUGE LEARNING EXPERIENCE

The British Gas GBR women's water polo team were at the world championships for the first time in 10 years and, though they were competitive, they lost all their group games and then went down to Hungary in the qualification round.

'Five of our team haven't played in a major tournament before,' said captain Rosie Morris, 'so it's been a huge learning experience for us. Rio is our focus, we'll have a new coach, new players and all this is about building for that.'

Interim head coach Paul Metz said: 'Playing at this level is a fantastic experience for the new players on the team and for those players who were at the Olympics but didn't get much match play. We didn't have the most experienced team here but we knew that three months ago and it has been a huge learning experience and the outcome has been hard.'

GROUP GAMES

GBR 9 v Canada 14

GBR scorers: Ciara Gibson-Byrne 4, Hazel Musgrove 3, Chloe Wilcox 2

GBR 7 v Greece 13

GBR scorers: Lisa Gibson 2, Ciara Gibson-Byrne 2, Angie Winstanley-Smith 1, Fran Clayton 1, Chloe Wilcox 1

GBR 4 v USA 16

GBR scorers: Ciara Gibson-Byrne 2, Angie Winstanley-Smith 1, Kathryn Fowler 1

QUALIFICATION ROUND

GBR 5 v Hungary 14

GBR scorers: Claire Nixon 2, Fiona McCann 1, Ciara Gibson-Byrne 1, Angie Winstanley-Smith 1

The British men were not at the world championships.



OPEN WATER:

British involvement was confined to the 10k events.

10K MEN

Britain's Jack Burnell did very well to finish 15th in 1:49:30.6 and indeed he and team-mate Dan Fogg took the lead at various stages but Fogg faded to finish 38th in 1:50:29.0.

'That was unbelievable,' said Burnell. 'My first major champs and fourth open water overall. I didn't know what to expect because I've never been in a field the quality or size of this one. I just threw everything at it, I threw the kitchen sink at it. I was leading and around third for probably two to three laps. I think I probably didn't have the experience or knowledge to put myself in the correct position for the last lap which I'll learn from. I had no expectations, I just thought I'll see what I can do and just enjoy. And I did, I really enjoyed it.'

'It's his first world championships and a great result would have been top 25,' added Kevin Renshaw, coach to both athletes at the British Gas ITC Loughborough. 'Top 20 would be outstanding and top 15 would be a miracle so for Jack, I'm absolutely delighted. He swam a great race, a confident race.'

Fogg, who finished fifth at London 2012 last year, said: 'I've felt really good the last few days in training, I had a great start and was exactly where I wanted to be going up the first front straight. The field was so strong and bunched up a lot but I got myself back up into a good position with a lap to go. I started to kick and the pace really picked up and I couldn't really go with it with 2km out so I couldn't be where I wanted to be down the back straight. I had nothing in the arms, nothing in the legs, nothing at all to give me that sprint at the end.'

10K WOMEN

Hungary's Eva Risztov made the early pace but defending champion Britain's Keri-anne Payne, distinctive from the pink back of her costume, was always close. Around the 1hr 20min mark, Keri-anne started to slip back a little but a big effort got her back in the mix – and then on to the feet of the leader with one lap to go.

But at the last but one yellow turning buoy, Keri-anne got badly bunched and lost ground and Polly Okimoto of Brazil (silver in the 5k) went to the front and grabbed the gold in 1:58:19.2.

Keri-anne, fourth in her home Olympics just a year ago, was back in the mass surging under the touchpad just a few seconds back, 1:58:25.8 for 14th place. 'The first few laps were absolutely

fine and then all of a sudden it was absolute carnage,' said Payne. 'I've no idea how many places I lost going round one buoy, getting dunked, hit in the face and swum over. It's not quite what I was hoping the swim would've been. The referees before the race said they were going to be really strict but I don't think they were strict enough. The race didn't need to be won by who has got the biggest elbows or who can dunk somebody the most.'

Britain's other representative Danielle Huskisson was 33rd in 2:01:31.5.

'THE FIRST FEW LAPS WERE ABSOLUTELY FINE AND THEN ALL OF A SUDDEN IT WAS ABSOLUTE CARNAGE, I'VE NO IDEA HOW MANY PLACES I LOST GOING ROUND ONE BUOY, GETTING DUNKED'



LONDON OLYMPIC CYCLE RESULTS

// ALL AQUATIC DISCIPLINES



JENNA
RANDALL
AND OLIVIA
FEDERICI



SYNCHRONISED SWIMMING

YEAR	EVENT	MEDALS ACHIEVED/ PLACING
2009	FINA World Championships	Team - 15 th place
2010	LEN European Championships	Team - 6 th place Duet - 5 th place
	Commonwealth Games	Two silver medals One bronze medal
2011	World Championships	Duet - 9 th place Team - 10 th place
2012	Olympic Games	Duet - 6 th place Team - 9 th place

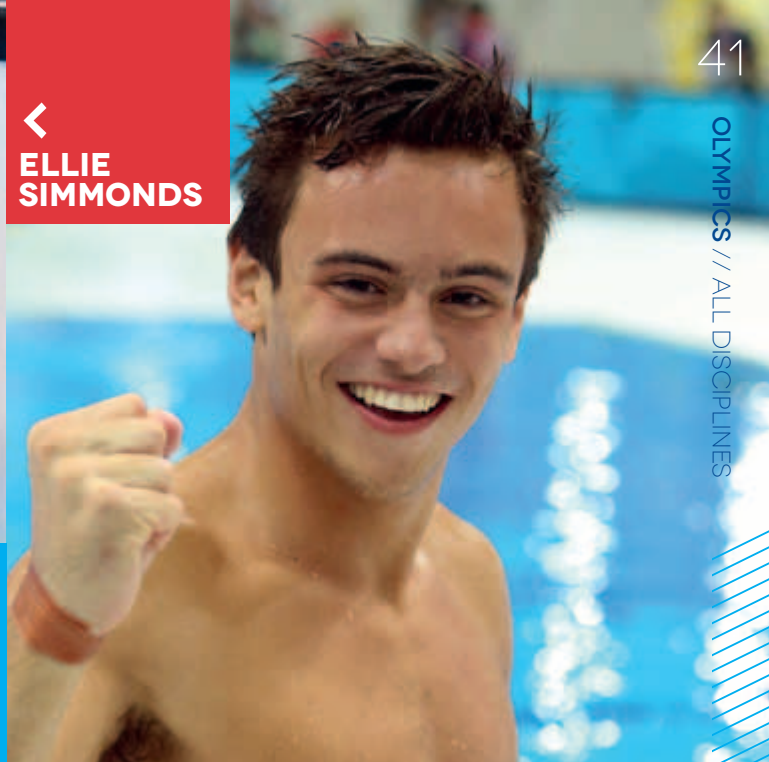
The Olympic cycle performance results for British Synchro demonstrated significant improvement on the previous four years by an eleven-place move up the rankings for the Duet between the 2007 World Championships (where the pair finished in 20th place) to the 2011 World Championships.

The squad also showed considerable progression in the Team event with an emphatic move onto the world stage from a no placing in the previous cycle at the 2007 World Championships.

The national squad's performance at the Olympic Games confirmed that British Synchro has become a major player with the potential to be in medal contention with the world's best within the next two Olympic cycles.



TOM DALEY



ELLIE SIMMONDS

DISABILITY SWIMMING

YEAR	EVENT	MEDALS ACHIEVED/ PLACING
2009	European Championships	38 gold medals 33 silver medals 21 bronze medals 1st on the medal table
	World Championships (SC)	18 gold medals 16 silver medals 12 bronze medals 5th on the medal table
2010	World (LC) Championships	16 gold medals 16 silver medals 20 bronze medals 4th on the medal table
	Commonwealth Games	Six medals
2011	European Championships	27 gold medals 26 silver medals 30 bronze medals 2nd on the medal table
2012	Paralympic Games	Seven gold medals 16 silver medals 16 bronze medals 7th on the medal table

Disability Swimming has proved that it is a consistent world force across the Olympic cycle, despite the progression of other nations' programmes, finishing in the top eight of the medal table at all the world-level benchmark events. Overall, Britain has maintained its percentage world share of the medals unlike many other western nations that have shown a decline.

Disability Swimming has seen a significant rise to the world stage of nations such as China, Ukraine, Russia and Brazil, as foreign governments have seen the potential and increased their investment in disability sport.

Britain also had the highest number of individual Olympic medallists (equal with the Ukraine), showing the strength and depth of its programme. Domestically, Disability Swimming continues to be one of the most dominant sports in the Paralympic landscape, taking the highest number of medals for Britain at the London Olympics.

DIVING

YEAR	EVENT	MEDALS ACHIEVED/ PLACING
2009	FINA World Championships	One gold medal Three top 12 places
	European Diving Championships	Two bronze medals Three top 8 places
2010	FINA World Cup	Five top 12 places
	30th LEN European Championships	One bronze medal Seven top 12 places
	Commonwealth Games	Two gold medals
2011	FINA World Championships	Seven top 12 places
	European Diving Championships	Nine top 12 places
2012	London Olympic Games	One bronze medal Five top 12 places
	FINA World Cup	Two bronze medals Six top 12 medals
	LEN European Championships	Two gold medals Three 5 th Places Two 6 th Places One 7 th Place Two 8 th Places One 9 th Place One 10 th Place One 11 th Place

This Olympic cycle saw elite Diving raise its own game globally. The technical difficulty of dives increased and rivalry among nations became more intense as the world saw a chink in the armour of the Chinese, which finally led to two non-Chinese gold medals in London.

The whole world grew up but British divers grew up faster. All the major events at every level were marked with medals won by the British divers: from the Junior Europeans and the Junior Worlds to the Commonwealth Games, the European and the World Championships and the Olympic Games. The bronze medal in London was the culmination of British Diving's most successful Olympic cycle and its first Olympic medal since 1960.

“BRITAIN’S JUNIOR SWIMMERS HAVE PROGRESSED WELL THROUGH THE CYCLE, WITH THE NUMBER OF MEDALS WON AT EUROPEAN JUNIOR CHAMPIONSHIPS RISING FROM FIVE IN 2009 TO A TABLE TOPPING 19 IN 2011.”

SWIMMING

YEAR	EVENT	MEDALS ACHIEVED
2009	FINA World Championships	7
	LEN European Juniors	5
2010	Commonwealth Games	38
	LEN European Juniors	15
2011	FINA World Championships	5
	LEN European Juniors	19
2012	London Olympics	3

Despite the lower than expected medal haul in London 2012, the Olympic cycle as a whole contained many significant positives for Swimming. Britain’s world market share progressed to a new high in 2012, indicating significant strength in depth in the talent pipeline. This depth was evident at the Olympics where Britain achieved a record 23 finalists, the third highest of any competing nation.

Britain’s junior swimmers have progressed well through the cycle, with the number of medals won at European Junior Championships rising from five in 2009 to a table topping 19 in 2011. With an increasing number of the senior team coming from former European Junior team members this demonstrates the programme’s potential for Rio 2016.

OPEN WATER

YEAR	EVENT	MEDALS ACHIEVED
2009	FINA World Championships	1
	LEN European Juniors OW	2
2010	FINA World Championships	0
	LEN European Juniors OW	2
2011	FINA World Championships	1
	LEN European Juniors OW	1
2012	London Olympics	0

Britain dropped back from its position as the emphatic world leader at the Beijing Olympics as the rest of the world caught on to the potential of new Open Water medals. In addition to amassing six European Junior Open Water medals across the cycle, Britain was one of only two nations to place a swimmer in the top six of the male and female events in London 2012, which although off its medal target, showed that Britain remains a world force in Open Water.

WATER POLO WOMEN

YEAR	EVENT	ACHIEVEMENT
2009	European B Championships	First place
2010	European Qualifying Championships	No qualification
2011	European Qualifiers – Championships	7 th place
2012	London Olympics	8 th place

MEN

YEAR	EVENT	ACHIEVEMENT
2009	European B Championships	4 th place
2010	European Qualifying Championships	No qualification
2011	European Qualifiers – Championships	1 st place
2012	London Olympics	12 th place

The home nation Olympic cycle was, by all accounts, a momentous period in which the future for Water Polo at High Performance level would be decided. The elite programme faced funding uncertainty for the first part of the cycle until its status was confirmed as a ‘basic funded sport’ by UK Sport.

The women’s team made significant progress on the international stage for the first time in decades. The squad qualified for the European Championships for the first time in 15 years, progressing from 14th place in 2004 to seventh in 2011. Other highlights during the cycle included victory over the reigning World Champions, Greece in 2011 and beating the future European Champions, Italy in the same year.

For the men’s team, the margin of improvement necessary for the squad to compete at world level was considerably more challenging. Nevertheless, the tactical decision to place players in foreign clubs yielded some performance gains.

British Water Polo qualified for the Olympics for the first time since 1956*, after the sport successfully presented its case for a ‘home nation’ place to the BOA.

The performance of the women’s team demonstrated the future potential of the team by almost beating the silver medallists, Spain and a close match against Russia. As a result of the team’s performance over the past four years, the women’s programme was awarded UK Sport investment.

* Just the men’s team played in 1956 as the women’s game did not become part of the Olympic Games until 2000



10KM OPEN WATER
L



>
FRANCESCA
PAINTER-
SNELL



>
MICHAEL
JAMIESON

IPC WORLD CHAMPIONSHIPS

// 2013



AMY
MARREN
L



◀
**JOSEF
CRAIG**



▶
**MATT
WALKER**

THIRD IN MEDAL TABLE

The switch to a smaller and younger team post-Paralympics, appeared to be seamless as British teenagers led the team's charge for podium finishes. By the end of the week, the 32-strong team had flown past the 39 medals won at last year's Paralympics. With a total of 55, the British Gas GBR swimming team finished third in the medal table behind Ukraine and Russia, two places higher than the last world championships in Eindhoven in 2010.

THRILLING RACES

It was hard to make comparisons with the previous event since the IPC switched its world championship cycle from even to odd years last year. This brought the championships forward a year and meant many teams including China and Australia, sent much smaller teams to Canada. China with only 18 swimmers in attendance, slipped down from the top of the Paralympic swimming medal table to 11th in Montreal.

Some of the stars of Paralympic swimming had retired post-London, but others just chose not to compete this year having had several months off after the Games. The crowds at Parc Jean Drapeau Aquatic Centre were also disappointingly small and made for a sad comparison to London's sell-out audiences.

However, those that made the journey to Montreal to support friends, family and national teams were treated to 43 world record swims and some thrilling races. They also saw the coming of age of several young swimmers who are likely to be the stars in Rio in 2016.

FOUR GOLDS

Among those was Londoner Amy Marren who won two individual golds and two silvers, and brought GB's freestyle and medley teams home to two relay golds. The Paralympics had been Marren's first major international competition and while she made two finals, the Romford Town swimmer did not win a medal. In Montreal she used her Paralympic experience wisely, and many of those watching her demolish the opposition to win gold, were surprised to find out that Marren has only just turned 15.

There were some other more familiar faces on the podium. For GB, Sascha Kindred and Matt Walker both successfully defended their world titles in SM6 100m medley and S7 50m freestyle. For Kindred it was his 16th Worlds medal.

SOME BRITISH HIGHLIGHTS

The British Gas GBR swimming team got off to a flying start on day 1 as the team amassed a mighty 10 medals including four golds.

Ellie Simmonds set the tone with a comfortable win in 400m. There was no reprise of her 2012 battle with Victoria Arlen after the US swimmer was ruled ineligible to compete, so Simmonds cruised to the gold in a season's best of 5:24.02.

In the S7 400m freestyle everyone was waiting to see if Josef Craig could repeat his Paralympic gold performance. The Tyneside teenager was favourite having set a new world mark as recently as June. Paralympic bronze medallist Andrey Gladkov, however, wasn't fazed and swam through Craig at 250m. The Russian stretched his lead to almost a second but had nothing left when Craig came back strongly in the final 25 metres to win in a new world record time of 4:39.14. Fox finished third.

Amy Marren looked on course for her first world title in S9 100m freestyle having led for much of the race. However, 31-year-old



└
**ELLIE
SIMMONDS**

'I CAN HONESTLY SAY IT'S THE BEST BIRTHDAY PRESENT EVER, I HAD TO GO IN THERE AND CHANNEL IT ALL. IT WAS ABOUT GIVING IT MY ALL AND NOT FALLING ASLEEP AS MY COACH WOULD PUT IT.'

Stephanie Millward timed her drive for the finish perfectly and swam through the 14-year-old in the final few strokes to win her first world gold. Spain's Sarai Gascon finished third and GB's Claire Cashmore was fourth.

In the final race of the day Jessica-Jane Applegate repeated the storming finish which won her Paralympic gold in S14 200m freestyle, or in her own words, produced a final length where 'I really had to dig deep.'

GOLD FOR MARREN ON DAY 2

This promised to be the day when the British Gas GBR swimming team's women shone. Amy Marren's moment came when she stormed to gold in the medley, leading a GB 1-2-3 as Stephanie Millward and Cashmore finished second and third. 'I can honestly say it's the best birthday present ever,' said Marren, who was turning 15 the next day and planned to celebrate with a rest day. 'I had to go in there and channel it all. It was about giving it my all and not falling asleep, as my coach would put it.'

Marren's delight at winning gold was matched by that of Stephanie Slater who took silver in the S8 medley behind world record holder Jessica Long, the American who dominated the class in London with five gold medal performances.

Slater hung onto the mighty Long for the first three lengths. The GB swimmer finished a very respectable 3.6 seconds behind the American and finished in 2:40.73, a new European record. The time was five seconds faster than her heat time which had been a five second PB.

Slater, who only returned to swimming nine months ago after losing the use of her left arm, was competing at her first international championships as a disability swimmer. 'Words can't describe it. To knock another five seconds off. I was just blown away.'

At least one medal was expected to come in SM8 200m medley with both Ollie and Sam Hynd competing. The younger of the two Hinds, Ollie, won gold in the medley at the Paralympics while Sam finished fourth. This year's final proved to be a battle between the Paralympic champion and Russian Konstantin Lisenkov, with Ollie swimming through in the final 25m to win in a new European record time of 2:22.76. Sam suffered the agony of finishing fourth again, missing out on the bronze by just 0.04 seconds behind China's Jiachao Wang.

JESSICA-JANE APPLGATE



DAY 3 BRINGS GOLDEN HYND

Ollie Hynd made it two golds in two days by winning the 400m freestyle. Brother Sam couldn't quite match his pace over the second half but nor could anyone else and it was a GB 1-2 as Sam squeezed ahead of Chinese Paralympic champion Yinan Wang to take the silver by 0.02. 'After last year I felt I had a bit of unfinished business,' said Ollie, referring to how he was beaten to gold last year by Wang. 'It hurt losing like so close. Coming in here I wanted to give it my all and win gold.'

There was another GBR 1-2 in the S7 50m freestyle. In one of the day's most emotional moments Matt Walker won his third world title ahead of team-mate Josef Craig. Walker suffered the disappointment of finishing third in London last year, having struggled to find form after the death of his father three months earlier. 'Last year was such a tough year. I was disappointed I didn't win but I was happy with getting a medal,' Walker said. 'The only thing I was disappointed with was that I didn't hear my national anthem. Today I'm going to hear my national anthem being played.' Jonathan Fox also made the final and finished seventh.



**SASCHA
KINDRED** >

WORLD RECORD ON DAY 4

Sascha Kindred produced a textbook performance of medley swimming, using his breaststroke strength to move from fourth to first and win by over three seconds.

'My strong part of my IM is my back-end – the breast and free. It's a case of working my strengths and holding as hard as I can in the freestyle and thankfully I was able to do that,' Kindred said.

In the women's event, Simmonds was 17 seconds ahead when she touched the wall in her heat. Her time of 3:07.28 – the third fastest ever swam in the SM6 class – suggested that a world record could have been on the cards and Simmonds duly delivered. She won gold in 3:04.41, taking a second off her world record. 'I've done a bit of training on IM and especially my breaststroke which has been moving on,' said Simmonds. 'I'm so chuffed to break my world record and to win another gold medal is brilliant.'

Jon Fox also successfully defended his backstroke title having led from the start. The 22-year-old said his turn was the worst in his career but his time of 1:09.66 was only 0.14 seconds outside his world record. 'That was a good swim. I'm pretty happy with a 69.6 in that final.'

GB's fourth gold came in the women's freestyle relay. Without Louise Watkin, GB's fastest freestyler last year, the team could have struggled to improve on their Paralympic bronze. Marren, however, proved to be a superb substitute and brought the team home first over seven seconds ahead of Canada and the US.

DAY 5 VICTORY FOR CRAIG

Just the one GB gold and that went to Josef Craig who won the 100m event with a personal best. Craig led from the start but Australian Matthew Levy pushed him all the way, and actually swam through the Brit at the turn. Craig, however, had the stronger finish and touched 0.15 ahead of Levy in 1:01.74. 'Matthew was off like a bullet in that second 50m. I don't know how he did it and I don't know how I pulled it back either because with 25m to go, my legs felt like they'd fallen off and my arms were dead already,' Craig said.

There was another thrilling final in the women's S8 100m fly where Stephanie Slater decided to take on the mighty Jessica Long. Slater led for the first 50m before defending world champion Long squeezed just ahead of her to win by just 0.33. Both broke Long's world record. 'I just wanted to give it all in my last individual because it's my favourite event,' said Slater. 'I just thought I'd go all out in the first 50. I wasn't ranked to get a medal in the medley so that silver gave me a lot more determination to get another medal in the fly.'

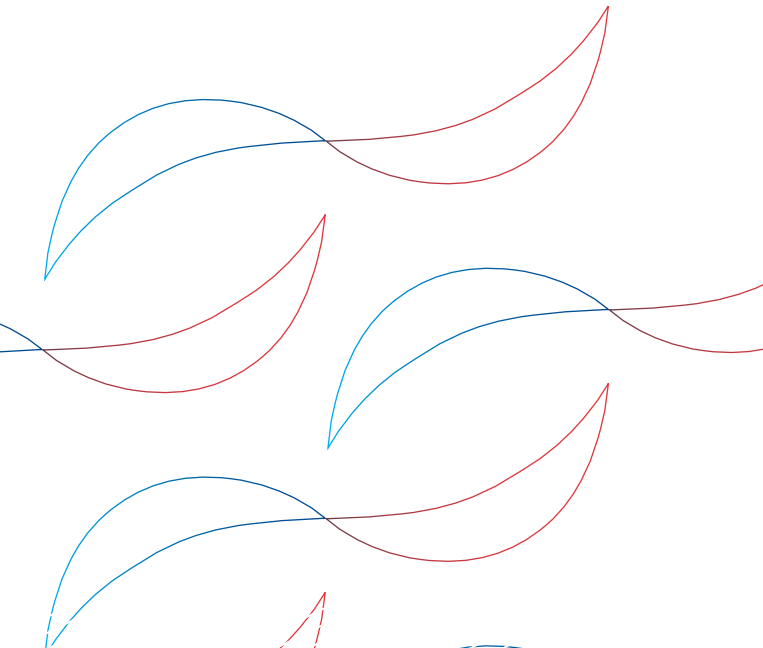
DAY 6 TOP SPOT FOR RUSSELL

Hannah Russell was the star, competing in her fifth and final individual event. It was her favourite 100m backstroke, and thanks to a strong start, the 17-year-old managed to turn just ahead of Stukalova who was threatening to deny Russell a world title yet again. The Kelly College swimmer dug deep and took a second out of the Russian to touch in 1:08.72, a new British record by nearly a second. 'Having the four events beforehand has been quite hard because I was always wanting to swim as well as I can on the backstroke,' said Russell. 'I knew I just had to stay confident and focused throughout the meet and I'd be okay for today and it was an absolutely amazing feeling when I realised I'd won gold.'

Russell's room-mate Marren also won gold in 100m fly. The 15-year-old was competing in her sixth individual event of the championships and faced Sarah Gascon in the Spaniard's favourite event. The Paralympic silver medallist took the lead just after the turn but Marren was able to lift her pace in the final 25m to win in a British record of 1:10.07, half a second ahead of Gascon.



**HANNAH
RUSSELL** L



STEPHANIE MILLWARD



THE BRITISH GAS GBR MEDLEY RELAY TEAM

**SAM AND
OLIVER
HYND**


'IT'S BEEN A CRAZY NIGHT AND ABSOLUTELY PERFECT - LIKE A DREAM COME TRUE, THE 100M BACKSTROKE IS SOMETHING I'VE ALWAYS WANTED TO WIN. THEN TO BE PART OF THAT MEDLEY TEAM...YOU CAN'T GET BETTER THAN THAT.'

THREE MORE GOLDS ON DAY 7

The British Gas GBR swimming team won another nine medals including three golds on the final day to end on a high and finish third in the medals table behind Ukraine and Russia.

Stephanie Millward was one of the stars of the night, winning gold in the S9 100m backstroke before helping the GB medley relay team to gold in the last race of the championships.

In the relay the British women were hoping to make up for the disappointment of missing out on Paralympic gold by just 0.03 seconds. Millward matched Russia's Nina Ryabova - an S10 - stroke for stroke, handing over to Claire Cashmore fractionally ahead. Russia's Olesya Vladykina who beat Cashmore to gold in the SB8 breaststroke, swam through the British swimmer but Stephanie Slater was more than a match for Russia's fly swimmer Irina Grazhdanova. By 300m GB were back in front and less than half a second separated the two teams. Marren brought GB home with a storming freestyle leg taking 13 seconds out of her S7 counterpart Oxana Guseva. The time of 4:46.21 smashed the world record set by GB in 2011 by six seconds.

DREAM COME TRUE

'It's been a crazy night and absolutely perfect - like a dream come true,' said Millward who described coming second in the backstroke at both Eindhoven and London as quite depressing. 'The 100m backstroke is something I've always wanted to win. Then to be part of that medley team...you can't get better than that.'

Ellie Simmonds also struck gold for a third time on the last night with an emphatic win in 100m freestyle. 'It feels great to have won my third gold here,' Simmonds said. 'It's great to end my career with Billy (Pye, Simmonds' coach) on a high and I know he's going to be really happy with what I've done at this champs.'

MEDAL TABLE

Country	Gold	Silver	Bronze	Total
1 Ukraine	33	22	29	84
2 Russian Federation	19	22	13	54
3 Great Britain	18	22	15	55
4 New Zealand	12	1	2	15
5 United States of America	11	13	9	33

BRITISH MEDALLISTS

Athletes	Gold	Silver	Bronze	Total
Ellie Simmonds	3		1	4
Amy Marren	2	2		4
Josef Craig	2	1		3
Oliver Hynd	2		1	3
Stephanie Millward	2	1		3
Jessica-Jane Applegate	1	1	1	3
Jonathan Fox	1		1	2
Hannah Russell	1	3	1	5
Sascha Kindred	1		1	2
Matt Walker	1			1
Susie Rodgers		4		4
Andrew Mullen		2	1	3
Stephanie Slater		2		2
Claire Cashmore		1	1	2
James Crisp		1		1
Sam Hynd		1		1
Harriet Lee		1		1
Daniel Pepper		1		1
Rob Welbourn		1		1
James Clegg			1	1
Chloe Davies			1	1
Charlotte Henshaw			1	1
Tully Kearney			1	1
Nicole Lough			1	1
Aaron Moores			1	1
Ben Procter			1	1
Women's 4x100m freestyle 34 pts	1			1
Women's 4x100 medley 34 pts	1			1

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

THE DIRECTORS PRESENT THEIR REPORT AND THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013.

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 official 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 the European and World Championships, Olympic Games and Paralympic Games.

BUSINESS REVIEW

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 2013 until 31st March 2017. Funding over the current quadrennial cycle has increased by £1,675,846 from £47,787,339 in 2009-2013 to £49,463,185 in 2013-2017. 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.

RESULTS AND DIVIDENDS

The surplus for the year, after taxation, amounted to £136,663 (2012 - £10,464).

In accordance with the Memorandum and Articles of Association, no dividend can be paid and this is unchanged since incorporation.

PRINCIPAL 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, Risk 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:

Risk 1

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.

Risk 2

A reduction in sponsorship for commercial reasons or non-achievement of desired outcomes.

FINANCIAL INSTRUMENTS

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

DIRECTORS

The directors who served during the year were:

S Greetham

R M K J James

S Rothwell

G S S Davis

M Campbell

J C Hunter

M J Power

D Sparkes

W Hatton

E M Watkins (appointed 4 December 2012)

G I Edmunds (appointed 28 November 2012)

W R Gordon (appointed 14 October 2012)

J Cooke (resigned 28 November 2012)

A W Clark (resigned 14 October 2012)

A W Gray (resigned 24 November 2012)

DIRECTORS' RESPONSIBILITIES STATEMENT

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 accounting 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.

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.

This report was approved by the board on 7 September 2013 and signed on its behalf.

CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2013

	2013 £	2012 £
INCOME	14,430,178	14,698,434
Direct costs	(7,988,498)	(8,883,007)
GROSS SURPLUS	6,441,680	5,815,427
Administrative expenses	(6,337,503)	(5,825,535)
OPERATING SURPLUS/(DEFICIT)	104,177	(10,108)
Interest receivable and similar income	40,606	25,715
SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	144,783	15,607
Tax on surplus on ordinary activities	(8,120)	(5,143)
SURPLUS FOR THE FINANCIAL YEAR	136,663	10,464

All amounts relate to continuing operations.

There were no recognised gains and losses for 2013 or 2012 other than those included in the Income and Expenditure Account.

CONSOLIDATED BALANCE SHEET

AS AT 31 MARCH 2013

	£	2013 £	£	2012 £
CURRENT ASSETS				
Debtors	1,351,548		2,120,003	
Cash at bank and in hand	4,556,850		2,415,775	
	5,908,398		4,535,778	
CREDITORS: amounts falling due within one year	(5,455,745)		(4,219,788)	
NET CURRENT ASSETS		452,653		315,990
NET ASSETS		452,653		315,990
RESERVES				
Income and expenditure account		452,653		315,990
		452,653		315,990

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 7 September 2013.

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

THE DIRECTORS PRESENT THEIR REPORT AND THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013.

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 competing in the Olympic and Paralympic Games.

High Performance Swimming Limited has secured grant funding from UK Sport for the current quadrennial cycle from 1st April 2013 until 31st March 2017. Funding over the current quadrennial cycle has increased by £1,675,846 from £47,787,339 in 2009-2013 to £49,463,185 in 2013-2017. 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.

RESULTS AND DIVIDENDS

The surplus for the year, after taxation, amounted to £NIL (2012 - £NIL).

The companies funding is provided by revenue grants from UK Sport and ring fenced sponsorship and is matched with expenditure.

FINANCIAL INSTRUMENTS

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

PRINCIPAL 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 (sub committee 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.

DIRECTORS

The directors who served during the year were:

S Greetham

R M K J James

S Rothwell

M Campbell

E M Watkins (appointed 4 December 2012)

W R Gordon (appointed 19 December 2012)

A W Clark (resigned 14 October 2012)

A W Gray (resigned 24 November 2012)

DIRECTORS' RESPONSIBILITIES STATEMENT

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 of the profit or loss of the company 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 accounting estimates that are reasonable and prudent;
- prepare the financial statements 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 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.

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.

This report was approved by the board on 7 September 2013 and signed on its behalf.

INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2013

	2013 £	2012 £
INCOME	10,635,986	11,018,630
Direct costs	(5,008,322)	(5,745,508)
GROSS SURPLUS	5,627,664	5,273,122
Administrative expenses	(5,646,651)	(5,286,881)
OPERATING DEFICIT	(18,987)	(13,759)
Interest receivable	23,732	17,198
SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	4,745	3,439
Tax on surplus on ordinary activities	4,745	(3,439)
SURPLUS ON ORDINARY ACTIVITIES AFTER TAXATION	-	-

All amounts relate to continuing operations.

There were no recognised gains and losses for 2013 or 2012 other than those included in the Income and Expenditure Account.

BALANCE SHEET

AS AT 31 MARCH 2013

	£	2013 £	£	2012 £
CURRENT ASSETS				
Debtors	564,798		495,603	
Cash at bank and in hand	1,577,942		327,476	
	2,142,740		823,079	
CREDITORS: amounts falling due within one year	(2,142,740)		(823,079)	
NET CURRENT ASSETS		-		-
NET ASSETS		-		-
RESERVES				
Income and expenditure account		-		-

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 7 September 2013.

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

Maurice Watkins	British Swimming Chairman
David Sparkes	British Swimming Chief Executive
Ashley Beaveridge	Chief Financial Officer
Wendy Lockton	World Class Operations Manager
Tina Ryan	Head of Performance Systems
Katie Brazier	Director of Sponsorship
Adam Clarke	World Class Programme Executive Officer - Swimming
Joanna Wray	World Class Programme Manager - Water polo
Kim White	World Class Programme Manager - Diving
Sarah Starbuck	World Class Programme Manager - Disability
Adele Carlsen	High Performance Manager - Synchronised Swimming
Sarah Ingman	HR Business Partner
Sarah James	Governance and Constitutional Lawyer

FOR PRODUCTION AND EDITING

Peter Hassall	Editor Swimming Times magazine
Louise Stevenson	Designer
Emma Johnson	Designer
SWpix	Official photographers to British Swimming

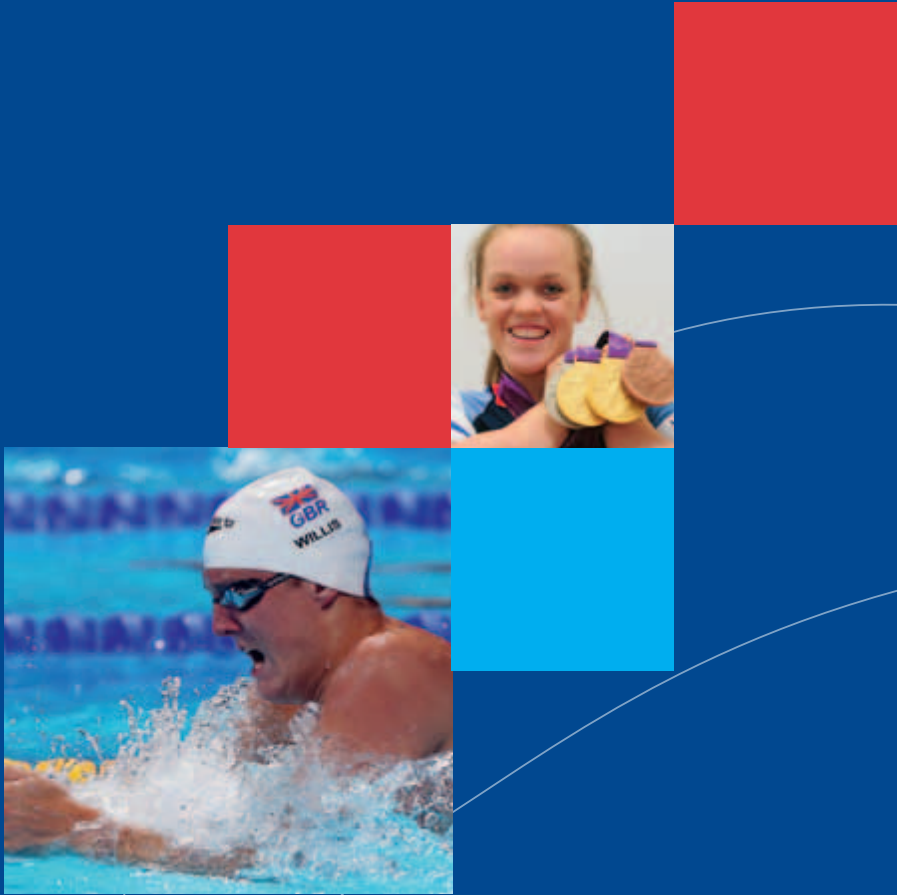
PARTNERS AND SPONSORS

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



FRANCESCA
HALSALL





British Swimming

Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, Leicestershire LE11 3QF
 Tel: 01509 618700 | Fax: 01509 618701 | www.swimming.org

