

Open Water Committee Meeting Minutes

Sunday 24th October, 2010 at 10am
at National Swimming Academy, Stirling.

Present Brian Bain (**BB**) North District Convenor
Andrea Gellan (**AG**) East District Convenor
Lynne Deans (**LD**) West District Convenor
Doug Milne (**DM**) Health & Safety Co-ordinator
William Ross (**WR**) Adventure Nation (in attendance for part of meeting)

Item No.		Action
1.	Chair's Address: In the absence of SM , the committee asked BB to chair the meeting. BB welcomed everyone to the meeting This was followed by a short talk from WR from Adventure Nation who told us of their plans to hold a mass participation open water event, hopefully next summer, and discussions were had as to how we could perhaps work together in the future.	
2.	Declarations of Interest: DM - Dundee Sea Cadets, LD - Mark Deans parent.	
3.	Apologies for Absence: Stephen Massey (SM), Joyce McIntosh (JM), Richard Gordon (RG), Ally White (AW), Lynne McGregor (LM).	
4.	Corrections to Minutes of Meeting on 10th April 2010 Item 6 : The statement "The committee endorsed the provisional Open Water Squad recommendations of the pervious national convenor TD and BB" should be removed since the final decision was made in January. Item 6 : The statement "SM appointed BB and LD as Strathclyde Events Co-ordinators" Should be replaced with "SM appointed BB as organiser of the Scottish Open Water Championships at Strathclyde Park. LD agreed to take on the role of entry secretary." Item 7 : The words "North Lanicshire City Council" should read "North Lanarkshire Council". Item 7 : The sentence "BB intimated that the Great North Swim Organisers were coming along to the event" should be replaced by "BB intimated that there was a possibility of some of the organisers of the Great Scottish Swim attending the event".	
5.	Minutes of Previous Open Water Meeting held on 18th July, 2010. Minutes proposed by DM and seconded by LD .	
6.	Actions from Previous Open Water Meetings The action sheet was reviewed and updated. It was noted that many actions remained unactioned after a considerable period	

7. Correspondence.

- 7.1 E-mail from William Ross of Adventure Nation regarding their intention to stage an Open Water event in 2011.
- 7.2 Letter from Marilyn Sweet requesting that all outstanding invoices be submitted by November 12th.
- 7.3 E-mail from Deborah McGinniss regarding 2010-11 budget allocation. **BB**
BB to speak to **AW** re performance budget.

8. Reports.

- 8.1 Team/Squad Manage - see attached report.
- 8.2 Health and Safety Co-ordinator - see attached report. **DM** has provided **BB**
an Incident Reporting Form. **BB** to redraft form. **DM** to provide notes on **DM**
guidance re use of Incident Form.
- 8.3 Technical Officials - no report. **BB** expressed some concern that the current officials training through **TOC**
British Swimming did not seem to take proper account of SASA Regulations. Action noted for Technical Officials Co-ordinator to suggest
remedial measures.
- 8.4 East District Convenor - see attached report.
- 8.5 Midland District Convenor - no report.
- 8.6 North District Convenor - see attached report.
- 8.7 West District Convenor - see attached report.

9. Budget.

BB reported on the current status of the budget. For a number of reasons, including the Performance Team not selecting swimmers to be added to the development squad's tour, the cancellation of the Loch Rannoch championship and some cost savings, there is some remaining budget available for purchases in the current financial year.

It was agreed to spend the remainder of the budget on the following;

- 2 large buoys and an associated air pump.
- 4 radios
- 2 life jackets
- 2 First Aid Kits
- 2 Storage bags
- £50 refund to each of the swimmers who took part in the July French Cup tour.
- £50 to each of the squad swimmers who competed in the ASA Open Water Age-Group Championships
- Some additional subsidence to Marnie Stewart for the Faros Marathon trip

In addition, the contributions from districts for the Grand Prix prize fund would be held back for payment into the next financial year.

Action : DM and BB to liaise on purchase of equipment. BB to arrange other payments and completion of accounts **BB**
DM

Contributions from districts for the Grand Prix prize fund have yet to be received from East and Midland districts. Action AG & JM to send cheques to BB **AG**
JM

Budget for 2010/11 is £12,700 with a further £5,000 being allocated to Performance Squad. Concern has been noted that the amount allocated to the Open Water Committee's budget was less than for 2009-10.

10. Scottish Championships.

10.1 Loch Ore - There was a record attendance at this year's event despite the relocation from Strathclyde Park. The event ran successfully.

It has been noted that the admin team and the officials team need to be separate in order for the admin team to function properly.in compiling results and making arrangements for presentation.

10.2 Loch Rannoch/Loch Tay - discussions held regarding cancellation of the event. It was noted that although the main reason given for cancelling the event was lack of qualified boatmen, the existing event guidelines do not specify any training requirements for boatmen of escort craft (as opposed to fast rescue craft) Decisions required for next year on escort boat qualifications and events we should operate. Potentially we may no longer be able to run a long point to point event as we have previously and instead change to a 10 km circuit course.

10.3 It was agreed that the requirement to present certificates for competitors completing a Scottish Championship course can be removed.

10.4 Alternatives will need to be looked at for next year's Championships. The following were suggested;

To be investigated by **LD**; Loch Lomond, Strathclyde Park, Loch Eck, Loch Ard, Inverclyde and Loch Winnoch.

To be investigated by **AG**; Loch Ore, Loch Tay, Loch Tummel, Loch Earn and Loch Leven.

Action : AG and **LD** to make initial enquiries about suitability of venues for next year's Championships. **AG**
LD

11. Calendar of Events for 2011

Discussion on dates for Scottish and District Championships resulted in the following;

East District	18 th June
Midland District	2 nd or 9 th July
Scottish Champs	6 th /7 th August
West District	20 th August
North District	3 rd September

12. 2011 Scottish Open Water Grand Prix

It was decided that the Grand Prix will continue in same format as before. Donation of £150 from each district required as before.

13. Positions on Committee for 2011-12

There was discussion on the position of Chair of the Committee for the coming two years and it was agreed to nominate **BB** to the Board of Directors for this position.

It was further agreed that **BB** was best placed to take over many of the actions of the chair.

Action : BB to contact **SM** and agree actions to be delegated to him in the interim period before a formal appointment. **BB**

It was agreed that we now need to undertake a formal recruitment process for the specialist positions on the committee.

Action : BB to review job descriptions, disseminate for comment and advertise posts through Scottish Swimming web site, Splashnews and E-mail to persons involved in open water in recent years. **BB**

14. Award Nominations.

Discussions had and nominations decided on for the Denis Sullivan and Eian Prentice awards. Currently confidential pending notification of award winners.

Action : **BB** to submit citations. **BB**

15. AOCB.

15.1 SASA Open Water Regulations : BB brought the fact that the open water regulations are now some years out of date to the committee's attention. There is now a formal requirement to submit amendments or confirm their adequacy by 15th November each year.

Action : BB to coordinate a review of regulations with a view to them being passed by the Board of Directors meeting in January. **BB**

15.2 Mailing List : BB has compiled a mailing list based on data from entry forms for this year's Scottish, East, West and North District Championships. The intention is to maintain this and use it for distributing information next year.

Action : AG to complete missing information from East District entries. **AG**

15.3 Cross Channel Swim : BB informed the meeting that Morag Hughes (former North District Convenor) had successfully completed a crossing of the English Channel in July.

15.4 Date of Next Meeting : This was set for Sunday 23rd January

Open Water Swimming Committee
Team/Squad Manager Report
24th October 2010

ASA Championships

Four squad members competed in the ASA Open Water Championships in Sheffield on 1st August.

Stephen Waterhouse won the Men's 17/24 event over 2 km and Helen McRoberts won the women's 16-24 event over the same distance. Marnie Stewart was fifth in the race. Mark Deans was second in the men's 15-16 1750 m race.

Cameron Smith (East Lothian) was in second place to Stephen in the men's race.

Faros Marathon

Stephen Waterhouse was initially selected as Scotland's representative in the Faros Marathon, Croatia on Saturday 28th August. However, other commitments prevented him from being able to travel early enough so Marnie Stewart was selected to take his place. Susan Black was invited to travel as manager/coach. The two took advantage of the offer of free accommodation to travel out on the Wednesday before the race and returned a week later. Travel was by flights from Edinburgh to Luton and after a nights accommodation onward to Split where they caught a ferry for the journey to Starigrad on the island of Hvar. The return journey was by the same route. Marnie was able to train before and after the race.

The race itself was over 16 km as an out and back course in a sea inlet. Marnie finished seventh in her event.

1	LINSY HEISTER	NETHERLANDS	1988	3:13:31 NR
2	KARLA ŠITIĆ	CROATIA	1992	3:13:35
3	ANNA UVAROVA	RUSSIA	1985	3:18:26
4	SOFIA PETRENKO	RUSSIA	1991	3:18:29
5	EVELIEN SOHL	NETHERLANDS	1986	3:21:05
6	SHELLEY CLARK	AUSTRALIA	1981	3:21:56
7	MARNIE STEWART	SCOTLAND	1992	3:42:38
8	GRITH SIGSGAARD	DENMARK	1972	3:43:35
9	DINA LEVAČIĆ	CROATIA	1996	3:45:42
10	AMANDA PICARD	SOUTH AFRICA	1968	3:46:08
11	JELENA DEDAJIĆ	MONTENEGRO	1987	3:47:08
12	ALEXANDRA FARKASOVA	SLOVAKIA	1992	3:54:54
13	IRENE VAN DER LAAN	NETHERLANDS	1960	3:58:07
14	HANA NOVAKOVA	CZECH REPUBLIC	1988	3:58:42
15	PAULA KLUNIĆ	CROATIA	1993	4:06:59
16	AIDA CASTILLO	MEXICO	1974	4:10:55
17	MIA BURIĆ	CROATIA	1994	4:47:28

Both Marnie and Susan reported that this was an excellent event and that they enjoyed the experience.

The trip was originally supported by a contribution of £500 from the open water budget. This did not cover all of the costs and we are now in a position to refund some of the remaining costs.

I would recommend that we attempt to get two representatives in next year's event.

Scottish Team Trip : French Cup Event – Roquebrune

A team of six were selected to compete in the final two events of the French Open Water Cup in the sea at Roquebrune near Nice on 11th/12th September. These were

Mark Deans (City of Glasgow)

Megan Donnelly (Milngavie & Bearsden)

Helen McRoberts (City of Sheffield/Warrender)

Ishbel Rodger (Aquanauts/West Lothian)

Marnie Stewart (Warrender)

Stephen Waterhouse (City of Leeds)

The team staff were originally intended to be Alan Reed (team manager) and Elspeth Black (coach). Organisation of the trip was not carried out in a timely manner and eventually Alan withdrew from the team manager position two weeks before the trip. Elspeth was asked to take over as team manager and Alistair Calder was added to the staff as coach. As no firm arrangements had been completed at this time there was a lot of work to do in a short period to ensure that the trip went ahead. Delays in booking flights meant that the preferred option of flying from Edinburgh to Nice was not available and a more expensive option of flying from Leeds/Bradford had to be taken. This involved additional travel costs by road and train and overnight accommodation for two members of the team in Leeds before flying out. Overall it is estimated that failure to make the arrangements efficiently added £1000 to the costs.

I am grateful to Elspeth and Alistair for responding to the problems so quickly and ultimately ensuring the success of the trip.

Accommodation was arranged by hiring the same villa as used last year. This was largely at the request of the swimmers.

Results were generally very good with the exception of Megan being ill on both days and Marnie and Helen also not being able to complete the 10 km. The results were reported as follows on the Scottish Swimming web site;

“Stephen Waterhouse (City of Leeds) took victories over 5 km and 10 km at the weekend in the final two rounds of the French Open Water Cup. Helen McRoberts (City of Sheffield/Warrender) and Ishbel Rodger (Swim West Lothian) took the equivalent women’s titles to give Scotland a complete set of wins. The three were part of a Scottish team of six who were competing at the two day event in the Mediterranean close to Monaco.

Saturday’s 5 km men’s event had a field of 82 swimmers but Waterhouse and Mark Deans (City of Glasgow) were in a lead pack of four who had a close race until Waterhouse finishing sprint pulled them clear. Deans took the third place overall but was a clear winner of the 16-17 year category. The women’s event, with a starting line-up of 35, saw even better news for the Scottish team with a clean sweep of the podium places. Helen McRoberts had a good race to win the event ahead of Marnie Stewart (Warrender) in second and Ishbel Rodger (Swim West Lothian). Megan Donnelly (Milngavie & Bearsden) took sixth place in the overall rankings. Rodger also won the gold medal in the 16-17 year category.

There were mixed fortunes in the 10 km race on Sunday. Waterhouse added to his tally of victories for this season and Deans took fourth place in a close finish. Meanwhile Rodger had her best performance to-date to take the gold medal in the women’s race. However, the three other members of the women’s squad unfortunately all succumbed to illness or injury which prevented them completing the race.

In addition to the medal haul, the team accumulated over €700 in prize money.”

Women's 5 km (Top 10 from 31 starters)

1.	MC ROBERTS Helen	GBR	1990	GBR - GRANDE-BRETAGNE	1 h 02:58.53
2.	STEWART Marnie	GBR	1992	GBR - GRANDE-BRETAGNE	1 h 03:00.84
3.	RODGER Ishbel	GBR	1994	GBR - GRANDE-BRETAGNE	1 h 03:22.78
4.	HILLAIRE Sandy	FRA	1993	NICE LA SEMEUSE	1 h 03:25.41
5.	CORGNAC Emilie	FRA	1985	SAINT-RAPHAEL NATATION	1 h 03:51.66
6.	ROQUES Adeline	FRA	1993	NICE LA SEMEUSE	1 h 04:01.91
7.	DONNELLY Megan	GBR	1994	GBR - GRANDE-BRETAGNE	1 h 04:05.03
8.	D'AMBROSIO Liza	FRA	1996	NICE LA SEMEUSE	1 h 04:26.09
9.	BENAZET Camille	FRA	1993	AS LE PLESSIS-SAVIGNY	1 h 06:40.44
10.	CASSIS Celine	FRA	1986	ASO TRAPPES NATATION	1 h 09:08.28

Men's 5 km (Top 10 from 71 starters)

1.	WATERHOUSE Stephen	GBR	1991	GBR - GRANDE-BRETAGNE	57:47.94
2.	FRAYSSE Vincent	FRA	1992	SN VERSAILLES	57:48.53
3.	DEANS Mark	GBR	1994	GBR - GRANDE-BRETAGNE	57:49.12
4.	AROT Julien	FRA	1992	SN VERSAILLES	58:26.62
5.	ARNAL Mathieu	FRA	1992	SO MILLAU N	1 h 01:51.69
6.	BERNARD Laurent	FRA	1966	MONTPELLIER NATATION	1 h 01:53.47
7.	GERMAIN Adrien	FRA	1993	MONTPELLIER NATATION	1 h 01:54.43
8.	TIRODE Paul	FRA	1993	MONTPELLIER NATATION	1 h 01:54.96
9.	POU Michel	FRA	1965	NICE LA SEMEUSE	1 h 01:56.68
10.	BARRALIS Fabien	FRA	1993	NICE LA SEMEUSE	1 h 01:57.37

Women's 10 km (Top 10 from 20 starters)

1.	RODGER Ishbel	GBR	1994	GBR - GRANDE-BRETAGNE	2 h 15:41.22
2.	ROQUES Adeline	FRA	1993	NICE LA SEMEUSE	2 h 15:54.44
3.	HILLAIRE Sandy	FRA	1993	NICE LA SEMEUSE	2 h 15:56.06
4.	CORGNAC Emilie	FRA	1985	SAINT-RAPHAEL NATATION	2 h 15:57.50
5.	LAIZEAU Johanne	FRA	1990	USM MONTARGIS	2 h 16:31.00
6.	FOURCADE Annabel	FRA	1990	ASPTT GRAND TOULOUSE	2 h 17:56.62
7.	BENAZET Camille	FRA	1993	AS LE PLESSIS-SAVIGNY	2 h 18:02.62
8.	GAGNADOUX Adeline	FRA	1989	USM MONTARGIS	2 h 24:24.38
9.	PHILIPPE Celine	FRA	1991	ASPTT GRAND TOULOUSE	2 h 24:26.56
10.	LEMOINE Sarah	FRA	1994	SN VERSAILLES	2 h 25:18.12
--	MC ROBERTS Helen	GBR	1990	GBR - GRANDE-BRETAGNE	Abandon
--	STEWART Marnie	GBR	1992	GBR - GRANDE-BRETAGNE	Abandon
--	DONNELLY Megan	GBR	1994	GBR - GRANDE-BRETAGNE	Abandon

Men's 10 km (Top 10 from 28 starters)

1.	WATERHOUSE Stephen	GBR	1991	GBR - GRANDE-BRETAGNE	2 h 02:11.28
2.	GENET David	FRA	1982	ASPTT GRAND TOULOUSE	2 h 02:12.50
3.	FRAYSSE Vincent	FRA	1992	SN VERSAILLES	2 h 02:14.94
4.	DEANS Mark	GBR	1994	GBR - GRANDE-BRETAGNE	2 h 02:21.00
5.	AROT Julien	FRA	1992	SN VERSAILLES	2 h 05:06.44
6.	ARNAL Mathieu	FRA	1992	SO MILLAU N	2 h 12:23.44
7.	LE GOALLEC Antonin	FRA	1995	THOUROTTE NATATION	2 h 12:25.59
8.	FELTEN Jérémy	FRA	1991	AS LE PLESSIS-SAVIGNY	2 h 12:28.03
9.	GERMAIN Adrien	FRA	1993	MONTPELLIER NATATION	2 h 12:43.06
10.	TIRODE Paul	FRA	1993	MONTPELLIER NATATION	2 h 13:01.44

Summary of Costs

Airfares	£1,962.03
Car hire	£475.48
UK Travel Expenses	£276.77
Accommodation	£1,077.15
Food	£466.93

Entry Fees	£203.27
Total	£4,461.63

Senior Silver Squad

Selection to Area Institutes of Sport for Open Water swimmers has now been replaced with positions in the National Senior Silver squad. Drafts of revised selection criteria for 2010-11 have been exchanged between myself and Ally White and the document is currently with Ally. Despite the document not being finalised a decision has been made on the inclusion of Stephen Waterhouse and Helen McRoberts in the squad based on meeting the open water criteria. Marnie Stewart may also be included if she can meet a time criteria in a 5 km pool swim.

Membership of the Senior Silver Squad is open only to swimmers aged 17 and over. There are no opportunities for younger swimmers to be involved in the squad system based on open water swimming ability.

Squad/Team Arrangements for 2011

There are currently no firm arrangements in place for squad selection, training and competition for next year. It is anticipated that there will be two training days, a squad trip abroad encompassing a minimum of two events and a Scottish team also competing abroad. The final format is awaiting the appointment of a squad/team manager through the formal recruitment process. I intend to take some time at the meeting to discuss possible options to get input from the committee.

Participation of Swimmers Selected for GB Open Water Camp

In June this year 7 swimmers were selected to be part of the GB team who compete in a LEN Cup event in Italy, a training camp in the South of France and a 1 mile wetsuit swim in East Anglia. Of the seven, only 2 had previously competed in open water events (Marks Deans and Pamela Beck). Since then Mark Deans has competed regularly in open water. One other swimmer, Cameron Smith, has competed in one event (ASA age-groups over 2 km). None of the other swimmers, including Pamela, have since competed in open water events. This follows a similar pattern from the equivalent tour in 2009 when typically, the swimmers selected on the basis of their pool performance did not subsequently compete in open water events.

None of the three members of staff selected by Scottish Swimming for the tour have since attended any open water events and there is little evidence that they have actively encouraged participation.

Brian Bain
Squad/Team Manager

Open Water Swimming Committee
Health & Safety Coordinators Report
24th October 2010

The first event of the year was the training day on the 12th June at Lochore Meadows it was attended by 8 swimmers the team manager and a coach. Gary & myself, provided safety cover Lochore supplied the boat without a safety prop guard there was no ladders supplied to assist in getting out of the water. There was a 1 hour session in the loch and a 2 hour lunch break followed by another 1 hour session in the loch. Although the water temperature was 16.1 deg c the air temp was just 12 deg c and the second session in the water had to be cut short due to the type of training that was being followed the swimmers were getting very cold. As the Safety Officer for the open water I would like to see a bit more thought going into the Training program and to take more interest in the climate when making up a training schedule.

The next event was the East District Championships at Lochore meadows this was well attended by swimmers and the Safety boat was supplied by Dundee Sea Cadets Complete with prop guard and crewed by Gary and myself, Donna was on shore to co-ordinate any rescue that might have taken place and to ensure safety ashore where she had to insist on them placing a ladder and securing it to the catwalk to assist the swimmers egress from the water as the height of the catwalk from the water was too high and the launching slipways too dangerous to egress from. The RED CROSS was in attendance to provide first aid cover as well as the safety personnel. The water temperature was 16.4 deg c and the ambient temp was 14 deg c no swimmers had to be taken from the water so it was a quiet day for the first aiders. The event overall was very successful.

Midlands District event 03/07/10 Loch Earn unfortunately due to the French trip by the Scottish squad the event was poorly attended only 5 senior and 1 junior. The water temperature was 15.4 deg and the ambient temp was 13 deg. Only one safety boat was used due to the low number of entrants and the junior and senior events were swum together. The use of one boat was a bit ambitious on my part as James was away ahead of the field and the last swimmer was so far behind it became impossible for the one rescue craft to cover the whole field the saving grace was that at least every swimmer had their own boat with 2 of a crew and that the jet skis were not out on the water at the caravan site near the finish. I would strongly recommend the use of two fast rescue craft on this swim due to the spread of the field.

SASA National Championships which was due to be held at Strathclyde Park was cancelled due to blue/green algae and the Championships venue was changed to Lochore meadows this was well attended with some swimmers coming from Belgium. Over all the championships ran well we had a few competitors retiring from the swim due to being cold in one off the events 3 swimmers retired within 10 minutes of the start and within 2 minutes from each other one rescue boat picked up 2 swimmers while the other boat picked up the remaining swimmer this emphasises the requirement for 2 rescue boats to be used in open water events to ensure that no swimmer is left in a dangerous position with the risk of hyperthermia setting in or worse.

The Loch Rannoch swim on the 15th August had to be cancelled due to the lack of escort boats and the swim venue changed to Loch Tay. This also had to be cancelled due to safety issues as we did not have enough boatmen with the correct qualifications to go in the swimmers escort boats and as the swim had not been done before a proper risk assessment had to be carried out this was in the process of being carried out when we cancelled the event.

The venue for the West District open water championships on the 14th August had to be changed due to blue green algae at Strathclyde Park. The event took place at Loch Goil it was a pleasant venue but hard to get to towing boats as the last 3 miles was single track road with

passing places only. The venue was not suited to swimming however as the swimmers had to swim out from between moored boats this presented a safety issue as if any of the moored boats decided to up anchor they might have had difficulty in seeing the swimmers in the water . The coast guard also had issues with the safety boats manoeuvring at speed within the moored boats when taking swimmers to the shore when they retired due to the cold, slight hypothermia and exhaustion. Although the hospitality by the hotel was excellent and the organisation of the event good, I would not recommend using it again on safety grounds as moored boats and concern raised by the coast guard does present a problem.

Loch Oich was the last district swim of the year on the 4th September, the 4 mile started in good conditions and remained ok until the last mile when the wind turned and was blowing in the swimmers and canoeists face. The canoeists found it hard going but managed to keep up with the swimmers. The rest of the day the wind presented a slight problem with the swimmers and canoeists as on the return leg from the buoy the wind was in their faces. Only one swimmer had to retire from the 2 mile event the rest of the swims went without incident although there was a large amount of traffic using the canal. Some of the canoeists were inexperienced in guiding swimmers and keeping them on course sometimes getting in the swimmers way. The rescue crafts were supplied by Dundee Sea Cadets and made it better to control the safety aspect of the swims as both boats were under my control and were fully equipped with blankets and first aid kits etc and both boats had prop guards fitted to them. Overall the event ran well and was well organised.

The last swim that I attended was the swim across the river Forth on the 5th September the Dundee Sea Cadets supplied one rescue boat & crew Port Edgar supplied the second boat it was not equipped with safety equipment and did not fly the flag alpha to warn other ships that swimmers were in the water pleasure boats may not know the meaning of the flag but commercial boats certainly would. The river was quite busy with sailing dinghies etc and some of the canoeists were inexperienced with guiding swimmers and keeping them on course and I feel that the second rescue boat could have done more to assist. We were in constant contact by radio to forth navigation updating them on the progress of the swim and to inform them when all swimmers were clear of the river. The weather was not the best on the day but at least the wind was a slight help to the swimmers although when the tide turned it became wind over tide and made conditions quite choppy. Overall it was a well run event although I would like to see some improvement in safety cover.

I would like to recommend that you buy another 4 closed channel radios for use with the officials etc also I would strongly like to recommend the use of prop guards on all fast rescue crafts as even at the world masters in Sweden they were used and the officials from the other countries were asking the question was the boats fitted with prop guards. They even were asking to have them fitted on the electric driven judges boats this was unpractical but they were instructed not to go near the swimmers and to observe them from a safe distance.

Doug Milne
Open Water Safety Officer

Open Water Swimming Committee
East District Open Water Report
24th October 2010

East District Open Water Championships

This took place on Sunday 13/06/10 at Lochore Meadows. Despite the rain there was a good entry and no retirees. The swimmers had the best of the day with the water temperature at 16.5 °C and the air temperature 12 °C.

The overall winner in the senior 3 km event was Marie Stewart (Warender), who also won the Lawson Memorial trophy for the fastest District swimmer. She also received the district trophy for the fastest senior lady. The winner of the senior men's event was Chris Ritchie (City of Glasgow) whilst the first District man home was Andrew Hutchinson (Hearts). Aaron Sievwright (Swim West Lothian) was the overall winner in the junior 2 km event winning the District Trophy for the fastest boy, whilst Ishbel Rodger (Swim West Lothian), winner of the District Girl's Trophy, was just piped by Megan Donnelly (City of Glasgow). A full set of results is given at the end of this report.

Thanks must go to Ralph Payne who refereed the event, and all the officials who help. John Sluman attended the event on behalf of the district and kindly agreed to present the medals.

River Forth Swim

This took place on Saturday 5th September. Fortunately the forecast high winds held off until after the swim. There was record entry with 41 swimmers taking part. Due to the cancellation of the Great North swim there were many late enquiries and swimmers were turned away.

Two new junior speed records were set with Ishbel Rodger completing the course in 25.52 breaking Marie Morrison's record (2006 25.54) and Aaron Sievwright in 25.33 breaking Callum Prentice's record (2003 26.10).

Emma Ross and Darren Marr also of SWL won the senior ladies and mens events respectively (27.30 and 28.31). This year a wet suit event was included and this was won by Eddie Riach (25.40) and his daughter Jennifer (29.41).

All 41 swimmers finished with the last swimmer finishing in 1 hr 17 mins. This year the swimmers were started off in two waves to allow both the slower and the faster swimmers to benefit from the tides, and this worked well.

Thanks must go to Doug and Gary Milne, Port Edgar and Fife Sea Kayak club for safety cover.

Other points

- Lochore Meadows
Training there on Wednesday evenings were a success with well over 80 swimmers and tri athletes taking part.
However there are concerns regarding the water quality and I am actively looking for an alternative venue for next year
- Date for next year ED event 4/5th or 18/19th June.

Open Water Swimming Committee
North District Convenor Report
24th October 2010

North District Team

For the third year in succession a district team competed abroad at an international meet in Belgium. The event was at the Hazewinkel rowing lake near Antwerp on Sunday 29th August and attracted an entry of around 240 swimmers.

Of the swimmers who met the criteria for consideration, the following were selected;

Hannah Grayson	Aberdeen Dolphins/COAST
William Broadhurst	Aberdeen A.S.C.
Calum Burkinshaw	Deveron A.S.C.
Ruth Bryce	Aberdeen A.S.C.

The team staff were myself and Sarah Burkinshaw.

Travel was by flight from Aberdeen to Amsterdam and small minibus from there to Antwerp for the first night's stay. The organising club arranged access to pool training on the Friday evening. Saturday was spent with some open water training and some sightseeing before moving on to the venue for the competition where we had accommodation on site. After competing on the Sunday the team returned to Aberdeen on the Monday. During our stay, the team were guests at two evening functions.

All swimmers competed in two events. Hannah and William in 5 km and 2 km, with the younger swimmers, Calum and Ruth, competing over 3 km and 1 km. Overall the team performed above expectations taking trophies in seven of the eight events they contested.

Top performer was Calum Burkinshaw who won both of his events in the 13-14 year category. This was an excellent achievement for someone in their first year of open water competition.

William Broadhurst swam well in his 5 km race but this being an open event the level of competition was quite high and he did well to finish in 6th place. However, competing in the 15-16 year category over 2 km he put in a strong performance to win the race.

Hannah Grayson had a good open 5 km race to take the trophy for second place despite being one of the youngest in the field. Later she competed in the 15-16 years 2 km race taking third place.

Ruth Bryce competed in the 13-14 year category and held off a late challenge to finish second over 3 km. Later she was third over 1 km to complete the haul of trophies.

North District Championships

The North District Open Water Championships were held at Loch Oich on 4th September. Safety cover was provided by two rescue boats, nine canoes and the services of the Red Cross. Conditions on the day were good for all four swims.

A total of 50 entries were received from 30 swimmers which represents a record.

Consideration is being given to relocating the championships next year.

Other Open Water Swims in the District

The annual Banff Bay took place on 14th August and attracted an entry of 58 swimmers. This remains an unlicensed local event.

Plans were also well advanced for a non-competitive swim along the 2 mile length of Loch Muick in the Balmoral estate before unusually cold temperatures forced a cancellation. This would have taken place on the 25th September and was set up at short notice following the cancellation of the Great Scottish Swim. The organisers were deliberately keeping the event low key but still had to turn away entrants when the number reached 100. There is an intention to have an event with 150 swimmers in the Loch next July.

Brian Bain
North District Convenor

Open Water Swimming Committee
West District Convenor Report
24th October 2010

In August the West District Championships were due to be held at Strathclyde Park. After initially being told by the staff at the loch that they were very hopeful that the algae problem, which they have suffered from this summer, would be resolved by mid August, it proved not to be the case. This meant that we had about 9 days to rearrange the whole event. Luckily, with the help of some great people at Drimsynie Estates, the Red Cross and the Scottish Open Water community at large, we managed to have our championships in the stunning setting of Loch Goil, in Argyll, with a record number of entries. The event went very well and even the weather was very kind to us. The swimmers had a great days racing and my thanks go to all the staff at Drimsynie for all their help in getting the event up and running at such short notice.

There were however a few safety issues highlighted and these would have to be addressed for next year if we were to use this venue again. We will also be actively seeking new venues to check out for next season.

Lynne Deans
West District Open Water Convenor