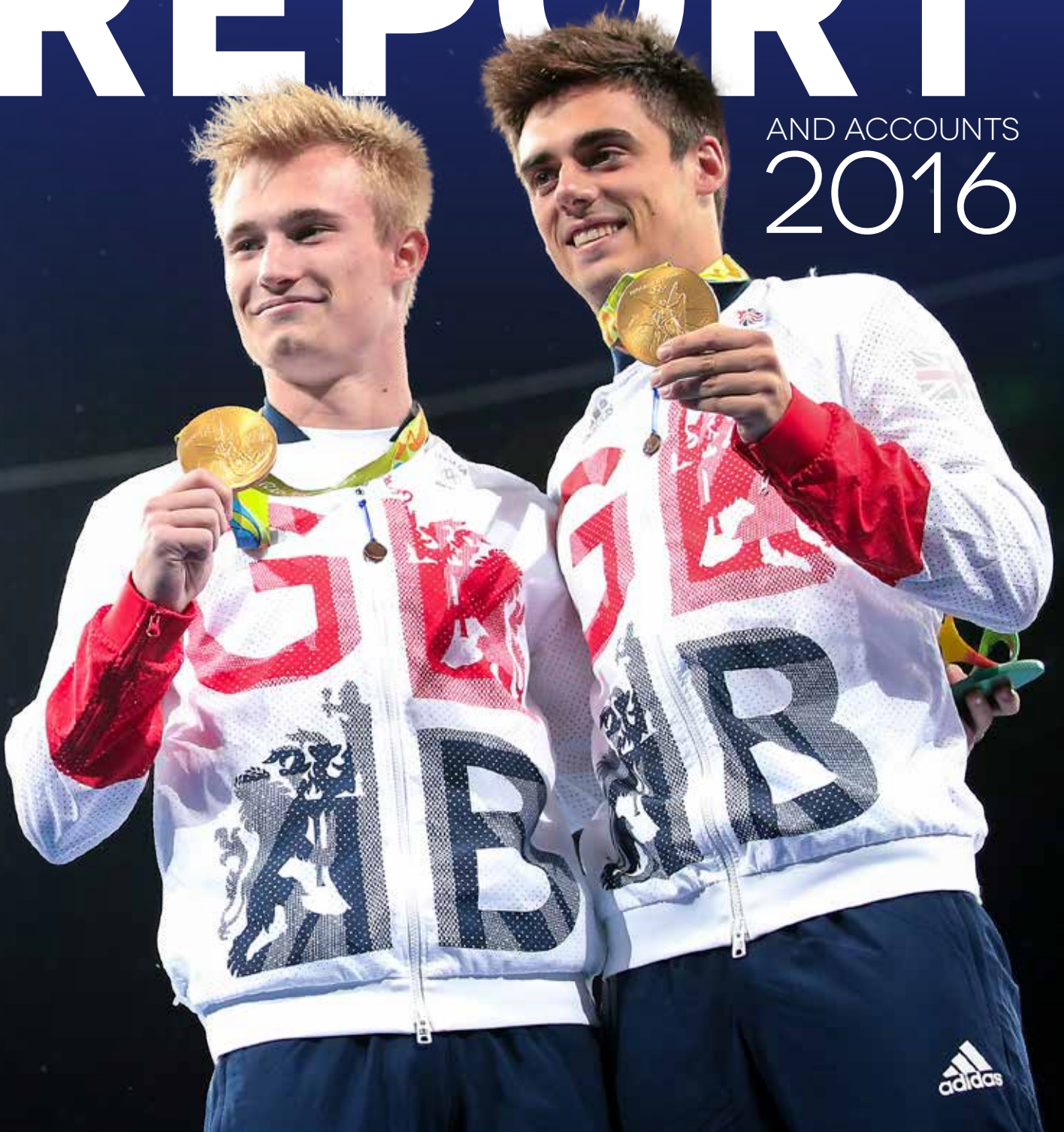




ANNUAL

REPORT

AND ACCOUNTS
2016



Left: Olivia Federici and Katie Clark compete in the Duet Free prelims at the Rio Olympics 2016.

Cover: Jack Laugher and Chris Mears with their gold medals at the Rio Olympics 2016.

Alex Whitehead/SWpix.com

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COMPANY INFORMATION

FOR THE YEAR ENDED 31 MARCH 2016

CHAIRMAN

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DIRECTORS

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 Alexandra Joanna Kelham
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 Simon Rothwell
 David Sparkes OBE
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Great Britain's Laura Stephens competes in the Women's 50m Butterfly heats at the 2016 LEN European Aquatics Championships, London Aquatics Centre.

Alex Whitehead/SWpix.com



CHAIRMAN'S REPORT

MAURICE WATKINS

In my last Chairman's Report, I drew attention to the LEN 2016 European Championships in London which British Swimming was hosting and to the looming vision of the Rio Olympics and Paralympics. Little did I realise how momentous these events were going to be.

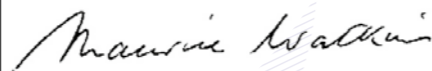
Our results in the London Championships were magnificent and a wonderful event was staged overall, with admittedly a few problems with managing the sheer size of the Masters event, but nonetheless a great tribute to the planning and preparation of the organising committee and our partners UK Sport, the Mayor of London and London Legacy Corporation Limited. The sporting event was also combined with the LEN Congress and Presidential election both of which were staged impeccably and did wonders for increasing our international influence at the European level. In that matter of influence I welcome the significant British Swimming appointments to LEN Committees and David Sparkes's forthcoming appointment to the FINA Bureau.

As for Rio, what can I say? After all the initial doom and gloom, never mind the threat of Zika, it was a great experience. Our athletes and coaches did us proud. We will remember these Games for ever. Best Olympic swimming results since 1908, best ever diving results and first diving gold medal, best ever Paralympic result with all three disciplines beating their stretch targets and synchronised swimming achieving its target.

The success of British aquatics has revived interest in our sport and once again we are the subject of pleasing and positive media comment. So let us enjoy the moment but already the work has started for Tokyo 2020. Sport never stands still.

On the corporate front the board is working well and I am grateful to our independent and stakeholder directors for their work and support. There will be some board changes going forward as directors come to the end of their terms of office specifically Robert James and Simon Rothwell who have done sterling work for the Board but I am confident that their replacements will carry on their good work.

Many thanks are also due to our dedicated staff, volunteers, partners and sponsors who have contributed to our successful "one team" effort and approach.



Maurice Watkins CBE
Chairman, British Swimming



CHIEF EXECUTIVE'S REPORT

DAVID SPARKES

As I write my final annual report for British Swimming as its Chief Executive I will first reflect on the past a little before addressing the future. I joined swimming in 1994 and during this time have provided leadership for an impressive group of individuals. It has been a privilege to be part of some of the greatest moments in our sport's history and to have been part of a team that made it all possible.

My first Olympics was Atlanta 1996 and this was for me when I realised in reality how far behind we were in performance sport. Then along came the National Lottery and everything changed. In 2000 we first led the team to the Paralympics. We have during this period had some marvellous moments and some deeply disappointing ones also, however this is sport. We never lost faith that with our professional approach and the right people we would bring success to the sport.

We now reflect on our best ever result in Diving and the best Olympic result for swimming for 100 years with Synchronised Swimming also achieving its target. The Paralympics, where swimming finished 3rd in the medal table, is easily our best ever result given the changes in Paralympic Swimming in recent years. These were outstanding results given the sports results in London 2012. The whole team at British Swimming together with the coaches, support staff and athletes all contributed to making 2016 the most successful year ever in British Swimming.

However this is not all despite massive financial challenges. We staged the European Championships in London, the first time this event had taken place in London since 1938 and despite the financial challenges this proved to be a success. We also have an opportunity in 2018 to again stage this event in Glasgow, never before has one nation done back to back European Championships. We continue to play a strong role in International Influence in LEN, FINA and IPC Swimming, shaping the sport and building more

interest across the globe.

The team in British Swimming is, I believe, one of the strongest aquatics teams in the world and I am confident that we will see more success in the years ahead with medals in Tokyo, more British influence in the sport and great International events staged in the UK.

The leadership comes from the Board and I would wish to put on record my thanks to Maurice Watkins and the Board of British Swimming for their support over the last 4 years. I know that all the team really appreciate the contribution they make to our work and the way they supported us every step of the way. When I depart British Swimming later in 2017 I know I leave behind a successful team who have the capacity to achieve more in the years ahead.



David Sparkes OBE
CEO, British Swimming





Adam Peaty offers a passable impression of Christ the Redeemer as he celebrates gold and another world record astride the lane rope

Vaughn Ridley/SWPix.com

OLYMPIC GAMES

The opening ceremony of the Rio Olympics began a two-week spectacular of sporting magnificence with unparalleled success for Team GB. Second place on the overall medal table behind the USA but ahead of China and surpassing the outstanding medal haul from London 2012. The superb tally included the best British swimming performance for 108 years with six medals - one gold and five silvers - and the best diving performance ever with one gold, one silver and one bronze. On the following pages, we look at all the aquatic sports and give due credit to our magnificent Olympians.

SWIMMING PEATY PERFECTION

In eight days that saw Britain reel in its best medal haul in the pool since

1908, Adam Peaty delivered the five fastest 100m breaststroke swims in history to become Britain's first male Olympic swimming champion for 28 years.

UNBEATEN

It has already been a great two years for Peaty, who arrived in Rio unbeaten over 100m during that time and with world, European and Commonwealth titles already to his name.

He also held the fastest four times in history, including the only one under 58 seconds - his world record of 57.92 from the 2015 British Championships in London. 'I heard the crowd screaming more and more as I got towards the wall and I thought, "There is something going on here",' said Peaty after the heat. What was going on was the first world record of the Games as Peaty slashed the standard to 57.55.

He almost matched his record in the semi-finals with 57.62, the second fastest time in history and 0.3 under his old mark.

Leading into the final near-misses in the pool and other arenas meant that when he stepped up for his final 24 hours later, he had the chance to become Britain's first medallist of the Games in any sport.

Peaty turned over half-a-second in front in 26.61 - within 0.19sec of his world record for the one-length race. On the return it was Peaty against the clock, which he stopped at 57.13, demolishing the world record of the day before and touching 1.56sec ahead of the 2012 champion Cameron van der Burgh (58.69) - the biggest victory margin in a men's Olympic 100m breaststroke final, beating the previous margin from Munich 1972 by more than a second.

'I can't put into words what that swim means to me,' said Peaty after a more demonstrative celebration. 'I knew I was in front but not by that much. I touched the wall and looked to my left and thought, "Where is everybody?" I thought the best possible race I could do would be 57.3 so to get 57.1 is something else. It's absolutely incredible.'

He added: 'I'm not going to settle for just this. I'm going to push forward - I'm sure every gold medallist says this but Mel and I operate differently and we are always pursuing excellence and self-improvement.'

REMARKABLE TRADITION

Peaty also featured in the Men's 4 x 100m medley relay. Britain qualified fastest after fielding their A team in a heat whereas the US changed their entire team for the final, bringing in an individual medallist for each stroke including Michael Phelps on fly. Britain's Chris Walker-Hebborn handed over in sixth place in 53.68. America's breaststroke bronze medallist Cody Miller was already two seconds up the road as the Olympic champion left the block. Peaty halved the gap on the first length before easing past Miller (59.03) on the second to record an astonishing split of 56.59. 'It was pretty cool,' he said, adding: 'I was a man on a mission. I knew the Americans would go out fast. Chris did an amazing job, so when I dived in I had the composure and control. It was absolutely amazing to get that 56.5 split.'

It meant Phelps had some work to do, taking off over 0.61sec behind James Guy for Great Britain. Guy's split was 51.35 but the world record holder edged past on the second length with 50.33.

REVELATION

Britain's anchor man was Duncan Scott, one of the revelations of these Games, only three months past his 19th birthday yet smashing Simon

Burnett's 2008 British record with 48.01 in the 100m freestyle heats, matching Burnett's old record with 48.20 in the semis, then equalling his own 48.01 to come fifth in the final. He was the first British man to make the 100m freestyle final since Bobby McGregor came fourth in Mexico in 1968. In the meantime, Scott delivered a 47.62 split in the relay to secure Britain's silver medal and smashing their British record which had been set in the heats in a time of 3:29.24.

BEST SESSION

Peaty's gold and the medley team's silver bookended a tally of six medals for GB, five of them silver. Two of these came from Jazz Carlin, the first in the 400m freestyle only minutes after Peaty's gold, making this the best session for Britain that anyone could remember. Gold

'HE DIDN'T SO MUCH MOVE THE GOALPOSTS OF INTERNATIONAL BREASTSTROKING AS SHIFT THE ENTIRE PITCH, DELIVERING THE FIVE FASTEST 100M BREASTSTROKE SWIMS IN HISTORY'

was never a realistic option for the Commonwealth champion, given the dominance of Katie Ledecky, who carved almost two seconds off her own world record with an awe-inspiring 3:56.46.

It could hardly have gone better as Carlin recorded a PB of 4:01.23 to add an Olympic medal to her well-stocked trophy cabinet from the second American, Leah Smith (4:01.92).

'I was in the call room watching Adam and I had goosebumps on the



block,' said Carlin. 'Seeing a teammate achieve a world record and become Olympic champion right before I swam definitely got me pumped up. Four years ago I was sat in the stand cheering on Team GB but now I'm actually part of the team and to come away with a silver medal is absolutely amazing. It's an incredible feeling.'

Five days later, Carlin, 25, became the first British athlete to win two medals in Rio, holding off Hungary's Boglarka Kapas to win a second silver in 8:16.17 as Ledecky charged to another world record of 8:04.79.

Carlin said: 'Since I was a young girl it has been a dream to go to an Olympics but to be on the podium twice with two silver medals feels a bit surreal. If someone had told me four years ago that I would be on a podium twice I would have said no way.'

BATH CONNECTION

Carlin's 800m silver medal was the third of four won by swimmers from British Swimming's national performance centre at Bath University, coached by Dave McNulty and Graeme Antwhistle, who also steered Michael Jamieson to Britain's only silver of 2012 in the 200m breaststroke. Chris Walker-Hebborn's was the fourth in the medley relay and Siobhan-Marie O'Connor's the second in the 200m IM.

O'Connor's time of 2:07.57 in the semi-final smashed her British record which she then went on to smash again in the final. In the final the 20-year-old from Bath closed Hosszu down on her favoured breaststroke and further narrowed the gap on the freestyle. Hosszu held on to win in 2:06.58, an Olympic record and just 0.3 ahead of O'Connor's 2:06.88, which meant the silver medallist had lowered the British record by 1.33sec in 24 hours to become the first British woman to

win an Olympic medal in the 200m IM.

'I didn't think I would get that close to Katinka so I'm over the moon,' said O'Connor. 'It showed what determination can do. I knew how Katinka has dominated, but coming down the final 50 I thought I might get this one. I'm still delighted as I did a time I didn't think I was capable of. The more you race against the

'THE "IRON LADY" SHOWED SIGNS OF METAL FATIGUE AS O'CONNOR NARROWED THE GAP BUT THE HUNGARIAN HELD ON TO WIN BY JUST 0.3SEC IN AN OLYMPIC RECORD'

Right: Jazz Carlin with one of the two silver medals she won in the 400m and 800m freestyle; Below: Siobhan-Marie O'Connor is the first British woman to win an Olympic medal in the 200m IM

Vaughn Ridley/SWPix.com

Opposite page: Britain's silver-winning medley relay team of (l-r) Duncan Scott, Adam Peaty, Chris Walker-Hebborn and James Guy

Alex Whitehead/SWPix.com

best stars in the world, the more confidence you get.'

MEDALS IN PAIRS

Like their first and second medals Britain's third and fourth medals came along together as the men's 4x200m freestyle team followed O'Connor to the silver step of the podium behind the USA.

When it came to the heats, the all-Scottish quartet of Stephen Milne (1:46.70), Robbie Renwick (1:48.17), Wallace (1:46.39) and Scott (1:45.05) qualified Britain fastest for the final. Individual world champion James Guy then replaced Renwick for the



final in which the US changed their entire team, bringing in Phelps and Ryan Lochte among others. The Americans proved too strong for the young Brits but splits of 1:46.97

for Milne, another 1:45.05 for Scott, 1:46.26 for Wallace and 1:44.85 for Guy earned GB a fine second place.

Six medals represented Britain's best performance in the Olympic pool since London 1908, when times were different, you could count the competing nations on three hands.). Beijing 2008 also produced six swimming medals but three of these were in the inaugural 10k marathon.

Rio was only the second Olympics in the last seven where any British swimmer won gold, while a record five silver medals represented a massive step forward, being more than in the previous eight Games put together. There were no bronze medals but several encouraging performances among the seven British fourth places. Plymouth's Ben Proud came up with a positive spin following his fourth in the 50m freestyle. 'It's the toughest competition in the world and fourth places are going to happen,' he said. 'Fourth is better than fifth and fifth is better than sixth. I'm really chuffed



with that.

After an eighth place in Beijing and a sixth and a fifth in London, Fran Halsall sustained the cruelest of Britain's seventh fourth places in Rio, missing the 50m freestyle bronze by 0.02sec, the silver by 0.04, the gold by 0.06.

'It's disappointing not to come away with the result I wanted but I've done everything I could this season to give myself the best shot,' said Halsall. 'It was a strong field and it didn't go to form with who you thought would be there or thereabouts,

Top: Fran Halsall prepares for the 50m freestyle final;

Alex Whitehead/SWpix.com

Below: The silver-winning 4x200m freestyle team of (l-r) Stephen Milne, Duncan Scott, Dan Wallace and James Guy

Vaughn Ridley/SWpix.com

so it was anyone's for the taking. Unfortunately, I just couldn't get my hand on the wall quick enough.'

Cardiff youngster Chloe Tutton also narrowly missed out on a bronze medal by 0.06sec finishing in fourth on the 200m breaststroke. Tutton looked on course for the podium, only to be pipped on the touch by China's Shi Jinglin. Molly Renshaw was sixth in 2:22.72 after breaking Tutton's British record in the semi-final with 2:22.33, 0.01sec quicker than the Welshwoman's time in the final.

'I'm happy with that time but being so close to a medal, you can't help but be a bit disappointed,' said Tutton. 'I've got many more years to improve so hopefully that's experience that I can put under my belt and do a bit better in the future.'

The men's 200m breaststroke produced another painful near-miss



for GB as Andrew Willis – eighth in London and fourth in the last two world championships – came fourth again just 0.08sec off bronze in 2:07.78, close to the PB he set in the



Above: The fast-starting Ben Proud on his way to fourth place behind three Olympic gold medalists in the 50m freestyle; Left: Chloe Tutton narrowly missed a medal in the 200m breaststroke

Vaughn Ridley/SWpix.com



'WE FEEL WE BELONG AT THIS LEVEL NOW. I THINK WE'VE GOT SOMETHING EXCITING GOING'

semi. In a blanket finish, less than a second covered all eight finalists.

Both men's and women's 400m IM finals produced fourth places for Britain but those outcomes had

contrasting significance for the athletes involved. For Sheffield's Max Litchfield, fourth on his Olympic debut was a triumph. After improving his PB just to make the team, he lowered it again in both heat and final to 4:11.62, touching within two seconds of bronze – Britain's best-ever result in this event.

BEST CHANCE?

In the women's event Miley, who had taken a clear third place on the breaststroke, said: 'I could see she [Belmonte] was coming back

at me but I had nothing left. I gave everything I had. It's so much better than I did in London but I have mixed emotions because it was so close. I have happiness and disappointment all coming together.'

Aimee Willmott joined Miley in the mix for a medal but slipped to seventh in 4:35.04.

After his 200m gold and 400m silver at the world championships, James Guy's fourth and sixth places in Rio were a disappointment, although the swimmer himself seemed philosophical. 'I think this





'IF SOMEONE HAD SAID FOUR YEARS AGO I'D BE IN TWO OLYMPIC FINALS I'D HAVE TAKEN IT'

taper hasn't been quite right but I'm enjoying it and I've come fourth [in the 200m], he said. 'If someone had said four years ago I'd be in two Olympic finals I'd have taken it.'

IMPROVEMENT

Guy was one of the busiest swimmers in the British team and his form improved as the week progressed. After finishing sixth in the 400m on day one, Guy went on to finish fourth in the 200m event.

The 1500m freestyle provided a baptism of fire for Tim Shuttleworth, who only made his international debut at the European Championships in May having never represented Britain as a junior. The Loughborough swimmer could not

Left: World champion James Guy on his way to fourth in the 200m freestyle final

Vaughn Ridley/SWPix.com

Below: Andrew Willis was another of Britain's seven fourth place finishers

Alex Whitehead/SWPix.com

match his massive PB of 14:55 from the trials, finishing 27th in 15:13.01. Stephen Milne finished in 10th in 14:56.02 after finishing 13th in the 400m event.

Georgia Davies, Chloe Tutton, O'Connor and Halsall finished seventh in the 4x100 medley relay with a new British record of 3:56.96.

Beyond the medals, another impressive statistic was that 69 per cent of Britain's swimmers swam season's best times and 45 per cent personal bests in Rio compared to a mere 20 per cent and eight per cent for personal bests in London.

Twelve records were broken in Rio – two World, two Commonwealth and eight British engaging 13 athletes or 50 per cent of the team.

'We feel we belong at this level now. I think we've got something exciting going,' said Furniss. Equally encouraging was that this was a young team of just 26 swimmers of whom 15 were Olympic debutants. It promises to be an interesting four years for more than Adam Peaty.

GBR MEDALS

Gold (1)

Adam Peaty	100m breast
------------	-------------

Silver (5)

Jazz Carlin	400m free
Jazz Carlin	800m free
Siobhan-Marie O'Connor	200m IM

Men's 4x200m free
(Stephen Milne, Duncan Scott, Dan Wallace, James Guy, Robbie Renwick)

Men's 4x100m medley
(Chris Walker-Hebborn, Adam Peaty, James Guy, Duncan Scott)

DIVING

GLINT OF GOLD

History was made on August 10 at the Maria Lenk Aquatic Centre in Rio when Jack Laugher and Chris Mears won Britain's first-ever diving gold medal at an Olympic Games

The pictures of two very proud and smiling divers on the podium made the front pages of most of the British newspapers and were a good reflection of the hard work put in by the boys, their families and coaches.

Jack's silver in the individual 3m and Tom Daley and Dan Goodfellow's bronze in the 10m synchro made this Games the best-ever for Britain in terms of diving, and great credit should go to all involved. The previous best medal haul for diving at an Olympics was two medals (both bronze) at the 1960 Rome Games.

WOMEN'S 3M SYNCHRO

The Brits Alicia Blagg and Rebecca Gallantree started well with 97.20 after the required dives and lay in joint third. But they weren't able to maintain the momentum and finished on 292.83 points in sixth position. Rebecca said: 'We're a little bit disappointed. It didn't quite come together for us and it's frustrating to see we weren't too far off the medals.

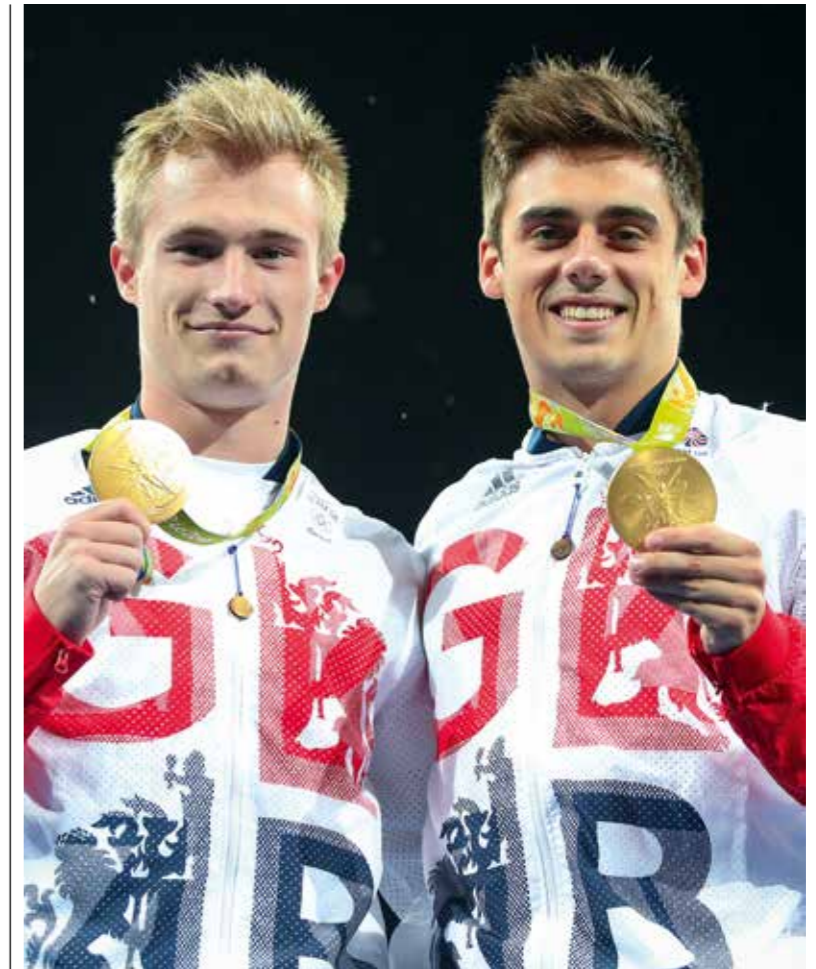
'It would have been achievable for us had we just performed a little bit better. But unfortunately, that's sport and it just wasn't our day.'

Alicia meanwhile had been having daily injections to help her cope with an injury and she was rather dejected to say the least.

MEN'S 10M SYNCHRO

Tom Daley and Dan Goodfellow grabbed the bronze to land Britain's seventh diving medal in the history of the Olympic Games.

The British pair made their move with their fifth dive, a forward four-



3m Synchro winners, Jack Laugher and Chris Mears (left) with their gold medals

Alex Whitehead/SWPix.com

and-a-half, which took them into bronze medal position, but it was tight and all came down to the last dive. The Chinese pair of Aisen Chen and Yue Lin were a country mile ahead (496.98), USA (David Boudia and Steele Johnson) clinched the silver (457.11) and it was Germany or GB for the bronze. The Brits performed the dive, three-and-a-half tucked, well scoring 89.64 which won them the historic bronze medal by six points and a total of 444.45.

Twenty-two-year-old Tom became the first British diver to win multiple Olympic medals, having also claimed individual 10m platform bronze at London 2012. In contrast, 19-year-old Dan was making his Olympic debut.

Tom commented: 'It was an agonising wait that felt like it was an eternity. We knew we had done

a good dive but we didn't know if we'd done enough. It was just one of those moments where I knew how I would feel if it came up on the scoreboard that we finished fourth and I knew how I would feel if we finished third.

'We knew we had a shot at winning a medal. We've only been diving together since October so we're a new partnership and we didn't actually expect to qualify for the Olympics.

'But since then we've won medals in every world event, World Series, European Championships. Back in



the European Championships it was a similar situation going into the last round dive and the Germans pipped us by two points. We didn't want to let that happen again. I said to Dan afterwards, "Don't worry, we'll get them at the Olympics." And we did.'

Dan added: 'I wasn't really thinking about Europeans in that last dive. I was just trying to block everything else out. I knew before we started that we'd be number eight and I knew no matter what situation we were in there would be loads of pressure going into it. So I just accepted that and tried to block everything else out and focus on my dives.'

'Our fourth dive wasn't amazing but towards the back end of our list we have a really high degree of difficulty. I knew our last two are our two real big ones and we'd have to nail them.'

WOMEN'S 10M SYNCHRO

The Chinese duo led all the way and sealed their victory in style by scoring 87.36 points, the highest score of the competition, with their

final dive for 354.00.

Silver went to Malaysia's Cheong Jun Hoong and Pandeleda Rinong, on 344.34. An excellent final dive saw Canada's Meaghan Benfeito and Roseline Fillion move into the bronze position with 335.14 points. The Brits, Tonia Couch and Lois Toulson, had a chance to snatch it, going well and last to dive and needing 82 for the medal. But they couldn't quite nail it, their entries kicked up some splash and they finished fifth on 319.44

Tonia said: 'I think we would have been more nervous for that final dive if we were in the top three all the way through. But knowing we were fourth or fifth, I just relaxed, had fun and got on with it. The competition was so much fun and it was great to do synchro with Lois. Some of the teams here have been competing together for years. We've been competing together for eight months so I didn't want to go in panicking and we just wanted to give it our all.'

MEN'S 3M SYNCHRO

Jack Laugher and Chris Mears



stunned world champions China to become Team GB's first-ever Olympic diving gold medallists.

The pair, best friends and flat-mates in Leeds, who won World Championship bronze last year, took

'THE BRITS WERE IN TEARS, TEARS OF HAPPINESS, AND HUGGING EACH OTHER. OLYMPIC CHAMPIONS – THE FIRST EVER IN DIVING FOR GREAT BRITAIN'

the lead in the third round.

The fourth dive was good for 85.68, the fifth a different order of the same numbers: 86.58. While the Russian pair, Kuznetsov and Zakharov, silver medallists from London also faltered with just 63.

Back came China with a superior 90.30 but still GB led by three. And by nine from the USA. It was all down to the last round.

The tension was ramped up by the Mexican pair requesting a re-dive due to some lights being switched on as they started their dive. They even got back on the boards to go again – before getting down again.

Next up, the USA and their forward four-and-a-half for 98.04 soared them to the fore and brought more pressure to bear on Jack and Chris. Scoring 91.20 on the final dive could be history making.

With only the Chinese left to potentially spoil the party they needed 95 with the same dive to knock the Brits off the golden step. A score of only 83 brought them the bronze. They were devastated.

But the Brits were in tears, tears of happiness. Olympic champions – the first ever in diving for Great Britain ultimately finishing 4.11 points clear on 454.32 from the USA on 450.21 and China on 443.70.

As well as Team GB's first Olympic diving gold, it was the first British medal in the 3m synchro, introduced



Top: Jack Laugher and Chris Mears in action in the 3m synchro; Above: the coaches celebrate as the boys come to terms with their achievement

Opposite page: Top: Dan Goodfellow and Tom Daley celebrate their bronze medal;

Vaughn Ridley/SWPix.com

Below: Rebecca Gallantree and Alicia Blagg in action

Alex Whitehead/SWPix.com

to the Olympic schedule at Sydney 2000.

Jack said: 'We enjoy diving in the rain. Last time we were in Brazil, we got a couple of days where it rained and we really enjoyed it. So we took on the English weather with the wind and the rain and the cloudiness but we embraced it. We embraced all the different things that were put in front of us and we've come out with the medal so we're really happy.'

'We did fantastic in London [at the European Championships] on our

fifth round dive, the triple out, which is the hardest dive in the world on 3m. We did it well today although it can be better. But I've got a gold medal so I don't care. I'm not going to go up and do it again.

'It's fantastic to win Britain's first Olympic gold in diving. We only found out that it was the first gold medal before the podium. It's one of the first on springboard as well so we're so overwhelmed with what we've done, this year, especially with all the setbacks and with the massive risk of putting that hard dive into our list.

'The dreams happened and it's paid off and we're ecstatic with how we've done.'

Chris added: 'We've been looking pretty damn good in training. As you can see the conditions are a big thing here. One minute you can be diving in sunshine, then it's cloudy, then it's raining and it's really windy.

'So there are a lot of factors that can throw people off. We didn't let that faze us today out there, we did

our thing and we came out on top. The Americans definitely put the pressure on us and they were quite vocal about it and quite emotional.

'But we just stayed in our zone. We didn't know how many points we needed because we weren't concentrating on that. All I concentrated on was landing on my head on my dive and I did that. And so did Jack so we came out on top.'

WOMEN'S 3M

Grace Reid impressed on her Olympic debut by becoming the first British woman to reach a 3m springboard final since 1972. She improved from prelim to semi-final to final and finished with a score of 318.60 for eighth place. Her best came in the last round with her front two-and-a-half somersaults one twist piked for 67.50. She also did well with her front three-and-a-half somersaults piked which got 65.10.

Grace commented: 'That was amazing. I loved every second. I guess I saved my best until last. To

walk away with that result is just amazing. The reverse pike is new for me since Europeans and I've upped my degree of difficulty. It's paying off because of the confidence that's come with it – believing in my ability to do the harder dives.

'I'm going to enjoy this while it lasts, have a bit of a holiday and then I think it'll be back to the hard work with my coach Jenny [Leeming] and see where we're at. We've put in so much work over the past 13 years and today was a testament to that work.'

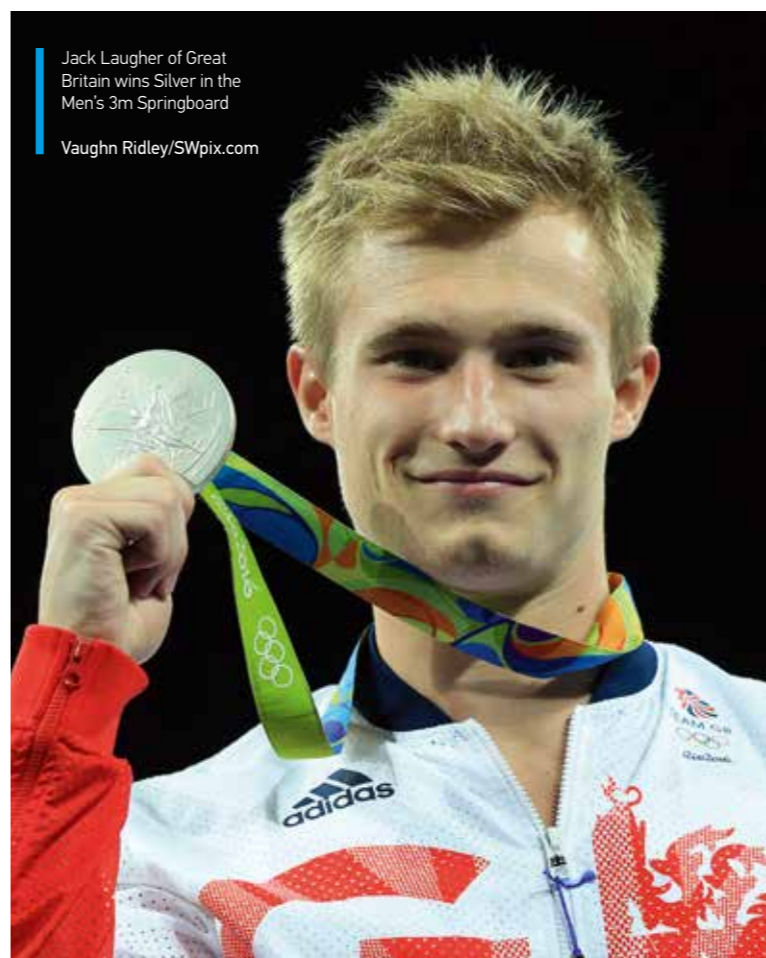
Rebecca Gallantree was 20th in the heats with 286.65.

MEN'S 3M

Cao Yuan maintained China's dominance as he took the gold medal with a near faultless display.

Cao, 10m synchronised gold medallist at London 2012, led the way from start to finish, with four of his six dives scoring over 90.

But Jack Laugher completed a



Jack Laugher of Great Britain wins Silver in the Men's 3m Springboard

Vaughn Ridley/SWPix.com

remarkable double as he added 3m individual silver to his synchro gold.

The 21-year-old advanced out of the preliminary in seventh but suffered an almighty scare in the semi-final, scraping through to the final as the 12th and final qualifier. He dropped three of his dives in the semi-final in the morning but executed nearly all six in the final perfectly in the evening, three scoring over 90, as he claimed silver with a 523.85.

Jack said: 'I always knew I could medal at these Olympic Games. My performances have been on the up since 2013 and 2014. I have been rising each year but obviously doing it here it is a completely different story.

'There are so many nerves, pressure and weather conditions around these Olympics, it is really hard to get on the board and do it and I showed that

in the semi-final in the morning, I almost didn't make the final. I think it was a personal worst from the last four years! It was a bit of a shocker; 60 points less than I have scored in ages.

'I came out [in the final] and did my best and it really has paid off with a fantastic performance and something to remember for the rest of my life.

'I had luck on my side and I was in that final and that was when I could really let loose. There was no pressure, no nerves – it was just me on the diving board and that is it.

'My coach tried to turn the semi-final performance into a positive and make me feel good about it. He said I would be able to apply pressure to the field, which I think I did. My first dive was good and after that I had some really good dives.'

'I DID MY BEST AND IT REALLY HAS PAID OFF WITH A FANTASTIC PERFORMANCE AND SOMETHING TO REMEMBER FOR THE REST OF MY LIFE'

WOMEN'S 10M PLATFORM

Britain's Tonia Couch was pleased to make the final but she was up against some stiff competition and eventually finished in 12th with 323.70.

Sarah Barrow was disappointed not to reach the semis after finishing 23rd in the heats on 277.40

MEN'S 10M PLATFORM

There was a massive shock after London 2012 bronze medallist Tom Daley, who had topped the preliminary round, finished last (18th) in the semi-final and did not make the 12-man final. To say that he was disappointed would be an understatement. 'I've worked so hard and am truly heartbroken, it's really hard to accept as I'm in such good condition and I know that I could have won,' he said. 'I wanted to be able to stand on the podium but it wasn't meant to be. I gave it my all but it didn't happen. There's always another four years!' He was close to tears as he vowed: 'I will now work harder than ever for Tokyo.'

GBR MEDALS

Gold (1)

Jack Laugher/ Chris Mears	3m synchro
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Silver (1)

Jack Laugher	3m
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Bronze (1)

Tom Daley/ Dan Goodfellow	10m synchro
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Tonia Couch of Great Britain competes in the Women's 10m Platform Final

Vaughn Ridley/SWPix.com



MARATHON SWIMMING FAST FERRY SAILS TO GOLD

Burnell was controversially red-carded while fighting for a medal. The Loughborough-based swimmer was just two metres from the end of the men's 10k marathon when he received a second yellow card and became one of two men disqualified. Team GB's appeal was unsuccessful.

RUN-IN

Burnell kept himself towards the front of the pack throughout and took the lead at one point during the run-in. But the final metres were mayhem as several of the world's leading open water swimmers – including defending champion Oussama Mellouli of Tunisia – battled to touch the board first. Burnell later claimed that Mellouli, the 1500m champion in Beijing, had held his leg for several strokes during the run-in. 'I had to turn round to try and get him off me,' he said. 'What am I supposed to do? We're all swimming at top speed and I'm stopped dead. Mellouli was yellow carded for that – which stopped me from winning – and I was

disqualified for trying to get him off to try and win the race. You explain that to me. Absolutely outrageous. It's the Olympic Games.'

After a photofinish, defending champion Ferry Weertman was awarded the gold in a time of 1hr 52min 59.8sec, completing a Dutch double following Sharon van Rouwendaal's success in the women's event the previous day.

DAMAGED

Both the men's and women's races started in the water after the starting

platform was damaged in a storm. Britain's double world champion Keri-anne Payne – Olympic silver medallist in Beijing and fourth in London – would have preferred conditions that were less calm, as the placid Copacabana Bay favoured the pool swimmers, including van Rouwendaal, who had competed in the 400m freestyle a few days before.

Payne was 16th after the first lap and made up some time on each lap by swimming past the feeding station and relying on the gels tucked into



Right: Britain's duet of Katie Clark (left) and Olivia Federici

Alex Whitehead/SWPix.com

Opposite page:

Top: Britain's Jack Burnell (red hat) heads for the front in the men's 10k race ; Below: Keri-anne Payne in the women's 10k marathon

Vaughn Ridley/SWPix.com

her costume. Van Rouwendaal was the first to break after an hour and 15 minutes. Fifteen minutes later the first four were clear of the chasing pack, led by Payne. The Dutchwoman was first home in 1:56:32.1, Muller of France touching second only to be disqualified for holding back Italy's Rachele Bruni at the touch. The Italian was awarded the silver (1:56:49.5) while the bronze – to the delight of the home crowd beyond the beach – went to Poliana Okimoto of Brazil (1:56:51.4). Okimoto, who dropped out of the London 2012 marathon suffering from hypothermia, described her medal as 'the best result for Brazilian women's swimming in history'.

Payne, 28, came home eighth but was promoted to seventh after Muller's DQ. She said: 'The break came much earlier than it has before but anything is possible in this sport. Before that it was so slow. There was lots of fighting in that scrum and it was a case of trying to conserve energy.'

'As soon as someone gets away – especially in the later stages – it's very hard to catch them. I was hoping for a bit more rain and wind and waves. Those are the conditions I am better in. When the water's flat it's better for the pool swimmers.'



SYNCHRO DUET

Britain's Katie Clark and Olivia Federici were making their Olympic debut as a duet. They initially scored 79.9667 for their free routine for 18th place.

Their technical routine has a theme of Singing in the Rain and they made an excellent start with impressive co-ordination. They showed consistent energy levels and maintained good height and synchronisation to get 80.7650 and an overall score of 160.7317 for 17th place after both prelim competitions.

'We really wanted to go out there and get a good score,' Federici said. 'We were a bit disappointed with yesterday (free) because it was a great swim and we know we were capable of a better score.'

'There are a lot of elements that have to be absolutely perfect in this event so we have been working really hard on them to get them right. Our coaches are happy and it felt like a really good swim which is pleasing.'

'NINE MONTHS AGO, WE DIDN'T KNOW IF WE WOULD BE QUALIFYING FOR THE OLYMPICS SO TO BE HERE IS PRETTY AMAZING'

'Nine months ago, we didn't know if we would be qualifying for the Olympics so to be here is pretty amazing.'

Katie Clark said: 'It is just such a nice atmosphere to be in a venue that is outside and to be in Rio. We feel really privileged to be here and we are very happy.'

'London was always going to be special because it was a home Games but Rio has done a really great job in hosting the Olympics.'

'The World Championships next year are a big goal for us and we want to keep taking GB up the rankings so hopefully it is onwards and upwards from here.'



PARALYMPIC GAMES

GB's para-swimming team smashed their medal target in Rio and helped the 260-plus British team return home with its largest haul of decorations since 1988. The 30-strong team of swimmers won 47 medals, exceeding the target UK Sport had set them of 35 to 45 and comfortably beating the 39 won in London.

Finishing third in the swimming medal table behind China and Ukraine, almost all members of the team returned with a medal including both the oldest – Sascha Kindred at 38 years – and the

youngest, Abby Kane, who was just 13.

There were plenty of standout performances but Bethany Firth deserves first mention. The 20-year-old dominated the S14 classification, winning three of the four events and finishing second in the other. She set new Paralympic records in the events she won – 100m backstroke, 200m freestyle and 200m IM – and even broke the record twice in one day in the backstroke.

Firth, who missed the IPC World Championships in Glasgow last

year after fracturing her wrist, looked in control in each of her races and pushed Michelle Alonso Morales all the way to the touch in the 100m breaststroke, finishing just 0.27 seconds behind the Spanish swimmer.

She was determined to end the competition on a high, saving her most dominant performance to last as she won the medley by an eight-second margin. 'There was a little bit of pressure to finish on a high so I'm happy I did that,' Firth said. The Seaforde-born swimmer was keen to share the

moment with GB team-mates. 'It's a great way to end the Games and Paralympics GB just smashed it out of the water tonight.'

In winning her three golds, Firth denied one of her team-mates, Jessica-Jane Applegate, the chance of adding to her 2012 Paralympic gold. Applegate finished second behind Firth in both the 200m freestyle and IM and third in the backstroke. The UEA Norwich swimmer could not hide her disappointment at losing to her team-mate. 'I'm not going to lie – I'm completely gutted to lose my title. I know I'm not in the best shape I could be, but hats off to Bethany because whatever she's doing in training, it's working.'

GOLDEN DOUBLE

Oliver Hynd was GB's most successful male swimmer, winning two golds and a silver in his three individual events. Hynd won the team's first gold on the first day in the 400m freestyle.

'I don't think there's a day that's gone by where I haven't thought about the 400 in London and how disappointed I was not to get the gold so it makes it all worth it now,' Hynd said after the race. He made sure of the win in Rio, taking four seconds out of the field and breaking his own world record with a time of 4:21.89. Hynd also set a new world and Paralympic record in the medley while being pushed all the way to the wall by China's Song Maodang. 'I'm so happy with

the time. I wanted to go under 4.20 if I'm honest but a world record, I'm happy with that. I've worked so hard for that, I can't wait to get on the podium and get my medal'.

For many of those watching the swimming late into the night in the UK, Monday's racing will be remembered as a highlight of the Games. The GB team took three golds, each of them special for different reasons.

SIXTH GAMES

Kindred was the first to top the podium in the SM6 200m IM. Racing in his sixth Games, the City of Hereford swimmer last won Paralympic gold in Beijing but nearly didn't make the final in Rio having been disqualified

Right: Bethany Firth dominated the S14 classification, winning three golds and a silver; Below: Susie Rogers can't hide her surprise after winning the S7 50m butterfly

Opposite page:
Top: Ellie Simmonds wins the S6 200m IM final in world record time; Below: Six-time Paralympian Sascha Kindred returned to the top step of the podium in the S6 200m IM

Rogan Thomson/SWPix.com



for an alleged illegal kick in his heat. However, he won his appeal to start the final as third fastest qualifier. At the halfway point, Kindred was fourth but took the lead with a superb breaststroke leg. With less than a second's advantage at the turn, Kindred powered home ahead of China's Hongguang Jia to win in a new world and Paralympic record of 2:38.47. The time was two seconds faster than Kindred's PB and own European record of 2:40.82 set in 2014.

'Thirteen medals and that's my lucky number. Seven golds and that's a special number to me too. I'm a big Manchester United fan and Seven is a pretty important number to us. Swimming can be a



lonely sport and to achieve that at 38 makes everything worthwhile, this is what all the hard work is for. It's be a day of highs and lows, such a rollercoaster after the disqualification and reinstatement. I knew I was in form and I just hoped all that training would pay off.'

The pulse rates of GB swimming fans had yet to settle when Ellie Simmonds stood on the blocks in the very next race. Defending her Paralympic 200m medley title, the 21-year-old was firm favourite having set a new Paralympic record in her heat. However, she will have worried those armchair fans that did not know that Simmonds always comes good in the second half of the race in the

medley. Lying in third at 200m, she moved ahead of China's two finalists, Lu Dong and Song Lingling, during the breaststroke before leaving them well behind in the final 50m. Simmonds broke her new Paralympic record and her own world record by finishing in 2:59.81 and in doing so became the first female S6 swimmer to break three minutes.

'This means so much, it was such a hard race and I'm so happy that I could finally go below three minutes,' the Boldmere swimmer said. 'The Paralympics brings out the best in me. I love the pressure, it drives me forward and I just want to go out there and smash it. Last year I set a goal of being the first in my class to go under three



minutes. I didn't tell anyone, my coach or my family, and now I've done it. I saw Sascha in the call room and I thought I had to do it, it made me even more nervous. The team is on fire and we've still got five more days to go.'

THIRD MEDAL

British fans then had a one-race break to compose themselves before Susie Rogers won the team's third gold of the night. Rodgers, who won individual

bronze in both 100m and 400m freestyle in London, was the third fastest qualifier for the S7 50m fly final. The 33-year-old finished fourth in the event in London, and may not have been expecting to do any better in Rio, judging by the look of sheer surprise when she finished and saw her name on the top of the scoreboard.

Rodgers finished in a new record time of 35.07 taking almost a second off her previous best of 35.90, which she set in 2012.

'I THOUGHT ABOUT RETIREMENT AFTER LONDON BUT I WASN'T HAPPY WITH HOW I PERFORMED THERE AND I KNEW I HAD MORE IN ME...THE LAST FOUR YEARS HAVE BEEN AMAZING AND THIS IS THE PERFECT ENDING'

'Did that just happen? I just can't believe it, I'm in total shock,' Rodgers said after the race. 'I didn't know where I was – I knew I could do a quick time but never that quick. My job is done. I don't think this will ever sink in.'

Rodgers wasn't finished, however, racing again on Wednesday, when she won bronze in the 400m freestyle, having already won a bronze in the 50m event which was her first race. The Beckenham swimmer also helped the women's team to fourth



'I DON'T THINK THERE'S A DAY GONE BY WHERE I HAVEN'T THOUGHT ABOUT THE 400M IN LONDON AND HOW DISAPPOINTED I WAS NOT TO GET THE GOLD. SO IT MAKES IT ALL WORTH IT NOW'

place in the 4x100m relay.

Rodgers wasn't the only experienced hand to finally top the Paralympic podium in Rio. Gold had eluded both Stephanie Millward and Claire Cashmore until they swam in Rio. Millward, who made her GB Paralympic debut in Beijing, produced her best result in London in the backstroke, where she finished second. For Cashmore, Rio was her fourth Games and she was desperate to convert her London silver – won in her favourite event, the SB8 breaststroke – into gold.

Millward, who was reclassified as an S8 swimmer in June, having previously raced in S9, won gold in the backstroke, breaking the Paralympic record both in her heat and the final. The Corsham swimmer had taken two seconds out of the field by the turn and won by over four seconds ahead of Australia's Maddison Elliott and Jessica Long of the US.

Millward also took silver in the medley and bronze in both the 100m and 400m free events before anchoring the GB relay team to a superb gold on the final night of racing. The 4x100m medley relay



gave Cashmore her Paralympic gold after she had suffered the agony of Canada's Katarina Roxon swimming past her in the last 20 metres of the breaststroke final.

'This time it's tears of happiness and not tears of sadness,' Cashmore said after the relay final. 'We've got a fantastic team. We lost by such a small margin in London so to come back tonight and beat the Aussies is such an unbelievable feeling.' Alice Tai and Stephanie Slater completed the quartet, adding gold to the individual medals they had already won. Slater took silver in S8 100m fly while Tai won bronze in the S10 100m backstroke.

Hannah Russell had to wait seven days for her chance to win gold with her first race not scheduled until the Wednesday. If anything, the wait appeared to make her more determined as the NPC-based swimmer led from the very first stroke of S12 backstroke to win by almost six seconds, and broke her own world record in the process. The 20-year-old said she has been training for four hard years and wanted to execute the perfect race. 'To do so here on a first class stage is fantastic.'

Russell was back in the pool two days later in the S13 100m free

but, despite leading for almost 60 metres, she could not hold off Ukraine's Anna Stetsenko and American Rebecca Myers, and finished with bronze. If she was disappointed, Russell did not let it show, returning to the pool on the final day of racing to win her second Paralympic title in the sprint event.

VISUALLY IMPAIRED

The GB team had twice as many visually impaired swimmers in Rio than it did in London, having targeted the S11-13 classes to identify more talent. Newcomers to the team, Rebecca Redfern and Abby Kane, appeared unfazed by the big occasion, delivering silver medals in their S13 events. Redfern set a new Paralympic record in her heat of the breaststroke but couldn't match the time in the final and finished just over a second behind Fotimakhon Amilova of Uzbekistan.

Kane matched Redfern's achievements, breaking the backstroke Paralympic record in her heat and producing a strong swim in the final to finish just one second behind gold medallist, Stetsenko.



'I STILL CAN'T BELIEVE IT. I KEEP LOOKING AROUND TO CHECK. I FEEL LIKE I AM GOING TO WAKE UP AND FIND THAT IT'S JUST A DREAM'

GB's fourth visually impaired swimmer, Stephen Clegg, did not make the podium but was only a second outside the medals in the S11 backstroke final, where he finished fifth.

There was one more gold for GB's women and it came in the



Left: Ellie Robinson won gold in the S6 50m butterfly in a Paralympic record; Below: Rebecca Redfern on her way to victory in the SB13 100m breaststroke

Opposite page: Top left: Stephanie Millward on her way to victory in the S8 100m backstroke; Below: Ollie Hynd wins the S8 400m freestyle in world record time; Right: Hannah Russell acknowledges the applause after winning gold in the S12 100m backstroke in world record time

Rogan Thomson/SWPix.com

S6 50m fly. While Simmonds has dominated the class for the past 10 years, the NPC-based swimmer does not compete in the fly. Instead it was her namesake Ellie Robinson who took the title with a new Paralympic record of 35:38. 'I still can't believe it, I keep looking around to check. I feel like I am going to wake up and it's a dream,' the 16-year-old said.

Robinson is one of several new faces in S6, which made it much harder for her GB team-mate. Simmonds, who won four medals in London including two golds, reached the final in each of her five events in Rio but won only one other medal, bronze in the 400m freestyle.

BRITISH ONE-TWOS

While GB's women won most of the teams' golds, Kindred and Hynd weren't the only men to win Paralympic titles. Aaron Moores upgraded his London silver medal in the S14 100m backstroke when he beat GB team-mate Scott Quin by a touch, while Paralympic champion Marc Evers finished third. Moores led from the start and had taken a second out of the field by the turn but Quin came back strongly in the second 50m, missing out on the gold by just 0.03 seconds.

The men's 400m free in the S7 class also produced a GB one-two. Michael Jones took gold in his first international meet, ahead of Jonathan Fox. Fox led for the first 100m but could not hold off his 22-year-old team-mate, who gradually moved three seconds clear of the City of Manchester swimmer. Jones won in a time of 4:45.78.

Fox's disappointment was compounded by the fact that he had lost his Paralympic backstroke title the day before to Ukraine's Ievgenii Bogodaiko by just 0.23 seconds. 'I'm shocked but it's racing, you just win and you lose. Unfortunately, he beat me today. I just felt the last 25m get the better of me.'

PARALYMPIC DEBUT

Matt Wylie, who was making his Paralympic debut like Jones, also won gold in the S9 50m freestyle. The City of Sunderland swimmer touched 0.04 ahead of the Australian, Disken. Yamada of Japan finished third while Wylie's GB team-mate Ryan Couch finished sixth.

Andrew Mullen, who missed out on the medals in London having finished fourth in both 50m



backstroke and fly, was delighted to be returning home with three medals. With Brazilian favourite Daniel Dias dominating his S5 category, Mullen always had his work cut out to top the podium.

The Brazilian, one of the stars of the Games, won medals in all of his events including four golds. Mullen took bronze in both 100m and 200m freestyle behind Dias and American Roy Perkins, and silver behind Dias in the 50m fly.

Thomas Hamer, in contrast, was disappointed with his silver, having set a new Paralympic record in his heat of the S14 200m freestyle. The 18-year-old went half-a-second faster in the final but it wasn't enough to take gold. Lying third at

100m, Hamer, who is based at the NPC, chased down Hong Kong's Wai Lok Tang but ran out of water, finishing just 0.26 behind Tang.

There was disappointment also for James Crisp, who could only finish fourth in his main event, the S9 backstroke. The London 2012 silver medallist was in second place at the turn but did not have the finishing speed of Tamas Toth (Hungary) and Brendan Hall (Australia), who both swam past him. Toth took the gold.

There were medals, however, for Lewis White and Josef Craig. White, making his Paralympic debut in Rio, produced a superb swim to make the final of the S9 400m freestyle with a four-second



Above: The gold-winning 34pt medley relay team of (l-r) Stephanie Slater, Claire Cashmore, Alice Tai and Stephanie Millward; Right: S5 50m backstroke bronze medallist Andrew Mullen

Opposite page:
Top: Mikey Jones (right) and Jonathan Fox after their one-two in the S7 400m freestyle; Below: Aaron Moores (right) and Scott Quin congratulate each other after their one-two in the SB14 100m breaststroke; Below, left: Matt Wylie with his gold medal from the S9 50m freestyle

Rogan Thomson/SWPix.com



PB. He lowered it again in the final to finish third in a time of 4:21.28. Team-mate Jonathan Booth finished fifth in the same event.

Craig, who was Paralympic champion in the S7 400m freestyle but was reclassified as an S8, took bronze in the S8 100m freestyle. The City of Sunderland swimmer couldn't split the Chinese pair of Wang Yinan and Song Maodang, but it was a strong swim in a week when he made the final in all three of his individual events and helped the men's team to fourth place in the 4x100m relay.

In the women's events, Harriet Lee won silver in SB9 breaststroke

while Amy Marren and Charlotte Henshaw both brought home bronze medals. Lee produced a strong second 50m and a new PB to move into second place behind Lisa Kruger of the Netherlands and finish in 1:16.87.

Marren, who raced in five individual events, won her bronze in the SM9 100m medley. The Romford Town swimmer, who has struggled to find form after a bout of illness, swam a brave race, moving to the front of the field during the breaststroke. She held off the challenge of Madeleine Scott (US) but did not have the finishing speed to stop Lin Ping (China) and Sarai Gascon (Spain) overtaking her in the final 15 metres.

Ihar Boki of Belarus topped the multi-medallist table with six individual golds and one bronze. The S13 swimmer took five titles in London.

Daniel Dias delighted the home crowd by ending the Games with the most medals – nine in total – including four golds.

At the end of the Games, National Performance Director Chris Furber acknowledged British Swimming's success across both the Olympics and Paralympics as all three performance programmes exceeded their UK Sport medal Target and summed up the mood perfectly 'Bring on 2020'.



SWIMMING MISSION ACCOMPLISHED

Britain ended up with 22 medals, only two short of the table-topping 24 they won in Berlin two years ago. These included seven golds (nine in 2014) and put them second in the swimming medals table behind Hungary, who regained the top spot they last held in 2012.

Adam Peaty was the undisputed star of the championships. He arrived in London with two individual and two medley relay titles to defend and duly defended them all in times which left no-one within touching distance. His winning time in the 100m breaststroke was the third fastest in history.

'I'm in a great place,' he said after the race. 'That's probably one of the best swims I've ever had and it was great to do it in front of a home crowd. The

top four times in the world are mine now so it's looking good for Rio.'

World number three Ross Murdoch made it a one-two for Britain. The result uniquely replicated the outcome in Berlin two years earlier.

It was the first of two golds in 75 minutes for Peaty as he, Chris Walker-Hebborn, Siobhan-Marie O'Connor and Fran Halsall defended Britain's mixed 4x100m medley relay title with over a second to spare.

GOLD FOR MURDOCH

Like the first, Britain's third gold also came from a breaststroker as Murdoch defeated Germany's defending champion and world number one Marco Koch. Despite coming eighth in the heats, British champion Willis did not progress to the semi-finals under the two-per-nation rule, while Benson missed out on the final by one place.

In the 50m breaststroke event Peaty and Murdoch again qualified first and second for the final, the defending champion and world record holder clinching the gold medal. Murdoch completed his medal set with bronze.

FINAL GOLD

Both Peaty and Murdoch had a major hand in Britain's seventh and final gold of the championships. Walker-Hebborn (back), Ross Murdoch (Breast), Duncan Scott (fly) and Robbie Renwick (free) saw GB safely through to the final. For the final Peaty came in for Murdoch, Guy swam the fly leg and Scott moved to freestyle. Walker-Hebborn swam quicker than he had in the individual event in which he finished 12th before Peaty opened a two-second gap on the nearest challengers. While other teams battled for the minor medals, Guy and Scott were

'THERE IS NO WAY YOU CAN DO IT ALL. THE CHOICE FOR ME WAS HOW COULD WE USE THIS PRODUCTIVELY AND STILL TREAT THE MEET WITH RESPECT'

enough to keep all at bay, Britain winning ahead of France.

'I saw the girls win and thought, "We can't lose now!" said Peaty. 'I knew how much the other guys wanted that gold and we wanted to show the crowd what we can do going into Rio. It's great to come here and

defend all my titles.'

'The girls' were Kathleen Dawson, Chloe Tutton, Siobhan-Marie O'Connor and Fran Halsall, all individual medallists yet all at different stages of their careers. Dawson was the revelation of London 2016 from a British perspective, arriving as a member of the Target Tokyo group after missing Olympic selection in Glasgow, departing her senior international debut with gold and bronze medals. The bronze came in the 100m backstroke clocking PBs in all three rounds, crashing through the 60sec barrier twice and ending up third with British number one Georgia Davies fifth. Dawson also earned herself an unexpected place in the women's medley relay final.

Chloe Tutton, who swam for Wales at the 2014 Commonwealth Games took the bronze medal in the 100m breaststroke. Tutton said 'That was incredible. I didn't expect to do a best time. And to land a bronze as well is more than I could have dreamed of.'

Molly Renshaw set the pace for the first 125m before slipping back to fourth but was pleased with her performance. Tim Shuttleworth followed up his first 1500m freestyle with eighth place in the 800m.

DIFFERENT TEAM

In the women's medley relay, Britain fielded a completely different team in the heats, Davies handing over to Renshaw followed by Target Tokyo swimmers Laura Stephens on fly and Harriet Cooper on freestyle. In the final, Dawson took the lead on the backstroke leg before handing it over to Tutton who maintained the lead, O'Connor extended it with and Halsall finished the job with over two seconds to spare. O'Connor said: 'It



Left: Ross Murdoch, winner of the 200m breaststroke; Below, left: Britain's mixed medley team of (l-r) Adam Peaty, Chris Walker-Hebborn, Fran Halsall and Siobhan-Marie O'Connor; Below: Halsall celebrates the win

Opposite: Adam Peaty on his way to the first of his four gold medals in London

Alex Whitehead/SWPix.com





‘I SAW THE GIRLS WIN AND I THOUGHT, “WE CAN’T LOSE NOW.” I KNEW HOW MUCH THE OTHER GUYS WANTED THAT GOLD AND WE WANTED TO SHOW THE CROWD WHAT WE CAN DO GOING INTO RIO’



was incredible to do that on the last day. It's an amazing feeling to do that in front of a home crowd.'

The relay win was Halsall's third gold and fifth medal of the championships and her second medal of the session following her silver in a 50m freestyle final. Her earlier golds came in the mixed medley relay and a 50m backstroke final in which she defended her 2014 title from Berlin. Davies, the 2014 silver medallist, claimed the bronze. In the 50m fly, Halsall came third.

It was also won in the same session as the mixed medley relay, the men's 100m breaststroke and the first of Ben Proud's two medals, this one in the 50m fly.

In the women's 4x200m the team of Jazz Carlin, O'Connor, Hannah Miley and Georgia Coates came the closest to a medal, finishing fourth, just 0.34sec behind the bronze-winning Dutch team.

In the equivalent men's event, Britain, current world champions in this event, finished in sixth place.

MORE MEDALS

The men's team of Renwick, Scott, Ieuan Lloyd and Ben Proud came seventh in the 4x100m freestyle while a team that included three of the Target Tokyo group, Cooper, Coates and Lucy Hope joining soon-to-be double Olympian Ellie

Above: it's selfie time for the winning women's 4x100m medley relay team (l-r) Kathleen Dawson, Chloe Tutton, Siobhan-Marie O'Connor and Fran Halsall; Below: Britain's winning men's medley relay team (l-r) Chris Walker-Hebborn, James Guy, Adam Peaty and Duncan Scott; below (l-r): Walker-Hebborn, Peaty, Guy and Scott celebrate their victory

Opposite: Top: Hannah Miley won silver and bronze in the 400m and 200m IM; Above: James Guy prepares for his 200m freestyle heat

Alex Whitehead/SWPix.com

Faulkner, narrowly failed to make the women's 4x100m final. Britain did not enter the mixed 4x100m freestyle relay.

Carlin, Miley, O'Connor, Proud and Guy were all among the individual medallists. Former champion Miley set Britain on the medal trail with silver in the 400m IM. Britain's Aimee Willmott, swimming in her home pool, finished fourth.

O'Connor and Miley took silver and bronze in the 200m IM. 'It's good for Hannah and I to come here and win medals when we're in hard training,' said O'Connor. 'I've got a lot of confidence from that swim. So much support from the home crowd really makes a difference, especially when you're fighting down the last length and it's painful.'

SECOND BRONZE

Proud rounded off his championships with a second bronze in the 50m freestyle in the final session in a time of 21.85.

Carlin had two titles to defend after winning the 400m and 800m freestyle in Berlin. She collected silver in both this time. 'I would love to have won gold but I was



racing tough,' she said.

In the 200m freestyle event, James Guy, the current world champion, moved from fifth at the halfway point to bronze at the touch. 'A lot of guys have this as their trials for the Olympic Games. We've had ours. Rio is the goal and I didn't want to jeopardise two weeks of fitness.

'I wanted to train through, race hard and race fast. Last week, I was doing PBs in the gym. Tomorrow I'm doing two 5.5k sets in the pool. But I also

didn't want to let the public down and the medal is important.

GBR MEDALS

Gold (7)

Adam Peaty	50m breast
Adam Peaty	100m breast
Ross Murdoch	200m breast
Fran Halsall	50m back
Men's 4x100m medley relay	
(C Walker-Hebborn, A Peaty, J Guy, D Scott, R Murdoch, R Renwick)	
Women's 4x100m medley relay	
(K Dawson, C Tutton, S-M O'Connor, F Halsall)	
Mixed 4x100m medley relay	
(C Walker-Hebborn, A Peaty, S-M O'Connor, F Halsall)	

Silver (6)

Ross Murdoch	100m breast
Hannah Miley	400m IM
Jazz Carlin	400m free
Jazz Carlin	800m free
Fran Halsall	50m free
Siobhan-Marie O'Connor	200m IM

Bronze (9)

James Guy	200m free
Ben Proud	50m free
Ben Proud	50m fly
Ross Murdoch	50m breast
Kathleen Dawson	100m back
Fran Halsall	50m fly
Georgia Davies	50m back
Chloe Tutton	100m breast
Hannah Miley	200m IM



DIVING

TOP OF THE TABLE

The British team topped the table with 11 medals from 13 events (three gold, five silver and three bronze), their best ever European championships by far, and for which they were awarded the champions trophy.

Tom Daley was again at the forefront after individual gold from the 10m, gold with Grace Reid in the mixed 3m and silver with Dan Goodfellow in the 10m synchro. Tom also received the LEN Trophy for best European diver of 2015.

TEAM 3M/10M

Britain's Georgia Ward and Matty Lee were delighted to grab the bronze, with the latter's outstanding second dive helping them to 353.85. Lee received the first 10 of the championships for his inward three-and-a-half somersaults with tuck from the 10m.

Georgia's final armstand dive left the Brits on top of the podium finish, landing Ward her second European prize in two years, and a maiden major medal for Lee.

'That was incredible – it's fantastic



'IT WAS GREAT TO HAVE THE HOME CROWD, OUR FAMILIES IN THE AUDIENCE. IT'S BEEN REALLY FUN ALTHOUGH I WAS TERRIFIED BEFORE STARTING THE COMPETITION'

to come away with a medal,' said Georgia, who trains at London Aquatics Centre and grew up in Perivale. 'It's incredible diving here at my home pool – it makes you feel more comfortable going into the competition but also having the crowd support you is so lovely. We won a medal here for 10m synchro at the World Series last year so coming away with a European medal in the team event as well this year is great.'

Matty added: 'I've never been in a team event before and I'm not a springboard diver – I specialise in 10m so it was weird for me to compete on the 3m springboard. I only started training my 3m dives during this week but it went all right obviously so I'm really happy.'

Above: Tom Daley wins gold in the 10m; Left: Gold for Tom Daley and Grace Reid with coaches Jane Figueirido (right) and Jenny Leeming

Opposite: Top: Jack Laugher and Chris Mears on their way to gold in the 3m synchro; Middle: Silver for Jack Laugher in the 3m; Below: Matty Lee and Georgia Ward took bronze in the mixed team event

Alex Whitehead/SWPix.com



'HOPEFULLY THAT SCORE AND THAT PERFORMANCE SENDS A MESSAGE OUT TO THE REST OF THE WORLD THAT WE ARE ON FORM AHEAD OF RIO'

MEN'S 1M

Britain's Freddie Woodward scored 378.20 for seventh with 17-year old Jordan Houlden, competing in his first major championship, ninth on 368.55.

WOMEN'S 10M SYNCHRO

Britain's Lois Toulson and Tonia Couch were leading going into the last round, but a disappointing low scoring dive saw them drop to fifth place on 267.72.

'We're a bit gutted,' said Couch, who only formed a partnership with Lois at the start of the year. 'But we've got so much more to give than that. Lois is upset because she wanted it so badly and she's such an amazing diver. We're just going to let that slide and work towards the Olympics now.'

Toulson added: 'We had a really successful World Series so it's just a bit annoying to perform like that tonight. Hopefully I can learn from it and get a big stronger.'

WOMEN'S 1M

Grace Reid scored 262.25 for her seventh place while 17-year old British team-mate Katherine Torrance placed 12th on her European debut, scoring 216.20.

MIXED 3M SPRINGBOARD

The British pair of Grace Reid and Tom Daley got stronger as the competition progressed. Their fourth dive earning 76.26, the highest score of the event, moved them to the top



Maicol Verzotto and Tania Cagnotto, who secured silver on 308.70.

'Grace and I were put together 10 days ago,' said Tom, 'and we've done about five sessions together so I'm over the moon to come away as European champions on a board that I never train. It was great to have the home crowd, our families in the audience. It's been really fun although I was terrified before starting the competition.'

of the overall standings before the final dive and the home pairing held their nerve to finish strongly.

Their final score of 321.06 proved more than enough ahead of Italy's

'It could be a possible event at 2020 in the Olympic Games and Great Britain are really strong at the mixed synchro events.'

'Today was a really good day for me





'I'M IN THE PERFECT POSITION GOING INTO THE OLYMPIC GAMES... I JUST WANTED TO BE ABLE TO COME IN AND DIVE AT MY BEST. I'M LOOKING FORWARD TO RIO NOW'

and I don't think I'm going to sleep tonight,' added Grace.

MEN'S 3M SPRINGBOARD

Laugher topped the standings in the morning's preliminary with 495.05, and scored 88.40 and 92.75 to begin the final in style before a disastrous dive allowed the Russian Evgeny Kuznetsov to move into the lead at the halfway mark which the Russian then managed to keep. He finished on 497.90 for the gold ahead of Laugher, who had to settle for silver on 473.60.

'I've had a positive season so far and that medal will help my confidence,' said Laugher. 'I've got things I know I can work on to be ready for the Olympic trials in June and then beyond.'

'My first two dives were amazing and I felt strong and I still finished with an okay score and there were some

good things in there but there's a little bit of a disappointment that a slight mishap affected my finishing position. It's definitely been a lesson for me in having to claw my way back into the medals but coming away with the silver is great.'

MEN'S 10M SYNCHRO

Tom Daley and Dan Goodfellow gradually built an advantage throughout and went into the final round with only a narrow five-point lead. The Germans, Patrick Hausding and Sasha Klein, however scored 88.56 with their sixth effort to end on 445.26. Despite their best efforts, Daley and Goodfellow were unable to match the Germans in the last round and ended on 444.30, just 0.96 behind the gold medal winners.

'I think we've got lots of positives,' said Daley. 'We wanted the medal and it was really close but we're happy. It was the highest score we've ever got on our first two dives and we were only two points off our personal best despite dropping two of our dives.'

Goodfellow added: 'Our partnership is really good. We came together for our first performance in the National Cup at the beginning of the year and our scores have continued to increase each time we compete. There's room for improvement but the partnership is strong.'

WOMEN'S 10M

Tonia Couch led the way in the morning's prelims with 345.20 which she then improved on to finish second in the final with 352.70 points. British team-mate Georgia Ward claimed third, with 325.05.

'I scored pretty high today – it's not my best but I'm still really pleased,' said Couch. 'My first dive was awful in fact so I had to sit down, listen to some music and tell myself off really. But then I did an armstand for straight nines, which I've never done before, so I was really pleased and that put me back in the running to fight for that medal.'

Ward added: 'This year has been incredible, learning my new dive and competing it here, so I'm happy.'

MEN'S 3M SYNCHRO

Jack Laugher and Chris Mears produced another gold for Britain with 456.81 points in doing so defeating the Olympic and world silver medallists, Ilia Zakharov and Evgenii Kuznetsov, in the process.

'We knew off the back of the World Series what we needed to work on and I think we have done that really well,' said Mears. 'We've not had that much preparation coming into the Europeans so it's great to just win.'



Right: Georgia Ward in action;
Below: Rebecca Gallantree
(left) and Alicia Blagg display
their silver medals from the 3m
synchro

Opposite: Top: Tonia Couch (right)
and Lois Toulson led going in
to the last round of the 10m
synchro; Below: Grace Reid
in action

Alex Whitehead/SWPix.com

'This is massive for us and an 11-point PB,' added Jack, who also won silver in the individual 3m springboard. 'It's the first time we've pulled off our triple out – the fifth dive, where we scored over 94, which was sensational.'

'This has been a long time coming because our synchro has been on form. It took a little while to get going this year but we're definitely there now. Hopefully that score and that performance sends a message out to the rest of the world that we are on form ahead of Rio.'

WOMEN'S 3M

Britain's Grace Reid picked up a bronze medal with 328.55 points, landing her first major individual medal in the process. Team-mate Rebecca Gallantree in fourth with 323.25.

'I've been non-stop working for months behind the scenes and I've had great balance in my life and my diving's really taken off in the past couple of weeks,' said Grace. 'But I really don't know what's just happened. I put five dives together and I've walked away with the bronze medal.'

MIXED 10M SYNCHRO

Britain's Georgia Ward and Matty Lee again combined excellently for silver with 318.24. Ward and



Lee's result took the British medal tally to nine from the first 11 diving events, smashing their previous best European medal haul of two.

MEN'S 10M

Tom Daley led the way in the prelims and was the favourite and performed consistently throughout. Tom's last effort confirmed his golden crown, 99.00 for a tremendous total of 570.50, 45.90 ahead of the Russian and his third European 10m title.

'It was lovely to come in and get the gold medal,' he said. 'But it wasn't really about that for me. It was about being in the right place at the right time and now I'm in the perfect position going into the Olympic Games.'

WOMEN'S 3M SYNCHRO

Italy's Cagnotto and Dallape led through all five rounds to secure gold scoring 327.81, with Great Britain's Commonwealth champions Rebecca Gallantree and Alicia Blagg securing the silver on 319.32.

'Our first two dives weren't quite as good as we know we can do them. So from that point onwards, we really had to fight to get back there into the medal spots and I think we showed just how good our optionals can be. If we can just put a little bit more work on those first two dives, then watch out Rio.'



GBR MEDALS

Gold (3)

Jack Laugher/ Chris Mears	3m synchro
Tom Daley	10m
Tom Daley/ Grace Reid	mixed 3m synchro

Silver (5)

Jack Laugher	3m
Tom Daley/ Dan Goodfellow	10m synchro
Rebecca Gallantree/ Alicia Blagg	3m synchro
Tonia Couch	10m
Matty Lee/ Georgia Ward	mixed 10m synchro

Bronze (3)

Grace Reid	3m
Georgia Ward	10m
Matty Lee/ Georgia Ward	team event

SYNCHRO RUSSIAN GOLD

The British swimmers performed well and improved scores were achieved in the solo, duet and team events. And they finished sixth in the LEN Trophy tally. However, one has to remember that this is an unfunded team with limited opportunities for training and developing new routines. The duet of Katie Clark and Olivia Federici will now be looking to hone their routine for Rio.

SOLO

Britain's Olivia Federici improved on her prelim score to finish with 82.0667 in 10th.

'I had a good prelim but I wanted to show that I was free with my moves but highlight my control and execution, and I definitely feel I managed to do that. I've never done the solo internationally before so it's been a great challenge for me. Personally it's been really exciting to push myself and see what more I can do.'

SOLO TECH

Olivia Federici was impressive, adding three points to her tally from the ASA nationals to score 79.2639 for 10th place. 'Technical is a tough event,' said Olivia. 'You have so much to fit in in a really short space of time. The elements are really important so I was really trying to focus on my

execution. It was another really good experience but I hope I can improve upon that in the future.'

DUET FREE

Britain's Olivia Federici and Katie Clark improved their score from the prelims to finish eighth on

81.4333. The Brits, who have been working with Spain's 2008 and 2012 Olympic duet silver medallist Andrea Fuentes, have increased the difficulty of their 'Snakes' routine since securing Olympic qualification in March.

'We're really happy that we



Top: Kate Shortman flies above her British team-mates in the free team event; Right: Katie Clark (left) and Olivia Federici perform their 'Snakes' routine

Opposite: Britain's teams did well, the free team (above) consisting of Phoebe Bradley-Smith, Jorja Brown, Olivia Federici, Katie Clark, Hannah Randall, Emma Critchley, Kate Shortman and Danielle Cooper; the technical team (below) featured the same line-up apart from Jodie Cowie replacing Danielle Cooper

Alex Whitehead/SWpix.com



'THIS EVENT IS THE ONE TO MAKE YOU AWARE OF THE INCREDIBLE SKILL, STAMINA, ATHLETICISM AND CHOREOGRAPHY INVOLVED AT THE TOP LEVEL'

managed to improve our score,' said Clark. 'We know we had a lot of things to improve on and refine from our prelim swim. We went away and we spent the time making the changes and so we're really pleased with the better score.'

DUET TECH

The British pair surpassed the 80 point marker for the first time. Federici and Clark only began training together in December last year, but have shot up the international rankings in a matter of months, adding more than three points to their tally from March's Olympic qualification tournament to finish ninth on 80.4751.

'We're really happy with the score,' said Clark. 'We've still got a lot to improve on for the next few months



but we're definitely improving at every competition and it's really encouraging to see our score creep past the 80 point mark.'

FREE COMBINATION

Great Britain maintained their eighth place from Berlin two years ago, but they improved their score to 77.9667. 'It was a really good swim for us,' said Hannah Randall. 'It was a new routine and we were really excited to go first. The crowd were amazing for us, especially being a home crowd and it felt really good.'

'The opportunity to compete at these Europeans has been a great one and a great learning experience for all the girls. We can't wait to get back to training and keep improving and our next

big target will be worlds next summer.'

TEAM TECH

Britain's young team, well supported by those present, finished eighth with 76.9850 - their best score of the season so far.

FREE TEAM

The British team performed well for 79.0000 and eighth. 'It was a really good end to the week for us,' said Olivia Federici. 'The crowd was just amazing and knowing they were behind us was just incredible. We had a team get-together following our prelim swim and we all agreed we could really push it to that next level. We really wanted to put our passion into that performance and really bring it for the crowd and I think we achieved that.'



IPC EUROPEAN CHAMPIONSHIPS

PODIUM START FOR GOLDEN HYND

Ollie Hynd and Andrew Mullen both struck gold twice and Susie Rodgers set a European record as Britain's para-swimmers won 19 medals in the first three days of the IPC European Championships in Madeira.

Hynd was on form from the start, twice lowering his PB to win silver in the S8 100m freestyle in 59.88, his first time under a minute. The following day he came close to his world record as he won the 400m freestyle in 4:24.77. 'It's annoying to be that close to my record twice although it is my third fastest swim

ever,' he said.

Josef Craig took the silver to make it a one-two for Britain. Hynd returned on day three to win the SM8 200m IM. Mullen meanwhile won the S5 50m fly and 200m freestyle. Rodgers set new European figures as she won the S7 50m butterfly in 35.90.

S7 world record holder Jonathan Fox made an instant impact on his return to international competition, finishing a second clear to win Britain's first gold of the championships in the 100m backstroke.

British record holder Matt Wylie

won his first senior international medal – gold in the S9 50m freestyle – while Tom Hamer won his first international gold in the S14 200m freestyle in 1:57.96. James Crisp won Britain's ninth gold in the S9 100m backstroke.

World and Paralympic champion Jessica-Jane Applegate had to settle for two silver medals, touching second in the S14 200m freestyle as Russia's Valeriia Shabaline set a world record time of 2:06.29, then coming second again in the 100m backstroke.

Silver also went to Hannah Russell in the S12 50m freestyle, Stephanie Millward in the S9 100m

Opposite page: Ollie Hynd
Right: Steph Millward
Alex Whitehead, Allan McKenzie/SWPix.com

backstroke and Rebecca Redfern in the SB12 100m breaststroke.

The men's 34pt freestyle team of Hynd, Wylie, Craig and Lewis White (S9) won a relay silver. Ellie Robinson's first international medal was a bronze in the S6 100m freestyle. At the other end of the experience spectrum, Claire Cashmore recorded a PB in the S9 100m fly to win bronze.

GB GOLD RUSH

The British para-swimming team finished the IPC Swimming European Championships in Madeira with 46 medals including 22 golds.

The women's 4x100m medley relay team secured the last gold of the competition. Claire Cashmore, Susie Rodgers, Steph Millward and Harriet Lee put in a great performance to finish in 4:53.15.

'It means the world,' Rodgers said. 'I have to say these girls were amazing. I always need them to give me a great leg and they really did and they gave me such a lead and I just needed to hang on.'

Paralympic medallist Steph Millward completed her set of medals with gold in the S9 400m freestyle. Millward moved ahead of Nuria Marques Soto of Spain at the halfway point to finish in 4:45.71.

'That was really good,' she said. 'My coach told me to go out easy on the first 100m and then build on the rest. I thought, "I can do that, I've been practising for a long time." So that is exactly what I did.'

Rodgers secured her fourth individual gold with a strong finish in the S7 50m freestyle. She was pushed by Germany's Denise Grahl but grabbed gold in 33.80. She later



said: 'I just gave it everything and it's great to end the week on a high. I wanted to try and go a 33 if I could and it shows that it's in there and gives me confidence.'

Steph Slater won her second gold in the S8 50m freestyle in 30.57 while Ellie Robinson brought her European campaign to a close with silver in the S6 50m butterfly and knocked almost a second off her personal best as she touched in 35.66.

In the women's SM14 200m individual medley, Bethany Firth and Jessica-Jane Applegate were in lanes next to each other. Firth went on to win silver in a new personal best time of 2:12.24 while Applegate took bronze in 2:26.49.

Four-time European champion Andrew Mullen took bronze in the S5 50m freestyle with 35.41. European champion Tom Hamer won bronze in the SM14 200m individual medley with 2:15.94.

Paralympic champion Ollie Hynd added 100m backstroke gold to his S8 400m freestyle and SM8 200m individual medley titles.

Lewis White won his first international individual medal with European silver in the S9 100m freestyle in 58.07. In the open meet he was pushed into bronze medal place by Vanilton Filho of Brazil.

Ellie Robinson won the second

bronze medal of her international debut competition in the S6 50m freestyle. Her other medals were 400m freestyle silver and 50m freestyle bronze.

Paralympic silver medallist Charlotte Henshaw reclaimed her 2009 title in the SB6 100m breaststroke with an excellently timed race which saw her carve out almost a nine-second lead through the final 50m.

World silver medallist Scott Quin won gold in the SB14 100m breaststroke.

Bethany Firth, who swam for Ireland in the London 2012 Paralympic Games, won her first medal for Great Britain as she swam to silver in the SB14 100m breaststroke. In the S13 100m freestyle Hannah Russell won bronze.

National performance director Chris Furber said: 'Coming off the back of a tough Paralympic trials event, this has been a solid performance from the team. It's been great to see the debutants all performing well and settling into the team brilliantly.'

'We've benchmarked ourselves against some of the best in the world and we now need to continue the momentum we've built in every training session between now and Rio where the challenge will be our toughest yet.'

EVER

EUROPEAN JUNIOR CHAMPIONSHIPS

GOLDEN GLOW

The rising stars of British swimming won 19 medals including five golds to place them third in the medals table at the European Junior Championships in Hungary.

The challengingly named Hodmezovasarhely hosted the event with 742 young swimmers representing 48 nations, 23 of which made the overall medal table, equalling the record number from 2000.

Russia finished top of the medal table (11 gold, 5 silver, 6 bronze for 22), though their dominance

was less than in the previous three championships. The Italians had their best champs ever with 9, 8, and 5 also for 22, while the home nation enjoyed a significant step forward with 12 medals.

The top British medal winner was 15-year-old Freya Andersen with five (one individual gold and one silver and three bronze in relays). Holly Hibbott won two silvers and a bronze, while there were three bronzes for Laura Stephens and Anna Maine.

Team leader Tim Jones said: 'It was great to see a new group of British teenagers begin their



journey towards future success.'

GOLD

Joe Litchfield ensured his 18th birthday was one to remember as he landed his maiden European

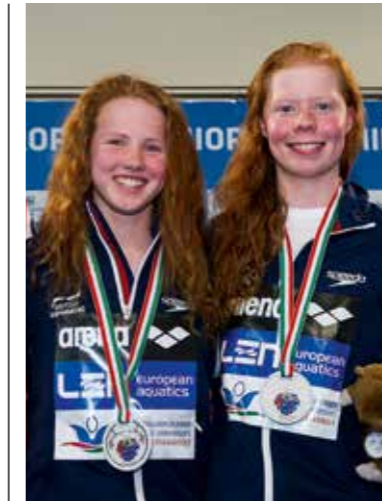
junior title in the 200m IM. The Doncaster Dartes swimmer knocked more than half-a-second off his personal best.

Litchfield turned fourth with just 50m to go. But he dug deep to haul his way to the front down the final 50m, coming home in 28.49 to take gold in 2:01.07.

'I couldn't have asked for a better birthday present,' he said. 'I wasn't expecting that. I just focused on the process and knew I was never going to give up. I definitely gave it all I had up to the final stroke.'

Hungary's Marton Barta took silver just 0.06 seconds back while Italy's Lorenzo Glessi (2:01.30) claimed the bronze.

Tom Derbyshire (Royal Wolverhampton School) won the



Main pic: Tom Derbyshire makes no attempt to hide his delight after winning the 1500m freestyle; Below, opposite: Tom with his medal

Above, from top: Emily Large (left) and Laura Stephens won gold and bronze in the 200m butterfly; Tazmin Pugh (200m backstroke) and Freya Anderson (100m freestyle)

Andrea Masini/Deepbluemedial/Insidefoto

1500m freestyle, smashing his PB with 15:08.31 – more than 14 seconds faster than his previous lifetime best, a 15:22.58 effort from the 2015 British Championships in London.

Derbyshire was part of the British team at last year's European Games in Baku, finishing eighth in the 1500m freestyle. He went on to land gold in the same event for England at the Commonwealth Youth Games in Samoa. And the 18-year-old used all his experience to take the race out in Hungary, establishing a two-second lead on 5:01.69 after 500m. He pulled clear in the final third, eventually touching 3.29 seconds ahead of Spain's Escrits Manosa to claim his first European junior title.

Tazmin Pugh bagged her first major junior international title with 200m backstroke gold. The 16-year old Ellesmere College Titan set a PB of 2:11.12 to take the touch from Moldova's Tatiana Salcutan (2:11.69).

Ellesmere College team-mate Freya Anderson won 100m freestyle gold on her European Junior Championship debut, finishing 0.25 seconds clear in 54.72. She paced her swim to perfection, turning third at the 50m stage on 26.65 before powering home in 28.07 ahead of Czech Republic's Barbora Seemanova (54.97) and Russia's Mariia Kameneva (55.43).

The 15-year-old's time beat her PB and British age group record of 54.99 from the heats on the opening day. Her effort would also have been competitive on this year's senior stage – fast enough for fifth place at May's European Championships in London and bronze at April's British Championships in Glasgow.

Emily Large (Newcastle Swim Team) demolished the field in the 200m butterfly, leading from gun

to wall and touching 1.29 seconds clear. After posting the fastest time in both heats and semis on the opening day, all eyes were on the 15-year old for the final. And Large made no mistake from lane four, doing the damage with a two-second lead on 1:00.61 at 100m before coming home in 2:08.87. The teenager's time beat her own PB and British age group record of 2:09.47, set when winning bronze at the British Championships.

'For me, this week was all about experiencing the atmosphere at this level and executing my race plans as best I can,' she said. 'It's been amazing and the support from the British team

has been unbelievable.'

Plymouth Leander's Laura Stephens won bronze in the same race. The 17-year-old clocked a PB 2:10.18 in the final, missing silver by just 0.02 seconds behind Germany's Julia Mrozinski.

SILVER

Tom Derbyshire won his second medal in the 800m freestyle – silver in 7:59.78.

The 18-year old led the race out, turning first at 200m (1:58.09), 400m (3:58.96) and 600m (5:59.94) before Sweden's Victor Johansson surged ahead in the last quarter to take gold on 7:56.64. Derbyshire's

performance made him only the second British 18-year old to beat the eight-minute mark for 800m free, behind David Davies' 7:54.75 effort at the 2003 British Championships.

'I've never raced an 800m before so I'm delighted to win a medal,' he said. 'Obviously I had confidence from my racing this week that I could put in a decent performance. I just had to focus and go through the same process.'

Having qualified second fastest from the morning heats of the 400m free, Holly Hibbott was just 0.3 seconds behind Hungary's Ajna Keseley in the final. There was less than a second between the pair throughout a nail-biting race, with Keseley turning at 350m with 0.91 seconds in hand. And while Hibbott closed the gap with a 29.84 final 50m, the English swimmer was narrowly denied top spot as she came home in 4:08.40.

The 16-year old's time was more than 2.5 seconds faster than Anne Bochmann's British age group record of 4:10.99, set at Ponds Forge in 2010. Hibbott's performance was also a huge PB, smashing her 4:11.29 effort that placed her fifth in last year's World Junior Championships in Singapore. The result was also a first junior international medal over 400m free for the teenager, who finished fifth in this event at the 2014 European juniors and fourth at last year's European Games.

The girls' 4x200m freestyle relay quartet also took silver. Freya Anderson sliced more than a second off her PB with her 2:00.90 lead-off split. Sedgefield's Hannah Featherstone (2:01.04) and Tazmin Pugh (2:01.86) kept the British quartet in the hunt, handing over second at 600m. Hibbott took over for the anchor leg and delivered another top performance, coming home in 1:59.65 to see the Brits

'FOR ME, THIS WEEK HAS BEEN ABOUT EXPERIENCING THE ATMOSPHERE AT THIS LEVEL AND EXECUTING MY RACE PLANS. THE SUPPORT FROM THE TEAM IS UNBELIEVABLE'

touch in 8:03.45. Hungary took gold on 8:02.67 but the Brits managed to overtake bronze medallists Russia (8:03.65).

City of Leeds' Layla Black and Millfield's Emma Cain both won medals in the 200m breaststroke. Black produced her fastest swim of the meet to claim silver in 2:29.11 with Cain close behind in 2:29.94 to repeat her result from the 2014 European juniors and collect bronze.

BRONZE

Bronze went to Tom Fannon in the 50m freestyle (22.30). It was his first experience of a junior international final, having fallen at the semi stage at both the European Games and World Junior Championships in 2015. The Plymouth swimmer raised his game when it mattered, clocking the second fastest swim of his career to touch behind Italy's Giovanni Izzo (22.09) and Croatia's Bruno Blaskovic (22.25).

David Murphy (City of Oxford) grabbed 100m breaststroke bronze with 1:02.03, holding off Poland's Robert Kusto by just 0.01 seconds. Murphy was one of the breakthrough stars for the British team, also setting a British age group record to finish fifth in the 50m breaststroke.

Anna Maine (Woking) took 100m

backstroke bronze. She came through in a blanket finish to touch in 1:02.04. It was the 16-year-old's fastest swim of the meet, just 0.11 shy of her PB 1:01.93 from the heats of this year's British Championships, where she went on to finish seventh.

Laura Stephens' 100m fly time of 59.94 won her a second bronze to add to her 200m medal. Stephens held off Italy's Ilaria Cusinato by just 0.06 seconds to continue an excellent season for a swimmer who made her senior European debut in May. The 17-year-old set a PB 58.84 to finish ninth in the 100m fly in London, then swam the fly leg in the women's 4x100m medley heats before Siobhan O'Connor replaced her in Britain's gold-winning team in the final.

Loughborough University's Abbie Wood took 400m IM bronze. The 17-year old clocked a season's best and the second fastest time of her career in the final – 4:42.13.

She finished just 0.59 seconds behind Serbia's Anja Crevar and 0.07 behind Italy's silver medallist Anna Pirovano.

There were three relay bronzes. The girls' 4x100m medley team of Black, Maine, Stephens and Anderson touched in 4:07.03 behind Russia (4:05.85) and Italy (4:06.94).

Anderson led off the 4x100m freestyle team in 55.59. Woking's Maine took over with a 56.85 split before Newcastle's Emily Large (56.89) and Stockport Metro's Holly Hibbott (55.92) brought the race home in 3:45.25 behind Denmark (3:43.42) and Russia (3:44.35).

The mixed 4x100m medley quartet also took bronze. Elliott Clogg (City of Sheffield), David Murphy, Emily Large and Freya Anderson clocked 3:52.89.

Netanya in Israel will host next year's European juniors.



GBR MEDALS (19)

Gold (5)

Tom Derbyshire	1500m free
Joe Litchfield	200 IM
Freya Andersen	100m free
Tazmin Pugh	200m back
Emily Large	200m fly

Silver (4)

Tom Derbyshire	800m free
Holly Hibbott	400m free
Layla Black	200m breast
Girls 4x200m free	
(Freya Andersen, Hannah Featherstone, Tazmin Pugh, Holly Hibbott and Isobel Griffiths)	

Bronze (10)

Tom Fannon	50m free
David Murphy	100m breast
Anna Maine	100m back
Emma Cain	200m breast
Laura Stephens	100m fly
Laura Stephens	200m fly
Abbie Wood	400m IM
Girls 4x100m free	
(Freya Andersen, Anna Maine, Emily Large, Holly Hibbott and Hannah Featherstone)	
Girls 4x100m medley	
(Layla Black, Anna Maine, Laura Stephens, Freya Andersen, Amelia Clynes and Hannah Featherstone)	
Mixed 4x100m medley	
(Elliott Clogg, David Murphy, Emily Large and Freya Andersen)	



Above: Emily Large and Laura Stephens congratulate each other after winning gold and bronze respectively in the 200m butterfly; Left: Joe Litchfield relaxes after winning the 200m IM

Opposite page from to: 400m freestyle silver medallist Holly Hibbott, Thomas Fannon won bronze in the 50m freestyle

Andrea Masini/Deepbluemedi/Insidefoto

INTERNATIONAL RELATIONS

BRITISH SWIMMING'S INTERNATIONAL RELATIONS PROGRAMME HAS SEEN A BUSY YEAR WITH MEMBERS AND STAFF ACTIVELY CONTRIBUTING TO THE PROGRAMME'S DELIVERY. OPPORTUNITIES TO NETWORK BY ATTENDING AND HOSTING EVENTS AND MEETINGS HAVE BEEN MAXIMISED TO ENABLE STRONGER RELATIONSHIPS WITH INTERNATIONAL COLLEAGUES TO BE DEVELOPED AND GREATER INFLUENCE TO BE USED WHEN REQUIRED.

HOSTING OF INTERNATIONAL EVENTS

As has been highlighted above 2016 has proved to be a busy year for planning and delivering international events with the successful delivery of the LEN Congress on the 8th May, which saw our Chairman Maurice Watkins chair the event. British Swimming achieved a successful outcome with David Sparkes

being re-elected as General Secretary as well as being elected as LEN member of the FINA Bureau for 2017-2021.

Immediately following the Congress London again played host for the successful delivery of the LEN Aquatics Championships at the London Aquatics Centre from May 9th to 22nd. Plus the delivery of the LEN Masters Championships also in London from the 25th – 29th May, the first time the Masters has been held in conjunction with the Elite competition.

Planning is well underway for the LEN European Championships 2018 which will take place as part of the European Sports Championships in Glasgow with Natalie Cunningham now on board as Aquatics Competition Manager. In addition to the European Sports Championships British Swimming are also working with Glasgow, Event Scotland and UK Sport on a bid for hosting the European Short Course in 2019.

Work will then soon begin on the planning of events for 2020 including the LEN European Junior Championships in Aberdeen and feasibility of a series of events marked to celebrate the 400th anniversary of the sailing of the Mayflower in Plymouth also in 2020.



British Swimming hosted the 2016 LEN Congress in London

Deepbluemia.eu

KEY ACTIVITIES THIS YEAR:

OCTOBER 2015

Attendance at the LEN Congress 2015 hosted in Vienna

Aberdeen announced as the host of the LEN European Junior Championships for 2020

DECEMBER 2015

Attendance at LEN European Short Course Championships in Israel

Attendance at Duel in the Pool hosted in America

JANUARY 2016

Attendance FINA World Aquatics Gala, Budapest

FEBRUARY 2016

Tom Baster appointed as FISU Chair of the Technical Committee for Swimming & Technical Delegate

APRIL 2016

Tom Baster appointed as FISU Chair of the Technical Committee for Swimming & Technical Delegate

MAY 2016

British Swimming successfully hosts LEN Elective Congress, London

Successful delivery LEN Aquatics Championships and LEN Masters Championships, London

JUNE 2016

Attendance LEN Final 6 & Draw, Budapest

AUGUST 2016

Attendance 2016 Rio Olympics

SEPTEMBER 2016

Attendance 2016 Rio Paralympics

BRITISH DELEGATES

As always the role that our international delegates play within our international relations programme remains essential to our ability to have influence in the development of the sport at a continental and world level. It is vital that they have the opportunity to be involved in decision making and governance structures which influence decisions being made on the world stage. The next 12 months will continue to be extremely important for our delegates as the FINA elections approach in 2017.

Following the successful LEN Congress in London appointments were made at the first LEN Bureau meeting which reaffirmed British Swimming's strong influence on policy and strategy across Europe.

Delegate positions appointed to LEN delegate positions at the May 2016 Congress:

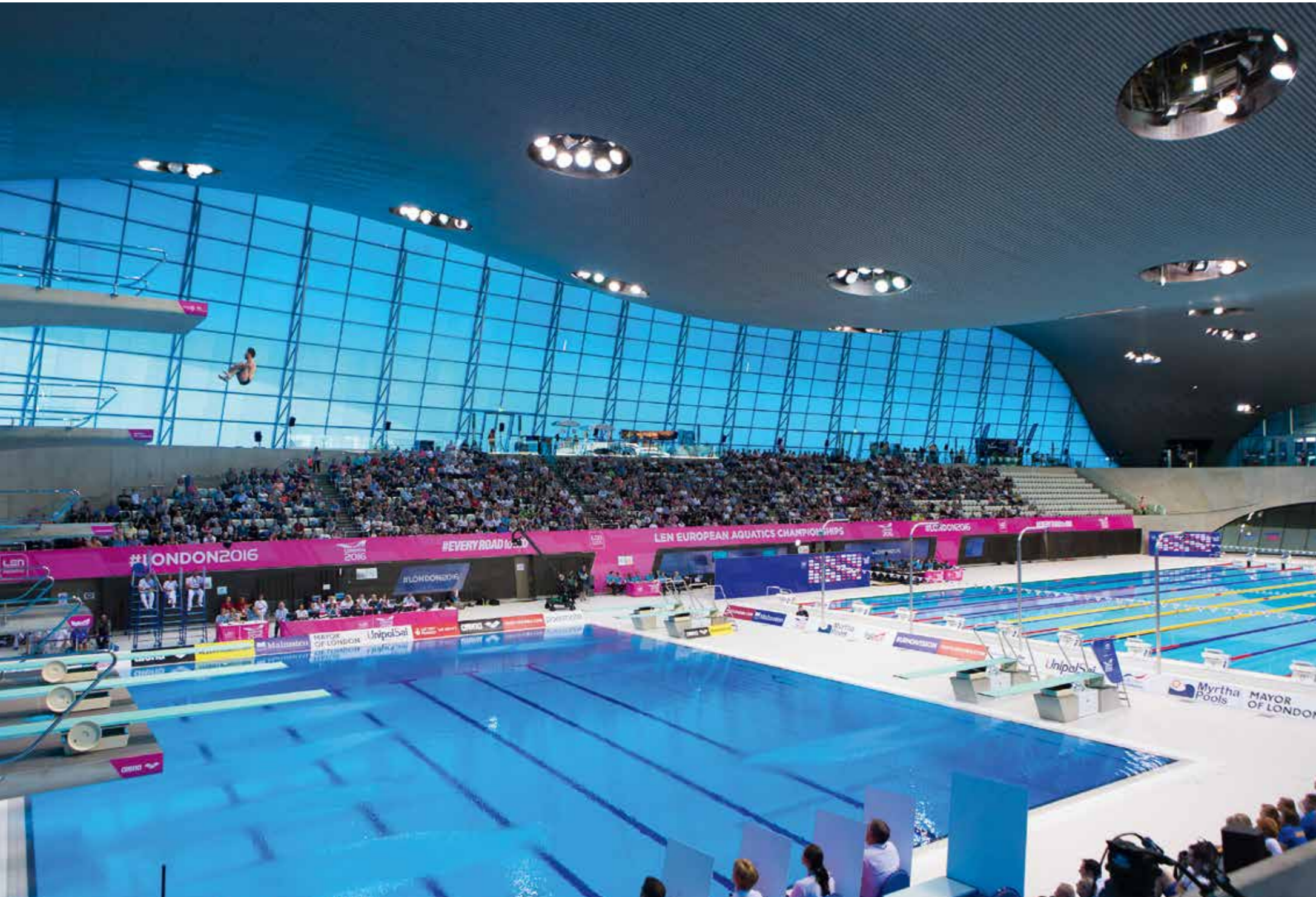
David Sparkes	General Secretary, Len Bureau and LEN member of the FINA Bureau for 2017-2021
Craig Hunter	Vice Chairman, Technical Swimming Committee
Simon Rothwell	Chair, Technical Masters Committee
Sam Greetham	Secretary, Technical Open Water Committee
Chris Murray	Member, Panel for Disciplinary Matters and Disputes
Alexei Evangulov	Member, Technical Diving Committee
Maria Ramos	Member, Technical Synchronised Swimming Committee
Maurice Watkins	Chair, LEN Legal Commission
Jon Glenn	Member, LEN Learn to Swim Commission

International delegate positions within FINA held by British representatives (appointed at the 2013 Congress):

David Sparkes	Member, Disciplinary Panel
Maurice Watkins	Chair, Legal Committee
Simon Rothwell	Member, Masters Committee
Sam Greetham	Member, Technical Open Water Swimming Committee
Melanie Beck	Honorary Secretary, Technical High Diving Committee, Member Technical Diving Committee, Director of Diving World Series
Kevin Boyd	Member, Sport Medicine Committee
Kate McKnight	Honorary Secretary, Facilities Committee

2016 LEN European Aquatics Championships, London Aquatics Centre.

Alex Whitehead/SWpix.com



International delegate positions within IPC held by British representatives:

Sue Prasad	Head of Technical Control & Officiating, Technical Swimming Committee
Craig Nicholson	Member, Classification Rules & Regulations Sub Committee
Sarah Steward-Hunter	Member, Competition Programme Working Group
Catherine Gilby	IPC Swimming Sport Science Working Group
Carl Payton	IPC Swimming research around Physical Classification for Swimming

STRATEGY UPDATE

British Swimming recently announced that Claire Davenport will take on the new role of Director of International Influence. We are committed to putting more emphasis on International Influence throughout the next quadrennial and Davenport has the experience needed to take this role forward.

Looking forward to the next quadrennial, the International Relations Strategy Objectives are as follows:

1. To maximise the number, effectiveness and level of influence of our international delegates.
2. To encourage the modernisation and development of the sport internationally by supporting and driving for improved governance and financial sustainability.
3. To pursue a clear event bidding strategy that complements our aspirations to be a major swimming nation that delivers gold medals on the world stage.
4. To support and promote a doping free environment which delivers world class performance.
5. To ensure the continued success of our international relations programme through clear development pathways and succession planning for international delegates and International Technical Officials and classifiers (ITOs)

The British Swimming international relations strategy board is represented by:

Maurice Watkins	– British Swimming Chairman
David Sparkes	– British Swimming CEO
Claire Davenport	– Director of International Influence
Sam Greetham	– Independent
Peter Littlewood	– British Swimming Board Member
Simon Rothwell	– British Swimming Board Member

CORPORATE

STAFF AND ATHLETES

Following its success in 2015, British Swimming are holding their second athlete awards, this time in London in November, the evening will celebrate the great achievements in Rio. A staff day/awards will be held in December for staff to be recognised for their contribution. Both events will continue the 'one team' ethos.

In 2016 staff were invited to participate in a survey so British Swimming could have a better understanding of employee morale, satisfaction, and engagement in the organisation and to create an opportunity for staff to express their opinions. The survey had a 64.3% response rate and allowed British Swimming to understand what they are doing well and where improvements need to be made.

EQUALITY, DIVERSITY AND INCLUSION

British Swimming continues to maintain its commitment to equality, diversity and inclusion. We continue working to embed these key values into day to day practice. New employees are provided with training and existing policies and procedures have been equality impact assessed. British Swimming and the ASA are currently working towards the Advanced level of the Equality Standard for Sport.

APPRAISALS

British Swimming achieved a 100% completion rate for annual appraisals and hopes to maintain this in 2017.

RESOURCELINK

Following several unforeseen delays British Swimming and the ASA continue to work on the joint project, to build and implement an integrated HR and Payroll system to benefit both departments. The self-service element of the system, MyView, launched on 3rd October 2016 and will empower managers and employees.

Danielle Huskisson, Alice Dearing and Keri-anne Payne at last year's British Swimming Awards

TravelQuintessence



EXCELLENCE

SWIMMING



INTERNATIONAL EVENTS ROUND UP

22 athletes and nine staff travelled to Doha and then on to Dubai in November to take part in the Asian cluster of the FINA World Cup series. This represented the largest contingent of British athletes participating in the World Cup's in recent years and the team returned home with 12 medals from Doha and nine from the Dubai leg.

In December a team of 12 athletes were selected to represent Great Britain at the European Short Course Championships in Netyana, Israel. The team comprised a mix of established senior athletes and complimented by emerging junior talent. With no specific medal target for the meet, the emphasis was on gaining arena experience and improving performance in key target areas. The team won 11 medals (two golds, seven silver, two bronze) and set three new senior British records, two new British Juniors records, one new English and one new Welsh short course record. Medal winners were Jazz Carlin with gold in the 400m and 800m freestyle, Siobhan-Marie O'Connor and Adam with two silver medals (100m and 200m IM and 50m and 100m breaststroke respectively), Hannah Miley and Roberto Pavoni won silver medals in the 400m IM, Chris Walker-Hebborn took silver in the 50m backstroke and a bronze in the 100m event and Andrew Willis bronze in the 200m breaststroke.

Seven British athletes were part of the European team for the bi-annual Duel in the Pool meet against the USA in a two day short course meet in Indiana in December. There were a number of podium finishes for British athletes, James Guy picking up gold in the 400m freestyle and bronze in the 200m freestyle in a new British Short Course record, Siobhan-Marie O'Connor claiming silver in the 200m IM and bronze medals in the 100m fly and 200m freestyle, Dan Wallace winning silver and bronze in the 400m IM and 200m IM respectively, Craig Benson bronze in the 100m breaststroke and Andrew Willis bronze in the 200m breaststroke.

In January 2016 10 Podium Potential athletes and five staff travelled to the USA to take part in the Austin leg of the USA Grand Prix series as part of the Programmes 'out of comfort' tours which provides targeted competition opportunities for selected

athletes. Athletes followed up the meet with a short training camp in the USA before flying direct to Belgium to participate in the Flanders Speedo Cup along with the rest of the squad.

The Flanders Speedo Cup in Belgium on the 23rd and 24th January provided a key competition opportunity for both Podium and selected Potential athletes. For selected Podium swimmers the meet was the first race of the Programme's Race Strategy for 2016 and despite racing through heavy training schedules they secured a number of medals along with a number of clean-sweep podium results. There were notable performances from James Guy who picked up two gold medals in the 200m and 400m freestyle events on day one, Holly Hibbott who picked up gold medals in the 400m and 800m freestyle events and Fran Halsall who won two gold medals in the 50m fly and 50m freestyle events.

The Edinburgh International, which took place 13th-15th March, provided the second race of the World Class Programme Race Strategy. A number of athletes put in some strong performances ahead of the British Championships, recording times ranked in the top five in the world this year.

The 2016 British Swimming Championships was held at the Tollcross International Swimming Centre in Glasgow in April. The event also served as the selection trials for the Olympic Games, European Championships (two teams) and the European Junior



Left: Adam Peaty wins Gold in the Men's 100m Breaststroke Final at the Rio Olympics 2016

Alex Whitehead/SWPix.com

Above: Jazz Carlin competes in the Women's 800m Freestyle heats at the LEN European Aquatics Championships 2016

Alex Whitehead/SWPix.com

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MEDALS WON AT THE EUROPEAN SHORT COURSE CHAMPIONSHIPS IN ISRAEL

22 ATHLETES TRAVELLED TO DOHA AND DUBAI FOR THE ASIAN CLUSTER OF THE FINA WORLD CUP SERIES

26 ATHLETES SELECTED FOR THE EUROPEAN CHAMPIONSHIPS

26 ATHLETES COMPETED AT THE 43RD LEN EUROPEAN JUNIOR CHAMPIONSHIPS IN HUNGARY



Championships. A team of 26 was selected for the 2016 Rio Olympic Games which included some familiar Team GB faces as well as some athletes who were to make their Olympic debuts. Based on performances at the British Championships the same 26 athletes were also selected for the European Championships in London in May with an additional 16 athletes being selected for this event as part of the 'Target Tokyo' squad. A team of 26 athletes were selected for the European Junior Championship in Hungary in July.

The Olympic team travelled to the London Aquatics Centre in May to compete in the European Swimming Championships. Despite athletes being in full training the team secured 15 medals in Olympic events and a total haul of 22 medals (seven gold, six silver, nine bronze). This was the second highest ever medal haul at a European Championships and Great Britain finished first on the total medals table and second on the gold medal table. There were notable performances from Adam Peaty who won gold in the 100m breaststroke event and was also part of the gold medal winning 4x100m medley relay and mixed medley relay teams, Ross Murdoch who picked up gold, silver and bronze medals in the 200m, 100m and 50m breaststroke respectively and was also part of the 4x100m medley relay, Jazz Carlin with silver medals in the 400m and 800 freestyle, Hannah Miley

26 ATHLETES WERE ALSO SELECTED FOR THE EUROPEAN CHAMPIONSHIPS IN LONDON IN MAY WITH AN ADDITIONAL 16 ATHLETES BEING SELECTED FOR THIS EVENT AS PART OF THE 'TARGET TOKYO' SQUAD

with silver in the 400m IM and bronze in the 200m IM events, Fran Halsall who picked up five medals and Kathleen Dawson who won a bronze medal in the 100m backstroke and a gold medal as part of the winning 4x100m medley relay team on her senior international debut.

Shortly following the Europeans Championships the Olympic team of 26 athletes, accompanied by 19 staff, took part in the Barcelona leg of the Mare Nostrum series in June. The team won 29 medals overall (eight gold, 12 silver, nine bronze). Olympic team athletes then raced at the Scottish National Open Swimming Championships or the French Open in Vichy at the final segment of the Programme race strategy and final preparation for the Rio 2016 Olympic Games.

26 athletes competed at the 43rd LEN European

Junior Championships in Hodmezovasarhely, Hungary on 6th-10th July. More than half of the team recorded a season's best performance at the meet and the British team finished with a total of 19 medals (five gold, four silver and ten bronze) which ranked them third in the overall medal table. Gold medal winners were Emily Large in the 200m fly, Freya Anderson in the 100m freestyle, Tazmin Pugh in the 200m backstroke, Joe Litchfield in the 200m IM and Tom Derbyshire in the 1,500m freestyle. Tom also picked up the silver medal in the 800m freestyle event.

Whilst the Olympic team were busy with their final preparations for Rio British swimmers back home were competing in Sheffield at the second British Summer Championships which took place 26th-31st July. The Championships forms a part of the broader Performance Pathway Strategy and it was the final major meet of the season on the domestic swimming calendar. The event is aimed at increasing and supporting junior talent on the journey towards senior medal-winning performances and sees the next generation of swimmers competing for honours against the biggest domestic rivals. Over 1,000 competitors took part from 13 years old through to 19 years and over.

In Rio Team GB swimmers enjoyed their most successful Olympic Games in the swimming pool for

well over a century winning six medals and finishing fifth on the medal table. Adam Peaty became the first British man to win an Olympic swimming gold since Adrian Moorhouse at Seoul in 1988 when he won gold in the 100m breaststroke whilst also setting a new World record. Adam also won a silver medal along with James Guy, Chris Walker-Hebborn and Duncan Scott in the 4x100m medley relay in a new British record time. Jazz Carlin also won two medals, silvers in both the 400m and 800m freestyle events. Siobhan Marie O'Connor became the first British female to win an Olympic medal in the 200m individual medley when she won a silver medal smashing her own British record in the process. The men's team, consisting of Stephen Milne, Robbie Renwick, Daniel Wallace, Duncan Scott and James Guy also picked up a silver medal in the 4x200m relay event.

INTERNATIONAL TRAINING CAMPS

An altitude camp for invited athletes, headed up by Bath National Centre coach Dave McNulty took place over a three week period in September and October 2015 in Flagstaff, Arizona, USA. Ten athletes and seven staff were involved in the camp and the learning from the camp was used to inform the development of a National Altitude Strategy for the programme.

Seven athletes and ten staff attended a training camp in Belo Horizonte, Brazil, in November and December



6 MEDALS WON IN THE POOL AT THE OLYMPIC GAMES IN RIO

2015. This was an opportunity for both athletes and staff to experience the facilities that were to be used for the Olympic Games preparation camp and to test out a number of planned logistical arrangements and protocols in advance of the Games.

As part of British Swimming's partnership with the Japan Swimming Federation, eight athletes and six staff attended the Japan National Junior Development camps in December 2015. As with the format for 2014 separate camps were held for males and females with the male camp being held in Suzuka and the female camp in Fuji. Athletes took part in an extensive programme of development which included a range of pool and classroom based activities.

In January 2016 a number of programme athletes travelled to Australia for training camps. Athletes from Loughborough and Bath National Centres along with Melanie Marshall's City of Derby squad travelled in January 2016 to take part in a seven week long training camp on the Gold Coast in Australia. In addition, a number of Programme swimmers travelled to Perth as part of the Scottish Swimming training camp and other athletes travelled to Melbourne with the Welsh training group.

MARATHON SWIMMING

In October 2015 Keri-anne Payne and Jack Burnell competed in the FINA Marathon World Cup in Hong Kong against world class fields as part of the Programme race strategy. Keri-anne won the women's race, with Jack recording a fourth place finish in the men's event to narrowly miss out on a medal.

A small team of 4 athletes travelled to Funchal in Madeira to compete in the LEN Cup in November 2015. The British contingent secured gold and bronze across the men's and women's race with Tobias Robinson securing the gold in the men's event and Tim Shuttleworth finishing in 6th. In the women's race Alice Dearing took bronze with Sophie Evans just missing the podium in fourth.

Six swimmers competed in the FINA 10km Abu Dhabi event in February 2016. This race was one of the consideration meets for selection for the European Championships later in the year. Notable performances were recorded by Jack Burnell who

ADAM PEATY IS FIRST MAN TO WIN OLYMPIC GOLD SINCE **1988**



finished in 2nd place in the Men's 10km event and Keri-anne Payne who finished in fourth in the Women's 10km. As the highest place finishers both athletes were as a result selected for the European Open Water Championships 10km event to take place in Hoorn, Netherlands in July 2016.

As a result of their performances in Abu Dhabi, Keri-anne Payne and Danielle Huskisson were also selected to compete in the 2016 Olympic Marathon Qualifier in Setubal, Portugal in June 2016, which served as the last opportunity to qualify for the 2016 Olympic Games. In order to qualify for the Olympic Games the athletes had to finish in the top nine. Although both achieved a top nine finish (Payne finishing in 2nd and Huskisson in ninth) Keri-anne secured her place on the Olympic team as the top placed British finisher.

A team of five athletes competed at the LEN European Open Water Championships in Hoorn, Netherlands in July. Jack Burnell secured a hard-fought silver in the men's 10km marathon race, in what was his final outing ahead of travelling to Rio for Olympic Marathon event. British team mate Caleb Hughes also secured a top ten finish, with 6th position. After finishing eighth in the Women's 10km race Danielle Huskisson fought off a tough field including the 2015 World bronze medallist to take gold and the continental title in the 5km race.

1ST PLACE FOR KERI-ANNE PAYNE AT THE FINA MARATHON WORLD CUP IN HONG KONG



Caleb Hughes secured Great Britain's third medal of the Championships with bronze in the Men's 5km race.

Ten athletes travelled to compete in the FINA World Junior Open Water Championships, also being staged at Hoorn. Great Britain secured its first ever medal at the competition with Hector Pardoe winning the bronze in the Men's 14-15 years 5km race. Alice Dearing followed this up by securing a historic gold and the world title in the Women's 18-19 years 10km race. The 14-16 years relay team secured another bronze medal for Great Britain in the 4 x 1.25km race to complete a record medal haul at a World Junior Championships.

In Rio at the Olympic Games Keri-anne Payne finished 7th in the Women's 10km race in her third Games. Unfortunately in a congested final sprint the finish Jack Burnell was disqualified while in medal contention in the Men's race after receiving two yellow cards in the race.

Twelve athletes travelled to Italy late in the season to compete in the European Junior Open Water Championships in Piombino on 9th-11th September. The best British performances came in the 4 x 1.25km mixed relay races with Ioan Evans, Leah Crisp, Nathan Hughes and Maisie McKenzie finishing sixth in the 14-16 years race and Thomas Miburn, Rosie Foden, George Barber and Phoebe Griffins who finished

Keri-anne Payne. Jack Burnell
Vaughn Ridley/SWPix.com

12 ATHLETES COMPETED IN THE EUROPEAN JUNIOR OPEN WATER CHAMPIONSHIPS IN ITALY

A SMALL TEAM OF 4 ATHLETES TRAVELLED TO FUNCHAL IN MADEIRA TO COMPETE IN THE LEN CUP IN NOVEMBER 2015

seventh in the under 19 years race. The highest individual finishers were Nathan Hughes who finished eighth in the boys 18-19 years 10km race and Leah Crisp who also finished in eighth place in the girls 14-15 years 5km race. Great British finished in seventh place in the Team Trophy with 75 points.

NATIONAL CAMPS

The five annual national event camps took place in September 2015 involving 74 athletes, 15 coaches and 18 support staff. Camps were also attended and observed by ten England Talent coaches as part of their development activity. British Swimming's national centres provided the venues for the butterfly, breaststroke and backstroke camps with Millfield School used for the freestyle camp, and Manchester Aquatics Centre accommodating the individual medley camp.

A National Junior Development camp took place 15th-18th September in Aberdeen with 41 females attending the female camp and the same number the male camp. This was an opportunity for the Programme to identify and work with a large number of both established junior swimmers and those newly identified swimmers.

OFF THE BLOCKS

In August a new innovative online resource called Off the Blocks was launched. Off the Blocks is a free online resource designed to provide information and support to teachers and coaches working across the country at every level of the sport. The resources have been produced to help upskill the teachers and coaches of the next generation of swimmers by providing a range of simple and relevant materials and downloadable factsheets. The resource takes the form of a responsive micro-website accessible by desktop, tablet and mobile.

EXCELLENCE

PARA-SWIMMING



INTERNATIONAL EVENTS

Ellie Robinson and Lewis White were among eight athletes and swimmers competing in the 2015 Brazil Paralympic School Games in Natal in November 2015. Lewis White put in strong performances to win three Gold medals at the Games securing personal best times in two events.

The British Para-Swimming International Meet (BPSIM) took place in Glasgow in April 2016 with the event also doubling up as trials for the 2016 Rio Paralympic Games. Throughout the meet a number of British, European and World records were set and 25 swimmers met the Rio Paralympic 2016 qualification standards.

A team of 22 athletes, including five swimmers for whom it was their first senior international meet, and 15 staff attended the IPC Open European Championships 2016 which took place in Funchal, Madeira from 27 April to 8 May 2016. The squad achieved 46 medals of which 22 were Gold and Great Britain finished third on the medal table behind Ukraine and Russia. This was a solid performance especially as the athletes went to the event shortly after the tough Paralympic Trials event. The five debutants all performed well and settled into the team with ease.

A team of 31 swimmers were nominated to the British Paralympic Association for the Rio Paralympic Swimming team. Nomination was based on performances achieved at BPSIM in Glasgow in April 2016. 18 staff members were selected to attend the Paralympic Games including seven coaches. The BPA Chef De Mission announced the team during the Paralympic launch camp in Manchester during a photoshoot which took place at the Manchester Victoria Baths. During the Paralympic Launch the athletes received a number of presentations on the Rio vision, Logistics and 'what if' planning.

Following one withdrawal due to injury a team of 30 swimmers headed to Rio as part of ParalympicsGB for the Paralympic Games. The target for this event was 35-45 medals and this was exceeded with a total of 47 medals, 16 gold, 16 silver and 15 bronze. Great Britain finished third in the medal table behind China and Ukraine.

Left: Ellie Robinson competes in the Women's 50m Freestyle S6 Heat at the Rio Paralympics 2016

Rogan Thomson/SWPix.com

Below: Lewis White competes in his 400m freestyle heat at the British Para-Swimming International Meet 2016 in Glasgow

Allan McKenzie/SWPix.com



DOMESTIC EVENTS

Programme swimmers performed in the National Para-Swimming Championships in Manchester in December 2015. An impressive 25 records were broken at the meet in Manchester where over 300 competitors took part. Notable performances were from Ellie Simmonds (200m IM), Bethany Firth (200m Free) and Jess Applegate (100m Fly) who all broke the world records in their classifications. Performances on the whole were as expected with the NPC swimmers as a group averaging within 2.00% of the PB. In addition, there were a number of young swimmers who celebrated success at the Championships, including 15 year old Rebecca Redfern who set a new SB13 European and British record in the 100m Breaststroke event. As a result, 25 swimmers were selected for the IPC Open European Championships in Madeira in May 2016 of which five would be making their full senior debut at this event.

NPC swimmers attended two meets during February and March 2016 – the BUCS Long Course Championships in Sheffield and the Dave McCullagh Memorial Meet in Bangor, Northern Ireland.

OVERSEAS CAMPS

A number of overseas camps have taken place. In October 2015 the NPC athletes trained for three weeks at the US Olympic Training Centre in Colorado Springs alongside able bodied and Para Swimmers from the US team. A small group of nine swimmers from the Podium Potential Programme went to Berlin

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MEDALS WON AT THE
IPC OPEN EUROPEAN
CHAMPIONSHIPS 2016

to do a joint early season camp with some German Junior Para-swimmers. In early January 2016 NPC swimmers travelled to Phuket, Thailand for three weeks of training to develop aerobic conditioning. In July 2016 a team of 22 Para-Swimmers attended an intensive warm weather camp in Tenerife as part of their continued preparations for Rio Paralympics.

DOMESTIC ACTIVITY

The Podium Launch Camp took place at the London Aquatic Centre from 26 to 30 October 2015. Home Programme Coaches were in attendance and the Paralympic Games Selection Policy was distributed and discussed. All selected athletes met the NPD and Rob Greenwood with their Home Programme Coach

IN OCTOBER THE NPC ATHLETES TRAINED FOR 3 WEEKS AT THE US OLYMPIC TRAINING CENTRE IN COLORADO SPRINGS

to discuss their overall objectives for the Paralympic Season and Process goals until Christmas 2015.

A lower classification training day took place in Manchester in October 2015. The purpose of this training day was to help support the development of the lower class swimmers within GB.

The first Podium Potential camp took place 28 to 31 October 2015 in Manchester.

The Para-Swimming Strategic Planning conference took place in December 2015. This was a two day conference with day one consisting of the Senior Management Team discussing the key elements of their Tokyo Strategic Plan, in particular refining of the key initiatives going forward. Day two was attended by approximately 20 professional staff and focussed primarily on preparation for Rio Paralympics. In particular, detailed strategies were discussed in relation to SSSM and projects to ensure maximum support and performance outcomes in Rio. Both of the days were very well organised and dealt with a number of key issues and challenges.

31 SWIMMERS NOMINATED FOR RIO PARALYMPIC SWIMMING TEAM



A weekend Podium Potential Camp was held in January 2016 at the NPC, with 18 athletes attending. The camp had an emphasis on developing the understanding and importance of dry land work and this was well received by the athletes. This was to become a common theme across all camps at this level throughout 2016.

A Podium Potential camp was held in February 2016 with Help for Heroes and targeted a focus group of ten athletes from within the Programme. The camp also provided the athletes with the opportunity to develop their understanding of nutrition through interactive cooking sessions.

WORLD CLASS PROGRAMMES

22 athletes were selected on to the Podium Potential Programme. Five swimmers were selected for the Para-Academy, which is a transition/confirmation group between the Home Nation Talent Programmes and Podium Potential. Two athletes moved up from Podium Potential to Podium and one swimmer was selected from off programme. World Class Podium Potential membership was reviewed in April 2016.

CLASSIFICATION

In early 2016 IPC Swimming informed all nations and partners that it is conducting a three year review of its classification structure running until the end of 2018. Craig Nicholson attended the IPC Classification Advisory Group Meeting at the end of January 2016. The remit of this group is to feed into the research group around classification. The classification review

22 ATHLETES SELECTED TO PODIUM POTENTIAL PROGRAMME



may have a possible impact on Tokyo Paralympics and the events and classifications on offer. As part of this the Physical Impairment and Intellectual teams were allocated to the BPSIM in Glasgow which allowed for reviews and new athletes to be classified. In total 18 athletes underwent classification at this meet.

COACH EDUCATION

Five Para-Swimming coaches were identified to be part of a multi discipline coach development programme. The programme looks at coaching practice with video feedback being provided. Each coach had a coach developer assigned to them.

The National Performance Director and Head Coach attended a development day at British Airways which was funded by UK Sport. This day tested their ability to work as part of a team in a high pressure environment.

PATHWAY HEALTH CHECK

All Home Nations completed the Pathway Health Check with some common themes coming out from each and linking back to the Pathway Health Check that British Para-Swimming completed. An action planning meeting with all Home Nations took place in February 2016. A clear strategy was developed specifically for the Pathway that linked with the British Para-Swimming V-Most and this was shared with the Home Nations in February 2016.

PARENTS STRATEGY

As part of the Parent Strategy the first parent

25 SWIMMERS WERE SELECTED FOR THE IPC OPEN EUROPEAN CHAMPIONSHIPS IN MADEIRA



engagement session took place in Glasgow during BPSIM/Paralympic trials. Parents were invited from throughout the pathway from Talent to Podium, this was to ensure an understanding of the needs of parents at all levels was gained. The session was well received.

SPORT SCIENCE AND SPORTS MEDICINE

The Manchester Institute of Health and Performance (MIHP) was officially opened in March 2016. MIHP is a joint venture between Manchester City Council, Sport England and Manchester City Football Club and is the new home of the EIS. Following negotiations with EIS, the Programme Physio Ritchie Barber started to provide service to the swimmers from MIHP two days a week, working alongside the EIS Physio team. Head of Sport Science Sport Medicine, Catherine Gilby now sits on the MIHP user group forum.

A Race Day Scheduling application has been developed in conjunction with Sheffield Hallam University and this was piloted at the Dave McCullagh Meet and was also used by key athletes during the BPSIM 2016 in Glasgow.

Two able-bodied Programme swimmers, Fran Halsall and Adam Peaty, trained at the NPC one day in October 2015 in order to use the Kistler Starts system.

A Race Day Scheduling application has been developed in conjunction with Sheffield Hallam University and this was piloted at the Dave McCullagh Meet and was also used by key athletes during the British Para-Swimming International meet 2016 in Glasgow.

EXCELLENCE

DIVING

Jack Laugher and Chris Mears win Gold in the Men's Synchronised 3m Springboard at the Rio Olympic Games 2016

Alex Whitehead/SWpix.com

Tom Daley and Daniel Goodfellow win Bronze in the Men's Synchronised 10m Platform at the Rio Olympic Games 2016

Alex Whitehead/SWpix.com

THIS WAS THE BEST PERFORMANCE OF A BRITISH DIVING TEAM OF ALL TIMES AND THE VERY FIRST OLYMPIC GOLD WON BY A BRITISH DIVER SINCE 1908

legs 3 and 4 in Canada and Russia winning three medals (one silver and two bronze) in Canada and four medals (three silver and one bronze) in Russia.

The team finished the World Series with a total of 12 medals from all of the four events which consisted of six silver and six bronze, placing them third on the overall medal table. Medallists were made up of four medals for Tom Daley and Dan Goodfellow in the 10m synchro, three medals for Tonia Couch and Lois Toulson in the 10m Synchro, two medals for Jack Laugher and Chris Mears in the 3m Synchro, two medals for Tom Daley in the 10m and one medal for Tonia Couch in the 10m.

Team B attended the FINA Grand Prix events in Puerto Rico and Canada in March and April 2016.

In May the team competed at the LEN European Aquatics Championships in London. The medal target for this event was six medals which was by far exceeded with the team winning 11 medals, three gold, five silver and three bronze, in total finishing first



SENIOR EVENTS

Two of the Olympians Lois Toulson and Katharine Torrance took part at the FINA GP Series in Singapore and Malaysia 16th-25th October. Lois won a gold medal in the first leg in Singapore defeating two Chinese divers and the North Korean 2015 World Champion.

In February the team took part in the FINA World Cup 2016 which was the last phase of the Olympic qualification process in Rio which was also the Rio test event. The team that attended this event was the largest ever consisting of 15 divers and 14 coaches and staff. This included five Podium Potential divers.

The main objective was to obtain the remaining seven qualification spots following obtaining five in Kazan at the 2015 World Championships. The tactic was to ensure all individual divers that qualified in Kazan would participate only in synchro spots to give younger divers the possibility to win individual places. As a result, three out of four individual spots were achieved by the Podium Potential divers. The only event that British Diving failed to secure a second sport for was the men's individual platform event. Following this event British Diving had qualified in all synchro and all 4 individual events and achieved 11 out of 12 possible qualification spots. In addition,

the team won two bronze medals in both men's and women's synchro events.

A smaller team than usual attended the FINA World Series legs 1 and 2 in Beijing and Dubai. This was because Great Britain was not a host country this year and as a result did not receive 'wild cards' which previously allowed Great Britain to enter those who didn't qualify at the major event. Nevertheless the team's performance was much stronger than it was in the previous year with the team winning four medals (two in Beijing and two in Dubai).

In April the team took part in the FINA World Series

12

MEDALS WON AT THE FINA WORLD SERIES PLACING THEM 3RD ON THE MEDAL TABLE

1ST

IN THE MEDAL TABLE AT THE LEN EUROPEAN AQUATICS CHAMPIONSHIPS

11

DIVERS MADE THE TEAM FOR THE RIO 2016 OLYMPIC GAMES

15

DIVERS ATTENDED THE INTERNATIONAL YOUTH DIVING MEET IN DRESDEN



L-R: Tonia Couch and Lois Toulson; Victoria Vincent; Katherine Torrance; Matthew Dixon; Grace Reid

Alex Whitehead/SWPix.com

in the medal table. For the first time ever the Great Britain team also won the Team Trophy. Ten out of the 14 divers participated in the medal winning, with only three Italians, three Russians and six Ukrainians also winning medals. Gold medals were won by Tom Daley in the 10m, Daley and Grace Reid in the 3m mixed Synchro and Jack Laugher and Chris Mears in the 3m Synchro.

On the 31st August the Olympic travelled from their holding camp venue in Tallahassee to Rio for the Olympic Games. The team consisted of 11 divers. The medal target for the Games was one to two medals and the team exceeded this by winning three medals. Jack Laugher and Chris Mears picked up the gold medal in the Men's 3m Synchro and Jack followed this up with a silver medal in the 3m individual event. Tom Daley and Dan Goodfellow picked up the bronze in the 10m Synchro event. This was the best performance of a British diving team of all times and the very first Olympic Gold won by a British diver since 1908.

TRAINING CAMPS

In October the 'A' teams went to Tallahassee for a training camp at the venue where the 2016 Rio Olympic Games preparation camp would take place.

The excellent training conditions and favourable environment allowed the team to accomplish a large training volume and implement all the established objectives. The second Olympic preparation camp for this group of divers took place in December at outdoor facilities on the Gold Coast in Australia. This camp was considered a very important part of Rio preparation as it took place in an outdoor diving facility at the Gold Coast which is also the venue for the next Commonwealth Games and a similar environment to that which the team would face in Rio. There were a number of objectives set for the camp as part of the preparation for Rio 2016.

Leading up to the Olympic Games in Rio the team had their pre Olympic holding camp in Tallahassee, USA 18th-31st August 2016. The team consisted of all of the accredited Olympians, their home coaches and additional staff including a doctor, a physio therapist, a soft tissue therapist, a gymnastic coach and a strength and conditioning specialist. The camp was the ideal opportunity for the team to ensure a smooth acclimatisation and jet lag adaptation ahead of the Games along with adapting to the outdoor environment which they would experience in Rio.

JUNIOR EVENTS

The Junior Diving team took part in the 7 Nations Meet in Edinburgh as host country and ranked 1 for the third time with seven Gold, two Silver and three Bronze medals (12 medals in total). The Great Britain team was supported by the ASA as the vast

majority of divers were upper tier talent squad. From a performance perspective the event allowed Great Britain the opportunity for early season bleeding of emerging talent and also the introduction of new dives by the more established divers.

A team of 15 athletes attended the International Youth Diving Meet in Dresden in April. 26 countries took part at this event and Great Britain finished third in the medal table with eight medals consisting of two gold, three silver and three bronze. In addition, the team recorded 15 out of 26 top 6 finishes and 24 out of 26 finalists (top 12).

The European Junior Diving Championships took place in Rijeka, Croatia from 23rd June to the fourth July. The largest ever team attended this event with 18 divers and eight staff. The objective for the meet was to achieve a top two finish on the medal table. 24 individual performances, two Synchro and one team event resulted in the British team's finishing in third place on the medal table with seven medals, two gold, three silver and two bronze. Gold medals were won by Matthew Dixon in the Platform Boys A event and Victoria Vincent in the Platform Boys B. Divers were selected from this event for the World Junior Championships which are due to take place in Kazan, Russia in December 2016.

Six Junior divers competed at the Bolzano Grand Prix on a self-funded basis with coach support being provided by Home countries coach development. Ten divers and three coaches again supported by Home

Countries competed at the Med Cup in Bolzano, Italy, a week after the Grand Prix.

SPORTS SCIENCE & SPORTS MEDICINE

A number of initiatives have taken place. One of the initiatives has been the 'Biggest Risk' project for Team A athletes which examines what is most likely to negatively impact on Olympic performance and how risk is minimised.

A review of the Sport Science Sports Medicine was carried out following the UK Sport SWOT analysis for the Tokyo performance plan.

An Athlete Health plan has been developed in conjunction with the EIS athlete-health team to get the benefit of their time, tools and expertise heading into the next Olympic cycle.

COACH EDUCATION

The British Diving Single System is currently being developed. This is a video based coaching tool showing the correct diving techniques and technical development practices for the modern British Diving System.

In autumn 2015 British Diving, in collaboration with the home country ASA's, delivered the coaching conference 'The Art of Coaching'. A multitude of coaching experts, athletes, sport scientists and coach educators were present. The conference looked at a board spectrum of coaching issues with talks

EXCELLENCE

SYNCHRO



SQUAD TRIALS

In September 2015 a number of athletes attended the Synchronised Swimming trial in Aldershot. The trial saw athletes measured on their flexibility, coachability, stamina and synchro skills working alongside coach Katie Dawkins. Following the trial a total of 14 athletes began training as the senior national team with Olympians Olivia Federici and Katie Clark being names as the 2016 Duet squad along with Genevieve Randall and Jodie Cowie ahead of the Olympic Test Event due to take place in March 2016.

GERMAN OPEN

In January 2016 Olivia Federici and Katie Clark made their return to competition at the German Open which took place in Bonn, their first competition since 2013. 22 nations competed at the event including the likes of Italy, France and USA. The pair competed in the Duet event using the same routine as they were to use at the forthcoming Rio 2016 Test Event. Scoring a total of 154.9930 with their first two performances the pair moved through to the final in eighth spot. After scoring a point higher for their Free routine they moved up to seventh place before eventually finishing 8th place overall at the end of the final when the technical routine's score was added.

FRENCH OPEN

In February the British Synchronised Swimming Team continued their preparation for the Olympic qualification event and LEN European Aquatics Championships by competing at the French Open. The contingent of 11 competed in the Solo Duet, Duet Technical and Free and the Team Technical and Free throughout the 3 day competition. In the Solo event Hannah Randall performed her Solo routine for the first time ever in international competition scoring 74.3333 to finish in 8th place over all. In the Free Duet Olivia Federici and Katie Clark scored a point higher than they had in Bonn with 79.1667 in the previous month which left them in 10th place. In the Technical Duet event they continued their progress by scoring a total of 77.3425 and secured 13th place before eventually finishing in 10th place overall in the Final with a score of 78.0333. Randall,

Left: Great Britain's Olivia Federici and Katie Clark compete in the Duet Free prelims at the Rio Paralympics 2016

Alex Whitehead/SWpix.com

Below: Genevieve Randall & Jodie Cowie

Allan McKenzie/SWpix.com



A TOTAL OF 14 ATHLETES BEGAN TRAINING AS THE SENIOR NATIONAL TEAM AHEAD OF THE OLYMPIC TEST EVENT IN MARCH 2016

Clark and Federici returned to the water in the last event as they performed alongside Isabelle Thorpe, Phoebe Bradley-Smith, Jorja Brown, Emma Critchley and Kate Shortman in the Technical Team. They finished in fourth place overall with a score of 74.6490. On the final day of the competition the team took to the water again to perform in the Free Routine and went one better than they had in the Technical Routine to claim the bronze medal with a score of 76.6667.

OLYMPIC QUALIFICATION EVENT

Later in February Olivia Federici and Katie Clark were named as the Duet to travel to Rio in early March to compete in the Olympic Test event. The aim for this event was to secure the vital quota place for Great Britain at the Rio 2016 Olympic Games. The event took place at the Maria Lenk Aquatics Centre in Rio and saw the world's best aiming to qualify their spot at the Games. A total of 24 duets could qualify to compete at the Olympic Games and in order to secure the place for Great Britain the Duet needed to finish in the top 11 overall. Federici and Clark performed their good v

2ND PLACE FOR THE BRITISH DUET AT THE OLYMPIC TEST EVENT IN RIO

14 ATHLETES BEGAN TRAINING AS THE SENIOR NATIONAL TEAM FOLLOWING THE SQUAD TRIALS

12 ATHLETES WERE SELECTED TO COMPETE AT THE LEN EUROPEAN AQUATIC CHAMPIONSHIPS

11 ATHLETES WENT TO THE EUROPEAN JUNIOR CHAMPIONSHIPS IN CROATIA

THE TEAM ACHIEVED THEIR HIGHEST PLACING FOR GREAT BRITAIN IN THE FIGURES COMPETITION AT A EUROPEAN JUNIORS IN RECENT YEARS

evil themed routine in the Technical Routine scoring 77.2211 and achieving 15th place before going on to secure 79.000 in the Free routine and 15th place again with their snakes inspired routine. In the second round Federici and Clark put in an impressive performance to take first place scoring 80.0333, this was their highest international score since they returned to the sport. Their second overall score for the snakes themed routine achieved them second place overall ensuring they claimed their quota place for the Olympic Games in the summer.

LEN EUROPEAN AQUATIC CHAMPIONSHIPS

A 12 strong British Synchronised Swimming Team was selected to compete at the LEN European Aquatic Championships in London in May 2016. For the majority of the team this event was the biggest competition of the year providing a unique opportunity to perform against the best in the world. The event also served as perfect preparation for the Duet before they headed out to Rio to represent Great Britain at the Olympic Games. Federici made her international debut in the Solo Free event in which she delivered a solid prelim swim recording a score of 82.0333 and ninth place, securing herself a place in the final. In the final Federici bettered her prelim score with a score of 82.0667 to finish in 10th place. In the Solo Technical final Federici finished with a final score of 79.2639 placing her in 10th position.

In the Duet Free Final Federici and Clark completed their snake-inspired routine again to score a total of 79.7333 ranking them 9th going into the final. In the final the pair lined up against the remaining world champions and strong duets from Ukraine and France where they improved on their prelims score to record 81.4333 and 8th place. In the Duet Technical Final



Federici and Clark achieved their best score of the season in this event and surpassed 80 points to record a final score of 80.4751 placing them in ninth.

In the Team Technical final the team finished eighth in the overall rankings posting a score of 76.9850. The event was won by the dominant World Champions Russia who took gold and the European title in a score of 94.0094 with Ukraine and Italy picking up the silver and bronze medals respectively. The British team took to the pool for the Team Free prelims finishing with a score of 78.9667 and following the Combo event were placed 8th with a score of 77.9667 on the final rankings. Great Britain closed the event with a final score of 79.000 in the Team Free final. This was an improvement from the prelims and meant they finished their campaign in eighth place.

OLYMPIC SELECTION

Shortly following the conclusion of the LEN European Aquatics Championships Olivia Federici and Katie Clark were announced by the British Olympic Association as the two synchronised swimmers that would represent Team GB at the Rio 2016 Olympic Games. The pair were selected to compete in the duet

event after securing the quota place for Team GB at the Olympic qualification event in Brazil in March.

EUROPEAN JUNIOR CHAMPIONSHIPS

The British Junior Synchronised Swimming team headed to Rijeka in Croatia for the European Junior Championships in June. The team consisted of 11 athletes with many of them making full international debuts. The team also consisted of 4 athletes that had recently competed in London at the LEN European Aquatics Championships; Kate Shortman, Isabelle Thorpe, Emma Critchely and Danielle Cooper.

At this event the team achieved their highest placing for Great Britain in the figures competition at a European Juniors in recent years with Kate Shortman leading the way finishing with a total of 73.6607. Shortman also represented Great Britain in the Solo event ranking 11th with a combined total 151.9607.

Britain also competed in the Duet competition with Isabelle Thorpe and Kate Shortman in action, the pair finished with a score of 148.6697 and ranked tenth.

The Free combination team finished the competition ranked ninth with a points total of 76.6667.

MEDITERRANEAN CUP

Isabelle Thorpe and Kate Shortman travelled to Netanya, Israel to compete in the Mediterranean Cup 19th-24th July. The Mediterranean Cup, also known as the Comen Cup, is contested by some of the world's top 13-15 year old synchronised swimmers with swimmers from the top eight Mediterranean countries progressing to the final along with the top four from non-Mediterranean nations. Shortman and Thorpe were competing at this event for the third successive year and they improved on their eighth place finish from the 2015 event in Ostia, Italy to finish in 5th place finishing on 154.4524. In addition both swimmers placed in the top 20 for figures, with Shortman 13th on 76.2614 and Thorpe 19th on 73.5767 out of 185 competitors. The pair finished 32nd and 36th for figures just 12 months ago.

L-R: Isabelle Thorpe and Katie Shortman; British Technical Team; ??? from the British Technical Team

Alex Whitehead/SWpix.com

EXCELLENCE

WATER POLO



UNDER 19S

In September 2014 the Women's Under 19 team headed to Ostia, Italy to compete in the LEN European Under 19's Water Polo Championships. This event saw 14 nations competing and the British team were drawn in Group B where they had to face Greece, Slovakia and Portugal. The team finished eighth at this event.

UNDER 17S

In March 2015 the under 17 women's team competed in the Slovakia International Under 17's Women's Cup. This was a great opportunity to finalise their preparations ahead of the qualification tournament for the European Games. The team played well and had good wins against France (15-5) and the Czech Republic (17-14), finishing second overall behind Slovakia (8-13).

Later in March the leading under 17 water polo players travelled to Nice to compete in the European Games qualification tournament. Here they faced Group A opponents Portugal, the Czech Republic, France and Switzerland. The team opened their campaign with a commanding 26-3 win against Portugal. This was followed by an 8-8 draw against the Czech Republic and a narrow 13-12 defeat to France. The team won their final qualification match against Switzerland (30-0) to finish second in Group A on goal difference behind France, reaching the qualification standard required for the Inaugural European Games in Baku.

Meanwhile the boys were in Malta where they took on Germany, Latvia, Switzerland and Malta in Group D. The tournament was the boys' first international competition playing together and after losing 19-7 to Germany in the opening match they secured a strong 53-0 win against Latvia and 12-1 victory over Switzerland. Unfortunately they just missed out on reaching the qualification standard for Baku following a dramatic 7-6 loss to Malta in their final game.

The women's under 17's travelled to Baku in June for the European Games. After a heavy 20-2 loss to Greece in their tournament opener the Great Britain team took on the more experienced German side who



showed too much class as Great Britain slipped to a 10-8 loss. Despite defeats to Greece, Germany and the Netherlands Team GB held on to record their first victory of the Games in their match against Israel. The next games for Team GB was against the current Group A leaders Hungary. They got off to a slow start against the Hungarians and trailed 5-2 after the first quarter. Despite closing the gap in the second Hungary maintained their 3 point lead at half time and while Team GB battled hard after the restart Hungary showed their expertise in the pool rattling a further 7 scores to ease to a 16-4 win. Following a defeat against Serbia Team GB faced against Israel in their 11-12 classification match in which they secured a 10-5 victory to finish in 11th place at the Games.

Left: Under 19 Girls – City of Liverpool v Otter and (above) U-17 Boys – Sedgfield v Sheffield - at the ASA National Age Group Water Polo Championships, Manchester Aquatics Centre

John Clifton/SWPix.com

MAJOR EVENTS STRATEGY



IPC Swimming World Championships
2016, hosted in Glasgow
Courtesy of icon-world.com

British Swimming have recently undertaken work setting out our Major Events Strategy up to 2024. Following the unprecedented success in the Rio Olympic and Paralympic Games the major events strategy for 2016-2024 sets out the framework of events to achieve our strategic objectives with a clear focus on excelling at the Olympic and Paralympic Games in Tokyo 2020 and beyond.

Through staging major events we will link our performance programmes to European and World aquatics which not only facilitates our athletes achieving their performance goals but simultaneously will build interest in the sport and maximise our brand position. Some of the performance and commercial benefits of hosting international events include:

- Performance programmes can be built to take capitalise on specific advantages that come with being a host nation
- Increased international and domestic exposure
- Greater broadcast opportunities and therefore greater exposure for commercial partners
- Increased spectator engagement facilitating encouraging new fans to the sport
- International events facilitate our international relations programme and present opportunities to influence key decisions at the World and European Level

It is vital that we plan ahead with regards to our ambitions for hosting international events. There is increasing competition from other nations who are investing into facilities and sport generally and therefore we are keen to identify which of these prestigious events we want to bid for to ensure we can capitalise on the performance and commercial benefits they bring. Longer term planning allows us to work closely with various other stakeholders including host cities to ensure we are meeting objectives for all parties involved.

The British Swimming Major Events Strategy is due to be published in early 2017.

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. Registered number 4092510

DIRECTORS' REPORT FOR THE YEAR ENDED 31 MARCH 2016

The directors present their report and the financial statements for the year ended 31 March 2016.

Directors' responsibilities statement

The directors are responsible for preparing the Group Strategic Report, 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 applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. 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 surplus or deficit of the Group for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the Group financial statements and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent; and
- 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.

Results and dividends

The deficit for the year, after taxation, amounted to £194,078 (2015 - surplus £566,364).

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

Directors

The directors who served during the year were:

Maureen Campbell
 Urvashi Dattani (appointed 1 January 2016)
 Graham Ian Edmunds
 William Raymond Gordon
 John Craig Hunter
 Robert Michael Kenneth John James
 Alexandra Kelham
 Peter Jeremy Littlewood
 Michael John Power (resigned 31 December 2015)
 Simon Rothwell
 David Sparkes
 Adele Stach-Kevitz
 Edward Maurice Watkins

Disclosure 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 relevant audit information and to establish that the Company and the Group's auditors are aware of that information.

This report was approved by the board on 5 November 2016 and signed on its behalf.

Edward Maurice Watkins
 Director

GROUP STRATEGIC REPORT FOR THE YEAR ENDED 31 MARCH 2016

The Board present their strategic report for the year ended 31st March 2016.

British Swimming Limited strategic objectives are to achieve medal success at Olympic and Paralympic games and to influence decisions at World and European levels.

Business review

Following a fundamental review of strategy in late 2012, new High Performance Directors and Senior Coaches were appointed early in 2013 for both Swimming and Paralympic Swimming. These highly skilled and experienced leaders are driving forward a high performance culture and the provision of a world class environment centred around the athlete and coach.

The Group has continued to invest in the modernisation of the sport across the UK and has also made significant monetary and resource commitments to the nationwide development of athletes, coaches, officials and administrators.

This was the third year in the UK Sport funding quadrennial ending in March 2017. Funding for the four years was originally secured across all five disciplines, with the exception of men's water polo. Late in 2013 it became clear that funding for women's Water Polo and Synchronised Swimming was at risk, following a review by UK Sport. In the previous financial year and despite robust appeals, these two sports have now lost all funding from UK Sport.

Principal risks and uncertainties

The senior management team maintain a risk register which is reviewed regularly by the Board and senior management. Risks are classified as strategic or operational and mitigation strategies are in place for each risk, with action plans agreed and monitored where needed to strengthen mitigation.

The principal risks remain as last year, namely:

- the reduction in ability or willingness of public sector grant making bodies to support the activities of the Group and the Home Nations
- non renewal of sponsorship contracts

Financial key performance indicators

The principal financial KPI for British Swimming is performance against the approved budget. The consolidated deficit of £194,078 was in line with expectations. The current year deficit mainly resulted from costs expensed relating to the European Championships taking place in the next financial year. In addition, a delay in contractual negotiations resulting in a reduced time period for pre-event marketing negatively affected ticket income for the Diving World Series event held at the London Aquatics Centre.

Other key performance indicators

All sports set performance targets with UK Sport for their annual benchmark event in each year of the quadrennial. The 2015 performance results were as follows: *(over page)*

GROUP STRATEGIC REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

SPORT	EVENT	TARGET	RESULT
Swimming	2015 World Championships	4-6 Medals	9 Medals (7 in Olympic events)
Diving	2015 World Championships	1-2 Medals	4 Medals (3 in Olympic events)
Para-Swimming	2015 World Championships	35 - 45 Medals (9 – 13 Golds)	32 Medals (10 Golds)

In addition, all discipline also have Action Plans consisting of 3-4 objectives built around programme key priority areas. These are qualitative and progress is tracked in 6 monthly evaluation meetings.

This report was approved by the board on 5 November 2016 and signed on its behalf.

David Sparkes
Director

**CONSOLIDATED STATEMENT OF COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31 MARCH 2016**

	2016 £	2015 £
Income	12,230,970	12,970,648
Operating expenses	(12,438,488)	(12,427,743)
Operating (deficit)/surplus	(207,518)	542,905
Interest receivable and similar income	16,070	29,323
(Deficit)/surplus before taxation	(191,448)	572,228
Tax on (deficit)/surplus	(2,630)	(5,864)
(Deficit)/surplus for the year	(194,078)	566,364

There was no other comprehensive income for 2016 (2015:£NIL).

**CONSOLIDATED STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2016**

	2016 £	2015 £
Fixed assets		
Tangible assets	94,001	19,611
	<u>94,001</u>	<u>19,611</u>
Current assets		
Debtors: amounts falling due within one year	2,076,365	1,068,052
Cash at bank and in hand	4,440,195	3,356,019
	<u>6,516,560</u>	<u>4,424,071</u>
Creditors: amounts falling due within one year	(5,822,618)	(3,461,661)
Net current assets	<u>693,942</u>	<u>962,410</u>
Net assets	<u><u>787,943</u></u>	<u><u>982,021</u></u>
Reserves		
Income and expenditure account	787,943	982,021
	<u>787,943</u>	<u>982,021</u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 5 November 2016.

Edward Maurice Watkins
Director

David Sparkes
Director

HIGH PERFORMANCE SWIMMING LIMITED

ABRIDGED ACCOUNTS

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Results and dividends

The surplus for the year, after taxation, amounted to £NIL (2015 - £NIL).

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

Directors

The directors who served during the year were:

Maureen Campbell
 William Raymond Gordon
 Robert Michael Kenneth John James
 Alexandra Joanne Kelham
 Simon Rothwell
 Edward Maurice Watkins

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

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

This report was approved by the board on 5 November 2016 and signed on its behalf.

Edward Maurice Watkins
 Director

STRATEGIC REPORT FOR THE YEAR ENDED 31 MARCH 2016

The Board present their strategic report for the year ended 31st March 2016.

High Performance Swimming Limited strategic objectives are to achieve medal success at Olympic and Paralympic games.

Business review

Following a fundamental review of strategy in late 2012, new High Performance Directors and Senior Coaches were appointed early in 2013 for both Swimming and Paralympic Swimming. These highly skilled and experienced leaders are driving forward a high performance culture and the provision of a world class environment centred around the athlete and coach.

This was the third year in the UK Sport funding quadrennial ending in March 2017. Funding for the four years was originally secured across all five disciplines, with the exception of men's water polo. Late in 2013 it became clear that funding for women's Water Polo and Synchronised Swimming was at risk, following a review by UK Sport. In the previous financial year and despite robust appeals, these two sports have now lost all funding from UK Sport.

Principal risks and uncertainties

The senior management team maintain a risk register which is reviewed regularly by the Board and senior management. Risks are classified as strategic or operational and mitigation strategies are in place for each risk, with action plans agreed and monitored where needed to strengthen mitigation.

The principal risks remain as last year, namely:

- the reduction in ability or willingness of public sector grant making bodies to support the activities of the Group and the Home Nations
- non renewal of sponsorship contracts

Financial key performance indicators

The principal financial KPI for High Performance Swimming is performance against the approved breakeven budget. Actual expenditure was less than planned, with some expenditure and related funding deferred into the following year.

Other key performance indicators

All sports set performance targets with UK Sport for their annual benchmark event in each year of the quadrennial. The 2015 performance results were as follows: *(over page)*

STRATEGIC REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2016

SPORT	EVENT	TARGET	RESULT
Swimming	2015 World Championships	4-6 Medals	9 Medals (7 in Olympic events)
Diving	2015 World Championships	1-2 Medals	4 Medals (3 in Olympic events)
Para-Swimming	2015 World Championships	35 - 45 Medals (9 – 13 Golds)	32 Medals (10 Golds)

This report was approved by the board on 5 November 2016 and signed on its behalf.

Edward Maurice Watkins
Director

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 MARCH 2016

	2016 £	2015 £
Income	8,519,838	8,585,395
Operating expenses	(8,527,840)	(8,596,114)
Operating deficit	(8,002)	(10,719)
Interest receivable and similar income	10,002	13,399
Surplus before taxation	2,000	2,680
Tax on surplus	(2,000)	(2,680)
Surplus for the year	-	-

There were no recognised gains and losses for 2016 or 2015 other than those included in the income statement.

There was no other comprehensive income for 2016 (2015:£NIL).

STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2016

	2016 £	2015 £
Current assets		
Debtors: amounts falling due within one year	511,915	647,967
Cash at bank and in hand	1,718,291	1,448,730
	<u>2,230,206</u>	<u>2,096,697</u>
Creditors: amounts falling due within one year	(2,230,206)	(2,096,697)
Net current assets	-	-
Net assets	-	-
Reserves		
Income and expenditure account	-	-
	<u>-</u>	<u>-</u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 5 November 2016.

Edward Maurice Watkins
Director

Robert Michael Kenneth John James
Director

THANK YOU

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

THANK YOU TO ALL CONTRIBUTORS TO THIS REPORT

Maurice Watkins	British Swimming Chairman
David Sparkes	British Swimming Chief Executive
Wendy Lockton	British Swimming Operations Manager
Chris Spice	National Performance Director – Swimming
Adam Clarke	World Class Programme Executive Officer – Swimming
Chris Furber	National Performance Director – Para-Swimming
Alexei Evangulov	National Performance Director – Diving
Julian Bellan	Talent Development Manager – Diving
Rebecca McCreath	British Swimming Director of Events & Sponsorship
Janine Harriman	British Swimming HR Manager

FOR PRODUCTION & EDITING

Melanie Pollard	Designer
SWpix	Official photographers to British Swimming

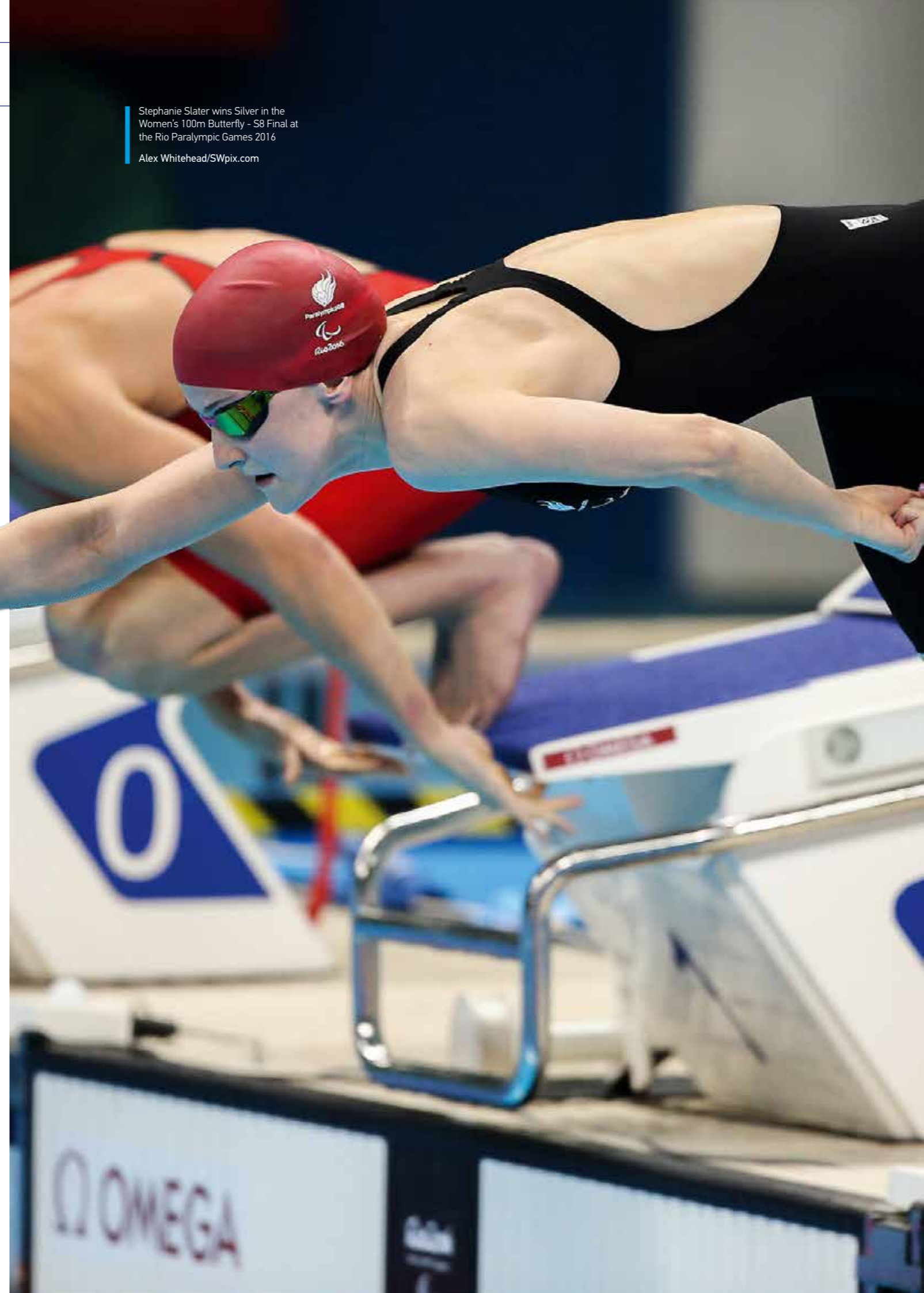
PARTNERS AND SPONSORS

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



Stephanie Slater wins Silver in the Women's 100m Butterfly - S8 Final at the Rio Paralympic Games 2016

Alex Whitehead/SWpix.com



British Swimming

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