



Amersham Swimming Club

51st Annual General Meeting

Sunday 3rd December 2017 @ 3.30pm

held at The Lounge, Amersham Community Centre

Minutes

1. Chairman's welcome – Meeting started at 3.30pm, Simon acknowledged thanks to committee and attendees
2. Apologies for Absence: Gemma Jones, Ken & Eileen Adams
3. Minutes of the 50th Annual General Meeting approved
4. Chair's Report – attached, Simon commented on the advancement of the new pool planning, which has now progressed to advanced planning so great to look forward with.
5. Treasurers report – attached - A reasonable surplus was made this year, mainly from the teaching income. Highlighted that this needs to be continuing year on year so we have at least a 3 months cover for the clubs fees & outgoings. Lynn handed over treasurer role to Antony. Simon gave thanks to Lynn for all her help in sorting the club structure out successfully and getting fees in line across the squads, and welcomed Antony.
6. Received and adopted the accounts for the year end June 2017
7. Membership report – attached, 96% capacity, need more pool time to increase numbers
8. Coaches Reports
 - a. Diving – report attached, very successful year, noted 2 more coaches have started and will eventually become more full time. The Grand Prix held at Amersham is the biggest so far, and a great success.
 - b. Learn to Swim – report attached (read by Jo in Gemma's absence)
 - c. Masters – report attached, many successes highlighted





Amersham Swimming Club

- d. Swimming - report attached - Jason highlighted how well the new structure is working, & proven in the results from all squads especially the performance squads. Noted that this allows for more swimmers to commit to the club, even those that have other activities so less training time but can still be successful if in right squad. Has held training sessions for all the ASC coaches so all coaching in the same way and following same programme, good feedback. Changes to counties from SC to LC is a good progress as most attending will be looking to swim LC at regionals and higher level meets. Will make sure all county swimmers get a chance to swim LC before event. 1500m girls and 800m boys added to regionals – do we need to add these to calendar?
9. Election of Executive Committee members for the period until the next AGM

All nominees were elected unanimously

<u>Position</u>	<u>Nominees</u>
Chair	Simon Dolan
Vice-Chair	Peter Roycroft / Nicola Bellamy
Secretary	Jo West
Treasurer	Antony Fearn
Membership/website	Ian Everett
Head Coach	Jason Keeler
Diving Representative	Shiraz Shamshudin

10. A.O.B

Simon congratulated Eileen Adams on her appointment as President of the South East Region

Meeting closed at 5.30pm





Amersham Swimming Club Chairman's Report 2017

Overview

The 2016-2017 season has seen some notable successes, including retaining our position in the Arena Premiership League, increasing the numbers of swimmers making regional and national times and a thriving Diving Club. Both sections of the club have rebuilt their programmes and coaching teams, have clear goals and are focused on delivering excellence in an environment that is supportive, and family orientated. As the 2017/18 season gets into full swing that progress is gathering pace as evidenced by our position in this year's Arena League (middle Gala) with a reasonable chance of finishing 8th overall in the region. Our Diving Club hosted a Bill Johnson Grand Prix event in November which was the most successful event of the series attracting over 200 competitors, including for the first time Novice masters held at Chiltern pools. Amersham won the Grand Prix and are now top of the table with one leg remaining.

Financially we have returned a small profit this year (having made losses in the previous two years) largely due to maintaining our numbers and a faster process for replacing swimmers as they leave. We are fully utilizing the Team Unify functionality to collect fees, enter galas and reimburse members and this has significantly reduced the burden for our volunteers and we are grateful to Ian Everett for the work in setting these systems up and maintaining a very professional web site (which has been commented on outside the club). There is progress on a new pool/diving and leisure facility sponsored by Chiltern District council with a high approval rating from local surveys and likely to move to planning permission early next year. If successful, the new complex is targeted for 2021 in time for the 2021/22 swimming season.

As always, I am very grateful for the support from all the volunteer officials, committee members, team managers and athletes for making the last year such a positive one and for laying the foundations for future success.

Discussion/Future Focus

Our priority is to provide a high quality and safe coaching programme for all swimmers and divers. This season we have further increased pool time to provide a highly competitive swimming programme, provided more individual feedback with season's targets and race plans, and increased the number of morning sessions for swimming. For our top swimmers we now regularly offer Sunday morning training at Wycombe as well. The new swimming squad structure from Sept 2017 provides further flexibility for those swimmers wanting to remain in competitive swimming but have other commitments. The new squad criteria are clearer on expectations for technical development and performance to support progression through the club, but attendance remains the key for long term competitiveness. This is an area for improvement if swimmers want to compete at the highest level. As mentioned in my last report we have further increased the emphasis on land training as well, with conditioning pre-and post-swimming sessions to improve core strength and help prevent injury. We have also re-introduced poolside physio assessments to pre-empt any potential issues before they become more serious.

From a diving perspective we introduced paid coaching rates at the start of the 2016/7 season and have subsequently attracted two new coaches to the club, Richard Heraty and Justine Green who have joined



Amersham alongside their current responsibilities at Barnet & Cophall - - we welcome them to the team. The diving club continues in its path toward being able to compete against more established clubs with greater resources. The club has increased its membership now to around 80 divers and is looking to expand its programme further. We are continuing to further integrate the two sections of the club and to visibly promote our activities jointly through the web site, newsletters and at the level of Chiltern Council to leverage the new pool/diving facility design.

We remain committed to developing our relationship with Chalfont's and Chesham and continue to look for opportunities to leverage our resources, officials and experiences through our SWIM MARK accredited Network. COCA meets are one example, joint training on Thursday's at Hillingdon is another and organizing Team Manager/Safeguarding courses, but beyond this we are yet to agree any further collaboration. Perhaps this is not surprising that this relationship building is taking a while given the competitive rivalry between the clubs, but I firmly believe that more co-operation can only be a good thing. We must also look more broadly and see where we can collaborate with Wycombe for example and the additional pool time on a Sunday is one benefit from the relationship Jason has fostered with Kevin Brooks (head coach Wycombe).

This year the pool has functioned more effectively with reduced instances of high water temperatures and chlorine levels and we continue to liaise with GLL to ensure this does not change. However, the facility is aging, and the council have recently published a leisure strategy for the next 30 years which includes a new complex adjacent to the existing one as mentioned above. At present, an 8 lane 25 meter pool and diving capability is proposed, and ASC has been invited to comment on the detailed design once planning permission has been applied for (Spring 2018). The current starting proposal puts us in a very good position going forward and should ensure the long-term future of the club with the increased capability and capacity of a modern facility. We are very excited about this and will keep members up to date as the situation develops.

We have had two very successful swimming camps in the 2016/17 season at Kelly college for our junior swimmers, and more recently last month at Calella in Spain for our seniors (fantastically organized by Jo). The hotel, food, pool facility and weather were superb, and we may well revisit next year dependent on the price remaining competitive. There were many memories, but one set of 100 x 100 stands out (off 1.30) and my congrats to Jamie Irwin, Jamie Owen, Tim Everett and Hatty McGrath for completing and holding the times. The benefits of the camp take a few weeks to be fully realised, but as we move into December we should see some very fast times building into counties.

It has been nearly five years since we last put up our swimming fees and while we have been able to absorb increases in facility costs (3% last year, 2% this year) and higher coaching fees (more paid coaches & less volunteers), we needed to address club income and expenditure for the 2017/18 season. Over the last four or five years our programme has changed significantly as successive coaches have come and gone and as a result there were some fee anomalies that built up in the middle of the club (i.e. we were relatively undercharging some squads) which we have also adjusted to reflect the new programme. As a result, the hourly rates for lower and middle squads have increased or remain similar, however, for squads TE and above are reduced relative to last year. Also, in nearly all cases where there was a larger increase in fees for swimmers transitioning to more senior squads, the programme has been substantially improved with proportionately more pool time and land training. Overall, I am satisfied that the new fee structure is reasonable given the changes we have made and the additional costs we are incurring. However, we are searching for opportunities to increase our revenue other than squad fees through sponsorship and from our L2S and Stroke development squads which we are looking to expand to offset any future rise.



Volunteers are the lifeblood of the club and sufficient numbers are essential to share the responsibilities and work load. I'm very pleased to see our poolside officials increasing because this ensures we can compete at meets, and I think it educates the parents to better understand our sport (great job Peter, Emma, Charlie). It's not something we are complacent about and we still could do with more, particularly from the junior squads to ensure continuity at representation at Novice/TVL galas etc. There are still a few positions that need filling e.g. Welfare officer. Liz Ashby is stepping down from this role and I want to thank her personally for all the support in what is a vital role for the club. I hope to be able to report a replacement in the near future.

Conclusion:

As I look forward, it's clear to me that this club is going to significantly progress both as a recognised centre of excellence for Diving and in its ambition to expand our swimming presence at regionals, nationals and British Champs this year. As well as a top 10 club finish in the Arena league in a week's time, the next target is to come 2nd overall at counties (last year we were 5th).

We have a great coaching team, a thriving Diving section, an improving swimming programme with increased attention to technique and core stability, we are a more IT savvy club and using technology more effectively, but above all I sense a togetherness of purpose from coaches, officials and members that support this journey. We are seeking opportunities to collaborate with our friends at Chalfont's and Chiltern, to work with the council and GLL on a new facility to be built adjacent to where we now swim and we are seeking to generate increased financial revenue to further improve the quality of our programmes. All in all, I am satisfied with our progress.

I am very grateful for the support of the committee and, in particular, I want to acknowledge Lynn's significant contribution as Treasurer and thank her for the hard work she has put in, as she hands over to Antony (subject to AGM approval).

I wish you all the best and look forward to future our success for another 51 years (but not as chairman!!)

Simon Dolan

Amersham Swimming Club
Treasurers Report 2017

2013 Accounts	2014 Accounts	2015 Accounts	2016 Accounts	Amersham Swimming Club	
£	£	£	£	Income & Expenditure at 30th June 2017	
				2017 Accounts	v 2016
				£	£
204,135	199,530	184,493	156,727		
	116		18,094		
0	2,322	6,527	2,015		
14,768	22,736	20,344	20,713		
27,408	15,840	9,216	9,296		
0	1,988	15,462	9,383		
0	5,605	7,852	12,693		
13,946	12,132	10,996	9,630		
0	401	(400)	26,106		
0	0	0	8,534		
260,258	260,669	254,490	273,191		
				Income	
10,481	10,178	9,571	7,577	Total Income ex Sponsorships & Donations	172,697
0	570	315	575	LTS Income	18,840
486	914	621	22	Fundraising - Sponsorship & Donations + 100 Club net Revenue	905
9,293	3,306	5,493	7,761	Meet Income	12,638
7,985	7,885	8,397	9,000	Kelly Camp Income	10,560
14,108	22,422	18,839	20,087	Spain Camp Income	0
26,292	12,231	24,909	18,163	Gala & Club Championships Income	11,820
100,702	114,202	111,594	112,009	Shop Income	5,897
75,395	77,009	75,745	86,795	Diving Income	42,989
0	0	0	7,369	Party Income	2,142
244,743	248,718	255,483	269,358	Total Income	278,488
41%	46%	44%	42%		5,297
				Expenditure	
1,463	349	572	1,518	Shop Expenditure	3,620
2,611	1,786	6,917	2,916	Special events / 100 Club	100
4,075	2,135	7,489	4,434	Refund fees overpaid	827
				Galas, Club Champs & Leagues Expenditure	6,464
19	18	2	57	ASA	12,368
0	0	0	0	Open Meet Expenditure	17,224
				Camp Expenditure - Kelly & Spain	10,601
11,459	9,834	(8,479)	(544)	Pool Hire, Diving Pool and LTS venues	122,857
				Coaching	92,927
				Party Expenditure	1,035
				Operating Expenditure	268,023
					(1,335)
				General Costs	
				Club Kit & Equipment	0
				Other / Admin	847
				Total General Costs	847
					(3,588)
				Interest received	
				Exceptional Items	
				Net Surplus/(Deficit)	9,618
					10,163

2013 Accounts	2014 Accounts	2015 Accounts	2016 Accounts	Amersham Swimming Club	
£	£	£	£	Balance Sheet at 30th June 2017	
				2017 Accounts	v 2016
				£	£
2,737	2,641	3,119	3,545		
0	2,872	572	3,250		
			2,057		
0	0	2,000	800		
50	50	50	50		
16,885	21,550	34,962	33,551		
35,306	35,439	35,441	36,447		
54,978	62,553	76,143	79,701		
				Current Assets	
0				Stock Swim Shop	2,247
0	712	923		Debtors	0
1,760	748	1,138		Prepaid Expenses	0
0	0	0		Loan	1,575
1,161	848	500		Cash In Hand	50
3,582	1,636	23,452	30,415	Cash at Bank – Current ac	34,827
0	300	300		Cash on Deposit	36,800
6,503	4,244	30,415	30,415	Total Current Assets	75,499
					(4,202)
48,475	58,309	45,728	49,286		
				Current Liabilities	
				Coaching	0
				Pool Hire Swimming & Diving	0
				Other	0
				Pool Hire LTS	0
				Fees Received in Advance (Fees & Swim Camp)	16,595
				100 Club	0
				Total Creditors & Accrued Liabilities	16,595
					(13,821)
				Net Assets	58,904
					9,618
				Represented by:	
				Accumulated Funds	
37,013	48,475	58,309	49,830	Balance Brought Forward 01/07/2016	49,286
(124)					(544)
127				Deficit / Surplus Current year	9,618
11,459	9,834	(8,479)	(544)	Surplus Carried Forward 30/06/2017	58,904
48,475	58,309	49,830	49,286		9,618

Amersham Swimming Club
Treasurers Report 2017

Amersham Swimming Club		Summary of Financial Statements									
Year to		Income	Surplus - Deficit	Net Assets	Expend -iture	Pool Hire	% Exp	Coaching	% Exp	PH % Inc	C % Inc
28th February	2002	£91,005	-£12,846	£14,814	£103,851	-£57,254	55%	-£36,679	35%	63%	40%
28th February	2003	£104,990	-£8,315	£6,499	£113,305	-£67,694	60%	-£32,786	29%	64%	31%
31st July 17 mon	2004	£158,323	£2,605	£25,064	£155,718	-£90,661	58%	-£50,555	32%	57%	32%
31st July 12 mon	2004	£117,521	£3,530	£25,064	£113,991	-£66,424	58%	-£37,295	33%	57%	32%
31st July	2005	£114,631	-£5,430	£19,634	£120,061	-£67,523	56%	-£37,079	31%	59%	32%
31st July	2006	£110,135	£8,304	£27,938	£101,831	-£63,042	62%	-£26,583	26%	57%	24%
31st July	2007	£124,181	£10,892	£39,660	£113,289	-£66,840	59%	-£34,452	30%	54%	28%
30th June	2008	£129,703	£29,783	£70,807	£99,920	-£55,961	56%	-£37,001	37%	43%	29%
30th June	2009	£143,316	£7,027	£78,587	£136,289	-£71,287	52%	-£51,540	38%	50%	36%
30th June	2010	£150,535	-£1,949	£76,994	£152,484	£0	0%	£0	0%	0%	0%
30th June **	2011	N/A	-£24,315	£52,679	N/A						
30th June	2012	£151,993	-£17,733	£37,013	£169,726	-£95,529	56%	-£62,410	37%	63%	41%
30th June	2013	£209,377	£11,459	£48,475	£193,863	-£100,702	53%	-£75,395	39%	51%	37%
30th June	2014	£215,837	£9,834	£58,309	£203,886	-£114,202	56%	-£77,009	38%	53%	36%
30th June	2015	£201,172	-£8,479	£49,830	£202,164	-£111,594	55%	-£75,745	37%	55%	38%
30th June	2016	£273,191	-£544	£49,286	£273,793	-£112,009	41%	-£86,795	32%	41%	32%
30th June	2017	£278,488	£9,618	£58,904	£268,870	-£122,857	46%	-£92,927	35%	44%	33%

**** 2011 Accounts not prepared (Ex Treasurer had business commitments), Deficit calculated from Net Asset Movements**

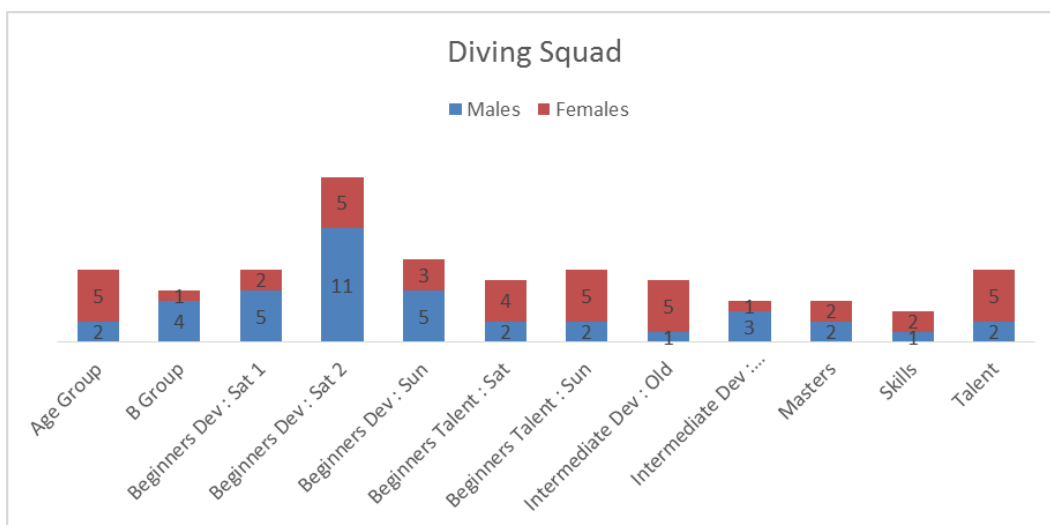
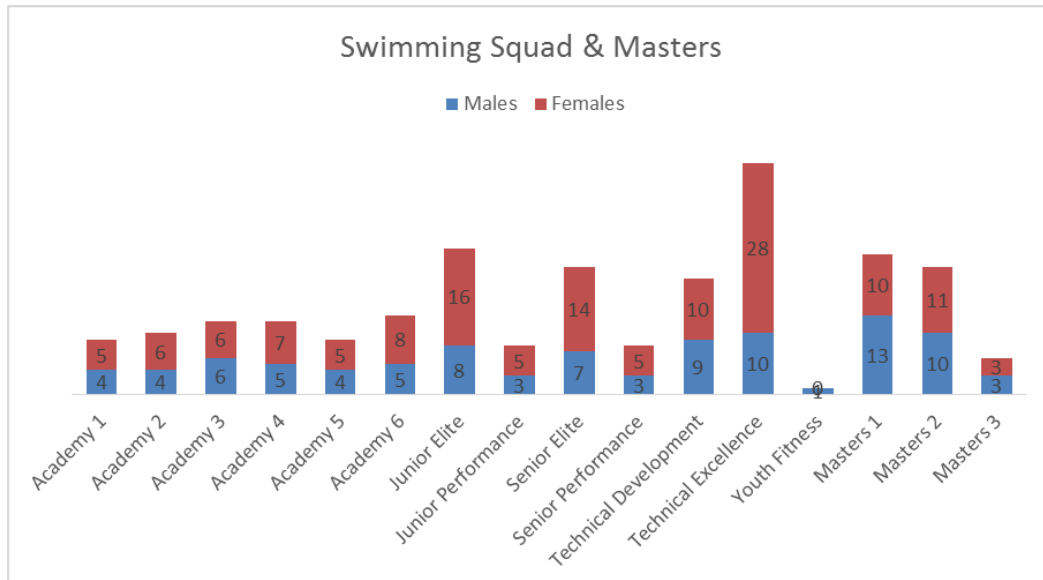


Amersham Swimming Club Membership report as at 30th November 2017

Overall membership has increase during 2017,. At the 30th November we had 234 squad and masters swimmers and 80 divers. At the beginning of December 2016 we had 210 squad and masters swimmer.

This year has seen a number of changes, including changing all payments to GoCardless variable direct debits in December 2016, adding the Diving squads onto the website and GoCardless dd payments in July 2017 and rolling out of the new squad system as of September 2017.

The swimming squads are almost at capacity, below are the current squad summaries:





Amersham Swimming Club Diving Report 2017

2017 has been a busy year for ASC Diving, following the successes of 2016. The club has maintained momentum and has moved further forward in becoming a more competitive club, despite losing our Technical Coach Robert Metcalfe in April. ASC diving has extended its “Learn to Dive” programme which now represents more than 50% of our club divers. The structured programme which is delivered has brought through more talented divers than the previous learn to dive courses. Building on this, the club is still actively recruiting and promoting diving for everyone and is currently running a ‘learn to dive’ trial session approximately once per month. This is reaping rewards in terms of numbers joining the club over the past six months and allowing those showing potential to be selected for appropriate accelerated groups at an early stage. We have also been able to extend the coaching programme to provide more diving opportunities for those who are showing commitment and progress. The goal is still to progress our divers toward Regional and National Skills and Age Group level competitions.

As part of the restructuring, two Level 2 coaches have joined the coaching team, joining John and Shiraz. We welcome Richard Heraty and Justine Green to the club. They bring with them a wealth of experience, running Barnet & Cophall diving club. They have already been productive in delivering the Learn to Dive program and integrating with the Skills and age group squads.

The club has had a busy competition year:

- 4 Bill Johnston Grand Prix events
- 3 Regional Skills events
- 1 National Skills event
- Peter Waterfield Novice 2017
- Irish Open 2017
- ESSA – East Division Diving Trial (ESSA – English Schools Swimming Association)
- ESSA – National Finals (to be held)
- Masters competition:
 - PSV Masters (Eindhoven)
 - GBDF Spring Masters
 - World Master in Budapest
 - GBDF Winter Masters

The Bill Johnston Grand Prix event is a novice competition that invites all our young divers from new to more accomplished divers, even inviting masters where possible. This is a team friendly competition that introduces competition early to our divers. A significant highlight of the 2017 Grand Prix events was at Amersham’s Chiltern Pools in October, with the guest appearance of national elite diver Kyle Kothari. He took time out of his busy training and competition schedule to present medals and performed some elite dives – everyone was in awe and our divers were inspired by his approach to the sport. Last year Amersham Swimming Club won the Bill Johnston Grand Prix event; in 2017 we narrowly missed retaining the title by 4 points – the club title went to Barnet and Cophall Diving Club.

This year saw ASC send more divers to National Skills event at the Olympic Park (Stratford), a great learning experience for all our divers. One of our divers also took the opportunity to dive



internationally, competing at the Irish Open in November. Bronagh made the National qualifying mark for National Skills in summer 2018 and came a respectable 18th out of a tough field of 31 divers. Hannah Brockie entered the ESSA – East Division Diving Trial and came 3rd - this has entitled her to compete at the ESSA National finals and we wish her well.

Masters and Coaches representing the Club have attended a number of domestic and international competitions, winning medals for the club in most meets.

Our parent helpers have also had a busy year, both in helping the club with administration and supporting their children at diving competitions. Aisling Ryan has been instrumental on the on-boarding process dealing with all enquiries and arranging trials. She has also managed to get the Diving parents and divers to move to “Go Cardless” – this was a mammoth task. Wanda Brockie equally has helped with Strength & Conditioning at weekends and more influentially has arranged all our competitions and chasing entries. Both Aisling and Wanda are invaluable assets to the club and are part of the way forward.

The goals for the Diving section is to grow the club towards 120 divers in preparation for the new pool being opened on 2020/21.

We would like to thank the Committee of Amersham Swimming Club for their support and including us in the relevant communication processes with the pool management and local government

Shiraz Shamshudin



Amersham Swimming Club Swim School Report 2017

Amersham SC Swim School is a development program offered to swimmers from 3 years of age, for beginners to competitive level swimmers. Learn to Swim is our introductory program. These lessons run from Heritage House School in Chesham on Tuesday, Wednesday and Friday evenings. Swimmers then progress, or join as new, to our Stroke Development. This program is for swimmers of any age, at stages 3-6, run on Tuesday and Wednesday evenings from RMS in Rickmansworth. Here swimmers continue to progress in all four strokes and are introduced to competitive aspects such as tumble turns and racing starts. Once stage 6 is achieved, swimmers then transfer to ASC academy squads.

Our Stroke Development program began in 2003, Learn to Swim then joined the system in 2007. From the beginning, the lessons have provided a consistent feeder system for the club. Many swimmers have excelled through every squad of the club, participating in the biggest competitions, such as County, Regional and National championships. However, the main aim of the swim school is to ensure all swimmers progress through our program and reach their potential. That they are secure in the water and enjoy their lessons, in turn allowing for continued enthusiasm and for those with the want and ability to continue, the opportunity to transition up to ASC and the competitive world of swimming.

Changes in the last season:

As detailed in last year's report, we began the season assessing our potential to expand. Throughout the season we've gradually implemented an additional day at both Stroke Development and Learn to Swim lessons. We've also increased our time on current days, allowing for 3.5 additional hours of lessons a week. We also ensured that our new time at Learn to Swim started earlier, allowing for our youngest swimmers to attend.

Stroke Development continues to run very close to capacity, with the expansion now fully and successfully integrated. There have also been significant changes in the teaching and organisation of these lessons, as Alberto Marigo has taken over from Gemma Jones who had been at the lessons since its beginning. Alberto is joined by Mia Benjamin, both of whom now monitor, assess and progress swimmers until they are ready to join ASC.

Learn to Swims lead teacher is Carl Akers. This season he has been joined by our junior coaches (an ex ASC swimmers) Georgie Bradley and Amy Hollingsworth. Mia Benjamin also teaches at the Friday lessons, providing good transition between the two programs. Over 2017, these numbers have remained steady. However considering the additional pool time, our intake is much lower than it could be. Given this, a large advertising drive has been put into place. At the end of last season, adverts were communicated, both in person and by email, to over 70 local schools. This improved our September intake, but mostly in the Stroke Development system. Subsequently, at the start of the season, we investigated local advertising publications. The ASC Swim School has been advertised in the Local Directory Magazine in Chesham and Amersham for the last two months as well as in the 'Newsletter by Email' communication. We hope that this will further expand the awareness of our Swim School, right down to our earliest entry, and look forward to increasing our members in our January intake.

Over all, the Stroke Development and Learn to Swim lessons continue to receive positive feedback, regarding specifically our consistency and individualised teaching which enables



swimmers to improve significantly. We are grateful not only to the teachers but to the schools that permit the use of their pools to deliver such a valuable (and valued) programme of swimming lessons to local children. Our swim school continues to feed the club successfully, with a further 7 swimmers scheduled to move up in January. It is extremely gratifying to see these swimmers continue their progression, represent the club at galas and continue to become well rounded, competitive and dedicated ASC members.

To conclude, the successful continuation of the swim school over the last 14 years has been superb and we aim to continue this success and develop further in the future. My thanks to all involved.

Gemma Jones



AMERSHAM SWIM SCHOOL

Learn to swim with one of the top swimming clubs in the county.

- Small class sizes that feed directly into the competitive programme
- Competitive prices for all abilities
- Experienced teachers that coach from beginners to performance
- Venues Heritage House school (Chesham) and RMS (Rickmansworth) on weekday evenings.

Please contact
swimschool@amershamswimmingclub.co.uk or
visit our website amershamswimmingclub.co.uk
for further information



Amersham Swimming Club Masters Swimming Report 2017

Last November at Oxford, Amersham had 4 swimmers selected to represent B&SB in the National Masters & Seniors Inter County Competition. They were Maureen Tomlinson, who this time only had to swim the 50m fly as someone else had moved up into her age group; Sarita Coultate swimming the fly in the 35plus age group; Karin Lockhoff swimming fs in 35 plus age group and fly in 25plus age group; Guy Emerson swimming bk in the 45 plus age group and relays and in the fs relay; Andy Moore swimming fly in the 35 plus age group and fs in the 45 year age group.

This competition is swum in 10 year age bands so older swimmers can swim down but younger swimmers cannot swim up an age group. The County came 3rd and 9th Nationally.

Open water swims have become very popular and some of our Masters have entered these this year.

Guy Emerson in the 50-54year age group once again swam in many competitions although he said he wished he had done more .As well as swimming the inter counties last November Guy competed at k2 in SE Masters & Senior age group Long course Championships and came 2nd in 50m, 100m and the 200m bk. At Guilford he came 1st in 50m bk and 2nd in both the 100mbk and 100m fs. At the SER LC Guy took gold in fs relay and 3 silvers in 50,100 and 200mbk.

Swimming in the Welsh Masters LC he took another 2 golds in both the 50 and 100 bk. Then in the St. Paul's invitation Meet he had 2 more gold medals, one in the 100bk and the other in a relay.

At the GB Masters LC Guy had 4 golds in relays, being 50 & 100 where he swam bk and 100 & 200fs and 50 fly and he took a silver in 50bk. In SE Region SC Guy took gold in 50bk and silver in 100bk and 100 fs. AT the English Nationals he had another gold swimming bk in the relay.

I am not sure how he managed to cram everything in between training and work commitments .A brilliant result.

Charlie Bagot who many moons ago was our top boy swimmer, now competing in the 40-44 age group, entered the County Masters open Meet in September this year and took gold in 50bk along with 2 silvers and 4 bronze medals. Charlie was 20th in the top individual at the Meet.

Also in September he swam a charity open water event which was The West Wight Spores Trust. He had to swim across choppy tidal water from the Solent to the IOW and was first out of the water. Charlie raised a magnificent £1000 for charity.

He was selected to swim this November at Portsmouth in the Inter County Meet where B&SB came 4th. At present individual results are not available.

Karin Lockhoff in the 40-44 age group competed both home and abroad. At Bracknell she swam 100 IM; 200fs; 200IM and 50m fly. At GLLAM London Karin swam 200fs and 200 IM. Karin went to Aberdeen to swim in the British Masters & Seniors Age Group Championships where she swam 200fs ; 200 IM and the 400fs. Then in Budapest she swam another 200fs.

Asked what positions she came her answer was "I don't bother with positions only to have good swims" which she did have. What a good attitude. Well done Karin.



Sarita Coultate now in the 40-44 age group took part in the British Masters & Seniors age group Championships in Aberdeen. She gained a bronze in 200fly and came 4th in both 100fly and the very competitive 50fs. At the Bracknell Masters & Seniors age group meet Sarita took gold in both the 100 and 50mfly and a bronze medal in 100 fs and came a respectable 4th in 50fs.

Katrina Lythgoe again in the 40-44 age group did the open water meet at The Traversee Du Lac L'Anney swimming 5 km. Then along with-Troy Bennetts she swam The Dart 10km in September.

Gemma Jones in the 35-29 age group took part in this year's County Masters open meet and took gold with a PB in 100m bk plus another gold medal in 50fly. Gemma also took silver with another PB in 50fs. Still managing to train between coaching.

Russell Simpson in the 55-59age group swam in the County Masters meet in September and gained a bronze in 100m brs. In the Swim England Masters SC Championships Russell came 8th in 100m brs.

At Guilford in October Russell took silver in 200m brs and 4th in both 50&100m brs.

Nicola Conner competed in another arduous Iron Man the Vitruvia Triathlon in September. Before that in June she came 2nd in the Dambusters Triathlon over the Olympic distance. Nicola obviously likes to push herself to the limits.

Alberto Marigo in the 30-39 age group competed in the Bestfest open water festival in Majorca. He did 3 races in 5days during May half term. The first was 5km, second was 1.5km and 3rd was a 10km swim. Alberto was 4th in the Non Elite category 30-39. This was a good result as he was up against the Germany Open water Team and the Youth GBR Open water Team.

In July Alberto swam 3km in Lake Garda and came 15th out of 48 overall. On 27th August he swam THE COPPA BYRON event in Lerici, Italy which was 8.8km. He did this in under 2hours coming 11th in his age group and 13th overall. Also this Summer Alberto swam the 2 mile Serpentine and came 6th in his age group.

In June, along with Mark Tudor and Matt Worts, Alberto did the Oceanman Lago D'Orto swim in Italy which was 14km. Alberto came 25th overall and 14th in his category. Mark arrived 4th in his age group and 24th overall, and Matt came 9th in his age group and 5th overall. A good result from all three.

Terry Bonnett in the 35-39 age group was quite outstanding.

History was made at the Serpentine in September when a select group of swimmers, including Terry completed the 2 mile open water Swimming, Cycling and Swimming mass participation events in the World. It requires people to run the Virgin Money Marathon, cycle 100miles in the Prudential Ride London – Surrey 100 and swim the new 2 mile distance at Swim Serpentine, the open swimming festival. Luckily Terry did not have to do all this in one day. He ran the London Marathon in 2010, cycled the Prudential Ride London—Surrey in 2017 and swam the 2 mile Serpentine in September this year. There is no limit on completing the London Challenge but is open to anyone who has run the London Marathon since 1981 and cycled the prudential Ride London—Surrey 100 since 2013

Terry was the first person across the line at Swim Serpentine to complete the London Classics. A very heroic effort. Apart from this Terry also swam around Brownsea Island 6.5km and came 6th overall. He also swam ITU European Age Group Aquathon Championships in Bratislava and came 4th in his age group.

At the British Aquathon Championships, Terry came first in his age group. A truly magnificent effort.



The Bi-annual Aylesbury Masters Meet this year held towards the end of July saw some of our best swimmers on holiday. However Amersham came a close 4th to Aylesbury by one point, 119-118 This Meet comprises mainly of relays but also individual swims over 50m but only for under 40s and over 40years. Our Under 40s men team saw Hugo Bellamy and Luke Hollingsworth competing as master swimmers for the first time. Amersham had 6 first places: Karin Lockhoff in over 40s 50fs and 50fly; Hannah Rome-Hall under 40s 50 bk; Luke under 40s 50fly and 50bk and the women's over 40 fs relay of Troy Bennetts, Louise Elphick; Becky McCall; and Karin Lockhoff. The squadron relay battled it out and came in 2nd for a close finish.

Other team members were :Matt Worts; Russell Simpson; Mark Tudor; Katrina Lythgoe; David Greenstreet; Dawn Muir; Sarita Coultate; Mark Dunscombe; Tom Quick; Sabine & Nicola Bellamy; Georgina Tasker; Ethan hall; Gemma Jones; Alice Barraclough.

This year's Masters Inter County Gala for the South East Region was held at Portsmouth. 3 Amersham swimmers were selected to swim being Charlie Bagot, Guy Emerson and Libby Hetherington. The B&SB team came 4th but as yet there are no official individual results. Our own Club President Bob O` Dell who is now the Masters manager for the SE region attended along with our own Eileen Adams and husband Ken. Eileen is now the Swim England South East Region President. So it was fitting that she was able to attend and watch Amersham swimmers perform.

Maureen Tomlinson

Master swimmer



Amersham Swimming Club Head Coach Report 2017

The 2016-2017 season was my first season with the club and whilst I can't believe it's been 15 months since I joined the club in that time I believe a lot of progress has been made. Whilst I spent the first month or so primarily overseeing and reviewing the swimmers/club, as a coaching team we got to know each other and implemented pre and post pool routines that progressed from JD to CD to Performance and progressive drills for all squads within the Club. Once I had fully reviewed the structure of the club I could see that some changes were needed to ensure that we give every swimmer the opportunity to progress to their next level within the sport. I believe that the new structure is supporting that and has shown some early individual success's and I'm looking forward to seeing the progression the club can continue to make at every level going forwards.

With regards to the achievements of the club last year, I was very proud of all the swimmers that ensured we stayed in the Premier Division of the Arena League, this started off a year of success's which included more County swimmers, County finals and 50% more County medals than 2016, moving up from 7th to 5th in the Overall County Points with the Girls moving up 3 places to 3rd and the Boys moving up 1 place to 5th, 30% more Regional swimmers, 75% more Regional finals, 200% more Regional medals and went from 3 to 7 Individual National swimmers, 0 to 1 National Relay teams and 2 to 5 Swim England National Finals, finally Luke Hollingsworth qualified for British Champs the first Amersham swimmer to do so for 4 years, Jamie Irwin has since qualified for 2018 as well and Katie Thompson has consideration times for 2018. Jamie Owen also qualified for the Commonwealth Trials (Winter Nationals) that are in 2 weeks' time. We also gained promotion in the Milton Keynes Junior League at the first time of asking and came effective joint first in the Thames Valley Junior League (we were 2nd as we had the same points as Windsor and the same number of 1st places, but unfortunately had less 2nd places).

After reviewing the performances of the last year, our goals for this year are below;

- **Reach the middle Gala of the Arena League (top 12 in the Region) - this has already been achieved and top 8 is looking like a good possibility.**
- **Increase the number of Finals & Medals at Counties, Regionals & Nationals.**
- **Finish 2nd overall at the County Championships.**
- **Win the Thames Valley Junior League.**
- **Gain promotion to the Premier Division of the Milton Keynes Junior League.**
- **Increase the number of swimmers at Regionals (stretch goal of 30 swimmers).**
- **Increase the number of swimmers at Nationals (stretch goal of 10 swimmers).**

Some fantastic achievements by so many swimmers in the club over the last year and I am looking forward to helping them achieve their goals this year and for many more years to come.

Jason Keeler