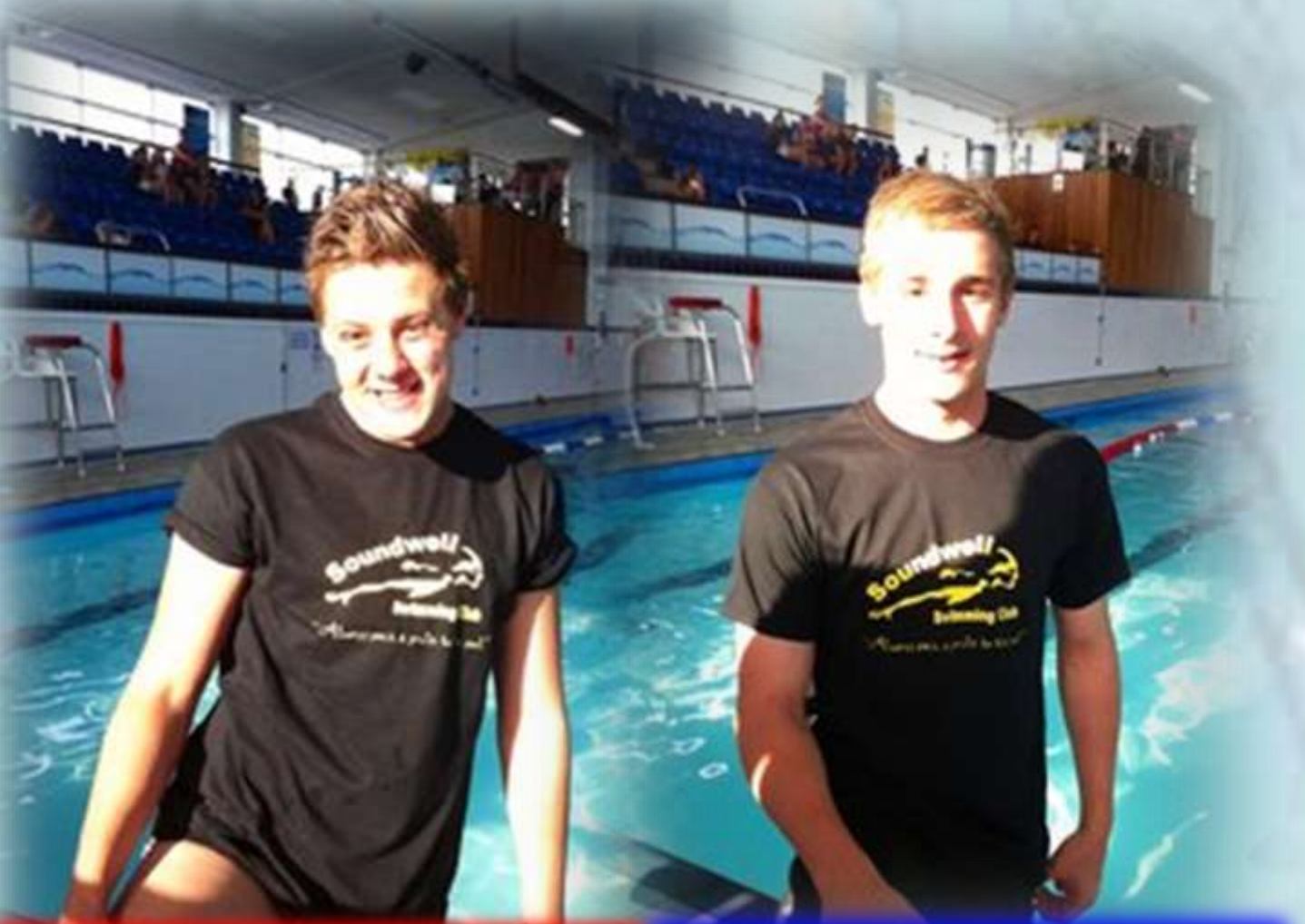


Issue 1 – November 2013

WaterSource



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- South West Region Results
- National Success
- Celebrity Profiles!
- Barcelona Synchro Report
- Masters Success
- Open Water Review
- Water Polo Round-Up

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- Member Club Special
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- England Programmes Selection
- England Schools Nationals
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Swimming . Masters . Disability . Diving . Water Polo .Synchro



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A note from the President

First may I introduce myself. The executive were kind enough to elect me as your president for 2013 to 2014. My name is Mike Hynd and I have been a member of Cheltenham Swimming and Water Polo Club for many years, in fact ever since my eldest child, who is now over thirty, started swimming lessons as a youngster.

As a parent I was asked to drive a stop watch and before long, like many other parents, I was asked to become more involved in officiating at club galas and this inevitably led on to greater things until I found myself officiating at County and Regional galas and championships. Though my children no longer swim competitively I have continued to enjoy many years on the poolside and have travelled to Sheffield for National events. It is high time I put something back into swimming and presiding over Gloucester County ASA seemed the obvious choice.

The first two events of my term in office both involved Open Water events and I must confess to not having embraced Open Water in the past. I found both of them very different though I quickly learnt that many of the officials were the same faces as I had worked alongside in various pools up and down the West Country. Full report on pages 17 & 18.

Mike Hynd, President Gloucester County ASA

Swimming . Masters . Disability . Diving . Water Polo .Synchro



Welcome to the newsletter of the Gloucester County Amateur Swimming Association.

The association is affiliated to the South West Region ASA and promotes the development of all aquatic disciplines throughout the Gloucestershire region.

ARTICLES WELCOME FOR FUTURE ISSUES!

We have attempted to cover as many of the disciplines and highlights from 2013 as we could find! and also interesting articles from current and past members. Please forward any articles, photographs or information you would like in future issues to the County Administrator.

England Programmes Selection



Following their successful performances at the recent ASA National Championships in July/August Will Cole (14yrs) and Will Harrison (18yrs) of Soundwell Swimming Club have been selected for an England Performance Profiling and Development Day on Sunday 27th November 2013.



#GCASATopMarks

Head Coach Matt Puddy will also participate in the England Coaches Programme Coaches Education Day on Sunday 10th November 2013. Congratulations to all of you.

England Schools Inter-Divisional Championships

This is a National event, and attracted some of the countries very best swimmers competing for National titles, and the opportunity to compete for their country in future Schools Internationals, and games.

GCASA Results

- Alex Seymour – 200 Fly Silver medal
- Matt Munden – 100 Back 4th
- Sophie Hall – Gold 200 Free, silver 400 free and bronze in 800 free
- The South West Region team also included Ed Walsh, Craig Munden, Alice Price and Sophie Tebbs (all from Gloucester Swimming Club)

Will Cole (Soundwell) broke the National 200m freestyle record





A Team of 51 Swimmers were selected from County Clubs to represent the County in the Annual 3-Counties Invitation Event. The event is a traditional event swum between Staffordshire ASA, Worcestershire ASA and Gloucester County ASA. This year the hosts were Staffordshire ASA so a nice trip up North was needed. We had a good turnout for the coach trip needing us to get a double decker bus to cope with the numbers.



This year's Team Captains on the day were Annie Brown (Bristol Central) and Craig Munden (Gloucester City) this is the last year of competition for these 2 swimmers who have both represented the County many times in the past.

Mike Hynd our President travelled up with us on the coach and presented County Colours to:

Alexander Cohoon Cirencester
Lucas Bennett Bristol Penguins
Cameron Lewis Gloucester
George Langman Bishopsworth
Delphi Evans Severnside
Jessica Reynolds Bristol Penguins
Olivia Butler Severnside
Isobel Ashton Soundwell
Charlotte Frost Dursley
Anna Soteriou Bristol Penguins
Sophie O'Neil Tewksbury
Joel Williams Soundwell
Archie Watts Bristol Henleaze
Matilda Hall Gloucester City
Katherine Brown Bristol Central
Bethan Blakelock Gloucester City
Christopher Graffin Tewksbury

Competition was keen as always with some top class age group swimmers competing. The event was very tight and the closest for many years. All positions were too close to call until the final round of relays.

Worcestershire eventually ran out winners with Staffordshire in second but Gloucester County were very close behind. The final points scores were:

Worcestershire – 313 points

Staffordshire – 298 points

Gloucester County – 292 points

Gloucester County Blocks 2013 Highlights

GCASA Results

Distance Events

Boys 800m Freestyle

11 Years	
12 Years	Rory Maxwell Bristol Henleaz
13 Years	Oliver Thorpe Bristol Central
14 Years	David Holt Soundwell
15 Years	Ed Walsh Severnside
16 Years	Cade Gillingham Severnside
17 Years	Hayden Ball Severnside
18 Years & Over	Geoffrey Twinning Cheltenham

Girls 800m Freestyle

11 Years	Freya Bradley Soundwell
12 Years	Abbie Giles Gloucester
13 Years	Jorji London Soundwell
14 Years	Sophie Hall Gloucester
15 Years	Lucy Pearce Bishopsworth
16 Years	Faye Jones Tewkesbury
17 Years	
18 Years & Over	Rebecca Johnstone Glos

Boys 1500m Freestyle

11 Years	Adam Hall Gloucester
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	Cade Gillingham Severnside
17 Years	Will Harrison Soundwell
18 Years & Over	Matt Wolstenholme Soundwell

Girls 1500m Freestyle

11 Years	Laura Smith Bristol Penguins
12 Years	Isobel Hewett-C Severnside
13 Years	Sophie Wilkins Severnside
14 Years	Phillipa Biggs Cirencester
15 Years	Georgina Hardwick Severnsi
16 Years	Amy Wilkins Severnside
17 Years	
18 Years & Over	Zoe Bartholomew Severnside

Synchro Spotlight : Samantha Wilson



Team/Club: Bristol Central/ Cheltenham/Tewkesbury

Greatest influence: Family and coaches.

When did you begin synchro: I started when I was 10 after seeing a display by Cheltenham Synchro and thinking it looked amazing and would be much more interesting than swimming up and down! I also thought it would be useful to make myself stronger for gymnastics which was my main sport until synchro started taking priority a couple of years later.



Tip for the top: The quote: 'Reach for the moon, then if you miss you'll end up amongst the stars' I heard it from a sports psychologist a few years ago and have been motivated by it ever since

Barcelona 2013 – World championships

Looking back on my career as a synchronised swimmer- my final year and competing at World Championships was certainly the highlight and undoubtedly well worth all the years of hard work, dedication and highly demanding training put in.

When we arrived in Barcelona on 15th of July I couldn't have felt more prepared. We had flown directly from Malta where we had undergone a two and a half week intensive training camp, working on a lot of routine specific stamina and physical training.

Our hotel accommodation was great and discovering I was staying only a few doors down from Tom Daley was an added bonus! We had one more week of training in Barcelona before the competition. This was spread between 4 different pool venues: The competition pool, the warm-up pool, the one we nicknamed "the dark sweaty pool" and the outdoor Olympic pool which had breath-taking views over the city.

Although the training was intense and stressful, as we were working on aiming for perfection, the mood was exciting as we were almost always training with other countries and on the occasional short breaks we were able to watch the other teams.

GCASA are very proud of YOU Sam

Issue 1 – November 2013

Synchro Spotlight : Samantha Wilson

The duet and solo competitions both took place prior to the team events. We got the chance to watch the events and support our GB girls who swam great routines. Unfortunately there were many comments that they had been harshly scored. This was also a great opportunity to watch the other countries in action, particularly the Russian free duet, which was a new routine this year.



Our coach had not let us watch this routine on video as she said it needed to be seen live – and it was well worth the wait. I was astounded at how fast they could move through water. They have been world champions for as long as I've been swimming and with good cause.

Before Prelims we were all very nervous as we knew it was going to be tough to get into the finals, which was our goal and meant finishing in the top 12. However we really pulled together as a team and did a really good swim and finished 11th.

“Britain's new-look synchronised swimming team performed beyond their years to reach the final of the Team Free event on day four of the 2013 World Championships”



Returning to the hotel we did a detailed video review of our performance, went through it with a fine toothcomb and picked out the parts we needed to improve. We were then straight back in the pool the next day working on those parts and perfecting again.

The next few days flew by and before we knew it, we were back in the last call room ready to compete in the finals. I didn't feel as nervous this time round, probably due to the fact that we'd done it before and also because there wasn't that 'qualifying' pressure on our backs – we just had to do the best swim we could.

My emotions were more turned to excitement as I knew this would be my last swim ever before I retired. I was also swimming in front of a full stadium of 12000 people. The swim itself was very painful as ever. A huge amount of will power, helped by the very supportive crowd, pushed me through the pain barrier and I did the best swim I'd ever done! We improved our scores from the prelims, although we dropped down a place to 12th, but we were still overjoyed with our result.

Life after swimming: Not sure yet! Maybe finish my A levels and I'd like to be a personal trainer or something like that.

Gloucester County Blocks 2013 Highlights

GCASA Results

50m Events

Boys Freestyle

10 Years	George Stagg Bristol Pen
11 Years	Jedd Woodruff Soundwell
12 Years	Chris Malone Gloucester
13 Years	Oliver Thorpe Bristol Central
14 Years	Joseph Parker Soundwell
15 Years	Edward Walsh Severnside
16 Years	Mathew Bray Bristol Central
17 Years	Can Bozkurt Bristol North
18 Years & Over	Grant Sage Severnside

Boys Freestyle Junior Champion

Ed Walsh Severnside

Boys Freestyle Senior Champion

James Dawe Soundwell

Girls Freestyle

10 Years	Anna Soteriou Bristol Pen
11 Years	Alysia Maestri Bristol Hen
12 Years	Zoe Owen Severnside
13 Years	Maria Jones Southwold
14 Years	Sophie Hall Gloucester
15 Years	Georgina Hardwick Severnsi
16 Years	Annie Brown Bristol Central
17 Years	Sophie Brown Gloucester
18 Years & Over	Sarah Lake Bishopsworth

Girls Freestyle Junior Champion

Sophie Hall Gloucester

Girls Freestyle Senior Champion

Annie Brown Bristol Central

Boys Backstroke

10 Years	George Stagg Bristol Pen
11 Years	Joel Williams Soundwell
12 Years	Kye Adams Bishopsworth
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	George Firth Cirencester
17 Years	Will Harrison Soundwell
18 Years & Over	Daniel Broady Gloucester

Boys Backstroke Junior Champion

Will Cole Soundwell

Boys Backstroke Senior Champion

Will Harrison Soundwell

Girls Backstroke

10 Years	Anna Soteriou Bristol Pen
11 Years	Laura Smith Bristol Pen
12 Years	Emma Hatton Gloucester
13 Years	Nikki Rodgers Dursley
14 Years	Jessica Shaw Southwold
15 Years	Georgina Hardwick Seversid
16 Years	Annie Brown Bristol Central
17 Years	Sophie Brown Gloucester
18 Years & Over	Nia Westlake Cinderford

Girls Backstroke Junior Champion

Jess Shaw Southwold

Girls Backstroke Senior Champion

Sophie Brown Gloucester

Gloucester County Blocks 2013 Highlights

GCASA Results

50m Events

Boys Breaststroke

10 Years	George Stagg Bristol Pen
11 Years	Jedd Woodruff Soundwell
12 Years	Chris Malone Gloucester
13 Years	Matthew Benson Tewkesbur
14 Years	William Cole Soundwell
15 Years	Edward Walsh Severnside
16 Years	Jordan Thornton Cirencester
17 Years	Can Bozkurt Bristol North
18 Years & Over	Daniel Broady Gloucester

Boys Breaststroke Junior Champion
Edward Walsh Severnside

Boys Breaststroke Senior Champion
Daniel Broad Gloucester

Girls Breaststroke

10 Years	Anna Soteriou Bristol Pen
11 Years	Laura Smith Bristol Pen
12 Years	Matilda Hall Cirencester
13 Years	Abi Rawlings Tewkesbury
14 Years	Becky Sheppard Tewkesbury
15 Years	Lucy Pearce Bishopsworth
16 Years	Annie Brown Bristol Central
17 Years	Amber Brewer Bristol Cent
18 Years & Over	Aimee Carter Gloucester

Girls Breaststroke Junior Champion
Becky Sheppard Tewkesbury

Girls Breaststroke Senior Champion
Annie Brown Bristol Central

Boys Butterfly

10 Years	George Stagg Bristol Pen
11 Years	Jeff Woodruff Soundwell
12 Years	Kye Adams Bishopsworth
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	George Firth Cirencester
17 Years	Can Bozkurt Bristol North
18 Years & Over	Lewis Cole Tewkesbury

Boys Butterfly Junior Champion
Craig Munden Gloucester

Boys Butterfly Senior Champion
Lewis Cole Tewkesbury

Girls Butterfly

10 Years	Anna Soteriou Bristol Pen
11 Years	Kate Shortman Soundwell
12 Years	Zoe Owen Severnside
13 Years	Nikki Rodgers Dursley
14 Years	Evie Reed Soundwell
15 Years	Georgina Hardwick Seversid
16 Years	Annie Brown Bristol Central
17 Years	Sophie Brown Gloucester
18 Years & Over	Ceris Westlake Cinderford

Girls Butterfly Junior Champion
Evie Reed Soundwell

Girls Butterfly Senior Champion
Sophie Brown Gloucester

National Inter-County Team Oct 20th 2013

Gloucester County ASA were pleased to have 26 swimmers representing the county at the recent British Gas ASA National County Team Championships on 20th October 2013. The swimmers, all from Gloucester County Clubs, aged from 12 to 17 were selected based on national rankings



Swimmer	Club	Swimmer	Club
12/13		12/13	
Joshua O'Neil	Tewkesbury	Georgia Sharley	Bristol Central
Alex Seymour	Gloucester City	Emma Hatton	Gloucester City
Chris Malone	Gloucester City	Abi Rawlings	Tewkesbury
Kye Adams	Bishopsworth	Matilda Hall	Gloucester City
		Bethan Blakelock	Gloucester City
14/15		14/15	
Matt Munden	Gloucester City	Sophie Hall	Gloucester City
Louis McCouig	Cirencester	Rebecca Sheppard	Tewkesbury
William Seaman	Sevenside Tritons	Sophie Tebbs	Gloucester City
Joseph Parker	Soundwell	Jessica Shaw	Southwold
		Megan Hartery	Gloucester City
16/17		16/17	
Ed Walsh	Gloucester City	Abi Bowring	Bristol Henleaze
Craig Munden	Gloucester City	Annie Brown	Bristol Henleaze
George Firth	Cirencester	Cara Hodgkinson	Sevenside Tritons
Ben Hampson	Sevenside Tritons	Amber Brewer	Bristol Central



The weekend started with, the swimmers, County President (Mike Hynd), swim coaches (Keith Smith and Kev Walters), team managers (Jenny Brewer and Jenny Sheppard), and officials (Dave O'Neill and Dave Adams) travelling to Sheffield by coach on Saturday 19th October for an overnight stay at a local hotel.

Sunday morning greeted swimmers from 39 counties festooned in decorative hats, painted faces and sporting banners and pom-pom's ready for the opening ceremony at 11:30am. Team captains Amber Brewer and George Firth took their place in the parade celebrating the start of the 2013 Inter-County Championships.

National Inter-County Team Oct 20th 2013

The competition commenced at 11:45am in two 25m short course pools with counties ranked in Division 1 or 2 depending on previous years placing. With Division 1 starting just 15 seconds before Division 2, a fast, exciting and noisy 3 hours of competitive swimming took place with team managers and coaches ensuring swimmers were prepped and ready to take their place on the starting blocks.



Gloucester County performed very well with some exciting p.b.'s and excellent placing's including the following top 6 finishers:

- Boys 12/13 Yrs 100m Backstroke: 2nd – Alexander Seymour 1:03:62
- Boys 12/13 Yrs 100m Butterfly: 3rd – Alexander Seymour 1:03:25
- Boys 12/13 Yrs 100m Breaststroke: 5th – Chris Malone 1:14:99
- Boys 14/15 Yrs 100m Butterfly: 4th – Louis McCouig 1:00:06
- Boys 16/17 Yrs 100m Freestyle : 3rd – Craig Munden – 52:66
- Boys 16/17 Yrs 100m Breaststroke: 6th – Ed Walsh 1:09:11

- Girls 12/13 Yrs 100m Breaststroke: 6th – Abi Rawlings 1:16:25
- Girls 14/15 Yrs 100m Freestyle: 4th – Sophie Hall 59:25

- Girls 14/15 Yrs 4x50m Medley Team 5th - (Jess Shaw, Becky Sheppard, Megan Hartery, Sophie Tebbs)
- Boys 16/17 Yrs 4x50m Medley Team 6th - (George Firth, Ed Walsh, Craig Munden, Ben Hampson)

The competitive day finished with the 6 x 50m cannon (William Seaman, Kye Adams, Ben Hampson, Georgia Sharley, Annie Brown and Sophie Tebbs) at which point ear plugs would have been a good accessory! With all the points added up Gloucester County finished in 9th place with the swimmers providing strong representation for the County.

Just the refuelling of swimmers and helpers left to do en-route home concluding a successful excursion. During the return trip GCASA President, Mike Hynd, presented lucky winner Emma Hatton with a pair of Speedo swim goggles given to all Counties by Speedo on the day.

In summary, an excellent weekend of competition, with the swimmers not only enjoying the opportunity to represent their county but the team building inspiring friendships that will support the swimmers and clubs as they continue to grow and flourish.

National Swimmers

Gloucester County are very proud to have been so well represented at the British Gas National Swimming Championships at Ponds Forge this summer.

Age Group:

Edward Maddocks Gloucester
Abi Rawlings Tewkesbury
Alexander Seymour Gloucester
Christopher Malone Gloucester
Jorji Longdon)Soundwell
Matthew Munden Gloucester
Sallie Phillips Gloucester
Evie Reed Soundwell
Sophie Hall Gloucester
Sophie Tebbs Cheltenham
Will Cole Soundwell



Youth:

Abi Bowring Utd Bristol
Alex Chantler-Mayne Gloucester
Alice Price Gloucester
Annie Brown Utd Bristol
Becky Sheppard Tewkesbury
Ben Thompson Soundwell
Craig Munden Gloucester
Daniel Bennett Gloucester
Dean Embling Cinderford
Matt Bray Bristol Central
Ryan West Gloucester
Will Harrison Soundwell
Ed Walsh Gloucester

Results:

Men's MD 400m Freestyle – Ryan West 5th
Men's MD 100m Backstroke – Ryan West 10th
Men's 17/18 200m Backstroke – Will Harrison 6th
Men's MD 100m Freestyle – Ryan West 4th
Boys 13 Yrs 100m Backstroke – Matt Munden 6th
Boys 14 Yrs 100m Backstroke – Will Cole 5th
Girls 14 Yrs 400m Freestyle- Sophie Hall 6th
Boys 13 Yrs 200m Butterfly- Alex Seymour 3rd
Boys 14 Yrs 200m IM- Will Cole 8th
Boys 14 Yrs 400m Freestyle – Will Cole 5th
Girls 14 Yrs 200m Freestyle –Sophie Hall 8th
Boys 13 Yrs 200m Backstroke – Matt Munden 3rd
Boys 14 Yrs 200m Freestyle – Will Cole 3rd

Special Mention:

Although Alex Seymour finished 3rd in the 200 butterfly final he was only beaten by an Irish and UAE swimmer so he finished as National Champion and given the gold medal.

National MC Swimmers

- Daniel Bennett Gloucester
- Ryan West Gloucester
- Sallie Phillips

Spotlight on Ryan West

GCASA Swim Club: Gloucester City SC

Best Stroke: Freestyle

Swimming Career Highlights: Bronze medal at ASA Nationals Open MC 50 Freestyle. 1st on rankings for S9 classification

Most influential person in swimming career: Jonathan Fox

Best Tip: Stretch for the wall to finish your race

How do you prepare for a race on the day?:

Listening to music and keeping my legs up

What is the best part of being a competitive Swimmer?: Meeting new people

What is the worst part of being a competitive Swimmer?: Early morning training

Aspirations: World record holder and Paralympic Champion

Unknown Fact: Before swimming I used to fish, and once I appeared on Sky Sports 3 whilst fishing with the England Team



British International Disability Swimming Championships 2013

The long trip back to our second home Ponds Forge saw three Gloucester swimmers in this year's BIDSC. Daniel Bennett, Levana Hanson and Sallie Phillips. Levana Hanson made the journey Wednesday morning for an IPC reclassification, which saw her return to the S8 category.



All the swimmers came away with Pbs and new experiences and with the disability squad getting bigger and better it won't be long before Gloucester Swimming Club becomes a force to be reckoned with at these events.

Gloucester County Blocks 2013 Highlights

GCASA Results

100m Events

Boys Freestyle

10 Years	
11 Years	Adam Hall Gloucester
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	Mathew Bray Bristol Central
17 Years	Jacob Graham Soundwell
18 Years & Over	Daniel Woodward Gloucester

Boys Freestyle Junior Champion
Craig Munden Gloucester

Boys Freestyle Senior Champion
Matt Bray Bristol Central

Girls Freestyle

10 Years	
11 Years	Alysia Maestri Bristol Hen
12 Years	Zoe Owen Severnside
13 Years	Maria Jones Southwold
14 Years	Sophie Hall Gloucester
15 Years	Isobel Compton Tewkesbury
16 Years	Alice Price Gloucester
17 Years	Sophie Brown Gloucester
18 Years & Over	Aimee Carter Gloucester

Girls Freestyle Junior Champion
Sophie Hall Soundwell

Girls Freestyle Champion
Sophie Brown Gloucester

Boys Backstroke

10 Years	
11 Years	Adam Hall Gloucester
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Jorden Lee Gloucester
16 Years	George Firth Cirencester
17 Years	Will Harrison Soundwell
18 Years & Over	James Edmonds Severnside

Boys Backstroke Junior Champion
George Firth Gloucester

Boys Backstroke Senior Champion
Will Harrison Soundwell

Girls Backstroke

10 Years	
11 Years	Laura Smith Bristol Pen
12 Years	Zoe Owen Severnside
13 Years	Katherine Brown Bristol Cen
14 Years	Jessica Shaw Southwold
15 Years	Georgina Hardwick Seversid
16 Years	Alice Price Gloucester
17 Years	Sophie Brown Gloucester
18 Years & Over	Aimee Carter Gloucester

Girls Backstroke Junior Champion
Jess Shaw Southwold

Girls Backstroke Senior Champion
Sophie Brown Gloucester

Gloucester County Blocks 2013 Highlights

GCASA Results

100m Events

Boys Breaststroke

11 Years	Adam Hall Gloucester
12 Years	Chris Malone Gloucester
13 Years	Jack Keepin Soundwell
14 Years	Ben Thompson Soundwell
15 Years	Edward Walsh Severnside
16 Years	George Firth Cirencester
17 Years	Will Harrison Soundwell
18 Years & Over	Dean Embling Cinderford

Boys Breaststroke Junior Champion
Ed Walsh Severnside

Boys Breaststroke Senior Champion
Dean Embling Cinderford

Girls Breaststroke

11 Years	Ruby Forbes Gloucester
12 Years	Matilda Hall Cirencester
13 Years	Abi Rawlings Tewkesbury
14 Years	Jessica Shaw Southwold
15 Years	Lucy Pearce Bishopsworth
16 Years	Alice Price Gloucester
17 Years	Amber Brewer Bristol Cent
18 Years & Over	Chloe Bryant Bristol Central

Girls Breaststroke Junior Champion
Jess Shaw Southwold

Girls Breaststroke Senior Champion
Alice Price Gloucester

Boys Butterfly

10 Years	
11 Years	
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	Matt Bray Bristol Central
17 Years	Will Harrison Soundwell
18 Years & Over	James Flanagan Bristol He

Boys Butterfly Junior Champion
Craig Munden Gloucester

Boys Butterfly Senior Champion
Will Harrison Soundwell

Girls Butterfly

10 Years	
11 Years	Ellena Theobald Soundwell
12 Years	Zoe Owen Gloucester
13 Years	Emily Locke Southwold
14 Years	Evie Reed Soundwell
15 Years	Isobel Compton Tewkesbury
16 Years	Alice Price Gloucester
17 Years	Sophie Brown Gloucester
18 Years & Over	Zoe Bartholomew Severnsid

Girls Butterfly Junior Champion
Rebecca Sheppard Tewkesbury

Girls Butterfly Senior Champion
Sophie Brown Gloucester

National Open Water – Rother Valley

Gloucester County are very proud to have been so well represented at the British Gas National Open Water Swimming Championships at Rother Valley this summer.

Wet and Wild in Rother Valley

Qualifiers:

Alex Chantler-Mayne (Youth) Gloucester
Edward Maddocks (12) Gloucester
Jorji Longdon (13) Soundwell
Matthew Munden (13) Gloucester
Sophie Hall (Youth) Gloucester

GCASA Results

Boys/Girls 12/14 Yrs 1.5K Open Water

Edward Maddocks- 4th
Matthew Munden - 4th
Chris Malone - 9th
Jorji Longdon - 13th
Alex Chantler-Mayne- 9th



South West Region Open Water - Weymouth

The first open water outing took my wife and I to a blustery but sunny day out at Weymouth for the finals of the South West Regional Open Water Championships at the kind invitation of our South Western Regional President, Mr Simon Veale. This was held in the sea off Preston Beach with the course marked out using large inflatable buoys. The sea was reasonably calm and the beach was a pebble bank sloping down into the water.

The first race started in bright sunshine and the competitors had to swim various laps of the course depending on the length they had chosen to race. Other races followed, some depending on the age of the competitors. A picnic lunch was enjoyed on the beach before racing resumed in the afternoon. All in all a very pleasant day out and a good introduction to Open Water swimming.

Mike Hynd, President Gloucester County ASA

GCASA Results

Girls 750m Taster Event Championship 2013

Freya Bradley Soundwell 2nd (11)

Men's 1.5Km Championship 2013

Danny Pirret Soundwell 2nd (15-18 age)

Women's 1.5Km Championship 2013

Jorji Longdon Soundwell 2nd – (13) National Qualification

Georgie Pirret Soundwell 2nd (15-18 age)

Men's 3Km Championship 2013

Peter Gleed Southwold 1st (30-39 age)

Men's 2Km Nat Qual Championship 2013

Alex Chanter-Mayne Gloucester 1st (15 age)



Gloucester County Open Water Champs

Report by Mike Hynd, President Gloucester County ASA

Henleaze Lake – a must visit for anyone enjoying open water swimming. The grounds have been laid out to flat grass lawns and are always popular with sun bathers who have come along to support the competitors!



Henleaze have supported Gloucester County for more years than many of us can remember by the provision of a beautiful and superb facility to host the Gloucester County Open Water event. Many swimmers have enjoyed their first venture into the discipline whilst others return each year to appreciate the venue and excellent hosted championships.

Mike Hynd, President Gloucester County ASA

Results

Boys 11/12 Years 600m

Ben Hall Gloucester

Girls 11/12 Years 600m

Delphie Evans Severnside

Boys 13/16 Years 1500m

Rafael Libson Severnside

Girls 13/16 Years 1500m

Jorji Longdon Soundwell

Boys 17 Years + 2000m

Geoff Twinning Stroud Masters

Girls 17 Years + 2000m

Jessica Wooddisse Stroud Masters

Boys 17 Years + 1200m

Julian Locke Southwold

Girls 17 Years + 1200m

Juliet Barrell Stroud Masters



Open Water – Why not give it a try?

Henleaze Lake – familiarisation sessions available:

Henleaze Lake committee are pleased to offer open water training and familiarisation sessions to clubs within Gloucester County. We are privileged to have such a wonderful venue on our doorstep.



In 2014 training sessions will be available at Henleaze Lake in June & July on Saturday mornings, and potentially also some weekday evenings from 7.15 to say 8.30pm this is to give Clubs every opportunity to give their swimmers an Open water experience leading to participation in the championships .

A group of Lake members about 1930.



Contact Alan Giles or the Henleaze committee to discuss your requirements – you will be very welcome.

Lake Rd Bristol, Avon BS10 5HG 0117 962 0696

HENLEAZE SWIMMING CLUB



Gloucester County Blocks 2013 Highlights

GCASA Results 200m Events

Boys Freestyle

10 Years	George Stagg Bristol Pen
11 Years	Edward Maddocks Glouceste
12 Years	Christopher Malone Glouces
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	Luke Height Soundwell
17 Years	Jake Bayly Soundwell
18 Years & Over	Daniel Woodward Gloucester

Boys Freestyle Junior Champion

Craig Munden Gloucester

Boys Freestyle Senior Champion

Daniel Woodward Gloucester

Boys Backstroke

10 Years	George Stagg Bristol Pen
11 Years	Edward Maddocks Glouceste
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	George Firth Cirencester
17 Years	Will Harrison Soundwell
18 Years & Over	Wylie Ball Severnside

Boys Backstroke Junior Champion

Craig Munden Gloucester

Boys Backstroke Senior Champion

Will Harrison Soundwell

Girls Freestyle

10 Years	Anna Soteriou Bristol Pen
11 Years	Laura Smith Bristol Pen
12 Years	Zoe Hall Severnside
13 Years	Maria Jones Southwold
14 Years	Sophie Hall Gloucester
15 Years	Lucy Pearce Bishopsworth
16 Years	Amy Wilkins Severside
17 Years	Bethan Tomlinson Glouceste
18 Years & Over	Aimee Carter Gloucester

Girls Freestyle Junior Champion

Sophie Hall Gloucester

Girls Freestyle Senior Champion

Bethan Tomlinson Gloucester

Girls Backstroke

10 Years	Olivia Butler Severnside
11 Years	Laura Smith Bristol Pen
12 Years	Zoe Owen Severnside
13 Years	Jorji Longdon Soundwell
14 Years	Jessica Shaw Southwold
15 Years	Abi Bowring Bristol Hen
16 Years	Cara Hodgkinson Severnside
17 Years	Sophie Brown Gloucester
18 Years & Over	Nia Westlake Cinderford

Girls Backstroke Junior Champion

Sophie Tebbs Cheltenham

Girls Backstroke Senior Champion

Sophie Brown Gloucester

Gloucester County Blocks 2013 Highlights

GCASA Results

200m Events

Boys Breaststroke

Girls Breaststroke

10 Years	George Stagg Bristol Pen	10 Years	Isobel Roberts Severnside
11 Years	Jedd Woodruff Soundwell	11 Years	Ruby Forbes Gloucester
12 Years	Chris Malone Gloucester	12 Years	Matilda Hall Cirencester
13 Years	Matt Benson Tewkesbury	13 Years	Emily Locke Southwold
14 Years	Will Cole Soundwell	14 Years	Becky Sheppard Tewkesbury
15 Years	Craig Munden Gloucester	15 Years	Abi Bowring Bristol Hen
16 Years	Luke Height Soundwell	16 Years	Alice Price Gloucester
17 Years	Will Harrison Soundwell	17 Years	Amber Brewer Bristol Cen
18 Years & Over	Dean Embling Cinderford	18 Years & Over	Aimee Carter Gloucester

Boys Breaststroke Junior Champion
Ed Walsh Severnside

Girls Breaststroke Junior Champion
Becky Sheppard Tewkesbury

Boys Breaststroke Senior Champion
Dean Embling Cinderford

Girls Breaststroke Senior Champion
Alice Price Gloucester

Boys Butterfly

Girls Butterfly

10 Years	George Stagg Bristol Pen	10 Years	Anna Soteriou Bristol Pen
11 Years	Jack Smith Soundwell	11 Years	Oriana Munden Bristol Hen
12 Years	Chris Malone Gloucester	12 Years	Zoe Owen Severnside
13 Years	Alex Seymour Gloucester	13 Years	Jorji Longdon Soundwell
14 Years	Ben Thompson Gloucester	14 Years	Evie Reed Soundwell
15 Years	Craig Munden Gloucester	15 Years	Abi Bowring Bristol Hen
16 Years	Matt Bray Bristol Central	16 Years	Ashlee Purnell Soundwell
17 Years	Jake Bayly Soundwell	17 Years	Sophie Brown Gloucester
18 Years & Over	Geoffrey Twinning Cheltenham	18 Years & Over	Zoe Bartholomew Severnside

Boys Butterfly Junior Champion
Craig Munden Gloucester

Girls Butterfly Junior Champion
Evie Reed Soundwell

Boys Butterfly Senior Champion
Matt Bray Bristol Central

Girls Butterfly Senior Champion
Sophie Brown Gloucester

Member Spotlight – Craig & Matthew Munden

Name: Craig Munden **Age:** 16 years **Best Stroke:** Butterfly

GCASA Swim Club: Gloucester City Swimming Club (GCSC)

Swimming Career Highlights: Winning Gold in 100m Fly at Regional Youths in May 2013, getting my 1st NQT in 100m Fly and then qualifying to compete in a Semi Final at Nationals!

Most influential person in your swimming career: My coach Andy Osborne who has always believed in me.

Best Tip: Never give up. Anything is possible. As a late developer and with a May birthday, I eventually achieved my 1st NQT at age 16.

How do you prepare for a race?: I talk through my race plan with Andy before I compete. I also talk to myself a lot when I'm lining up to race on poolside. The officials must think I'm mad!

What is the best part of being a competitive Swimmer?: I love to race and get a real buzz to see my own improvement in the pool. I also enjoy travelling around the country to compete and have been lucky enough to be selected to swim for the Gloucester County team on several occasions.

What is the worst part of being a competitive Swimmer?: The commitment to training is sometimes overwhelmingly exhausting. Sometimes my brain is telling me to stop but that's the time I know I need to carry on. Juggling training, competitions and school work can also be very challenging particularly last season when I was taking my GCSE's.

Aspirations: To be the best that I can be. My ambition is to make it into Team GB in the future and to compete at the highest level.

Unknown Fact: I first joined a swimming club at 8 years old in Denver USA. The club was called Parkview Penguins and we used to train for 2 x 45 min sessions per week and in an outdoor pool in the summer. I used to think I was really good but when I arrived at GCSC aged 10 only my freestyle was legal and I couldn't dive!



Name: Matthew Munden

Age: 13 years

GCASA Swim Club: Gloucester City Swimming Club (GCSC)

Best Stroke: Backstroke

Swimming Career Highlights: **Winning Silver** at Age Group Nationals in the 200m backstroke for the last 3 years

Most influential person in your swimming career: Andy Osborne. He knows me too well and keeps me on track.

Best Tip: Make the best of what you have. Everyone has weaknesses and strengths in swimming.

How do you prepare for a race?: I always get a race plan from Andy before each event. I like to listen to music on my headphones before a big race and I have a set routine on the blocks.

What is the best part of being a competitive Swimmer?: Racing! The bigger the race the more I love it. I also enjoy the social side of swimming. I have a lot of friends in GCSC and other clubs within the County and across the UK. It's like one big swimming family and everyone is really friendly and supportive.

What is the worst part of being a competitive Swimmer?: Early morning training. I have to force myself to get out of bed!

Aspirations: To win Gold at 200m backstroke at Age Group Nationals when I am 14.

Unknown Fact: I'm hyper mobile in most of my joints.

Gloucester County Blocks 2013 Highlights

GCASA Results

400m Events

Boys IM

10 Years	George Stagg Bristol Pen
11 Years	Edward Maddocks Glouceste
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	George Firth Cirencester
17 Years	Will Harrison Soundwell
18 Years & Over	Dean Embling Cinderford

Boys 400IM Junior Champion

Craig Munden Gloucester

Boys 400IM Senior Champion

Will Harrison Soundwell

Girls IM

10 Years	
11 Years	
12 Years	Kiera Noon Bristol Central
13 Years	Jorji Longdon Soundwell
14 Years	Sophie Tebbs Cheltenham
15 Years	Lucy Pearce Bishopsworth
16 Years	Ashlee Purnell Soundwell
17 Years	Bethan Tomlinson Glouceste
18 Years & Over	Aim Carter Gloucester

Girls 400IM Junior Champion

Abi Bowring Bristol Henleaze

Girls 400IM Senior Champion

Aimee Carter Gloucester

Boys Freestyle

10 Years	
11 Years	
12 Years	
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	Chris Powell Cheltenham
17 Years	Jake Bayly Soundwell
18 Years & Over	Dan Woodward Gloucester

Boys Freestyle Junior Champion

Craig Munden Gloucester

Boys Freestyle Senior Champion

Daniel Woodward Gloucester

Girls Freestyle

10 Years	
11 Years	
12 Years	Abbie Giles Gloucester
13 Years	Jorji Longdon Soundwell
14 Years	Sophie Hall Gloucester
15 Years	Lucy Pearce Bishopsworth
16 Years	Amy Wilkins Severnside
17 Years	Bethan Tomlinson Glouceste
18 Years & Over	Zoe Bartholomew Severnside

Girls Freestyle Junior Champion

Sophie Hall Gloucester

Girls Freestyle Senior Champion

Bethan Tomlinson Gloucester

International Spotlight : Hannah McCarthy

Name: Hannah McCarthy

Age: 19

GCASA Swim Club: Cheltenham Swimming and Water Polo Club

Current Club: Swansea University

University: Swansea

Coach: Simon at CSWPC 2003 – 2012 Stuart McNarry – present

Best Stroke: Freestyle

PB: 50 Free – 25.99 100 Free – 56.36

Last 12 Months GB Ranking: 50 Free 17th 100 Free 20th

2013 Highlight: Being selected to race at three high level international competitions; the Barcelona and Canet legs of the Mare Nostrum tour and the US Open in California. These were very high level competitions with top swimmers from all over the world.



Best Tip: Don't give up. I have experienced many ups and downs when swimming. This year an injury took me out of training for over 3 months, despite this set back, I never gave up, if you want something you have to go for it.

How do you prepare for a race: I don't really have a specific routine, I like to make sure I'm in my racing suit and ready in plenty of time, other than that I like to listen to my ipod before racing and visualize what I'm about to do.

What is the best part of being a competitive Swimmer: Racing. Whether at a big or small competition – I'm so competitive, I thrive on racing it's the most exciting bit, it's what all the training and hard work is for.

What is the worst part of being a competitive Swimmer: Dealing with the lows, putting them behind you, picking yourself up and being able to find the motivation to keep training for that next race.

Goals: To achieve my Commonwealth time for Wales, I have two more competitions in which I can qualify for a place on the Welsh team for the Commonwealth Games in Glasgow, so that is what I am training for currently.

What would you do if you didn't swim: I don't know, swimming has been such a big part of my life, probably living a typical student life.

Unknown Fact: The only reason I started swimming was because I was jealous that my brother who is 10 years older than me kept going out in the evening without me! He was only going training!

Gloucester County Blocks 2013 Highlights

GCASA Results

IM Events

Boys 100 IM

10 Years	George Stagg Bristol Pen
11 Years	Jedd Woodruff Soundwell
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	George Firth Cirencester
17 Years	Jacob Graham Southwold
18 Years & Over	Will Gibney Tewkesbury

Boys 100IM Junior Champion

Craig Munden Gloucester

Boys 100IM Senior Champion

Will Harrison Soundwell

Boys 200IM

10 Years	George Stagg Bristol Pen
11 Years	Jedd Woodruff Soundwell
12 Years	Chris Malone Gloucester
13 Years	Matt Munden Gloucester
14 Years	Will Cole Soundwell
15 Years	Craig Munden Gloucester
16 Years	George Firth Cirencester
17 Years	Will Harrison Soundwell
18 Years & Over	Will Gibney Tewkesbury

Boys 200IM Junior Champion

Craig Munden Gloucester

Boys 200IM Senior Champion

Will Harrison Soundwell

Girls 100IM

10 Years	Anna Soteriou Bristol Pen
11 Years	Ruby Forbes Gloucester
12 Years	Emma Hatton Gloucester
13 Years	Maria Jones Southwold
14 Years	Sophie Tebbs Cheltenham
15 Years	Lucy Pearce Bishopsworth
16 Years	Annie Brown Bristol Central
17 Years	Sophie Brown Gloucester
18 Years & Over	Aimee Carter Gloucester

Girls 100IM Junior Champion

Sophie Tebbs Cheltenham

Girls 100IM Senior Champion

Sophie Brown Gloucester

Girls 200IM

10 Years	Anna Soteriou Bristol Pen
11 Years	Kate Shortman Bristol Centr
12 Years	Zoe Owen Severnside
13 Years	Maria Jones Southwold
14 Years	Sophie Tebbs Cheltenham
15 Years	Abi Bowring Bristol Hen
16 Years	Alice Price Gloucester
17 Years	Bethan Tomlinson Glouceste
18 Years & Over	Aimee Carter Gloucester

Girls 200IM Junior Champion

Abi Bowring Bristol Henleaze

Girls 200IM Senior Champion

Aimee Carter Gloucester

Swimming Club Spotlight:



Club: Soundwell

Age: 50yrs Old

Venue: Kingswood Leisure Centre, Bath Uni and Winterbourne School

Swim21: Skill Development Club

Competitive Membership: 150

Learn 2 Swim Academy Membership: 70



Chairman: Julian Lewis, a former Soundwell swimmer himself

Full Time Head Coach: Matt Puddy, appointed in 2009 from City of Hereford SC

Part Time Assistant Head Coach: Jon Wills appointed in 2013 from Bath University

Slogan: 'Always Pack A Smile To The Pool'

Current mission statement:

" The club will be managed in a professional way, keeping costs to a minimum. Participation for all is encouraged and team spirit is maintained at the highest possible level. The club aims to continually improve and will help each individual swimmer fulfil their full potential. "

Soundwell Swimming Club

" Always Pack A Smile To The Pool "



Coaching Philosophy:

Fundamentals are taught, and learned, from a young age. A strong Aerobic foundation is also established (approximately 11 years old depending on skill level) to allow a greater fitness base, which, in turn, will allow the swimmer to swim a wider variety of events throughout their career. Skills and drills play a core role within our club, these are practiced, refined and then mastered. The overall club programme is based on a 400 Individual Medley. IM training is a key feature of our training programme because it is a great way to keep fit and stay technically sound on all four strokes. Holding our swimmers on a middle distance programme allows them to scale the ladder from sprint events through to long distance and open water events. We attempt to cater for everybody.

Issue 1 – November 2013

2013 achievement's:

Finished 9th in the National Arena Premier Division
Runners Up at the Gloucester County Championships
Will Harrison made finals at World Trials
Will Cole broke the English Schools National 200FC Record
27 Swimmers qualified for Western Counties, we had 34 finals
5 Swimmers qualified for Nationals, 2 swimmers made finals
Will Cole took a 200FC National Bronze and a 100FC National Silver
Both Will Harrison and Will Cole have been selected for England Programmes

Highlight of 2013:

The whole season was the most successful in the clubs history



What is the best part of being at your club:

You will not find a happier team of swimmers, coaches and committee members. Our team spirit is second to none.

Volunteers:

Our Swim21 Co-ordinator Nic Purnell has been extremely active in the club for the past few years. Our treasurer Laura Cole has also helped turn our finances around. Both have played a huge role in the recent success of the club.

What is the worst part of being at our club:

The Head Coach asks for swimmers to maintain minimum criteria. This is slightly above that of many local teams. But that is what makes us, US, and the results over the past 4yrs speak for themselves. Those who train – GAIN, those who snooze – LOSE!



Aspirations:

To continue to produce the best swimmers in South Gloucestershire

Unknown fact:

Our club colours represent that of founding member Ivan Downes who's racing bike colours were black and yellow

Bryanston Swim Camp

As your President I had the privilege of being invited to visit the ASA South West Region summer swim camp being held once again at Bryanston School outside Blandford Forum in Dorset. It has been held at this wonderful setting for many years and this year had approximately 89 swimmers from clubs as far apart as Carn Brea and Helston in the far South West to Salisbury in the east and from Cirencester in the north of our own county to Christchurch in the South. There were girls and boys from Gloucester with the Munden family being well represented!



Bryanston is a superb setting and consists of the Main School House which was originally built around 1890 for Viscount Portman with approximately 450 acres of extensive grounds and ancillary buildings. In 1928 the estate was sold by the 4th Viscount, to cover death duties, to Mr J. G. Jeffreys , a young and innovative Australian schoolmaster who set out to found the school with 23 pupils and seven staff. It now has approximately 650 pupils and a superb range of staff to cover all disciplines led by the Head, Sarah Thomas.



The Main House is used to provide dormitory accommodation for the various groups along with a much praised refectory which provides Breakfast, dinner and an evening meal. Each group is also allocated a classroom in the Main House which is used for lectures and as a base for that group. There is a Medical Centre nearby which can deal with any minor problems and which can provide help and back up should the need arise.

Bryanston Swim Camp

The sports complex is at the top end of the site and contains a four lane 25 metre heated indoor pool which is used for the extensive swimming coaching. Next door is a large gym which is used for the land conditioning work and the course is divided this year into four groups each of which has a qualified Swimming Coach, assistant coach plus land conditioning staff.

Each group also has a Chaperone and there is in attendance Commonwealth gold medallist and Olympic finalist James Goddard who takes two pool sessions with each group and gives an evening talk to the whole course in the lecture theatre. There are also one or two Trainee Coaches who assist the main coaching staff whilst gaining experience and furthering their own careers.



If you get the chance next year I can heartily recommend this course and I am sure that our own Officials manager Neil Harper who runs the course would be glad to see you. There is room for 132 attendees so plenty of scope for more takers!

Mike Hynd, President, County of Gloucester ASA



Additional to this a sports psychologist attends the course, giving two lectures to each group.

The groups have other activities in the evenings like Archery and extensive use is made of the grounds in which there are other summer schools taking place for instance Rugby, netball, hockey and the like. The programme is extensive and keeps each group fully occupied right up until lights out at 10 o'clock each evening! (later for the older groups).



South West Region

Gloucester County swimmers were well represented at the South West Region Youth Championships at Millfield in May 2013

Event	Sex	Age	Position	Name	Club
100 Breaststroke	B	17	1	Dean Embling	Cinderford
50 Backstroke	B	16	1	George Firth	Cirencester
100 Freestyle	B	16	1	Matthew Bray	Co Bristol
50 Butterfly	B	16	1	Matthew Bray	Co Bristol
50 Freestyle	B	16	1	Matthew Bray	Co Bristol
200 Breaststroke	G	16	1	Alice Price	Gloucester
50 Breaststroke	G	16	1	Alice Price	Gloucester
200 Butterfly	B	15	1	Edward Walsh	Sevenside
50 Backstroke	B	17	1	James Edmonds	Sevenside
50 Butterfly	G	15	1	Rebecca Sheppard	Tewkesbury
50 Breaststroke	B	17	2	Dean Embling	Cinderford
200 Butterfly	G	15	2	Lucy Peace	Co Bristol
200IM	G	16	2	Alice Price	Gloucester
100 Breaststroke	G	16	2	Alice Price	Gloucester
200 Butterfly	B	16	2	Craig Munden	Gloucester
50 Freestyle	B	15	2	Edward Walsh	Sevenside
200 Freestyle	B	15	2	Edward Walsh	Sevenside
200 Butterfly	B	15	2	Ben Thompson	Soundwell
50 Breaststroke	G	15	2	Rebecca Sheppard	Tewkesbury
50 Breaststroke	G	16	2	Annie Brown	Utd Bristol
100 Backstroke	B	16	3	George Firth	Cirencester
100 Breaststroke	G	17	3	Amber Brewer	Co Bristol
50 Breaststroke	G	17	3	Amber Brewer	Co Bristol
100 Backstroke	B	17	3	William Harrison	Sevenside
100 Breaststroke	G	15	3	Rebecca Sheppard	Tewkesbury
50 Butterfly	G	16	3	Annie Brown	Utd Bristol
50 Butterfly	B	16	4	George Firth	Cirencester
200 Butterfly	B	15	4	Louis McCouig	Cirencester
50 Breaststroke	B	17	4	Luke Stevens	Co Bristol
100 Breaststroke	B	17	4	Luke Stevens	Co Bristol
100 Freestyle	B	16	4	Craig Munden	Gloucester
50 Butterfly	G	15	5	Megan Hartery	Gloucester
200 Butterfly	G	15	5	Megan Hartery	Gloucester
200 Breaststroke	G	16	5	Amy Wilkins	Sevenside
200 Breaststroke	G	16	5	Georgia Pirret	Sevenside
200 Butterfly	B	16	5	James Tomlinson	Southwold
200 Breaststroke	G	15	5	Abi Bowring	Utd Bristol
50 Freestyle	G	16	5	Annie Brown	Utd Bristol
200 Breaststroke	B	17	6	Dean Embling	Cinderford
50 Breaststroke	B	17	6	Marc Williams	Co Bristol
100 Breaststroke	B	17	6	Marc Williams	Co Bristol
50 Butterfly	G	16	6	Alice Price	Gloucester
200 Butterfly	G	16	6	Ashlee Purnell	Soundwell
200 Freestyle	G	17	6	Bethan Tomlinson	Southwold
50 Breaststroke	B	17	6	Jacob Graham	Southwold
200 Breaststroke	G	15	6	Rebecca Sheppard	Tewkesbury
50 Freestyle	G	15	6	Rebecca Sheppard	Tewkesbury
100 Breaststroke	G	16	6	Annie Brown	Utd Bristol
50 Butterfly	B	16	6	Isa Ghaiden	Utd Bristol
50 Breaststroke	B	16	7	Luke Height	Soundwell
200IM	G	15	7	Abi Bowring	Utd Bristol
50 Backstroke	B	16	8	Kellie Potts	Cirencester
50 Backstroke	B	16	8	Kellie Potts	Cirencester
100 Breaststroke	B	15	8	Louis McCouig	Cirencester
50 Butterfly	G	17	8	Sarah Lake	Co Bristol
200IM	G	17	8	Aimee Carter	Gloucester
50 Freestyle	B	16	8	Craig Munden	Gloucester
100 Backstroke	B	17	8	Jacob Graham	Southwold
100 Breaststroke	G	15	8	Abi Bowring	Utd Bristol

South West Region

Again Gloucester County were well represented at the South West Region Age Group in June 2013

Event	Sex	Age	Position	Name	Club
100 Backstroke	B	13	1	Matt Munden	Gloucester
100 Breaststroke	G	10/11	1	Ruby Forbes	Gloucester
200 Freestyle	G	14	1	Sophie Hall	Gloucester
100 Freestyle	B	10/11	1	Edward Maddocks	Gloucester
100 Freestyle	B	14	1	Will Cole	Soundwell
200 Butterfly	B	13	1	Alex Seymour	Gloucester
200 Breaststroke	G	10/11	1	Ruby Forbes	Gloucester
100 Freestyle	G	14	1	Sophie Hall	Gloucester
200 Backstroke	B	13	1	Matt Munden	Gloucester
100 Backstroke	B	10/11	2	Jedd Woodruff	Soundwell
200 Freestyle	B	10/11	2	Edward Maddocks	Gloucester
200 Freestyle	B	14	2	Will Cole	Soundwell
200 Freestyle	G	14	2	Sophie Tebbs	Gloucester
200 IM	B	13	2	Matt Munden	Gloucester
200 Butterfly	B	13	2	Matt Munden	Gloucester
100 Butterfly	B	10/11	2	George Stagg	Utd Bristol
100 Butterfly	B	14	2	Will Cole	Soundwell
100 Freestyle	G	14	2	Sophie Tebbs	Gloucester
200 Backstroke	B	10/11	2	Edward Maddocks	Gloucester
100 Backstroke	B	10/11	3	Edward Maddocks	Gloucester
100 Backstroke	B	14	3	Will Cole	Soundwell
100 Breaststroke	G	10/11	3	Abigail Maggs	Cirencester
100 Freestyle	B	10/11	3	Jedd Woodruff	Soundwell
200 Breaststroke	G	10/11	3	Alysia Maestri	Utd Bristol
100 Butterfly	B	13	3	Matt Munden	Gloucester
200 Backstroke	B	10/11	3	Joel Williams	Soundwell
200 Butterfly	G	14	3	Evie Reed	Gloucester
100 Backstroke	B	10/11	4	George Stagg	Utd Bristol
100 Backstroke	B	13	4	Alex Seymour	Gloucester
100 Breaststroke	G	10/11	4	Alysia Maestri	Utd Bristol
100 Breaststroke	G	13	4	Abi Rawlings	Tewkesbury
200 Freestyle	B	13	4	Matt Munden	Gloucester
200 IM	B	14	4	Will Cole	Soundwell
100 Butterfly	G	14	4	Evie Reed	Gloucester
200 Backstroke	G	10/11	4	Laura Smith	Utd Bristol
200 Butterfly	B	14	4	Will Cole	Soundwell
100 Butterfly	B	13	4	Alex Seymour	Gloucester
200 Backstroke	B	13	4	Alex Seymour	Gloucester
200 Backstroke	B	14	4	Will Cole	Soundwell
100 Backstroke	G	10/11	5	Laura Smith	Utd Bristol
200 Breaststroke	B	10/11	5	Donald Bisset	Gloucester
200 Backstroke	G	10/11	5	Freya Bradley	Soundwell
200 Butterfly	B	10/11	5	Jack Smith	Soundwell
100 Breaststroke	G	13	6	Jess Shaw	Southwold
Soundwell+F22	G	14	6	Jess Shaw	Southwold
100 Breaststroke	B	10/11	6	Jedd Woodruff	Soundwell
200 IM	B	13	6	Alex Seymour	Gloucester
200 Breaststroke	B	10/11	6	Jedd Woodruff	Soundwell
100 Butterfly	G	10/11	6	Anna Soteriou	Utd Bristol
200 Backstroke	G	12	6	Stephanie Cummins	Co Bristol
200 Backstroke	G	13	6	Jorji Longdon	Gloucester
200 Butterfly	B	10/11	6	George Stagg	Utd Bristol
200 Breaststroke	G	10/11	6	Abigail Maggs	Cirencester
200 Backstroke	B	10/11	6	Kasper Wickens Shaw	Gloucester
200 Butterfly	G	13	6	Bethan Blakelock	Gloucester
100 Breaststroke	G	10/11	7	Laura Smith	Utd Bristol
100 Breaststroke	G	12	7	Matilda Hall	Gloucester
200 Freestyle	B	13	7	Alex Seymour	Gloucester
100 Backstroke	G	10/11	7	Freya Bradley	Soundwell
100 Breaststroke	B	10/11	7	Donald Bisset	Gloucester
100 Breaststroke	B	13	7	Chris Malone	Gloucester
200 Breaststroke	B	13	7	Matt Benson	Tewkesbury
100 Freestyle	B	13	7	Matt Munden	Gloucester
200 Butterfly	G	12	7	Abbie Giles	Gloucester
100 Breaststroke	B	13	8	Matthew Benson	Tewkesbury
200 Freestyle	G	10/11	8	Kate Shortman	Co Bristol
200 Breaststroke	B	13	8	Jack Keepin	Soundwell
200 Butterfly	B	10/11	8	Kasper Wickens Shaw	Gloucester
200 Butterfly	G	13	8	Jorj Longdon	Gloucester

South West Region Sprints

South West Region Age Group and Youth Sprints at GL1 in July 2013

Results:

Event	Sex	Age	Position	Name	Club
50 Backstroke	B	10/11	1	Jedd Woodruff	Soundwell
50 Backstroke	B	12	1	Joel Williams	Soundwell
50 Backstroke	B	13	2	Benjamin Phelps	Soundwell
50 Backstroke	B	14	1	Joseph Parker	Soundwell
50 Backstroke	B	15	2	Gregory Carter	Cirencester
50 Backstroke	B	16	1	George Firth	Cirencester
50 Backstroke	B	17 & Over	1	James Edmonds	Sevenside
50 Freestyle	B	10/11	1	Jedd Woodruff	Soundwell
50 Freestyle	B	13	1	Henry Bennett	Southwold
50 Freestyle	B	14	1	Joseph Parker	Soundwell
50 Freestyle	B	15	2	Louis McCouig	Cirencester
50 Freestyle	B	16	2	George Firth	Cirencester
50 Freestyle	B	17 & Over	1	James Edmonds	Sevenside
50 Breaststroke	B	10/11	1	Jedd Woodruff	Soundwell
50 Breaststroke	B	12	2	Joel Williams	Soundwell
50 Breaststroke	B	13	1	Oliver Thorpe	Co Bristol
50 Breaststroke	B	14	3	Matthew Benson	Tewkesbury
50 Breaststroke	B	15	2	Louis McCouig	Cirencester
50 Breaststroke	B	16	2	Luke Height	Soundwell
50 Breaststroke	B	17 & Over	1	James Edmonds	Sevenside
50 Butterfly	B	10/11	1	George Stagg	Utd Bristol
50 Butterfly	B	12	3	Joel Williams	Soundwell
50 Butterfly	B	13	4	Kye Adams	County of Bristol
50 Butterfly	B	14	1	Joseph Parker	Soundwell
50 Butterfly	B	15	1	Louis McCouig	Cirencester
50 Butterfly	B	16	1	George Firth	Cirencester
50 Butterfly	B	17 & Over	1	Billy Harris	Cinderford
100 IM	B	10/11	1	George Stagg	Utd Bristol
100 IM	B	12	3	Joel Williams	Soundwell
100 IM	B	13	2	Oliver Thorpe	County of Bristol
100 IM	B	14	1	Joe Parker	Soundwell
100 IM	B	15	2	Louis McCouig	Cirencester
100 IM	B	16	1	George Firth	Cirencester
100 IM	B	17 & Over	1	James Edmonds	Sevenside
50 Backstroke	G	10/11	1	Laura Smith	United Bristol
50 Backstroke	G	12	1	Emma Hatton	Gloucester
50 Backstroke	G	13	1	Maria Jones	Southwold
50 Backstroke	G	14	1	Jessica Shaw	Southwold
50 Backstroke	G	15	1	Georgina Hardwick	Sevenside
50 Backstroke	G	16	1	Georgia Pirret	Soundwell
50 Backstroke	G	17 & Over	2	Kellie Potts	Cirencester
50 Freestyle	G	10/11	1	Laura Smith	Utd Bristol
50 Freestyle	G	12	1	Matilda Hall	Gloucester
50 Freestyle	G	13	2	Maria Jones	Southwold
50 Freestyle	G	14	2	Jessica Shaw	Southwold
50 Freestyle	G	15	2	Georgina Hardwick	Sevenside
50 Freestyle	G	16	1	Eleanor Hunter	Sevenside
50 Freestyle	G	17 & Over	4	Sarah Lake	County of Bristol
50 Breaststroke	G	10/11	1	Laura Smith	Utd Bristol
50 Breaststroke	G	12	1	Matilda Hall	Gloucester
50 Breaststroke	G	13	4	Maria Jones	Southwold
50 Breaststroke	G	14	1	Jessica Shaw	Southwold
50 Breaststroke	G	15	3	Hannah Evans	Soundwell
50 Breaststroke	G	16	1	Georgia Pirret	Soundwell
50 Breaststroke	G	17 & Over	2	Sarah Lake	Co Bristol
50 Butterfly	G	10/11	4	Anna Soteriou	Utd Bristol
50 Butterfly	G	12	4	Anna Soteriou	Utd Bristol
50 Butterfly	G	13	1	Emma Hatton	Gloucester
50 Butterfly	G	14	1	Zoe Owen	Sevenside
50 Butterfly	G	15	4	Jessica Shaw	Southwold
50 Butterfly	G	16	1	Megan Hartery	Gloucester
50 Butterfly	G	17 & Over	2	Ashlee Purnell	Soundwell
100 IM	B	10/11	1	George Stagg	Utd Bristol
100 IM	B	12	3	Joel Williams	Soundwell
100 IM	B	13	2	Oliver Thorpe	Co Bristol
100 IM	B	14	1	Joseph Parker	Soundwell
100 IM	B	15	2	Louis McCouig	Cirencester
100 IM	B	16	1	George Firth	Cirencester
100 IM	B	17 & Over	1	James Edmonds	Sevenside

Head Coach Spotlight – Andy Osbourne

Name: Andy Osbourne

Role: Head coach Gloucester City Swimming Club

Responsibilities: Development of the GCSC environment; Progression of the club and facilities; In conjunction with the Exec committee - the management of the club; Performance levels; Management of the clubs groupings and responsibility for coaching levels across the whole club.

Best part of the role: Seeing swimmers, young coaches and personnel generally develop, evolve and understand their environments better and better.

Worst part of the role: The continual demands on time and the tiredness that goes with it!

What am I most proud of: Apart from my own son winning a National Silver medal at Open Water Nationals, the growth of both clubs I've been associated with. The development of personnel within those club.



Andy Osbourne background: Schoolboy National athlete (400m;100; hurdles and high jump), Played football for South West of England, offered pro-terms at Bristol City. County rugby, athletics, football. Semi professional football, then stopped sport to concentrate on building my own business. Came back into sport after my son started swimming, and became assistant coach at Stroud before taking on the job of Head Coach. After 2 years there became performance coach at Gloucester before becoming Head Coach.

Best tip: Work hard and try to encourage others through your own passion.

Unknown fact: I sang at the Royal Albert Hall in front of the queen as a young choirboy!

Water Polo 2013

Background

The game of Water Polo evolved in England in the early 1870's and quickly spread across Europe and into the USA. In 1900 it became the first team sport to be brought to the Olympic programme.

According to the ASA website Water Polo is an incredibly physical sport and it is regarded as one of the most demanding of all team games. A water polo player can cover up to three kilometres in a game so they need to train very regularly to maintain their fitness. Water polo is a fast-paced sport played by two teams in a swimming pool. There are goals at each end of the pool and the winner is the team that scores most goals by getting the ball between the posts.

Each team is allowed to have seven players in the water at any one time (six outfield players and a goal keeper). Other than the goalkeeper, you will see the other players moving continuously around the pool playing in both attack and defence. Players are not allowed to touch the bottom of the pool and must tread water the entire time- they use a movement called egg beater which is more efficient than the normal action of treading water and it allows them to jump up out of deep water without touching the bottom.



Under FINA rules a water polo match is divided into quarters. Each of the four quarters is eight minutes long but because the clock is stopped when the ball is not 'in play' the average quarter in fact lasts around 12 minutes



Bristol Central Water Polo

Each team is only allowed to hold onto the ball for a maximum of 30 seconds before shooting for the goal. Timers on the side of the pool show the players how much longer they may have possession and a hooter will sound if 30 seconds elapses and possession passes to the other team.

Water Polo 2013

Achievements/Results

TEENAGER Will Rayson made a splash in the world of water polo by earning a call-up to the national team.

Will, from Cheltenham, was selected as one of 13 athletes to represent Great Britain in the 2013 European junior qualification tournament.



BRISTOL water polo star Craig Figes says captaining Great Britain at the Olympics was the greatest honour of a long and distinguished career.

"I could never have really imagined captaining Great Britain when I started watching water polo down at Bristol Central as a young kid," said Figes.



Premier League Table
(League Table up to April 14th, 2013)

		Pld	W	D	L	GF	GA	GD	Pts
1	Bristol Cent	5	3	0	2	65	49	16	6
2	Cheltenham	3	3	0	0	42	28	14	6
3	Bristol Uni	2	1	0	1	14	22	-8	2
4	Welsh Wand	4	0	0	4	34	56	-22	0

League Table Division One
(League Table up to July 16th, 2013)

		Pld	W	D	L	GF	GA	GD	Pts
1	Exeter	11	10	0	1	189	68	121	20
2	Bristol Cent II	14	8	2	4	185	131	54	18
3	Cheltenham II	11	7	2	2	159	106	53	16
4	Bath Uni	13	5	2	6	119	125	-6	12
5	Frome	13	5	1	7	124	159	-35	11
6	Newton Abbot	10	5	0	5	106	113	-7	10
7	Swindon	12	4	2	6	123	143	-20	10
8	Welsh Wand II	12	4	0	8	114	154	-40	8
9	Weston	12	1	1	10	79	199	-120	3



Women Division
(League Table up to July 16th, 2013)

		Pld	W	D	L	GF	GA	GD	Pts
1	Welsh Wanderers	6	5	1	0	95	19	76	11
2	Bristol	4	3	1	0	39	12	27	7
3	Devonport Royal	4	2	0	2	28	41	-13	4
4	UWIC	2	0	0	2	6	35	-29	0
5	Bath University	6	0	0	6	15	76	-61	0

Name: Roland Lee
GCASA Swim Club: Tewkesbury + a lot of others!

Represented England in Commonwealth Games

Results					
Glossary · SHARE · Embed · CSV · PRE · LINK · ?					
Games	Age	City	Sport	Event	Team
1984 Summer	19	Los Angeles	Swimming	Men's 4 × 100 metres Freestyle Relay	Great Britain
1988 Summer	24	Seoul	Swimming	Men's 100 metres Freestyle	Great Britain
1988 Summer	24	Seoul	Swimming	Men's 4 × 100 metres Freestyle Relay	Great Britain
1988 Summer	24	Seoul	Swimming	Men's 4 × 200 metres Freestyle Relay	Great Britain
1988 Summer	24	Seoul	Swimming	Men's 4 × 100 metres Medley Relay	Great Britain
1992 Summer	27	Barcelona	Swimming	Men's 4 × 100 metres Freestyle Relay	Great Britain
1992 Summer	27	Barcelona	Swimming	Men's 4 × 100 metres Medley Relay	Great Britain

Swimming Career Highlights: Speedo League 1992 (now Arena League) Tewkesbury v Mansfield West Midlands final. Dead heated win was on count back number of wins. Tewkesbury won (Roland was Mansfield Head Coach) but couldn't have been happier that his new club and old club performed so brilliantly.

Non Swimming Club Highlight: Age 19 member of the International Pony Club Tetrathlon team.

Most influential person in your swimming career: Chris Adams
Tewkesbury Head Coach

Best Tip: Make sure you control your nerves. Focus on the time you want to achieve, have a race plan and keep a log of all training and races.



What is the best advice you can give a young athlete: Enjoy it – focus on what went well first “Every problem is a treasure”. You learn more from doing something wrong! Celebrate each achievement you deserve it!

Is there a race that didn't go to plan and what did you learn from it?: National qualifier for 200IM forgot to hand in card and couldn't swim. I was expected to get UK time! Coach said "put it behind you and swim the 100 free with adrenaline. I got the 100 free UK time (unexpectedly!).

How do you prepare for a race?: Train in 6 week cycles to hit competition in best possible form.

What is the best part of being a competitive Swimmer?: Pride when things have gone well or better than planned. Travelling!

What is the worst part of being a competitive Swimmer?: Always tired!

If you hadn't gone into competitive swimming what would you have like to do? Competitive horse riding probably eventing.

Do you think your swimming career influenced your job opportunities? Yes definitely – shows commitment and ambition – always something to talk about!

What are you doing now? Manage recruitment for Big Electronics Company, also about to be a Captain in TA.

What sports do you enjoy compete in now? Swimming, pony club tetrathlon, also has 3 horses. Swims for TA and regularly for Tewkesbury in Arena League. Also coaches and runs swimming clinics.

*Interview by Becky Sheppard and Abi Rawlings
Tewkesbury Swimming Club*

Best Kept Secret: Have three times for each race at a competition. The time you would like to do (a personal best), the time you would love to do (a very good personal best), the time you give to your parents (achievable time!)



Achievements/Results

“The 14th European Masters Swimming Championships was held in Eindhoven from 1-7 Sep 2013, where more than 4000 Swimmers representing over 1200 clubs took part.

Gloucester Masters was 113th with 1 gold, 1 silver and 1 bronze

Brian Armstrong, Colin Stephenson & Tony Cherrington competed



British Masters Championships in Plymouth

Colin Stephenson Freestyle events 3 Golds - 55-59 age group 100m freestyle was also a new British Record

Hannah Paull swimming in the 40-44 age- group won 2 Gold's

Sue Hodge also gaining Gold in the Ladies 60-64 50m

Two swimmers with multi event success were Jayne Ball and Sandy Jones. Jayne swimming in the 55-59 age group took Gold in the 400m medley, 2 silvers in the distance freestyle 800 and 1500m events and 3 bronze medals in the 200m medley and the 200 and 400 medley freestyle events. Sandy in the 45-49 age group took her Gold in the demanding 200m fly, Silvers in the 50 and 100 freestyle events and Bronze in the 200 medley.

Esther Murray won silver medals in both the 1500 and 200m distances and bronze in the 400 and 100 metres, having earlier achieved 4th place in the 800m freestyle.

On Monday 27th May seven club members braved the chilly waters of **Eton Dorney** lake for a variety of open water races. It was a little on the windy side but fortunately the sun was shining so at least we could peel on the wetsuits without. Special congratulations to both Ollie (swimming for Cheltenham on this occasion) and Kate who took the male and female wins in the main 10000m event.

Spotlight : Penny Porter



GCASA Swim Clubs: Kingsdown and Bristol North Swimming Clubs.

Best Stroke: Butterfly or Front Crawl

Swimming Career Highlight: British Junior record Holder 50m Butterfly (1994), National Age group Champion 50m Freestyle (1996), National Junior Champion 50m Backstroke.



Non Swimming Career Highlight:

Physiotherapist to England Rugby and British swimming Teams.

Most influential person in your swimming career: Probably my father! He would always take me to training (my personal taxi service!) and to competitions around the country. Without the support of my parents I could never have made it to the level that I did.

Best Tip: Never give up! If you have a 'bad day in the office', try to forget it and move on – tomorrow is another day, with plenty more opportunities up for grabs.



What is the best advice you would give to a young athlete? Make sure that you look after yourself away from the pool. You need to make sure that you take care of your body – make sure that you get enough rest, proper nutrition and carry out your stretching and land training properly.



How do you cope with the pressures of competition? I enjoy being under pressure. I enjoy the adrenaline rush and buzz, especially before big finals, however I learnt early on, that it is important not to let nerves get the better of you. You need to forget what other people are doing and concentrate on your self – something that I sometimes found hard to do.

What is the best part of being a competitive Swimmer? Travelling around the UK and the world, and meeting some great people.

What is the worst part of being a competitive Swimmer? The long training sessions, early mornings, and always smelling of chlorine!

How did you prepare for a race? I would always 'mentally' run through the race in my mind the night before a race. On the day, I would have a strict warm up routine that I always stuck to.

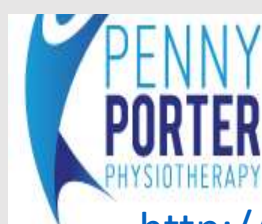
Is there a race that didn't go to plan and if so why and what did you learn from it? Yes, I am sure there were plenty! When I was 15, I was winning the National Age Group 100m backstroke, held at Crystal Palace, and 10 metres before the end looked around to see where I was, and managed to swim into the lane rope. I subsequently came 4th on the touch (a very close finish!) which at the time was devastating. After that I made sure that I never looked around again!

Unknown Fact: I coached a group of 12 year olds, who went on to become the World Record Holders for the youngest team to swim the English Channel in 2010. The swimmers who trained and the final six who swam on the day were all from the South West (including several current Glos County Swimmers) which ones do you recognise from these pictures?



Do you think your swimming career influenced your job opportunities? Yes, definitely. Swimming and the contacts that I made whilst being a competitive swimmer, really opened a lot of doors for me. I was fortunate to be asked to train in Loughborough for the last 2 years of my career, and undertook an Msc at the same time. This then led to me being asked to work for British Swimming – I have never looked back since! Over the past few years, I have been to numerous events with British swimming including European and World Championships – which has been amazing!

What are you doing now? I still do some consultancy work for British Swimming and now work as a Physiotherapist to England Rugby. I have also recently opened my own clinic in Bristol, complete with an analysis pool (double sized endless pool), with above and underwater cameras, so we are able to cater for swimmers of all ages and abilities – both conducting video analysis and through treating and preventing injuries.



<http://www.pennyporter.co.uk>



GCASA Diary Dates



November 2013

13th – SWR Management Meeting

18th – GCASA Meeting

28th-30th - National Age Group Synchro

December 2013

6th-8th December – SWR SC

January 2014

6th - GCASA Meeting

12th - GCASA Distance Championships

24th-25th – ASA Zonal Meet

February 2014

8th-9th – GCASA Championships

March 2014

8th-9th – GCASA Championships

10th - GCASA Meeting

22nd-23rd – GCASA Championships

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www.glosasa.com

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GCASA Member Club Directory



Club	Website
Bishopsworth	http://www.bishopsworthswimmingclub.co.uk/
Bristol Central	http://www.bristolcentralsc.co.uk/
Bristol Henleaze	http://www.bristolhenleazesc.net/cms/
Bristol Penguins	http://www.bristolpenguins.com/
Brockworth	http://www.brockworth-swimming.co.uk/
Cheltenham S and WPC	http://www.cswpc.co.uk/newsite/
Cinderford	http://www.cinderfordsc.com/
Cirencester	http://www.cirencesterswimmingclub.co.uk/
City of Bristol	http://www.cobswimmingclub.co.uk/
Dursley Dolphins	http://www.dursleydolphins.org.uk/
Gloucester City	http://www.gloucestercityswimmingclub.co.uk/
Gloucester Masters	http://www.gloucestermasters.com/
Harlequins WPC	http://www.harlequins-waterpolo.co.uk/site/home_1.asp
Henleaze SC	http://www.henleazeswimmingclub.org/
Lydney	http://www.lydneysc.org.uk/
Portway	http://www.portwaysc.org.uk/
Sevenside Tritons	http://www.sevensidetritons.org.uk/
Soundwell	http://www.soundwellswim.org.uk/
Southwold	http://www.southwoldswimmingclub.com/
Stroud Masters	http://www.stroudmasters.org/
Tewkesbury	http://www.tewkesburyswimmingclub.co.uk/
United Bristol	http://www.unitedbristolsc.com/
University of Bristol SC	http://www.uobswpc.co.uk/
University of West England	www.uwesu.org

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