

# BRITISH SWIMMING

ANNUAL REPORT/  
ACCOUNTS 2015



  
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SWIMMING

  
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Cover photo: Adam Peaty with his gold medals from the 2015 world championships. This page: James Guy displays his medals from the world championships



# FINA WORLD CHAMPIONSHIP KAZAN RUSSIA 2015

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# BRITISH SWIMMING ANNUAL REPORT

Company Information  
For the year ended 31 March 2015

## CHAIRMAN

Edward Maurice Watkins CBE

## DIRECTORS

Maureen Campbell  
Guy Savaric Scott Davis (resigned 31 December 2014)  
Graham Ian Edmunds  
William Raymond Gordon  
Samuel Greetham (resigned 31 December 2014)  
John Craig Hunter  
Robert Michael Kenneth John James  
Alexandra Joanne Kelham (appointed 18 October 2014)  
Peter Jeremy Littlewood (appointed 1 January 2015)  
Michael John Power OBE  
Simon Rothwell  
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Adele Stach-Kevitz

## COMPANY SECRETARY

Ashley Cox

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MAURICE  
WATKINS  
CBE

## CHAIRMAN'S REPORT //

**A**t the time of writing this, my third report as Chairman of British Swimming, we have just held, in the magnificent neo-gothic surroundings of Manchester Town Hall, an impressive British Swimming Awards Dinner, the first for some years. This event celebrated the great achievements of our swimmers, divers and para-swimmers at Kazan and Glasgow and earlier at last year's Commonwealth Games and European Championships. I must place on record the Board's congratulations to all nominees and winners at those Awards. It was also a particular pleasure to me to have the opportunity of presenting the Award of 'British Swimming Athlete of the Year' to Tom Daley.

Wonderful though our recent results have been, Rio now awaits us and planning and arrangements for the Olympics are already well underway. We must build on and maintain the momentum of Kazan and Glasgow. As has been so succinctly put by others, 'the train has left the station but we have not yet reached our final destination'.

Before Rio, however, we have secured the honour of hosting the LEN 2016 European Championships covering swimming, diving,

synchro and masters at the London Aquatics Centre. Putting on events such as these requires an immense amount of planning and preparation working with our partners, UK Sport, Mayor of London and London Legacy Development Corporation but it is all part of extending our international influence in our sport.

We have now virtually completed the personnel and organisational changes in the organisation which followed on David Sparkes leaving his role as Chief Executive of the ASA. In my view, the changes have made the company a more cohesive unit with its board of independent and stakeholder directors combining well for the benefit of elite aquatics and I am very grateful to them all for their hard work and support over the year.

Once again, thanks are also due to our staff, volunteers, partners and sponsors for their dedicated and significant support this last year. I would particularly mention the excellent relationship we have enjoyed with British Gas which has come to the end this year. It has been of undoubted benefit for both parties.



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DAVID  
SPARKES  
OBE

## CHIEF EXECUTIVE'S REPORT //

**A** year of further change for British Swimming as we have established ourselves as a new management team with our Performance Directors fully integrated. The results from Kazan and Glasgow this year have built on the success in the pool from last year and have provided a strong platform on, which to build as we progress towards the Rio Olympics and Paralympics next year. We hosted our first ever IPC World Swimming Championships in Glasgow with a small but talented team who demonstrated their multi-medal winning capabilities. However, if we are to climb up the medal table in Rio at the Paralympics we still have much to do. The outstanding performance of the diving and swimming teams in Kazan shows we continue to make progress in these sports.

This past year witnessed the end of the fantastic relationship with British Gas and the search is now on to find new commercial partners to work with us in our quest to become one of the strongest swimming nations in the world by 2020. We have also been working hard this year to develop our plans for the staging of not one but two European Aquatics Championships – in 2016 in London and 2018 in Glasgow. The latter in a new format created around the concept of a European Championships which draws together the European Championships of a number of sports.

The athletes have continued to work hard with their coaches to build on their

improvements last year and we remain confident that we are now firmly on an improving performance pathway as we monitor and performance-manage every aspect of our work in this important area. The board and management team support all our performance teams.

We continue to try to lobby Government and our colleagues in UK Sport and the Home Country Sports Councils to see the need for a joined up approach to talent development across sport, to ensure the future stars of 2020 and 2024 emerge to be even more successful. This has now been highlighted in the triennial review of UK Sport by Government. In this regard, we have also contributed strongly to the debate around funding for team sports, which we believe needs special attention.

British Swimming remains a strong influence in international affairs contributing and being consulted on a range of major policy and strategy changes in our sport. A number of key post holders from British Swimming continue to work as one team to achieve increasing impact in this important area.

Finally, I would like to pay tribute to the hard work of all of our athletes, coaches support staff and volunteers without whom we could not accomplish what we have achieved. I would also like to thank my colleagues in Wales Scotland and England for their support.





# FINA WORLD CHAMPIONSHIPS



James Guy

**T**he British Swimming team emerged from the World Championships in Kazan with renewed pride and reinforced belief following a finest ever performance borne out of a considerable shift in culture.

While the team won a record number of nine world championship medals – which also featured no fewer than 12 gold medallists – it also ignited the interest of a growing fan base as the whole nation watched the unfolding excitement with keen interest.

Nine medals topped the tallies of eight in Colombia in 1975 and Barcelona in 2003. Both previous competitions yielded only two golds for Britain; this time there were five, putting them fourth on the medals table behind the USA, Australia and China. There were also two world records and all this just two years after the last world championships which yielded just one bronze medal.

Barcelona 2013 was the first event for National Performance Director Chris Spice and Head Coach Bill Furniss where their

observations enabled them to design and implement a performance framework while creating and embedding an ethos vital to such a rapid turnaround.

'It's been a great week. Nine medals and five golds is tremendous,' said Furniss, reflecting on the team's performance. 'It's a big move forwards. Chris and I had a watching brief in Barcelona. We knew after that there were quite a few things we needed to address. We've raised the bar in terms of selection for the team and in what we expect and in terms of performances.

We have changed the whole culture of our team. There are positives all round but lots of work still to do ahead of Rio but we're moving in the right direction.'

Furniss said early medal success in Kazan from Adam Peaty and James Guy helped to set the tone for the meet. 'The mentality is infectious, success is infectious and so is belief,' he said. 'The whole team is sharing this. They are racing more and getting harder to beat. I don't want to worry about the opposition – I want them to worry about us. What I would urge, though,

is that it's going to be more difficult. We've seen just how difficult it is and I think we can add 10 to 15 per cent to that next year in Rio. We have to move on. We have to have a break and then straight back to it on the front foot and we have to improve in the next 12 months leading into Rio. If we don't do that, then we'll have problems next year.

'We hit most of our targets in Kazan and some would say we are in front of where we need to be. We have a hard year of training and racing ahead of us. We've got the European Championships in



Siobhan-Marie O'Connor



London next May. We are going to take the Olympic team there and that'll be a good preparation meet for us.'

An encouraging statistic is that seven of the British medals in Russia came in Olympic events, the exceptions being the golds won by Adam Peaty in the 50m breaststroke and the mixed medley relay team.

The world was given a glimpse of Britain's progress in the 100m breaststroke final in Kazan, where gold medallist Peaty was joined on the podium by Ross Murdoch after he took the bronze behind Cameron van der Burgh.

'I turned and saw his feet and I was like, "Right, I've got some catching up to do,"' said Peaty. 'About 25 metres out he was still in front so I was a bit sceptical but I remember what I had trained for – it was for moments like this and I managed to

come out on top, thankfully.'

Coach Mel Marshall colourfully commented: 'He is like a soldier going over the top of the trench. You can shoot at him but you won't stop him moving forward. He is fearless.'

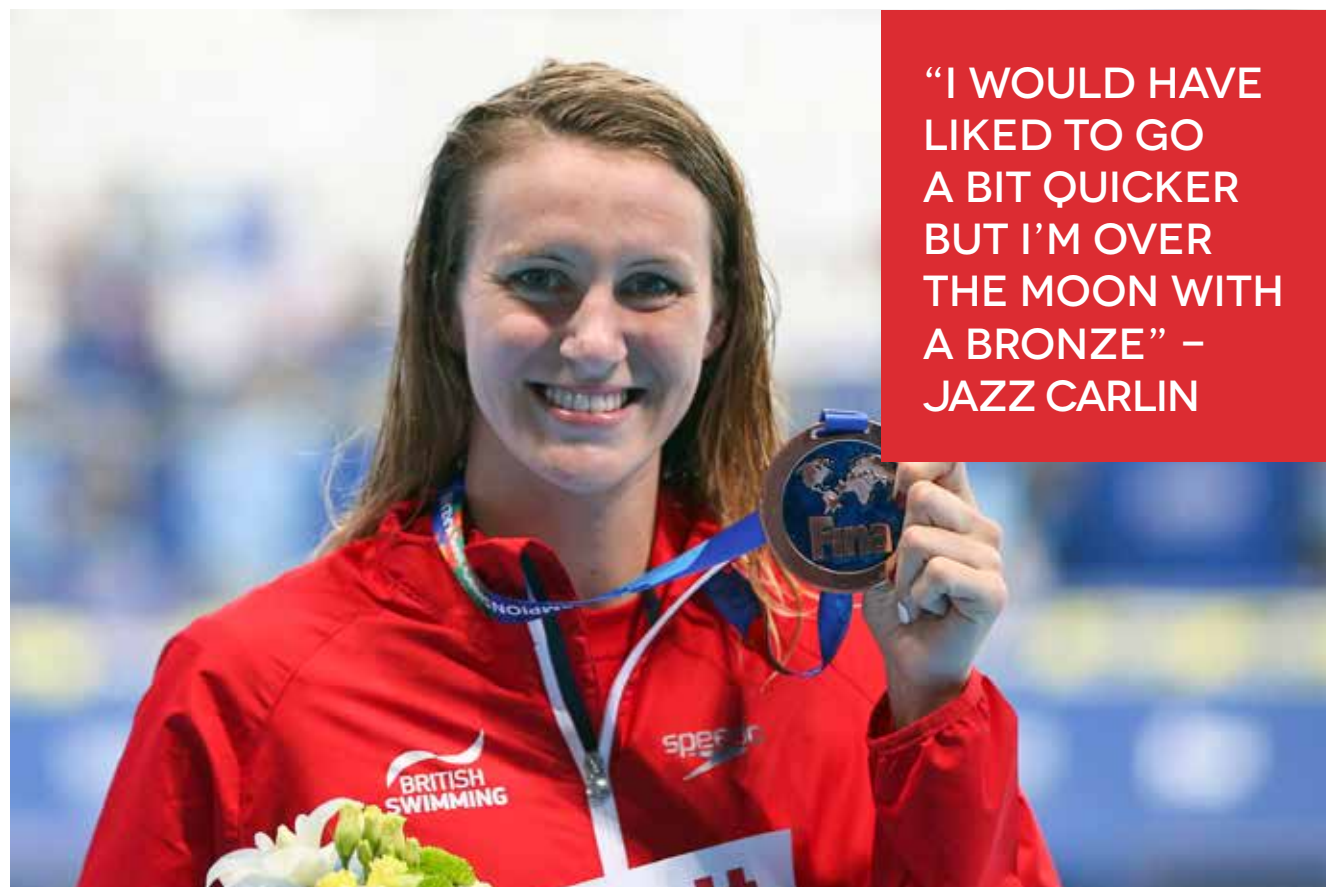
Peaty's was the first of five gold medals for Britain and the first of three in three days for the City of Derby swimmer. He was back in the water the following day when, having lost his 50m breaststroke world record to van der Burgh's in the heats, he regained it in style with 26.42 in the semi-finals. And twenty-four hours later he became the first man to achieve the 50m-100m breaststroke double at a world championships to win the one-length dash ahead of van der Burgh.

Barely an hour later Peaty joined Chris Walker-Hebborn, Siobhan-Marie O'Connor and Fran Halsall in the inaugural mixed

**“WE HAVE A HARD YEAR OF TRAINING AND RACING AHEAD OF US. WE'VE GOT THE EUROPEAN CHAMPIONSHIPS IN LONDON NEXT MAY. WE ARE GOING TO TAKE THE OLYMPIC TEAM THERE AND THAT'LL BE A GOOD PREPARATION MEET”**

Adam Peaty,  
Chris Walker-  
Hebborn and  
Siobhan-Marie  
O'Connor





**“I WOULD HAVE LIKED TO GO A BIT QUICKER BUT I’M OVER THE MOON WITH A BRONZE” – JAZZ CARLIN**

Ross Murdoch



4x100m medley relay - arguably the most entertaining event in the programme. It's even more fun when you win and Britain are now the first world and European champions, having taking the inaugural LEN title in Berlin last year.

In Kazan, Walker-Hebborn gave the team a good start to hand over to Peaty. The breaststroke world champion then sped past early leaders China. Russia and Italy had men on the fly leg but O'Connor's was the quickest of the six women while

Halsall's was the equal quickest of the seven female freestylers.

A world record time of 3:41.71 made Britain world champions from silver medallists the USA. Ross Murdoch and Rachael Kelly also collected gold medals as relay team members.

'Some of the big countries entered really strong teams tonight and it was a big fight,' said Walker-Hebborn. 'It's great to be sat in the call-room with familiar male and female faces. It definitely brings a different aspect to the competition.'

'I think it's an event which should keep on going and, while we might not see it next year, I'd love it to be part of the [Olympic] programme in 2020.'

Nineteen-year-old James Guy put himself into the highest echelons of the sport and showed the depth of talent within British Swimming. After launching Britain on the medal trail with silver behind Olympic champion Sun Yang and a British record of 3:43.75 in the 400m freestyle on day one, he went on to trump even this magnificent effort with memorable victories in the 200m freestyle and 4x200m freestyle relay. And this from a young man who declared the 400m his main target.

'I never thought I'd even make the 200m final,' said Guy, the first Briton to win this title and the first on the podium since Brian Brinkley's bronze in 1975. The main focus for me was the 400m and I was so happy with silver. There's more there for me, though. You look at Ryan Lochte's



Adam Peaty

underwater phases and he's like a dolphin. So if I had them, I could go even faster.'

Lochte was one of three Olympic gold medallists in a line-up of 200m finalists that also included world record holder Paul Biedermann. The Millfield teenager beat the lot of them, turning first at the halfway mark and third at 150m before overtaking Sun and Lochte on the final length to win in 1:45.14 – another British record. Sun Yang took the silver and Biedermann the bronze.

Lochte and Biedermann were again involved in the relay, respectively swimming the first and last legs for the USA and Germany. The Americans swam their fastest swimmers first but Britain bucked recent trends by saving the best to last. After a solid opening leg from IM specialist Dan Wallace, the experienced Robbie Renwick followed by Calum Jarvis saw Britain in third. Enter Guy. The new

kid on the podium went through 100m in 50.63, the fastest split of the race, passing Russia and closing the two-second gap to the Americans. He touched for the gold in a British record 7:04.33.

The result ended a run of five straight wins for the US in the event and was the first relay gold for a British men's team at a world championships.

'It was a huge team effort,' said Guy. 'The guys set it up well and I knew if I was top three I had a chance of bringing it back. It was all about staying calm and not getting too tense in the first 100m.'

'You've just got to enjoy it. It's the best British team we've ever had and this relay is definitely something we're going to look out for next year.'

Relay team members Nick Grainger and Duncan Scott also collected gold medals on their world championship debuts for

**“I TRAINED FOR MOMENTS LIKE THIS AND I MANAGED TO COME OUT ON TOP” – ADAM PEATY**

productive morning relay performances.

Bronze medals from Siobhan O'Connor and Jazz Carlin completed the British tally. In the 200m IM, 19-year-old O'Connor did her best to stay with hot favourite Katinka Hosszu but the Hungarian was on her way to breaking a world record that had stood



“IT WAS A HUGE EFFORT, I KNEW IF I WAS TOP THREE I HAD A CHANCE TO BRING IT BACK” – JAMES GUY

since the bodysuit era. O'Connor fought hard for the bronze medal and Hannah Miley was fifth.

O'Connor, the Commonwealth champion said: 'I just really wanted to come here and win a medal so I'm chuffed to bits to come away with one. That last length really hurt but I just had to try and dig deep to hold on.'

Carlin's 2015 world championships began with a fourth place in the 400m freestyle on day one. A week later she was in action again and showed strength of character as she dug deep in the 800m to take the bronze with a fast final 100m which saw her almost snatch the silver.

'This week really has been an emotional rollercoaster,' said Carlin, who also helped 4x200m freestyle team-mates O'Connor, Miley and Rebecca Turner to fifth place. 'I had to pick myself up after finishing fourth. I was happy with my split in the relay so really it was just about coming in with my head down. Obviously I would have liked to finish higher but I'm over the moon to come away with a medal.'

The final day included a fourth place for the men's 4x100m medley team of Walker-Hebborn, Peaty, Guy and Ben Proud who missed a medal by just 0.17 seconds. 'If you look at how young this team is, I think it's going to be really good over the next few years,' said Peaty.

In a busy final session for Britain, Miley and Aimee Willmott came fourth and seventh respectively in the 400m IM, Stephen Milne was fifth in the 1500m freestyle, Dan Wallace and Roberto Pavoni sixth and seventh in the men's 400m IM. The last-day fourth places added to several others earlier in the week, including Wallace's commendable result in the 200m IM and Andrew Willis' medal near-miss in his third consecutive world championship 200m breaststroke final.

'I've got guys coming out in fourth place who are absolutely devastated and that is music to my ears,' said Furniss, underlining the culture shift that he and Spice have been working to bring about. 'That's what we want. We are about trying to get to the podium.'



British Medals (9)	
<b>Men</b>	
<b>Gold (4)</b>	
Adam Peaty (2)	50m breaststroke 100m breaststroke
James Guy	200m freestyle
4x200m freestyle relay	Dan Wallace, Robbie Renwick, Calum Jarvis, James Guy, Duncan Scott and Nick Grainger
<b>Silver (1)</b>	
James Guy	400m freestyle
<b>Bronze (1)</b>	
Ross Murdoch	100m breaststroke
<b>Women</b>	
<b>Bronze (2)</b>	
Jazz Carlin	800m freestyle
Siobhan-Marie O'Connor	200m IM
<b>Mixed</b>	
<b>Gold (1)</b>	
Mixed 4x100m medley relay	Chris Walker-Hebborn, Adam Peaty, Siobhan O'Connor, Fran Halsall, Ross Murdoch and Rachael Kelly

Jack Burnell



“IT IS GOOD TO GET A TOP TEN FINISH BECAUSE IT SHOWS I CAN DO IT” – CALEB HUGHES

### MARATHON SWIMMING

Jack Burnell was narrowly denied a first world medal after a frantic finish in the 10km. Competing at his second world champs, the 22-year-old was involved in the leading pack throughout the race but lost out in a highly physical battle for the finish line as he touched fifth – just 5.1 seconds off the podium.

USA's Jordan Wilimovsky sprinted clear in the final 100m to clinch gold.

And while Burnell, who won back-to-back 10km World Cup golds earlier this season, was disappointed to finish so close to the medals, his top 10 finish puts him in contention for selection to next year's Rio 2016 Olympic Games.

Competing at his fourth consecutive World Championship 10km, Burnell's Loughborough training partner Daniel Fogg finished 14th.

Olympic silver medallist Keri-anne Payne was part of the leading pack for the first two laps of the 10km race before slipping back to finish 15th.

Payne's teammate Danielle Huskisson finished 35th.

While both Brits missed out on the chance to put themselves in contention for selection for a Rio spot through a top 10 finish, they will have a second qualifying event in Portugal next June.

Meanwhile, Britain's Caleb Hughes marked his world's debut with a stand-out performance finishing seventh in the 5km. The 19-year-old led the field for much of the race and narrowly missed out on the medals in the sprint for the finish, crossing

just 4.3 seconds behind South Africa's winner Chad Ho.

'It was a good experience,' Hughes said. 'I did want more after leading for much of the race and I did think I might have snuck a medal. It is good to get a top ten finish because it put my name out there and shows I can do it.'

Only the photo finish helped the judges to identify the winner, both Ho and Rob Muffels of Germany hit the touchpad at 55:17.6.

GB's Tom Allen was also part of the leading pack throughout the race, ultimately finishing 14.4 seconds behind Ho in 23rd.

The women's 5km saw 18-year old Alice Dearing make her world debut, finishing 23rd with 1:00:53.3.

### DIVING

Tom Daley and Becky Gallantree made history for Britain and for diving when they won the inaugural mixed team event in Kazan. The result made Daley – the 2009 platform champion – the first Briton to win multiple world championship diving medals while Becky Gallantree is the first British woman to stand on a world championship podium.

The gold also topped a best-ever medal haul for Britain with Daley and Jack Laugher both winning bronze in their individual events and a 3m synchro bronze for Laugher and Chris Mears.

The team also booked five quota places for the Rio Olympics including all four individual events.

The mixed team event required three

individual dives from the 10m and three from the 3m with both divers doing at least one from each board. Daley and Gallantree scored a total of 434.65 and were surprised by their victory.

'We really don't know what happened there,' said Daley, who scored four 10s and 101.5 for his armstand back triple somersault before sealing victory with 99 on his final dive. 'We went in to the competition as a bit of a warm-up for our individual events. To come away with a result like that is amazing. I had my highest score ever on the armstand. Becky did one of the best front dives she's ever done.'

'I was a little bit nervous doing the dive from 3m because I'm not used to springboard diving. I actually thought I was going to hit my head on the board but I got nines for that dive. I've never had 10s before for my armstand and then that happened which is a positive and then the back went down pretty nicely as well.'

For Gallantree, the result was the high point in a rollercoaster championships and helped to make up for the disappointment of coming 10th in the 3m synchro with Alicia Blagg. Her scores included 66.65 and 67.50 on her two dives from the springboard.

'I can't quite believe it,' she said. 'It's a little bit surreal. To be honest, I'm gutted I didn't do a front like that in the synchro but obviously there's lots of positives to take out of it and I'm really looking forward to my individual now.'

Four days later, Daley recovered from an early setback to round off the British effort with a last-day bronze medal in the men's 10m platform. The 21-year-old





Jack Laugher

injury for Mears. The pair scored in the 80s for all four of their high-tariff optional dives, including 86.70 for their inward 3.5 somersaults with tuck.

Their score of 445.20 was a 12-point advance on their previous best, which had won them silver in the FINA World Series in London earlier in the year. Favourites Cao Yuan and Qin Kai won the sixth consecutive title for China in this event with 471.45. Russia's Ilya Zakharov and Evgeny Kuznetsov took silver for the third consecutive world championships (459.18).

'It was a brilliant performance and there were some absolutely amazing dives from both of us,' said Laugher. 'It's a really special feeling and to have my best mate standing next to me as well is what makes it even sweeter. We couldn't be happier and to get the Rio spot is a huge weight off our shoulders. We're very excited for next year.'

Mears said: 'My preparation coming into the event wasn't what I wanted it to be with my back. It's a bit temperamental but I'm still able to do my dives. I think it just proves that if you're in the right mindset, you can achieve anything.'

It's such a fantastic feeling to go out there and smash it like that considering

**"I'M REALLY HAPPY WITH THAT BRONZE, I QUITE LIKE THAT PRESSURE" - TOM DALEY**

made it hard for himself by missing his twister dive in the second round. But he hauled himself back into contention and was tying in third place with Mexico's Ivan Garcia going into the final round. He then showed the experience of almost a decade of diving at the highest level to hold his nerve and score 102.60 – the highest score of the competition – while the Mexican managed only 83.60.

'I'm really happy with that bronze because I did make it as hard as possible for myself with that second dive,' said Daley. 'I've learned to persevere, stick at it and keep going because you never know what can happen in competitions. It came down to the last dive when we were on the same score but I quite like that competition pressure - I find it fun.'

Britain's Matty Lee was 18th in the semi-finals (357.60).

The championships were in their fourth day when Commonwealth champions



Tom Daley

Laugher and Mears opened the GB team's medal account with their bronze, which was also the first for Britain in the 3m synchro since it was added to the world championship programme in 1998. And it was achieved despite a niggling back

we've had such a difficult season and training has been disrupted.'

Laugher was back on the 3m springboard three days later for the individual final and became the first Briton to win an individual springboard medal at



Genevieve Randall and Jodie Cowie

**"THE GIRLS HANDLED THE PRESSURE WELL AND PULLED OFF A GOOD PERFORMANCE."**

**British Medals**

**Gold (1)**

Tom Daley and Rebecca Gallantree  
Mixed team

**Bronze (3)**

Tom Daley 10m platform  
Jack Laugher 3m springboard  
Jack Laugher and Chris Mears  
3m springboard synchro

**SYNCHRO**

Genevieve Randall and Jodie Cowie secured two top 25 places in both duet prelims in their first world champs.

The 17-year-olds scored 74.6512 for their technical routine, comprising of 22.1 for execution, 22.6 for impression and 29.9512 for their performance of the required elements. Coach Katie Dawkins insisted it was a positive result.

'There is an exceptionally high standard here,' said Dawkins, who swam for Team GB at London 2012 as well as the 2009 and 2011 World Champs. 'It's a daunting prospect swimming after Spain and Russia but the girls handled the pressure well and pulled off a good performance.'

The pair then scored 76.0333 for their free routine, 22.6000 for execution, 30.9333 for artistic impression and 22.5000 for difficulty, they fell just eight points shy of the top 12 and a final berth.

Having improved on their performances at this year's European Games and last year's European Champs, where they received 75.3000 and 75.1000 respectively, Randall insisted they have few complaints with their result in Russia.

'That's one of the best swims we've done so we're really happy,' said Randall. 'It's been really hard because we have no financial support for ourselves to support getting to training, physiotherapy or sports science so we're behind everyone else in that respect. But competing here makes us really want to come back and show that GB are still going and we are still pushing.'

The girls are set to learn a new routine as they aim to reach Rio through next year's qualification competition.

a world championships and the first to win more than one medal at a single world championships, although that was soon to be matched by Daley. Laugher was a model of consistency with two scores in the mid-90s and none less than 81 and a total of 528.90, five more than the second Chinese, Cao Yuan. Mears was 15th in the semis with 422.50.

Laugher said: 'It was a rock solid competition. Everyone was bouncing off each other and you see those mad scores like we've had today. The past year-and-a-half has been absolutely fantastic. I'm really proud of what I've done this year.'

Platform specialists Tonia Couch and Sarah Barrow were sixth in the 10m synchro with a score of 308.40 – their third top six finish in as many world championships. But they were disappointed to miss out on the medals, especially as they have previously exceeded the 325.26 that earned North Korea their first-ever world championship medal – a bronze behind China (359.52) and Canada (339.99).

'It's disappointing for that to happen today because it was just a couple of silly mistakes that happened,' said Couch, a veteran of six world championships. 'We both could have dived well today and we just didn't. But you've got to look at the positives – we had a good first two dives which we've really worked hard on.'

The duo had mixed fortunes in the individual platform, Couch finishing eighth to match her previous world championship best but European champion Barrow coming 18th after scoring in the 40s in two of her semi-final dives.

Couch – the first of four Europeans in the final – said: 'To get into the final was the

important thing (for Olympic qualification) so I could just go out and enjoy the final. To finish as the top European is great.

'I've had three steady performances here – in the prelims, the semis and the final. I need to sharpen it up a bit more in the final next time.'

Gallantree ended her rollercoaster championships by reaching the individual 3m final to seal another Olympic quota place for Britain but was disappointed to finish 10th with a score of 289.00 after coming eighth in the semi-finals on 305.10. Blagg was 26th in the preliminaries (262.55). China won their eighth gold through Shi Tingmao ((383.55).

'The final didn't go as I hoped,' said Gallantree. 'It's been an up-and-down week with disappointment in the synchro but a massive high in the mixed team event. Becoming a world champion was something I thought would never happen. I also qualified an Olympic spot for Britain in the individual. I was very close to retiring after London but I've been getting better and better since then and achieved some things I never thought I would.'

British champions and world championship debutants James Denny and Matty Lee were delighted with their ninth place in the men's 10m synchro with a score of 396.84, an improvement of three places and 17 points on the City of Leeds pair's preliminary performance.

'The pressure was off a little for us in the final,' said Lee. 'We wanted to enjoy ourselves because we'd earned our spot there and it was our first world championships so there were no expectations on us. We had fun and it obviously improved our performance.'





Britain's bronze winning 4x100m freestyle team of (l-r) Claire Cashmore, Tully Kearney, Alice Tai and Ellie Simmonds

# IPC SWIMMING WORLD CHAMPIONSHIPS

It was always going to be difficult for the British Para-Swimming team competing in Glasgow, to emulate the achievements of the 2013 worlds team. Following the decision to focus on those with podium potential, the team for July's IPC World Swimming Championships was only half the size of the Montreal team, at just 18 swimmers.

That number became even smaller after

four withdrew in the run-up to the event. Jonathan Fox, reigning world champion in S7 backstroke, was the first to drop out, defeated by a long-standing shoulder injury. The subsequent withdrawals of Bethany Firth and Steph Slater weeks before the competition were even more of a blow to the team's medal prospects. Also missing was Swansea University's Jack Thomas, like Firth an S14, who withdrew

after injuring his wrist.

At the Montreal worlds, 26 GB swimmers made the podium and the team finished third in the medals table with 18 golds, behind Ukraine and the Russian Federation.

This year, both the US and Brazil moved ahead of GB in the medal table as the British team finished fifth with 10 golds. However, nine swimmers – over half the

team – topped the podium and returned home as world champions with the stand-out performer being Tully Kearney with four golds, one silver and one bronze.

## SIX MEDALS

The British team opened their account with six medals, with local hero Andrew Mullen getting one of the loudest cheers of the day

for his silver in the S5 50m backstroke.

Glasgow-born Mullen could not match the speed of defending champion, Daniel Diaz, finishing two seconds behind the Brazilian who set a new championship record of 35.34. 'It's very humbling winning a world medal where I first learned to swim and I'm really pleased to be able to do that in front of my friends and family,' Mullen said.

There was disappointment for Ellie Simmonds who lost her world crown in S6 400m freestyle to Ukraine's Yelyzaveta Mereshko. Simmonds' time of 5:22.24 was her second fastest in the event – she swam a world record time of 5:19.17 when winning Paralympic gold in 2012 – but the Ukrainian had a stronger finish and squeezed ahead in the final few strokes to win in 5:21.76. 'It was my best time since London 2012. It didn't get me the gold but you can't always get it,' Simmonds said. 'I've not lost this race since 2008 but when you get knocked down, you get back up again. I've got lots of races coming up and I'm looking forward to them all.'

James Crisp, competing at his fifth world championship, also saw gold slip from his fingers in the final strokes in S9 100m backstroke. The GB swimmer, fastest qualifier in the final, led for most the race but Australian Brenden Hall touched just 0.12 seconds ahead of him in 1:05.12.

There was an equally thrilling finish in the SB14 100m breaststroke as reigning world champion Marc Evers (Netherlands) took gold just 0.89 seconds ahead of GB's Scott Quin and world record holder Yasuhiro Tanaka of Japan. Evers used his sprint finish to move ahead in the final 25 metres but the 24-year-old GB swimmer came back on the Dutchman in the final 10 metres. Quin had to settle for silver and shared the honour with Tanaka as they both touched in 1:07.99.

GB's other silver medal performance came from 18-year-old Tully Kearney who held her own in a strong field in the S9 100m backstroke. Kearney who was reclassified as S9 earlier this year having swum in S10 previously, stuck with Paralympic champion Ellie Cole (Australia) who had set a new world record in the heats. Cole broke the record again finishing in 1:08.67 with Kearney just 1.85 seconds behind. Nuna Marques Soto of Spain finished third.

Susie Rodgers won bronze in S7 100 freestyle behind Courtney Jordan (United States) and Ani Palian of Ukraine.

## SILVER FOR HENSHAW

Nova Centurion's Charlotte Henshaw broke her own SB6 European record twice during the day but it still wasn't enough to take gold. Australian teenager Tiffany Kane topped the podium, having set a new world record of 1:34.95. Henshaw was two seconds behind while team-mate Simmonds took the bronze.

'I knew I was going to have a tough race after this morning,' said Henshaw. 'I swam a PB this morning and my real aim was to be relaxed for the final and try and go another best time. That was my aim





coming into the meet and I'm so happy to have been able to do it twice.'

Claire Cashmore won her fourth world silver in the SB8 final. Finishing second again to Russia's Paralympic and reigning world champion Olesya Vladykina, Cashmore was disappointed with her time which was nearly a second outside her PB.

## OLLIE'S GOLD

Oliver Hynd delivered Britain's first gold on day three when he successfully defended his SM8 200m medley world title. The 20-year-old's place on the top of the podium never looked in doubt once he had moved away from the field after 75 metres. Hynd finished over four seconds ahead of Russia's Konstantin Lisenkov and his time of 2:22.40 was a new European record.

Hynd had hoped to finish closer to Peter Leek's 2008 world record of 2:20.92.

'I'm really happy with the medal but I'm actually a little disappointed with the time – I thought I had a bit more in the tank,' he said after the race.

There was almost a second gold for the British team in S12 100 backstroke but Russell lost out to Russia's Darya Stukalova in the final push for the wall. The 18-year-old Brit was the first to turn at 50 metres and within world record pace, but she finished 0.04 seconds behind the Russian in 1:06.79. 'It's an event I've been working on all year so I am a bit disappointed,' said Russell, who holds the world record of 1:06.15.

**"I'M REALLY HAPPY WITH THE MEDAL" – OLLIE HYND**

set a new British record of 1:58.42.

Britain's last medal of the evening was another bronze won by Paralympic legend Sascha Kindred. The 37-year-old broke his own British record in S6 50m fly with a time of 32.01, as he finished behind the Chinese pair of Zheng Tao and Xu Qing. It was Kindred's 18th medal from seven appearances at world championships.

## WORLD TITLE DEFENCE

The fourth day threw up a tough challenge for the British team. The women's relay team had a world title to defend but injuries and retirements meant only one of the quartet who took gold in Montreal – Cashmore – was in the team at Tollcross.

It was the first competitive race for the combination of Cashmore, Simmonds, Kearney and newcomer Alice Tai, so the British women may well have been surprised to take the lead in the third leg swum by Tai. However, both the Australian and US team had S9 swimmers swimming their anchor legs, while Simmonds, an S6, was bringing the GB team home.

Simmonds held off Cole (Australia) and Michelle Konkoly (Australia) for the first 50 metres but both swam through her in the final 50m.

The Australian team took gold in 4:24.17, over a second ahead of the US and nearly six seconds ahead of GB. 'I absolutely love the whole team spirit and the fact that we have worked together to achieve this medal,' Tai said after the race.

The relay bronze was Tai's second medal of the evening as the 16-year-old finished third in the S10 100m backstroke. Mullen claimed his third medal with a bronze in 50m fly.

## FIVE WORLD TITLES

Ellie Simmonds was in action again, having been the fastest qualifier in the heats of the 200m medley and she pulled away during the breaststroke length. Her finishing time of 3:01.02 was three seconds inside her world record and five seconds faster than Mereshko's finishing time.

'I really wanted that gold medal but I'm so shocked with the time,' said Simmonds, who now has a hat-trick of world titles in the event. 'I wanted to swim a 3:03 but I just don't know where the 3:01 came from.'

Hynd won his second gold in the 400m freestyle and, like Simmonds, did it in style by setting a new world record. The 20-year-old was defending his world title but had his eye on another prize, the world record set by his older brother Sam in 2010. 'I've been shooting for that for a while,' admitted Hynd. 'I had 4:24 in my

head as the time I thought I was capable of so I'm so chuffed to go out there and do it. I'm sure Sam will be happy for me. I think he's ready to see it go now. If he hadn't set the standard so high, I wouldn't have swum so fast tonight.'

Hynd pulled away from Paralympic champion Yinan Wang and the rest of the field after 300m and was three seconds inside world record pace at the halfway mark. Having powered through the final length, Hynd touched in 4:24.32, nearly two seconds inside his brother's record.

While Hynd clearly enjoyed defending his title, team-mate Kindred was feeling the pressure as he mounted the blocks in his medley final having won the event in the

last three world championships. 'I came to these Championships wanting to defend the title for the fourth time and there was a lot of pressure on my shoulders being the elder statesman of the team,' he said.

Kindred held off a fierce challenge from Colombia's Nelson Crispin and Brazil's Talisson Glock to win in a championship record of 2:41.41, just half a second ahead of the chasing pair.

'I don't think I've ever had a race that hurt so much,' he said after the race. 'That one meant so much to me though – I'm chuffed with that.'

For Kindred, it was a ninth world title, 17 years after he won his first. Kearney won her first three races later with a gutsy

performance in S9 100m fly.

The 18-year old moved ahead of the field after the turn and then held off the challenge from Paralympic medalist Sarai Gascon and her Spanish team mate Marques Soto. Kearney's time of 1:09.04 was a new European record.

'I can't believe it – I'm over the moon,' said Kearney. 'I obviously hoped to win it because I'd qualified first but I know how good Sarai is and that I'd have to pull something out of the bag to beat her.'

Applegate produced another strong swim and a PB to take silver in the medley, but had to cede her world title to Shabalina. Tai picked up a third medal with bronze in 100m fly.

**"I REALLY WANTED THAT GOLD MEDAL BUT I'M SO SHOCKED WITH THE TIME" – ELLIE SIMMONDS**







## MORE GOLD

After a week of near misses for Russell who lost her world title by a touch in the backstroke event and missed out on the medals completely in the medley, she had two chances of gold. The first was a tall order since the 18-year-old was competing for a second time in the higher classification of S13. Russell came home just 0.35 seconds behind Ukrainian Anna Stetsenko in the 100m freestyle. However, she didn't let the second chance, 10 races later, slip through her fingers.

Having qualified as the fastest finalist, Russell had the advantage of the best lane over Stuklova who beat her in the backstroke, and it may have just made the difference as the British swimmer touched just 0.02 seconds ahead. Russell's time of 27.51 equalled her British record.

'It is absolutely amazing to be world champion,' said Russell, 'It has been tough to come back from (the backstroke final) but I have put it behind me and I managed

to focus on this freestyle and I managed to deliver when it mattered most.'

Kearney's gold medal swim in the 400m freestyle turned many heads as she won by more than 10 seconds with a new European record. The Boldmere swimmer who counts the 400m event as her favourite, took three seconds off her PB when she touched in 4:39.29. 'It was just great,' said Kearney, who has recently moved to the National Performance Centre in Manchester. 'I'd be happy just getting my PB because it's been a while since I got close to that, so I'm just really happy.'

There was another medal for Hynd as well but this time it was a bronze in the S8 100m back.

## KEARNEY THE STAR

Kearney cemented her reputation as one of the stars of the championships and the S9 class with double gold on the final day. The 18-year-old won a third individual gold in the medley and also helped the British team to a gold in the relay.

Kearney broke Amy Marren's European record in the medley heats and then broke her own record in the final with a 2:31.08. 'I can't believe it,' said Kearney, 'Even the first gold hasn't sunk in yet. It just doesn't feel real.'

Kearney's time is the second fastest in history, just over three seconds slower than Natalie Du Toit's seven year world record. 'Natalie Du Toit is obviously an amazing woman and her world records are rapid but I see them as a goal to aim towards in the future,' she said.

Applegate finally won gold in the 100m backstroke. The 18-year-old produced her trademark storming finish in the last 25 metres to snatch the world title from Shabalina, and deny the Russian a third gold. 'I wasn't even meant to be on the podium,' said Applegate. 'I can't believe what's just happened – I'm not even a backstroker. After I was beaten on Monday, I said to my coach I just really want it so bad and I just put everything into that race.'

Mullen collected his fourth medal from







**“I CAN’T BELIEVE IT, EVEN THE FIRST GOLD HASN’T SUNK IN YET” – TULLY KEARNEY**

five events to cap a memorable week in front of his home crowd. The 18-year old who now trains at the National Performance Centre, knocked more than a second off his PB as he came home in 1:16.68 for bronze in 100m freestyle.

Meanwhile, the British women’s relay team was made to work hard to defend their world title with Rodgers bringing the home the team just 0.99 ahead of Australia. The race quickly became a battle between the two teams as Tai and Cole moved away from the field in the first leg. Tai gave breaststroke specialist Cashmore a small lead but Australia’s Madeleine Scott competes one class above Cashmore in SB9. The Australian could not shake off Cashmore and touched just half a second ahead. In the third leg, Britain had the advantage since Kearney – an S9 – was racing against Maddison Elliott, an S8. If the Brit was suffering from her earlier swims, it didn’t show as she powered away from her Australian rival to give Rodgers on the anchor leg a four second lead.

The 31-year-old needed it since Australia’s anchor swimmer, in-form Lakeisha Patterson, won bronze in the S8 individual event earlier in the week in a time that was just under five seconds faster than Rodgers own individual time.

Both swimmers produced faster times in the relay but the British S7 held off Patterson’s final charge to touch first in 4:52.90 to the delight of the crowd.

‘We just went in there and gave it our best shot and we’re so happy to come away with gold again’ said Cashmore.

Country	Gold	Silver	Bronze	Total
Russian Federation	32	19	20	71
Ukraine	21	27	15	63
United States	11	11	8	30
Brazil	11	8	4	23
Great Britain	10	12	10	32

British Medals	
MEN	
<b>Gold (3)</b> Ollie Hynd (2) Sascha Kindred	SM8 200m medley, S8 400m freestyle SM6 200m medley
<b>Silver (4)</b> Andrew Mullen (2) James Crisp Scott Quin	S5 50m backstroke, S5 200m freestyle S9 100m backstroke SB14 100m breaststroke
<b>Bronze (5)</b> Andrew Mullen (2) Thomas Hamer Sascha Kindred Ollie Hynd	S5 50m butterfly, S5 100m freestyle S14 200m freestyle S6 50m butterfly S8 100m backstroke
WOMEN	
<b>Gold (7)</b> Tully Kearney (3) Ellie Simmonds Hannah Russell Jessica-Jane Applegate 4x100m medley relay	S9 100m butterfly, S9 400m freestyle, SM9 200m medley SM6 200m medley S12 50m freestyle S14 100m backstroke (Alice Tai, Claire Cashmore, Tully Kearney, Susie Rodgers)
<b>Silver (8)</b> Jessica-Jane Applegate (2) Hannah Russell (2) Ellie Simmonds Tully Kearney Charlotte Henshaw Claire Cashmore	S14 200m freestyle, SM14 200m medley S12 100m backstroke, S13 100m freestyle S6 400m freestyle S9 100m backstroke SB6 100m breaststroke SB8 100m breaststroke
<b>Bronze (5)</b> Alice Tai (2) Susie Rodgers Ellie Simmonds 4x100m freestyle relay	S10 100m butterfly, S10 100m backstroke S7 100m freestyle SB6 100m breaststroke (Claire Cashmore, Tully Kearney, Alice Tai, Ellie Simmonds)

Georgia Coates and Rosie Rudin



## WORLD JUNIOR CHAMPIONSHIPS

Rosie Rudin broke the world junior record to lead a British one-two in the 400m IM at the World Junior Championships in Singapore.

The 17-year-old from Nova Centurion recorded a winning time of 4:39.01 to knock more than a second off the previous record, set by Ella Eastin of the USA in 2013. City of Leeds’ Georgia Coates, who had qualified fastest from the heats, was also inside the old record as she took the silver in 4:39.44. It is the second time the pair have stood side by side on an international podium – Rudin won silver and Coates bronze in the European Junior Championships last year.

In the Singapore final, Rudin turned eighth after the fly leg but then used her superior backstroke to storm through the field and was leading by the 150m turn.

Her split for the backstroke was 1:08.35. It was a lead she never lost. Coates moved from fifth to second in the second 200m.

Rudin, who also made the 200m backstroke final and finished seventh, said: ‘My aim here was to get a PB and I did that by nearly three seconds. It was the first time in a race that I’ve heard the crowd and it got my adrenaline going and helped me to race. Breaking the world junior record was quite a shock. I didn’t realise until I heard the announcer. My face as I heard that is just so funny. My smile has never been so wide.’

Rudin and Coates are now fourth and fifth on the British all-time list behind international medallists Hannah Miley, Aimee Willmott and Keri-anne Payne. The next challenge for the rising stars is to close the gap on them. ‘I just need to

continue my development and improve my times. But next year’s Olympic trials are in the back of my mind now,’ said Rudin.

Coates, 16, went on to win bronze in the 200m IM in 2:12.74.

This was one of five bronze medals for Britain. Two of these went to Stockport Metro’s Katie Matts, who was third in the 50m and 100m breaststroke in 31.66 and 1:07.96 as well as sixth in the 200m.

Luke Greenbank and Holly Hibbott were the other medallists.

Greenbank, already a Youth Olympics, European junior and European Games medallist, added to his collection with third place in the 100m backstroke in 54.81. He was also fourth in the 200m back.

Hibbott, the European Games champion over 800m freestyle, won bronze over the same distance in Singapore in 8:31.56, a championship record.

She was also fifth, sixth and seventh in the 400 and 200m freestyle and 200m butterfly respectively.

Charlie Attwood made all three men’s breaststroke finals, coming fifth in the 50 and 100m and seventh over 200m.

Other finalists included Cameron Kurle with fifth and sixth in the 400 and 200m freestyle, Martyn Walton with sixth in the 200m IM and Chloe Finch with eighth in the 400m freestyle.

Kurle was just 0.03sec outside the medals in the 400m as he clocked 3:51.02.

Tim Jones, Britain’s Head of Performance Pathway, said: ‘We are pleased with this set of results. The European Games was our (junior) priority this year so we took a smaller, slicker team to Singapore and focussed on individual events while not entering relays.’





# EUROPEAN GAMES 2015

## SWIMMING

Of Team GB's 47 medals in Baku, 23 came from the country's troop of exciting swimming talent. Russia may have dominated the pool with their 42 medals, including 23 golds, but Britain showed an abundance of talent and secured second place in the medal table with seven gold, seven silver and nine bronze.

Duncan Scott was the most decorated athlete on the whole of Team GB with three gold and three silver medals including the top spot in the men's 200m freestyle where Cameron Kurle took a good silver.

Luke Greenbank won double individual gold in the 100m and 200m backstroke, in which he also set a junior world record. There was further success in the women's races with Holly Hibbott taking gold in the 800m freestyle and Abbie Wood winning four medals including gold in the 400m individual medley.

British Swimming's head of performance pathway Tim Jones said: 'This is very much a team with a long-term focus on Tokyo 2020. The opportunity to experience a major games environment, deal with all the challenges that this brings and perform outstandingly well is something all the swimmers will take with them as a valuable learning experience.

'This event was a 10-day stop-off on a much longer journey for these swimmers – designed to test them in the art of performing with excellence in a multi-sport environment. There have been many lessons learned and some great memories to take away too.

'We made a concerted effort to focus on process, and then let our results take care of themselves. The challenge now for this group over the coming years will be to convert some outstanding junior potential into tangible senior international success.'

### DAY 1

Britain's swimmers announced their intentions with three gold medals and a bronze.

Abbie Wood got Team GB off to the perfect start taking gold in the women's 400m IM in 4:41.97. Wood, who qualified quickest, edged out Italy's Ilaria Cusinato and Anja Crevar into the silver and bronze medals respectively. Team GB's Georgia Coates finished fourth.

The 16-year-old's win also makes her the European junior champion. Wood said: 'It's my first European medal so I'm

really excited about it. It's surreal.

'I was pretty confident from the heats but it hurt so I wasn't sure if I could go any faster. Yet I knew everyone would step it up for the final so I had to as well and the pressure was on. The 400m IM is so different from the 50m and my weakness is definitely the backstroke so I always know that I have to bring it back on the breaststroke, which is my strongest, and I try to get a good start with my fly.'

Holly Hibbott stormed to 800m freestyle gold after a nail-biting final. The 15-year-old kept pace with the rest of the field for much of the race before pulling clear in the final 100m. She held off Russia's Anastasiia Kirpichnikova in the final few metres to win in 8:39.02.

Hibbott said: 'I didn't really expect to win but I was hoping I could do it. This is the highlight of my career so far and it inspires me to go on in the future and do more.'

The men's 4x100m freestyle relay team of Duncan Scott, Martyn Walton, Dan Speers and Cameron Kurle won Britain's third gold of the day. The quartet led from the off with Scott earning an early advantage and Kurle bringing it home in 3:19.38. Italy were second 0.81 behind and Russia third.

Scott said: 'It feels amazing. It's unexpected but we knew we had a medal in us. The boys came in tonight and we all stepped up and delivered when it mattered, which is really good.'

There was one more medal to come for Britain as the women's foursome of Darcy Deakin, Madeleine Crompton, Hannah Featherstone and Coates took 4x100m bronze. 'We are ecstatic with that performance. We went in there third and we thought we could get a medal but words can't describe how happy we are,' said Deakin. 'Rather than a 4x100, we treat it as a 400 where we all swim together and for each other.

'There is good support in the crowd and it's amazing that they have taken the time to come out here and support us and we just want to swim well and keep winning medals.'

### DAY 2

Luke Greenbank claimed Team GB's fourth swimming gold in the 100m backstroke. Greenbank, who won bronze in the 200m backstroke at the 2014 Youth Olympic Games, came home in 54.76, ahead of Filipp Shopin of Russia and Germany's Marek Ulrich.

The 17-year-old said: 'I've been



Duncan Scott





“LUKE GREENBANK LED ANOTHER DAY OF TRIUMPH FOR BRITAIN AS HE SET A JUNIOR WORLD RECORD TO WIN THE 200M BACKSTROKE IN 1:56.89.”



“I SAW MY TEAM-MATES CELEBRATING SO I LOOKED UP AGAIN AND REALISED I HAD COME SECOND. IT WAS AMAZING” – AMELIA CLYNES

swimming well here. This wasn't my preferred event but I was first after the semi-finals and that gave me a confidence boost. It was always going to be tough and it was close going into the final and the race was very close in the last 25m.

'My time was slightly slower than my time in the semi but it was still a lot faster than my old PB and the semi was my first time under 55 seconds.'

There was another relay medal in the 4x100m mixed freestyle. Scott and Walton swam the first two legs before Deakin and Coates finished the race off in 3:32.65 to take silver – gold going to a strong Russian team in 3:30.30.

Scott said: 'It was a close race until the end. We front-loaded with two boys but the girls held on well for a medal. It's another great day for Team GB – another day, another medal so we need to keep this ball rolling.'

Luke Davies, 18, took bronze in the 200m breaststroke, finishing behind the Russian pair of Anton Chupkov and Kirill Mordashev in 2:13.45 and narrowly edging out fellow Brit Charlie Attwood, who finished fourth with a PB of 2:13.62.

Davies said: 'It's fantastic to win bronze. I knew that I could get a PB and I managed to do that and it got me a medal. I knew it would be hard to catch Chupkov because I know he is fast but it was a good experience to swim next to him. I've looked at how he does the 200 breast and at how I could change to close the gap because he's a fantastic swimmer.'

Attwood said: 'I think I swam quite well considering the 200m isn't my best event – I prefer the 100m. I'm really happy with the swim. It's a PB by more than a second so I can't complain with that.'

'It's more about the process than medals at the moment so a PB is consolation for just missing out. I'm just trying to find a way to swim a 200m that I'm comfortable with and that's effective. I think I'm pretty much there.'

### DAY 3

Duncan Scott continued his impressive run with gold in the 100m freestyle in 49.43. 'I'm delighted with the medal and helping the GB swimmers in the medal table against Russia. It will be a battle until the end,' he said.

Two Team GB swimmers made the men's 200m IM podium – Jarvis Parkinson taking silver and Martyn Walton bronze.

Walton, 17, was keen to adopt a glass-half-full approach. 'Whenever I fail, I have a quote: "Success is failure turned inside out" – so I'll use the fail to push myself forwards to the next level,' he said. 'I'm happy with today, but sometimes I expect a little better from myself. I don't think

that's a bad thing. It's my last year as a junior so that's the attitude I need to have going into next year.'

Layla Black defied her years to win bronze in the 200m breaststroke. The 14-year-old was the youngest finalist and stopped the clock at 2:27.61. She later won a second bronze as part of the women's 4x100m medley team.

'I know the other girls are a year or two older than me, so coming in that top three shows that a gold medal is within my grasp in the future if I'm keeping up with them and I'm only 14,' said Black.

### DAY 4

Luke Greenbank led another day of triumph for Britain as he set a junior world record to win the 200m backstroke in 1:56.89.

The 17-year-old then returned to the blocks with Attwood, Coates and Amelia Clynes to win silver in the mixed 4x100m medley relay. Greenbank said: 'I had good heats yesterday, so that gave me a bit of confidence. I wanted to try and dip under 1:57, but actually doing it is so much better. I'm really pleased.'

It was the second silver medal of the session for Clynes, 15, who earlier came second in the 100m butterfly. She said: 'I went into it wanting a medal and to try my best. I was nervous before but it was amazing. I thought I had come fifth, because I was in lane five and looked up and got it wrong. But I saw my team-mates celebrating and saying, 'Well done' so I looked up again and realised I had come second. It was amazing.'

Laura Stephens joined Clynes on the podium, sharing bronze with Greece's Ilektra Varvara Lebl as both clocked 1:00.54 – a PB for the 16-year-old Briton.

'It's rare that happens,' she said. 'I had no idea it was so close. One 100th of a second slower and I would have been off the podium.'

### DAY 5

Team GB finished with a flurry in the pool with a 200m freestyle one-two for Duncan Scott and Cameron Kurlle, the pick of six medals on the final day of swimming action.

Charlie Attwood picked up bronze in the 100m breaststroke while Abbie Wood was the day's other individual winner with bronze in her 200m IM final.

There was also more relay success with bronze going to the women's 4x200m freestyle team and silver to the men's 4x100m medley quartet, taking the tally to 23 for the competition.

For Scott and Kurlle, it was a case of holding off the challenge of Russia's Elisei

Stepanov and Nikolay Snegirev before battling among themselves for top spot.

That eventually went to Scott in 1:48.55 – 0.37sec ahead of his fellow Brit and a time he was delighted with. 'I'm really proud to get a gold. I knew Cameron would be the biggest threat and I knew if we took it out fast enough, we could see the Russians off,' he said.

'There's a big battle between the Russians and the Brits in the pool here so it was good to come out on top in that one. It was my first time under 1:49 so that's a massive barrier for me and two individual medals for Britain is great.'

The medals didn't stop there for Scott, who claimed his sixth of the Games in the 4x100m medley relay alongside Attwood, Greenbank and Walton. The foursome could not keep pace with a powerful Russian team, who finished in 3:36.38, but they did manage to keep Poland at bay to touch in 3:39.01.

Scott added: 'It's been a great week. I've thoroughly enjoyed it and I have to say thanks to all the team-mates that I've been racing with. I have two individual golds but I wouldn't have the medal count that I do if it wasn't for them. The 4x100, 4x200 and now this is brilliant. We didn't expect a medal.'

It was also Attwood's second medal of a busy final day after he recorded a personal best in the 100m breaststroke on his way to bronze. Russia's Anton Chupkov stormed to gold in 1:00.65 with Lithuania's Andrius Sidlauskas second and Attwood third in 1:01.71.

'I'm over the moon with my performance. I stepped up today and got a PB in the final so I'm delighted with that,' he said.

Abbie Wood picked up her fourth medal with third place in the 200m IM, edging out Italy's Sara Franceschi in 2:14.49 to complete a tally that already included 400m IM gold and bronze and silver in the mixed and women's medley relays.

'I wasn't expecting a medal because it was anyone's game and there were close times going into the final,' she said.

'After the gold earlier in the week, I probably had less pressure because I had done what I wanted to do, but I still wanted to do the best I could. I took a lot of confidence from the gold. I thought I was just doing it for the experience but to medal is amazing.'

In the women's 4x200m relay, Hannah Featherstone, Darcy Deakin, Holly Hibbott and Georgia Coates clocked 8:04.84 to take bronze behind Russia and the Netherlands.

'We knew going into the final it was going to be tough,' said Deakin. 'So to come away with a bronze medal and to all go faster than the morning is really good.'



## DIVING

British Diving chief Alexei Evangulov has praised the form of his young diving team after they topped the medal table with four golds in a six-medal haul.

The 11-strong team won medals across the four days of competition. And the divers showed their massive potential for the future with the Tokyo 2020 Olympic Games as their main focus.

'Being on the top of the medal table is impressive and I think the whole team performed excellently,' Evangulov said. 'I want to congratulate the team leader Julian Bellan and the whole team on their performance, which showed they are some of the best young divers in Europe.'

'The Russian team looked strong from day one but we showed that we have what it takes to win those medals and not only perform in the prelims but also in the finals. This is really promising not only for Tokyo 2020 but also beyond.'

'I am really pleased to see the next generation of divers standing up and showing they are developing and learning very quickly. What's also pleasing is the depth of talent that we had on show. We had two divers in each individual final and this will have taught those divers important lessons for the future.'

The first day saw Lois Toulson win gold in the 10m platform. She was joined on the medal rostrum by James Heatly, who took bronze in the 1m springboard.

This was the first of a full medal set for Heatly, who also won silver in the 3m synchro with Ross Haslam and then gold in the 3m springboard on the penultimate day of the diving competition.

The final day saw Katherine Torrance and Matty Lee secure gold medals in the 3m springboard and the 10m platform respectively. Both athletes showed maturity beyond their years to take their gold medals.

Torrance was in second place until the final dive, when she executed her back two-and-a-half somersaults tucked excellently to take the lead. Lee led throughout his final and showed his intent from his first dive after putting 86.40 points on the board.



**“BRITISH DIVING CHIEF ALEXEI EVANGULOV HAS PRAISED THE FORM OF HIS YOUNG DIVING TEAM AFTER THEY TOPPED THE MEDAL TABLE WITH FOUR GOLDS IN A SIX-MEDAL HAUL.”**

### DAY 1

James Heatly secured the first aquatic medal for the Brits with bronze in the 1m springboard. He qualified for the final in fourth place after a consistent 10 dives and opened up the final with a confident reverse one-and-a-half somersaults one-and-a-half twists in free position.

He had a dip in marks in the second round before fighting his way back up the leaderboard and securing bronze with 483.40 points.

'I'm really happy,' he said. 'I'm quite surprised because my second dive wasn't so good so just the fact that I could pick myself back up is something I'm very happy with. I wasn't expecting a medal. I knew my PB would be top five but I didn't really think I could do it.'

Lois Toulson was in dominant form as she claimed gold in the platform. In the

morning's preliminary, the City of Leeds diver qualified in second place on 389.20 points. But the 15-year-old was only just getting started, going on to amass 456.70 in the final to win the gold ahead of Russian Anna Chuinyshena while German Elena Wassen took the bronze.

And despite admitting she felt in good form heading into the competition, Toulson insisted a gold medal was beyond her wildest dreams. 'On that last dive, I was following the Russian who had done the same dive so I was feeling the pressure,' she said. 'But it's actually one of my favourite dives so I just tried to do it how I do in training and I'm pleased how it worked out. I was so nervous but I just had to find a way to calm myself down so I could concentrate on the dives.'

Shanice Lobb (Plymouth Diving) fell just short of joining Toulson on the podium as she finished fourth.

### DAY 2

Ross Haslam and James Heatly won silver in the 3m synchro. The pair performed consistently throughout the straight final and looked confident. Their best dive was the front three-and-a-half somersaults piked, which scored 71.61 points.

'We wanted to go out there and get all of our dives and it wasn't that way but we have still come out of it with a silver medal so you can't be disappointed,' Haslam said. 'Since the British championships, we won gold at the Seven Nations in Sweden and posted a PB there so since then we have been training. James lives in Edinburgh and I live in Sheffield so we have just been travelling and training and getting ready for this.'

Millie Fowler finished in sixth place and Katherine Torrance eighth in the 1m springboard.

### DAY 3

James Heatly completed his medal hat-trick with gold in the men's 3m springboard. He started with an impressive 70.50 for his inward two-and-a-half somersaults piked and kept his composure throughout the next two dives, scoring 73.50 for his front two-and-a-half somersaults two twists piked to move into

the lead. Heatly finished the final with a back two-and-a-half somersaults piked and scored a total of 541.65.

'At the beginning of the event, I didn't think I would do it,' said Heatly. 'I'm over the moon to win three medals, especially as I didn't expect it. I'm going to go and see my parents now and give my grandad [three-time Commonwealth champion Sir Peter Heatly] a call.'

Jordan Houlden finished just nine points off bronze with 511.90.

### DAY 4

Katherine Torrance revealed she had to overcome nerves to win gold in the women's 3m springboard final. The 16-year-old had qualified for the final with the highest score by some distance in the morning's preliminary round.

And, expecting all eyes to be on her in the final, Torrance produced four sensational dives to score 448.25 – winning the gold medal by 5.20 points. 'I was a bit nervous, because when you qualify first, there is a bit more pressure to keep it up,' she said.

'But I didn't let it get to me and I tried to keep calm. I tried not to focus on other people's scores, but on the last dive, when I saw that there was three points difference, it did get to me a bit. When I was on the

board, I was a bit nervous, but I knew I had to try my best.

'I'm not sure I like the pressure, but it seems to be a good thing. It means everything to win gold. It is a step forward in the right direction, because if you can do it here, you can do it wherever. It gives me a lot of confidence.'

Torrance's team-mate Lydia Rosenthal qualified in second but could not replicate that form in the final and finished eighth.

Just 48 hours after contemplating pulling out of the platform competition through injury, Matty Lee returned to the board and dived his way to a gold medal. The 17-year-old had been struggling with an injury since arriving in Baku and had called relatives at home to tell them he may be forced to miss the competition.

But he made a remarkable recovery to score 588.25 points from five excellent dives to top the podium. 'I wasn't really expecting that because my preparation wasn't great at all,' Lee revealed. 'As soon as I got here, in my first full session, my back started hurting. I don't know why but that wasn't great. Then training up until this I haven't done many of my dives at all, but I've got a gold and I'm really happy.'

Team-mate Matthew Dixon narrowly missed out on joining Lee on the podium, finishing fourth with a score of 493.85.





**“WE LEARNED SO MUCH, IT WAS AN INVALUABLE EXPERIENCE FOR US ALL”**  
– IZZY DEAN

## WATER POLO

**Captain Izzy Dean insisted the British girls could be proud of their Baku campaign after finishing 11th overall.**

Defeat to Serbia in their penultimate game cost the team a top 10 place – their target going into the tournament after qualifying on goal difference earlier in the year.

‘It was definitely a great start for our water polo careers,’ said Dean. She added that the team would only take positives from their Baku experience, having played three of the top six European water polo nations in Greece, the Netherlands and Hungary.

‘We learned so much,’ said Dean. ‘It was an invaluable experience for us all. It was our first time competing in such a high multi-sport event, and all of us but one had never competed in a European championships before.’

Russia were the eventual winners, taking the gold following a penalty shootout with Spain. Greece took the bronze medal.

### Day 1: GBR 2 – GRE 20

Dani Brazier scored twice as GB started with a heavy defeat against pre-tournament favourites Greece.

The Otter player scored in both the third and fourth quarters but Britain were always playing catch-up against a talented Greek side who ultimately secured a 20-2 win (4-0, 6-0, 2-1, 8-1).

### Day 2: GBR 8 – GER 10

GB’s second game ended in a close 10-8 defeat (4-3, 3-1, 2-2, 1-2) to a well-

organised Germany.

Liverpool’s Verity McCoy and Otter’s Dean proved constant threats with two goals each. Germany began the game brightly but struggled to find a way past GB’s resilient and spirited defence.

Both teams hit the post early on before McCoy fired in a stunning bounce shot, shortly followed by a second, along with Liverpool team-mate Grace Rowland and Crawley’s Lara Partridge. But Germany took a 7-4 half-time lead.

Dean hammered home twice in the third with Brazier’s excellent goal taking her tournament tally to three. Liverpool’s Lucy Shaw found space late in the fourth to set-up a tense final minute, but Germany closed the game out as 10-8 winners.

### Day 3: GBR 6 – NED 19

Brazier continued her fine goal-scoring form with two excellent finishes in the 19-6 defeat (2-0, 6-2, 8-3, 3-1) to a tough and aggressive Netherlands.

The Dutch dominated from the start but they didn’t have it all their own way as GB defended strongly and goalkeepers Sophie Jackson and Hayley Price produced a number of outstanding saves.

Partridge found a way through in the second quarter with a man-up shot from distance but it wasn’t enough to stop the Netherlands taking an 8-2 half-time lead.

The team continued to work tirelessly, celebrating when Otter’s Kathy Rogers scored with an exquisite long-range lob and McCoy and Brazier both scored from 2m.

Otter’s Mhairi Nurthen found the top corner of the net in the final quarter but the Netherlands ran out comfortable 19-6 winners.

### Day 4: GBR 13 – ISR 9

The team secured their first points of the Games with a hard-earned defeat of Israel. The Brits put in a mature performance to see off a determined Israeli side, winning the first three quarters in a 13-9 (4-2, 3-1, 4-3, 2-3) victory.

‘They came at us quite hard and I think we started to rush it and rush our own attacks a bit too much,’ said Nurthen.

Brazier, Nurthen, Shaw and Hannah Edwards put GB 4-2 up in the first quarter. Israel pulled a goal back and Price made a vital penalty save to maintain the one-goal advantage.

Rogers responded with a quick-fire goal on a man-up before Nurthen and Rogers scored their second goals to give the Brits a 7-3 lead at half-time.

Nurthen and Rogers completed hat-tricks. Shaw netted on a man-up and Rowland ensured the team won the quarter with a late bounce shot. Rowland put an end to a brief resurgence from Israel in the final quarter, completing her second half hat-trick with two goals in 30 seconds to secure the points.

### Day 5: GBR 4 – HUN 16

After a tight first half, the experienced Hungarians pulled clear with a second-half shut-out to record a 16-4 victory (5-2, 2-2, 5-0, 4-0). Dean said: ‘We were trying to be confident and more positive and I think that really helped because we played our best, especially in the first half.’

While Hungary ultimately proved their class, their final tally of 16 was their lowest against any of the Group A teams heading into the 7-12th classification matches.

Rowland and Rogers converted in the opening quarter as the Brits kept

themselves in the game, trailing 5-2 after conceding three penalties. After five minutes of the second period, the Brits were just one goal behind as Rogers scored her second of the game before Brazier also found the net. But Hungary piled on the pressure in the third and fourth quarters.

### Day 6: GBR 3 – SRB 11

After six gruelling games in six consecutive days, GB’s hopes of a top-10 finish were dashed as they fell 11-3 (5-1, 1-1, 4-0, 1-1) to Serbia.

GB began the seventh-12th classification quarter-final by defending valiantly as

Serbia were restricted to shots from distance, which unfortunately hit the target as the Serbs raced into a commanding 5-0 lead.

Rowland scored two but at the end of the half, it was 6-2. Rowland completed her hat-trick with a penalty in the fourth, but that was after Serbia had extended their lead to 10-2 in the third and they were able to finish comfortable 11-3 winners.

### Day 7: GBR 10 – ISR 5

Team GB secured 11th place with their second victory over Israel by 10-5 (1-3, 2-1, 3-0, 4-1).

Brazier scored four, Rowland and Shaw

bagged hat-tricks and Price marshalled a third quarter shut-out. Brazier’s fourth goal tied her with Rowland as British top-scorer in Baku with 11 goals apiece.

‘We’re pleased with this result as we saw how well Israel played the day before (losing on penalties to France) and how well they came back strongly in our first game, so we knew it was always going to be tough,’ said Buller.

‘We’ve shown we can score goals against the top teams and the score differentials have been far less than in the past, so that’s a real positive.

‘We’ve certainly got plenty to build on in the future.’

## SYNCHRONISED SWIMMING

As one of the youngest squads at the competition, Baku proved to be a real learning experience for GB’s synchronised swimmers. They gave a strong display of their potential considering half the 10-strong squad divided their time between training and revision to take GCSEs or A levels at an English school in the city during the Games.

Their best result was ninth in the team final after which coach Karen Thorpe said: ‘I’m really happy with the performance. We aimed to improve on our score from the preliminaries and we did that by a whole mark and, as a result, moved up the rankings so things are looking good.’

Seventeen-year-old Genevieve Randall, who competed in four events, said the squad had used the opportunity to learn as much as possible. ‘As our first multi-sport

championships, we’ve learnt so much and will take this experience and use it to motivate us going forward. We’re very proud to have represented Team GB and done our country proud.’

Randall certainly believes there is cause for optimism and insisted the experience had been invaluable ahead of the FINA World Championships in Kazan.

### SOLO

Genevieve Randall was first reserve for the solo final after ranking 10th in the preliminaries with 76.2333 and placing 70th in the figures section of the event. In the figures, the top placing Brit was Jorja Brown in 54th with 71.3455.

Randall said: ‘It was a two-mark improvement from my last solo. I recently choreographed a new routine so the aim

was for it to be more suited to me so that I could express more during the swim.’

‘Genevieve did well to come 13th out of 21,’ said Thorpe. ‘She did a good job.’

### DUET

Jodie Cowie, 17, joined Randall for the duet and placed 12th with 144.5659. The pair had a busy day with the team final just hours after their duet routine.

A positive Randall said: ‘It was a lot better than our prelim swim. We managed to achieve more corrections that we had been given by our coaches, which was good. Overall, our marks were higher and more consistent from each judge, which obviously is also good.’

‘I felt really well prepared. I’m pretty used to the competition environment now and it feels a lot more controlled.’

Cowie added: ‘It felt like we achieved everything we had been working on in the warm-up. We felt like we had more energy and more intensity while we swam.’

### TEAMS

The squad achieved their best ranking of the competition in the team final, placing ninth with 144.6049 ahead of the Netherlands, Turkey and Slovakia.

Thorpe said: ‘It makes the hard work worth it when they get the right score and that performance was a lot better.’

The girls’ final swim saw a 10th place finish in the free combination finals. The squad scored 75.9000 to finish ahead of Turkey and Slovakia. The table was topped by the now familiar line-up of Russia, Spain and Ukraine.



Jodie Cowie and Genevieve Randall



# INTERNATIONAL RELATIONS

British Swimming members and staff have significantly contributed to the delivery of British Swimming's international relations programme during a busy year. Hosting and attending international events and meetings provides an excellent opportunity to network and develop stronger relationships with international colleagues which, in turn, affords the opportunity to influence when required.

## THIS YEAR HAS SEEN MANY OPPORTUNITIES

### May 2014

- Hosting of the LEN Masters Committee, London

### August 2014

- Sue Prasad appointed by IPC as the Head of Technical Control & Officiating on the Technical Swimming Committee.

### September 2014

- Attendance at the LEN Congress 2014 hosted in Italy.

### December 2014

- Attendance at the FINA World Aquatics Convention and FINA World Short Course Championships in Doha.

### March 2015

- Glasgow announced as the host for the 2018 European Sports Championships.

### May 2015

- British Swimming successfully hosts the FINA Diving World Series in London.

### July 2015

- British Swimming successfully hosts the IPC Swimming World Championships in Glasgow.
- Representation at the IPC Sport Forum in Glasgow.
- Attendance at the FINA World Swimming Championships in Russia.
- Representation at the FINA Extraordinary Congresses 2015 in Russia

## FUTURE HOSTING OF INTERNATIONAL EVENTS

Planning and delivery of the international events has been as busy as ever with the recent delivery of the LEN Bureau Meeting in Glasgow and the FINA Diving World Series in London. Plus the successful delivery of the IPC Swimming World Championships 2015 which was held in Glasgow from the 13 – 19 July.

Lots of work is still being done to ensure the successful delivery of the LEN European Championships 2016. A special purpose vehicle called 'Swimming Championships 2016 Ltd' has been set up as part of the overall governance of the event, with Tom Chambers joining the company as the Chief Executive Officer and Kieran Walsh as the Project Manager.

The LEN European Championships 2018 has also been awarded to Glasgow as part of the European Sports Championships. The continental governing bodies of athletics, cycling, rowing, swimming, gymnastics, golf and triathlon have come together to stage the first European Sports Championship with the aim of

creating a strong new brand on the world stage in order to grow their television audiences and sponsorship opportunities.

Work is soon to begin to scope out the feasibility of hosting the FINA World Short Course Championships 2022. British Swimming will work closely with UK Sport to start the initial preparations.

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

## BRITISH DELEGATES

The next 12 months will be extremely important for our delegates as the LEN and FINA elections are approaching in 2016 and 2017 respectively.

### International delegate positions within LEN held by British representatives (appointed at the September 2012 Congress)

David Sparkes	Secretary, LEN Bureau
Craig Hunter	Member, Technical Swimming Committee
Simon Rothwell	Chair, Masters Committee
Sam Greetham	Secretary, Technical Open Water Swimming Committee
Jenny Gray	Vice Chair, Technical Synchronised Swimming Committee
Alexei Evangulov	Member, Technical Diving Committee

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

David Sparkes	Member, Disciplinary Panel
Maurice Watkins	Member, 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, Sports Medicine Committee
Kate McKnight	Honorary Secretary, Facilities Committee

### 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
Tim Reddish	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

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 – British Swimming Director of Events and sponsorship

Sam Greetham – Independent

Mike Power – British Swimming Board Member

Simon Rothwell – British Swimming Board Member

## CORPORATE

### 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 are being equality-impact assessed. British Swimming is working towards the advanced level of the Equality Standard for Sport.

### THE PEOPLE

Since 1<sup>st</sup> September 2014, British Swimming has been operating with increased independence from the ASA. British Swimming employees have adapted positively to the change and welcomed the first Staff Day in December 2014, which promoted a 'One Team' ethos. The awards dinner scheduled for October 2015 for both athletes and staff will continue the 'One Team' focus.

British Swimming achieved a 100 per cent completion rate for annual appraisals despite the decision to move away from the electronic appraisal system introduced last year.

British Swimming and the ASA are working on a joint project to build and implement an integrated HR and Payroll system to be in operation in early 2016. The system will benefit both HR and Payroll and the self-service element of the system will empower managers and employees.





Adam Peaty



# EXCELLENCE // SWIMMING

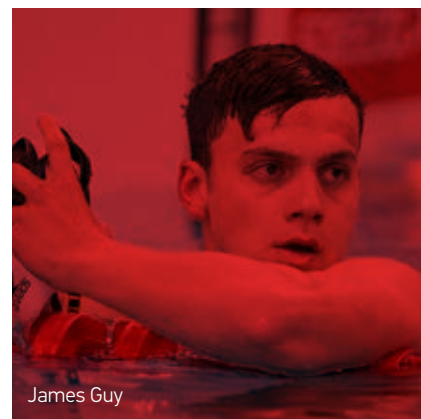
## INTERNATIONAL EVENTS

A select group of 13 athletes travelled to Tokyo and Singapore towards the end of October and early November 2014 to compete in the FINA World Cup events. There was some very encouraging early season racing with a number of athletes winning medals at both meets and also producing personal best performances. British athletes won eight medals in the Tokyo leg and 14 medals in Singapore.

In December, a small team of 12 was

selected to compete at the World Short Course Championships in Doha. Eight medals were won by the team with swimmers setting 18 new British short course records.

2015 commenced with the Flanders Speedo Cup in Antwerp, Belgium in January. As part of the National Programme race strategy, all Podium athletes competed, joined by targeted Podium Potential and National Centre swimmers to make up a 43-strong British contingent. British swimmers dominated the finals winning 19 gold, 15 silver and »



James Guy

## MARATHON SWIMMING

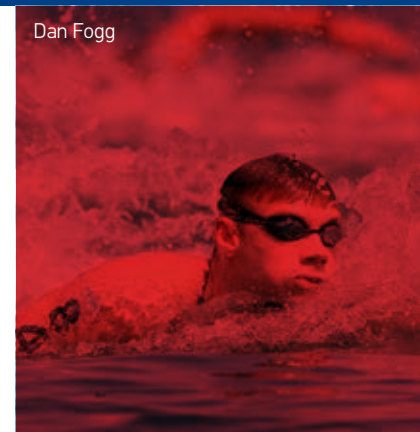
Towards the end of 2014, Keri-anne Payne made a solid return to the international racing circuit with a 10th place finish at the FINA 10km in China, following this up with a joint third in the Hong Kong 10km the weekend after. In the men's race in Hong Kong, Tom Allen was the first Briton home in seventh.

In 2015, the focus shifted to the World Open Water Championships in Kazan. Targeted athletes competed in the BHP Billiton Super Series 10km Open Water Swimming Championships in Perth, Australia in February; the event being the first of two consideration meets for the 2015 World Open Water Championships. Keri-anne Payne took the silver, Dan Fogg the bronze with Jack Burnell finishing sixth.

For our top athletes, racing continued in March with six athletes travelling to Abu Dhabi for the HOSA FINA 10km race. Jack Burnell won silver with Dan Fogg finishing fourth. Keri-anne Payne won the bronze.

In May, seven swimmers were funded to attend the FINA/HOSA 10km Marathon World Cup in Cozumel, the second of two consideration meets for 2015 World Open Water Championships selection. Both fields were world-class. Jack Burnell won gold with Dan Fogg finishing seventh whilst in the women's event, Keri-anne Payne was the first British finisher home in 19th place.

As a result of performances at Perth and Cozumel, Jack Burnell, Dan Fogg, Keri-anne Payne and Danielle Huskisson



Dan Fogg



Danielle Huskisson

were selected for the 10km event at the World Open Water Championships.

In June, three swimmers, Alice Dearing, Caleb Hughes and Tom Allen, were added to the British Marathon Swimming Team for the World Championships in Kazan following their performances in the Great North Swim in Lake Windermere which was the second selection race for the World Championships.

In July, a team of nine athletes

travelled to Tereno, Switzerland to compete in the European Junior Championships. On the opening day, Alice Dearing won a bronze medal in the 7.5km event.

There were also two fourth place finishes with Sophie Evans narrowly missing the bronze medal in the 5km event and Great Britain finishing fourth in the team time trial, the best performance in this event to date.

« 11 bronze medals. The meet was also a key coach development opportunity with 12 new coaches gaining experience, mentoring and focusing on developing their 'arena' skills.

As part of the Tokyo 2020 (3TP) project, a squad of 13 Podium Potential athletes went to Florida to compete at the Orlando Grand Prix in February 2015. This meet took the athletes out of their comfort zone, having to race hard over a number of days whilst dealing with challenging conditions.

The Edinburgh International Meet provided the second part of the National Programme race strategy in March with 18 Podium athletes participating in their main event in their last competitive outing before the British Championships in April 2015 at London's Aquatics Centre. This event was the biggest domestic event of the competitive season and served as the

selection meet for the World Long Course Championships and a qualification meet for the World University Games, European Games, World Junior Championships and European Youth Olympic Festival teams. Performance highlights at the Championships included a world record in the 100m breaststroke by Adam Peaty, a British record in the 400m freestyle by James Guy, four athletes ranking inside the world's top 10 in the men's 200m breaststroke and all finalists in the men's 100m free swimming under 50 seconds for the first time ever.

Following the British Championships, a 30-strong team was selected to represent Great Britain at the 2015 FINA World Championships in Kazan, Russia. In addition, a four-strong team was selected for the open water events in Kazan following performances in the Billiton »

“BRITISH SWIMMERS DOMINATED THE FINALS WINNING 19 GOLD, 15 SILVER AND 11 BRONZE MEDALS”



## ELITE COACH DEVELOPMENT

The Elite Coach Development programme continues to be rolled out to targeted coaches and is making a significant impact on coaching skills improvement. The programme includes a range of mentoring support projects and workshops on a number of key themes.

» Aquatic Super Series 10km event in Perth.

In May, a young squad travelled to Tokyo to take part in the Japan Open as part of the development project in the Far East aimed at enhancing medal prospects at the 2020 Tokyo Olympic Games. Seven swimmers competed and produced some good 'out of comfort' racing results including two gold medals (Jessica Fullalove and Sarah Vasey). This was the second year that a British Swimming team had participated as part of the ongoing partnership in place with the Japan Swimming Federation.

In early June, 28 athletes and 22 staff

Hannah Miley



attended the British Swimming National Team Camp in Vichy, France where athletes trained with the coaches they would be working with at the World Championships later in the summer. The theme for the camp was Prepare, Performance, Recover and outside the hard work in the pool, both athletes and coaches also undertook a number of workshops focused on preparation and recovery. A number of key sessions were delivered across the camp aimed at preparation for the World Championships but also looking further ahead towards the Rio 2016 Olympic Games.

The team then departed for Canet and Barcelona where they competed in the Mare Nostrum series. In Canet, the British swimmers won seven medals with Adam Peaty, Jazz Carlin, James Guy and Hannah Miley winning gold. In total, the team achieved six gold, two silver and three bronze medals. In Barcelona, they continued their winning form returning home with eight gold, nine silver and nine bronze medals.

Also in June, a team of 24 young swimmers was selected to represent Team GB at the inaugural European Games in Baku. Team GB competed across 13 sports and 19 disciplines as 50 European nations came together for the continent's first ever major multi-sport event. The swimming team included a number who have previous medal

Jazz Carlin



swimming form from last year's European Junior Championships. This event provided the team with invaluable experience of a major games environment and was part of their long term focus on Tokyo 2020.

There were some impressive performances leading to Great Britain securing second place in the medal table with seven golds. A notable performance was that of Duncan Scott who was the most decorated swimmer and athlete on the whole of Team GB with three gold and three silver medals.

Scott used the racing in Baku as valuable experience before travelling to Kazan in July for the FINA World Championships as part of the senior team. Luke Greenbank also put in an impressive performance – not only winning two gold medals but also lowering the junior world record in the 200m backstroke.

In early July, the 2015 Summer World University Games took place in Gwanju, Korea. Eleven athletes travelled as part of

the Great British team to this event with the swimmers picking up five medals. Craig Benson and James Lelliott both picked up two medals with James Wilby delivering the fifth.

At the end of July, 16 swimmers were selected to represent Team GB at the Tbilisi 2015 European Youth Olympic Festival (EYOF) in Georgia as part of a 44-strong squad across five sports. The British swimmers made up the largest squad of athletes from a single sport for Team GB.

Many of the athletes selected are already working on the road to the Tokyo 2020 Olympic Games and the EYOF played a crucial role in the development of young British athletes providing a multi-sport experience to help them along the route to achieving their own Olympic dreams. The team picked up three silver and five bronze medals to help Team GB finish seventh in the overall medal table.

“LUKE GREENBANK ALSO PUT IN AN IMPRESSIVE PERFORMANCE – NOT ONLY WINNING TWO GOLD MEDALS BUT ALSO LOWERING THE JUNIOR WORLD RECORD IN THE 200M BACKSTROKE.”

Luke Greenbank



## NATIONAL PROGRAMME ACTIVITY

The annual programme of National Event camps was run in September 2014 with two camps taking place at the British Swimming National Centre for Swimming in Loughborough, two at the Hengrove Leisure Centre facility in Bristol and one camp at Millfield School. A total of 74 athletes attended the camps which focused on stroke-specific skill development.

The National Relay camps took place for the second time with all three camps running concurrently at the London Aquatics Centre in February. A total of 39 athletes attended with a focus on the 4x200m freestyle and 4x100m medley relays. In addition to the specific relay training, the camp programme included a range of development activity and sessions around race preparation.

An 'Olympic Focus' weekend took place in November at Hoar Cross Hall in Staffordshire with a number of key coaches and support staff involved in discussions around Rio Olympic Games planning and preparation.

An all-staff development event took place in February 2015 under the banner of 'One Club GBR'. Forty-seven World Class programme and key partner staff, including staff from the home nations, attended the two-day development event.

The aim was to create a common purpose across a wide network of staff and provide an opportunity for key note presentations and workshops on a number of themes and to update stakeholders on the work of the various departments within the programme. A key output of the event was the development of a new Programme strap line – 'Delivering Olympic Podium Success'.

A number of National Centre camps took place at key periods during the year. This included a squad of distance swimmers from Loughborough National Centre attending a warm weather training camp at the Stellenbosch Academy for Sport in January 2015, and altitude training camps for Bath National Centre swimmers.

Bath National Centre was closed in September 2014 for a six month refurbishment before reopening in May 2015. The squad temporarily located to Millfield School.





# EXCELLENCE // PARA-SWIMMING

## INTERNATIONAL EVENTS

The season started with six athletes from the Talented Athlete Scholarship Scheme (TASS) programme attending the Brazil School Games in Sao Paulo in November 2014. In December, National Performance Centre athletes attended a long course meet in Berlin. A notable achievement was Hannah Russell setting a new world record in the 100m backstroke.

Podium athlete activity was minimal in early 2015 as athletes concentrated on their preparation for the British Para-Swimming International Meet in Glasgow in March. All Podium swimmers

competed at this event and there were a number of good performances. The five National Performance Centre athletes performed well above the average of the programme athletes returning 86 per cent PBs in targeted swims which included four British records and one world record. In April 2015, a team of World Class Podium Potential athletes travelled to Berlin to compete in the German Open. In July, Great Britain's current and future stars of para-swimming put on a memorable show at the National Paralympic Day at London Aquatics Centre. Competing against a Rest of the World team including a number of top performance from the IPC Swimming World Championships in

Glasgow the British team came away with a 205-196 victory with Thomas Hamer one of a number of standout performers on the day. Having won the bronze medal on his World debut the previous week in Glasgow the 16-year old took further time off his world record to win maximum points for the home team. Other British para-swimmers were also impressive as Hannah Russell claimed victories in the S12-13 100m backstroke and 100m freestyle events and Andrew Mullen touched first in the S5 50m backstroke and 200m freestyle. Jessica Jane Applegate also claimed a pair of victories in the pool where she became Paralympic Champion three years ago, bagging the S14 200m

“IN JULY, GREAT BRITAIN'S CURRENT AND FUTURE STARS OF PARA-SWIMMING PUT ON A MEMORABLE SHOW AT THE NATIONAL PARALYMPIC DAY AT THE LONDON AQUATICS CENTRE”

« freestyle and SM14 200m Individual Medley double. There was also a British record for one of Great Britain's most talented young para-swimmers as 13-year-old Eleanor Robinson lowered her S6 50m butterfly British record for victory in the multi classification race.

## OVERSEAS CAMPS

In October 2014, three National Performance Centre athletes attended a three-week altitude camp in Font Romeu and 12 swimmers were taken to Fuerteventura for a 10-day endurance camp. In November, a group of Multi-AU athletes went to Brazil to compete in Fortaleza before travelling to Rio for a week of training at the Maria Lenk Pool. Select staff and the athlete representative also visited Belo Horizonte to give feedback on the proposed venue for the Paralympics GB holding camp.

In early June 2015, 13 swimmers attended a 10-day World Championships preparation camp in Cyprus prior to competing at the Scottish Long Course Nationals ahead of the World Championships. In 2016, the Scottish Nationals will be the key preparation meet for the team selected for Rio 2016.

“ANDREW MULLEN TOUCHED FIRST IN THE S5 50M BACKSTROKE AND 200M FREESTYLE”

## DOMESTIC ACTIVITY

The Diamond programme was launched in November 2014 with the aim of fast tracking a small number of athletes who have the potential to compete in Rio 2016. Initially, eight athletes were selected for this programme and the aims for the programme included to speed up the transition from the WCPP to WCP programme; to fast track the skill development of talented athletes; to place new athletes on the national team at major championships; to deliver better prepared athletes to the national team and to expose athletes to camps and competitions with tailored support to enhance their development.

Podium athletes attended the 2014/2015 season Podium launch camp in Manchester at the start of November. Business psychologist Tim Kyndt delivered two sessions to the swimmers based on 'team'.

Swimmer development team meetings were implemented with the first meeting of the season taking place in Manchester in December. All podium athletes were reviewed against the process goals they had submitted with their home programme coach. The next meeting took place in February 2014 where, again, all Podium athletes were reviewed against their agreed process goals.

A priority athlete meeting was also established monthly to discuss the progress and service provision to all

the high priority athletes on the Podium programme.

Twenty-four Podium Potential swimmers attended a camp at the National Performance Centre in early January 2015.

A Podium camp took place in Manchester in early April 2015. The theme of the camp was 'Team' and featured the launch of the new ROAR concept which stands for 'Responsibility, Ownership, Achievement and Respect'. Tim Kyndt again facilitated sessions about using ROAR as a vehicle for reflective practice. In May, a Podium Potential camp took place in Plymouth where those present were also introduced to the ROAR concept.

## WORLD CLASS PROGRAMMES

Podium athletes were reviewed in September 2014. Two athletes retired, two were de-selected and four new Podium athletes were selected. The National Performance Director and Head Coach met all existing Podium swimmers in one to one meetings to discuss progress made and agree process goals for the next phase. All home programme coaches were also invited to attend these meetings.

Twenty-seven swimmers were selected onto the Podium Potential programme. Podium athletes were again reviewed in April 2015 with one athlete being de-selected and one moving from Podium Potential to Podium. »



Andrew Mullen



Jessica-Jane Applegate



## « NATIONAL PERFORMANCE CENTRES

The number of athletes based at the National Performance Centre has risen over the past year. For the Paralympic season, there will be 13 full-time swimmers based at the National Performance Centre.

A working group was established to further strengthen the relocation options for athletes looking to move to the National Performance Centre. Members of the group met with representatives from Manchester Grammar School and Manchester United Football Club to establish links and examine best practice. A second three-bed flat was acquired to increase bed space in Manchester to five.

In January 2015, work was carried out with the new caterers, Obson and Co, at the Manchester Aquatics Centre to provide a bespoke catering solution in the National Performance Centre. Athletes based there can now get all their meals

provided on site. In addition, Obson and Co also cater for camps based in Manchester, run tuition to teach the swimmers to cook and provide a chef for major camps and competitions if required.

The gym area at the National Performance Centre underwent a renovation. This included knocking down the central dividing wall to create more space, new flooring and new equipment to provide a new physio/medical room and strength and conditioning suite. In addition to this, a new Kistler underwater camera system was purchased for the centre and was up and running in February 2015. A new meeting room called 'The Reddish Room' was opened and the Wall of Winners was introduced at the National Performance Centre to include pictures of all European champions from Eindhoven.

## CLASSIFICATION

National classification took place at all regional disability championships in 2014. This resulted in a number of new swimmers receiving national

classifications across the home countries and also with two new classifiers completing their national training.

International classifier training took place in Glasgow during the British Para-Swimming International Meet in March 2015. As a result of this, GB now has two new IPC trainee classifiers and 30 GB swimmers were IPC classified during the event.

British Paralympic Swimming have been working in partnership with UK Athletics to a visually impaired classification in June in London with the goal of ensuring all classification is catered for internally. Two national classifiers have successfully completed the IPC theory course and will now move on to complete the practical course in early 2016.

## COACH EDUCATION

The second UK Sport Coach2Rio session took place in October 2014 hosted at the British Para-Swimming Coaching Hub in Manchester. Coaches from Cycling, Swimming, Para-Triathlon and Para-

Rowing were present.

In October 2014, Craig Nicholson was accepted for the UK Sport P3 Programme for 2014/15. This programme is designed for managers working in the World Class Programme environment, responsible for talent identification, confirmation and development of future medallists for 2018, 2020 and beyond. As part of this course, Craig attended a study tour in early March in northern Europe.

A CPD programme that has been developed with Sports Coach UK, for selected Podium Potential coaches was launched in June 2015. An application process was undertaken with six-eight coaches (TBC) selected.

## SPORT SCIENCE AND SPORTS MEDICINE (SSSM)

A SSSM working group was established to answer the performance question – 'how do we ensure that each priority athlete has a holistic strategy to deliver lifetime best performances across multiple events at the Rio Games?'

Knowledge share sessions between Able Bodied Swimming and Para-Swimming commenced in March 2015 at the National Performance Centre where the focus was on biomechanics and race analysis.

SMARTBASE is now fully integrated into the athlete review and feedback process. Dashboard views have been developed to aid the six-monthly reviews for Podium athletes and weekly views are also now

being distributed to all athletes and HP coaches.

After some initial teething issues, the Kistler system is now being utilised to assist swimmers with their starts and turns and a robust process has been set up.

## STAFFING

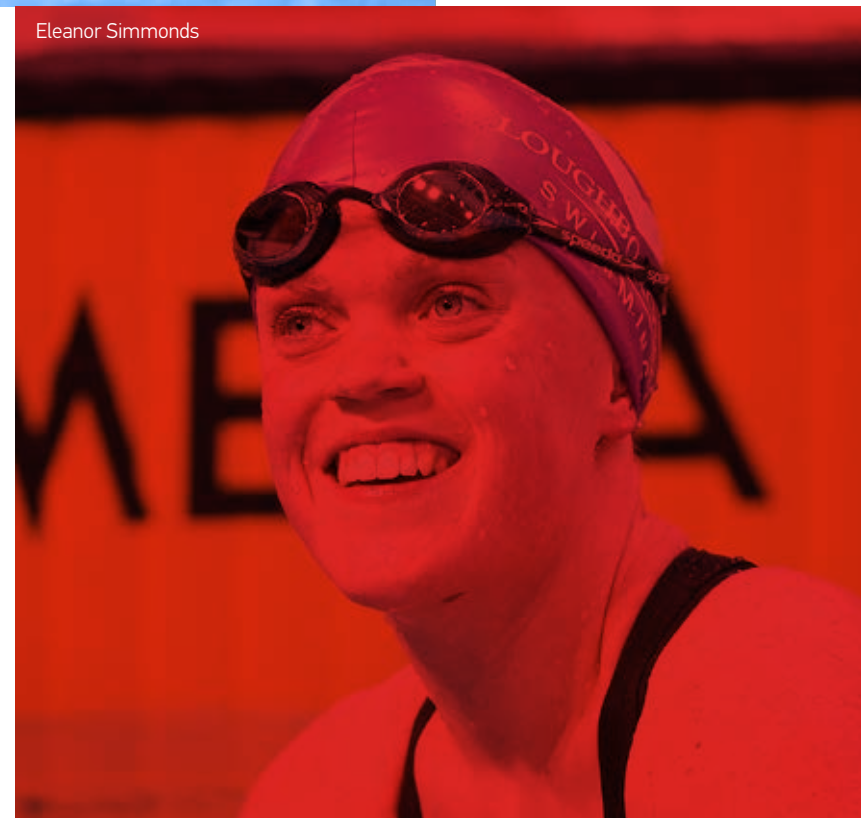
October 2014 saw a restructure of the SSSM team to better align with the needs of the coaching group. Two new positions were created as a result of this which included the recruitment of a Performance Statistician and a Technical Race Skill Analyst. Matt Milligan joined the team in December as full-time Performance Statistician based at the National Performance Centre in Manchester. Matt has previously worked with Taekwondo, GB Boxing, Athletics and St Helen's Rugby League.

Ine Van Caekenberghe was appointed to the role of Technical Race Skills Analyst in a two-year post-doctoral position funded by British Para-Swimming but employed by Manchester Metropolitan University. Ine's background as a scientist involved working with several sports at Ghent University in Belgium.

The primary function of this role is to run the Kistler system at the National Performance Centre. Ine took up her position in March 2015. In addition, the Strength and Conditioning role through the English Institute of Sport (EIS) was also made into a full-time position, still employed by the EIS.

In March 2015, Sally Baker joined the SSSM team as soft tissue therapist through the EIS.

Eleanor Simmonds







# EXCELLENCE // DIVING

## SENIOR EVENTS

2015 started with Britain's best divers in Plymouth to compete in the British Gas Diving Championships. For the British team, this was the first competition of a very busy schedule.

Following the British Championships, a seven-strong British Diving Team was announced for the first international test of 2015 as they travelled to Beijing and Dubai for the FINA/NVC Diving World Series. In Beijing, the highlight was Rebecca Gallantree and Alicia Blagg picking up a bronze medal in the 3m synchro. In addition, the team achieved four fourth place finishes, narrowly missing out on a

podium place.

The next World Series event in Dubai brought some great results with the team achieving one gold, one silver and one bronze medal. Jack Laugher made history as the only British male to ever win a World Series 3m springboard event. Jack was also the only athlete that stopped China from winning every gold medal at the competition. Tom Daley picked up the silver medal in the 10m event achieving a personal best score of 578. The bronze medal achieved by Tonia Couch on platform was also particularly notable.

The third leg of the FINA/NVC took place in Kazan, Russia in April. Jack Laugher added another World Series gold medal to »



Tom Daley

« his collection after taking top honors in the 3m springboard. In addition, Tonia Couch and Sarah Barrow secured bronze in the 10m synchro and Couch also won bronze in the 10m platform. The team finished third overall in the medal table.

The fourth leg of the World Series took place in London in early May. The British Diving Team enjoyed one of their most successful competitions with six medals: one gold, two silver and three bronze. Tonia Couch and Sarah Barrow led the charge taking bronze in the 10m synchro, their second synchro medal of the series. Chris Mears and Jack Laugher followed this up with silver in the 3m synchro, their debut medal of the 2015 series. Grace Reid and James Heatly added to the tally with bronze. On the final evening, Tom Daley won gold in the 10m platform whilst the new pairing of Georgia Ward and Matty Lee won the silver in the 10m mixed synchro. This was the first meet where GB had entered divers in the new mixed synchro events.

The team then travelled to Windsor in Canada for the next leg where they picked up four medals and finished second overall in the medal table. Jack Laugher again grabbed the gold in the 3m springboard whilst Tonia Couch and Sarah Barrow picked up the silver in the 10m synchro.

“ JACK LAUGHER MADE HISTORY AS THE ONLY BRITISH MALE TO EVER WIN A WORLD SERIES 3M SPRINGBOARD EVENT.”

In the mixed 3m synchro, the new pair of Tom Daley and Alicia Blagg won bronze in their first competitive outing despite not having had much time to train together. Tom picked up his second bronze of the competition in the 10m platform.

The sixth and final leg of the FINA/NVC World Series saw the divers compete in Mexico. Tom Daley and Alicia Blagg again picked up a bronze medal in the mixed 3m synchro and Tom and Tonia Couch both picked up a bronze in their 10m platform events.

The 2015 Diving World Series brought the best British diving results ever. Overall, 20 medals were achieved and Great Britain finished in second in the overall medal

table. In the overall series rankings, Tonia Couch (10m platform) and Jack Laugher (3m springboard) finished first. Tom Daley finished second and the pairing of Alicia Blagg and Becky Gallantree finished third in the 3m synchro.

Meanwhile the 'B Team' travelled to Canada to take part in the FINA Grand Prix where they secured medals in both the mixed 10m synchro and the women's 10m synchro and three top 8 places. This event was targeted for Podium Potential divers to gain valuable senior international competition experience prior to selection for the European Diving Championships in Rostock in June later in the year. Team GB finished sixth overall out of the 21 nations, one of the best ever 'B Team' performances at a FINA Grand Prix event.

The LEN European Championships took place in Rostock, Germany in June where the 'B Team' again represented Great Britain. There were 19 nations competing and GB finished fifth overall in the championship team trophy with one silver medal, two top six synchro places, three top eight individual places and a further four top 12 individual places overall. A highlight of the event was Georgia Ward and Robyn Birch securing silver in the 10m synchro. A number of young athletes gained valuable experience at this event. »

## TRAINING CAMPS

The start of 2015 saw the 'A Team' travel to Rio de Janeiro in Brazil for a training camp as part of the Rio 2016 preparation. This was the first visit to the 2016 Olympic city and the diving venue for the Games. The British team consisted of nine divers, four coaches, three medical staff and a team leader. The camp was very productive with a high level of volume in both the gym and the pool. The short-term goal was to prepare for the 2015 FINA World Series events while the long-term goal was to get used to training in Brazil. It was apparent that the divers found it quite challenging to dive in an outdoor Brazilian pool and there is a need to provide more opportunities to do this in the run up to Rio 2016.

## JUNIOR EVENTS

The commencement of the 2015 junior competitive season began with the Seven Nations event in Sweden in March. Great Britain was the top nation for the second consecutive year achieving 11 medals from 10 events consisting of three gold, five silver and three bronze. The event rotates and will be hosted by Great Britain in 2016 in Edinburgh.

Some of the country's best young divers then competed in Plymouth at the British Elite Junior Diving Championships.

In April, a young British Diving Team travelled to Germany to compete in the Dresden International Meet. This is an annual event with the majority of diving nations from Europe and strong overseas contingents attending. This year, 29 countries attended including Britain's main competitors, Russia, Germany, Canada, Australia and Japan.

With some of our top juniors competing at the Canada Cup, a team of 12 divers attended and it became our most successful venture at this event in five years as we placed second on the medal table with three gold, three silver and three bronze medals. Golds came from Shanice Lobb in the 10m platform, Jordan Houlden and Ross Haslam in the 3m synchro and Kayleigh Sinclair in the 3m springboard (A) event.

In June, an 11-strong contingent of divers travelled to Baku ready for the inaugural European Games. This was the primary junior target event for 2015 and provided a great learning opportunity for our junior divers aspiring for Rio 2016 and Tokyo 2020 in a multi-sport games. The Team GB Diving team topped the

medal table with four golds in a six-medal haul.

This was the first time that GB have ever achieved this ranking. James Heatly won the first aquatic medal for the Brits when he claimed bronze in the 1m springboard shortly followed by young Lois Toulson claiming diving's first gold medal in the Platform. Ross Haslam and James Heatly secured silver in the 3m synchro and James Heatly completed his medal hat-trick with gold in the men's 3m springboard.

Katherine Torrance won gold in the 3m springboard and, just 48 hours after contemplating pulling out, Matty Lee returned to the board and dived his way to gold in the platform event.

One week after the European Games, the B Age Group Team competed separately in Russia at the European Junior Championships. The team was not at full strength with Victoria Vincent returning from injury but only competing on 1m and the team event, and not in her preferred platform. Matthew Dixon was also missing due to competing in Baku. However, despite this, the team still managed to pick up two silver and two bronze medals and an additional four top-six places to rank third overall behind the dominant Russia and Germany.





# SYNCHRO

In February 2015, Great Britain achieved the qualification standard for the 2015 European Junior Games in Baku after a successful competition in Istanbul. The team finished fifth overall in Istanbul after impressive performances throughout including a bronze medal in the team free event and a combined score of 145.2408 for the bronze medal behind Belarus and France. Genevieve Randall and Jodie Cowie finished sixth in the duet with a combined score of 144.3002. Randall also competed in the solo and finished seventh with a total of 144.3197. Jorja Brown was the highest placed British athlete in the figures: seventh with 72.354 points.

In May, Genevieve Randall, Jodie Cowie

and Emma Critchley competed in the 2015 Japan Open in Tokyo. This was the first time the duet had competed at a senior event since the European Championships in 2014 and the first time they had faced competitors from the USA, Canada and Japan. On the first day, the duet swam in the technical event and finished with a good score of 75.6821.

The next day, they competed in the free duet achieving a score of 78.3667, moving them to 11th place and qualifying them for the finals. The finals took place on the last day and the duet scored higher than the previous day, achieving a score of 78.9 which put them in fourth place, an impressive performance.

In June, a team of 10 athletes competed in the European Games. The event began with the solo free routine in which Genevieve Randall was the top British finisher, finishing in 10th after the preliminaries with a score of 76.2333 before falling back to 13th with a score of 70.0727 in the figures portion of the event. This left Genevieve as first reserve for the final. In the duet, Genevieve was paired with Jodie Cowie and they finished 12th after the final, won convincingly by the Russian duet. The British team finished 10th in the free combination final with 75.9000 to finish ahead of Turkey and Slovakia with the Russians taking the top spot once more with 90.2333.

# WATER POLO



In September 2014, the women's Under 19 team competed in Ostia, Italy at the LEN European Under 19 Water Polo Championships. This event had 14 nations and the British team was drawn in Group B to face Greece, Slovakia and Portugal. The team finished eighth at this event.

In March 2015, the under 17 women's team competed in the Slovakia International Under 17 Women's Cup. This was a great opportunity to finalise 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 began 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 played Germany, Latvia, Switzerland and Malta in Group D. The tournament was the boys first international competition 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 under 17 women's travelled to Baku in June for the European Games. After a heavy 20-2 loss to Greece in their tournament opener, the team took on the more experienced German side who showed too much class and took the victory 10-8. There was another defeat by the Netherlands but the team did record a victory in their match against Israel. They got off to a slow start in the next match against Hungary and trailed 5-2 after the first quarter. Despite closing the gap in the second, Hungary maintained their three goal lead at half time and while the team battled hard, after the restart Hungary showed their expertise rattling in a further seven goals for a 16-4 win. Following a defeat against Serbia, the British girls again faced Israel in their 11-12 classification match. They secured a 10-5 victory to finish 11th overall.



# BRITISH SWIMMING CORPORATE GOVERNANCE

The last 12 months has seen a number of changes take place within British Swimming, the major one being the separation of British Swimming administration from the ASA. Following this, a full restructure of the British Swimming team took place with David Sparkes becoming full time Chief Executive of British Swimming on 1<sup>st</sup> July 2014.

Subsequently, a number of staff were transferred either through Transfer of Undertakings (Protection of Employment) – TUPE – or recruitment from ASA to British Swimming. As part of this, all of the British Swimming staff, with the exception of Legal, are now seated together on Floor 3 at the SportPark head offices. These additional structural and physical changes took effect from September 1 2014. This has proved beneficial in terms of all departments working closer together and the team quickly settled into their new roles. This has built a stronger team ethos with a closer working relationship between all departments.

A Senior Management Team comprising of the National Performance Directors and Heads of Departments was

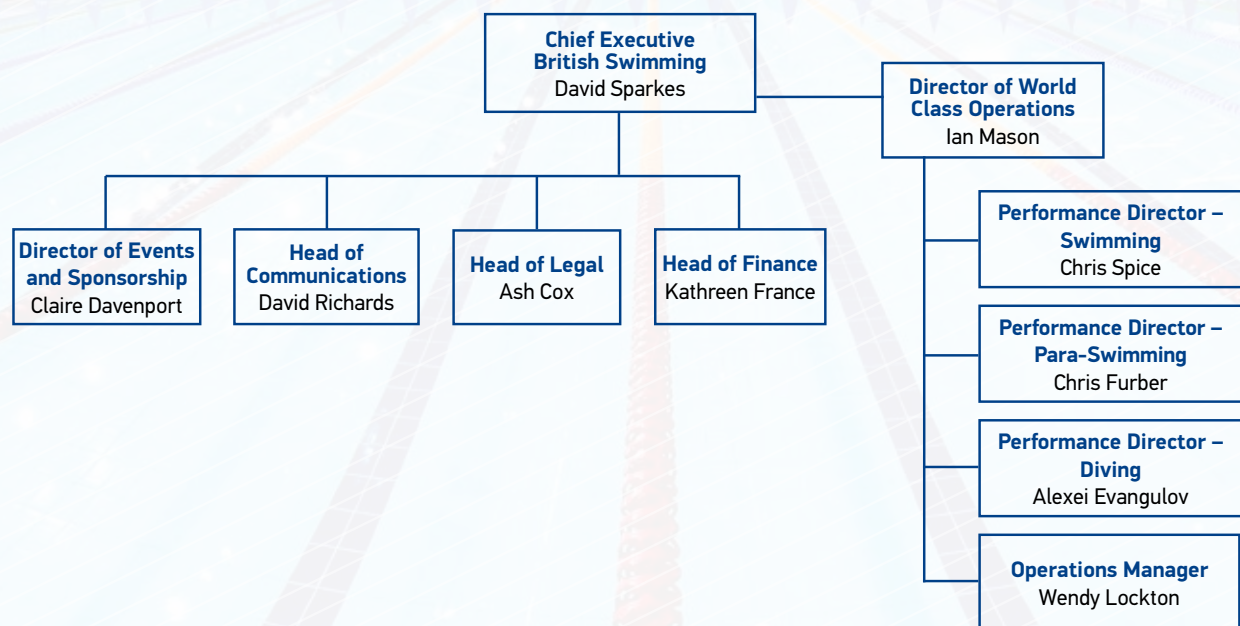
established with the first meeting taking place in November 2014. This has been extremely successful and continues to produce some positive outcomes including a revised vision, ambition and values for the organisation. Meetings continue to take place on average every other month. The structural chart below demonstrates the Senior Management Team.

A British Swimming Leadership Group meeting took place in January 2015 which built on the one-team ethos and their views were also added to the emerging strategy values and vision.

Home Country Partnership meetings are held regularly with the principal officers of the home countries in attendance.

British Swimming has moved to all Board members being term-limited.

A special Purpose Vehicle (SPV) known as Swimming Championships 2016 Ltd was registered, a Board established and a Chief Executive appointed. This provides British Swimming with a strong structure to deliver a great event in 2016 and build a legacy towards Glasgow 2018.



## 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

### THE DIRECTORS PRESENT THEIR REPORT AND THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2015.

### 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 United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the group and of the surplus or deficit of the group for that period. In preparing these financial statements, the directors are required to:

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

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

### FINANCIAL INSTRUMENTS

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

### 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 September 2015 and signed on its behalf.

### RESULTS AND DIVIDENDS

The surplus for the year, after taxation, amounted to £566,364 (2014 - deficit £36,996).

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
- Guy Savaric Scott Davis (resigned 31 December 2014)
- Graham Ian Edmunds
- William Raymond Gordon
- Samuel Greetham (resigned 18 October 2014)
- John Craig Hunter
- Robert Michael Kenneth John James
- Alexandra Joanne Kelham (appointed 18 October 2014)
- Peter Jeremy Littlewood (appointed 1 January 2015)
- Michael John Power
- Simon Rothwell
- David Sparkes
- Adele Stach-Kevitz
- Edward Maurice Watkins



## THE BOARD PRESENT THEIR STRATEGIC REPORT FOR THE YEAR ENDED 31 MARCH 2015

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 the previous financial year 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 second 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 the previous financial year it became clear that funding for women's Water Polo and Synchronised Swimming was at risk, following a review by UK Sport. In the financial year and despite robust appeals, these two sports have now lost all funding from UK Sport.

### OTHER KEY PERFORMANCE INDICATORS

All sports set performance targets with UK Sport for their annual benchmark event in each year of the quadrennial. The 2014 performance results were as follows:

SPORT	EVENT	TARGET	RESULT
PARA-SWIMMING	IPC European Championships 2014, Eindhoven	50-60 medals (15-20 Gold)	73 medals (30 Gold)
SWIMMING	Commonwealth Games, Glasgow	22-26 medals (Olympic disciplines)	33 medals
DIVING	Commonwealth Games, Glasgow 19th FINA Diving World Cup Shanghai	2-3 Medals Base - 5 x Top 8 Stretch - 1 medal & 4 x Top 8	10 medals 1 medal & 5 top 8 performances

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 September 2015 and signed on its behalf.

CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2015		
	2015 £	2014 £
<b>INCOME</b>	12,970,648	13,498,434
Operating expenses	(12,427,743)	(13,560,943)
<b>OPERATING SURPLUS/(DEFICIT)</b>	542,905	(62,509)
Interest receivable and similar income	29,323	31,872
<b>SURPLUS/(DEFICIT) ON ORDINARY ACTIVITIES BEFORE TAXATION</b>	572,228	(30,637)
Tax on surplus/(deficit) on ordinary activities	(5,864)	(6,359)
<b>SURPLUS/(DEFICIT) FOR THE FINANCIAL YEAR</b>	566,364	(36,996)

All amounts relate to continuing operations. There were no recognised gains and losses for 2015 or 2014 other than those included in the Income and Expenditure Account. The notes on pages 11 to 19 form part of these financial statements.

## PRINCIPAL RISKS AND UNCERTAINTIES

The senior management team maintain a risk register which is reviewed on a quarterly basis by the Audit, Risk and Probity Committee. The register is also 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

The Board and senior management have taken steps to mitigate the actual impact of both of the above risks which have materialised this financial year, resulting in down-sizing of operations, redundancies and programme closures for Water Polo and Synchronised Swimming.

## FINANCIAL KEY PERFORMANCE INDICATORS

The principal financial KPI for British Swimming is performance against the approved budget. The consolidated surplus of £566,364 was in line with expectations. The current year surplus was impacted by the one off effect of the company's main sponsorship arrangement coming to an end. With this coming to an end, such large surpluses are unlikely for the foreseeable future.

## CONSOLIDATED BALANCE SHEET

AS AT 31 MARCH 2015

	£	2015 £	£	2014 £
<b>FIXED ASSETS</b>		19,611		4,454
Tangible assets				
<b>CURRENT ASSETS</b>				
Debtors	1,068,052		1,425,979	
Cash at bank and in hand	3,356,019		4,321,723	
	4,424,071		5,747,702	
<b>CREDITORS: amounts falling due within one year</b>	(3,461,661)		(5,336,499)	
<b>NET CURRENT ASSETS</b>		962,410		411,203
<b>NET ASSETS</b>		982,021		415,657
<b>RESERVES</b>				
Income and expenditure account		982,021		415,657
		982,021		415,657

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 5 September 2015.

## HIGH PERFORMANCE SWIMMING LIMITED // ABRIDGED ACCOUNTS

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

## PRINCIPAL ACTIVITIES

The principal activities of the Company in the period under review were to administer and deliver World Class Performance Programmes in Great Britain for the sports of swimming, diving, synchronised swimming, water polo, disability swimming and open water swimming on behalf of British Swimming.

## RESULTS AND DIVIDENDS

The surplus for the year, after taxation, amounted to £NIL (2014 - £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  
Samuel Greetham (resigned 18 October 2014)  
Robert Michael Kenneth John James  
Alexandra Joanne Kelham (appointed 18 October 2014)  
Simon Rothwell  
Edward Maurice Watkins



## FINANCIAL INSTRUMENTS

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

## 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'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.

## AUDITORS

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

This report was approved by the board on 5 September 2015 and signed on its behalf.

## THE BOARD PRESENT THEIR STRATEGIC REPORT FOR THE YEAR ENDED 31ST MARCH 2015.

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 the previous financial year 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 second 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 the previous financial year it became clear that funding for women's Water Polo and Synchronised Swimming was at risk, following a review by UK Sport. In the financial 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 2014 performance results were as follows:

SPORT	EVENT	TARGET	RESULT
PARA-SWIMMING	IPC European Championships 2014, Eindhoven	50-60 medals (15-20 Gold)	73 medals (30 Gold)
SWIMMING	Commonwealth Games, Glasgow	22-26 medals (Olympic disciplines)	33 medals
DIVING	Commonwealth Games, Glasgow 19th FINA Diving World Cup Shanghai	2-3 Medals Base - 5 x Top 8 Stretch - 1 medal & 4 x Top 8	10 medals 1 medal & 5 top 8 performances

In addition, all disciplines 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 September 2015 and signed on its behalf.

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 on a quarterly basis by the Audit, Risk and Probity Committee. The register is also 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

The Board and senior management have taken steps to mitigate the actual impact of both of the above risks which have materialised this financial year, resulting in down-sizing of operations, redundancies and programme closures for Water Polo and Synchronised Swimming.

## FINANCIAL KEY PERFORMANCE INDICATORS

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

## INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2015

	2015 £	2014 £
<b>INCOME</b>	8,585,395	8,468,147
Operating expenses	(8,596,114)	(8,479,547)
<b>OPERATING DEFICIT</b>	(10,719)	(11,400)
Interest receivable and similar income	13,399	14,250
<b>SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION</b>	2,680	2,850
Tax on surplus on ordinary activities	(2,680)	(2,850)
<b>SURPLUS FOR THE FINANCIAL YEAR</b>	-	-

## BALANCE SHEET

AS AT 31 MARCH 2015

	£	2015 £	£	2014 £
<b>CURRENT ASSETS</b>				
Debtors	647,967		658,572	
Cash at bank and in hand	1,448,730		1,492,994	
	2,096,697		2,151,566	
<b>CREDITORS: amounts falling due within one year</b>	(2,096,697)		(2,151,566)	
<b>NET CURRENT ASSETS</b>		-		-
<b>NET ASSETS</b>		-		-
<b>RESERVES</b>				
Income and expenditure account		-		-

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 5 September 2015.



Fran Halsall in action at the 2015 world championships



# 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
Claire Davenport	British Swimming Director of Events and Sponsorship
Janine Harriman	British Swimming HR Manager

## FOR PRODUCTION AND EDITING

Peter Hassall	Editor, Swimming Times magazine
Louise Stevenson	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.



Tom Daley being interviewed by the BBC's James Pearce after receiving his award

**BRITISH SWIMMING AWARD WINNERS**

Tom Daley – British Swimming Athlete of the Year  
 Adam Peaty – Swimmer of the Year  
 Tom Daley – Diver of the Year  
 Jessica-Jane Applegate – Para Swimmer of the Year  
 Duncan Scott – Swimming Emerging Athlete of the Year  
 Lois Toulson – Diving Emerging Athlete of the Year  
 Tully Kearney – Para Swimming Emerging Athlete of the Year  
 Mel Marshall – Swimming Coach of the Year  
 Ady Hinchliffe – Diving Coach of the Year  
 Glenn Smith – Para Swimming Coach of the Year



## British Swimming

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