

## Open Water Committee Meeting Minutes

**Saturday 5<sup>th</sup> October, 2013 at 10am**  
**National Swimming Academy, Stirling**

Les Rodger	<b>LR</b>	Chair
Brian Bain	<b>BB</b>	Domestic Events & Acting Team Manager
Jim Gallacher	<b>JG</b>	Safety Co-ordinator
Sandra Westgate	<b>SW</b>	Midland District Convener
Lynne Deans	<b>LD</b>	West District Convenor
David Carry	<b>DC</b>	Board: Open Water Representative

Item No.		Action
1.	<b>Apologies for Absence:</b> Jennifer Ewen ( <b>JE</b> ), Andrea Gellan ( <b>AG</b> ), Ralph Payne ( <b>RP</b> ), Ally White ( <b>AW</b> ), also Eddie Wilmott and Gina Logan	
2.	<b>Declarations of Interest:</b> <b>LR</b> - Ishbel Rodger's parent, <b>JG</b> – Leigh Gallacher's parent, <b>LD</b> – Parent of Mark and Scott Deans	
3.	<p><b>Open Water Development Plan:</b></p> <p>We have a Development Plan which has one year to run but indications are that it would be preferred if we update this Plan as soon as reasonably practicable. In addition, it has been suggested by the Development Director that the Committee has been concentrating too much on the Performance rather than participation. The recommendation for our 2013-14 budget which will be put to Board (tomorrow) has been held at this year's (hence last year's) level.</p> <p>There followed a wide-ranging informal discussion.</p> <p>There are essentially two pathways for the development of swimmers in open water. The first is via a combination of open water results and pool times selection criteria published each year by the OW Committee, by which we select a Development Squad, taken to an event on the continent (usually French Cup or similar) and a Scottish Team for two events annually (usually French or German Championships at the start of the summer and a second late in the summer). The second pathway is via British Swimming, for which selection is purely on pool times.</p> <p>It is the Open Water Committee's desire to continue to support swimmers whose track record is good in OW events but whose pool times do not necessarily meet the British Swimming criteria. The results at the ASA Open Water national event (where Scottish Swimmers won five events, including one where the swimmer had qualified only via an Open Water route), suggests that we are doing something right.</p> <p>DC asked if we were able to demonstrate how different aspects of an OW swimmer's performance could be broken down to show how they could improve and perhaps use</p>	

	<p>this to demonstrate the importance of the OW component. There does not appear to be any significant body of such research. It was suggested that the OW Committee might be able to encourage some research in this regard.</p> <p>DC suggested that OW swimming has essentially three elements, all of which need to be addressed: Performance, participation and mass participation.</p> <p>The Committee often feels that it is somewhat on the sidelines, particularly in terms of what British Swimming is planning. Much more dialogue is needed in order to produce a more cohesive, clear pathway.</p>	
<b>4.</b>	<p><b>Budget Process and Outcome for 2013-14:</b></p> <p>The recommendation for the OW Budget for 2013-14 will be made to the Board for the same budget as this year (and last), of £14.7k. The recommendation for OW Performance is increased to £6k. The Development Director has offered staff support to ensure that we can make the best use of this budget. However, this is significantly less than in our Development Plan, particularly allowing for new initiatives in the pipeline, such as The Helix.</p> <p>It is likely that the Board will view this as an overall budget of £20.7k. However, it is unclear at present how much input we will have into how the £6k performance budget will be spent.</p> <p>Clearly we will have to reprioritise some of our activities in 2013-14 and dialogue will be needed into how we deal with this while still providing as good a standard of service to the swimmers as we currently do.</p>	
<b>5.</b>	<p><b>Minutes of the Last Meeting (25<sup>th</sup> May 2013):</b></p> <p>Minutes proposed <b>LD</b>, seconded <b>JG</b>, accepted.</p>	
<b>6.</b>	<p><b>Progress of Items on Action List:</b></p> <p>The action list was reviewed and updated.</p> <p>Copy of list of Team Managers and Coaches passed to LR.</p>	
<b>7.</b>	<p><b>Correspondence:</b></p> <p>In the absence of a British Swimming camp this year, AW has agreed to the funding of three performance OW swimmers from within the performance part of the budget towards the event in Cyprus.</p> <p>LR has been contacted regarding a proposal to construct a facility at Balgray Reservoir which will allow Triathlon and Open Water Swimming. This is in West District (near Barrhead). Agreed we should view this development positively and offer advice, input and assistance as required.</p>	
<b>8.</b>	<p><b>Budget:</b></p> <p>Nearing the end of the financial year. However, the second Team event is very late this year and so a substantial part of the accounts cannot be finalised until within a few days of the year end. Essentially, accounts are on target, allowing for the funding of the three swimmers from the performance budget, see above.</p> <p>We have received a bill from the Red Cross for the Scottish Championships but this includes costs from the West District event. LR to copy bill to LD. LD to organise</p>	

	<p>cheque for this element from West District.</p> <p>JG still to claim for safety equipment bought. This needs to be claimed before year end (31 Oct).</p> <p>It was agreed to subsidise Mark Deans' costs for the Faros Marathon to the extent of the flights. LD to submit agreed costs to LR.</p>	<p><b>LR/LD</b></p> <p><b>JG</b></p> <p><b>LD</b></p>
<b>9.</b>	<p><b>Team / Squad Manager Report:</b></p> <p>Written report. The Cyprus camp will include Andrena Hammond as Coach. This will be her first trip with the Scottish Team, though she has been away with British Swimming before.</p> <p>One swimmer pulled out of the June away-trip at short notice, causing a significant cost to the budget. It was agreed that in such circumstances in future the swimmer should be expected to make suitable recompense - for example, a deposit for squad trips.</p> <p>Note the recommendation to select a defined Open Water Squad for next year as soon as possible when the season is over. This will assist in the planning of events for next year and should help keep costs down. We should discuss with the incoming Team Manager.</p>	<p><b>LR/BB/ new TM</b></p>
<b>10.</b>	<p><b>Domestic Events Co-ordinator Report:</b></p> <p>Written report. There were a few points for discussion raised within this:</p> <p>Paypal cost us 3% of the entry fee this year. This is acceptable but we need more control over the entry system than we had this year. SW commented that YeAABA use an online entry system too, but uses a different system.</p> <p>Suggested removal of some non-championship events from the Scottish. This would require some rule changes to allow 12 year olds to swim 2k. The consensus at the meeting was against this.</p> <p>We need some guidelines for circumstances in which organisers, officials and safety crews can claim expenses. LR to draft for discussion.</p> <p>The 5K indoor event must be publicised appropriately, ie as a pool event not as an Open Water event. This is in process but is taking longer than expected. The final will be held in Aberdeen on 15 February 2014.</p> <p>Nova International have approached us regarding holding at least part of the Scottish Championships at the Great Scottish Swim next year. It was agreed that this was of interest and we should find out more. Meeting to be arranged in November..</p>	<p><b>LR</b></p> <p><b>BB</b></p> <p><b>LR/ Com'tee</b></p>
<b>11.</b>	<p><b>Events Organised by Other Bodies in Scotland:</b></p> <p>Vigour Events have already put up their schedule for 2014 onto the Internet. Schedule appears similar to this year.</p>	
<b>12.</b>	<p><b>Scottish Championships 2014:</b></p> <p>We have a variety of potential options we should consider for next year, including holding part of the Scottish Championships with the Great Scottish Swim (see above), and/or at the Helix and/or at Loch Venacher.</p>	

	Loch Venacher has proved to be a very good venue. However, we should examine and discuss all options prior to making our decision as to the date(s) and venue(s).	
13.	<p><b>Event Licensing 2013:</b></p> <p>One or two events last year had marginally less than the quota of qualified officials required, having three qualified and one trainee (four qualified required). The Committee agreed that this was a substantial movement in the right direction and no action was required re these matters other than continued progress.</p> <p>LR commented that there appears to be some confusion over the requirements for first aiders. The present rules say “Qualified Agency” but this has not always been provided. JG remarked that we have very good relationships with providers and they know now very well how we work. SW commented that there are several qualified First Aiders within YeAABA and so they can provide good first aid cover without using a “Qualified Agency”. There was a discussion around this. The intent is simply to ensure that adequate cover is provided. SW to research the type of qualification within the YeAABA first aiders. We will then decide if we need a rule change to clarify this.</p> <p>Two columns should be added to the license register next year to record that Programmes and Final Risk Assessments have been returned.</p>	<p>SW</p> <p>LR</p>
14.	<p><b>Event Dates for 2014 Calendar:</b></p> <p>The broad programme this year worked well. However, we will have to be careful that no major events clash with the Commonwealth Games at the end of July / beginning of August.</p> <p>Midland and YeAABA like to publicise their dates in the programme for the New Year Dook, so they select dates very early. This has caused problems in the past where the dates clashed with dates of Squad/Team events or other competitions. SW will find out preferred dates for the Midland and YeAABA events. It was requested that Midland and YeAABA try to be as flexible as possible if they are pencilling-in dates already for 2014.</p>	SW
15.	<p><b>Governance:</b></p> <p><u>Constitution</u></p> <p>There was a discussion over GR4 and its implications. Editorial Board has drafted an amendment which we should either propose for the AGM or withdraw.</p> <p>There was a feeling that most people in Scottish Swimming and indeed any other swimming national governing body do not want to consider the theoretical implications too deeply and that we might perhaps let the matter drop, having done our best. BB and LR to consider further and advise the Editorial Board.</p> <p><u>Scottish Swimming Open Water Rules</u></p> <p>The new FINA Rules have been published and several have implications for our own rules. Board has been advised that we will be making changes. In most cases, the changes actually make things easier for us. The ‘principle’ agreed was that we should adopt the FINA rules unless there was a good reason not to do so.</p> <p>There are new STO positions (Chief Finish Judge, Chief Race Judge, Feeding Platform Judge).</p> <p>Main discussion centred around a few rules as follows:</p> <p>It was agreed that OWS3.13 (Timekeepers and Running Clocks) should not be adopted because we have no “running clock” at SASA events.</p> <p>It was agreed that OWS3.37 (distribution of Tide/Current charts) should not be adopted. This information is given at the swimmers’ briefing.</p>	BB/LR

	<p>It was agreed that we should retain our rule re numbering of swimmers' back and arms even though FINA has abolished that rule.</p> <p>Venue rules as they apply in Scotland should be retained (not FINA).</p> <p>It was agreed that OWS6.8.1 (competitor numbers on escort craft) would impose an un-necessary burden on YeAABA and Midland.</p> <p>It was agreed that the National Committee should not impose time limits on swims in accordance with OWS6.17. Individual organisers of events should consider time limits for H&amp;S reasons and so as not to overstress officials, boatmen and canoeists.</p> <p>LR to take agreed actions and draft potential rule changes based on these, distribute these for agreement and liaise with the Editorial Committee.</p>		<b>LR</b>
<b>16.</b>	<p><b>Health and Safety Co-ordinator Report:</b></p> <p>More contacts have been made this year with providers of various types of cover and JG is confident that we are moving in the right direction.</p> <p>Running the West Districts at Loch Ard immediately after Vigour did not work out as well as had been hoped. Indeed there were no significant advantages, financial or otherwise. There is also a danger of burning out the canoeists on the day where there are two events back to back. JG does not recommend that this be repeated.</p> <p>JG finds that the Safety Officer can become involved in setting out the course at a time when he ought to be exclusively concerned with safety briefings. LR commented that Course Officer is an OWJ2 function and so the trainees will need to become involved in this otherwise they cannot qualify OWJ2, so we have two problems with a single solution. Organisers need to organise a Course Officer to set out the course for events next year. The detail of how this works will need further discussion but it is essential.</p> <p>We will need to purchase some anchors for next season. The present practise of dropping heavy weights over the side of a boat has a H&amp;S risk. JG to obtain costs.</p> <p>Observations at Loch Ard (of Vigour) suggest that there are lessons we can learn re evacuation. We should re-examine and beef this up.</p> <p>Need to get Paul Doyle more involved next year.</p> <p>RLSS might be prepared to take on more of the Safety Officer role?</p> <p>We have a good relationship with a good group of canoeists and we must look after them and not take them for granted.</p> <p>JG is quite optimistic about how far we have come in terms of health and safety in the last few years though there is of course always room for improvement regardless of how far we have come.</p>		<p><b>JE/ SW/ LD/ AG</b></p> <p><b>JG</b></p> <p><b>JG</b></p>
<b>17.</b>	<p><b>Technical Officials Co-ordinator Report:</b></p> <p>Written report. Note that we will need a FINA Rules update for officials next year, which is a requirement for STO licensing.</p>		
<b>18.</b>	<b>District Reports:</b>		
	<b>East District</b>	Written report.	
	<b>Midland District</b>	Written report.	
	<b>North District</b>	Written report.	
	<b>West District</b>	Written report.	

19.	<b>Review of Committee Job Descriptions:</b>  No actions required but some of the duties which technically lie with Domestic Events are currently handled by Chair. Principally this is re event licensing. LR is happy with the situation as it stands.	
20.	<b>Nomination of Open Water Chair for 2014:</b>  LR nominated. Chair to advise Scottish Swimming.	LR
21.	<b>Appointment of Specialists Positions for 2014:</b>  BB indicated that he is unable to continue in either of his posts as Domestic Events Co-ordinator and Acting Team Manager. He stated that he would be available to any member of the Committee to consult. LR expressed concern that such discussions might breach confidentiality. Would BB consider staying on as a Co-opted Member, which would allow us to discuss matters with him, copy minutes, actions and potentially confidential discussion papers with him? However, he would not be expected to attend Committee Meetings. After some discussion, BB agreed to consider this.  JG to be nominated for H&S Co-ordinator. Mhairi Connor to be nominated as Team Manager (but must join SASA). RP to be nominated as Technical Officials Co-ordinator Domestic Events Co-ordinator technically needs to be advertised but Wendy Kaczmarek has agreed to do this.  Chair to advertise and advise Scottish Swimming of nominations before deadline.	LR
22.	<b>Dates for Committee Meetings 2014:</b> The following dates were agreed: 11 January 2014 22 March 2014 17 May 2014 4 October 2014  LR to advise Scottish Swimming of these dates.	LR
23.	<b>Communication:</b>  The mailing list will need to be updated over the coming months.	BB/LR
24.	<b>AOCB:</b>  SW indicated that Margaret Moodie and Alan Spalding have completed their OWJ1 sheets. How do they get signed off. LR stated that RP will need to examine their sheets and undertake a final assessment before signing them off.	RP
	<b>Next Meeting:</b>  Next scheduled meeting to be 11 January 2014. However, a meeting will likely be needed in November to discuss alternatives for some of next year's events.	

## **Team Manager's Report**

### **Saturday 5<sup>th</sup> October 2013**

#### **International German Championships**

This year Scotland sent a team to compete in the International German Championships which this year took place in Duisburg Rowing Lake. All events were on a near rectangular 1.25 km circuit.

##### Swimmers

Mark Deans	City of Glasgow Swim Team
Alyshia McCracken	Grangemouth/FIRST
Helen McRoberts	Warrender
Rebecca Smith	Skye Dolphins/Highland Swim Team

##### Staff

Manager – Brian Bain  
Chaperone – Helen McRoberts

The team flew on Thursday 27<sup>th</sup> June from Edinburgh airport to Weeze airport followed by a trip of 25 miles to the venue. Accommodation was in a hotel some 10 miles from the course. Transport during the trip was by a 9 seater minibus. We were able to find a 25 metre pool nearby which allowed for lane training on two occasions.

The main achievement was Mark's win in 25 km championship. This exceeded expectations and is possibly the greatest ever single achievement ever by a Scottish Open Water swimmer. The water was, at 17.5 °C, cold by Germany's standards and this may have been to Mark's advantage.

The cold conditions had unfortunate consequences for Alyshia and Rebecca who were not allowed to swim in their chosen events, 25 km and 5 km respectively, because German rules don't allow for swimmers under the age of 18 to compete when the temperature is below 18 °C. The two girls were allowed to make late entries for the 2.5 km age-group race the following day when the water temperature had increased slightly. The two raced well to secure 3rd & 4th places in the overall competition which listed a total of 233 starters. Unfortunately the fastest two swimmers were also in their age-category.

Helen raced in the Women's open 5 km and finished in 10th place in a field of over 60.

All four swimmers competed in the 10 km on the final day. Mark stayed with the leading pack for most of the race but the exertions of the 25 km eventually took their toll. He faded in the final stages but finished a creditable 7th. Rebecca finished in 11th place overall and 5th in the under 19 year category. Alyshia was 14th overall and 7th in the under 19's. Helen withdrew from the race after the first lap.

#### **French Cup at Lac de Vassiviere**

A selected development squad trained for 3½ days prior to competing in two rounds of the French Open Water Cup at Lac de Vassivier in central France. In these event the swimmers were competing as their districts with the exception of one who competed for his English club.

**Swimmers**

Beth Armour	Aberdeen (SASA North District)
Mark Deans	City of Glasgow Swim Team (SASA West District)
Scott Deans	City of Glasgow Swim Team (SASA West District)
Mhairi High	REN 96 (SASA West District)
Lucy Illingworth	South Ayrshire (SASA West District)
Marshall Illingworth	South Ayrshire (SASA West District)
Scott McLay	Perth City (SASA Midland District)
Helen McRoberts	Warrender (SASA East District)
Alyshia McCracken	Grangemouth/FIRST (SASA West District)
Rebecca Smith	Skye Dolphins/Highland Swim Team (SASA North District)
Alasdair Wright	Derwent A.S.C.

**Staff**

Manager – Brian Bain  
Assistant Manager – Lynne Deans  
Coach – Greig Morrison

Camilla Hattersley (City of Glasgow) withdrew from the team a few days before departure which left inadequate time to contact a replacement and obtain permission to compete. Since travel and accommodation had already been paid and could no longer be partially recovered by swimmer and district contributions, this had a detrimental effect on the funding of the trip. The committee may wish to consider whether, in future, swimmers should be held liable for their portion of the costs after they have accepted their places on a team.

The two sections of the development squad travelled to France on Monday 1<sup>st</sup> July. For the team at the German Championships this involved a road trip of some 550 miles while the remainder of the team flew from Edinburgh airport to Poitiers airport. An additional 9 seater minibus was collected at the airport. Accommodation on the first night was in a budget hotel which was adequate for our purposes. The remainder of the trip (6 nights) were spent in modern mobile home accommodation on the shore of the lake.

A total of eight training sessions were held leading up to the event. Five of these were in the lake and the remainder in a 25 metre open air pool which was located in a town some 12 miles distant.

The team won numerous medals, trophies and cash prizes. All but one swimmer gained at least one top three finish and only then because of the strength in depth of the junior girls in the combined Scotland team. This was partly due to the standard of the competition being lower than it had been on the three previous occasions when a Scotland team has competed at the event. Had we known this before entering we may have sought a more challenging competition.

In the main events, Mark Deans won the 15 km and 5 km races with some ease. The main challenge in the 15 km came from Scott Deans who took the silver medal and a day later was the easy winner of the men's 2 km time trial. Rebecca Smith also won two open events, 5 km and 2 km. Alyshia McCracken had a very well paced swim in the women's 15 km to come from more than 200 metres behind the leading two swimmers (including Helen McRoberts) at the half way stage to overtake them both in the final kilometre.



As an overall combined training/competition camp the event ran very well in no small measure due to the excellent work of Lynne Deans and Greig Morrison.

Funding for the event was provided by the swimmers (£275), their districts (£125 where applicable) and the balance (nominally £125) from the open water budget. This would seem to be an appropriate model for future development trips now that a precedent of district contributions has been established.

Taking the German and French parts of the overall trip together the overall cost to the open water budget was £255 less than planned.

#### Summary Budget

Flights	£1,732.37
Minibus Hire & Associated Costs	£2,010.37
UK Mileage, Train Fares & Parking	£214.49
Accommodation - Germany	£679.26
Accommodation - France	£1,682.11
Supermarket Bills	£1,091.40
Restaurant Meals	£1,231.94
Entry Fees	£482.88
Poloshirts	£193.32
Pool Training Fees	£85.48
Miscellaneous	£166.58
<b>Overall Total</b>	<b>£9,570.21</b>
 Income From Swimmers	 £3,025.00
Income From Districts	£1,250.00
<b>Cost to Open Water Budget</b>	<b>£5,295.21</b>

#### **Great Scottish Swim**

A number of Scottish swimmers were invited to take part in the Great Scottish Swim, of these we would regard five as open water swimmers in our squad while others were invited on the basis of their pool times. The "Open Water" swimmers were Mark Deans, Scott Deans, Rebecca Smith, Camilla Hattersley and Helen McRoberts. These mostly followed discussion with Tom Broadbent, the Elite Race Director with the exception of Helen who was invited directly prior to being suggested by myself. Alyshia McCracken was also invited but was unable to attend.

Despite the race being shorter and swimmers wearing wet suits, both of which we would expect to reduce the advantage swimmers with open water experience might have, the group of five did extremely well relative to swimmers with faster pool times. Particular congratulations go to Rebecca Smith and Camilla Hattersley who finished in second and third places in the women's race behind Kerri-Anne Payne.

#### **Faros Marathon**

Mark Deans was selected to represent Scotland in the Faros Marathon event on the island of Hvar in Croatia on 31<sup>st</sup> August and was accompanied by Graham Wardell as coach. His time of

3:14:32 earned him 7<sup>th</sup> place and is the fastest time ever by a British Swimmer in the event. Notably, Olympic Champion Oussama Mellouli was 5<sup>th</sup>.

The costs of the trip were not initially funded by the open water budget. However, the transfer of funding from the performance budget to support three swimmers in the Cyprus International means that at least some of the cost may now be refunded.

### **Cyprus International**

A team has been selected to compete in the Cyprus International Swimming Marathon in Limassol on 26<sup>th</sup> & 27<sup>th</sup> October. The team will consist of;

#### Swimmers

Mark Deans	City of Glasgow Swim Team
Scott Deans	City of Glasgow Swim Team
Camilla Hattersley	City of Glasgow Swim Team
Alyshia McCracken	Grangemouth/FIRST
Helen McRoberts	Warrender
Rebecca Smith	Warrender

#### Staff

Manager – Brian Bain

Coach – Andrena Hammond

Arrangements are well in hand. The team will fly from Edinburgh on 23<sup>rd</sup> October and have two days of training before competing in the 5 km race on the morning of Saturday 26<sup>th</sup> October and the 10 km on the morning of the following day. The team will return to Glasgow that evening. A villa and two cars have been rented for the duration.

A request for a proportion of the performance teams open water budget to support the team was met with favourably and Rebecca Smith, Camilla Hattersley and Mark Deans will be supported with £500 each. This means that it will not be necessary to ask team members for a contribution to the cost.

It has transpired that there will also be swimmers competing as “British Swimming” at the event.

### **National Squad Selections**

A review of performances this year indicated that Rebecca Smith, Camilla Hattersley, Alyshia McCracken, Mark Deans and Scott Deans had met the open water criteria for consideration for selection to the National Squad. However, Scott is below the minimum age requirement and neither he nor Mark and Alyshia have the required pool times. Camilla qualifies for the gold squad and Rebecca for the silver squad. However, since both also qualify under the pool qualification criteria they are likely to be regarded as “pool swimming” selections.

### **Team Kit**

Obtaining team kit continues to be a problem due to long lead times and minimum order numbers. This made it impractical to order any kit for the team competing in Germany earlier in the year.

Some dispensation on the minimum order number of 25 for any given item was obtained for the team competing in Cyprus but the small order number made this prohibitively expensive. Some items are now being sourced elsewhere on the basis that Speedo were unable to supply these items to our specification.

A better solution involving purchase of a stock of kit covering more of the disciplines is required for next year.

### **2014 National Open Water Squad**

The NSA has been booked for 10-12 and 4-6 sessions using all lanes on 8<sup>th</sup> March and 10<sup>th</sup> May 2014. Experience this year suggests that there may be a number of call offs for the May session due to the proximity of exams and enquiries have been made regarding the availability of alternative dates. However, none of the alternatives for dates in April meet our requirements for time and number of lanes.

The process for selecting a development squad has varied in recent year in an attempt to provide spaces for good quality 800/1500 metre swimmers to come into the squad with little or no experience. This has had only limited success in attracting swimmers to compete in the discipline. The downside has been a less well define squad which can't be selected until close to the competition. While the number of swimmers attending training days is larger it is less well defined in terms of a "squad" and can include swimmers who never actually compete the following summer.

I would recommend a return to selecting a defined squad earlier in the year to create a more cohesive group with more commitment and more definite goals for the coming season.

This matter should be the subject of discussion among the incoming team manager and the group of coaches who have shown a willingness to be involved with squads competing abroad.

Brian Bain  
Acting Team Manager

## **Domestic Events Co-ordinator Report**

**Saturday 5<sup>th</sup> October 2013**

### **2013 Scottish Open Water Championships**

The Scottish Championships were again successfully staged at Loch Venachar and had a record attendance. However, we are still awaiting a breakthrough in which the majority of Scottish clubs actively support the event.

We were fortunate to have a sufficient number of helpers on the day to take on the various tasks involved in staging the event. I'm particularly indebted to Clair Buick and James Leach for their work in providing catering services which saved several hundreds of pounds relative to the alternatives.

Safety cover was good despite some call-offs. While we should aim to have 8 canoeists available it is prudent to seek the services of around 12 to have some contingency.

An on-line system was used for entries this year although paper entries were still accepted. This resulted in benefits for those swimmers (approx. 80%) who used the system. There were some benefits from an entry secretary's point of view this was more than offset by the work in liaising to get the system set up. There were some problems although these were mostly not apparent to entrants and we lost some control as a result of having to rely on resources from outside Scotland. While I'm indebted to the efforts of Chris Bostock in helping us it is important that we are able to administer this system ourselves in order to have the necessary control. I would recommend that we use it again for the Scottish Championships this year but that we are taught how to set it up ourselves before extending the system for use on District level events. Note that the cost of using the PayPal system cost £65.81. which is approximately 3% of the entry fees.

Swimmers from Deveron and Broch Seals were recorded in the programme as North Aberdeenshire Swimming Swim Team on the assumption that both clubs were members of the composite. It later transpired that the composite team wasn't registered with Scottish Swimming at the time of the championships. Although officials from the clubs concerned were not fully aware of this. As a result of this, Swimmers were recorded as representing Deveron and Broch in the final results. A relay team comprising members of both clubs which had provisionally finished third and presented with bronze medals were subsequently deemed to have been competing on a time only basis and a set of medals were supplied to the team from South Lanarkshire who were promoted to third place. North Aberdeenshire Swimming Team has now affiliated to SASA but does not include Deveron.

The weekend's events have included some non-championship races partly as a means of providing a stepping stone for swimmers coming into the discipline and partly to space out the championship races to afford competitors in the championship races more recovery time. However, the numbers attracted have been small and there were no entries for the 3 km wetsuit event we offered this year. Some consideration should be given to removing the non-championship events and finding some other way of providing spaces between races. This may include splitting the 5 km event into two races. A further suggestion is to remove the 12 year old 1 km event but to include 12 year-olds as a separate category in the 2 km event. This would require a change to the open water regulations on age limits.

Loch Venachar has proved to be a good venue for holding the event and this is largely due to the co-operation we get from the sailing club. The one downside is the space available for car parking in the event that the water level is too high to give parking on the beach as an option.

The net costs of staging the Championships were £517.51 less than the budget. This was largely due to the cost saving resulting from the Red Cross failing to provide the requested ambulance.

#### **Expenditure**

Hire of Facilities and Boats	£1,150.00
Additional Safety Provision	£999.43
Catering	£300.00
Accommodation, Meals & Travel for Officials	£637.00
Caps	£77.76
Post Race Refreshments	£61.60
Stationery	£18.68
Licence Application	£10.00
Prizes	£402.21
PayPal Charges	£65.81
<b>Total</b>	<b>£3,722.49</b>

#### **Income**

Entry Fees	£2,185.00
Catering	£305.00
<b>Total</b>	<b>£2,490.00</b>

**Net Cost to Budget** **£1,232.49**

The costs associated with expense claims for officials was higher than before although not unreasonable. Some consideration should be given to producing some guidelines for circumstances in which organisers, officials and safety crews can claim expenses.

#### **Licensing**

The responsibility for administration of the licence system curably lies with the chair of the committee and Les will be able to report on the level of compliance with the system this year which appears to be an improvement on previous years. The majority of events run by YAABA this year were held as club only events and did not require licencing.

#### **Events Granted One-off Approval**

The following events, organised by others, were given one-off approval

- The five Great Swim Events
- The five races by Vigour Events
- The Monster Swim.
- The Henley Classic Elite Race
- Banff Bay Swim
- Gillian's Saltire Appeal (Cumbrae to Largs)

I don't consider that this approach satisfies the requirements of FINA rule GR4 and that we need to seek changes to the SASA constitution to ensure that we are not encouraging swimmers to infringe FINA rules.

#### **Grand Prix**

The Grand Prix was held run under the same rules as in previous years. Prizes were awarded at the West District presentation and by bank transfer in the week following.

### **5 km Indoor Championships**

The final of the new 5 km event will be held on the 15<sup>th</sup> February in the Aberdeen Aquatic Centre and will be named the Scottish Gas National 5 km Championships. This will be on the same day as the Silver City Blues Masters Meet being staged at the venue. Provisional times are;

18:00 Women's Final  
19:15 Men's Final  
20:30 Presentation of Prizes

Since events held in February at the new pool are being considered as an opportunity to test out facilities there is not expected to be any charge for the hire.

Promotional and administrative material is being developed but there have been delays in getting this set up since it involves input from the office staff and an external graphic designer. It is hoped to launch the promotion of the event next week.

### **Nova International and the Helix Centre**

Our involvement with Nova International in the Great Scottish Swim has led to a suggestion from them regarding the possible combining of the Scottish Open Water Championships with their event at Loch Lomond. This would potentially have many benefits providing the Scottish Championships were afforded an appropriate status and not viewed as a side event to the Great Scottish Swim. Incorporation would mean changing our programme of events with only the 5 km race held on the Saturday with the 10 km and team events on the Sunday. This may work in well with having the 2 km Championship at the new Helix centre in Falkirk along with some other introductory events earlier in the season.

We have an option to contact Nova International to discuss options. I would recommend that an initial meeting is arranged for November with a view to making a decision on restructuring the Championships by the end of January.

Brian Bain  
Domestic Events Co-ordinator

## **Open Water Officials Report – October 2013**

We have made minor additions to the STO equipment only.

The list of current OWSTOs registered in Scotland is attached. We have run two OW Judge 1 courses and two OW Judge 2 courses. We have twelve Level One trainees in the system. We now have seven qualified Level Ones, of whom six have gone straight into training for Level Two.

We continue to have concerns over the limited number of Referees.

British Swimming have expressed concern that most of our newly qualified OWS STOs have not yet licensed. Licensing is not compulsory but it is recommended and will be required if any of our STOs officiate in England or Wales.

Now that there is a larger number of registered OW Officials available, hopefully this will take the pressure off some events which will allow them to be run as licensed. However, we must not become complacent and a continued drive towards increasing the overall numbers of OW STOs is essential. We only have sixteen qualified officials, of whom only twelve have actually officiated in the last year.

Last year, we expressed a desire to acquire a proper finish line. Whilst budgets did not allow this in 2013, we consider that this must be left on our wish-list.

In the coming year our first BS Licensed Officials will have to re-register and prove their Continuing Professional Development (CPD). As well as the competition experience, the mandatory elements involved are:

Officials' Awareness: The content is the same as for pool STOs, so OWSTOs should ensure that they attend a seminar organised by their District (pool) STO Convener.

FINA Rules Update: FINA Rules have just changed for Open Water (as they have in the pool). Attendance at a FINA Rules Update will be compulsory for STOs renewing. It is our understanding that British Swimming is producing a presentation to deliver this. However, we still do not know how these seminars will be distributed geographically.

## **East District Open Water Report**

**-For the National Open Water meeting 2013**

### ***The District Championships***

The District Open Water Championships took place on Saturday 22<sup>nd</sup> June at kinghorn Loch in Fife. There were 47 entrants from throughout the UK. Many thanks to all the officials who helped with the event.

In the women, Eilidh Love (Inverclyde) was the winner of the open 2 km 13-14 yr event, with Maya Speirs (Fauldhouse) winning the district category. In the 15-16 yrs event Mhairi High (Ren 96) was the winner of the open category with Emily Paterson (FINS) winning the district event. Emily was also the winner of the District Trophy for the fastest junior girl.

In the senior 3 km event Rebecca Smith (Highland Swim Team) was the winner of the open with Jennifer Davis winning the district category. She was also awarded the Lawson Memorial Bowl for the fastest District swimmer and the trophy for fastest District lady.

For the men, Scott McLay (Perth) was the winner of the 2 km 13-14 yr event and Scott Deans (COGST) the 15-16 yr event. Paul Walledge (Livingston Dolphins) was the winner of the district category and was awarded the District Junior Boy's trophy. In the men's senior 3 km event Mark Deans (COGST) was the overall winner with Nathan Kennedy (Livingston Dolphins) the district winner.

A full set of results is available on the district web page.



### ***District Channel Relays***

These were very successful, surviving jellyfish, waves and strong tides, with the Junior relay team completing the crossing in 9hour 41 mins and the masters in 12 hrs 25 mins. At present the junior relay is the fastest relay of the year, and the youngest relay of the year.

I would like to take this opportunity to thank the district for their support, without which the swimmers, especially the junior swimmers, may not have had the chance to have such a stimulating swimming experience.

Full reports below:

### **Scottish Swimming East District Junior Channel Relay (AKA Andrea's Minions<sup>\*</sup>)**

Our team of 6, together with Andrea Gellan East District Open Water Convenor and Ruth Gray team manager travelled down to Folkestone from Inverkeithing on Saturday 29<sup>th</sup> June. Our window for swimming the channel was from Sunday 30<sup>th</sup> June to Monday 8<sup>th</sup> July. We stayed at Varne Ridge nearby and were on standby for possible swims many times, just training in the sea every day while we waited.



The team before a training session on Folkestone beach

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<sup>\*</sup> Team's own choice of name

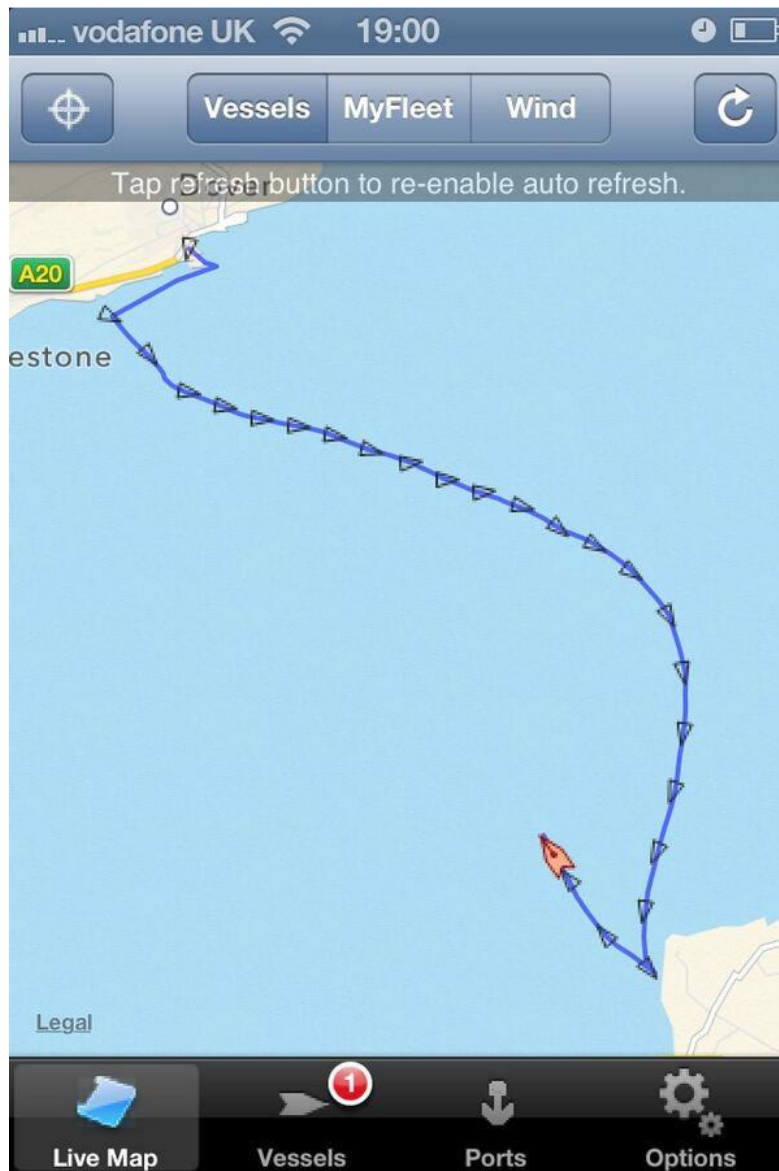
It was 9am on Friday 5<sup>th</sup> July that we set sail from Dover Marina for Samphire Hoe (a beach between Dover and Folkestone). Our boat, the Louise Jane, stopped just offshore and swimmer number one, Jennifer Milligan (InCAS, 16), swam to shore and stood on the beach. A blast from the boat's horn started the swim and Jennifer jumped into the waves and started swimming towards the boat until she came alongside it. From then rule number one was swim next to the boat following its path, as it is the pilot that chooses the most suitable route across the channel based on the anticipated speed of the team and the conditions and tides that day. Rule number two was don't touch the boat as that would have resulted in instant disqualification. Our official observer from the CSA was Steve Franks and he was responsible for making sure all the rules were followed and that the takeovers were legal.

At the end of Jennifer's hour the next swimmer, Emily Paterson (Fins, 16), jumped in behind Jennifer and then set off for her swim. She handed over to Leigh Gallagher (Scotia/ Aquanauts, 16). Leigh handed over to Harriet Gray (Fife Performance/InCAS, 15). Harriet took the team into the very busy shipping lane where 600 tankers pass through daily and at the end of her hour handed over to Kirsty Pearson (InCAS, 13) and then Kirsty handed over to James Gray (Fife Performance/InCAS, 13). It was shortly after James entered the water that we started spotting jellyfish in large numbers. There were a few different species including moon jellyfish, blue jellyfish and even a lion's mane jellyfish. They were present for the whole hour of James' swim and he reported seeing layers and layers of them beneath him. He could not avoid swimming into the ones on the surface and he was stung many times. Andy King, pilot of the Louise Jane stated that he had never seen so many jellyfish in a crossing and that grown men often got out for far less, however James managed to keep swimming at a fast pace despite the stings and he handed over to Jennifer for her second swim, and got out and was doused in vinegar to neutralise the stings. Jennifer had had to jump in trying to avoid the jellyfish and although the numbers decreased they persisted for the rest of the crossing with Emily, who again followed Jennifer, having to deal with some small groups, despite a real fear of them.

Leigh who followed Emily was given the task of swimming as fast as possible in order for the team to catch the tide, and she handed over to Harriet for her second swim with the possibility of a finish during that hour. Harriet sprinted for France and when the boat was about 0.5 mile away from the French coast it had to stop and the on-board dingy was launched to accompany Harriet into shore. Harriet had to climb onto the rocks and stand up for the clock to be stopped. The rocks were slippery and sharp and she cut her legs in the process but a huge cheer went up from the boat when she stood up and raised her hand in victory. The team had crossed the channel in a superb time of 9 hours 41 minutes,



The team at the finish with France behind them  
Left to right: Jennifer, James, Kirsty, Harriet, Leigh, Emily



Their route across the Channel

The following day was the turn of the district masters channel relay. Report to follow.

Ruth Grey Team manager



## Scottish Swimming East District Masters Channel Relay

*-Saturday 6<sup>th</sup> July*



Masters relay at Dover Docks

The masters' team started at 8 am from Shakespeare beach just outside Dover harbour, with CSA pilot Andy King in boat Louise Jane.

The team consisted of Matt McGeehan (Warrender), Calum Fraiser (Dunfermline Amateurs), Steven Gardener (InCAS), Kevin Spears (Carnegie), Richard Hill (Warrender), Andrea Gellan (InCAS) and Jenny Waring (InCAS).

Matt lead off completing well over 2 miles in the first hour followed by Calum, who also clocked up the miles. Steven was in next with very rough conditions with Kevin, Richard, Andrea and Jenny following, each swimmer swimming for an hour at a time. The sea state was quite rough with 12-15 mph easterly winds, and quite cold - 12°C at the start, dropping to 9.6°C in mid channel and rising to a warm 15.6°C at France. There were also several large blooms of jellyfish.

During the second half on the swim the pilot informed us that the tide was particularly strong along the French coast and we would have to sprint to get through it. Calum put on a tremendous performance to cover 3.1 miles in his second hour. Despite the great effort we missed Cape Gris Nez (the closest point in France) after 10 and half hours of swimming as the tide swept us west down the French coast. We had to continue to swim for 2 more hours until the tide started to turn. Before I (Andrea) went into the water for my last swim the pilot told me that I would be able to make land fall if I sprinted this last section, so I gave it my all and

25 minutes later climbed on the rocky shore at Cran Aux Oeufs just south west of Cape Gris Nez in France. Total time 12 hours 25 mins.

Also the swimmers from both teams raised over £1000 for charity.

Andrea Gellan  
East District Open Water Convenor

#### Addendum

- Congratulations to The West Lothian Masters' Channel Relay who completed the channel in 12 hours 34 mins
- The District Junior Realy has gained the award for the Youngest relay of the the year (average age 14  $\frac{3}{4}$ ) and Fastest Standard Mixed Relay of the year

### ***Other Information***

#### ***River Forth Swim***

This was cancelled due to strong winds and the swimmers were given refunds.

#### ***Next Year***

- 2014 will be the last year I will be standing as East District Convenor so need to actively look for a replacement for 2015.
- I have submitted my budget to the District for next year, at a level similar to previous years ie £400 to underwrite the ED Champs, the Grand Prix and any additional equipment, and £200 for squad swimmer support ie £600
- It would be good to have the East District Championships in June again as Kinghorn Loch becomes weedie later in the year.

Andrea Gellan District Open Water Convenor 14/08/2013

## **Midland District Open Water Report**

For this year 2013 some of championships were CLUB ONLY swims. The following swims remained open championships:

- Harbour Relay Sunday 9<sup>th</sup> June
- Midland Championships Loch Earn Saturday 6<sup>th</sup> July
- Bridge to Bridge/Discovery Mile Saturday 17<sup>th</sup> August
- Crannog Sunday 25<sup>th</sup> August
- Midland Senior and Stannergate Sunday 1<sup>st</sup> September

The open water season has been very disappointing with numbers entering swims very low compared with previous years. As a district we need to try to encourage more club members and young people to try open water swimming.

### **Judge Level 1 Open Water**

From the total of 8 trainees six have completed this level and will be licenced shortly. One candidate is nearly complete and one candidate has still to start. Planning swims for next season should be easier now there are more level one judge's in place.

### **Training for Judge Level 2 Open Water**

Stewart Downie and Sandra Westgate attended OWJ2 training seminar on Sunday 11 August at Loch Venachar. We now have three candidates training towards level two.

### **Web site**

YeAABA website has been updated and all open water swim results for 2013 have been added.

Sandra Westgate

**Midland District onvenor**

## **NORTH DISTRICT OPEN WATER REPORT 05.10.13**

The North District Open Water Championships which took place at Loch Morlich on Saturday 20<sup>th</sup> July were held in perfect weather conditions.

Safety provision was supplied by the Red Cross at a cost of £1,197.00

### **Other Events in the North District**

This year's Monster Swim in Loch Ness and the Banff Bay swim were granted "One-Off" approval under new SASA regulation.

Jennifer Ewen

North District Open Water Convenor



## West District Open Water Convenors Report October 2013

West District Championships were held in Loch Ard on the 7<sup>th</sup> September . This was a new venue for us and I will have to decide if it would be suitable for next year or not. I have submitted my budget for next year to the West District committee and have asked them to again consider some funding for next years Development Camp.

Lynne Deans