

BRITISH SWIMMING

ANNUAL REPORT AND ACCOUNTS 2005







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James Goddard's anguish is plain to see after he just missed out on a medal in the Olympic 200m backstroke final

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MAINTAINING THE MOMENTUM



Chairman Chris Baillieu

This is the first full annual report to follow the move by British Swimming to a new accounting year that began on April 1st 2004 and ended on March 31st 2005. The period covers the Olympic and Paralympic Games, the appointment of the members of the Board and the National Performance Directors for 2005-2008, and the outcome of UK Sport's 'One Stop Planning' review that determined the Exchequer and National Lottery funding for British Swimming through till the 2008 Olympic Games in Beijing.

It has also been an important year for another Olympic reason: the campaign to bring the Games to London in 2012. This is the ultimate prize for British sport, and it offers particular opportunities for British Swimming to promote swimming in the capital, build new facilities there and attract major swimming and diving events, the staging of which is not currently feasible because of the lack of suitable facilities.

The Board was pleased with the financial outcome of the year that was in line with the agreed policy of achieving a balanced budget over the four year Olympic cycle. Although there was an overall deficit on British Swimming's budget, it was forecast and smaller than had been budgeted. The Board had planned the quadrennial so that a surplus was built up in the middle years of the Olympic cycle, enabling the release of additional funding in the build up to the Olympics when additional support was required. The Balance Sheet shows that British Swimming began 2005 with a modest surplus which will provide a strong basis for planning the next Olympic cycle.

High Performance Swimming Ltd (HPS), the wholly owned subsidiary company that

receives the UK Sport payments from the National Lottery, finished the year, and the Olympic cycle, in balance.

The two bronze medals and one silver medal achieved in Athens by the swimming and diving teams were an impressive improvement on the results in Sydney in 2000, and I would like to congratulate all the athletes, coaches and staff who contributed to this success. The return to the medal standard, including our first for synchronised diving, and the marked increase in final positions confirmed that all our athletes had raised their standards significantly in the intervening period. The results were solid and in line with Board expectations but some observers had predicted more medals based on the rapid improvements demonstrated by our swimmers at the 2003 World Championships. While this may not have been realistic, it is fair to observe that the rapid progress made during the first three years of the Olympic cycle was not maintained in the Olympic year. Lessons have been learned for the preparation for the Beijing Games. Nobody should be under any illusions that the standards there, and particularly the quality of the Chinese team which is aiming to dominate the medal table in all sports, will create very significant challenges for our competitors and coaches.

I would also like to pay tribute to the Paralympic team which, despite rapidly rising standards world wide, retained its overall ranking of second in the medal table.

The Board was very pleased to be able to confirm the reappointment of the National Performance Directors for Swimming, Diving and Disability for the next Olympic cycle, and noted that investment in the Open Water, Water Polo and Synchronised Swimming programmes was also beginning to bear fruit.

At the AGM held in November 2004, the Board was re-elected with the addition of Anne Clark as an English representative, replacing Jeff Cook, who died sadly and unexpectedly earlier in the year. Alan Clarkson and Guy Davis remain as independent members of the Board. The Swimming Competitors Association is in the process of completing the selection of a recently retired athlete to the Board, and the Board welcomes this appointment. The Board has also taken time to re-establish and strengthen the Technical Committees for the next four years as it is they, together with the programme leaders, who will drive our performance strategy.

Following a post Olympic performance review of the last four years, UK Sport confirmed its confidence in British Swimming by announcing significantly increased investment of both Exchequer and Lottery funding for swimming, diving and disability swimming. I would like to place on record the Board's thanks to UK Sport, and we look forward to working with them to deliver success in Beijing.

During the past year British Swimming has played an active role in the campaign to bring the 2012 Olympic Games to London. The bidding process has heightened the government's and the public's interest in sport, and swimming has already benefited from the commitment to invest in a new aquatic complex in Stratford in the proposed Olympic park. The winning Olympic design, to which British Swimming contributed, includes two 50 metre pools, and a diving pit. This will be the catalyst for the transformation of competitive swimming in the capital. Indeed, the London Olympics will assure the future of competitive sport for the foreseeable future, and ensure a lasting legacy by transforming our sporting landscape.

Finally, I am delighted that British Swimming will be facing the challenges of the next four years under the leadership of the Chief Executive David Sparkes. David has successfully led all the recent changes in British Swimming, and he is one of Britain's most distinguished sport administrators. The Board is confident that he and his excellent team will ensure British Swimming maintains its current momentum and delivers more success over the next four years culminating in the Beijing Olympics.

DISAPPOINTMENT AND DELIGHT



Chief Executive David Sparkes

This report not only reflects on substantial progress but also closes the quadrennial following the Athens Olympic Games and Paralympic Games. Both Games brought delight and disappointment. Results could have been better yet we did have significant success with Britain's first medal in diving, silver, since 1960 and two bronze medals in the swimming pool. And we finished second in the medal table in the Paralympics due to some very strong performances.

But we had all hoped for more and the bite of reality did hurt. However, it reminded us that to have achieved more at this stage was perhaps unrealistic. We were in fact on target based on our planning figures and witnessed, in all events, British athletes challenging more for medals. Thorough analysis of these performances and our accrued knowledge has led us to recast our Performance Plans for success in Beijing in 2008. Yet we must remain realistic - medals will still be hard earned and our target is for a modest increase in success rather than a massive breakthrough.

The Athens Games brought several challenges including a selection appeal and appeals around disability classification. Due to our robust, transparent and objective criteria, the former was unsuccessful but the classification process proved to be full of issues, not least the International Paralympic Committee (IPC) procedures which were confusing, open to misinterpretation and, perhaps, unfair. As a result, we are lobbying the IPC for change and will continue to pursue this through to the Beijing Games.

Though suffering a small setback when Sheffield lost the bid for the FINA World Masters Championship in 2006, our international strategy took a significant

step forward when we secured the 2008 World Short Course Swimming Championships for Manchester. Great Britain also hosted, in London in 2004, the biggest LEN Congress ever, during which we were able to strengthen our European relationships and consolidate our presence on the LEN Bureau and Technical Committees through to 2008.

Co-operation between the home countries has also improved, largely through change of personnel with Ashley Howard appointed as the Chief Executive for Scotland and Bob James taking up the first ever similar appointment in Wales. There is no doubt that due to British modernisation funding, we have entered a new era. British Swimming and the three home countries have: worked on the Modernisation Project to develop a robust membership database which can now be developed further; begun work on the UK Coaching Certificate with a root and branch review of our training and education programme; completed work on the British Swimming Corporate and Strategic Plans, and recently agreed to co-operate on developing standards for officiating in swimming alongside the work initiated by Skills Active.

The Board, however, has not ignored our other sports. Indeed it has recently recommitted to supporting them despite the fact that medal success may be some way off. We have seen Water Polo make a step change and now plan to refocus the sport's performance around the European 'B' Championships which we hope to host in Manchester in 2007. Synchronised Swimming has also focused on the younger athletes and improving their fitness and we are hopeful that there will be a similar step change soon. Perhaps however the best success came in

Open Water swimming where we saw our first European and world medal success. However, complacency is not a word to attach to this Board or support staff. We remain committed to ensuring that Great Britain establishes itself as a significant world swimming nation. The decision to award the Olympics and Paralympics in 2012 to London will bring significant challenges.

We also look forward to Montreal and the 2005 FINA World Championships. With some of our regular performers having retired, how will the new athletes perform? Will our divers do well again, will the swimmers who have stepped up from the youth programme make their mark and will our success in open water carry on?

The work continues.

CONSISTENCY IS THE KEY TO THE FUTURE

Britain has concluded its most successful Olympic cycle with outstanding results at every level, whether it was European Juniors, European Olympic Youth Festival, European Short Course, World Short Course, Commonwealth Games, World Long Course Championships or Olympic Games. Each set of results equalled or bettered, as a stand alone meet, a record high in performance.

There were a record number of British and world records and the cycle concluded with a solid performance by swimmers and coaches at the Athens 2004 Olympics. The medal tally could have been better, but the number of finalists could not have been better, when reviewing Britain's pre-Olympic rankings.

Olympic Games

One observation of the Athens Olympics is that swimming now has many more countries and athletes competing on the world stage, and at a much higher level than ever before.

Nations such as South Africa, Zimbabwe and the former Russian states now challenge on the world stage.

We also saw that the margin between first and eighth was narrower than ever before. Olympic champions and world champions missed finals and world record holders from the U.S., China, and Australia were also unable to make finals.

Our results include one European record, three Commonwealth records, nine British records, 16 finalists, 19 semi-finalists and two medals. This is three times more finals and records than Sydney where we only had five finalists. The team had four medal chances and converted two of those and, due to poor pacing, we narrowly lost one in another event.

Our results are what we should have expected. I always believed and publicly stated that two medals was a realistic



David Davies (left) and Stephen Parry with their bronze medals from the Olympic Games



achievement and this was generated by knowledge and understanding of the competition, athletes and team. The team had higher expectations and were set high standards but knowing and understanding where we were coming from, we believed that two medals was a realistic target. Any expectations more than that came from un-informed speculation.

The British Swimming men's team had an extremely good meet. All our relays were strong and performed above levels of expectation.

The Olympic meet concept does not change but circumstances change. A coach must prepare athletes for the concept of the Games and take on board the circumstances that go with it. A coach and athlete must maintain their successful recipe regardless of location. They must change circumstance and not allow circumstance to change them.

Britain, for example, has no outdoor meets or training because there are no facilities and the weather most of the time wouldn't allow it. Nearly all medal winners at the Olympic Games trained in 50m, outdoor pools for at least six to nine months of the year.

Given that this is the case, we have to train indoors and in expensive and limited 25m pools, so therefore the challenge was always going to be greater for us.

Currently 60% of the British team that swim in the programme, train short course and indoors as against the opposite for nearly 100% of all other competitors.

The concept will be the same for Beijing 2008 but the circumstances will clearly be different with the same Olympic concepts (Sydney-Athens-Beijing). Clearly though if it's not done in training it can't be done in competition. There were no podium athletes from the 100m up events who prepared on a minimalist sprint based programme or preparation.

Future goal

Complacency and or compromise must not play any role in the next step in British Swimming.

The goal must be to consistently rank in podium performances, competition point scores and total medals (with focus on gold medals) at any world meet with 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 more demanding than the highest competition in which they have to compete. We must prepare at the highest level for international standards and not British standards, and this must be reflected in all areas of our programme

This new structure is considered 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 practice 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 stage three of our programme can be implemented for the 2008 - 2012 period placing Great Britain in the most advantageous situation in world swimming. 2008 to 2020 is being planned as part of a 20 year programme in preference to the current four year Olympic short term cycle.

Recommendations

1. We need a far stronger coach development programme offering greater depth of experience to coaches and to include, as a priority, big meet psychology development. We are working on developing and implementing a 20 year plan and targets for all programmes including eight Coach Development Centres - Age, Youth, Senior and Performance.
2. We will focus on developing the men's and women's 4x200m freestyle teams.
3. We need to enhance the opportunities to train and compete in 50m outdoor facilities. 200 days of camps per year for targeted athletes.

4. We must have result dependent coaches where positions depend on performances at major meets. The experience of the coach needs to be greater than the talent of the athlete to get people to rise to the highest level.

5. We need to reverse the psychology of the team. In the last year we had high expectation of our rookies because they were ranked higher than our experienced Olympians. Next time we need high expectations from experienced, highly ranked athletes in preference to rookie Olympians.

Conclusion

A new selection policy and camp/competition structure for championship events will allow coaches to accept this appropriate pressure, and to better prepare their athletes.

The future is exceptionally bright for all in British Swimming.

Bill Sweetenham
National Performance Director

BRITISH SWIMMING PROGRESSIVE LONG COURSE RECORDS - 1/4/2004 - 31/3/2005			
MEN			
EVENT	TIME	NAME & CLUB	DATE & PLACE
100m FREESTYLE	00:49.65	Matthew Kidd ENG (Leatherhead)	07/04/2004 Sheffield
200m FREESTYLE	01:47.72	Simon Burnett ENG (Wycombe)	15/08/2004 Athens
1500m FREESTYLE	14:57.93	David Davies WAL (City of Cardiff)	11/04/2004 Sheffield
	14:57.03	David Davies WAL (City of Cardiff)	20/08/2004 Athens
	14:45.95	David Davies WAL (City of Cardiff)	21/08/2004 Athens
50m BACKSTROKE	00:25.38	Liam Tancock ENG (Loughborough)	19/03/2005 Manchester
100m BACKSTROKE	00:54.90	Gregor Tait ENG (City of Edinburgh)	11/04/2004 Sheffield
200m BACKSTROKE	01:58.58	James Goddard ENG (Stockport Metro)	08/04/2004 Sheffield
	01:57.42	Gregor Tait SCO (City of Edinburgh)	09/04/2004 Sheffield
	01:57.25	James Goddard ENG (Stockport Metro)	18/08/2004 Athens
100m BREASTSTROKE	01:00.02	Darren Mew ENG (University of Bath)	11/04/2004 Sheffield
100m BUTTERFLY	00:52.46	Todd Cooper SCO (Stirling Swimming)	08/04/2004 Sheffield
200m BUTTERFLY	01:55.57	Stephen Parry ENG (Stockport Metro)	16/08/2004 Athens
	01:55.52	Stephen Parry ENG (Stockport Metro)	17/08/2004 Athens
200m IND. MEDLEY	02:01.58	Adrian Turner ENG (Stockport Metro)	09/04/2004 Sheffield
	02:01.06	Robin Francis ENG (University of Bath)	10/04/2004 Sheffield
400m IND. MEDLEY	04:16.65	Adrian Turner ENG (Stockport Metro)	11/04/2004 Sheffield
4 x 200m FREE TEAM	07:12.60	National Team GBR (S Burnett 1:47.90; G Meadows 1:48.46; D O'Brien 1:49.05; R Davenport 1:47.19)	17/08/2004 Athens
4 x 100m MED TEAM	03:36.94	National Team GBR (G Tait 55.36; J Gibson 1.00.30; J Hickman 52.23; M Kidd 49.05)	20/08/2004 Athens



BRITISH SWIMMING PROGRESSIVE LONG COURSE RECORDS - 1/4/2004 - 31/3/2005

WOMEN

EVENT	TIME	NAME & CLUB	DATE & PLACE
100m FREESTYLE	00:54.62	Melanie Marshall ENG (Loughborough Uni)	11/04/2004 Sheffield
200m FREESTYLE	01:57.85	Melanie Marshall ENG (Loughborough Uni)	08/04/2004 Sheffield
	01:57.51	Melanie Marshall ENG (Loughborough Uni)	09/04/2004 Sheffield
200m BREASTSTROKE	02:27.88	Kirsty Balfour SCO (City of Edinburgh)	08/04/2004 Sheffield
100m BUTTERFLY	00:59.84	Rosalind Brett ENG (Loughborough Uni)	07/04/2004 Sheffield
	00:59.72	Georgina Lee ENG (Camphill Edwardians)	07/04/2004 Sheffield
	00:59.45	Georgina Lee ENG (Camphill Edwardians)	08/04/2004 Sheffield
200m BUTTERFLY	02:08.89	Georgina Lee ENG (Camphill Edwardians)	10/04/2004 Sheffield
400m IND. MEDLEY	04:46.79	Rebecca Cooke ENG (City of Glasgow)	08/04/2004 Sheffield
4 x 100 MED TEAM	04:05.63	National Team GBR (S Price 1.01.90; K Balfour 1.09.19; G Lee 59.56; M Marshall 54.98)	20/08/2004 Athens
4 x 200 FREE TEAM CLUB	8.18.86	Durham Aquatics (S Proud 2.03.72; S Johnson 2.07.60; D Berry 2:05.06; J Jackson 2.02.48)	02/05/2004 Sheffield

BRITISH SENIOR SHORT COURSE PROGRESSIVE RECORDS - 1/4/2004 - 31/3/2005

MEN

EVENT	TIME	NAME & CLUB	DATE & PLACE
1500m FREESTYLE	14:32.56	David Davies (WAL) (City of Cardiff)	11/12/2004 Vienna

BRITISH SENIOR SHORT COURSE PROGRESSIVE RECORDS - 1/4/2004 - 31/3/2005

WOMEN

EVENT	TIME	NAME & CLUB	DATE & PLACE
50m BUTTERFLY	00:26.55	Lisa Chapman ENG (Loughborough Uni)	Manchester
100m BUTTERFLY	00:59.14	Rosalind Brett ENG (Loughborough Uni)	12/12/2004 Vienna
100m IND. MEDLEY	01:00.88	Lisa Chapman ENG (Loughborough Uni)	11/12/2004 Vienna

DIVERS FINALLY FULFIL POTENTIAL

This was the year that finally saw British Diving fulfil its potential and come of age. Since narrowly missing an Olympic medal at Sydney's 2000 Olympic Games, the focus had been on getting tougher and performing under pressure to a higher level than ever before.

High intensity camps and a huge focus on Synchronised Diving were the agenda for 2004 and this paid dividends throughout the year with numerous medals in international Grand Prix contests and, of course, the Olympic silver medal won by Leon Taylor and Peter Waterfield.

I also strongly believe that the performance by Jane Smith and Tandi Gerrard, placing fourth in the 3 metre synchronised event, was the catalyst for Leon and Peter. Their exceptional achievement in shattering the British record and making a personal best by some 25 points assisted the team to the perfect start. Confidence was high and the team excelled.

Mark Shipman and Tony Ally continued the trend with a personal best and British record in the men's 3 metre synchronised finishing in fifth place.

An Olympic medal, two British records and personal best scores were the recipe for a successful Olympics. After all, it is a best ever performance in the ultimate competition that all athletes aspire to achieve and this was the case for our three synchronised teams.

Individual results continued to re-write the British record books as, for the first time ever, we had two men in the finals of the men's platform with both Leon and Peter in contention for medals again. Peter placed fifth and Leon sixth.

Overall, a remarkable Olympic Games with a team of seven achieving an Olympic medal, the first for Britain in 44 years, six top eight places and three semi-finalists. Congratulations to all divers and coaches on a superb result.

Coaching initiatives

Jane Smith retired from competitive diving after a superb career in which her highlights were her fourth place with Tandi at the Olympic Games (2004), double bronze medallist at the 2002 Commonwealth Games in Manchester and numerous other top honours in international competitions. Whilst Jane will be missed, we hope to have her involved at management level and possibly also as a judge in the future.

Adam Sotheran was successful in being selected for the UK Sport Elite Coach scheme and he started work in Sheffield last October. Adam is working closely with our National Coach, Chen Wen and has already shown dedication and a great desire to learn and improve.

In conjunction with the coaches, Kim White continues to develop outstanding juniors through the Junior Olympic Programme and it would be no surprise to see several new faces make it onto the senior teams this year and possibly even the World Championships team.

Julian Bellan has implemented some new initiatives with the Junior Talent Programme and has set tough new selection processes for the young stars of tomorrow. Julian has also linked in with our Olympic coaches, Lindsey Fraser and Adrian Hinchcliffe to be the part time Regional Mentors and assist the coaches with programmes and training regimes.

The TASS programme also started this year and has been well received by our coaches and 13 divers not on World Class Programmes. Several of these represented Britain at international Grand Prix's.

We were also successful with the new TASS 2012 scholarships and four divers were selected. These are Thomas Daley from Plymouth, Max Brick from Southampton, Claire Blencowe from Sheffield and Callum Johnstone from Leeds.

Excellent resources

Sports science and sports medicine staff continue to excel with their services to our divers and we are very fortunate to have such a wonderful set up led by our superb doctor, Laurie Baxter. Our network links in well with the English Institute of Sport and we are utilising these excellent resources provided by EIS and our team of experts.

Finally, UK Sport has been extremely supportive of British Diving and as a sport, we received outstanding funding for the next four-year period. With this funding comes extra pressure to perform and obtain results better than Athens.

All at British Diving accept the challenge and strategies and plans have already been implemented with specialist coach positions for synchronised diving as one of our many new initiatives.

Many thanks to all who believed in British Diving and huge congratulations to the coaches and divers, as they are the people that ultimately bring the success to the pool.

Steve Foley
National Performance Director

Peter Waterfield (left)
and Leon Taylor with
Britain's first medals of
the Olympic Games



TAKING VALUABLE STEPS FORWARD

This was a year when British Synchro started to take valuable steps forward. We entered a duet in a world championship event for the first time since 1998. Our junior athletes demonstrated great improvements and are beginning to fulfil their potential, although our overall standard is still too low to compete successfully on the European or world stage. However, development money did support our young athletes allowing the first 13/14 international squad to train and compete in over a decade. Our top young coaches started to develop their skills and abilities with increased opportunities to coach top British athletes.

Senior Duet/Olympic Qualification

The duet of Chelsea Luker, Carly Grimshaw along with reserve Mhairi Laing, competed in the Olympic qualifying duet event. The top 24 duets qualify via IOC rules. Britain finished 19th out of 38 duets, in the top half of the world rankings, which is promising as we look towards Beijing in 2008. However, with the British Swimming Board ranking of top 12 or higher for all aquatic disciplines in order to compete at the Olympic Games, our duet could not compete. Russia is still dominating, with Japan second and the USA pulling ahead of Spain to win the bronze medal in both team and duet. Britain's Jenny Gray was selected to judge at the Games for the first time.

Two weeks later, the British duet competed in the European Championships. They swam well despite their Olympic disappointment just missing the finals by one place in 13th position. Chelsea Luker finished two places outside the final in the solo event.

Junior Duet

Two new athletes competed for Britain at junior level. Having won the duet in a junior international meet two weeks earlier, the pair of Hannah Massey and Jenna Randall finished seventh in the Junior Europeans and Hannah was placed eighth in solo. This is the highest result for a few years for Britain although three of the top 10 European countries did not take part. However, even if these countries had been ranked ahead of GB, our results would have been our best European ranking since 2000. From this event, the duet and solo qualified for the Junior World Championships. The duet finished 17th, just 0.1 outside our top 16 target with Hannah finishing in 18th place in the solo event. These two athletes are both juniors in 2005, with Jenna still a junior in 2006 and both show promise for the future.

Performance Squad 2005

2005 has, so far, been a training year to prepare for the Commonwealth Games and the Junior World Championships in 2006 as well as preparation for qualification at

the 2008 Olympics. A squad of five athletes was selected from GB Trials consisting of the highest ranked athletes following the national performance standards. The England Commonwealth Games duet squad will be selected from this squad, and any athlete qualifying for Scotland will be invited into this training squad. Jenna Randall is selected to swim in the solo at the Junior Europeans and USA Junior Open for experience and exposure ready for next year's Junior Worlds. It is the aim to be competing at and achieving our performance targets in senior world and European events by 2007. All athletes are monitored via logbooks and national assessments.

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 and beyond. It also includes a plan for junior athletes looking towards the 2012 Games. A set of national performance standards has been established and was used for the first time in 2005. These standards concentrate on skills and require athletes to pass all standards, making selections very clear-cut. A long term athlete development programme is currently being devised in order to provide potential Olympic champions in the future.

British Championships

The Rushmoor club and its athletes dominated this event. With the previous year's winner, Chelsea Luker out through injury, the championship title was up for grabs. The ASA junior champion Jenna Randall (Rushmoor) came through to take the senior title with Hannah Massey (Bristol) second and Jenna's club mate Lauren Smith finishing third. Lauren Smith paired up with Louise Woolley to win the duet title, with Gateshead second and Bristol third. Rushmoor went on to win their fourth team title in a row with Gateshead in second place and Bristol settling for third. Lauren Smith won the Holland Trophy for the swimmer with the highest aggregate routine score. We were fortunate to have Hortensia Graupera, a FINA 'A' judge and LEN assessor evaluating our judges at this event. She gave excellent guidance to both judges and coaches as to what the athletes and routines should be showing to achieve certain marks. Extension, use of body and strength were areas for improvement.

Elite Athlete, Coach and Official development

LEN Competitive Development Course

British Synchro was awarded a grant from LEN to run a competitive development course for our top junior athletes and

coaches. Anna Torres, Spain's top coach was invited to the UK to work on basic synchro skills, fitness, routine work and give an insight into how the Spanish athletes train. Spain has risen up the rankings to fourth in the world in a rapid ten years, with Anna leading the way. Our swimmers improved immensely within one weekend after direction from a coach who settles on nothing less than perfection. Anna showed both coaches and athletes how to train with quality and to get the best from the athletes.

FINA Coach and Officials Clinic

As part of the elite coach development programme, Kate Coupar and Adele Carlsen went to the FINA Coach and Officials Seminar. Jenny Gray was also invited to facilitate a session on achieving consensus between judges and coaches, which was very well received. Other lectures given were on topics such as planning, figures and technical elements, insight into Olympic training from the top six teams and medical issues within athletes.

Coach Development

As well as the seminars, several up and coming coaches are actively involved in the training squads. Gayle Adamson is working with the England Youth Squad, Karen Thorpe and Claire Butler assisted and developed their coaching skills with the Junior Duet Squad with Karen also attending the Junior Europeans and Junior Worlds. Kate Coupar is coaching the Under 12 Development Squad.

Official Development

All our six international judges officiated at competitive events in 2004. Maria Barnacle was promoted from 'G' to 'B' level. Britain now has one 'A' judge, two 'B' and three 'G' judges.

Adele Carlsen
National Performance Director

Rushmoor, the British championship winning team in action



OUTSTANDING MEDAL HAUL AT PARALYMPIC GAMES

British Disability Swimming has moved on significantly and improvements have been made in a number of areas.

The main target in 2004 was the Paralympic Games in Athens. Our team achieved second place on the medal table behind China but in front of the USA and Canada. This was an improvement from Sydney 2000 both in our number of gold medals and overall team position. We had the smallest team of the top three nations - 34 swimmers, 18 male and 16 female who broke 37 British, 10 European, 16 Paralympic and four world records during the Games to capture 52 medals in total, 16 gold, 20 silver and 16 bronze. Out of 135 swims 108 finals were made with 85 swims being within 1.5% of the swimmer's personal best.

As part of their preparation for Athens, the GB Disability Swimming team (16 swimmers and 9 members of staff) travelled to Esbjerg, Denmark to compete in the Danish Open Championships. This was the last major event before the Paralympic Trials. The team brought home 61 medals (31 gold, 18 silver and 12 bronze). 11 British, three European and two world records were broken.

In April, 17 swimmers along with coaches and staff attended a 12-day international training camp in Cyprus, the venue for the Paralympic Games holding camp. The British Paralympic Association was responsible for organising the venue whilst British Disability Swimming was responsible for the day-to-day operations. This camp was a useful exercise to help prepare coaches and athletes for the Games in Athens.

2005 started well. In March, 11 swimmers and eight staff again went to the Danish Open Championships. The squad consisted of both performance and potential athletes and provided the potential swimmers with the opportunity to interact and work with the experienced performance team and also get exposure to international competition. The team brought home 49 medals (27 gold, 14 silver and eight bronze) and three British records were broken.

Whilst the above team were competing in Denmark a different team of 13 swimmers and seven staff travelled to Durban, South Africa, for the South African Open Championships which also incorporated a week-long training camp. This was a great opportunity to try out a number of facilities that have been earmarked for the IPC World Championships in December 2006. 53 medals were brought home (40 gold, 11 silver and two bronze) and a Commonwealth and British record was broken.

High Performance Centres

The three British Disability Swimming High Performance Centres, Manchester, Swansea and Stirling are fully operational with Manchester being designated as the National High Performance Centre for British Disability Swimming. These Centres are paramount to the successful implementation of our programmes, as evidenced in Athens with those swimmers attending the three centres contributing towards the overall team medal tally with 14 gold, 10 silver and six bronze medals. Each centre now has a specific focus within the overall programme.

Both the World Class Potential and Start programmes are now fully operational. The Potential programme is a UK wide programme delivered by British Disability Swimming but at present the Start Programme is England only. The main purpose of both programmes is to provide a seamless transition onto the Performance Programme.

The British Disability Swimming annual plan for 2005-2009 has been finalised. Both domestic and international competitions have been scheduled along with a programme for overseas and domestic training camps. The plan will be coach driven and athlete centred with integrated support services to increase the ownership and responsibility of athletes, coaches and support staff. The aim is for athletes and coaches to work together to successfully integrate their individual plans into the British Disability Swimming Annual Plan.

In order to compete consistently and successfully on the world scene, it is recognised that all swimmers must be provided with a coaching programme of the highest quality. We are ensuring that all coaches have access to a comprehensive coach education 'Delivering on Deck' programme in order to gain the recognised qualifications and experience relating to the performance goal, and we are also providing all coaches with a mentoring and education programme.

Multi-Disciplinary Approach

An integrated sport-specific sport science and medicine support programme has been developed to ensure a multi-disciplinary approach to both training and competition. Our sports science and medicine team have a unique insight into the scientific and medical requirements of disabled swimming, allowing detailed guidance on the training programmes for elite performance.

A talent identification project group has been established to develop a strategy ensuring that we are identifying young talented athletes for the future success of the sport. It is believed that swimmer identification is paramount to the future of disability swimming within the UK. This will entail finding disabled children that are able to get across the pool safely and are interested in progressing a career in swimming and have a passion for the sport.

A specific project group has also established a classification strategy. This group is responsible for providing an information resource for coaches, team managers, administrators, officials and classifiers on the process of classification, including recruitment, training and retention of both classifiers and technical officials in Great Britain.

British Disability Swimming is now working closely with all key partners and agencies to implement a 'British Vision' throughout all home countries.

As part of the 'One Stop Plan' a full review of existing staffing structure was undertaken, including job roles and responsibilities. It is believed that the revised staffing structure will progress British Disability Swimming to be the leading nation in all aspects of the sport.

Tim Reddish
National Performance Director

Gareth Duke shows off his gold medal after winning the men's SB6 100m breaststroke at the Paralympic Games



PLANNING FOR LONG-TERM GOALS

High Performance Centre (HPC)

As part of the long-term goal of gaining international success, we have established a National High Performance Centre for our elite athletes. Working in partnership with the City of Manchester and SERCO it has been possible to acquire five hours of pool time four days per week. Starting back in October 2004 the HPC now has a number of dedicated athletes who are juggling their timetables between either school, university or work with the demands of five hours training a day.

Government Funding

A sign that water polo is heading in the right direction is its recent inclusion in the Government's 'Talent Athlete Scholarship Scheme'. This is a funding initiative to assist young people as they combine their academic and sporting pursuits and is directly linked between various education institutions and the national governing body of water polo.

During the Easter break, thanks to the financial assistance of the Youth Sport Trust's 'Talented and Gifted' fund (another financial first!), British Water Polo moved to its base away from home at Millfield School in Somerset. Over a six day period Millfield played host to 35 aspiring hopefuls who came down to the Academy 'Taster Day', a

three day senior women's training camp, a five day junior women's training camp and two three-day camps for the youth boys and girls squads, along with 16 coaches and managers.

Bringing squads together to train in this way helps underpin the new culture and reinforce the new direction of the sport. Apart from players having the opportunity to watch and get to know fellow athletes, it also serves to inspire the younger ones and motivate the older ones. In effect it's a visible 'Player Pathway'.

Regional Training Centres (RTC's)

Set up to educate young players in fundamental skills and drills, Regional Training Centres continued in all five districts around the country. Aimed at 'academy and youth age' (born 89/90 & 91/92), players congregate for three sets of 10 Friday nights, during which all athletes are taught the same skills. All sessions are written by the National Performance Director and are in line with national team training protocols. As well as educating players in the correct technique, the centres underpin the culture of 'proper' training.

Long Term Athlete Development

In the period of this report, a great deal of work was done towards the launching of British Water Polo's Long Term Athlete Development (LTAD) framework.

National Teams

2005 is a transition year for the LEN European Senior Championships. From now on 'even' years will hold the 'A' championships and 'odd' years will host the 'B' championships.

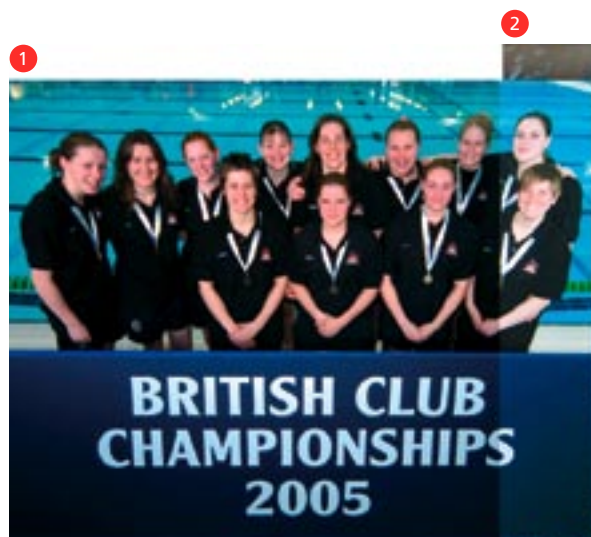
The GB junior women's team go to Portugal in August to see if they can improve on last year's creditable ninth spot, while the Junior Boys will spend 2005 training and developing with a number of domestic and international training camps and competitions.

Although there is still no GB senior men's team we are working hard to try and push for their future inclusion in the European 'B' Championships.

National Administration

After almost six years Piers Martin the National Development Officer (NDO) has moved on to become the North West Regional Director, we wish him all the best and look forward to working closely with him in the future. A new NDO will shortly be appointed. Furthermore water polo is working in partnership with several regions to establish part time paid Regional Development Officers. We are looking to expand the initiative with more regions in the future.

Nick Hume
National Performance Director



1 The Sheffield team who won the women's championship



2 Action from the British club final between Lancaster City and Rotherham Metro

LIMITED RESOURCES MAKE PROGRESS DIFFICULT

'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.'

In a climate of 'Olympic bid' fever, it is hard to appreciate that Open Water remains the poor relation of the aquatic sports and survives on a limited budget. Our sport continues to strive to achieve with the limited resources at its disposal. The above paragraph, written for the previous report, remains true in as much as we continue to rely on our elite swimmers to produce their best to raise the profile of the sport. It is still hoped that the Olympics in 2012 will feature a 10k open water event.

Alan Bircher, our top male swimmer, delighted us by being the first male to win silver medals in both European (Madrid) and World Championships (Dubai). Alan went on to win the LEN Cup series for the second time running, an achievement in itself, Luca Baldini from Italy being the only other swimmer to have done this. Alan continues to strive to be the best and hopes for a successful forthcoming season remain high.

LEN EUROPEAN SWIMMING CUP 2004 SUPER FINAL - MÜRITZ

1st	Alan Bircher GBR
2nd	Francisco Jose Hervas ESP
3rd	Marco Formentini ITA
12th	David Proud GBR

No female representation

FINA WORLD OPEN WATER SWIMMING CHAMPIONSHIPS - DUBAI

5K		
1st	Grant Cleland AUS	0:56:52.9
2nd	Christian Hein GER	0:56:54.1
3rd	Josh Santacaterina AUS	0:56:55.5
6th	Alan Bircher GBR	0:57:02.8
23rd	David Proud GBR	1:03:45.0

10K		
1st	Thomas Lurz GER	1:54:38.0
2nd	Alan Bircher GBR	1:54:44.8
3rd	Danill Serebrennikov RUS	1:55:02.8
23rd	David Proud GBR	2:01:13.3

No female representation

Although medals are still elusive for Alan's team-mate David Proud, he too continues to improve season by season and acquires himself well against the best in the world.

It was a season that saw the 'testing' of wetsuits in competition in Madrid to mixed reaction and this issue will be discussed at the FINA Open Water Congress in Montreal.

EUROPEAN SWIMMING CHAMPIONSHIPS OPEN WATER - MADRID

5K - MEN		
1st	Fario Venturini ITA	51:41.4
2nd	Alan Bircher GBR	51:55.4
3rd	Stefano Rubaudo ITA	52:11.8

5K - WOMEN		
1st	Britta Kamrau GER	59:11.3
2nd	Stefanie Biller GER	59:14.4
3rd	Xenia Lopez ESP	59:16.3
13th	Paula Wood GBR	1:04:43.2

No representation in the 10k

In the St Affrique 2004 LEN Cup which encompassed the European Junior Championships, British swimmers who had finished in the top five in our nationals were encouraged to compete in the LEN Cup and, where age permitted, in the European Junior event. Once again, competing against the top quality junior swimmers from the European pool championships, medals were not forthcoming.

British Championships

The LEN Cup 2004 in Holme Pierrepont incorporated the 5k and 10k Championships and it was heart warming to see our swimmers perform so well on home ground. Both Alan Bircher and Paula Wood took first place in the 5k British Championships with Alan taking the gold in the LEN Cup and Paula settling for a creditable sixth place in a hard fought competition. David Proud and John Owen took second and third place respectively. Paula was joined on the podium by Hannah Jones, second, and Erica Brown third.

In the 10k it was David Proud, Jamie Forrest and James Leitch who took the honours in that order with Heather Frederiksen, Susan Black and Jo-Ann McGarvey taking the medals in the women's 10k British event.

It was with disappointment that we were informed of the retirement of elite swimmer Paula Wood who had joined Alan in the European Championships in Madrid. Paula has been a stalwart of Open Water for a number of years and will be sorely missed.

Development of the discipline has started to go forward with invitations extended to pool 800m and 1500m swimmers to compete in French Cup events in the 2005 season. We hope to encourage more pool swimmers to compete in open water events and enlarge the open water base for future years.

It is envisaged that January 2006 will see the appointment of the first Director of Performance for Open Water. That will surely raise the profile of the sport and will give a natural link from pool to open water swimming in Great Britain. Home countries must focus on open water development plans if we are to aspire to podium potential in both European and world events and these plans will underpin the national development plan.

Great Britain continues to host both LEN and FINA events bringing an added opportunity for our new officials to gain experience and the more seasoned ones to continue to support these events. These officials continue to fly the flag in a commendable manner and are a credit to our sport.

The Safety Document continues to be used to good effect with appropriate sections included in a condensed version of 'Staging an Event' presented to the LEN Technical Committee - another example of Britain taking the lead in safety matters not only in the United Kingdom but also abroad.

Sam Greetham
GB Board Liaison

Alan Bircher with his silver medal from the European Championships



BRITS STILL STRIKING GOLD

World Championships

The biggest Masters event was the 10th World Championships, held in Riccione, Italy. The seven solid days of competition in two 50 metre pools, 8,000 competitors in swimming, diving, synchro, and water polo made this one of the biggest ever sporting gatherings. In all there were some 25,000 'splashes' in the speed swimming events.

British Swimming again kindly sponsored an initiatory reception for all British competitors, and even that is becoming traditional at these competitions, affording as it does a chance for aquatic athletes from different disciplines to relax before the serious business starts.

British Masters were again prominent. Our principal medallist was, once again, Jane Asher (70-74), who won her five allowed pool events and the 3 km open water, and set two world records in the process. She was closely followed by Lesley Wilde, in the 45-49 group, who was successful in her five pool events, setting a world record in a hail-ridden open air 200m back. Just behind in the medal stakes with four golds were Nuala Muir-Cochrane (40-44) and Matt Cheppell (25-29). Winning three butterfly events in the 60-64 group and setting two world records was Judy Wilson, who also took two silver medals in times bettering the existing world records. Her gold haul was equalled by Nick Gillingham, who swept the 35-39 yrs breaststroke events, with world record times in the 100m and 200m. And one final world record fell to the Heart of England mixed 240-279 medley relay of Bob Lord, Elaine Bromwich, Judy Wilson, and John Tennant. It was good to see two of our 1964 Olympians in Lord and Wilson (nee Gegan) still competing with the best.

Three golds went to Harold Dodd (85-89) in the 200, 400, and 800m free. Brenda Walker (65-69) took two backstroke titles. Amanda Heath won two breaststroke events in the 45-49 group, and Moscow Olympic medallist Maggie Kelly was a worthy winner of the 50m breaststroke in the same group. In the 30-34 ladies, Karen Jackson won two breaststroke titles, and single title winners were Willy van Rysel (85-89), Jane Solomon (25-29), and Christine Parfect (65-69).

Other men gaining gold were Sandy Galletly (60-64) in the 400 and 800m free, Alan Jackson (65-69) in the 100 and 200m backstroke, Andy Manley (25-29) in the 100 and 200m freestyle, Derek Parr (60-64) in the 200m butterfly, Steve Mellor (another ex-Olympian) in the 30-34 200m free, Martin Fenner (40-44) 100 back, David Cumming (65-69) 200 fly, and John Davis (80-84) 400 IM.

1



2



1 Nuala Muir-Cochrane and Matt Cheppell each won four events at the world masters

2 Lesley Wilde: five gold medals at the world masters

3 Harold Dodd won three titles at the world masters



British Masters Championships

The 2004 British Masters Championships were held at the Manchester Aquatic Centre. The novelty of swimming in the Commonwealth Games pool attracted a vast entry of 760 swimmers, so much so that at one point there were doubts that the event could be completed in the time available. In the end, the Northern Counties administration was equal to the task and it was generally agreed that the meet had been one of the most successful in this series which started in 1987.

Records and Rankings

The GB Masters Committee is responsible for maintaining a set of British records for all 17 long course and 18 short course events for men and women in all masters age groups, plus relay records. And there are parallel operations for European and world records as well. The mammoth task of keeping the GB list up to date and ensuring that British swimmers' performances are put forward to the appropriate authorities is carried out by David Chaney. David has borne this burden for five years, and was a deserving recipient of the 2004 Vivienne and Leonard Cherriman Award for services to Masters Swimming.

During the period in question there were 338 British Masters record applications, of which 116 were also European records and 43 were world records. In addition there were 29 records set in the separate 19-24 age group. In individual terms, the most prolific record breakers were Judy Wilson with 14 in the 60-64 group, and Jane Asher (70-74) and Duncan McCreadie (60-64) with six apiece.

Ranking lists for all events are maintained and published annually on the websites of British Swimming, LEN, and FINA. The British contribution is managed by David Chaney and Verity Dobbie.

Committee

The Committee consisted of Verity Dobbie (chair), Geoff Stokes (England), Eddie Riach (Scotland) and Christine Parry (Wales) with Simon Rothwell (GB Board), who also chairs the LEN Masters Committee and Andy Wilson as secretary. Most business is carried out by post and e-mail, and the Committee met once, in January 2005.

Andy Wilson
Secretary, GB Masters Committee

ACTING ON RECOMMENDATIONS

Four new members have joined our committee meaning that, for the first time, there will be representatives from England, Scotland and Wales. We hope that the medical panel will attract more doctors in order to benefit the sport but this will only happen if we demonstrate a continued effort to update our quality of service and offer incentives for doctors to join. This has been the case over the past year because of the support we have had from the chief executive and the GB Committee.

The medical panel has a diverse representation - from hospital consultants to General Practitioners with their own specialities, and public health advisors who have an interest in water purity and environmental hazards.

The committee agreed to the recommendations made by our working party, on the way forward for sports medicine in swimming, and we formed four sub-committees:

1. General medical matters affecting swimmers
2. Elite swimmers requirements
3. Doping control
4. Medico-legal

The fourth group was introduced due to the current increased risk of litigation, and also our work with doctors who care for patients with no swimming connections. This group will be able to give advice on medical ethics and any other problems that may arise.

Agreement has been reached on the appointment of a remunerated medical administrator to the ASA to give advice to members and the ASA Committee. Doctors have been identified to give advice and assistance to all disciplines except Synchronised Swimming. It is hoped that this situation may be rectified in the near future. It was agreed that all members of the committee will produce papers that will be of interest to all swimmers and these are to be posted on the web site.

Working with Doctors in other Sports

Injuries and illnesses such as over training syndrome are common to all sports as are the effects of the competition environment. Discussion between sports doctors on the management of these conditions may improve the recommended treatment. The appointment of a representative to the BOA Medical Committee will provide the committee with information of interest. The committee has become pro-active in ascertaining how our skills may be of benefit to the sport. Discussions have

taken place with coaches to work towards a better understanding of what we have to offer and how we can meet the coaches' needs. The committee has offered to produce a paper at one of the coaches' meetings, it is hoped this will lead to a continued source of benefit to the coaches with further talks on relevant subjects in the future.

The need for co-operation between the physiologists has been a long-standing problem that we hope may be resolved. An approach has been made to the physiologists to assist in a long-standing problem concerning the loss of body heat by open water swimmers. They have suggested the drawing up of a protocol to measure heat loss in three groups of swimmers: 12 to 14-year-olds, 14 to 16-year-olds and over 16-year-olds. The project may spread over a two-year period. FINA and LEN's medical committees have been looking into this problem and it is hoped that the information gained may be of benefit to all interested persons.

Doping Control

There have been changes to out of competition testing. All athletes on out of competition testing will be required to inform the Sports Council (via the World Class Programmes section at British Swimming) where they will be for one hour each day. If a doping control officer arrives and they

are not present during that hour, the default will be recorded. If a failure occurs three times in 18 months, the athlete will be treated as though they had refused a test. Swimmers are required to bring some form of identification when attending a doping control. Frequently this does not happen and it has been recommended that the present registration cards contain a space where a swimmer can stick a passport photograph. This would give dual identification, a personalised registration and photograph.

Team Doctors

The aim of the committee, and the recommendation of the BOA, is that all team doctors should hold a qualification in sports medicine. Until this is possible a doctor should have been working in sports medicine for a minimum number of years and be encouraged to take a further qualification. Medical records should be available for any doctor responsible for a team.

We did experience a problem with a swimmer who suffered from an epileptic fit. The guidelines in our sport are similar to those for a car driver. A swimmer must be fit-free for one year before he can swim without individual supervision. Wherever possible the swimmer should be responsible for providing their individual observer.

Dr David Hunt
Secretary, GB Medical Advisory Committee

Concerns have been raised about the loss of body heat in open water swimmers



REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31ST MARCH 2005



AMATEUR SWIMMING FEDERATION OF GREAT BRITAIN LIMITED ABBREVIATED ACCOUNTS

The Following information has been extracted from the full statutory accounts which are available on request from the company's registered office at:

Harold Fern House
Derby Square
Loughborough
Leicestershire LE11 5AL

Directors' report for the year ended 31st March 2005

The directors present their annual report with the financial statements of the company for the year ended 31st March 2005.

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 (resigned 11 May 2005)
A M Clarkson
S Greetham
R M K J James
I Mason
S Rothwell
A W Clark
G S S Davis (appointed 17 April 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

17 September 2005

Profit and loss account for the year ended 31st March 2005

	YEAR ENDED 31ST MARCH 2005 £	18 MONTH PERIOD ENDED 31ST MARCH 2004 £
TURNOVER	1,217,737	1,570,054
Cost of sales	(759,008)	(709,159)
GROSS PROFIT	458,729	860,895
Administrative expenses	(567,115)	(728,844)
OPERATING (LOSS)/PROFIT	(108,386)	132,051
Investment income and interest receivable	5,538	7,789
(LOSS)/PROFIT ON ORDINARY ACTIVITIES BEFORE TAXATION	(102,848)	139,840
Tax on profit on ordinary activities	(175)	(72)
(LOSS)/PROFIT ON ORDINARY ACTIVITIES AFTER TAXATION	£(103,023)	£139,768

- All turnover and operating (loss) 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.

Balance sheet at 31st March 2005

NOTE	AT 31ST MARCH 2005		AT 31ST MARCH 2004	
	£	£	£	£
FIXED ASSETS				
Tangible assets		33,661		64,256
CURRENT ASSETS				
Stock	-		35,090	
Debtors	436,529		351,306	
Cash at bank and in hand	197,032		281,256	
		633,561		667,652
CREDITORS: amounts falling due within one year	(420,408)		(382,071)	
NET CURRENT ASSETS		213,153		285,581
TOTAL ASSETS LESS CURRENT LIABILITIES		246,814		349,837
CREDITORS: amounts falling due after more than one year		(215,279)		(215,279)
		£31,535		£134,558
FUNDS AND RESERVES				
Profit and loss account		31,535		134,558
TOTAL FUNDS		£31,535		£134,558

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 17 September 2005 and signed on its behalf by the following directors:

C L Baillieu & R M K J James

HIGH PERFORMANCE SWIMMING LIMITED ABBREVIATED ACCOUNTS

The following information has been extracted from the full statutory accounts which are available on request from the company's registered office at:

Harold Fern House
Derby Square
Loughborough
Leicestershire LE11 5AL

Directors' report for the year ended 31st March 2005

The directors present their annual report with the financial statements of the company for the year ended 31st March 2005.

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
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

17 September 2005

Profit and loss account for the year ended 31st March 2005

NOTES	YEAR ENDED 31ST MARCH 2005 £	18 MONTH PERIOD ENDED 31ST MARCH 2004 £
TURNOVER	2,539,076	3,305,936
Cost of sales	(1,491,774)	(1,832,861)
GROSS PROFIT	1,047,302	1,473,075
Other income	4,395	-
Administrative expenses	(1,015,697)	(1,473,075)
OPERATING PROFIT	-	-
Investment income and interest receivable	-	-
PROFIT ON ORDINARY ACTIVITIES BEFORE TAXATION	-	-
Tax on profit on ordinary activities	-	-
PROFIT ON ORDINARY ACTIVITIES AFTER TAXATION	£ -	£ -

- All turnover and operating profit (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.

Balance sheet at 31st March 2005

NOTE	AT 31ST MARCH 2005		AT 31ST MARCH 2004	
	£	£	£	£
CURRENT ASSETS				
Debtors	423,749		448,741	
Cash at bank and in hand	628,778		315,225	
	1,052,527		763,966	
CREDITORS: amounts falling due within one year	(1,052,527)		(764,308)	
NET CURRENT LIABILITIES		-		(342)
TOTAL ASSETS LESS CURRENT LIABILITIES		£ -		£(342)
FUNDS AND RESERVES				
Profit and loss account		-		(342)
TOTAL FUNDS		£ -		£(342)

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 17 September, 2005 and signed on its behalf by the following directors:

C L Baillieu & R M K J James

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

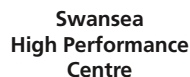
Chris Baillieu	ASFGB Chairman
David Sparkes	ASFGB Chief Executive
Adrian Wetton	Director of Finance
Andy Gray	Head of Legal Affairs
Katie Brazier	Commercial Director
Bill Sweetenham	Swimming National Performance Director
Wendy Coles	Athlete Support
Steve Foley	Diving National Performance Director
Adele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

For production and editing

Peter Hassall	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 18 months.





The British Olympic swimming team at Loughborough University before leaving for Athens

TEAM

USA

MICHAEL PHELPS FOR SPEEDO

speedo 

HEIGHT 6'4"
ARMSPAN 6'7"
D.O.B. 30.06.85
STROKES Butterfly
Freestyle
Backstroke
Individual

WORLD CHAMPION 5x
WORLD RECORDS 13
OLYMPIC GOLD MEDALS 6

AGED 15 MICHAEL BECAME
THE YOUNGEST MALE
OLYMPIAN SINCE 1932

WWW.SPEEDO.CO.UK

Fina

Official Partner