

BRITISH SWIMMING

Annual Report and Accounts 2004

October 2002 - March 2004

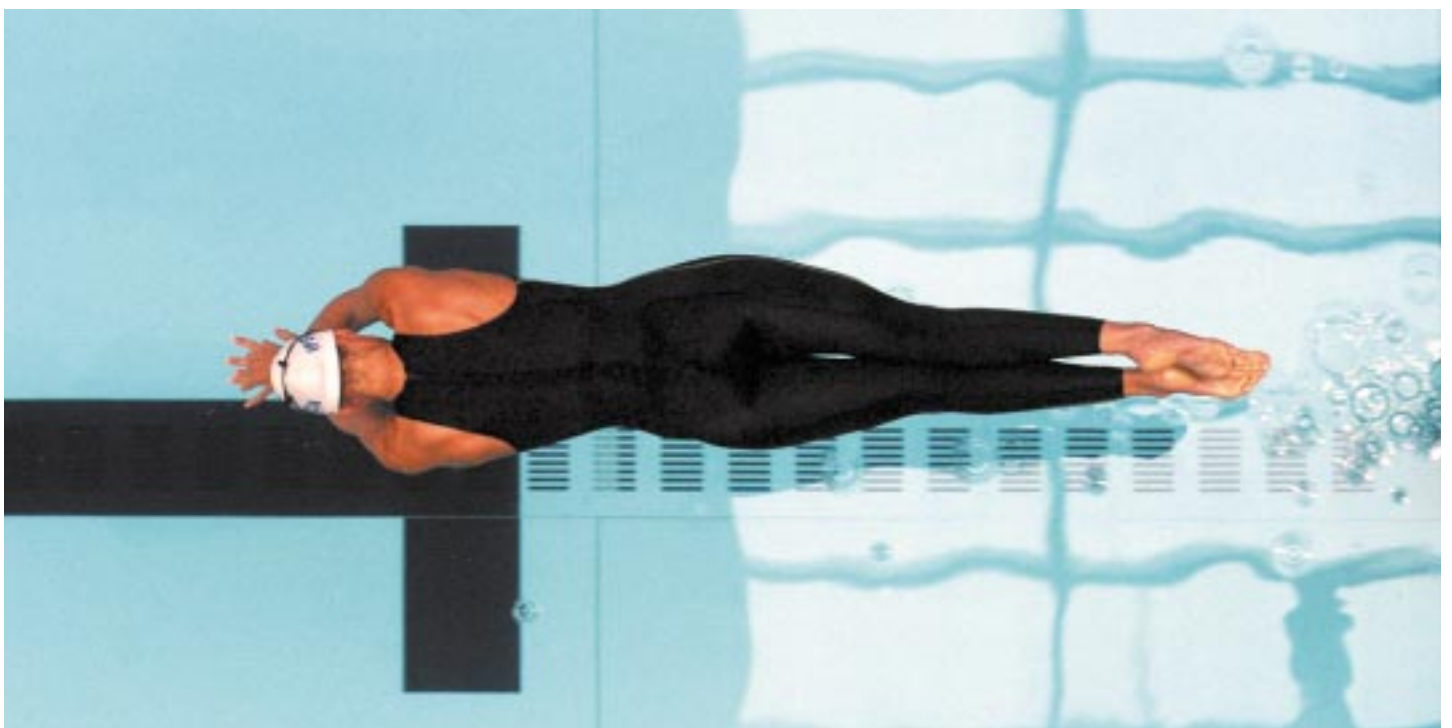




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A period of progress and achievement



Chris Baillieu Chairman

Prior to the last Annual General Meeting, held in March 2003, it was decided that ASFGB's financial year (and that of its wholly-owned subsidiary HPS Ltd) should be the same as that of our funding partners at UK Sport and Sport England. The importance of the four-year Olympic cycle and the move to UK Sport's new process of 'one-stop planning' was also an important influence. This report therefore covers the 18-month period from October 2002 to March 2004, and the achievements of the period, both in the water and out of it, are fully described by the Chief Executive and performance directors in subsequent pages. These reports demonstrate the excellent progress made in the build-up to the Athens Olympics, and the performance of the Board will be judged against this benchmark when it retires at the next annual meeting, that will be held on November 13, 2004. Against this background it may be helpful to flag up some of the challenges faced by British Swimming over the last four years.

The swimming and diving teams had returned from the Sydney Olympic Games with no medals and just five individual finalists and it was only the Paralympic team that had competed

with medal-winning distinction. Neither water polo nor synchronised swimming was competitive in world terms. Logically therefore, the primary focus of the Board had to be performance in the pool, and every step has been taken to try and ensure success in that arena.

British Swimming was fortunate in these circumstances to secure a continuation of funding for the swimming and diving programmes, from our principle funding partners at UK Sport, that was only marginally less than the sum received for the previous Olympic cycle.

The key to revitalising British swimming was the acceptance by all disciplines of the need to change the prevailing culture by dramatically raising standards, and the determination of the Board to ensure this process was completed. The Board's strategic plan included three key components which have underpinned recent success in all disciplines at the world and European championships:

1. The identification and recruitment of national performance directors with the vision and ability to implement changes.
2. The creation of technical committees composed of the best coaching

talent to support the national performance directors. The Board have delegated responsibility to these committees to oversee budgets and make key decisions on behalf of their disciplines.

3. The Board's commitment to ensuring that resulting changes to training methods, competition programmes and coach education were supported, co-ordinated, and carried through.

Much remains to be done, and the momentum achieved over the last four years must be maintained if we are to succeed in transforming Great Britain into one of the strongest swimming nations in the world with commensurate international influence. Success in Athens can help us achieve this objective by boosting grass roots support and enthusiasm for swimming. Sponsorship income may also become easier to obtain. It should also help to strengthen the case for increased financial support from UK Sport and Sport England. The exact level of this support will not be resolved until after the Olympics, but British Swimming needs to secure additional investment if we are to prosper in the years ahead and in particular to develop the talent in time for the Olympic Games that

could be held in London in 2012. Priorities include increasing the supply of home-grown world class coaches, and ensuring that competitors can gain affordable access to 50m pools and top class training facilities throughout the country. At present less than 40 per cent of our Olympic team have daily access to a 50m pool. How much more could be achieved if this figure was 100 per cent?

During the last 18 months the Board has held meetings in all the home countries, and I would like to thank Scotland and Wales for their hospitality and commitment and support for the common *Vision of Swimming* that was agreed and published during this period. Our relationships with our funding partners at UK Sport and Sport England have also matured as swimming has demonstrated an ability to deliver what it promises.

I would like to add a special word of thanks to David Sparkes, the Chief Executive, who has been the architect of many of the changes I have mentioned, and who has worked ceaselessly to ensure their implementation. He has

forged a strong relationship with the Board, which has been a key factor in delivering a robust performance across the full range of the Board's activities. Thanks also to all the excellent staff employed by both British Swimming and the ASA, without whose commitment and enthusiasm British Swimming could not continue to prosper.

Finally, thanks to the Board who have worked so consistently towards our agreed goals for the last four years. Earlier this year the Board was greatly saddened by the death of Jeff Cook shortly after the completion of his year as ASA President. However we welcomed the appointment of Guy Davis as a new independent member with a background in investment banking and competitive masters swimming.

Let us all hope that by the time this report is published British swimmers and divers will have enjoyed the revival of fortunes in Athens they richly deserve.

'Less than 40 per cent of our Olympic team have access to a 50m pool'



Commitment, change and focus



David Sparkes Chief Executive

This report spans an 18-month period and it seems a lifetime ago since the last British Swimming Report was presented to the membership, reflecting at that time on a successful Commonwealth Games in Manchester for British Swimming. At that time we were looking forward to the Olympic and Paralympic Games in Athens 2004 and as we commit to writing this report we are on the eve of these events, the culmination of four years' hard work by a tremendously dedicated and professional team which has been built around British Swimming with one sole purpose – to succeed in the Olympic and Paralympic arena, the most difficult arena for any athlete from whatever sport.

When reflecting on the last 18 months, we have seen again significant changes. We can reflect on a satisfactory performance at the World Championships in Barcelona, particularly in the swimming pool; but there was also a note of caution that much work still needs to be done if we were to achieve our objective of success at the Olympics. British Swimming has been totally focused and committed to its objective of producing the best British team ever to travel to an Olympic and Paralympic event and to provide a stepping stone for better things in Beijing.

The commitment from Scotland, England and Wales to work together on this single objective has been a model for other sports and must be reflected in this report, as the level of working together cannot be over emphasised. We have begun the hard task now of pulling together our Corporate Plans into Swimming's Strategic Plan under the UK Sport 'One Stop Planning' initiative and the co-operation from the three home countries to work together is encouraging. This co-operation is also extended to our work on the National Coaching Certificate, which arises out of the Government's work on the Coaching Task Force, where we are working towards developing a teacher/coach education system with quality delivery. This will be the envy of the world and will deliver coaches to ensure continuous success for many years to come. In addition to this, we have also worked together on the modernisation of British Swimming and the home countries, supported by UK Sport through its modernisation programme. This has not been an easy programme and has not been without its difficulties but we have made a significant step forward. We are beginning to improve our communication with the membership and drive down costs within the sport, and we are beginning to see the opportunities to increase income not only to British Swimming but also to the home countries. This period, however, has also been one with staff change and re-focus. We saw Clive Durran retire as the National Performance Director for Disability Swimming and Tim Reddish assume the role of leading that programme. It is never easy to pick up the baton half way through a cycle but Tim has worked tirelessly to re-direct the programme and we are hopeful that disability swimming will have great success in the Paralympics later this year.

A new appointment of Nick Hume to lead the water polo programme has brought about a new focus – a focus on success, hard work and training, and less competition, and the Board have been impressed by Nick's commitment to achieve great success for British Water Polo which is long overdue.

In synchronised swimming Adele Carlsen has taken over to lead that programme. While there has been no success yet, she has brought about a new, harder-working attitude and we are now embarking on a four-year plan with the sole objective of achieving Olympic Games qualification standard for the duet in 2008.

The work of British Swimming, however, is not only in the performance arena but is also in the international influence arena. We have continued to use our best endeavours to influence LEN, FINA and the IPC and have begun again to re-focus our long term international events strategy and to ensure that Great Britain continues to influence policies within the world of swimming. We will once again be the host to the LEN Congress in London in September 2004, and in March 2005 we will be hosting a FINA Television and Media Congress, also in London. We staged a successful European Junior Swimming and Diving Championships in Glasgow and Edinburgh and we sincerely thank those cities for their support. However, we were unsuccessful in bids from Sheffield to secure the World Masters Championships for 2008 and the IPC World Disability Championships in 2006. This perhaps reflects the fact that the facilities in Great Britain significantly lag behind some of the excellent world-class facilities that are now being constructed around the world. Hopefully this will change with the construction of the new pool in London as part of the London 2012 bid.



Grace Callaghan (centre) and **Kate Haywood** (left) won gold and silver respectively in the 100m breaststroke as Britain hosted the 2003 European Junior Championships in Glasgow (swimming) and Edinburgh (diving)

David Sparkes, Chief Executive of British Swimming, discusses strategy with National Performance Director **Bill Sweetenham**

We are not complacent and already we are beginning work on a bid for the 2007 European Short Course Championships in Glasgow and a spectacular World Short Course Championships in Manchester in 2008. To secure these prestigious events is never easy and requires tremendous commitment and partnership working with the City Councils, Regional Government, television and UK Sport. That said, however, the BBC have remained throughout this period our strong partner and we have seen the profile of our sport improving in line with our success in the pool. We are delighted with the increased interest that television, radio and the other media are taking in our sport, although we are never complacent and always wish to see more.

British Swimming has also continued to develop its own internal corporate governance and to strengthen its processes and procedures, in particular its doping procedures based around the new WADA Code to ensure that we retain our position as a premier governing body of sport. This hard work that we have put in to our sport was rewarded by an independent audit

undertaken by Littlejohn Frazer, on behalf of UK Sport and Sport England, who confirmed that we were fit for purpose.

During this period the Board has been strengthened with the addition of new members, in particular Guy Davis. However, this Board is reaching the end of its quadrennial and it will be a new Board that takes us forward to Beijing. It is appropriate therefore to formally thank the Board for the tremendous amount of work they have done and the way that this Board has achieved what it set out to achieve. We can only hope that the rewards will come in Athens. It has been a tremendous team effort, with a strong support from the Board and a strong technical team.



We are not standing still!



Bill Sweetenham
National Performance Director

During the past three years the British Swimming programme has undergone changes resulting in the best-ever swimming performances at world level. Britain is now recognised and associated with major swimming nations as it challenges for higher standings. However, to remain a leading contender at world level we need to constantly develop and improve.

After the best ever British Swimming performance at the Barcelona 2003 World Championships, a new multi-dimensional fully-integrated but independently-managed programme was put in place that will move swimming ahead of the rest of the world. The goals are to be world leaders in every aspect in the new swimming structure with a performance driven focus. British Swimming aims to be:

- The most professional swim team in the world
- The most professional sporting team in Great Britain
- The best prepared unit and team in any sport at any competition
- The very best prepared and serviced athletes and coaches

Future success depends on...

The plan for British Swimming is directed towards high performance results across World Class Age, Youth

and Performance. This programme will lead us into, and provide a focus on ultimate success at the Olympic Games in Beijing 2008 and the 2012 Olympics. The implementation of this programme will be put into full effect post the Athens 2004 Olympics, with particular importance on developing:

- Nine Coach Development Centres accommodating a minimum of one or more Top 25 annual world ranked (two per nation) performers or Top 16 annual world youth ranked (absolute) performers within the next three years. These centres must be fully funded and up and running by September 2004 and financed from the Government Coach Education initiative. By establishing an education and performance centre within the same venue, the following can be achieved:

1. Raising the performance standard of athletes based at the centre, through the provision of top class coaching in an ideal environment.



Britain's World Championships team cheers **James Gibson's** victory in the 50m breaststroke in Barcelona

Ian Edmond breaststrokes his way to a silver medal in the World Championships

2. Providing an environment where quality coach education opportunities are easily accessible and focused on developing coaches who are superior in knowledge and experience, to our international opposition.

- A highly competitive group of 60 club-based programmes where club infrastructure, adequate facilities and coaching excellence are combined to produce 80-120 athletes who are either Top 25 annual world ranked (two per nation) or Top 16 annual absolute youth ranked. These clubs are already identified and will be targeted for priority focus of support for three years so that this outcome can be realistically addressed. All clubs and centres must have facility access (wet and dry) that allows all athletes in the programme to achieve breakpoint volume as a minimum requirement.

The club programme will be required to have an infrastructure, feeder programme, all year round facilities (wet and dry) and coaching excellence to achieve at this level of commitment. Specialist camps, club visits, fast-tracking of coach and athlete and funding will be given priority to these identified programmes to ensure the performance targets are met.

- **Coach Development:**
This will be delivered across the broad base of all of these programmes by means of the Coach Development Centres and the National Event and Men's/Women's camp programme. Certification and licensing of coaches is of no value unless it is fully integrated with practical, applied and result-based evaluations. A pilot Coach Education scheme where coaches are invited into the Loughborough Performance Centre to work practically alongside world class athletes, coaches and sport science staff will aid in pushing coach development forward.

The programme must be the most comprehensive available in world sport where we have the best-served

athletes becoming the best-prepared and strongest athletes with access to the best coaches.

Coaches must be result and performance dependent and for those that are, the salaries must reflect the professionalism of the coach. Currently British coaches are starved for pool space and limited by cost and are grossly underpaid where performance is a priority of the programme. Performance coaches are worthy of a far more generous consideration than that which currently exists.

- **Talent Identification and Tracking:**
Most talent, in preference to becoming vintage quality wine, is left to die on the vine. Underpinning all of the above programmes will be 'Smart-Track', a new talent identification and tracking programme designed more smartly to identify and fast-track swimmers and coaches through the World Class Programmes.

Ensuring consistency in the future

In a year where high performance achievement has been outstanding, it is appropriate that the opportunities are provided for the challenge of a significant raising of the bar and a true appraisal to take place. The timing is perfect. Complacency and or compromise must not play any role in the next step in British Swimming.

The goal of British Swimming must be to rank consistently in podium performances, competition point scores and total medals (with focus on gold medals) at any world meet with those countries such as USA, Australia, Russia, Germany, Japan and China.

We have to have a system of preparation that is stronger and more challenging than the competition itself. The athlete must adapt and adjust to a standard beyond what they would normally train to take them to a level

Stephanie Proud, one of Britain's rising stars, on her way to victory in the 200m backstroke at the 2003 European Junior Championships in Glasgow



more demanding than the highest competition in which they have to compete.

This new structure is considered to be stage two in the development of a system identifying and developing talent across all strands of Britain and home country swimming programmes. It will allow the process of the maximisation of talent to be developed in a structured and systematic way, where athletes can be focused on going to and beyond their potential. The system is not the answer but it will provide a pathway of strategies for all in British Swimming to maximise their potential by allowing quality coaches to access quality time at task with quality athletes in acceptable facilities to achieve the right result at the right time. The process is meant to challenge all to practices and perfect performance under pressure and to ensure that all make it through to achieve their best performance.

The British Swimming World Class Programme reflects the best system in the world and if the provisions are guaranteed then stage three of our programme can be implemented for the 2008–2012 period, placing Great Britain in the most advantageous situation in world swimming.

Welsh prodigy makes his mark

British Short Course Championships
Cambridge, 12 - 15 September 2002

After winning 37 medals at the Commonwealth Games six weeks earlier, Britain's swimmers were back in the pool to book their places for the European Short Course Championships.

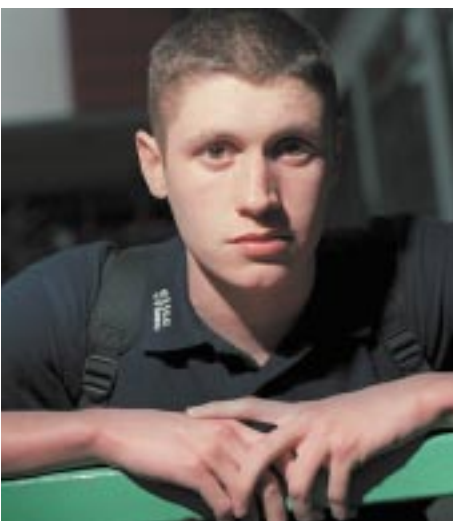
Cardiff youngster David Davies was the revelation of the championships, beating Olympians Adam Faulkner and Graeme Smith to win the 1500m title. His time of 14:54.60 carved 23 seconds off his best time, 10 seconds off the Welsh record, and made him one of only six British swimmers to go under the 15-minute barrier.

Stephen Parry was the swimmer of the meet and a move back to his former club and a change of coach looked to have paid off. The Liverpoolian won five titles, in his 'off events' – the 200 and 400m IM and the 50m backstroke – as well as the 100 and 200m backstroke, which were both in English record times. 'I was disappointed with the Commonwealths because the race was won in a time slower than my best but this meet has been tremendous,' Parry said.

Glasgow's Rebecca Cooke notched up three titles in the 400m IM, 400m freestyle and the 800m freestyle, which was almost effortless as she won by a 13-second margin, while Adrian Turner's fairy tale comeback continued with two titles either side of just a 15-minute break. Turner had been close to losing his life 18 months earlier when his body began rejecting its own red blood cells, requiring six transfusions. 'I nearly died and it gave me a different perspective on things,' said Turner, who won the 200m breaststroke and 100m IM.

But Bill Sweetenham, the National Performance Director, was less than happy about the performances from the national team swimmers in Cambridge: 'These championships weren't exactly exciting. Since Manchester there's been too much complacency and too much self gratification. There can't be a comfort zone with top-level swimming,' he said.

Welsh teenager **David Davies** was the undisputed star of the 2002 British short course championships in Cambridge



British Junior Short Course Progressive Records

Boys

EVENT	TIME	NAME & CLUB	DATE & PLACE
400m Freestyle	3:54.95	James Clarke (ENG) Millfield School	20/03/04 Southampton
800m Freestyle	8:10.86	Christopher Alderton (ENG) Durham Aquatics	02/12/02 Shanghai
1500m Freestyle	15:23.23	Christopher Alderton (ENG) Durham Aquatics	02/12/02 Shanghai
100m Breaststroke	1:04.49	Mark Branch (SCO) N Ayrshire	06/12/02 Melbourne
	1:03.05	Jack Bates (ENG) Nova Centurion	20/03/04 Southampton
200m Breaststroke	2:17.07	Mark Branch (SCO) N Ayrshire	01/12/02 Shanghai
	2:16.64	Mark Branch (SCO) N Ayrshire	01/12/02 Shanghai
400m Individual Medley	4:27.92	Lewis Smith (SCO) Warrender	15/08/03 Stockport
	4:26.41	Thomas Haffield (WAL) City of Cardiff	15/08/03 Stockport

British Junior Short Course Progressive Records

Girls

EVENT	TIME	NAME & CLUB	DATE & PLACE
800m Freestyle	8:23.58	Keri-Anne Payne (ENG) Rochdale Aquabears	06/12/02 Melbourne
50m Backstroke	29.12	Gemma Spofforth (ENG) Portsmouth N	16/08/03 Stockport
	28.63	Gemma Spofforth (ENG) Portsmouth N	16/08/03 Stockport
100m Backstroke	1:01.71	Stephanie Proud (ENG) Durham Uni Aquatics	18/01/03 Paris
	1:01.45	Stephanie Proud (ENG) Durham Uni Aquatics	14/08/03 Stockport
	1:00.45	Gemma Spofforth (ENG) Portsmouth N	15/08/03 Stockport
200m Backstroke	2:09.13	Stephanie Proud (ENG) Durham Uni Aquatics	01/12/02 Shanghai
	2:08.00	Stephanie Proud (ENG) Durham Uni Aquatics	06/12/02 Melbourne
50m Breaststroke	31.99	Grace Callaghan (ENG) City of Coventry	14/08/03 Stockport
100m Breaststroke	2:29.16	Stacey Tadd (ENG) Bath University	15/08/03 Stockport
100m Individual Medley	1:02.72	Rosie Morahan (ENG) Millfield	16/08/03 Stockport
400m Individual Medley	4:44.07	Stephanie Proud (ENG) Durham Uni Aquatics	14/12/03 Dublin

Small team wins nine medals

European Short
Course Championships
Riesa, Germany,
12 - 15 December 2002

Britain selected a relatively small team of 15 swimmers and this number was reduced to 14 when Darren Mew withdrew because of injury. As usual, National Performance Director Bill Sweetenham treated it as a development meet, banning shaving, tapering and bodysuits.

The meet proved a slow starter for Britain with just two medals in the first two days. Stephen Parry flew the flag on day one with silver in the 200m backstroke while day two's British medallist was Sarah Price in the 100m backstroke.

Things began to pick up for Britain on the third day with Parry and James Hickman taking gold and silver in the 200m butterfly and a silver for 17-year-old David Davies, who pronounced himself 'shocked but delighted' after lowering his PB by 12 seconds in the 1500m freestyle. The result earned him the award for the best male newcomer of the meet, following in the footsteps of Robin Francis 12 months earlier.

Day four was expected to produce two gold medals and they were duly delivered through Alison Sheppard with a British record time of 24.20 in the 50m freestyle and Sarah Price in the 200m backstroke.



Steve Parry on the way to his butterfly victory

Steve Parry (right) and **James Hickman** won gold and silver in the 200m butterfly



World Cup winnings

FINA World Cup 2002/2003

New York, Shanghai, Paris, Stockholm & Berlin

World Cup success for Britain's swimmers started when James Hickman proved his dominance in the short course pool winning the 200m fly in 1:53.18 ahead of Thomas Rupprath and Michael Phelps, the short and long course record holders.

Alison Sheppard, Graeme Smith and Georgina Lee also won gold medals with the swim of the meet coming from Sheppard in the 50m freestyle in Berlin as she set a new World Cup record of 24.06 and gained first place in the women's series rankings.

There were impressive performances from the youngest members of the team, 14-year-old Stephanie Proud, who claimed bronze in the 200m backstroke in a British junior record of 2:09.13. Mark Branch, 16, also broke the junior record in the 200m breaststroke, while Chris Alderton broke David Stacey's 21-year-old 800m and 1500m freestyle records.

The team gained overall victories in Paris and Berlin and a runner up spot in Stockholm with a total of 16 medals secured in Paris with golds from Zoe Baker, Alison Sheppard, James Hickman, Sarah Price and Mark Foster.

Five golds, five silvers and one bronze in Stockholm added to the squad's medal tally. An outstanding performance by City of Newcastle's Chris Cook saw him set a new British and Commonwealth record in the 100m breaststroke as he became the first Briton to go under 59 seconds.

National Performance Director Bill Sweetenham spoke highly of his swimmers. 'Everybody has done a good job. When I think of where Britain was three or four years ago we've made massive steps forward. However, to go where we want to go, there are still bridges to cross.'



Chris Cook set British and Commonwealth records in the 100m breaststroke in Stockholm

Records galore in world trials

British Long Course
Championships
Sheffield, 19 - 23 March 2003

There were many world class swims and records broken as swimmers battled to gain world championship qualifying times. Graeme Smith was the first to qualify when he won the 400m freestyle in 3:49.71. The Stockport-based Scot also won the 800m and 1500m freestyle to prove he was still the king of long distance swimming. David Davies secured selection behind Smith in the 1500m, lowering his Welsh record by 11 seconds.

Double Commonwealth champion Rebecca Cooke booked her ticket to Barcelona, winning the 400m, 800m and 1500m freestyle events. Katy Sexton and Sarah Price, Commonwealth champions present and past, battled it out in the three backstroke events. Sexton came out on top, winning the 100m in a Commonwealth record of 1:00.49 and the 200m also in a Commonwealth record of 2:09.27. Price found solace in the 50m backstroke, winning in a British record of 29.03 and securing qualification.

Graeme Smith won the 400, 800 and 1500m freestyle to prove he was still the king of the distance events

British Senior Long Course Progressive Records to March 31, 2004			
Men			
EVENT	TIME	NAME & CLUB	DATE & PLACE
50m Backstroke	25.69	Liam Tancock (ENG) City of Exeter	31/07/03 Glasgow
	25.60	Liam Tancock (ENG) City of Exeter	31/07/03 Glasgow
200m Backstroke	1:58.97	James Goddard (ENG) Stockport Metro	20/03/03 Sheffield
	1:58.65	James Goddard (ENG) Stockport Metro	21/03/03 Sheffield
50m Breaststroke	27.46	James Gibson (ENG) Loughborough Uni	22/07/03 Barcelona
100m Breaststroke	1:00.47	James Gibson (ENG) Loughborough Uni	23/03/03 Sheffield
	1:00.47	James Gibson (ENG) Loughborough Uni	20/07/03 Barcelona
	1:00.37	James Gibson (ENG) Loughborough Uni	21/07/03 Barcelona
200m Breaststroke	2:10.69	Ian Edmond (ENG) City of Edinburgh	23/07/03 Barcelona
50m Butterfly	23.51	Mark Foster (ENG) University of Bath	08/06/03 Zaegreb
4 x 100m Medley Team	3:38.21	GBR National Team (Tait, Gibson, Cooper, Cozens)	27/07/03 Barcelona



The two Karens were pre-race favourites for the 200m freestyle. Karen Pickering won the gold in 2:00.39 but Karen Legg who led up until the last 50m had to settle for third place after Melanie Marshall clinched silver. Legg won silver in the 100m freestyle behind Scot Alison Sheppard who also won the 50m freestyle.

The men's 100m breaststroke proved as exciting as expected with a Commonwealth record from James Gibson (1:00.47) and PBs for Darren Mew, Chris Cook and Ian Edmond.

After a British record in the 100m breaststroke semi-final, Rachel Genner suffered a sleepless night leaving the way open for Jaime King to win gold and knock another 0.01 off Genner's day-old record.

British Senior Long Course Progressive Records to March 31, 2004

Women

EVENT	TIME	NAME & CLUB	DATE & PLACE
1500m Freestyle	16:17.95	Rebecca Cooke (ENG) City of Glasgow	21/07/03 Barcelona
	16:14.70	Rebecca Cooke (ENG) City of Glasgow	29/08/03 Daegu
50m Backstroke	29.03	Sarah Price (ENG) Barnet Copthall	21/03/03 Sheffield
100m Backstroke	1:00:94	Sarah Price (ENG) Barnet Copthall	19/03/03 Sheffield
	1:00.49	Katy Sexton (ENG) Portsmouth Northsea	20/03/03 Sheffield
200m Backstroke	2:09.27	Katy Sexton (ENG) Portsmouth Northsea	23/03/03 Sheffield
	2:08.74	Katy Sexton (ENG) Portsmouth Northsea	26/7/03 Barcelona
100m Breaststroke	1:09.59	Rachel Genner (ENG) City of Coventry	17/02/03 Sheffield
	1:09.01	Rachel Genner (ENG) City of Coventry	22/03/03 Sheffield
	1:09.00	Jaime King (ENG) University of Bath	23/03/03 Sheffield
	1:08.86	Rachel Genner (ENG) City of Coventry	24/1/04 Sheffield
100m Butterfly	1:00.24	Georgina Lee (ENG) Camphill Edwardians	04/04/03 Indianapolis
200m Butterfly	2:09.40	Georgina Lee (ENG) Camphill Edwardians	02/04/03 Indianapolis

British Junior Long Course Progressive Records

Girls

EVENT	TIME	NAME & CLUB	DATE & PLACE
50m Backstroke	30.29	Gemma Spofforth (ENG) Portsmouth N	20/03/03 Sheffield
	29.95	Gemma Spofforth (ENG) Portsmouth N	21/03/03 Sheffield
	29.40	Gemma Spofforth (ENG) Portsmouth N	02/08/03 Glasgow
100m Backstroke	1:02.83	Gemma Spofforth (ENG) Portsmouth N	31/07/03 Glasgow
	1:02.69	Stephanie Proud (ENG) Durham Aquatics	31/07/03 Glasgow
200m Backstroke	2:12.22	Stephanie Proud (ENG) Durham Aquatics	03/08/03 Glasgow
50m Breaststroke	32.24	Kate Haywood (ENG) Lincoln Vulcans	19/03/03 Sheffield
	32.10	Grace Callaghan (ENG) City of Coventry	31/07/03 Glasgow
100m Breaststroke	1:09.26	Grace Callaghan (ENG) City of Coventry	01/08/03 Glasgow
200m Breaststroke	2:32.36	Stacey Tadd (ENG) University of Bath	28/07/03 Paris

British Junior Long Course Progressive Records

Boys

EVENT	TIME	NAME & CLUB	DATE & PLACE
1500m Freestyle	15:50.65	Christopher Alderton (ENG) Durham Aquatics	20/03/03 Sheffield
200m Breaststroke	2:22.29	Mark Branch (SCO) N. Ayrshire	19/03/03 Sheffield
	2:22.08	Mark Branch (SCO) N. Ayrshire	19/03/03 Sheffield
	2:21.57	Mark Branch (SCO) N. Ayrshire	20/03/03 Sheffield
	2:18.85	Mark Branch (SCO) N. Ayrshire	28/07/03 Paris
100m Butterfly	56.67	Michael Rock (ENG) Everton	26/10/02 Sheffield
200m Butterfly	2:05.13	Simon Le Couilliard (ENG) Jersey Tigers	12/01/03 Sheffield

Praise for Britain's youngsters

European Youth Olympic Festival
Paris, July 2003

Britain's youth achieved one of their finest performances at the European Youth Olympic team Festival winning a total of 17 medals and praise from National Performance Director Bill Sweetenham. Star performances from the University of Bath's Stacey Tadd saw her win two individual gold medals and a relay bronze as well as break a British junior record in the 200m breaststroke in 2:32.36. Tadd said: 'I thought I might swim some small PBs but I never thought I would come away with two golds and a British junior record. It's been a great week.'

Michael Rock from Everton won the 100m butterfly before joining team-mates, Scott Houston, Mark Branch and Martin Handley to win the boys' medley relay in a championship record of 3:50.70. Branch and Houston also won individual medals and set British junior records.

Nova's Rebecca Adlington came from fourth place at the halfway mark of the 400m freestyle to finish second, collecting a silver medal for the team. She also won silver in the 800m freestyle.

The Welsh 400m IM junior record was broken by Julie Gould (Guildford City) in a silver medal winning time of 4:57.51. Earlier she won a bronze in the 200 IM. Chris Alderton (DUA) took silver in the 1500m freestyle and Francesca Halsall from the City of Liverpool was a triple bronze medallist in the 50m and 100m freestyle and the medley relay. Bronze medals also went to Simon le Couillard and Max Underhay.

University of Bath
youngster **Stacey Tadd**
won two gold medals
and a relay bronze
in Paris



Record medal tally for juniors

European Junior Swimming Championships
Glasgow, 31 July - 3 August 2003

Youth coach John Atkinson's target was 15 medals but the team exceeded that to bring home 20! They also came away with seven championship, six British junior and two British senior records. British golds from six different swimmers showed the team's passion and confidence in the pool.

The first win came from Liam Tancock in the 50m backstroke. His time of 25.60 was a championship and British senior record.

Stephanie Proud set a British junior record to win silver in the 100m backstroke and later went one better to claim gold in the 200m back.

David Davies and Gemma Spofforth won gold in the 1500m freestyle and 50m backstroke respectively, Davies taking his title by 15 seconds. Grace Callaghan won the 100m breaststroke ahead of Kate Haywood who previously beat her in the 50m breaststroke.

Atkinson was pleased to see the team win more medals than any other team but added: 'The objective for next year has to be to win in all ways including the most gold medals.'

Liam Tancock was the first gold medallist at the European Junior Championships, and he set a new British record in the 50m backstroke to achieve it



Swimmers celebrate success

European Short Course Championships Dublin, 11 - 14 December 2003

With 48 swimmers, Britain had the largest team in Ireland and came home with seven gold medals, six silver and one bronze. Mark Foster was Britain's first gold medallist but as usual he did it the hard way, barely scraping into the semi-finals of the 50m freestyle. Qualifying fastest for the final, he then swam a winning time of 21.42. He made it a double when he won the 50m fly three days later.

The 200m breaststroke saw Ian Edmond break the European and Commonwealth records while Melanie Marshall broke the British and Commonwealth records to win the 200m freestyle. Durham University Aquatics' 17-year-old Joanne Jackson impressed to win the 400m freestyle with Rebecca Cooke only 0.08 seconds behind in the silver position.

Gold also came from Alison Sheppard in the 100m IM. Her second medal, a silver, came in the 50m freestyle. A championship record took James Gibson to victory in the men's 100m

breaststroke. Rachel Genner broke the British record to come fifth in the women's 100m breaststroke.

After a two-year struggle, Robin Francis celebrated a silver medal in the 400m IM and broke the British record. Rebecca Cooke also won silver in the 800m freestyle. Graeme Smith and Steve Parry both won silver medals in the 1500m freestyle and 200m fly respectively. Despite getting the best start, Parry came second to the world record holder, Frank Esposito from France.



Melanie Marshall gave a taste of things to come with victory in a Commonwealth record time in the 200m freestyle

Jo Jackson (right) and **Rebecca Cooke** show off their gold and silver medals after the 400m freestyle in Dublin



On top of the world

World Swimming Championships
Barcelona, 13 - 27 July 2003

'Fast and furious' was how Bill Sweetenham described the world championships, a competition where 14 world records were broken and Britain came away with their best-ever result – two golds, three silvers and three bronzes.

James Gibson ended Britain's 28-year wait for an individual title by winning the 50m breaststroke. The Loughborough University swimmer also won a bronze in the 100m breaststroke in a race that saw four swimmers swim under 1min 01sec. Gibson's coach Ben Titley confiscated the gold medal and declared: 'He doesn't need to know he's the best in the world. He can't have the gold medal. He can keep the bronze from the 100m because that will motivate him.'

This world-beating performance was followed by another from Portsmouth's Katy Sexton. She became the first British woman to win an individual long course world title as she broke the Commonwealth 200m backstroke record with a time of 2:08.74. She also clawed her way back from sixth place to share the silver medal spot in the 100m backstroke. The same day saw Mark Foster win silver in the 50m freestyle, a medal he promised to bring home after Sweetenham let him swim without meeting the selection policy in that event. Double Commonwealth champion Rebecca Cooke also made it to the podium with a bronze in the 800m freestyle. After setting a Commonwealth record in the semi-finals, Ian Edmond celebrated a silver medal in the 200m breaststroke while Zoe Baker won bronze in the 50m breaststroke.

Bill Sweetenham said of the championships that he was proud to be a part of the British team. 'I provided the pathway to success but I didn't do it. The swimmers, coaches and support staff all made the decision to embrace the change. We're light years ahead of where we were.'

Left to right
Breaststroke sprint specialist **Zoe Baker** on her way to bronze in the 50m final

Ian Edmond celebrates his silver in the 200m breaststroke

Rebecca Cooke can't hide her emotions after realising she has won a bronze medal in the 800m freestyle





Top left Britain's medallists from Barcelona (back row, from left) **Rebecca Cooke, Zoe Baker, Mark Foster,** (middle) **Katy Sexton, Ian Edmond,** (front) **James Gibson**

Top right **Mark Foster** (right) kept good company in Barcelona after splitting all-time greats **Alexander Popov** (centre) and **Pieter van den Hoogenband** to win silver in the 50m freestyle

Below World champions **Katy Sexton** and **James Gibson** celebrate their success in Barcelona



Records blitz in Stockport

British Short
Course Championships
Stockport, 14 - 17 August 2003

Off the back of their most successful world championships ever, Britain's elite swimmers brought their season to a close with 14 new British records established in Stockport, including seven in one night's racing.

Rebecca Cooke set three in less than 48 hours, including June Croft's 19-year-old 400m freestyle standard - Britain's oldest swimming record - before later adding the 800m freestyle and 400m individual medley records to her collection. 'It's stood for a long time so I knew exactly what it was before I got in. That was always the goal, especially after the last couple of days, which have been something else for me,' Cooke said.

Darren Mew bounced back from a 'shocking' world championships to set two British and Commonwealth records in the sprint breaststroke events, while Gregor Tait made amends for his near miss with British records in the 50 and 200m backstroke events after finishing ninth in Barcelona having lost a swim-off for a place in the final. 'I can't complain at that,' Tait said. 'I've always thought I could go pretty quickly and that's been a major boost after missing out in Barcelona.'

Loughborough's Chris Cozens became the first British man under 48 seconds to win the 100m freestyle in 47.80sec, while Alison Sheppard set a new 100m individual medley mark.

British Senior Short Course Progressive Records to March 31, 2004			
Men			
EVENT	TIME	NAME & CLUB	DATE & PLACE
100m Freestyle	47.80	Christopher Cozens (ENG) Loughborough Uni	16/08/03 Stockport
50m Backstroke	24.54	Matthew Clay (ENG) Bath University	15/08/03 Stockport
	24.52	Gregor Tait (SCO) City of Edinburgh	12/12/03 Dublin
100m Backstroke	51.88	Gregor Tait (SCO) City of Edinburgh	17/08/03 Stockport
200m Backstroke	154.11	Stephen Parry (ENG) Stockport Metro	12/12/02 Riesa
	1:52.52	Gregor Tait (SCO) City of Edinburgh	14/08/03 Stockport
50m Breaststroke	26.72	Darren Mew (ENG) University of Bath	16/08/03 Stockport
100m Breaststroke	58.91	Christopher Cook (ENG) City of Newcastle	21/01/03 Stockholm
	58.27	James Gibson (ENG) Loughborough Uni	15/08/03 Stockport
	58.03	James Gibson (ENG) Loughborough Uni	12/12/03 Dublin
200m Breaststroke	2:07.38	Ian Edmond (SCO) City of Edinburgh	14/12/03 Dublin
	2:05.63	Ian Edmond (SCO) City of Edinburgh	14/12/03 Dublin
400m Individual Medley	4:05.20	Robin Francis (ENG) University of Bath	12/12/03 Dublin
4 x 50m Free Team - National records	1:27.45	National Team (Cozens, Kidd, Scotcher, Foster)	14/12/03 Dublin
	1:26.42	National Team (Cozens, Kidd, Scotcher, Foster)	14/12/03 Dublin

Darren Mew
bounced back from a disappointing world championships to set British and Commonwealth records in the men's sprint breaststroke events





Chris Cozens became the first Briton to go under 48 seconds in the 100m freestyle

Coventry's Rachel Genner, ruled out of the worlds through health problems, advanced the 100m breaststroke record to 1:07.17, while Zoe Cray shaved 0.04sec off the 50m backstroke record.

Newly-crowned world champion Katy Sexton took her two titles in the 100 and 200m backstroke, leading from the start to win the latter in 2.07.81sec. 'It's difficult getting up to race here as it's a bit of a comedown after Barcelona, but I'm happy with the way I'm swimming and I need to be attacking the races like I did there,' Sexton said.

Bath's Matthew Clay bettered Neil Willey's 50m backstroke mark by 0.01 to win in 24.54sec and Loughborough's Rosalind Brett raised her flagging spirits after her Barcelona disappointment to set a new 50m butterfly record of 26.74sec.

British Senior Short Course Progressive Records to March 31, 2004

Women

EVENT	TIME	NAME & CLUB	DATE & PLACE
50m Freestyle	24.20	Alison Sheppard (SCO) Milngavie & Bearsden	15/12/02 Riesa
	24.06	Alison Sheppard (SCO) Milngavie & Bearsden	25/01/03 Berlin
200m Freestyle	1:55.31	Melanie Marshall (ENG) Loughborough Uni	14/12/03 Dublin
	1:55.10	Melanie Marshall (ENG) Loughborough Uni	14/12/03 Dublin
400m Freestyle	4:03.46	Rebecca Cooke (ENG) City of Glasgow	16/08/03 Stockport
	4:02.23	Melanie Marshall (ENG) Loughborough Uni	18/01/04 Berlin
800m Freestyle	8:19.82	Rebecca Cooke (ENG) City of Glasgow	15/08/03 Stockport
	8:19.06	Rebecca Cooke (ENG) City of Glasgow	17/01/04 Berlin
50m Backstroke	28.04	Zoe Cray (ENG) Ipswich	16/08/03 Stockport
100m Breaststroke	1:07.17	Rachel Genner (ENG) City of Coventry	16/08/03 Stockport
	1:07.04	Rachel Genner (ENG) City of Coventry	13/12/03 Dublin
200m Breaststroke	2:24.92	Kirsty Balfour (SCO) City of Edinburgh	12/12/03 Dublin
	2:24.03	Kirsty Balfour (SCO) City of Edinburgh	12/12/03 Dublin
50m Butterfly	26.74	Rosalind Brett (ENG) Loughborough Uni	15/08/03 Stockport
100m Butterfly	59.16	Georgina Lee (ENG) Camphill Edwardians	19/03/04 Texas
100m Individual Medley	1:00.76	Alison Sheppard (SCO) Milngavie & Bearsden	16/08/03 Stockport
400m Individual Medley	4:38.18	Rebecca Cooke (ENG) City of Glasgow	17/08/03 Stockport
4 x 50m Medley Team - National Records	1:50.71	National Team (Marshall, Genner, Brett, Sheppard)	13/12/03 Dublin

Obstacles overcome on road to Athens



Steve Foley National Performance Director, British Diving

Since the 2002 Commonwealth Games in Manchester, British Diving has focused predominantly on the Athens 2004 Olympic Games.

To achieve success at the 2004 Games, many obstacles had to be overcome, the main one being Olympic qualification, which was far more difficult than before due to restrictions on the number of competitors. This meant that Great Britain actually had to qualify spots for the Olympics, putting far more pressure on the athletes.

The only two events where the country could qualify their spots for the Olympics were the 2003 World Championships in Barcelona and the 2004 World FINA Diving Cup in Athens. Basically, for the individual events, divers that placed top 12 at Barcelona qualified the country and then the next best 22 at the World Cup.

For the synchronised events, only the top three countries from Barcelona and the next four placed teams from the World Cup would qualify. As the host country, Greece qualified automatically for the synchronised events.

Making their mark

During 2003, British divers won many medals at the major Grand Prix events

and seriously made their mark in the international arena. However, the World Championships in 2003 were a little disappointing, with only three divers qualifying the country for the Olympic Games and narrowly missing two medals.

As often happens, many things are learned from narrow defeats and the team trained harder and focused heavily on the 2004 World Cup in Athens. This was without doubt British Diving's best performance under the most extreme pressure and all divers contributed to the success. We qualified in three of the four synchronised events and earned six of eight individual spots for the Olympics, a remarkable achievement. The highlight was the silver medal won by Leon Taylor and Peter Waterfield in the 10-metre synchronised event.

British divers have since continued their impressive record in the 2004 Grand Prix events with a swag of medals culminating in a silver medal for Leon Taylor in the men's platform event at the FINA Super Final.

Talented Juniors

During the past 12 months Kim White has been delivering brilliant junior Olympic camps quarterly and this was reflected when British Diving juniors dominated the Canadian International in Montreal in December 2003.

Further insight into our talented juniors is provided by the recent form shown by many at the Junior National Championships and the Senior National Championships. All I can say is that the future looks bright and Kim White is producing a batch of tough, outstanding juniors for the 2008 Olympics.

The World Class Start programme has been a marvellous success with several pilot projects commencing at various centres around the country. To top things off, nearly 1,200 children have been tested through schools under the

guidance of Chelsea Warr and a superb squad of young talent now lies neatly behind World Class Potential.

Chelsea Warr has since moved on to British Swimming and we thank her for her enormous contribution to British Diving and wish her all the success in her new role. Julian Bellan has now taken on the role as World Class Start Manager and I am sure he will continue to develop and enhance the Start programme.

Jeff Cook

British Diving was deeply saddened at the passing of Jeff Cook, who played a large part in our success and the medal won by British Diving at the World Cup. I would like to dedicate this medal to his memory. He will be missed.

Finally, with the 2004 Athens Olympic Games this year British Diving is a serious medal contender in two to three events. This has never been the case before, although being a contender does not mean you are guaranteed success. Whether we win a medal or miss out, one thing is for certain – our team is the best prepared both mentally and physically, and is focused to perform to the best of their ability.

Leon Taylor (left) and **Peter Waterfield** won a World Cup silver medal in the 10m platform event in Athens



Six golds for six divers

GB Diving Championships
Sheffield, 7-9 February 2003

Forget about the past – the future is all that counts. This message from Britain's National Performance Director, Steve Foley, was heard loud and clear in Sheffield as six different champions proved that the days of one name dominating the boards are over.

Separating Leon Taylor and Peter Waterfield throughout the prelims and semi-finals was almost impossible but Taylor's consistency in the final gave him the edge as he won by 44.1 points in the men's platform. Waterfield was unable to dominate all three men's titles as in previous years. He left with

one winning performance in the 1m springboard with a score of 393.12 exceeding his own expectations.

Two new names achieved success with Leeds' Tandi Gerrard winning gold in the women's 1m springboard and Tracey Richardson claiming victory in the 3m springboard. Richardson beat double Commonwealth bronze medallist Jane Smith and was happy with her performance. 'I've been competing a lot since Christmas and that's prepared me really well for this. It was nice to beat Jane but my own performance is what really matters.'

Teenager Stacie Powell won her third national championship in a row on the

platform and the partnership of Sheffield's Tony Ally and Mark Shipman looks to be going from strength to strength as they won another national title in the 3m springboard synchro. Shipman won the individual event, pushing Ally into second place.

Tandi Gerrard won gold in the 1m springboard at the 2003 British championships



Double silver for juniors

European Junior Diving Championships, Edinburgh, 31 July - 3 August 2003

Romanian coach Alex Bagiu had good reason to celebrate when the two silvers won by the British team went to two of his divers from the Bagiu Diving Institute.

Nick Robinson-Baker, one of the youngest divers in the field, won the first of Britain's medals in the 1m springboard. The 16-year-old Londoner was in fifth place but moved up to second with a superb final dive.

Stacie Powell, the defending champion, followed up with another silver in the girls' 10m platform, losing out to Italian Tania Cagnotto, who won all three titles. Powell said: 'I was happy with my overall performance, especially my level of consistency. This was a key area I have been focusing on.' Steve Foley, the National Performance Director, said Britain's divers showed their 'enormous potential' and, given more international experience, will have the ability to achieve world-class results.



Platform pair break British record

British Diving Championships Sheffield, December 2003

Britain's synchro team proved they are on top form after setting a new British record in the 10m synchro final in Sheffield. Peter Waterfield and Leon Taylor scored 380.28, 75 points ahead of their nearest rivals.

They both won individual golds as well, Waterfield in the 1m springboard and Taylor in the platform. Jane Smith equalled the men's performance with a double gold in the individual 3m and the 3m synchro with Tandi Gerrard. Tony Ally and Mark Shipman, having already qualified for the Olympics, were a little more relaxed but still won the synchro final in style.

Stacie Powell and **Nick Robinson-Baker** both won silver medals at the European Junior Championships in Edinburgh



Best world champs for Britain

Diving World Championships
Barcelona, 13 - 27 July 2003

Although they came home with no medals, Britain's divers proved they can compete with the rest of the world after an outstanding performance in Barcelona. Leon Taylor and Peter Waterfield secured Britain's highest ever place in the world championships – fourth in the platform synchro.

Taylor also came fifth in the individual 10m platform, a fine result following shoulder surgery and Britain's best placing. Waterfield was less successful, failing to get through the qualifying round.

Sheffield pair Mark Shipman and Tony Ally finished eighth in the 3m synchro event. Shipman and Ally scored lifetime bests of 649.20 and 633.15 respectively in the 3m springboard, an event that saw the top six divers reach over 700 points. It was the first time that two British divers had competed in the event and they finished in very respectable ninth and 10th positions.

Tandi Gerrard's debut world championships were disappointing after she missed progressing from the preliminaries of the 1m springboard by less than a point.

Southend's Tracey Richardson and Sheffield's Jane Smith were also unable to progress to the semi-finals of the 3m board after they finished 28th and 30th respectively.

Leon Taylor and **Peter Waterfield** in action at the World Championships against the spectacular Barcelona skyline



Olympic places guaranteed for Britain's divers

Diving World Cup
Athens, February 2004

Leon Taylor and Peter Waterfield were British stars at the World Cup in Athens after winning silver in the 10m synchro securing themselves a place in the Olympic Games.

Under new rules Britain only had three automatic places in this year's Games before the FINA World Cup. They came away from the competition with ten.

Taylor and Waterfield came second with 366.81 points, only 15 points behind the Chinese winners. National

Performance Director Steve Foley said: 'The boys were brilliant throughout but their fourth round dive was special. It was the best performance from our best-ever British pair.' Taylor also dived well to come 6th in the men's platform while Waterfield added to his synchro success by coming 13th in the individual platform securing a second slot for Britain in that event.

Tony Ally and Mark Shipman came sixth in the men's 3m synchro as did Jane Smith and Tandi Gerrard in the women's 3m synchro. These spectacular performances gained Britain extra places in Athens this summer.

Tony Ally and **Mark Shipman** came sixth in the men's 3m synchro at the World Cup in Athens



Four-year plan looks to 2008 Olympics

A full-time position of National Synchro Director and Head Coach became available in May 2003, and Adele Carlsen was appointed to take on the role. The goal – to regain British success in this discipline on the international scene.

2003

It was time to take a step back and assess British synchro's current position in world and European rankings, along with current world class competitive standards and training structures. The director produced a questionnaire at the World Championships in order to review what the top countries in the world were doing, and how Britain could go one step better.

Junior Europeans 2003

With performance standards falling in Britain, it was agreed that only a duet and solo that had met a certain marking criteria in a previous meet would compete in this event. The target was to final, and they achieved this. Tia Randall finished 11th in solo, and produced the same placing with Louise Woolley in the duet.

British Championships 2003

This event was dominated by the Rushmoor club, which won every title. Talk was of two new swimmers who had been born and bred in Canada, yet agreed by FINA to be eligible to compete for Great Britain due to both having British fathers. Chelsea Luker and Carly Grimshaw were the two in question, and they won the British duet title competing for their new club, Rushmoor. Chelsea also went on to secure the British solo title. The team title went to Rushmoor, with Gateshead achieving their highest British team ranking of second and Reading Royals finishing third. The Holland Trophy for the swimmer with the most points from all events went to Tia Randall of Rushmoor.

2004

This year has seen Great Britain enter a duet in a world class event for the first time since 1998. The junior duet and solo has also been showing big jumps in improvement, though the overall team athlete standard is still too low to compete successfully on the international stage. However, development money is being pumped into young athletes with potential to allow the first 13-14yrs international squad in over a decade to train and compete.

Olympic Qualification 2004

The duet of Chelsea Luker and Carly Grimshaw, along with reserve Mhairi Laing, competed in the duet event. The top 24 duets qualify via IOC rules. Britain finished 19th. With the British Swimming Board ranking of top 12 or higher in order to compete at the Olympic Games, Britain will not be sending a duet to the Games in 2004. The duet was in the top half of the world, which is a promising ranking, looking towards 2008. Russia are still dominant, with Japan second and Spain pulling up to third. Two weeks later, the British duet competed in the European Championships, missing the final by one place to finish 13th. Chelsea Luker finished two places outside the final in solo. Meanwhile Jenny Gray has been selected to judge at the Olympic Games.

Junior Europeans/Junior Worlds 2004

Two new athletes were competing for Britain at junior level. Having won the duet in a Junior International meet two weeks earlier, the duet of Hannah Massey and Jenna Randall finished seventh in Junior Europeans and Hannah placed eighth in solo. This is the highest result in a few years for Britain. They have qualified for the Junior World championships in July.



Adele Carlsen
National Synchro
Director and Head
Coach

**Tia Randall and
Louise Woolley**
achieved 11th
place in the 2003
European Junior
Championships



These two athletes are still juniors in 2005 and show great promise for the future.

Four-Year Plan

A four-year plan has been developed for Britain's elite synchronised swimmers and coaches looking towards competing successfully at the 2008 Olympic Games. It also includes a plan for junior and youth potential athletes looking towards the 2012 Games. This plan will come into action from the 2004 British Championships.

A Long Term Athlete Development programme is currently being devised for synchronised swimming in Britain, in order to provide potential world class champions in the future.

Records aplenty for disability swimmers

No major disability championships took place in 2003 owing to the absence of successful bids from countries to host the European Championships. Therefore the main target for the British team was the Welsh Disability Long Course Championships that were held in Swansea in November. At these championships British disability swimmers broke 31 records including seven world and eight European records.

In July five blind or visually-impaired swimmers took part in the IBSA World Games in Quebec, a disability-specific competition. The team should have consisted of eight swimmers but due to illness and injury three had to withdraw beforehand. Despite this, Great Britain achieved fourth place in the medals table and broke eight British, three European and four world records. Other competitions in 2003 included the German Open in June and the Canadian Championships in July. During 2003 British swimmers achieved 103 British, 37 European and 29 world records.

Multi-Disability events

Multi-disability events were held at both the British Long Course Championships in March and the ASA Long Course Championships in July. Six world

records and 16 British records were broken at the British LC with one world and nine British records broken at the ASA LC.

The three performance centres are now fully operational with Manchester as the hub of British Disability Swimming and Swansea and Stirling acting as satellite centres. There are full-time swimmers based at each centre and access and usage of the three centres is being maximised in relation to individual training opportunities and domestic camps across all World Class programmes.

In September two thirds of the athletes on the performance programme along with coaches and support staff attended a 12-day international camp in Cyprus. The BPA was responsible for organising the venue while British Disability Swimming was responsible for the day-to-day operations. The camp was a useful exercise to help prepare coaches and athletes for the Paralympic Games in 2004.

Comprehensive support

British Disability Swimming is now receiving comprehensive support from the home country institutes. Support that is currently being provided

includes strength and conditioning coaching, physiological testing, performance lifestyle, musculo-skeletal profiling every six months and medical profiling every 12 months. This support is delivered throughout the regions and is planned to continue through 2004 and beyond with Potential swimmers also receiving this support.

The Potential programme is now fully operational and has been extended to include Welsh and Scottish swimmers. There are now two full-time programme support officers employed to help run the Potential and Start programmes. It is hoped that the Start programme will proceed in 2004.

Our programmes are progressing well but we need to keep raising both the standards of our swimmers and coaches if we are to be successful at the 2004 Athens Paralympic Games. Swimmers and coaches are being challenged by both the Director of Disability Swimming, Tim Reddish, and the GB Coaching Co-ordinator, Lars Humer, on a regular basis and everyone is responding well to the challenges that the programme expects.



Elaine Barrett
set four world records in Argentina

Tim Reddish
National Performance Director Disability Swimming

Gold rush for Britain

World Disability Championships
Mar Del Plata, Argentina,
December 2003

Britain's disability swimmers came out on top of the world in Argentina after winning 32 gold, 24 silver and 20 bronze medals. Newly-appointed captain Jody Cundy was the team's first gold medallist in the S10 100m butterfly. Qualifying sixth after his starting block gave way in the heat, the Hatfield swimmer recovered in the final and broke his own world record.

James Crisp and Elaine Barrett notched up an amazing 10 golds and four world records between them. Nottingham's Crisp described himself as 'ecstatic' after taking 2.5 sec off the world qualifying time in the SM9 200m

IM (2:22.87). His other world record came in the S9 100m backstroke. World record number one for Barrett came in the 100m butterfly and just one day later she set another in the SB11 100m breaststroke.

Broxburn's Jim Anderson notched up a few medals and records of his own including the 100m freestyle, beating record holder Curtis Lovejoy of the US.

Manchester's Sascha Kindred won three golds in the championship and team-mate Nyree Lewis won a gold in the S6 100m backstroke setting a world record on her way.

Sascha Kindred won three golds at the World Disability Championships



Restructuring for the future



Nick Hume National Performance Director, Water Polo

Over the last year British Water Polo has set about restructuring itself as never before. As National Performance Director, I have been given the task of making our national water polo teams internationally competitive. This is a big task, as there is a considerable difference in level between Great Britain and the top international teams. However, we have set about it and I am determined to see it succeed.

Upon review of GB water polo in 2003, it was clear that there were a number of fundamental flaws that would prevent us from ever catching up with our European neighbours. It has taken time to recognise what they are and how they can be changed. We are now in the process of implementing them. The following outlines the changes being made:

1. Emphasising player commitment to water polo

Players at all ages are not training hard enough. Playing polo at the top level in this country has been an easy option. A review of senior national team athletes' training totals indicated as little as six to eight hours per week. This is not acceptable for international

athletes. Players are now expected to achieve certain levels of training for weights, swimming and polo and have to record this information in diaries along with updating monthly training logs. This has been introduced for all our national squads as far down as Academy and Youth ages.

2. Building the Player Pathway

Through their introduction to the national set-up at the Academy in Millfield every August, players start along an identifiable national team pathway. After Millfield, Academy-aged players are to attend Regional Training Centres (RTCs), where they will be taught core skills and drills in line with national team protocol. From here the players will be picked for the National Youth Squad.

The Youth Squad will continue to train at the RTCs but also come together throughout the year for national training camps.

After the Youth two-year cycle, the players enter the Juniors and are introduced to European competition in various degrees. This is a crucial stage of development and is a time where we as a nation get left behind.

With the opportunities that we have at places like Grantham College, players can get the 16-plus hours per week training they need along with furthering their higher education. This level of commitment has to be expected at this stage in order to underpin senior success.

Once athletes become senior players, they are expected to make some important decisions. One of the biggest initiatives I am currently looking at is the possibility of developing a High Performance Centre. We are currently in the process of moving towards this goal. In effect it means we are in a transitional period as we work to find a long-term home for water polo and work out the implications for our senior players.

3. Coaching Development

This is without question one of the most neglected areas of our sport. Coaching development is a priority, and we are trying to do something about it. Recently the 'Core Skills & Drills' video has been produced that illustrates the basic skills that need to be taught to our Youth and Academy-aged players. In addition we are currently reviewing the Teachers and Assistant Teachers courses.



4. Long Term Athlete Development (LTAD)

LTAD is the buzzword in British sport. Based on scientific principles of growth, development and maturation, LTAD sets out the training protocols for all athletes, from beginner to the senior international. I am pleased to say that GB water polo is one of the first sports in this country to write our own (water polo specific) version and we shall be launching LTAD at the September 4 and 5 National Conference at Nottingham University. We are also fortunate that the conference will be attended by Istvan Balyi, a World leader on this subject, who has assisted us in writing our framework.

5. Water Polo 21

This is a club development programme (similar to Swim 21) that is currently being trialled by a number of clubs around the country. The idea behind Water Polo 21 is to allow clubs to

recognise and evaluate their own set-up. Areas being looked at include the weekly training hours they can provide, the number of teams they have, the number of coaches, the type of facilities and the management set-up of the clubs. This information will allow the clubs to recognise possible shortcomings but also give them opportunities to build and develop either on their own or in partnership with other clubs.

International model

I am often asked which international model we should follow. I firmly believe that in the UK we have our own unique problems and we are best solving them in a manner that suits British Water Polo. We do have a large mountain to climb but by changing the structure and putting the framework in place, we can start to catch up.

Lancaster and England goalkeeper **David Bush** at the British water polo championships in Manchester in February 2003 and a moment of action from the match between Lancaster and Hammersmith Penguin



Wish list becomes reality

2002-03

'Bircher tipped for top'. I recall when, not so long ago, headlines like that were a wish list. By the end of the 2003 open water season they were a reality. Alan Bircher, pool swimmer from Bath, had achieved gold in his first open water season. I was not alone in my pleasure at seeing the Union flag raised and the National Anthem played when Alan was placed first overall in the 2003 LEN Cup Series. Paula Wood, our longest-serving female open water swimmer, continued to show that our faith in her performance was well justified, earning fifth and eighth places in the World Championships and placing second in the LEN Cup Series. What better example to our young aspiring swimmers? We had hoped and looked for improvement and we were not disappointed.

With every passing season, dreams and hopes of yesteryear are being realised. As was suggested might happen, some of these results have come from the pool. Open water as an event is becoming ever more popular and this should continue to be encouraged. This year saw pool swimmers dominate events they entered and in some events (such as the National Age Groups at Holme Pierrepont) pool swimmers were brought in to underpin the open water district teams. Here too they had more than a measure of success. Swimmers like Jeremy Woon (N&D), John Owen (Heart of Midlothian) and Derek McGown placed top three in the 17-24 age group. From the 5k Pool Championships in March it became evident that pool swimmers could dominate the open water scene and even bring home medals. The standard of both male and female events surprised even some of us stalwart officials. Entries exceeded time allocated and had to be reduced to one heat for males and females.

Paula Wood in action at the 2003 World Championships in Barcelona

Results

From the pre-world championships to the last event in Muritz, the standard of British open water swimming continued to impress.

Pre Worlds - Barcelona, Male 10k		
1	Alan Bircher	2:08.53
5	David Proud	2:13.32

Pre Worlds - Barcelona, Womens 10k		
2	Paula Wood	2:16.54

Pre Worlds - Barcelona, Womens 25k		
3	Heather Frederiksen	2:16.54



June 2003 saw swimmers in Albert Dock competing in the LEN Cup which also incorporated the 5k British Championships. There were 58 entries, 30 overseas swimmers and 28 British entries. It was a healthy competition. Results spoke for themselves. Alan Bircher and Paula Wood continued to dominate the British swimmers. Refusing to be intimidated and close on their heels, youngster David Proud reminded us that he too was a force to be reckoned with. Following him Khalid Jhugroo, Philip Carter, Aaron Yeoman and Adam Harvey formed the top six male British swimmers. In the women's race, strength from both sides of the border was in evidence.

The 3k, fielding 20 swimmers, underlined the enthusiasm for open water swimming that has taken hold of the sport. It is heartening to see these youngsters joining the ever increasing hopefuls for the future. More swimmers are joining from the pool which is what we had envisaged needed to happen.

Unfortunately the 10k event had to be curtailed due to inclement conditions. I have heard this event called many things, one of which was 'farce'. Perhaps we should remember that for the swimmers in the water it was anything but. Although disappointed, most accepted that the decision had been made with their safety and that of the support and escort staff in mind. James Leitch, Adam Harvey, Brian Baine and Susan Black were proud medal winners nevertheless.

June 2003 saw our elite squad in Seville for the European Championships and the first Junior Open Water Championships. David Proud and Heather Frederiksen were selected to represent GB in the juniors, based on their pool and 5k performances. Unfortunately the hoped-for medals did not materialise but both put disappointment behind them to once again take on the very best in Europe the following day along with Paula and Alan. Placings for the British swimmers were mixed.

June laid the foundations for the rest of the season. Placings in the World Championships and LEN Cup events continued to hearten even the strongest critics. There must have been many-a proud British person at the sight of the Union flag raised not once but twice at the LEN Cup final in Muritz, Berlin.

European Juniors		
11	David Proud	58:32
7	Heather Frederiksen	1:04.50

LEN Cup 10k		
8	David Proud	1:59.33
4	Paula Wood	2:06.58
18	Heather Frederiksen	2:17.25

World Championships 5k		
8	Alan Bircher	53:25.0
26	David Proud	54:44.9
5	Paula Wood	57:07.8
24	Heather Frederiksen	1:01:42.9

LEN Super Final - Muritz, Berlin 10k		
1	Alan Bircher	1:50:16.96
13	David Proud	1:56:28.49
3	Paula Wood	1:58:38.31

Overall Standing		
1	Alan Bircher	
12	David Proud	
2	Paula Wood	

World Championships 10k		
24	Alan Bircher	1:56:17.0
8	Paula Wood	2:01:51.6

LEN Super Final - Muritz, Berlin 5k		
1	Alan Bircher	53:29.75
15	David Proud	58:36.34
4	Paula Wood	58:35.71

Support for the next tier of swimmers came in the form of participation in the French national competitions. Khalid Jhugroo, Philip Carter, Aaron Yeoman, Greg Orphanides, Heather Frederiksen and Emma Collings travelled to Belleçin to compete in the 5k, 10k and 25k events. All gave of their best.

5k		
6	Khalid Jhugroo	59:12.43
12	Philip Carter	1:03:07.78
13	Aaron Yeoman	1:04:13.53
3	Emma Collings	1:09:24.51

10k		
9	Khalid Jhugroo	2:16:11.71
10	Aaron Yeoman	2:16:30.37

25k		
2	Heather Frederiksen	6:28:28.00

As always the season was not without controversy, Alan Bircher's selection for the Pre-Worlds raised a few eyebrows. As always, the decision went with the majority and I'm sure that, like me, they are glad it did! Selection criteria have caused some ripples and these have been looked at closely. Funding (or lack of) will very much dictate participation on the international front, in particular for those swimmers following our elite squad. However, every effort must continue to be made not to lose the momentum the 2003 season provided.

2003-04

Cuts in budget have made for hard decisions and even harder economies for open water in 2004. This funding restriction continues to make the development of the sport difficult and we find ourselves relying more and more on our elite swimmers to produce their best to guarantee media exposure and funding. As in previous years all continue to be equal to the task. As a minor discipline, open water struggles to make the front pages of magazines, pamphlets etc. For the first time, this year saw Alan Bircher on the front page of *Swimming* magazine with a well deserved article about him inside.

I'd like to conclude with my thanks to the members of the GB Open Water Committee and its respective project groups in retaining the level of commitment needed to succeed on the open water stage. Thanks from us all must go to the support staff Carole Hunt, Malcolm Staight, Marie Atkinson and Helen Slatter for their commitment to open water and its swimmers. I would also like to take this opportunity to thank Fred Kirby, coach designate, for his expertise in overseeing the open water programme.



Alan Bircher at the 2003 World Championships in Barcelona

Medals galore at Millau and Riccione

The main preoccupation of the GB Masters Committee is the promotion of the annual GB Masters Championship. During the period of this report two competitions have been held, both at new long course venues. In June 2003 the competition was held in the new Welsh National Pool at Swansea. Upwards of 600 swimmers took part, and the event was voted a great success by all who swam. In April 2004 the championships were held in the Commonwealth Games pool at the Manchester Aquatics Centre. A record 740 swimmers were attracted to this meet, many more than had been expected, but the Northern Counties administration was equal to the task of dealing with this large number.

Masters swimmers do not formally 'represent' Great Britain when they compete abroad, but Great Britain's Masters swimmers have given a good account of themselves at the major international events.

The 2003 European Masters Championships were hosted by France at Millau. Some 3,000 swimmers took part, with GB swimmers gaining 61 gold, 50 silver and 57 bronze medal placings, 15 per cent of the total, which reflects very favourably on the standard of masters swimming in Britain.

The big event of 2004 was the World Championships, held in Riccione in northern Italy. An estimated 6,500 competitors in all aquatic disciplines took part – in speed swimming, synchro, diving, water polo and open water swimming. British competitors came away with 50 gold, 57 silver and 48 bronze medals in the swimming events.

At both the above meets, the ASFGB funded informal receptions which enabled British competitors to meet socially and are a great aid to national morale.

Two points of note regarding facilities. In Millau the organisers erected a temporary 50-metre seven-lane pool in the competition complex solely for warming up and swimming down. In Riccione the World Championships speed swimming programme lasted seven full days using two 50-metre pools. Even then warming up facilities were at a premium.

Services-Records

One service the committee provides for all British swimmers is performed by David Chaney, and this is the co-ordination of records. British Masters records are kept for all standard distances (17 long course and 18 short course events for individuals, plus male, female and mixed relays) and in all age groups including the 19-24 group. In addition GB performances that better European or world records are identified and forwarded to the appropriate recorder. This is a massive job, and the masters community is grateful to David for his immense efforts.

Services-Kit

Over the years a number of attempts have been made to provide masters swimmers, especially those competing abroad in major events, with some form of GB identity. The committee has liaised with ASA Enterprises this year, and although there were several hiccups in the supply of the kit that was ordered, it is hoped that the lessons learned will result in an improved service in future.

Cherriman Award

The Vivienne and Leonard Cherriman Award for services to masters swimming is now in the gift of the GB Masters Committee. The 2003 award was made to Donald Muirhead of Scotland in recognition of his very considerable contribution to masters swimming

in Scotland and his organisation of several GB Masters Championships held in Glasgow.

Committee Membership and Personnel

The Committee was saddened by the loss of its Chairman, Tony Holmyard, in August 2003. The new Chairman is Verity Dobbie, who has handed over the secretaryship to Andy Wilson. Geoff Stokes has been appointed to take Tony Holmyard's place. Scotland's representative is now Eddie Riach, while Christine Parry is the Welsh member. Tony Holmyard was also a member of the LEN Masters Committee, and the Committee is pleased that Simon Rothwell has been appointed to the LEN Masters Committee, thus preserving GB representation.

Tiverton's **Sue Haigh** is congratulated by Welsh ASA president **Shelia Roberts** after her European record in the 50-54 years 800m freestyle at the 2003 British Masters Championships at Swansea



Shortage of doctors

The Medical Advisory Committee was concerned that young doctors have not been joining the committee and it was decided to look for the reasons for lack of recruitment and to recommend changes.

The committee recognized that doctors were finding that their workload had increased considerably, leaving them little spare time. Even if a doctor would like to give time to sports medicine, another doctor would have to do their work. This means either giving up a holiday or paying for a locum to cover the work. Employing a locum is difficult because there is a shortage and because of the cost. A number of young doctors were taking the Diploma of Sports Medicine but none had shown an interest in swimming.

The sport is alone among Olympic sports in having no paid medical

officer. There is no career development programme in place and no career pathway. These factors result in a lack of interest in joining the medical panel.

At the present time we have a multi-disciplinary panel of experts. These include General Practitioners, NHS Consultants in Orthopaedics, ENT, A&E and two doctors. The range of expertise available to swimming is the envy of most sports.

The committee recommended it should change the structure to have three separate areas – general practice, high performance and doping.

General Practice

It is recommended that an adviser should be appointed who would deal with all queries on medical matters received from members and also give

advice to the ASA Committee when requested. He would act as a co-ordinator, being able to contact members of the medical panel for assistance on problems that he could not resolve. At the present time, it is estimated that this work occupies about 12 days work a year. It is recommended that a person be employed to carry out this work on a sessional basis.

High Performance

A doctor should be appointed to the national team for a set period of time. Other doctors should be appointed to the other teams and junior doctors should have the opportunity of working with their senior colleagues. This would result in training doctors for the future benefit of the teams. They would be in a position to work with a team



The Medical Committee is planning to make the certificate of permanent disability more user-friendly

knowing what was expected of them and leading to a smooth transition of medical manpower.

Little if any research is being carried out at the moment. This means that medically we are relying on work published and generating no original work of our own. However, research should be shown to be of benefit to swimming.

It is also felt that a working relationship should be developed between the physiologists, other paramedics and doctors leading to an exchange of information.

Doping

At present doping control is adequately covered and no changes are proposed.

There is a regular check on all annual medication forms. Swimmers are notified if they are taking medication for a specific illness that is banned. Advice is then given to the swimmer, that will result in them being exempted from a ban when using a drug for therapeutic use.

There are now three power point lectures, one produced by UK Sport, on drug testing. The other lectures are 'Drugs in Sport' and 'What happens if I am asked to be a chaperone?'. There is also the opportunity in seeing the equipment used in testing. I would like to thank UK Sport for providing literature used in these lectures.

Disability

The committee is planning to update the certificate of permanent disability to make it more user-friendly for both officials and swimmers. The certificates should also be renewed at regular intervals to prevent obsolete certificates being used.

It is essential that a letter be received from the swimmer's medical practitioner

or from a hospital consultant confirming they have a disability that is permanent. The certificate indicates to the referee the physical disability. The swimmer should attempt to perform the stroke and not use part of another stroke – eg a swimmer with a problem in doing breaststroke legs should not use butterfly legs to gain an advantage. If unable to attempt the leg kick he should drag the legs.

Water Purity

Dr Phil Penny continues to give advice on water problems in swimming pools and open water.

The effects of sudden immersion into cold water show that repeated immersion by a swimmer will result in acclimatisation to any adverse effects. This is important to those who have had a heart attack, who then recommence swimming as a form of rehabilitation. It is hoped that we will have information on the effects of cold water on body temperature in the near future.

Another problem that has been reported recently is of swimmers hyperventilating and then swimming under water. This can lead to cerebral anoxia. This practice should be avoided.

The Medical Committee are planning to place on the British Swimming website information to swimmers concerning illnesses that require medication. We hope to produce papers on Asthma, Epilepsy, Diabetes, ENT and doping control. It is hoped we will be able to produce a comprehensive list of topics.

Report and Financial Statements for the period ended 31st March 2004

Amateur Swimming Federation
of Great Britain Limited

High Performance Swimming Limited

Report and Financial Statements for the period ended 31st March 2004

Registered Number: 04092510

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Company Information

At the 31st March 2004

Directors

C L Baillieu (Chairman)
 A Adams-King
 A M Clarkson
 S Greetham
 R M K J James
 I Mason
 S Rothwell
 A W Clark

Secretary

A Gray

Registered Office

Harold Fern House
 Derby Square
 Loughborough
 Leicestershire
 LE11 5AL

Auditors

haysmacintyre
 Chartered Accountants
 Fairfax House
 15 Fulwood Place
 London
 WC1V 6AY

Directors' Report

For the period ended 31st March 2004

The directors present their annual report with the financial statements of the company for the period ended 31st March 2004.

Principal Activities

The principal activities of the company in the period under review were to regulate and administer the sports of swimming, diving, synchronised swimming, water polo, disability swimming and open water swimming at the Great Britain level, and to fund the programmes of those sports and disciplines that were not receiving World Class Programme Sports Lottery funding.

Directors

C L Baillieu
 A Adams-King
 A M Clarkson
 J M Cook (deceased 28 February 2004)
 S Greetham
 J P Hickman (resigned 3 February 2003)
 R M K J James
 I Mason
 S Rothwell
 A W Clark (appointed 26 March 2004)

The company is limited by guarantee and does not have a share capital.

Directors' responsibilities

Company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the company as at the end of the financial period and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to;

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

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 1985. 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.

Small company disclosure

The above report has been prepared in accordance with the special provisions of Part VII of the Companies Act relating to small entities.

Auditors

The auditors, haysmacintyre, have expressed willingness to continue in office and a resolution to reappoint them will be proposed at the forthcoming Annual General Meeting.

By order of the board

A Gray
Secretary

19 June 2004

Independent Auditors' Report to the Shareholders of Amateur Swimming Federation of Great Britain Limited

We have audited the financial statements of Amateur Swimming Federation of Great Britain Limited for the period ended 31st March 2004 which comprise the Profit and Loss Account, the Balance Sheet and the related notes. These financial statements have been prepared under the historical cost convention and the accounting policies set out therein.

This report is made solely to the company's members, as a body, in accordance with Section 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As described in the Statement of Directors' Responsibilities the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and United Kingdom Auditing Standards.

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Act 1985. We also report to you if, in our opinion, the Directors' Report is not consistent with the financial statements, if the company has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information specified by law regarding directors' remuneration and transactions with the company is not disclosed.

We read the Directors' Report and consider the implications for our report if we become aware of any apparent misstatements within it.

Basis of audit opinion

We conducted our audit in accordance with United Kingdom Auditing Standards issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion the financial statements give a true and fair view of the state of the company's affairs as at 31st March 2004 and of its profit for the period then ended and have been properly prepared in accordance with the Companies Act 1985.

haysmacintyre
Chartered Accountants
Registered Auditors

19 June 2004

Fairfax House
15 Fulwood Place
London
WC1V 6AY

Profit and Loss Account

For the period ended 31st March 2004

	Notes	18 month period ended 31st March 2004	Year ended 30th September 2002
TURNOVER		£1,570,054	£1,023,241
Cost of Sales		(709,159)	(510,102)
GROSS PROFIT		860,895	513,139
Administrative expenses		(728,844)	(344,768)
OPERATING PROFIT	2	132,051	168,371
Investment income and interest receivable		7,789	16,425
PROFIT ON ORDINARY ACTIVITIES BEFORE TAXATION		139,840	184,796
Tax on profit on ordinary activities	4	(72)	(2,892)
PROFIT ON ORDINARY ACTIVITIES AFTER TAXATION		£139,768	£181,904

- All turnover and operating profit is derived from continuing operations.
- All recognised gains and losses are included in the profit and loss account.
- A separate movement of funds statement is not provided as there are no changes for the period other than the retained profit in the profit and loss account.
- The notes on pages 43 to 45 form part of these financial statements.

Balance Sheet

at 31st March 2004

	Note	As at 31st March 2004		As at 30th September 2002	
		£	£	£	£
FIXED ASSETS					
Tangible assets	5		64,256		5,597
CURRENT ASSETS					
Stock		35,090		39,697	
Debtors	6	351,306		256,285	
Cash at bank and in hand		281,256		187,097	
			<u>667,652</u>		<u>483,079</u>
CREDITORS amounts falling due within one year	7	<u>(382,071)</u>		<u>(290,607)</u>	
NET CURRENT ASSETS			<u>285,581</u>		<u>192,472</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>349,837</u>		<u>198,069</u>
CREDITORS amounts falling due after more than one year	8		<u>(215,279)</u>		<u>(203,279)</u>
			<u>£134,558</u>		<u>£(5,210)</u>
FUNDS AND RESERVES					
Profit and loss account	9		<u>134,558</u>		<u>(5,210)</u>
TOTAL FUNDS			<u>£134,558</u>		<u>£(5,210)</u>

The financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective June 2002).

Approved by the board of directors on 19 June 2004 and signed on its behalf by the following directors:

C L Baillieu & R M K J James

Notes to the Financial Statements

For the period ended 31st March 2004

1. Statement of Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention and with the Financial Reporting Standard for Smaller Entities (effective June 2002).

Revenue grants

Revenue grants received in respect of expenditure charged to the income

and expenditure account during the period have been included in the income for the year.

Depreciation

Depreciation is provided at the following rates in order to write each asset off over its useful life:

Equipment

straight line over 3 years

Computer equipment

straight line over 3 years

Stocks

Stocks are valued at the lower of cost and net realisable value. Cost is calculated as the cost of bringing each product to its present location and condition.

2. Profit for the period

	18 month period ended 31st March 2004 £	Year ended 30th September 2002 £
Operating profit is stated after charging:		
Depreciation	33,009	2,799
Auditors remuneration	3,600	2,500
Directors fees and expenses	28,244	12,333

3. Staff Costs

Wages and salaries	67,374	43,758
Social security costs	6,303	7,799
Pension costs	4,398	2,472
	<u>£78,075</u>	<u>£54,029</u>

4. Tax on profit on ordinary activities

UK corporation tax on profits for the period	<u>£72</u>	<u>£2,892</u>
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The tax assessed for the period is lower than the small companies rate of tax in the UK of 19%. The differences are explained below:

Profit on ordinary activities before tax	<u>139,840</u>	<u>184,796</u>
Profit on ordinary activities before tax multiplied by the small companies rate of tax in the UK of 19% (2002:19%)	<u>26,570</u>	<u>35,111</u>
Effects of:		
Surplus not subject to corporation tax	<u>(26,498)</u>	<u>(31,990)</u>
20% rate in previous financial period	<u>-</u>	<u>82</u>
Marginal rate relief	<u>-</u>	<u>(311)</u>
Tax on profit on ordinary activities	<u>£72</u>	<u>£2,892</u>

5. Tangible Fixed Assets	Computer Equipment £	Equipment £	Total £
COST			
At 1st October 2002	-	8,890	8,890
Additions in year	79,718	11,950	91,668
At 31st March 2004	79,718	20,840	100,558
DEPRECIATION			
At 1st October 2002	-	3,293	3,293
Charge for the period	26,572	6,437	33,009
At 31st March 2004	26,572	9,730	36,302
NET BOOK VALUE			
At 31st March 2004	£53,146	£11,110	£64,256
At 30th September 2002	£ -	£5,597	£5,597

6. Debtors	At 31st March 2004 £	At 30th September 2002 £
Trade debtors	158,699	189,251
Other debtors	57,344	63,675
Prepayments and accrued income	135,263	3,359
	£351,306	£256,285

Included in trade debtors is £11,633 (2002: £Nil) due from High Performance Swimming Limited; £87,887 (2002: £Nil) due from Amateur Swimming Association; £1,186 (2002: £Nil) due from High Performance Swimming England Limited and £16,335 (2002: £Nil) due from Welsh Amateur Swimming Association.

Included in prepayments and accrued income is £87,887 (2002: £Nil) due from Amateur Swimming Association.

7. Creditors amounts falling due within one year	At 31st March 2004 £	At 30th September 2002 £
Trade creditors	49,549	103,907
Other creditors	212,931	131,959
Accruals and deferred income	116,562	48,189
Corporation tax	72	2,892
Other taxation and Social Security	2,957	3,660
	£382,071	£290,607

Included in other creditors is £82,532 (2002: £73,738) due to High Performance Swimming Limited; £27,539 (2002: £44,441) due to Amateur Swimming Association; £50,667 (2002: £10,790) due to High Performance Swimming England Limited and £Nil (2002: £10,135) due to Scottish Amateur Swimming Association.

8. Creditors amounts falling due after more than one year	At 31st March 2004 £	At 30th September 2002 £
Constituent country loans	£215,279	£203,279

9. Profit and Loss Account	At 31st March 2004 £	At 30th September 2002 £
Retained loss brought forward	(5,210)	(187,114)
Retained profit for the period	139,768	181,904
At 31st March 2004	£134,558	£(5,210)

10. Related Party Transactions

During the period, the company provided goods and services totalling £139,546 (2002: £159,304) to High Performance Swimming Limited.

Amateur Swimming Federation of Great Britain Limited is deemed to be the ultimate controlling party of High Performance Swimming Limited.

11. Share Capital

The company is limited by guarantee and does not have any share capital.

Report and Financial Statements for the period ended 31st March 2004

Registered Number: 3685574

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Company Information

At the 31st March 2004

Directors

C L Baillieu (Chairman)
 J M Cook
 S Greetham
 R M K J James
 I Mason
 S Rothwell

Secretary

A Gray

Registered Office

Harold Fern House
 Derby Square
 Loughborough
 Leicestershire
 LE11 5AL

Auditors

haysmacintyre
 Chartered Accountants
 Fairfax House
 15 Fulwood Place
 London
 WC1V 6AY

Directors' Report

For the period ended 31st March 2004

The directors present their annual report with the financial statements of the company for the period ended 31st March 2004.

Principal Activities

The principal activity of the company in the period under review was to administer and deliver the World Class Performance Plan in Great Britain for the sports of swimming, diving and disability swimming on behalf of the Amateur Swimming Federation of Great Britain.

Directors

C L Baillieu
 J M Cook (deceased 28 February 2004)
 S Greetham
 R M K J James
 I Mason
 S Rothwell

The company is limited by guarantee and does not have any share capital.

Directors' Responsibilities

Company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the company as at the end of the financial period and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to;

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

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 1985. 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.

Small company disclosure

The above report has been prepared in accordance with the special provisions of Part VII of the Companies Act relating to small entities.

Auditors

A resolution reappointing haysmacintyre will be proposed at the AGM in accordance with S385(2) of the Companies Act 1985.

By order of the board

A Gray
Secretary

19 June 2004

Independent Auditors' Report to the shareholders of High Performance Swimming Limited

We have audited the financial statements of High Performance Swimming Limited for the period ended 31st March 2004 which comprise the Profit and Loss Account, the Balance Sheet and the related notes. These financial statements have been prepared under the historical cost convention and the accounting policies set out therein.

This report is made solely to the company's members, as a body, in accordance with Section 235 of the Companies Act 1985. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As described in the Statement of Directors' Responsibilities the company's directors are responsible for the preparation of the financial statements in accordance with

applicable law and United Kingdom Accounting Standards.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and United Kingdom Auditing Standards.

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with the Companies Act 1985. We also report to you if, in our opinion, the Directors' Report is not consistent with the financial statements, if the company has not kept proper accounting records, if we have not received all the information and explanations we require for our audit, or if information specified by law regarding directors' remuneration and transactions with the company is not disclosed.

We read the Directors' Report and consider the implications for our report if we become aware of any apparent misstatements within it.

Basis of audit opinion

We conducted our audit in accordance with United Kingdom Auditing Standards issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our

opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion the financial statements give a true and fair view of the state of the company's affairs as at 31st March 2004 and of the result for the period then ended and have been properly prepared in accordance with the Companies Act 1985.

haysmacintyre
Chartered Accountants
Registered Auditors

Fairfax House
15 Fulwood Place
London
WC1V 6AY

19 June 2004

Profit and Loss Account

For the period ended 31st March 2004

	Notes	18 month period ended 31st March 2004	Year ended 30th September 2002
TURNOVER		3,305,936	1,899,623
Cost of Sales		(1,832,861)	(959,515)
GROSS PROFIT		1,473,075	940,108
Other income		-	-
Administrative expenses		(1,473,075)	(940,108)
OPERATING PROFIT	2	-	-
Investment income and interest receivable		-	-
PROFIT ON ORDINARY ACTIVITIES BEFORE TAXATION		-	-
Tax on profit on ordinary activities	4	-	-
PROFIT ON ORDINARY ACTIVITIES AFTER TAXATION		£ -	£ -

- All turnover and operating loss is derived from continuing operations.
- All recognised gains and losses are included in the profit and loss account.
- A separate movement of funds statement is not provided as there are no changes for the year other than the retained profit in the profit and loss account.
- The notes on pages 50 to 51 form part of these financial statements.

Balance Sheet

At 31st March 2004

	Note	As at 31st March 2004		As at 30th September 2002	
		£	£	£	£
CURRENT ASSETS					
Debtors	5	448,741		297,171	
Cash at bank and in hand		315,225		239,586	
CREDITORS: amounts falling due within one year	6	<u>(764,308)</u>		<u>(537,099)</u>	
NET CURRENT LIABILITIES			<u>(342)</u>		<u>(342)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>£(342)</u>		<u>£(342)</u>
FUNDS AND RESERVES					
Profit and loss account	7		<u>(342)</u>		<u>(342)</u>
TOTAL FUNDS			<u>£(342)</u>		<u>£(342)</u>

The financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective June 2002).

Approved by the board of directors on 19 June 2004 and signed on its behalf by the following directors:

C L Baillieu & R M K J James

Notes to the Financial Statements

For the period ended 31st March 2004

1. Statement of accounting policies

Basis of accounting

The financial statements have been prepared under the historical cost convention and with the Financial Reporting Standard for Smaller Entities (effective June 2002).

Foreign currencies

Transactions in foreign currencies are translated at the rates ruling at the date of the transaction. Assets and liabilities held in foreign currencies are translated at the rates ruling at the balance sheet date.

Revenue grants

Revenue grants received in respect of expenditure charged to the income and expenditure account during the period have been included in the income for the year.

2. Result for the period

	18 month period ended 31st March 2004 £	Year ended 30th September 2002 £
Operating result is stated after charging:		
Auditors remuneration	£2,900	£1,000

3. Staff Costs

Wages and salaries	762,970	502,303
Social security costs	73,620	48,902
Pension costs	102,093	45,205
	<u>£938,683</u>	<u>£596,410</u>

Directors emoluments - no director emoluments were paid out during the period (2002 £nil).

4. Tax on profit on ordinary activities

	18 month period ended 31st March 2004 £	Year ended 30th September 2002 £
The taxation charge comprises:		
Corporation tax	£ -	£ -

5. Debtors

	At 31st March 2004 £	At 30th September 2002 £
Trade debtors	29,504	23,858
Other debtors	419,237	273,313
	<u>£448,741</u>	<u>£297,171</u>

Other debtors includes £82,532 (2002: £73,738) due from Amateur Swimming Federation of Great Britain Limited: £55,152 (2002: £44,393) due from High Performance Swimming England Limited and £76,053 (2002: £Nil) due from Amateur Swimming Association.

6. Creditors: Amounts falling due within one year	At 31st March 2004 £	At 30th September 2002 £
Trade creditors	99,061	100,899
Other creditors	112	16,357
Accruals	231,065	85,687
Deferred income	399,658	306,231
Other taxes and social security	34,412	27,925
	<u>£764,308</u>	<u>£537,099</u>

Other creditors includes £Nil (2002: £Nil) due to Amateur Swimming Federation of Great Britain Limited and £Nil (2002: £16,300) due to Amateur Swimming Association.

Accruals includes £100,000 (2002: £Nil) due to High Performance Swimming England Limited.

Trade creditors includes £22,086 (2002: £Nil) due to Amateur Swimming Association and £11,633 (2002: £Nil) due to Amateur Swimming Federation of Great Britain Limited.

7. Profit and Loss Account	At 31st March 2004 £	At 30th September 2002 £
As 1st October 2002	(342)	(342)
Result for the period	-	-
At 31st March 2004	<u>£(342)</u>	<u>£(342)</u>

8. Share Capital

The company is limited by guarantee and does not have any share capital.

9. Control

The company is considered to be under the control of Amateur Swimming Federation of Great Britain Limited.

10. Related Party Transactions

£139,546 (2002: £159,304) was charged by Amateur Swimming Federation of Great Britain Limited to the company during the period for goods and services provided.

11. Fixed Assets

During the period fixed asset additions amounted to £16,470 (2002: £15,951). These assets were entirely written off to the profit and loss account in accordance with UK Sport guidance.

Thank you

The ASFGB 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.

And thank you to all contributors to this report

Chris Baillieu	ASFGB Chairman
David Sparkes	ASFGB Chief Executive
Kiran Chauhan	Director of Finance
Andy Gray	Head of Legal Affairs
Katie Brazier	Commercial Director
Bill Sweetenham	Swimming National Performance Director
John Atkinson	National Youth Coach
Wendy Coles	Athlete Support
Steve Foley	Diving National Performance Director
Adele Carlsen	Synchronised Swimming National Performance Director
Andy Wilson	Masters Committee Administrator
Nick Hume	Water Polo National Performance Director
Tim Reddish	Disability National Performance Director
Dr David Hunt	Medical Advisory Committee
Sam Greetham	Open Water Committee

For production and editing

Peter Hassall	Editor Swimming Magazine
Roger Guttridge	Deputy Editor Swimming Magazine
SWpix	Official photographers to ASFGB

Sponsorship

The federation wishes to express its thanks to the following companies and organisations for their sponsorship during the past year.



ParalympicsGB



Swansea High Performance Centre

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