

Annual Report and Accounts 2010



BRITISH
Swimming



“I wish to take the opportunity to salute and thank all our dedicated staff and volunteers who serve our sport so well. The British Swimming family is in good spirits and ready for a once-in-a-lifetime performance over the next two years.”

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Chairman’s Report

It is with great pleasure that I present my second report as Chairman of British Swimming. 2009 has been one of the most successful years in our history. I hope you find this report interesting and that it adequately reflects our success, in and out of the water.

Following on from agreement of our strategic priorities the Board spent most of 2009 working with the Executive to develop our future plans. We also reviewed our own performance as a Board both individually and collectively. This has been a most useful process and I am pleased to report that your Board and the Executive of British Swimming are working well, and are focused on achieving our ambitious goals for 2012 and beyond.

The World Championships in Rome demonstrated the progress we have made since those dark days in Sydney 10 years ago with our best ever performance at a World Championships - seven medals and many records broken at British, European and world level. The IPC European Swimming Championships also proved to be a most successful event for our Paralympic swimmers. These performances, as well as those at other events, give us hope for the future, without guaranteeing success. We were especially pleased with the progress made by our synchronised swimmers and our water polo squads, especially given the limited resources available to them. Their performances have enabled us to allocate additional resources between now and the 2012 Olympic Games.

2009 was also special as it marked the first year in partnership with British Gas. We could not have hoped for a greater impact in terms of improved athletic and business performance. Initiatives like ‘Duel in the Pool’ and the exciting presence of our ‘Hut’ (for family, supporters and partners) at the

World Championships in Rome demonstrated the potential for growth. Together we will build a new platform for the development of our respective organisations. We are especially grateful for the enthusiastic way in which British Gas staff have embraced the sport at all levels, and the support they have given us in our efforts to change and improve performance. Our other partners and sponsors, especially Speedo and Kelloggs, have also responded to our challenge to be the world’s leading swimming nation.

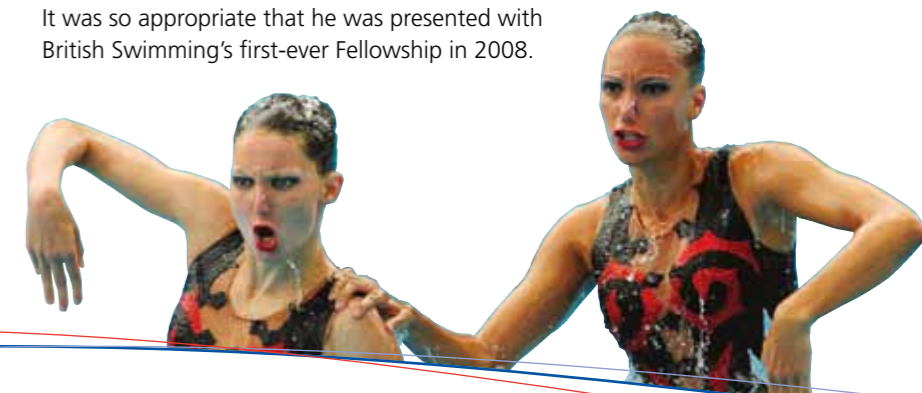
I wish to take the opportunity to salute and thank all our dedicated staff and volunteers who serve our sport so well. The British Swimming family is in good spirits and ready for a once-in-a-lifetime performance over the next two years. 2009 has seen British Swimming build on its strong foundations and make real progress in many areas. I look forward, with my colleagues on the Board, to delivering an excellent performance through to and beyond London 2012.

Swimming across Britain was saddened in the summer of 2010 to hear of the death of Alan Clarkson. It is appropriate to pay tribute to Alan for his great contribution to our sport, and to his family for their support. He was much loved by many, at home and abroad. A best-ever performance in 2012 will be the best testament possible to the efforts he has made on our behalf over many years. It was so appropriate that he was presented with British Swimming’s first-ever Fellowship in 2008.

Alistair Gray
Chairman

Clockwise from below:
Olivia Allison and Jenna Randall, James Goddard, Chloe Wilcox, Peter Waterfield

On the cover: David Carry



“We are now well into the final countdown to London’s Olympic Games of 2012; indeed we are already planning well beyond 2012 in terms of both performance events and international strategy, all this at perhaps the most turbulent economic period we have ever experienced.”



“The first of the British Gas Great Britain v Germany Swim Meet was held in Swansea in February with follow-up meets scheduled for 2011 and 2012.”



Fran Halsall

Chief Executive’s Report

David Sparkes
Chief Executive

As I reflect on another great year for British Swimming, I must also contemplate the challenges ahead. We are now well into the final countdown to London’s Olympic Games of 2012; indeed we are already planning well beyond 2012 in terms of both performance events and international strategy, all this at perhaps the most turbulent economic period we have ever experienced.

Our athletes will soon be on their way to Delhi to take on the best in the Commonwealth. The conditions will be challenging, our friends from around the world will not make life easy for us and they will try to show how they have progressed. But I know our athletes will all rise to the occasion. I believe our performance teams are now amongst the best in the world if not the very best and they will have prepared our athletes in the very best way possible. We wish them all well.

For next year, we face more training, more competitions as we build our athletes up

for the ultimate challenge in London. Our job is to shelter our athletes from the economic storm and allow them to focus on the job they have to do.

With this in mind, the Board and professional staff have developed a number of key objectives:

- > Building the brand of swimming
- > Developing sustainable finance streams
- > Building a world class innovative workforce
- > Developing partnerships working to a world class level

We have agreed work streams around all these objectives and, with your help, we will develop these strategic programmes and have a magnificent springboard for the future for our sport after what we believe will be the greatest Games ever in the history of British Swimming.

In conclusion, I wish to thank all our staff, volunteers and partners for the unbelievable contribution they have made in the last 12 months and I invite them to join with me, in the next year, to do even more and, as with our athletes, continue an unwavering and deep commitment to our sport.



Roberto Pavoni

Excellence

Swimming Camp and competition programme

At the major event of the summer, Britain’s swimmers, powered by British Gas, had a tally of two gold, three silver and two bronze medals in Rome’s world championship pool.

Gold went to Gemma Spofforth in the 100m backstroke and Liam Tancock in the 50m backstroke; silver to Jo Jackson in the 400m and 800m freestyle, and Fran Halsall in the 100m free; bronze to Rebecca Adlington in the 400m freestyle, and the 4x200m freestyle relay of Jo Jackson, Jaz Carlin, Caitlin McClatchey and Rebecca Adlington. Britain’s other world championship swimming medal, gold, was won by Keri-Anne Payne in the 10k open water.

The 2009 short course season presented World Class Podium and Development athletes with several opportunities to compete at international level: the World Cup series, European Short Course and the British Gas Duel in the Pool meet held in Manchester. These meets saw some excellent performances resulting in a number of European, Commonwealth and British records.

The annual open water development workshop held in December at the Wales International pool in Swansea, featured a range of activities for different groups, and was attended by over 60 athletes, parents and coaches. Athletes were selected from pool rankings in the 800m and 1500m events and, with their parents, they had a variety of informative lectures including

presentations on British Swimming’s Strategic Plan, philosophy and objectives. A series of coach sessions on a range of topics included basic open water tactics, the role of the coach in open water and sports science initiatives.

Senior athletes took part in a day of media training, with poolside and studio interviews and immediate feedback from a professional television crew, whilst the development group practised open water skills and drills in the pool.

January saw 27 World Class Development athletes participate in a development camp in the Barcelona suburb of Sabadell, Spain. Originally planned as a training maintenance and evaluation opportunity, the camp also developed into one where athletes were challenged to think about topics relevant to particular workouts such as stroke efficiency, speed maintenance and personal technique. This camp also provided for the exchange of ideas between coaching staff and sports scientists on a variety of themes.

January and February also brought the introduction of several new initiatives aimed at providing quality racing opportunities for World Class swimmers.

These included

the integration of World Class programmes preparation events with the BURNS meet in January and the BUCS Championships in February. In addition, the first of the British Gas Great Britain v Germany Swim Meet was held in Swansea in February with follow-up meets scheduled for 2011 and 2012.

The open water Midmar Mile race held at the breathtaking Midmar dam in Pietermaritzburg, South Africa, once again played host to an impressive British contingent of athletes for the 2010 event. All these competitions were aimed at providing quality preparation swim meets for our World Class swimmers in the lead up to the British Gas Swimming Championships (50m) in March.

The British Gas Swimming Championships (50m) acted as the trials for the pool European Senior and Junior Championships and also the first selection point for the British open water teams in 2010. Open water swimmers qualifying from these »



Lizzie Simmonds



Liam Tancock

“The ITCs have seen a steady growth in athletes with 62 currently training across the network, of which 84 per cent are on the World Class Pathway and 86 per cent have gained GBR selection.”

Ieuan Lloyd



championships went on to compete in the LEN Cup in Eilat, Israel in May for selection to represent Great Britain in the World Championships, European Championships and European Junior Championships.

2010 sees the last of the open water stand-alone world championships in Canada, and the last opportunity to contest a world class field before the Olympic qualification event at the 2011 World Championships in Shanghai.

Daily Training Environment

Within the Daily Training Environment, our main focus has been to strengthen and implement consistent systems and structures across our British Gas Intensive Training Centre network. The ITCs have seen a steady growth in athletes with 62 currently training across the network, of which 84 per cent are on the World Class Pathway and 86 per cent have gained GBR selection.

For swimmers training outside the ITCs, Podium and Development clubs and Individual Athlete Support programmes have been established. The combination of all three strategies provides a broad approach to supporting World Class swimmers and coaches in multiple locations across Great Britain.

A review of World Class Development Clubs was conducted in April, with three of the existing club programmes (Plymouth, Cardiff and Millfield) re-achieving Development Club status, and two new clubs (Leicester and Manchester) identified.

An evaluation in October of performances at the major 2009/10 international benchmark events will form the basis of a review and the identification of Podium Clubs for the period 2010-12.

The Individual Athlete Support Scheme

that is targeted at World Class Podium athletes who are not training at an ITC or Podium/Development Club, provides a package of individualised support to enhance the athlete’s daily training environment. Additional investment from UK Sport has provided for the appointment of a Performance Lifestyle Adviser to establish an academic and lifestyle support service to our World Class athletes.

Feedback received via our six monthly ITC evaluation process clearly demonstrates the need and impact of performance lifestyle support in a high performance environment. In our aim to support world class athletes wishing to combine academic and sporting excellence, a concept of ‘swimmer friendly universities’ is being progressed with the aim of identifying interested universities to commit to an agreed set of principles that support excellence in sport and academic endeavours.

The World Class Pathway

The World Class Podium and Development framework has been re-structured and re-branded with the aim of placing more emphasis on attainment of podium success, and to highlight

the programme support and benefits available to athletes to help achieve and sustain this success.

The Podium and Development programmes have been renamed ‘Swimming To Podium Success’ and ‘Development: London, Rio and Beyond’ respectively. There are currently 36 athletes on the Podium Programme with the next review scheduled in October following the Commonwealth Games. The April review of World Class Development athletes saw the overall number in the squad remaining the same (48), of which 55 per cent of athletes re-qualified.

With so much focus and effort being placed on performances at the home Olympic Games, it is important not to lose sight of the development needs

of the next generation of swimmers and coaches coming through our pathway to ensure that we have a vibrant system capable of producing podium swimmers for the 2016 Olympic Games in Rio and beyond.

To this end, the first meeting of the British Swimming/Home Nations development pathway think-tank convened on May 18. The purpose of the think-tank is to examine the strengths and weaknesses of our current swimming pathway, and to develop proactive strategies and KPIs, with clear roles and responsibilities for the World Class Programme and Home Nations that are integrated and seamless but at the same time allow for the unique differences of each home country.

Sports Science Sports Medicine (SSSM)

Following a number of staff movements, the SSSM programme now has a full complement of SSSM practitioners operating across the network and recruited via the institutes or directly by British Swimming. A service delivery model has been published illustrating the tiered level of support available to World Class athletes located in the ITCs, Podium & Development Clubs & individual club programmes, as well as setting out the service provision at camps and competitions.

With winning margins narrowing, it is imperative that we continually assess, monitor and are innovative in our approach. The latest SSSM project initiatives include a force platform starting block and wedge for

measuring power, position and reaction, Swimtrack software providing quantitative analysis of starts and turns and an integrated athlete data management system (Starfish).

Coach Development

The fourth Development Coach Clinic was held in January with the conference spotlight on the contribution from the Sport Science staff to the national team programme, covering topics such as athlete profiling, swimsuit research, race plans, and neural aspects of training and the importance of brain function to athlete response. Coaches were also updated on the growth in open water swimming and Britain’s strategies in taking the world’s leading position. »

(l-r) Hannah Miley, James Goddard, Rebecca Adlington, Liam Tancock and Gemma Spofforth



Profile: Keri-Anne Payne

Open water has brought Keri-Anne Payne rewards that most athletes can only dream of – an Olympic silver medal and a world championship gold.

She produced an almost perfect pair of results in the two premier events of world swimming. In the space of 13 months, she won the silver medal in the inaugural Olympic 10km race in Beijing, then went one better in the equivalent event at the 2009 world championships in Rome.

The open water medals do mean a lot to me but I really would like to succeed in pool swimming as much as I can. Probably one of the reasons I'm still swimming is that I really enjoy the 200 and 400m IMs. Open water can become violent sometimes. You have 25 girls all coming into the same place as you are and it can get a bit rough. You also have to deal with jellyfish and salt water and in two hours you can get really dehydrated. The course is always different whereas in the pool you have your own lane and the water temperature is the same.'

Keri-Anne was recently asked to pass on a little of her experience of the rough-and-tumble to some of Britain's rising open water stars by swimming over them during a training day in Swansea. 'We were trying to simulate what a race would be like as none of them had really been in a situation like that before,' she says, but adds with a grin, 'To be honest they were doing a fairly good job of swimming over themselves.'

Keri-Anne's entry into open water three or four years ago owes something to the arrival at the Stockport ITC of Cassie Patten, who went on to win the bronze to her training partner's silver in Beijing. 'Cassie had moved up from Plymouth

Leander and had been doing open water for about a year,' says the world champion. 'Sean [Kelly, their coach] said to me: "Why don't you give it a go and see how you get on?" It went from there and then it was the Olympics.'

While open water has dramatically raised Keri-Anne's profile as a swimmer, the individual medleys can take their share of credit for keeping the former 800m freestyler in the sport in the first place. They were also the events that got her into the pool events in Beijing (where she came 15th and 16th) and Rome (13th and 24th).

'I had a really bad couple of years about 2006,' she says. 'I wasn't swimming very well or going anywhere and I almost fell out of love with it. If you do this much training, you have to love what you are doing. I didn't have the fight in me that I usually had. Then we changed events and I started to enjoy it again. It was the switch from 800m freestyle to IMs that I really enjoyed.'

The addition of open water came later still and, interestingly, the success it has brought has been done with little additional or specialist training. 'We don't train much for the 10k. Ten years of distance training is enough background for 10km,' she says.

The success achieved by Keri-Anne and Cassie in Beijing came as no great surprise to those of us who had followed their progress over the previous two or three years but it does seem to have surprised the silver medallist herself. 'I hadn't expected to swim that well at the Olympics,' she says. 'I went hoping to qualify for the worlds and I would have been over the moon with anything better

than eighth. I didn't think I was going to get a medal. In Rome I probably put a lot of pressure on myself to try and perform but we got the result we wanted.'

Despite Sean Kelly's insistence that Stockport does no special work for open water, the ITC is fast building a reputation that links it to the longest swimming event in the Olympic programme. As well as Patten and Payne, the group now also includes two other open water internationals – Katy Whitfield, who was Keri-Anne's 10k team-mate in Rome, and Charlotte Woolliscroft, who swam the 5k in the same world championships. The Stockport stable also includes Olympic finalist James Goddard, world championship finalist Michael Rock and Commonwealth champion David Carry, who has been Keri-Anne's boyfriend for five years.

'It's been good having Cassie there because if one of us is having a bad day the other gives a good kick up the butt to push on and do a lot better,' says Keri-Anne. 'Now there are four of us but we are all friends and what happens in the pool stays in the pool.'

"Open water can become violent sometimes. You have 25 girls all coming into the same place as you are and it can get a bit rough."



FAST FACTS

DoB: 9th December 1987
Born : South Africa
Height: 1.75m
Weight: 67kg
Team/Club: Stockport Metro/
 British Gas ITC Stockport
Coach: Sean Kelly

Major achievement:
 2009 world 10k champion;
 10k silver medallist at the 2008
 Olympic Games



“Our disability swimmers completed a successful 2009 and the team have an excellent foundation to build on for 2010 and beyond.”



Ellie Simmonds

« **Disability Swimming**

Two major events dominated the 2009 season. In Reykjavik, Iceland, the IPC European Championships was the focus event with a smaller team attending the inaugural IPC World SC Championships in Rio de Janeiro, Brazil.

European Championships (50m)

The British team, powered by British Gas, finished top of the medal table beating main rivals Ukraine, Russia and Spain. Great Britain brought home 94 medals - 39 gold, 32 silver and 23 bronze equating to over a quarter of the total medals available. Sixty five per cent of the medals won by Great Britain were gold, 35 of the 37 athletes won medals (94.6 per cent) and 100 per cent of the team made finals.

The IPC Swimming calendar has been missing a European Championships since 2001 and this was an extremely important event for young British athletes to gain valuable major meet experience in preparation for the London 2012 Paralympic Games. A number of nations have since declared their interest to bid for the 2011 and 2013 European Championships which will ensure the permanency within the calendar and this will be the first time there will be a major championship every year leading into a Paralympic Games. Regional championships provide an opportunity for nations to develop their new talent and it is essential for the development of the sport in the European region.

Athletes with an intellectual disability were invited to compete as part of IPC's agreement with Iceland to host the meet. This was used as a final opportunity to gain information for the IPC/INAS-FID

classification research project and it was great for the GBR team to have the whole Paralympic family back together.

World Championships (25m)

This was the inaugural World SC Championships and came only five weeks after the European Championships. For GBR, this was the secondary international meet, Europeans being the primary meet. IPC set the scene for a challenging year by scheduling these two meets so close together and at the end of the year.

The toughest ever selection policy was put in place with the emphasis on gold medal potential. Despite this, 20 athletes qualified. The high standards clearly encouraged athletes to swim fast at trials.

This was a very strong meet for GBR in light of a smaller team. We finished fifth on the medal table behind Russia, Australia, USA and Brazil with 46 - 18 gold, 16 silver and 12 bronze. Two athletes withdrew due to injury which undoubtedly had an impact on the medal tally but we have more new faces with world records and world champion status.

A number of big nations did not compete and as a result the championships had less than half the number of athlete entries compared with the European Championships.

Our disability swimmers completed a successful 2009 and the team have an excellent foundation to build on for 2010 and beyond.

In November 2009 the IPC made the decision to reinstate S14 athletes into the Paralympic Programme.

S14 swimming events will therefore take place in London 2012. As a result of this British Disability Swimming have established a fast track programme for the period 1st March to 31st December 2010. Athletes supported for this programme will receive support in relation to home programme visits, equipment and specific development opportunities.

New National Performance Director

In May 2010 John Atkinson was appointed as the new National Performance Director for Disability Swimming. The new NPD conducted an initial SWOT analysis of all areas of the World Class Programme in order to assist him to understand the various challenges and issues ahead. A three-year camp and competition plan for the whole programme has been drafted. A senior management team has been established and the first meeting took place during a warm weather training camp in Mallorca in May.

A technical staff planning conference is scheduled for October. 'Focus 2012' will bring together British Swimming's technical team along with EIS and disability administrators for planning sessions focusing in on London. It will aim to include a tour of the Olympic/Paralympic site and is seen as a key building block in relation to staff buy-in to the plan for London.



Sam Hynd

“One key element of the new strategy for diving was to increase the difficulty and improve the quality of technique. Many divers have now shown new dives with a high degree of difficulty.”



Helen and Carol Galashan

Diving

This period began with the recruitment of a new national performance director. Alexei Evangulov, former Russian national team head coach, took on the leadership of the World Class Programmes from April 1 2009.

Three important competitions took place shortly after Alexie's arrival. Firstly, the team, powered by British Gas, won two bronze medals and had five top eight places at the Arena European Championships in Turin, Italy. Two legs of the World Series followed - Sheffield and Mexico - where the team performed successfully, gaining the first ever gold medal for Britain in the 3m synchro event (Ben Swain and Nick Robinson-Baker). The team also took silver and a bronze in Sheffield.

Alexei organised team selections for the 2009 World Championships to take place in May. From Coral Springs the team then moved to Fort Lauderdale for the Grand Prix, where they performed very well, gaining one gold and three silver medals and five top eight places.

In July, two major events took place: the 25th University Games in Belgrade and the 13th World Championships in Rome. In Belgrade, the twins Helen and Carol Galashan earned fourth place for Great Britain in the 10m synchro. The World Championships in Rome turned out to

be the most successful event in British Diving history. Britain placed third in the final team tables behind Russia and China (Britain's position counting Olympic disciplines was an impressive second). The British team also gained one gold medal (Tom Daley on 10m platform) and six top eight places.

The 2009 European Junior Championships in Budapest followed, where the national team, despite the absence of its top three juniors, won silver and bronze medals and 83 per cent of the team made the top eight for their respective events. Britain finished fifth overall in the team medal table.

In September 2009, Alexei Evangulov led the Annual Coaches Conference where he presented his new Strategy for Diving. The plan of preparation for the major events in 2010 with analysis, periodisation and targets was established, as well as a new calendar and selection policy. Two new national competitions have also been added to the calendar: the national 1m and 5m competition in November 2009, and the National Cup in February 2010. Both events were well organised.

One key element of the new strategy was to increase the difficulty and improve the quality

of technique. Many divers have now shown new dives with a high degree of difficulty (DD). Tom Daley, in particular, has prepared two new dives on 10m platform with a high DD. He demonstrated both at the National Cup for the first time. He then performed the dives at the World Series in China, March 2010, where he took fourth place.

The Strategic Plan 2010 also made it compulsory for the British team to perform at all Grand Prix events before the World Cup 2010 China in June. So far in the series, the team gained three top six places in Rostock, Germany, with an excellent performance from Peter Waterfield on the 10m platform.

Peter finished second behind the former Olympic champion, Huo Liang (China) and beat reigning Olympic champion, Australian Matthew Mitcham and the 2008 World Cup winner from Germany, Sascha Klein.

In March, the team attended the Grand Prix Moscow competition. All individual divers made the semi-finals and two synchro pairs made the top four. Prior to the event, a training camp in Ruza, Russia had been organised, where the team spent 12 very productive training days at excellent new diving facilities.

Two Junior Internationals took place during the year. In Aachen, Germany, the pre-meet for the European Juniors, six divers achieved a gold or silver and six top 6 places were achieved.

British Diving undertook some changes to its technical staff structure in this period. New Chinese coach Xinde Zhang has been recruited for Southampton HPC and Julian Bellan has been appointed as the Junior Development Manager. »



Tom Daley

Profile: Jazmine Stansbury

Training 40 hours a week would be enough time spent at the pool for most, but for British synchronised swimming team member Jazmine Stansbury that's just the beginning.

'I practically live at the pool,' she says. 'Some days I can have training 7am until 1pm and then work as a lifeguard at the pool from 2.30 to 10pm, go to bed and then get up and do it all over again!'

The 21-year-old has been based at the High Performance Centre in Aldershot since September 2007 and hasn't looked back since.

'There are definitely a lot of challenges,' she said. 'But to be there with all the other girls doing what I love is great. I've learnt so much.'

In and out of the pool, Jaz is a bubbly character that everyone immediately warms to. 'I think I try to bring a little bit of fun to training. I'm always happy,' she said.

Her speed, power and flexibility throughout her performances make her a key asset to the British team but it's more than just the athletic aspect of the sport that she enjoys.

'I really like the artistic side of the sport and it's always really fun when I get to help out with the creative elements, so I try to do that whenever I can.'

Jaz shares a house with fellow team-mates Katie Dawkins and Katie Skelton in Aldershot.

'We have so much fun together. I love living with them. Katie Skelton and I are best friends and we're inseparable. If anyone sees just one of us they always ask where the other one is!'

Her foray into the world of synchro came at the age of 10. 'My dad's trophy

business used to make the trophies for the local club and my mum had really liked the sport when she saw it on TV so she signed me up for some lessons.'

Growing up, she was inspired by Reading Royals team-mate Katie Hooper. 'She was my idol when I was younger. She was the British champion and the best swimmer at our club so I used to watch her a lot and wanted to be like her.'

Jaz quickly developed her own talents and in 2004, at the age of 15, was selected on to the England youth squad for the Comen Cup. 'It was so exciting to be selected for a national squad.'

'As a little girl, that was always my aim, but I don't think my parents ever thought that it would turn into this.'

Since then Jaz has competed at the junior European championships, junior world championships and at last year's FINA World Championships in Rome.

'Competing at the world championships was an amazing experience. It was the biggest event I had ever competed at. To have all the best teams there and to get to compete against them and watch them perform was fantastic.'

'I remember at the very end, when we had finished our free team routine, everyone was so happy. We'd been away from home for about a month, we'd swum as hard as we could and the coaches were really pleased with our performance. It was just a great feeling.'

After having a taste of competing on such a grand scale, Jaz has her sights firmly set on 2012:

'That's my main ambition now, my main focus. I know that everyone is really excited about competing at a home Olympics and I can't wait to get to

perform in front of all of my friends and family. There's no doubt that it's going to be really special.'

'After the Olympics I think I'll stick around for the next world championships and then maybe look to do something else.'

'At the moment, I do a little bit of coaching and I really enjoy that. Getting to see the improvements in the girls is really rewarding so it's something that I might look to do once I've retired competitively.'

"Competing at the world championships was an amazing experience. It was the biggest event I had ever competed at. To have all the best teams there and get to compete against them and watch them perform was fantastic."



FAST FACTS

DoB: 3rd January 1989
Born : Reading
Height: 1.60m
Weight: 58kg
Team/Club: Reading Royals SSC; High Performance Centre, Aldershot
Coach: Biz Price

Major achievement:
 Member of British team at 2010 European and 2009 world championships; soloist at the Junior European championships





England talent development squad

“An added boost was given to the sport in December 2009, when the Board of British Swimming made the decision to continue funding the men’s squad.”



Adam Scholefield

« **Synchronised Swimming**

The British synchronised swimming team, powered by British Gas, got their first world team ranking since 1995, finishing 10th in the free team final at the world championships in Rome in July.

The duet of Jenna Randall and Olivia Allison was ranked 10th having moved up 10 places since the worlds in 2007, and Jenna Randall finished eighth in the free solo final.

In the team combination final, Britain got their highest ranking of seventh. Other competitive highlights include the European Cup where the duet and team finished sixth and the combo fifth, the FINA World Trophy where Jenna finished fifth, the duet seventh and team eighth, and the German Open in March 2010 where Great Britain took two silver medals and one bronze.

The High Performance Centre (HPC) in Aldershot is being used as an example of good practice by UK Sport and our national performance director (NPD), Biz Price gave a presentation about the set up at the UK Sport World Class Coaching Conference in November.

There are three core staff at the HPC: the NPD, the national coach and the high performance manager along with 12 centralised athletes including three new athletes, plus five English Institute of Sport (EIS) staff. The head coach left in January with the NPD now taking on this position and foreign consultants being bought in.

In 2009, the top Russian coach plus their Olympic gold-winning duet athletes trained at the HPC with the British

squad. The duet athletes and national coach were then invited back to Moscow to train with them.

The head coach of Spain worked with the team and coaches at the National Coach and Judge Clinic in September and the 2008 USA Olympic team choreographer developed the GB team choreography. There has been a changeover of some support staff in the EIS but the working relationship continues to grow and be successful.

The Junior Europeans were held in Gloucester in April with many countries participating. The event was very successful with the use of ear piece radios for commentary

being used for the first time and Sky Sports showing the event on TV. The GB Junior squad competed in three finals in front of a sell-out crowd and many lessons were learnt - from the positives and negatives of competing in your home country to help prepare the senior squad for the Olympics.

Four athletes aged 12-15 were selected to the Talent Satellite Athlete Programme for 2010 and to receive training opportunities with the senior team and evaluations from the national coach.

The profile of the sport continues to rise with the BBC Olympic Dreams’ team following the duet athletes in their preparation for the world championships which will be broadcast in 2010.

LA Fitness used the GB team in their PR stunt to promote their new gym facilities which received national interest and individual athletes are being featured in magazines and newspapers.

The team are now working on creating more of a profile using social media sites such as Facebook.



Lauren Smith

Water Polo

The women’s squad, under Szilveszter Fekete, continued on their programme and a new calendar was put in place to take into account the revised funding.

Having already finished second in the senior women’s competition in Portugal, our women were reinstated into the senior world league. They were pooled with Greece, Germany and Russia over two separate competitions in Greece and then Germany. The girls put in a credible performance in both competitions and effectively stepped up the level of competitive play against the top nations, then heading as strong favourites into the European Cup of Nations, the focus for both senior squads, and the junior women’s squad. They did not disappoint there.

The team dominated their group stage games, heading into the final against the Czech Republic and finishing as champions after a 9-7 victory.

The British juniors had their U20 European Championships in Naples after competitions in Hungary and a training camp in Australia. They came second in their group, surviving to face the eventual tournament winners Russia. The performance was strong but Russia came out on top and the

team eventually played for the seventh/ eighth play off position against Serbia, beating them 14-12.

Cristian Iordache started a new regime of coaching for the men’s team, despite continued uncertainty about programme funding. The event calendar was busy, in preparation for the Europeans. The team went to Turkey, Poland, Macedonia and Holland and gained some excellent results against strong squads



ranked above Britain. In September, the 13 selected athletes went to Lugano for the European Cup of Nations and came top of their group heading straight into the semi finals. They were up against Turkey, and, after a physical encounter, Turkey took the victory and eventually went on to win the competition.

The British men then lost to the Netherlands for third place but got the fourth spot into the European A Qualifiers.

An added boost was given to the sport in December 2009, when the Board of British Swimming made the decision to continue funding the

men’s squad. A new strategy to accelerate progression was then introduced by placing athletes in foreign leagues abroad.

Due to our squad’s excellent results and our programme innovation, UK Sport doubled our original funding level for the London quadrennial.

Both squads, powered by British Gas, moved their focus to the European A Qualification Tournaments in April 2010. Also, seven male athletes obtained places in clubs in Australia to play the competitive season and the women continued their training in national camps based in Hungary, Italy, and Greece.



Alex Rutledge

Profile: Scott Carpenter

With the road to 2012 still on shaky ground, Britain's Scott Carpenter is fighting hard for his dream of playing top-flight water polo in a home Olympics.

Scott has water polo in his blood and is a chip off the old block in nature as well as name – his dad George is a former GB player and founder of Sedgefield Water Polo Club. 'My dad started me playing for a local team at Sedgefield when I was eight,' he said. 'I'd already been swimming for a while so I got involved straight away.'

With a great aptitude for the game, Scott was soon playing on a bigger stage and representing his country. 'It was always something I aspired to do. I was only about 12 when I played for GB juniors, which was a bit intimidating and came as a shock.'

From there he progressed through the ranks and was selected on to the senior international squad at the age of 16. 'It was surreal. I'd only just started playing in the National League and then suddenly I was playing with all the players I'd watched as a kid.'

Scott is now 22 and has just returned from his first season abroad, playing for Victoria Tigers in Australia, with an even bigger appetite for the game.

'The moment that stood out for me was winning the Grand Final at the Sydney Olympic Park. There were over a thousand people watching the Grand Final, which is more than I'm used to in England. My team hadn't won the league for 18 years so everyone was so emotional. I'd flown straight back from a GB camp for the finals series and was exhausted from the travel, but that made it all worthwhile.'

Scott saw a whole new level of water polo while half way around the world. 'We

trained and played our home games at the 2006 Commonwealth pool in Melbourne. The facilities were amazing and it was the same wherever we played.'

And the rivalries between states meant that there was a much greater emphasis on performing well in the pool. Not winning was not an option: 'When you fly four hours for an away game, you don't want to come away having lost!'

Scott goes on: 'I picked up lots of technical points from the coaches and guys I trained with. It was interesting to see another country's style of play and their perspectives on the sport. The speed of the game there is faster and if you're not switched on, especially in defence, you get punished.'

'I lived with an American player who won silver in Beijing, so it was good to see how he conducted himself, and we did a lot of specific training together. To train with and play against Olympians constantly was a perfect chance to measure myself against them and get used to playing at that level before 2012.'

With next season's placement still up in the air, Scott would love to return Downunder but with a lot of GB matches that need to be contested, he thinks a European team may be a better option: 'I've been speaking with some clubs from Italy and Spain, which are great leagues, and it would make it easier to get home for GB games. It's nice to have some good opportunities but I still don't know where I'm going.'

As far as the British team are concerned, hopes are high. The team finished fourth in the European Bs last year, their best result ever, and have seen some good results this season. 'Hopefully our progress

will continue now that more lads are going abroad to play. We have the players to get close to the big teams, as we did recently with Russia. We just need to believe it a little more and have that winning mentality.'

They are definitely putting the hard work in behind the scenes, with twice daily training sessions in the pool, which include anything from swimming or technical drills to tactics and ball work.

In addition there are three or four gym sessions per week, which mainly consist of weights, but also stretching, core work and specific things such as rotator cuff work due to the amount of stress put on their shoulders with all the throwing.

The rest of the 2010 season will see Scott undergoing surgery on his nose, throat and sinus to solve a problem with his breathing. 'I can't train for a while, which is frustrating. But later in the season there is the Commonwealth tournament in Goa, which is something short-term to focus on, and then as many guys as possible will go and play in leagues abroad, which should help take the team to the next level.'

He adds: 'There's always something I want to improve, so knowing that you can go and do something about it at training makes you want to go and get it right. London 2012 is always in your mind, and all the lads get on well so there's a really good atmosphere when we're together.'

"I was 16 and had only just started playing in the National League. Then suddenly I was playing with all the players I'd watched as a kid."

FAST FACTS

DoB: 26th June 1988
Born : Darlington
Height: 1.95m
Weight: 91kg
Team/Club: Sedgefield/
 Lancaster City
Coach: George Carpenter,
 Lee Cooke, Stuart Anderson,
 Martin Thompson

Major achievement:
 Member of British team that
 was 4th in the LEN European
 B Championships of 2009;
 member of team that won the
 Australian Grand final 2010



Event: European Junior Championships 2010

Record medal haul
for British divers

Sophie Smith

Swimming

Two wins from Sophie Smith topped a British haul of five gold, seven silver and three bronze medals and put the British team, powered by British Gas, third in the medals table at the LEN European Junior Swimming Championships in Helsinki.

The 15 medals equalled Britain's fourth-best tally in the history of the European junior championships, a total bettered only by the 20 in Glasgow in 2003, 18 in 2008 and 16 in 2007.

Dave Haller, Britain's head coach in Finland, said: 'It's one of the best teams I've been on. The attitude was tremendous. They supported each other well and the whole unit and staff management and coaching was outstanding. Those who didn't win medals were all punching above their weight. No-one was there for the ride. All the swimmers have raised the bar.'

Sophie Smith's two individual gold medals came in the 200m and 400m individual medley. 'I've loved the whole experience,' she said, 'I've swum well and

"It's one of the best teams I've been on. The attitude was tremendous."

enjoyed being part of the team.'

On the final day, Karley Mann added to her 200m backstroke title with bronze in the 100m back. In the penultimate race, Mann lined up alongside Sara Lougher, Rachael Kelly and Emma Saunders in the girls' 4x100m medley relay and swam to silver in 4:09.48 behind the German team. Mann said: 'This has been the best week of my life.' Lougher added: 'I've raced a lot and have done well and have really enjoyed it.'

Multi-medallist Emma Saunders, who swam the anchor, said: 'I've raced 13 times but I hadn't realised I had. Wow, it's been amazing - marvellous. Every day has had its challenges but with all the support we've had we've all come through it wiser and better equipped for the next challenge at this level.' Gold medallist Kelly echoed this statement: 'It's been a lot of fun and I've learnt a lot which should

British medals

Gold (5)

Emma Saunders	50 Backstroke	29.01
Karley Mann	200 Backstroke	2:11.48
Rachael Kelly	100 Butterfly	1:00.47
Sophie Smith	200 IM	2:14.48
Sophie Smith	400 IM	4:44.46

Silver (7)

Rachael Kelly	200 Butterfly	2:13.43
Girls' 4 x 100 Freestyle Relay		3:46.60

(Emma Saunders, Jessica Lloyd, Sophie Smith, Sara Hamilton)

Girls' 4 x 200 Freestyle Relay		8:10.21
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(Emma Saunders, Fiona Donnelly, Rachael Williamson, Sophie Smith)

Girls' 4 x 100 Medley Relay		4:09.48
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(Karley Mann, Sara Lougher, Rachael Kelly, Emma Saunders)

Ieuan Lloyd	200 IM	2:02.72
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Boys' 4 x 100 Freestyle Relay		3:23.37
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(James Disney-May, Braxton Timm, Liam Selby, James Young)

Boys' 4 x 200 Freestyle Relay		7:26.09
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(Braxton Timm, James Young, Liam Selby, Ieuan Lloyd)

Bronze (3)

Sara Lougher	50 Breaststroke	32.48
Karley Mann	100 Backstroke	1:02.99
Alfie Howes	400 Freestyle	3:56.11

help me next time I'm in a meet like this.'

So, a tremendous improvement in the British medal tally from last year's total of just five to 15 in 2010, and third place on the medal table behind the Ukraine (13: G7, S5, 1B) and Germany (14: G7, S3, B4). France actually won the most medals but were fourth in the table (17: G5, S4, B8).

Open Water

Tom Allen joined team-mates Jack Burnell, Tom Sunter, Eleanor Faulkner, Emma Graham and Jess Thielman at the European junior championships in Hoorn, Holland. With high waves on the lake caused by the high winds and pouring rain, the only good thing about the conditions was that the water at 21 degrees was a decent temperature. »

"For the second year running the team took the top team championship trophy."

Tom Allen and Emma Graham

Emma Saunders



“Great Britain came back from the European junior championships in Helsinki with a record medal haul.”

Britain's diving team at the European Juniors

day for Rosie Medlock of Southampton, who took the girls' B platform title in her first junior European championship. In a close preliminary competition, Rosie edged in front by only three points but she pushed ahead in the final to take the title by 15 points.

Grace Reid of Edinburgh and Hannah Starling of Leeds teamed up for the girls' 3m synchronised competition and did very well, taking the bronze medal. Despite their home clubs being so far apart, the girls regularly train together at Leeds with Grace making the long journey south at weekends. This is paying off for her, as she also took the silver medal in her own B 1m event with 325.70 points, capping a fine week's action for the young British team.

Other British results:

- Josh Dowd – 6th boys' B 1 m and 3m
- Chris Mears – 9th boys' A 1m, 13th 3m
- Jessica Williams – 5th girls' A 3m, 10th 1m
- Jack Haslam – 12th boys' B platform
- Jack Laugher – 6th boys' B platform

Synchronised Swimming

Britain did not send a team to the 2010 European junior championships in Helsinki.

Water Polo: Girls

The British junior women's team, powered by British Gas, secured seventh place in the LEN European championships in Ukraine.

After guaranteeing themselves a top eight spot with excellent wins against Serbia, Ukraine and Germany, the team faced a very difficult match against the in-form Netherlands, who unfortunately outplayed them to win 17-4 and secure a deserved place in the 5th-6th classification match.

The British team found themselves fighting for seventh place against France in their final match. Four tight quarters, with only one goal separating the teams coming into the last eight minutes, eventually finished in favour of the British

girls, as they took an 8-6 victory and a best-ever seventh place finish at this level.

The British team consisted of: Jade Smith, Casey Smith, Emma Little, Sophie Gilbert, Ella Chadderton, Katie Hesketh, Kathryn Rutledge, Claire Nixon, Tuesday Birmingham, Courtney Dean, Sarah Young, Laura Shears, Kate Thompson.

Water Polo: Boys

The British boys played in the qualification tournament in Poland and despite victories over Belarus (9:6), and Denmark (13:6), defeats by Georgia (9:10), Slovakia (3:20) and Belarus in the finals (9:11), meant they did not progress to the championships proper.

Below: The British junior women's water polo team

« Swimming the 5km event, Allen, Sunter and Burnell were never out of the top six for the entire race. At 4km Allen made a decisive move into the lead and finished first, 10 seconds ahead of the two Italians in second and third place to claim gold for GB. Burnell touched fifth with Sunter sixth in a blanket finish.

In the girls' event the three Brits didn't have the best of starts and were well down the field for the first 3.5km, all around 30th position. With 1500m to go Emma Graham made a dash for the front and moved from 30th to second in the space of 100m and remained until the final 500m.

At that point she took the lead and was never headed again, taking the gold medal 10 seconds clear of the field with Germany second and Russia third. Jess and Eleanor also moved through the field to finish in seventh and eighth respectively.

Allen, Graham and Burnell finished fifth in the team pursuit the next day and for the second year running the team took the top team championship trophy.

Diving

The British team, powered by British Gas, came back from the European junior championships in Helsinki with a record

medal haul, the star of the show being Jack Laugher from Harrogate District DC.

Jack had threatened such performances last year but broke his arm in a freak accident in the gym just after qualifying, which meant he could play no part in the European event. This year he was in scintillating form and the other divers stood no chance against him.

In his 1m competition he qualified first and led all the way through until his final dive and eventually won by 15 points with 410.25. In his 3m event he also qualified first for the final and the strong Ukrainian and Russian divers could do nothing to stop him winning by 40 points with a whopping 509.45.

He then teamed up with his club-mate Oliver Dingley for the 3m synchro event, where they were unlucky to miss a medal by seven points.

Oliver did however have medal success of his own in the A group. He scored 528.40 in an epic 3m final to take a bronze medal and in the 1m competition he was in outstanding form and won by 21 points, again over strong eastern European competition. This brought Harrogate's medal tally alone to three golds and one bronze.

In the girls' events, it was a momentous

“The British girls took a best-ever seventh place finish at this level.”



“A well-planned approach to promoting candidates for representative positions at world level paid dividends at the FINA Congress in July 2009 with five additional appointments.”



Rachael Kelly

“The new headquarters for British Swimming and the ASA has already achieved a ‘very good’ rating from BREEAM, the global environmental assessment mark, and is confident it can achieve excellent.”



International Influence

British Swimming members continue to play an important and active role in furthering British Swimming's International Strategy that aims to:

1. Ensure that the interests and policies of British Swimming are promoted throughout the world
2. Maximise the influence of British Swimming where key decisions are made within swimming/aquatics and sport internationally
3. Pursue a clear event bidding policy that complements our aspirations to be a major swimming nation and delivers gold medals on the world stage

Following on from the successful increase in representatives at European level in 2008, a well-planned approach to promoting candidates for representative positions at world level paid dividends at the FINA Congress in July 2009 with five additional appointments.

British international delegates and representative are now as follows:

FINA Disciplinary Committee - **David Sparkes**
FINA Technical Synchronised Swimming Committee - **Jenny Gray**



FINA Technical Open Water Committee - **Sam Greetham**
FINA Technical Diving Committee - **Melanie Beck** (Pictured left)

FINA Masters Committee - **Simon Rothwell**
FINA Coaches Commission - **Biz Price**
FINA Diving World Series Director - **Melanie Beck**
LEN Bureau - **David Sparkes**
LEN Technical Swimming Committee - **Craig Hunter**
LEN Masters Committee - **Simon Rothwell** (Chairman)
LEN Open Water Committee - **Sam Greetham** (Secretary)
LEN Synchronised Swimming Committee - **Jenny Gray** (Vice Chair)
LEN Medical Committee - **Ian Gordon, David Sparkes** (Bureau Liaison Member)
LEN Audit Commission – **Robert James**
LEN EU Policy Commission - **David Sparkes**
LEN Panel for Disciplinary Matters & Disputes – **Chris Murray**

British Paralympic Association - **Tim Reddish** (Chairman)
IPC Technical Swimming Committee - **Bob Outram**

Katie Brazier has graduated from the UK Sport International Leadership Programme whilst David Sparkes has continued to act as a mentor on the programme.

Rachel Washington has been selected for the three year Women and Leadership Development programme which is run in conjunction with UK Sport, the British Olympics Foundation and CCPR.

Fifty-one British officials are on the FINA and LEN Officials' lists.

World and European events

Events delivered were:

- **FINA Diving World Series 2009**
Ponds Forge, Sheffield, April 2009
- **LEN European Junior Synchronised Swimming Championships 2009**
Gloucester, April 2009
- **BT Paralympic World Cup 2009**
(Swimming competition and field of play delivered by British Swimming on behalf of Fastrack events)
Manchester, May 2009
- **LEN Women's European Nations Trophy 2009**
Manchester, July 2009
- **FINA Water Polo Referees School**
Manchester, July 2009
- **1st LEN Swimming Officials Seminar**
Manchester, September 2009
- **BT Paralympic World Cup**
(Swimming competition and field of play delivered by British Swimming on behalf of Fastrack events)
Manchester, May 2010

Events that were cancelled due to the Icelandic volcanic eruption

- **FINA / Li-Ning Diving World Series powered by British Gas 2010**
Ponds Forge, Sheffield, April 2010
- **FINA Diving Judges School**
Sheffield, April 2010

Corporate

Green agenda

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

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

The new headquarters for British Swimming and the ASA, SportPark has already achieved a 'very good' rating from BREEAM, the global environmental assessment mark, and is confident it can achieve 'excellent'.

Unique green elements in its design include ground source heat pumps, window controls

maximising natural daylight and ventilation, screens and doors to minimise noise levels, a small stream integrated into the landscaping to provide an ecologically valuable habitat and dedicated parking spots for employees joining the car share scheme.

Employee satisfaction

The employee survey was conducted during October 2009, working with an external agency – People Insight. We had an excellent response rate 75 per cent and an initial analysis of the results has now taken place.

The analysis identified that there are three sections of work to address, firstly areas for development that are organisation wide, these are: Communication, Coaching skills, Carrying out appraisals, Clarity regarding career development and training.

Secondly, some departments will require support to tackle a range of issues which have been identified as weaknesses.

Thirdly there are a number of departments that have relatively few areas of weakness and pre-dominantly satisfied employees – areas where the management practice appears to be delivering good results and these practices should be further reviewed.

The results of the survey were posted on the intranet and formed part of Andy Gray's presentation at the Staff Day in November.

As employees only form part of our people we have also carried out a similar survey with our volunteers. Again working with People Insight. A similar plan in terms of analysis will be followed and the results will be incorporated into the overall People Agenda.

Equity and diversity

British Swimming has continued to develop its commitment to equality and diversity. We have completed Equality Impact Assessments, trained staff and volunteers and completed our annual equality audit. We will be working to achieve the Advanced Level of the Equality Standard by 2012.



Braxton Timm

Event: 30th European Championships

Britain's best medal tally ever



Fran Halsall

Monique Gladding
and Megan Sylvester

Swimming

They came, they saw and they trained – and still they conquered.

A depleted British team, swimming untapered and unshaved and with one-and-a-half eyes on the commonwealth Games in Delhi, managed to win an

excellent six gold, six silver and six bronze medals. Eighteen medals was five more than their previous best tally from 2006, also in Budapest, and put Britain third in the medals table behind France (eight gold, seven silver, six bronze, 21 total) and Russia (seven, four, one, 12).

And that was without the likes of James

Goddard, Chris Walker-Hebborn, Michael Rock and a few others who would probably have added to the tally. The top British medal winners were Fran Halsall with two gold, two silver and one bronze, and Gemma Spofforth with two gold and one silver.

Great Britain head coach Dennis Pursley

“I was hoping that they would be racing tough, that they would be within sight of their PBs, but I didn't expect them to get within sight of the podium as often as they did.”

was delighted. ‘Given the circumstances, they [the swimmers] exceeded my expectations,’ he said. ‘I was hoping that they would be racing tough, that they would be within sight of their PBs, but I didn't expect them to get within sight of the podium as often as they did.’

‘Theoretically, if you are not racing fully rested and shaved in that level of competition, it's unreasonable to expect to get to the podium against swimmers who are. But we managed to do it on more occasions than you would normally expect.’

‘I don't want to read too much into it. They should all be significantly faster in Delhi and if that happens we are looking at a good year. But sometimes things don't go according to plan. That's always something to be aware of and we should

not get too excited about where we are. But I would much rather be in this situation than the reverse.’

Pursley said that had the full team been present, shaved and fully-rested, a medal tally in the mid 20s would have been realistic. ‘If we had made the Europeans our top priority, I think it's realistic to think we could have come out on top in the medal standings,’ he said. ‘But you have to prioritise and pick your battles. If you try to do it every step of the way you end up falling short when it counts the most.’

All but three of Britain's 18 medals came from the women, only Liam Tancock (two) and Joe Roebuck bucking that particular trend. Pursley explained: ‘Although there are exceptions, the women can typically swim closest to their PBs without fully resting and shaving for the competition. So you would expect in this situation that they will be further on than the men.’

He added: ‘What pleased me the most was the fact that they came in focused, determined and racing tough when they could have been more lethargic about it and using it as an excuse.’ »

British medals (18)

Gold (6)

Fran Halsall	100m Freestyle	53.58
Rebecca Adlington	400m Freestyle	4:04.55
Gemma Spofforth	100m Backstroke	59.80
Elizabeth Simmonds	200m Backstroke	2:07.04
Hannah Miley	400m IM	4:33.09
GBR 4 x 100m medley relay team		3:59.72

(Gemma Spofforth, 1:00.39; Kate Haywood, 1:07.50; Fran Halsall, 57.46; Amy Smith, 54.37)

Silver (6)

Liam Tancock	50m Backstroke	24.70
Elizabeth Simmonds	100m Backstroke	1:00.19
Gemma Spofforth	200m Backstroke	2:08.25
Kate Haywood	50m Breaststroke	31.12
Fran Halsall	100m Butterfly	57.40
GBR 4 x 100m freestyle relay team		3:38.57

(Amy Smith, 54.48; Fran Halsall, 53.05; Jessica Sylvester, 55.36; Jo Jackson, 55.68)

Bronze (6)

Liam Tancock	100m Backstroke	53.86
Joe Roebuck	200 IM	1:59.46
Fran Halsall	50m Freestyle	24.67
Ellen Gandy	200m Butterfly	2:07.54
Hannah Miley	200 IM	2:10.89
GBR 4 x 200m freestyle relay team		7:55.29

(Rebecca Adlington, 2:00.29; Jazmin Carlin, 1:57.85; Hannah Miley, 1:58.90; Jo Jackson, 1:58.25)



Lizzie Simmonds and
Gemma Spofforth



Tom Daley and Max Brick

« Diving

Megan Sylvester and Monique Gladding were the stars of the British team, powered by British Gas, as they won the first female European medal for the British team in 52 years, in the 10m Synchro.

After the first round they were fifth but they kept their cool to move up to third with their second required dive - the back dived pike. They were consistent throughout the rest of the rounds but their final dive scored 74.88 to lift them up to the bronze medal spot with 300.66.

'I'm so happy to get that medal after what has been a really tough year for both of us,' said Gladding. 'It's great to turn the corner and show what we can do when we're fit. I had hip surgery this time last year and the recovery from that is a long process but I feel like I'm well on the way

and results like this really help.'

Sylvester added: 'We've not done a lot of training this year because of Monique's hip and the fact I've grown four inches which means we've had to start over with how I approach the dives. It changes how quickly you spin, when you take off and in this event to come through all that for a medal is great. We had a solid list of dives and held it together before saving the best until last for the medal.

Meanwhile, Grace Reid, 14, impressed with fourth in the 3m individual at her first European Championships. She moved up from seventh to fifth in the penultimate round and as she began her reverse 2 1/2 somersaults tucked, she knew she had a chance to move higher up the rankings. She finished with 276.20 in fourth.

Nick Robinson-Baker (Sheffield) and Chris Mears (Southampton) made their international debut and finished fifth

in the 3m synchro final. The pair put together an impressive list to score 398.37 despite the fact that they had only trained together for six weeks. 'At our first international event that is a great result,' said Robinson-Baker. 'Chris dived superbly and as the younger member of the team actually carried me in places as I didn't dive as well as I could. We managed a couple of great scores throughout the rounds and our performance shows the potential we have as a team.'

Britain's other finalists were: Rebecca Gallantree and Alicia Blagg who did excellently to finish fifth in the 3m synchro final with 280.08, and Monique Gladding in the 10m platform where she finished seventh with 311.95.

World and European 10m champion Tom Daley was forced to withdraw due to a tricep injury. The 16-year-old had competed in the 10m synchro prelim with his partner Max Brick and finished fourth with 386.58 but the decision was made to withdraw him from the final and the competition to prevent any long term damage to his tricep.

Synchronised Swimming

The British Synchronised Swimming Team, powered by British Gas, continued its impressive rise through the world rankings with fifth place in the duet championships.

Jenna Randall and Olivia Allison capped Britain's best result at a European event for 15

years with a spider themed routine for a score of 90.300 – 8.400 behind Russia in the gold medal spot followed by Spain, Ukraine and Italy.

Britain's synchro girls were ninth two years ago but were pleased to overhaul close rivals France this time.

In the team event, the Brits were sixth. Competing in the team event for the first time since 1995, they had a War of the Worlds theme showcasing their speed and ability with a sequence of complex moves and secured a total score of 87.100 which was almost three points ahead of Belarus who finished seventh.

Jenna Randall did not compete in the solo due to injury but British Synchro National Performance Director Biz Price was delighted with the week's performances and results as the athletes continue their preparations for 2012. 'We exceeded our targets despite the fact we've had athletes returning from injury so the results this week have had even more significance as this didn't inhibit our performance,' she said. 'This week has seen another step up in our performances and we

will be even more motivated to move up the rankings at the FINA World Cup next month. Our technical performances still need to improve as we close in on 2012 but the free programmes have exceeded expectations and are ahead of the curve.'

Team captain, Lauren Smith added ' the performances were really pleasing especially as we haven't competed in the team event for so long! The duet beat France which was a first and something the team are working towards. We also got good feedback from the judges and countries such as Italy are worrying about us as we know we can beat them very soon.

Russia continued to dominate European synchro with gold in all events followed by Spain and Ukraine.

“This week has seen another step up in our performances and we will be even more motivated to move up the rankings at the FINA World Cup next month.”

Open Water

Olympic silver medallist David Davies made his return to open water in the 10k championship. He led for most of the race but found the final 2km too much and fell back into the pack. However, Daniel Fogg swam well and finished in 11th place with 1:54:40.2. Richard Charlesworth finished in 27th place in 1:56:33.2 and Davies finished in 1:58:21.4 in 30th. Germany's Thomas Lurz took the title in 1:54:22.5.

Team Leader Mark Perry commented: 'The race was a tough one in a quality field and for us we can take many positives from these results. For Dave to return to action and lead for 8km is very positive. Although he hit a wall, we know where he is now and where he needs to be to gain success. The sport is still relatively new in terms of top level competition and there is still a lot for our athletes to learn but each time we come away having built our knowledge a bit further.'

In the women's 10k, Cassie Patten was 17th.



Monique Gladding and Megan Sylvester

“I'm so happy to get that medal after what has been a really tough year for both of us”



Jenna Randall and Olivia Allison

“Having so many athletes in disparate locations meant that we were watering down the quality of service we were giving them. The reason for setting up training centres is to provide an enhanced daily training environment.”

Michael Scott

British Gas Intensive Training Centres

When national performance director Michael Scott arrived in October 2007, Britain had 96 swimmers on its world class programme but they were scattered around 45 locations. Two-and-a-half years later there are still more than 90 swimmers on the programme but now they are located in only 20 places. The biggest single reason for this is the opening of British Swimming's five British Gas Intensive Training Centres (ITCs) at Loughborough, Stockport, Bath, Stirling and Swansea.

‘Having so many athletes in disparate locations meant that we were watering down the quality of service we were giving them,’ said Scott. ‘The reason for doing these things [setting up training centres] is to provide an enhanced daily training environment. Swimming is not a centralised sport. Loughborough is a very good programme but if you didn't want to move to Loughborough, you didn't have the option of another training environment.’

Scott stressed that the ITC network is still very much a work in progress with each of the five at a different stage of its development. ‘The whole philosophy of the ITCs

was to develop a world class training environment “on shore” [ie in Britain as opposed to the Offshore Centre in Queensland],’ he said. ‘It takes time to build and get a system in place. We have made significant progress in the first year-and-a-half. All the coaches are now employed and all the support staff are in place and there is a good complement of athletes at each centre which is continuing to grow.’

The ITC work received another boost in April when the seven remaining young male swimmers at the Offshore Centre at Queensland's Southport School returned to Britain. The centre officially closed at Christmas but the swimmers and coach Chris Nesbit were allowed to stay on until the British Championships to minimise disruption to their programmes.

‘We have made a very deliberate effort to help them see the UK as a viable alternative to the US college system,’ said Scott. ‘When I was last on the Gold Coast and

asked them how their decision-making was going, they said it was a very hard decision – not hard about coming back to the UK but about which of the ITCs to go to because they found them all viable options. That was quite pleasing. Some of them had two or three priorities but all seven swimmers in this group are going to base themselves in the UK.’

Scott added that although the ITCs were a ‘key platform’ in the plan to build a world class training environment, there was also funding to support ‘podium’ and ‘development’ clubs and athletes in their own training environments.

‘The key message I would like to put over is that the ITCs are very important but they are not the answer for every swimmer,’ he said. ‘They will suit a lot of swimmers, especially when they have to make the decision of moving to university education because four of the ITC programmes are located on university campuses and the fifth – Stockport – has a connection with Manchester University. We have employed a lifestyle adviser to help the athletes balance their training with the academic side and lifestyles.’

British Swimming's chief executive David Sparkes named Olympic double champion Becky Adlington and Olympic finalist Hannah Miley as two examples of ‘great athletes coming out of great clubs’ – as opposed to intensive training centres. ‘Clearly we still have to support these athletes in these environments,’

Jo Jackson

diving's high performance centres at Plymouth, Sheffield, Southampton and Leeds have produced quality divers. ‘Getting the environment right does produce athletes. You could look at these centres as a finishing school, for want of a better description. In the next couple of years we would love to drive up the quality of the coaching and increasingly we will see more and more athletes coming out of these environments.’

He added that there was now a ‘robust monitoring and evaluation process’ in an attempt to improve the ITCs, the diving centres, synchro's HPC at Aldershot and the women's water polo HPC in Manchester.

‘We have the performance directors working together on that.’

He was not, however, convinced that performance

he said. ‘But I think the method is right and increasingly around the world we are seeing nations trying to get their best athletes into these environments.’

Sparkes also addressed the issue of swimmers heading for the USA when they leave school. For a few, this has brought great success, including a 100m backstroke gold medal for Florida-based Gemma Spofforth at the 2009 world championships in Rome. But others have returned early or disappeared without trace. ‘We would prefer for athletes who are due to go to university not to go to the USA because, while it does work for some and does produce some quality, it doesn't work for everyone,’ he said. ‘Anyone who is contemplating it needs to think through carefully whether it is going to suit them. I think we can offer a better alternative in the UK.’

Finishing school for elite athletes

Indeed, David Sparkes describes the ITCs as a kind of ‘finishing school’ for elite athletes. ‘The athletes come through the club structure but the ITC is where you turn a good athlete into a world class athlete,’ he says.

Part of former NPD, Bill Sweetenham's vision was to set up a network of ITCs but it fell to the current NPD Michael Scott to bring this about. ‘Michael said we should be spending a lot more of the money on developing a quality coaching environment,’ said Sparkes. ‘It was suggested we should try to have four or five of these centres.’

Sparkes said British Swimming have been encouraged by the way in which

“Getting the environment right does produce athletes. You could look at these centres as a finishing school, for want of a better description.”

centres were the way to go for disability swimming. ‘In a strange way I'm not sure whether a training centre is the right approach for our disability athletes because they have different needs,’ he said. ‘Some of them need lifestyle support and bringing them out of their home environment can give them some other challenges. We have an open mind on this because of the three training centres we have got, but in Beijing only Swansea really delivered, and was that because we have a great coach in Swansea? It would be fair to say that Stirling presents some challenges »

Chris Walker-Hebborn

“Post 2013, we will have to see where London might fit into this landscape. London will have a world class diving centre and a world class 50m pool – two pools, in fact.”

« and Manchester lost some ground.’

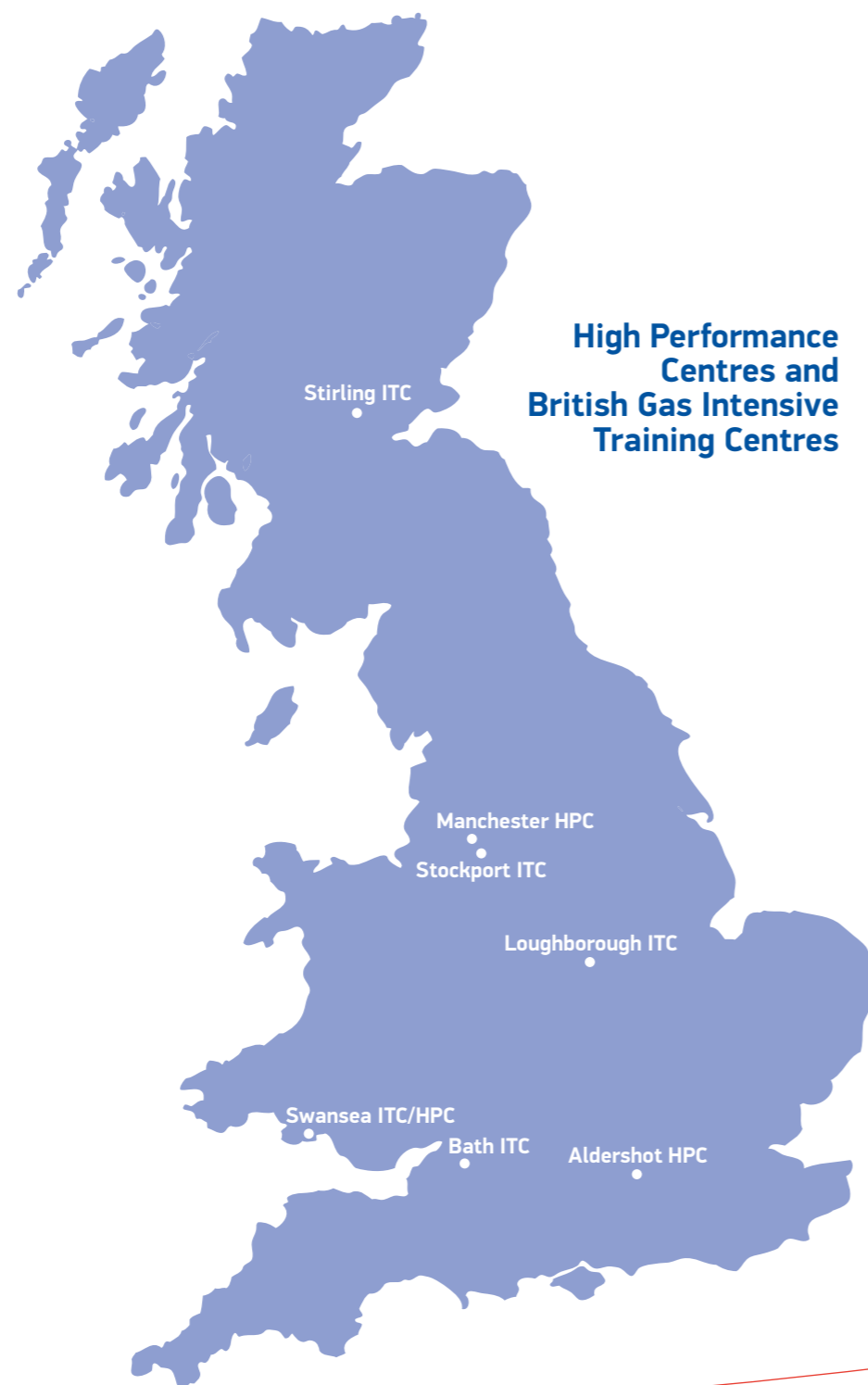
The whole ITC picture will change again after 2012, as London will suddenly have Olympic-standard facilities. ‘Post 2013, we will have to see where London might fit into this landscape,’ said Sparkes. ‘London will have a world class diving centre and a world class 50m pool – two pools, in fact. We need to think if that is perhaps a venue which could deliver an even better ITC. We also have the challenge of Edinburgh and Glasgow being redeveloped and there will be world class facilities there. All this depends on funding. We will obviously be revisiting it after London 2012.’

British Gas sponsorship of British Swimming



Impact for the Partnership to date

- 1200 better engaged through Free Swim initiative
- 100,000 customer swims, helping support the increase in participation shown in the Active People Survey - 19% swim more frequently and 27% said it was something they rarely did
- 10,000 children taught to swim through Pools4Schools
- 1 in 4 swimmers aware of the partnership
- 19% prompted awareness
- Brand likeability
- Sharing marketing expertise
- Supports delivery of the British Swimming Supporters' Club - including activity in Budapest and Eindhoven



UK Sport Athlete Insights Survey 2009

In August 2009, UK Sport launched ‘Athlete Insights’, a project aimed at monitoring and tracking the experiences and feedback of athletes competing within the World Class Programme environment. The survey consisted of a number of questions in a similar scale to those that NGB’s are required to report to UK Sport via Mission 2012, Athlete, System and Climate, in order to gain an athlete perspective on the World Class Programme.

Following are some of the pertinent results that were gathered from the closed questions in the survey across all of the five disciplines. The figures shown are the percentage of athletes who either strongly agreed or agreed with the statement.

	Swimming	Disability Swimming	Diving	Synchronised Swimming	Water Polo	Other Sports
The WC Programme provides support that meets my individual needs	84%	96%	82%	100%	67%	75%
There is a co-ordinated approach to coaching and other types of support	73%	82%	70%	100%	79%	66%

Athletes were also asked a series of open ended questions and following are some quotes that were gathered. When asked about the services and support that they received through the World class Programme, one swimmer responded:

“The Management techniques used in our programme are something which have not been used in our sport before but something that has made me a far better athlete and person. I feel I am considered as a professional athlete and my comments and input is given the consideration I believe it deserves.”

One disability swimmer commented on the services and support that they received through the World Class Programme as below:

“British Swimming are excellent at providing physiotherapy and medical support. I couldn’t rate our physio’s or team doctor enough. First class. Access to sports science analysis is also excellent and chances to have physiology testing are very accessible and available.”

One of the synchronised swimmers also commented on the services and support:

“All the support of the coaching and EIS staff help me and work with me to achieve the personal goals I have set.”

One of the divers also felt that having sports science support was beneficial to their performance. When asked if they thought any services that they received through the World Class Programme were gold standard they responded:

“Yes, having a strength and conditioning coach who works closely with the sport specific coach. Together they help to find innovative ways to work us.”

The Athlete Insights Survey will be delivered annually in the lead up to London 2012 Olympic and Paralympic Games.

Event: IPC World Swimming Championships

Fourth on the medal table with 16 golds

With two-years until the London 2012 Paralympics, Great Britain's top disability swimmers were out to make an impression at the IPC World Championships in Eindhoven. Grabbing six medals – four of them gold – double Paralympic champion Ellie Simmonds was the star of the show but the competition also saw a number of emerging talents impress for GB, leading to 12 gold medallists.

Britain's overall medal tally was 52, losing out to only Ukraine (58) and USA (57) while the team's 16 golds placed them fourth behind Ukraine (21), USA (20) and Russia (19).

And with such widespread success, national performance director John Atkinson admitted he found it hard to single out anyone for individual praise.

'There have been so many pleasing aspects of the week,' said Atkinson. 'We saw 12 swimmers win individual golds which just shows the depth of talent we have in the team.'

'It's been one of the best teams that I have seen or worked with and they have been great and professional throughout.'

Day 1 Sunday 15 August ten medals (one gold)

It only took one day for the British team, powered by British Gas, to reach double figures on the medal count with ten arriving in the first evening session.

Double Paralympic champion Ellie Simmonds shone brightest, knocking nearly four seconds off her own world record to claim the first long course world title of her career in the S6 400m freestyle.

The 15-year-old's time was made more impressive by the fact she swam much of the race on her own, turning at the half-way point with a ten second lead before touching home in 5:27.64 ahead of China's Song Lingling (5:51.43) and GB teammate Natalie Jones (5:55.94).

'I am so shocked with that,' said Simmonds. 'The world record was always the aim for me but I didn't expect to take that much of a chunk off it. I didn't get a personal best at the British Champs so I was hoping for it here.'

There were another two medals in the S7 400m freestyle as David Roberts and

Jonathan Fox scooped silver and bronze.

Defending champion Roberts dipped under his own world record to finish in 4:48.11 but couldn't contain Croatia's Mihovil Spanja who won in 4:47.39 after making an early break. Fox touched home in 4:50.39 for his first World Championship medal.

Matt Whorwood and Fran Williamson both struck silver in the S6 400m freestyle and S3 50m freestyle respectively. Whorwood sliced more than six seconds off his British record to finish in 5:10.09 behind Sweden's Paralympic champion Anders Olsson (5:04.28). It also took a Paralympic champion to prevent Williamson from gold with the Brit finishing in 1:04.60 behind Singapore's Yip Pin Xiu (1:03.17).

Meanwhile, Thomas Young took his world championship debut by the scruff of the neck, setting British records to capture bronze in both the S8 100m backstroke (1:06.85) and SM8 200m individual medley (2:32.40). The 19-year-old medalled in both events at last year's European Championships and was

made to work hard to repeat the feat in Eindhoven, holding off teammate Sean Fraser by 1.07sec in the backstroke and China's Xueming by 0.81sec in the medley.

Stephanie Millward and James Anderson completed the British team's opening day haul, scooping bronze in the S9 100m butterfly (1:11.07) and S2 50m freestyle (1:07.34) respectively.

Day 2 Monday 16 August six medals (no golds), 16 in total

The medal charge continued with a flurry of silvers from the British women.

European champion Louise Watkin claimed her first individual world medal, finishing second in the SM9 200m individual medley and only beaten by ten-time Paralympic gold medallist Natalie Du Toit.

But while Watkin's time of 2:37.71 was a personal best, the 18-year old insisted she hadn't reached top gear. 'I am slightly disappointed with my butterfly leg because it didn't go as well as this morning,' said Watkin. 'But I still got a

personal best in that race and I feel good with that and my medal.'

World record holder Charlotte Henshaw and Paralympic champion Liz Johnson were both tipped to medal in the eagerly anticipated SB6 100m breaststroke final with Henshaw favourite after lowering

her world record to 1:38.46 in the morning heats.

And while American champion Mallory Weggemann stormed through the final to lower the world record again (1:35.51) and take gold, Henshaw and Johnson held off the attention of Australia's »

"I'm shocked with that. The world record was always the aim for me but I didn't expect to take that much of a chunk off it."

Bronze for Natalie Jones whilst Ellie Simmonds took gold in the S6 50m free



Robert Welbourn

« Tanya Huebner to claim silver (1:39.74) and bronze respectively (1:39.88).

'It all went by in a bit of a blur,' said Henshaw. 'It was such an amazing race and having spoken to people just now it sounded like Liz and I were really close. It was just a brilliant race and I really enjoyed it but I am really tired now.'

Claire Cashmore followed suit to clinch silver in the SB8 100m breaststroke. The 22-year old qualified fastest from the morning heats but found Paralympic champion and world record holder Olesya Vladykina too hot to handle in the final, touching home 1.04sec behind the Russian in 1:22.02.

Cashmore and Watkin were back on the podium again later, teaming up with Ellie Simmonds and Stephanie Millward to clinch silver in the 34 point 4x100m freestyle relay. The quartet dipped under the world record with a time of 4:29.49 but they were always chasing the USA who won in 4:23.59.

Matthew Walker, Graham Edmunds, David Roberts and Robert Welbourn also secured a medal in the men's 34 point 4x100m freestyle relay, finishing third in 3:54.79 behind a world record time from Australia (3:48.72) and a South American record from Brazil (3:53.79).

Thomas Young came within a whisker of collecting his third bronze in two days in the SB7 100m breaststroke but despite

a personal best of 1:27.03, he touched 0.13sec behind USA's bronze medallist Rudy Garcia-Tolson.

Day 3

Tuesday 17 August

**12 medals (seven golds),
28 in total (eight golds)**

In her first major international championship, 19-year old Harriet Lee showed no signs of nerves as she swept to gold in the SB9 100m breaststroke.

Having qualified fastest, the teenager burst out of the blocks in the final before finishing in a European record of 1:19.86. Louise Watkin followed Lee home in a personal best of 1:20.96 with New Zealand's Sophie Pascoe third.

'I am just so happy right now,' said Lee. 'To come to my first World Championships and win a gold is just a dream come true. I felt so good in the race and everything went exactly to plan.'

After settling for second best in yesterday's relay, there was no stopping Ellie Simmonds returning to the top of the pile in the S6 50m freestyle. The Netherlands' Paralympic champion Mirjam De Koning-Peper stalked Simmonds all the way but the Brit pushed clear in the final metres to take victory in a British record 36.03 – 0.16sec ahead of her rival.

Natalie Jones had qualified seventh fastest for the final but stormed to her

second bronze of the Championships from lane one, touching home in 37.95.

Matthew Walker and David Roberts also scooped gold and bronze respectively in the S7 50m freestyle. There wasn't much to choose between the top three but Walker eventually stole victory in 28.26 with USA's Lantz Lamback second (28.63) and Roberts third (28.90).

Thomas Young shaved more than 11 seconds off his personal best to capture his first world championship gold in the S8 400m freestyle. Germany's Christoph Buckard pushed Young close but after turning for the last 50m with 0.58sec to spare, the British teenager stormed away to win in 4:36.45.

Rhiannon Henry came out on top of a dramatic S13 100m butterfly final. The 23-year old was third at the turn but powered clear in the second 50m to win in a British record of 1:06.61 ahead of Canada's Valerie Grand-Maison (1:07.65) and USA's Kelley Becherer (1:09.06).

Fran Williamson and Nyree Lewis were the other two British gold medallists, winning the S3 50m backstroke and S6

"I wanted that record tonight. I have been undefeated in the race since 1999 and I am really happy to have continued my success here."

100m backstroke respectively. Having lost out to Singapore's Yip Pin Xiu in the 50m freestyle, Williamson turned the tables in the backstroke, taking victory in 1:05.38 with the world record holder 1.64 back.

Lewis was pushed closer in her final, but held off Russia's Anastasia Diodorova in the last 15m to capture her third consecutive world title in 1:27.30 with Diodorova second (1:27.54) and China's Lu Dong third (1:29.09).

Stephanie Millward and Louise Watkin were the final British medallists, winning silver and bronze in the S9 100m freestyle. South Africa's Natalie Du Toit took gold in 1:02.79 with Millward 1.06sec back and Watkin another 0.2sec back.

Day 4

Wednesday 18 August
**nine medals (four golds),
37 in total (12 golds)**

A dramatic second-half comeback from Ellie Simmonds in the SM6 200m

individual medley earned her a third gold.

Simmonds turned for the breaststroke leg 3.11sec back in sixth but after switching on the gas she picked off each of her rivals to touch home in 3:09.24, knocking 1.82 off her world record.

Germany's Verena Schott took silver (3:10.96) while Great Britain's Natalie Jones collected her third bronze (3:11.12).

Sascha Kindred also lowered his world record to lift gold in the SM6 200m individual medley. The six-time Paralympic champion dominated from the gun before finishing in 2:42.18 ahead of China's Yang Yuanrun (2:47.48) and Ukraine's Iaroslav Semenenko (2:53.20).

'I wanted that record tonight,' said Kindred, who beat his old mark by just 0.01sec. 'I have been undefeated in the race since 1999 and I am really happy to have continued my success here.'

Jonathan Fox also ducked under his own world record to capture a first world championship gold in the S7 100m

backstroke. The Paralympic silver medallist turned with 1.88sec in hand at 50m before securing victory in 1:11.94.

'World Champion sounds really good to me,' said Fox. 'I wanted that world record so much and I just went into the race hungry for it. I went into this meet wanting success and I am happy with how my racing has gone.'

Daniel Pepper celebrated his world championships debut with gold in the SB14 100m breaststroke. The 21-year-old held off Australia's Richard Eliason to win in 1:11.08.

Stephanie Millward scooped her fourth medal in the S9 400m freestyle. Natalie Du Toit (4:30.64) was the breakaway winner but Millward warded off a spirited challenge from Australia's Ellie Cole to capture silver in 4:47.40.

James Crisp picked up his first medal of the competition, setting a British record of 4:21.52 en route to bronze in the S9 400m freestyle. »



Sascha Kindred



4x100m medley 34pt relay team of (back, l-r) Harriet Lee, Claire Cashmore, Stephanie Millward and (front) Ellie Simmonds

« Meanwhile, Robert Welbourn and James Anderson secured their second medals of the week, striking bronze in the S10 400m freestyle and S2 50m backstroke.

Day 5
Thursday 19 August
five medals (three gold),
42 in total (15 golds)

After three silvers and a bronze, Louise Watkin finally got her hands on gold in the S9 50m freestyle, beating Paralympic champion Natalie Du Toit to the touch after the South African had pipped her twice earlier in the week.

Having already edged out Du Toit in their heat, Watkin flew out of the blocks in the final, eventually winning in 29.26 with the South African second (29.65) and Russia's Irina Grazhdanova third (29.76). Claire Cashmore finished sixth in 30.14.

'I am just speechless – this is such an amazing feeling and I just don't want it to end,' said Watkin. 'I saw Natalie at the half-way point and wanted to make sure I beat her. Everything just went right and I couldn't be happier right now.'

While Watkin was celebrating her first world title, Ellie Simmonds romped to her fourth with a world record in the S6 100m freestyle. The Netherlands' Mirjam De Koning-Peper took the race to Simmonds, turning in first with a 0.3sec lead over the Brit. But a storming second 50m from Simmonds saw her surge past the Dutch

swimmer to win in 1:15.97.

'I am on such a high right now,' said Simmonds. 'I haven't broken that record since 2009 and I feel really good to have done it here.'

De Koning-Peper finished in second (1:18.25) with China's Song Lingling third (1:21.63) and Natalie Jones sixth (1:22.53).

David Roberts became the British team's 12th individual gold medallist in the S7 100m freestyle. The Welshman suffered a slow first 50m, turning in fifth, before sweeping back through the field to take gold in 1:01.80 ahead of Australia's Matthew Levy (1:01.89) and USA's Lantz Lamback (1:02.10).

'I wanted that win and the way my week has gone I thought it may not come off tonight,' said Roberts. 'But I just put my head down and went for it. I am delighted to take home the gold.'

Matthew Walker set a pb of 1:02.68 but finished just outside the medals in fourth while Jonathan Fox came sixth (1:04.81).

Rhiannon Henry claimed her second medal of the meet in the S13 400m freestyle, setting a new British record of 4:37.08 to finished second behind Canada's Paralympic champion Valerie Grand-Maison (4:31.99).

The women's 20 point 4x50m medley quartet of Fran Williamson, Nyree Lewis, Jones and Simmonds won the British team's fifth and final medal of the day, securing bronze in 3:17.98.

“That gold was quite unexpected. I didn't think this morning that I would win that race but I put my head down and have come away with it”

Day 6
Friday 20 August
ten medals (one gold),
52 in total (16 golds)

Daniel Pepper admitted he was as surprised as anyone after clinching his second gold in the S14 200m freestyle. He fought back from fourth at the half-way stage to win in 2:02.18 with teammate Ben Procter joining him on the podium with bronze (2:03.65). 'That gold was unexpected,' said Pepper. 'I didn't think that I would win that race but I put my head down and have come away with it.'

Stephanie Millward took her medal tally to six with two more silvers. The 28-year-old turned with nearly half a second lead but found Natalie Du Toit too strong in the final 50m of the S9 100m backstroke, eventually finishing 0.48 behind the South African in 1:10.31.

The Swansea swimmer's second medal came in the 34 point 4x100m freestyle relay where she joined with Harriet Lee, Claire Cashmore and Ellie Simmonds to take silver, 0.25sec behind the USA.

James Crisp vowed to bounce back after seeing his S9 100m backstroke world record taken from underneath his nose. Australia's Matthew Cowdrey ducked under the record by more than a second to win in 1:01.85 with Crisp settling for silver in 1:03.52. 'After the year I have had I'm happy to come away with the silver,' said Crisp. 'I'm always thinking of how to improve my backstroke and I think I can come back stronger.'

Sascha Kindred and Matthew Walker both set European records en route to 50m butterfly silver medals in the S6 and S7 categories. Kindred clocked 32.26 to finish behind China's Xu Qing (31.66) while Walker touched home in 32.00, beaten only by China's Tian Rong (31.47).

James Anderson and Rhiannon Henry both clinched their third medals. Anderson scored bronze in the S2 100m freestyle in 2:29.02 while Henry also took bronze in the S13 100m freestyle in 1:01.13.

Finally, Natalie Massey rounded off the week, setting a personal best of 2:17.81 to strike bronze in the S14 200m freestyle.



Daniel Pepper

British medals (52)

Gold (16)

Name	Classification	Event
Eleanor Simmonds (4)	S6	50m Free
	S6	100m Free
	S6	400m Free
	SM6	200m IM
Dan Pepper (2)	S14	200m Free
	S14	100m Breast
Nyree Lewis	S6	100m Back
Matt Walker	S7	50m Free
Thomas Young	S8	400m Free
Harriet Lee	SB9	100m Breast
Rhiannon Henry	S13	100m Fly
Fran Williamson	S3	50m Back
Sascha Kindred	SM6	200m IM
Jonathan Fox	S7	100m Back
David Roberts	S7	100m Free
Louise Watkin	S9	50m Free

Silver (16)

Stephanie Millward (3)	S9	100m Free
	S9	400m Free
	S9	100 Back
Louise Watkin (2)	SB9	100m Breast
	SM9	200m IM
Matthew Whorwood	S6	400m Free
David Roberts	S7	400m Free
Fran Williamson	S3	50m Free
Claire Cashmore	SB8	100m Breast
Charlotte Henshaw	SB6	100m Breast
Rhiannon Henry	S13	400m Free
Sascha Kindred	S6	50m Fly
Matt Walker	S7	50m Fly
James Crisp	S9	100m Back

Female 4 x 100m 34pt Freestyle Relay

Millward, Simmonds, Watkin, Cashmore

Female 4 x 100m Medley 34pt Relay

Millward, Lee, Cashmore, Simmonds

Bronze medal winners (20)

Jim Anderson (3)	S2	50m Free
	S2	100m Free
	S2	50m Back
Natalie Jones (3)	S6	50m Free
	S6	400m Free
Thomas Young (2)	SM6	200m IM
	S8	100m Back
Jonathan Fox	SM8	200m IM
Stephanie Millward	S9	400m Free
Liz Johnson	S9	100m Fly
David Roberts	SB6	100m Breast
David Roberts	S7	50m Free
Louise Watkin	S9	100m Free
James Crisp	S9	400m Free
Robert Welbourn	S10	400m Free
Rhiannon Henry	S13	100m Free
Ben Procter	S14	200m Free
Natalie Massey	S14	200m Free

Female 4 x 50m 20pt Medley Relay

Williamson, Lewis, Jones, Simmonds

Male 4 x 100m 34pt Freestyle Relay

Walker, Edmunds, Roberts, Welbourn

British Swimming Limited Abridged Consolidated Accounts

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

Directors' report for the year ended 31 March 2010

The Directors present their report and the financial statements for the year ended 31 March 2010.

Statement of Directors' Responsibilities

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

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

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

The Directors are responsible for keeping adequate accounting records that are sufficient to

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

Principal Activities

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

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

Championships, Olympic Games and Paralympic Games.

Directors

The Directors who served during the year were:

S Greetham
R M K J James
S Rothwell
A W Clark
G S S Davis
K Evans
M Campbell
J C Hunter
M J Power
D Sparkes
A W Gray
W Hatton

Results

The surplus for the year, after taxation, amounted to £8,608 (2009 - £43,266).

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

Review of Developments and Future Prospects

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

High Performance Swimming Limited has secured grant funding from UK Sport for the

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

Financial Instruments

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

Risks and Uncertainties

The Group is classed as a "medium-sized" group and, as such, the Directors strive to apply the principles and procedures of good corporate governance as set out in the various codes of practice. The senior management team maintains a risk register which is reviewed by the Audit and Probity Committee (sub-committee of the Board), which reports to the Board of Directors.

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

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

Provision of Information to Auditors

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

- so far as that Director is aware, there is no relevant audit information of which the Company and the Group's

auditors are unaware, and that Director has taken all the steps that ought to have been taken as a Director in order to be aware of any information needed by the Company and the Group's auditors in connection with preparing their report and to establish that the Company and

the Group's auditors are aware of that information.

Auditors

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

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

A Gray

Secretary
Date: 18 September 2010

Consolidated Income and Expenditure Account for the year ended 31 March 2010

	2010 £	2009 £
INCOME		
Direct costs	13,156,612	12,113,297
	(7,831,340)	(6,549,051)
GROSS SURPLUS	5,325,272	5,564,246
Administrative expenses	(5,329,487)	(5,581,328)
OPERATING DEFICIT	(4,215)	(17,082)
Interest receivable	15,799	76,319
SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	11,584	59,237
Tax on surplus on ordinary activities	(2,976)	(15,971)
SURPLUS FOR THE FINANCIAL YEAR	8,608	43,266

All amounts are derived from continuing operations.

There were no recognised gains and losses for 2010 or 2009 other than those included in the income and expenditure account.

Consolidated Balance Sheet as at 31 March 2010

	2010 £	2009 £
FIXED ASSETS		
Tangible fixed assets	45	188
CURRENT ASSETS		
Debtors	1,220,750	922,239
Cash at bank and in hand	2,733,073	3,775,511
	3,953,823	4,697,750
CREDITORS:		
amounts falling due within one year	(3,741,338)	(4,494,016)
NET CURRENT ASSETS	212,485	203,734
TOTAL ASSETS LESS CURRENT LIABILITIES	212,530	203,922
CAPITAL AND RESERVES		
Income and expenditure account	212,530	203,922
	212,530	203,922

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

A W Gray
Director
Date: 18 September 2010

R M K J James
Director
Date: 18 September 2010

High Performance Swimming Limited Abridged Accounts

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

Directors' report for the year ended 31 March 2010

The Directors present their annual report and the financial statements of the Company for the year ended 31 March 2010.

Statement of Directors' Responsibilities

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

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

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial

statements;

- prepare the financial statements of the Company on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

Principal Activities

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

Directors

The Directors who served during the year were:

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

Results

The surplus for the year, after taxation, amounted to £Nil (2009 - £Nil).

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

Future Developments

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

Financial Instruments

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

Risks and Uncertainties

The Company is classed as a "medium-sized" Company and, as

such, the directors strive to apply the principles and procedures of good corporate governance as set out in the various codes of practice. The senior management team maintains a risk register which is reviewed by the Audit and Probity Committee (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 for the current quadrennial cycle 2009 - 2013.

Provision of Information to Auditors

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

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

Auditors

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

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

A Gray
Secretary

Date: 18 September 2010

Income and Expenditure Account for the year ended 31 March 2010

	2010 £	2009 £
INCOME		
Direct costs	9,194,465 (4,273,835)	10,582,455 (5,528,385)
GROSS SURPLUS	4,920,630	5,054,070
Administrative expenses	(4,929,667)	(5,110,305)
OPERATING DEFICIT	(9,037)	(56,235)
Interest receivable	11,437	71,183
SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	2,400	14,948
Tax on surplus on ordinary activities	(2,400)	(14,948)
SURPLUS FOR THE FINANCIAL YEAR	-	-

All amounts relate to continuing operations.

There were no recognised gains and losses for 2010 or 2009 other than those included in the income and expenditure account.

Balance Sheet as at 31 March 2010

	£	2010 £	£	2009 £
CURRENT ASSETS				
Debtors	288,173		510,852	
Cash at bank and in hand	1,141,367		1,328,007	
	1,429,540		1,838,859	
CREDITORS:				
amounts falling due within one year	(1,429,540)		(1,838,859)	
TOTAL ASSETS LESS CURRENT LIABILITIES		-		-
CAPITAL AND RESERVES				
Income and expenditure account		-		-

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

A W Gray
Director
Date: 18 September 2010

R M K J James
Director
Date: 18 September 2010

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.

Great Britain's girls in the Synchronised Swimming Technical Team event at the 2010 European Championships in Budapest

Thank you to all contributors to this report

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

For production and editing

Peter Hassall	Editor Swimming Times magazine
SWpix	Official photographers to British Swimming
GBswimstars	Additional photography

Partners and sponsors

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



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British Swimming

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