

# Bank of Scotland

Supporting Scottish Swimming



Promoting excellence and encouraging young people to participate in sport across the country.

 **BANK OF SCOTLAND** Learn to Swim programme

# SCOTTISH SWIMMING

# 2000

magazine

Founding Editor Bill Black (1993)

**DECEMBER 2000**

VOLUME 7 NUMBER 6



**PARALYMPIC GAMES  
MEDAL HAUL  
18 medals for  
Scottish swimmers**

*Andrew Lindsay (Glenrothes) with a new World Record  
and his Gold medal Photo: Paul Noble*

THE SEASON'S  
GREETINGS AND BEST  
WISHES FOR 2001



# ARES 21

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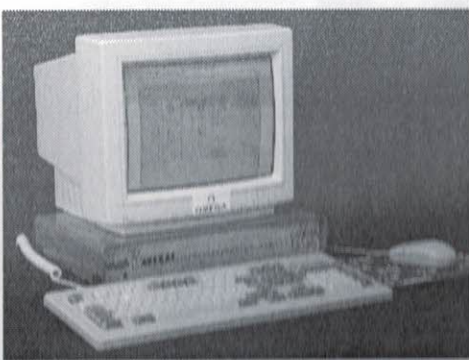
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Running time | Start time | Arming delay | Intermediate times

4 F I B M 200 m BR

| Actions   | Options | Records |
|-----------|---------|---------|
| 2:18:5    | WR      | 2:10:16 |
| Arm start | ER      | 2:11:23 |

| Final times | Number of laps | Lane | Touch pad status | Touch pad arming clock | Lane status | Touch pad status | Lane | Number of 1/2 laps | Intermediate times |
|-------------|----------------|------|------------------|------------------------|-------------|------------------|------|--------------------|--------------------|
| 100 m       | 2              | 2    | ✓                | 50 s                   | 2           | 50m              | 1    | 2                  |                    |
| 2:13:83     | 2              | 2    |                  |                        |             |                  | 2    | 2                  |                    |
| 2:13:09     | 2              | 2    |                  |                        |             |                  | 3    | 2                  |                    |
| 2:12:11     | 2              | 2    |                  |                        |             |                  | 4    | 2                  |                    |
| 2:12:46     | 2              | 2    |                  |                        |             |                  | 5    | 2                  |                    |
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|             | 1              | 1    |                  |                        |             |                  | 10   | 2                  | 2:01:38            |

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## COMMENT CEO Paul Bush

As our thoughts turn once again to Christmas and New Year festivities, the last 12 months have disappeared in a flash, or is just anno domini fast approaching. I remarked this time last year that events within our sport had been busier than ever, the last few months have without doubt surpassed those of 12 months ago.

The second BP Winter Open in Inverness was another outstanding event. Entries exceeded those of '99 and the standard of competition rose once again, so much so, that as I write this article, in excess of 60 Scottish records have been broken in 2000, surpassing the 42 of '99. My sincere thanks once again to BP and Highland Council along with our magnificent officials and volunteers who helped to create three days of quality swimming. BP Amoco received another accolade in November at the Commonwealth Games Council for Scotland Dinner, receiving the Governing Body Event Sponsor of the Year Award for the Inverness event, congratulations BP.

At the same dinner, the Bank of Scotland won the overall sponsor of the year award for their work in swimming and athletics, and in our case the highly successful Bank of Scotland Learn to Swim Programme that has been integrated into 28 of Scotland's 32 local authorities. The Bank and BP are however just two of our many valuable commercial partners who have assisted Scottish Swimming move forward this year.

Many of our partners, award winners, athletes and officials will be present at our Bank of Scotland Awards Dinner to be held in Glasgow at the Thistle hotel on Saturday 24<sup>th</sup> February 2001. After last years sell out success, book your tickets early, (details in this issue of S2000), it provides the ideal opportunity to socialise and entertain your club's supporters or partners at an attractive rate.

Our second retreat held at Tullianan in November was again facilitated by Sue Campbell MBE, Chief Executive of the Youth Sport Trust. Sue who has recently been appointed as the government's special advisor on PE and schools sport, challenged all delegates once again during the day. Key messages were prevalent throughout the debate, "our sport is doing well, could do better but be patient" however over the next few years we must address the following issues:-

- a clear shared vision for our sport
- set attainable but challenging targets
- clearly define our membership services
- value our volunteers
- communicate and not inform
- raise external funding

The above will provide a clear agenda for the next few years and I hope will ensure that everyone can contribute to the ongoing growth and development of our sport in Scotland.

Turning the Tide 2000, produced two days of superb keynote papers and debate to surpass even 1999. On the first morning we were treated to a feast of 'down under' passion for sport. Ian Robson, sportscotland's new chief executive outlined his vision for sport in Scotland. Two key comments stuck with me, "to become output not process focused" and "to realise that administrators are there to serve athletes and coaches and not the other way around" - interesting themes! Ian was followed by Britain's new National Swimming Performance Director Bill Sweetenham.

Bill gave notice to coaches in a whistle stop tour of his plans for British swimming, after only 14 days in the country. With an alarming review of the statistics following a disappointing performance at the Sydney Olympics, Sweetenham demonstrated that he has quickly grasped the issues that need to be addressed and has laid out his plans in a clear, 'no nonsense' style. Attracted to the role by Britain's desire to be the best, he questioned Britain's 'will' to be the best. Commenting he said, "I can promise you success in the future - it is just a question of how much."

He focused on the British ability to make things complicated and combated this by setting clear parameters and targets for coaches and athletes alike. "At national team level, for those who prove they have the ability it is optional

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to join" he said, "but once they join, attendance is obligatory."

He admits that one of his biggest headaches is finding enough coaches in Britain with the experience and ability to coach those athletes at the highest level. He recognises that extensive coach education and mentoring will be required, but if that doesn't work Sweetenham won't be frightened to look elsewhere for the tools he needs. "We must pull the standard of British coaches up by the boot straps or we will be looking to replace them with foreign coaches by 2002" he promised.

A full copy of the seminar proceedings are available from Cambuslang, contact Heather Learmonth for details.

November was a month for awards and Scottish Swimming was not left out in the cold. Our sport was the pilot governing body in the whole of the UK for Quest, a quality assurance tool for sport and sports development. I am delighted to advise you that Scottish Swimming passed and will be receiving its award in the near future. Congratulations to all and in particular the staff at Cambuslang who made it all possible.

Our club development resource pack, swiMark was launched in early December and will provide a quality measurement and development tool aiming to assist clubs in developing their structure and management process



and is assessed over four progressive levels. SwiMark will be used to encourage and reward club development, provide continuity within an overall framework, provide realistically achievable targets for clubs and provide essential tools for clubs to develop in an ever increasingly competitive and complex world of sport. The reward structure is exciting and clubs requiring further details should contact Pippa Murphy.

The National Swimming Academy came a step closer in November when bulldozers and diggers arrived on site with a vengeance. Within 10 short days the outline of a pool appeared and after paralympic gold medallist Kenny Cairns had turned the first 'sod' we look forward to turning the keys to the door in late December 2001.

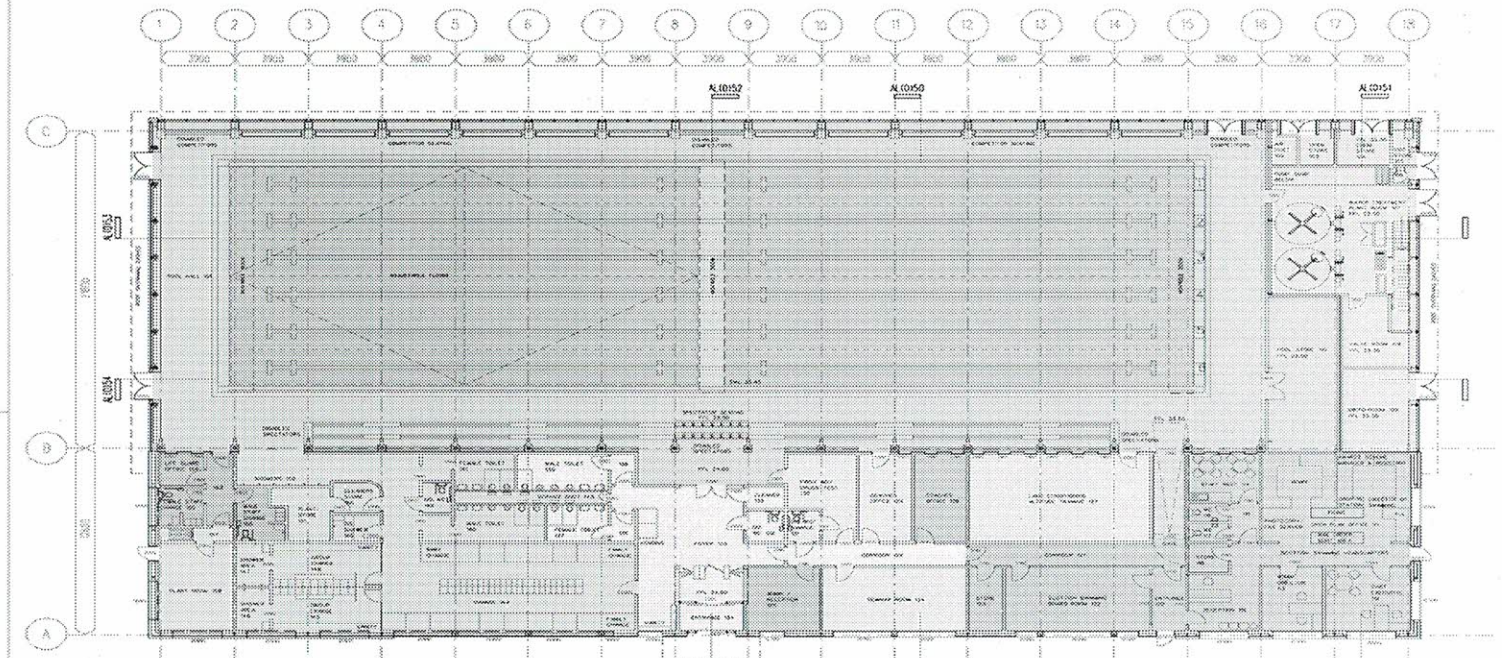
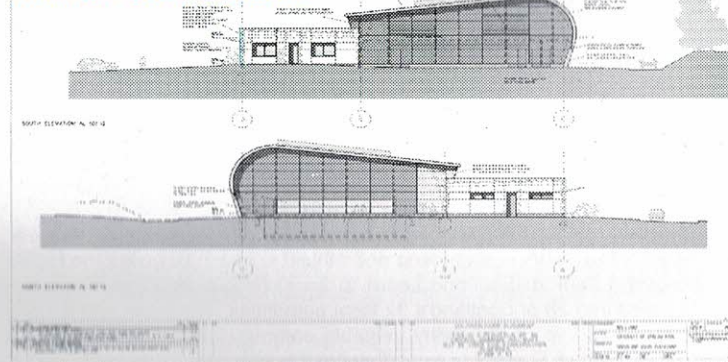
November saw the launch of our awards website [www.swimawards.org](http://www.swimawards.org), this site is full of details on our new awards scheme and complements the results website already live, these will soon be linked to Scottish Swimming's home website.

Finally, on behalf of Council, Board of Management and all the professional staff I would like to wish you all a very happy Christmas and prosperous and successful New Year.

Paul Bush  
Chief Executive

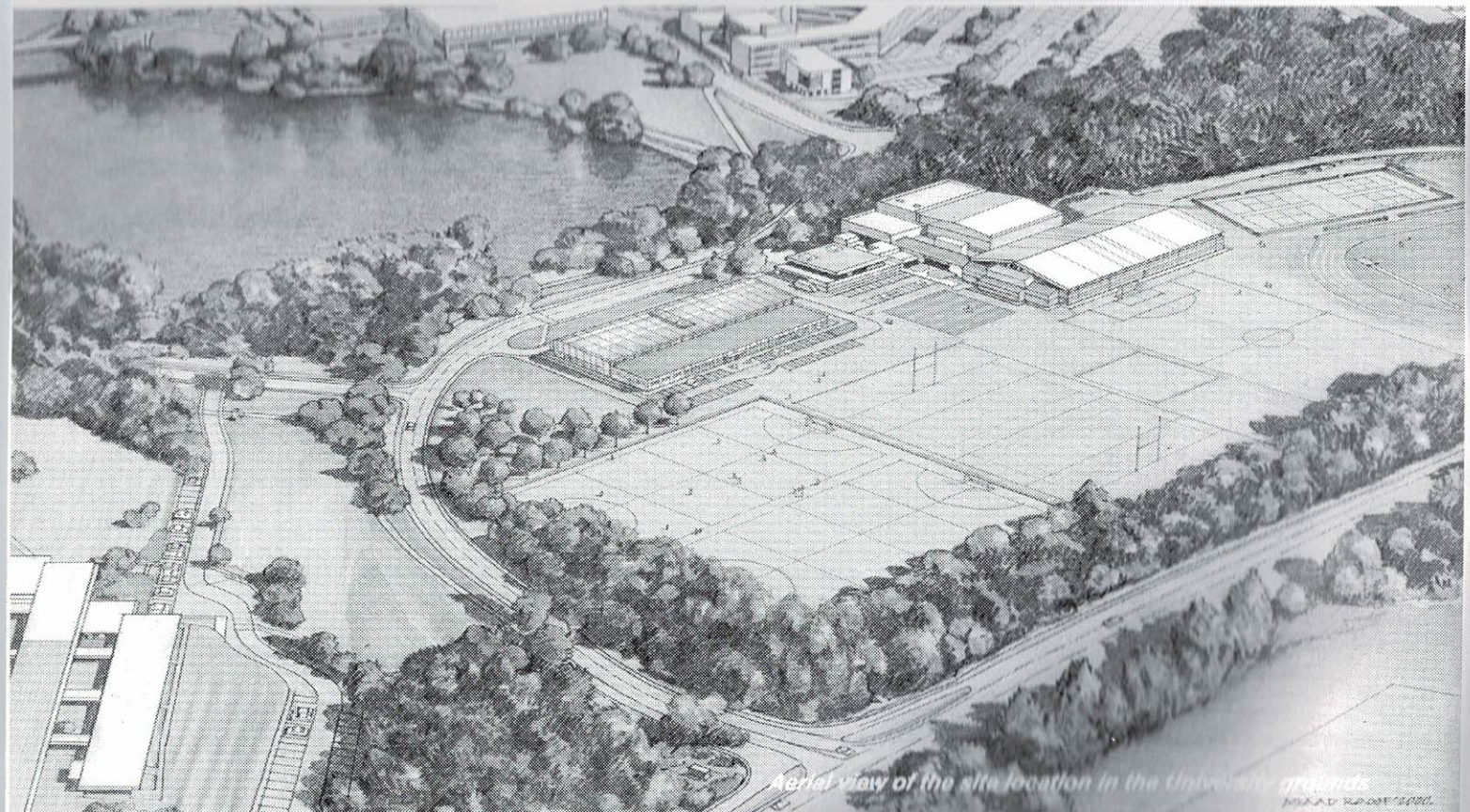
## THE NEW POOL COMPLEX AND SCOTTISH SWIMMING HEADQUARTERS AT THE UNIVERSITY OF STIRLING

North and South Elevations

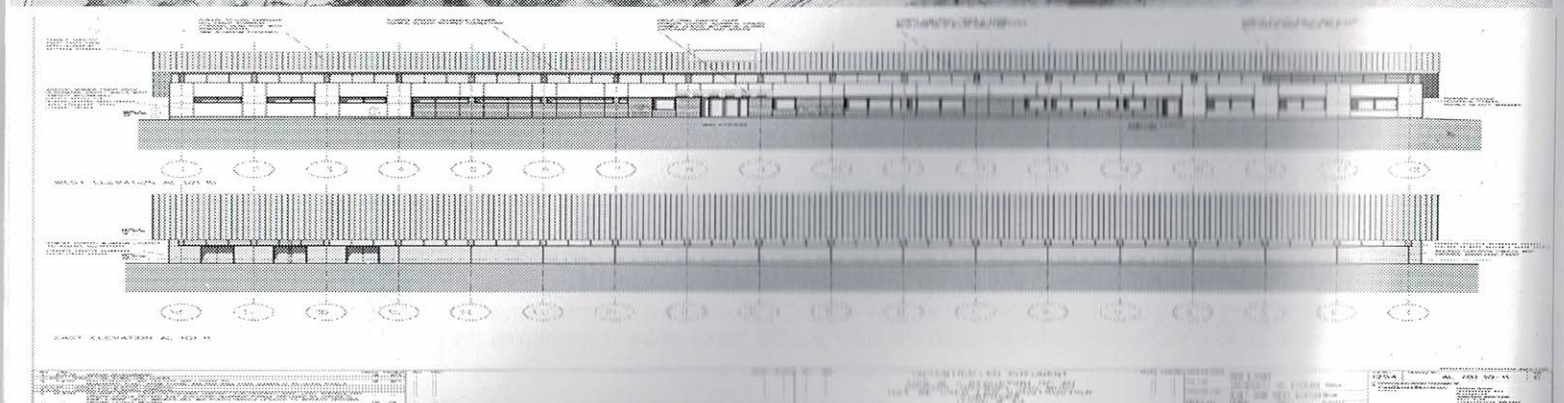


Plan View of the Complex showing the SASA HQ (lower right corner)

UNCONTROLLED DOCUMENT  
THIS IS A REDUCTION OF AN ORIGINAL DRAWING AND MUST NOT BE USED FOR CONSTRUCTION PURPOSES  
17200 @ A3



Aerial view of the site location in the University grounds

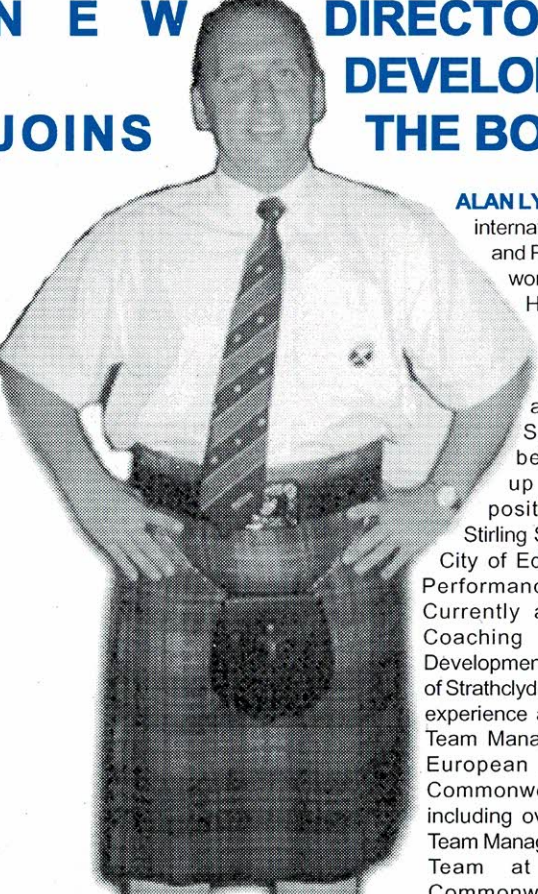


### AUSTIN RAWLINSON MBE



It is with regret I report the death of Life Member Austin Rawlinson MBE. Austin, born in Liverpool 7 November 1902, was 98 years old and a legend in British swimming. He was ASA Backstroke champion in the 1920's and was fifth in the final at the 1924 Olympic Games in Paris. He served in many roles in swimming in Northern Counties ASA, at ASA and at Great Britain level. He was secretary to the Great Britain Committee from 1966 - 1971. He received his MBE in 1961 for services to swimming. As early as 1919 he was awarded a certificate in recognition of his giving demonstrations throughout England promoting high standards in swimming. In 1965 the new swimming baths at Speke in Liverpool was named after him. I had the pleasure of working with Austin over many years and in 1992 attended his 90th Birthday celebrations at the Austin Rawlinson Baths. He served in the Police and did much to encourage swimming in the force along with Ernie Warrington who was also a police officer. Austin was ASA President in 1968. Austin was a contributor to the Swimming Times over many years in his depth knowledge of swimming and swimmers was always at instant recall in committee discussions, especially at selections. In January this year I met Austin at dinner in St Annes. His mind was as clear as ever though his body was frail. He was always friendly and totally enthusiastic about our sport. Our deepest sympathy to his sons John and Peter.  
*Bill Black*

### NEW DIRECTOR OF DEVELOPMENT JOINS THE BOARD



**ALAN LYNN** is a former international swimmer and P.E. teacher. He worked for Moray House College, National Coaching Foundation, and Scottish Sports Council before taking up coaching positions with Stirling Swimming and City of Edinburgh High Performance Centre. Currently a lecturer in Coaching & Sports Development at University of Strathclyde. International experience as Coach and Team Manager at World, European and Commonwealth events, including overall General Team Manager for Scottish Team at Millennium Youth Commonwealth Games. **sportscotland** Coach of the Year 1999 and nominated by Scottish Swimming again in 2000. Alan takes up the vacancy left by Sandy Brunton (currently SASA Vice President). The fourth ex-Paisley member of the Board.



# 6 DIRECTOR

MARTYN WOODROFFE



## RECORDBREAKERS

September and October are traditionally quiet competition months in swimming. Our swimmers have, however, during this period been busy breaking Scottish records. **Karen Rigby, Alasdair Hall** and **Louise Coull** have all broken Junior Records during this period - Karen lowering the Junior Womens Short Course Butterfly Record, Alasdair Hall breaking a series of records, the Junior Mens 50 Butterfly, 100 Individual Medley, 50 Freestyle, 100 Butterfly (all short course) and continuing his onslaught on these records by breaking the Junior Mens 50 metres Butterfly and 50 metres Backstroke Long Course Records. Louise Coull has lowered both Junior and Senior Records during this period taking the Junior 100 metres Backstroke Record and also the Senior Record down to new record marks and adding to this the Junior Womens 200 metres Backstroke Short Course Record.

To date 60 Scottish records have been broken during the year 2000 and I am optimistic that with the British Winter Short Course Championships and the Inverness BP Winter Open Meet taking place in December that the number of records broken during the year will be increased. The 60 records to date is already a record for the highest number of national marks being set in any one year. Obviously this is a mark of the improvements that Scottish swimmers have made, not only in the past twelve months but over the past four year period. (A full list of these records have been produced in this month's edition of Swimming 2000)

## NATIONAL DISTRICT SQUADS

The National District Squads have also been busy competing in district competitions and also the English Inter-Counties Competition in Sheffield. Again the results for Scotland show significant improvements and a full report of this competition appears in Swimming 2000.

## BILL SWEETENHAM

At a British level we are pleased to welcome Bill Sweetenham from Australia into his post as the Great Britain National Performance Director. Bill has already visited Scotland and has left a lasting impression on those he has spoken to, particularly in terms of his attitude towards swimming and a notable quote "99% commitment will equal 100% failure". In view of our Olympic results I feel that everyone involved in swimming has a responsibility to get behind the National Performance Director and the National Programmes so that we can make rapid improvements and ensure that we not only catch up the rest of the world but start overtaking them. To this end as you are aware Scottish Swimming has continually improved its selection standards for National Squads. Again it will come as no surprise that this year's standards for selection to the Elite Squads and Scottish Youth Squad has improved. A copy of these three Selection Policies are produced in this edition of Swimming 2000.

Currently when we look at our National Squads I am delighted to say that the Senior and Junior Elite Squads are now made up of swimmers who are all capable of not only representing Scotland but also Great Britain and it is my belief that most of these swimmers are capable of moving to Commonwealth and Olympic levels during the next two to four year period. Likewise the Youth Squad, whilst slightly smaller in number than in previous years, is now made up of swimmers who undoubtedly have the potential to move into British European Junior levels and onto Olympic levels and Commonwealth levels in 2004 and 2008.

## SCOTTISH INSTITUTE OF SPORT

As you are aware Scottish Swimming during the past years has been working with the Scottish Institute of Sport to develop our elite swimmers. We are now seeing the start of the Area Institutes of Sport. The six Area Managers have now been appointed and albeit a small group of swimmers in each of the areas have been identified as Area Institute of Sport swimmers.

Additionally, many swimmers will be receiving questionnaires relating to their current and future training needs. This is part of the tracking process to enable us to make accurate assessments of the needs of swimmers who will in the future become part of the Area Institutes of Sport. Obviously this is an exciting opportunity for Scottish Swimming and I would hope that in the fullness of time the Area Institutes will provide us with more facility access and support services in our efforts to continually strive towards excellence. The initial challenge for us is to establish a working relationship with the Area Institutes and the Association's "Nothing Left to Chance" document should ensure that all of our partners are working closely together to enhance the training needs of our swimmers.

It is my belief that for the Area Institutes to be successful it will be vital that each Local Authority in Scotland assists with the provision of facilities and services. It is interesting to note that we now have established partnerships with more than half of our 32 Local Authorities. However, these partnerships need to be developed fully so that clubs and Local Authorities, along with the Area Institutes, are all working together to make best use of the existing resources. I am still not convinced that we as a governing body and its clubs have established good working relationships with all of our partners and feel that this is an area where we can all continually improve.

As we look forward to 2001 we can expect yet another busy year, particularly in competition programmes, and I would hope that we will continue to involve more clubs in more competitions at more levels.

May I take this opportunity of wishing all of our clubs and members a Happy Christmas and a Prosperous New Year.

*Martyn Woodroffe*  
Director of Swimming

## STATISTICAL INFORMATION - 2000

| DATE      | NAME                | RECORD  | TIME    |
|-----------|---------------------|---|---------|
| 5.1.2000  | Kenny Clark         | Senior Mens 50 Freestyle Short Course           | 22.94   |
| 8.1.2000  | Louise Coull        | Junior Womens 200 Backstroke Short Course       | 2:16.21 |
| 15.1.2000 | Ian Edmond          | Senior Mens 200 Breaststroke Short Course       | 2:13.13 |
| 16.1.2000 | Ian Edmond          | Senior Mens 100 Breaststroke Short Course       | 1:01.60 |
| 29.1.2000 | Louise Coull        | Junior Womens 200 Backstroke Short Course       | 2:15.83 |
| 29.1.2000 | Lauren Greenshields | Junior Womens 100 Breaststroke Long Course      | 1:13.50 |
| 1.2.2000  | Cameron Black       | Senior Mens 50 Butterfly Short Course           | 25.17   |
| 1.2.2000  | Cameron Black       | Senior Mens 50 Butterfly Short Course           | 25.05   |
| 5.2.2000  | Cameron Black       | Senior Mens 50 Butterfly Short Course           | 24.91   |
| 5.2.2000  | Cameron Black       | Senior Mens 50 Butterfly Short Course           | 24.79   |
| 4.3.2000  | Kerry Martin        | Senior Womens 100 Butterfly Short Course        | 1:01.61 |
| 4.3.2000  | Lauren Greenshields | Junior Womens 100 Breaststroke Short Course     | 1:10.93 |
| 4.3.2000  | David Leith         | Senior Mens 100 Freestyle Short Course          | 50.27   |
| 4.3.2000  | Ian Edmond          | Senior Mens 200 Breaststroke Short Course       | 2:12.82 |
| 4.3.2000  | Alasdair Hall       | Junior Mens 100 Individual Medley Short Course  | 59.58   |
| 5.3.2000  | Kerry Martin        | Senior Womens 50 Butterfly Short Course (Heats) | 28.20   |
| 5.3.2000  | Kerry Martin        | Senior Womens 50 Butterfly Short Course (Final) | 27.84   |

# 7 DIRECTOR

MARTYN WOODROFFE



|            |                     |   |         |
|------------|---------------------|---|---------|
| 5.3.2000   | Siobhan Edgar       | Senior Womens 200 Butterfly Short Course        | 2:16.68 |
| 5.3.2000   | Louise Coull        | Junior Womens 100 Backstroke Short Course       | 1:03.49 |
| 5.3.2000   | Lauren Greenshields | Junior Womens 200 Breaststroke Short Course     | 2:31.67 |
| 5.3.2000   | David Leith         | Senior Mens 200 Freestyle Short Course          | 1:49.38 |
| 5.3.2000   | Gregor Tait         | Senior Mens 50 Backstroke Short Course          | 26.21   |
| 18.3.2000  | Alison Sheppard     | Senior Womens 50 Freestyle Short Course         | 24.80   |
| 19.3.2000  | Gregor Tait         | Senior Mens 100 Backstroke Short Course         | 54.74   |
| 1.4.2000   | Kirsty Balfour      | Junior Womens 100 Breaststroke Long Course      | 1:12.24 |
| 24.5.2000  | Kerry Martin        | Senior Womens 100 Butterfly Long Course         | 1:03.09 |
| 27.5.2000  | Kerry Martin        | Senior Womens 100 Butterfly Long Course         | 1:02.68 |
| 27.5.2000  | Kerry Martin        | Senior Womens 50 Butterfly Long Course          | 28.33   |
| 27.5.2000  | Ian Edmond          | Senior Mens 50 Breaststroke Long Course         | 29.31   |
| 25.6.2000  | Hearts ASC          | Junior Womens 4 x 50 Medley Team Long Course    | 2:06.15 |
| 7.7.2000   | Kirsty Balfour      | Junior Womens 50 Breaststroke Long Course       | 33.42   |
| 7.7.2000   | Kirsty Balfour      | Junior Womens 50 Breaststroke Long Course       | 33.16   |
| 7.7.2000   | Alison Sheppard     | Senior Womens 50 Freestyle Long Course          | 25.31   |
| 7.7.2000   | Kerry Martin        | Senior Womens 50 Butterfly Long Course          | 28.29   |
| 25.7.2000  | Alison Sheppard     | Senior Womens 50 Freestyle Long Course          | 25.16   |
| 25.7.2000  | Sam Hunter          | Senior Womens 400 Individual Medley Long Course | 4:53.82 |
| 25.7.2000  | Alison Sheppard     | Senior Womens 50 Freestyle Long Course          | 25.12   |
| 26.7.2000  | Graeme Smith        | Senior Mens 200 Freestyle Long Course           | 1:51.30 |
| 26.7.2000  | Gregor Tait         | Senior Mens 100 Backstroke Long Course          | 56.62   |
| 27.7.2000  | Chris Jones         | Senior Mens 200 Butterfly Long Course           | 2:02.99 |
| 27.7.2000  | Graeme Smith        | Senior Mens 200 Freestyle Long Course           | 1:51.14 |
| 28.7.2000  | Kirsty Balfour      | Junior Womens 50 Breaststroke Long Course       | 33.10   |
| 29.7.2000  | Alison Sheppard     | Senior Womens 100 Freestyle Long Course         | 55.78   |
| 29.7.2000  | Kirsty Balfour      | Junior Womens 100 Breaststroke Long Course      | 1:11.35 |
| 7.8.2000   | Alasdair Hall       | Junior Mens 100 Butterfly Long Course           | 57.32   |
| 12.8.2000  | National Team       | Junior Womens 4 x 100 Medley Team Long Course   | 4:23.92 |
| 9.9.2000   | Karen Rigby         | Junior Womens 50 Butterfly Short Course         | 29.11   |
| 9.9.2000   | Alasdair Hall       | Junior Mens 50 Butterfly Short Course           | 25.68   |
| 9.9.2000   | Alasdair Hall       | Junior Mens 100 Individual Medley Short Course  | 58.22   |
| 10.9.2000  | Alasdair Hall       | Junior Mens 50 Freestyle Short Course           | 23.49   |
| 7.10.2000  | Alasdair Hall       | Junior Mens 100 Butterfly Short Course          | 57.36   |
| 21.10.2000 | Alasdair Hall       | Junior Mens 50 Butterfly Long Course            | 26.66   |
| 21.10.2000 | Alasdair Hall       | Junior Mens 50 Butterfly Long Course            | 26.11   |
| 21.10.2000 | Alasdair Hall       | Junior Mens 50 Backstroke Long Course           | 28.18   |

|            |               |   |         |
|------------|---------------|---|---------|
| 21.10.2000 | Alasdair Hall | Junior Mens 50 Backstroke Long Course     | 28.08   |
| 22.10.2000 | Louise Coull  | Junior Womens 100 Backstroke Short Course | 1:03.24 |
| 22.10.2000 | Louise Coull  | Senior Womens 100 Backstroke Short Course | 1:03.24 |
| 27.10.2000 | Louise Coull  | Junior Womens 100 Backstroke Short Course | 1:03.14 |
| 27.10.2000 | Louise Coull  | Senior Womens 100 Backstroke Short Course | 1:03.14 |
| 28.10.2000 | Louise Coull  | Junior Womens 200 Backstroke Short Course | 2:14.10 |

8 NOVEMBER 2000

## Scottish Amateur Swimming Association



Applications are invited for the above post. The National Events Convener will be responsible for chairing the Organising Committees of international and national events. The role involves organising and managing national events, liaising with Swimming Committee, Coaches Technical Panel and the Swimming Technical Officials Committee.

**The closing date for applications is 31 December 2000 with interviews being held during January 2001.**

Application forms and a full Job Description are available from:

Elaine Mackenzie  
Director of Administration  
Scottish Amateur Swimming Association  
Holmhill Farm  
Greenlees Road  
Cambuslang  
Glasgow G72 8DT

Tel: 0141 641 8818  
Fax: 0141 641 4443

Email: sasaelainem1@aol.com

**Please note the current Job Description is under review and may be amended with input from the National Events Convener. The post carries an annual honorarium and will be fully discussed with the successful applicant.**



# 8 TURNING THE TIDE

*Bill Sweetenham, National Performance Director, ASFGB*

## AUSSIES UP THE 'ANTE' FOR SCOTTISH SPORT



*Ian Robson, sportscotland chief executive*

At the 'Turning the Tide' sport and swimming conference in Glasgow today both keynote speakers from Australia gave notice that things are set to change in Scottish sport with their recent appointment to key posts.

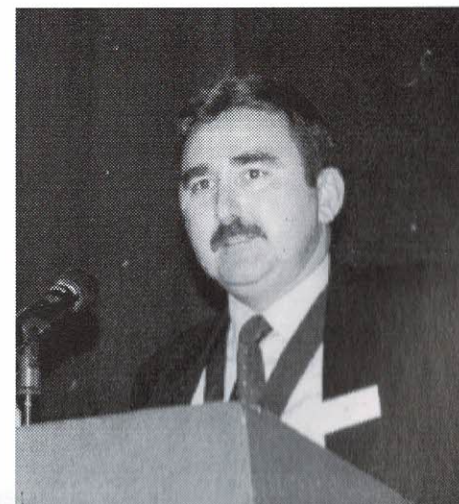
sportscotland chief executive, Ian Robson, outlined how his organisation intended to spend the additional £100 million for Scottish sport announced recently in both the comprehensive spending review and Prime Minister Blair's school sport initiative. Those to benefit will include school



*Baillie Irene Graham, Vice Convenor, Culture & Leisure Committee, Glasgow City Council*

and community sports facilities, football academies as well as providing additional monies for exchequer and lottery funds in a bid to promote sports participation, healthy lifestyles and social inclusion as well as extending the talent pool for elite sport. He formally announced that a national facilities audit would be carried out early in 2001 to clearly establish their current status and enable the best possible future decision making.

Robson was adamant however, that future monies distributed will be on the basis of all parties involved being "outcome focussed and not process driven" as we have so often seen in the past. His view is that sports administrators should expect to work even harder than the athletes they serve and that they should recognise that they have a job because of the athletes and not the other way round. With Christmas cards off the sportscotland shopping list this year, the message for the New Year is clear - more money will be spent on sport itself rather than the processes involved in giving it out.



*Keith Osborne, President, Institute of Sport and Recreation Management*

Bill Sweetenham, Great Britain's new Performance Director, gave notice to coaches in a whistle stop tour of his plans for British swimming, after only 14 days in the country. With an alarming review of the



*Gerry Montgomery, Director of Sport, Manchester 2002 Ltd.*

statistics following a disappointing performance at the Sydney Olympics, Sweetenham demonstrated that he has quickly grasped the issues that need to be addressed and has laid out his plans in a clear, 'no nonsense' style. Attracted to the role by Britain's desire to be the best, he questioned Britain's 'will' to be the best. Commenting he said, "I can promise you success in the future - it is just a question of how much."



*Keynote Speakers in Tollcross*

Turning the Tide 2000 was organised by Scottish Swimming in partnership with the Institute of Sport and Recreation Management and Glasgow City Council.

'Turning the Tide', the second seminar of its kind in Scotland, highlighted the strategic issues facing Scottish sport and had a particular focus on swimming, one of Scotland's seven lead sports within the Scottish Institute of Sport.

Some 200 delegates from all over the UK were in attendance over the two days. They had the opportunity to hear from a host of leading speakers from the fields of swimming, sports development, operational management and strategy.

He focused on the British ability to make things complicated and combated this by setting clear parameters and targets for coaches and athletes alike. "At national team level, for those who prove they have the ability it is optional to join" he said, "but once they join, attendance is obligatory."



*Paul Bush, Chief Executive, Scottish Amateur Swimming Association*

He admits that one of his biggest headaches is finding enough coaches in Britain with the experience and ability to coach those athletes at the highest level. He recognises that extensive coach education and mentoring will be required, but if that doesn't work Sweetenham won't be frightened to look elsewhere for the tools he needs. "We must pull the standard of British coaches up by the boot straps or we will be looking to replace them with foreign coaches by 2002" he promised.

Day two (15 November) of the conference had yet more leading edge discussions and lively debate on the key issues in Scottish sport and swimming in particular.



*Ian Mason, Chairman, SASA Board of Management*



*Presentation to Baillie Graham from Ron Taylor President, SASA*

PHOTOS: Bill Black



*Presentation to Baillie Graham from Keith Osborne ISRM*



# 10 FLYING START



The introduction of the Flying Start programme has been extremely successful. Nearly 400 10/11 year old swimmers are taking part in the programme, joined by over 90 of their Club Coaches. There are 12 Squads in eleven Areas of Scotland.

The programme is funded largely by sportscotland's youth sport budget, but is also supported by contributions from BP (who have also provided t-shirts for the swimmers), Scottish Swimming, and of course the swimmers, Coaches and Clubs.

The programme is delivered by very experienced staff (each Squad has a Head Coach, 2 Squad Coaches and a Squad Manager) who have all attended a workshop day in Edinburgh. The curriculum was written by Graham Wardell, a former Pathway to Performance Head Coach, who is able to draw on his experience from his time spent working at Cardiff, City of Glasgow and Ren96.

The curriculum focuses on attention to training skills but also emphasises personal awareness, both for the swimmers and the Club Coaches.

There are also 2 sessions for parents which include a session on nutrition and also an interactive session called 'Parents as Partners' which highlights the important role which parents can play in achieving success.

Although one of the Area Squads did not quite get off to a Flying Start (Area 8 had to postpone their first 2 days) by the time you read this update all 3 days will have been completed for the other Squads.

Planning for year 2 is already underway and the intention is to allow the programme to expand wherever there is demand, so all those 10/11 year olds who wish to be included should be working hard on technique and skills.

The Flying Start Education Days for 2001 are as follows, Day 1-30 September, Day 2 - 28 October and Day 3 - 2 December. There is also the possibility of a long course weekend to take place at Stirling on the 26/27 January 2002, but this has still to be confirmed.

There are also plans to introduce this programme to disability swimming, water polo and diving in the near future. Watch this space.

Please find listed below Flying Start Managers contact details:

- Area 1 Grant McPherson  
Tel No: 01309 674758
- Area 2a David Sutherland  
Tel No: 01224 311146

- Area 2b Ian Benzies  
Tel No: 01224 780892
- Area 3a Drew Burnett  
Tel No: 01382 738076
- Area 3b Gillian Burnett  
Tel No: 01382 738076
- Area 4 Claire Simpson  
Tel No: 01382 541550
- Area 5 Trish Dale  
Tel No: 01361 840244
- Area 6 Joanna Maguire  
Tel No: 0131 551 5458
- Area 7 Donald Pirrie  
Tel No: 01563 529828
- Area 8 Bob Dyett  
Tel No: 0141 634 8852
- Area 9 Helen McGown  
Tel No: 01698 8255786
- Area 10 Maggie Young  
Tel No: 01259 751207

Ian McGregor, Swimming Co-ordinator,  
sportscotland

# AWARDS DINNER

## BANK OF SCOTLAND AWARDS DINNER SATURDAY, 24 FEBRUARY 2001 THE GLASGOW THISTLE HOTEL

2000 has been yet another challenging year for Scottish Swimming and considerable progress has been made. The performance of our athletes has been extremely encouraging; 4 medals at the European Junior Championships, 3 silver and 8 bronze medals at the Millennium Commonwealth Youth Games, and over 60 records have been broken up to November 2000. Water polo players have represented Great Britain, our masters swimmers have gained medals at all levels including, world championships and British honours have been achieved in open water events. After the tremendous success of the inaugural Aberdeen dinner, we are delighted to invite you to attend our second Awards Dinner, which we see as a fitting opportunity to celebrate the many achievements in our sport.

This is an excellent opportunity to socialise with others and be present as the awards are made to those who have made an outstanding contribution to the sport over the last 12 months.

### WHEN & WHERE

The Dinner will take place at The Glasgow Thistle Hotel, Cambridge Street, Glasgow, on Saturday 24 February 2001. We would like to extend our thanks to the following organisations for their support of the Awards Dinner Bank of Scotland, BSCTA/GMB, The Glasgow Thistle Hotel, Omega, Perkins Slade Ltd, Scottish Disability Sport, Swimshop, Traveleads and Wrightsport.

### PROGRAMME

The pre-dinner drinks reception will commence at 7.00pm with dinner served at 7.30pm prompt. A guest speaker will follow the dinner and a range of awards will be presented to our most successful athletes, coaches and committed volunteers. An auction and raffle will be held during the evening.

We look forward to welcoming everyone within our sport. Why not book a table for your company, club or District and come as a group. Early booking is essential, as tickets are very limited.

### Costs

We are offering an early purchase discount to all members who pay for their tickets in full prior to 31 January 2001 as detailed below:

| Individual Tickets      | Tables of 10             |
|-------------------------|--------------------------|
| SASA Members £24.00     | SASA Members £230.00     |
| Non SASA Members £26.00 | Non SASA Members £250.00 |

Tickets purchased after 1 February 2001 are priced as follows:

| Individual Tickets      | Tables of 10             |
|-------------------------|--------------------------|
| SASA Members £26.00     | SASA Members £250.00     |
| Non SASA Members £28.00 | Non SASA Members £270.00 |

Please note bookings and payments received after the 31 January 2001 will be charged at the higher rate. All tickets must be paid for in full by Friday, 16 February 2001.

Every effort has been made to keep costs down to enable more people to participate. Any profits made

will be re-invested into our sport.

We hope you will join us for the 2001 Bank of Scotland Awards Dinner. We are sure it will be a memorable and enjoyable evening.

### HOTEL ACCOMMODATION

For those wishing to stay overnight, a special discounted rate has been offered by the Hotel on a Bed and Breakfast basis.

Twin/Double room £30.00 pppn Single room £50.00 pppn

If you wish to stay overnight please contact the Thistle Hotel direct on 0141 332 3311, quoting reference Scottish Swimming Awards Dinner. Please complete and return the booking form below to: Anne Wilson, Scottish Swimming, Awards Dinner, Holmhills Farm, Greenlees Road, Cambuslang, GLASGOW G72 8DT

### SCOTTISH SWIMMING ANNUAL AWARDS DINNER 2001

#### Ticket Booking Form

|                 |            |         |
|-----------------|------------|---------|
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| Position:       |            |         |
| Club/Company:   |            |         |
| Address:        |            |         |
| Postcode:       |            |         |
| Contact Tel No: | Day e-mail | Evening |

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Please reserve me \_\_\_\_\_ tables @ £ \_\_\_\_\_ per table.

Please notify the names for the table(s) below.

I have enclosed a cheque made payable to Scottish Amateur Swimming Association for the sum of £ \_\_\_\_\_.

Please debit my card

Mastercard  Visa

Card No

Issue No  Valid from  Expiry date

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The names for the table(s) are as follows

| Table 1 |     | Table 2 |     |
|---------|-----|---------|-----|
| 1.      | 6.  | 1.      | 6.  |
| 2.      | 7.  | 2.      | 7.  |
| 3.      | 8.  | 3.      | 8.  |
| 4.      | 9.  | 4.      | 9.  |
| 5.      | 10. | 5.      | 10. |

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### COMMONWEALTH GAMES COUNCIL FOR SCOTLAND FUNDRAISING DINNER

The Dinner which was held in the Thistle Hotel in Glasgow was organised by Mike Sheppard wearing his other hat as Treasurer of the CGCS. A very entertaining night raised almost £10,000 towards the funds for the Scottish Team to attend the Manchester 2002 Games. John Beattie was a very efficient compere and Alan Alstead was the event Chairman.

The SASA was represented by President Ron Taylor and his lady (Sheena) (pictured left) West District President Bill Murdoch and his partner Barbara Moore, Chief Executive Paul Bush and his wife Katriona, Bill and Mary Black. Master Swimmer Joseph Phillips attended in his capacity as Chairman Inverclyde District Sports Council.

Photos Bill Black and Julie Ommer





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Michael Klim (AUS)

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# CLUB NEWS

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## GLENROTHES

Garrie Roberts, Head Coach Glenrothes ASC

A number of Glenrothes swimmers competed at the annual Carnegie Open age group meet on Sat/Sun 21st & 22nd October. Young Jacqueline Thow in the 12/13 yrs age group came away with top Glenrothes swimmer with two golds and a silver. Her golds came in the 100m Fly in 1.14.70 and a superb lifetime best in the 100m breaststroke in 1.26.16 also winning a silver in the 100m B/C. The same age group saw Alison Clark win a bronze in the 100m Fly again in a lifetime best. In the men's 16+ age group Brian Beaton returned to some of his old form although up against Commonwealth Games finalist Bryan Morgan returning with a silver in the 200m B/C and three bronzes in the 50m B/C & Fly and the 100m F/C. Team mate James Thow in the same age group returned with silver in the 100m Breaststroke and two bronzes in the 50m Breaststroke and 100m Fly. The girls 16+ age group saw Amanda Pauline having just returned from injury go home with two silvers in the 50m Fly and B/C. Owen Taylor swimming in the 14/15yrs age group went home with a silver in the 200m F/C in a PB also winning three bronzes in the 200m IM and 100m B/C and 100m F/C. The same age group saw Greig Young win a silver in the 200m B/C and Ian Davidson win a bronze in the 100m breaststroke. Other finalists were Davina O'Connor in the 100m B/C in the 14/15 group also Dawn Wilson and Donna Beaton in the 100m F/C and 100m Fly. The men's 16+ group saw James Arnold just out of the medals in 100m B/C 50m F/C & 100m B/C. Altogether 2 golds, 7 silvers, 10 bronzes, 37 finalists and 23 PB's a fine weekend of swimming for this Fife club.

Garrie Roberts

## PORTOBELLO COACHING



Portobello Amateur Swimming Club which was founded in 1912 and has provided it's members with training sessions continuously since that date has decided it wishes to appoint a professional coach for the first time. The appointment would be on a part time basis using our sessions at Portobello Swim Centre and Portobello High School.

We are lucky in having these venues for our training as our members do not have to travel around the city to attend sessions. The majority of our members live in the seaside area of Portobello and our nucleus of young members would benefit from the skills that a professional coach would bring to the club. Some already have reached the standard of finalists at East District Age Group events.

In the past few years we have had members move to other clubs in Edinburgh to gain greater experience, but we would prefer now with the formation of the City of Edinburgh Swimming Squad, that our members should be able to feed directly to that scheme, when the appropriate level of performance has been achieved.

Our club has a very successful Water Polo background, providing the majority of senior international players for Scotland in the recent past, with many gaining Great Britain honours.

We are the only club in Scotland to have had members represent G.B in three disciplines Diving, Water-Polo and Synchronised Swimming. We would be delighted if we could through this professional appointment eventually have a competitive swimmer claim a Great Britain cap. This is very much a long term goal, but with the help of CES expertise and facilities it could possibly happen.

The club has sessions on Mondays and Fridays at Portobello Swim Centre and Mondays and Wednesdays at Portobello High School. The Water Polo squad trains at Portobello Swim Centre on Tuesday evenings and at the RCP on Saturday. A small group of swimmers also use the Commonwealth Pool on Saturday and some of our members attend the District training session at the RCP on Sunday evenings.

We request that expressions of interest in helping the club and it's members should be made to Mr. Jack Snowdon, 21A Argyle Crescent, Edinburgh, EH15 2QQ. -Telephone No. 0131 669 3431.

Norman G. R. Grierson

## REN '96 SWIM TEAM

SUCCESS GALORE FOR REN 96 SWIM TEAM!



The 10th Silver City Blues Championships at Westhill, Aberdeen

The Masters squad of REN 96 recently travelled North to Aberdeen to compete at one of the most highly regarded swim meets of the Masters calendar. Despite a squad depleted by outside commitment, illness and injury, we acquitted ourselves well, gaining overall Second position in the Club Championship. We all swam "out of our skins" on the afternoon of the 7th October in the sure knowledge that we would have ample opportunity to fill them up again at the "do" later in the evening.

All the team members gained personal best times but special mention should be given to Tom Gilliland who not only has the best nickname but also was the most successful of our entrants to the Sprint Championship. This is a feature unique to the Silver City Blues meet wherein Tom gained through to the semi-finals before conceding to younger competitors.

Our own young lads "done real good" when they snatched the Squadron Relay prize from the greedy mitts of the host club by amassing the All-star Team from amongst the individual competitors.

Without such sterling achievements our club would not have won the accolade of being designated the Most Supportive Club, for which we were awarded a fine bottle of champagne. With such a gritty group of swimmers, it was not hard to keep cheering them on. When your team's scoring, you're roaring!

If there's anyone out there interested in joining in with the fun, fitness and friendship, which is the ethos of Masters Swimming, please come along and give it a go with the squad and coach Dorothy MacDonald at Neilston Pool on Monday, 7-9pm and Thursday, 7.45-8.45pm. Maybe next year you will be roaring along with us at the 11th Silver City Blues Swim Meet. Cheers!

### Alloa Graded Meet, at Bellshill

The youngsters of the club put on a really good show at this meet, taking away with them four gold medals, two silvers and five bronze medals. Leading the way was Anne McGavigan who won both the 200m Breaststroke and 400m Freestyle. She was closely followed in the medal stakes by Jo-Ann McGarvey who took the top spot in the 200m Backstroke, and Nikki Finlayson who won the 200m IM.

Special mention must go to 10 year olds Emma McDougall and Rebecca Hillis who were awarded speeding tickets for their events.

### West District Championships Group 6 at Bellshill

The new format event certainly suited the swimmers as REN 96 came away with eleven golds, eight silvers and eight bronze medals. In the process the swimmers established four new west district records.

12 year old Julie Williams was in devastating form, winning five of the six events in her age group and taking the runner up spot in the sixth event. She set a new district record in the 200m Breaststroke in a very fast 2.54.40.

In the 15/16 years age category, the trio of Louise Coull, Laura McGarvey and Claire McGarvey took a clean sweep of the medals in the 200m IM and 200m Freestyle events. Louise established new records in the 100m Backstroke and the 200m Freestyle races, while Laura set a new mark in the 100m Butterfly.

Other winners for the team were Ciaran O'Brien and Robbie Hayton who won their respective 200m IM and Freestyle races.

### British Grand Prix Meet at Wolverhampton

Just four swimmers travelled south for this meet, but they certainly made their mark against strong opposition from the Loughborough University and City of Coventry teams.

Louise Coull was the star of the meet where she smashed three Scottish records in winning the Backstroke events. She set a new Senior and Junior record in the 100m event in 1.03.14, and then went on to set a new Junior record in the 200m event in 2.14.10. These were also new meet records. She followed this up with fourth places in both of the medley events, and eighth in the 400m Freestyle where she swam Backstroke and recorded an impressive 4.39.21!

Ciaran O'Brien was also in good form in the Fly events where he snatched second in the 100m event and third in the 50m event. He also scored a seventh place in the 200m IM. Robbie Hayton placed seventh in the 100m Freestyle final and Gillian McFadyen eighth in the 800m Freestyle, with both swimmers notching up a number of 'B' final places.



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# DISABILITY 15

**SCOTTISH DISABILITY SWIMMING BY PAUL NOBLE**



*The 10 Scottish Swimmers in Sydney*

The flame from the Olympic flame had only just gone out when Sydney began the second part of its Year 2000 sporting double header - the Paralympic Games.

These were the eleventh Paralympic Games, the first was in Rome in 1960, and were to be the biggest ever with more athletes from more countries than ever before attending. The athletes were to stay in the same village and use the same sporting venues and facilities as their Olympic counterparts.

The Olympic Games looked fantastic on TV and we hoped the Paralympics would follow suit. In Atlanta in 1996 we had a few bad experiences in that a number of things provided for the Olympics were not available for the Paralympics (like decent food). We needn't have worried with Sydney. The village was superb with everything we could want, the venues were just as we'd seen them on TV and the Australian people gave the games incredible support.

It was my fifth Paralympic Games, and I have seen the standards of performance and professionalism rise with each one - I knew the Sydney games would be no exception.

For the first time the GB team had prepared under the wing of the ASFGB. Competitions and training camps were attended as a national squad, just as the Olympic team had, and the majority of swimmers followed home training programmes very similar to their Olympic counterparts. Paralympic sport is developing very fast on a worldwide basis and athletes have to put the work in - they have no option if they want to be successful.

*Paul Noble meets the Mongolia Team just before the Opening Ceremony*



Ten Scottish swimmers had made the Sydney team. Six went to a pre games training camp in the Gold Coast in Queensland for ten days and the four others, including myself, went a week later but straight into the Paralympic Village.

The Games began officially with the Opening Ceremony on 18<sup>th</sup> October and Maggie McEleny from Greenock, the swimming team womens captain, had the honour of carrying the flag for the GB team into Stadium Australia in front of a capacity 110,000 crowd.

The swimming competition was held from 20<sup>th</sup> to 28<sup>th</sup> October, and over the 9 days there were many world records broken, great crowds of up to 17,500 at times and always a lot of noise when an Australian swam.

Here is a brief rundown of how it went for the Scots.

## **Day 1**

**Maggie McEleny (Port Glasgow Otters)** kicked off the Games for Great Britain by carrying the flag for the team at the Opening ceremony, and she also kicked off Great Britain's challenge in the pool in the final of the 150m Individual Medley on the first day of competition.

Maggie knew she was up against it in this event, qualifying third from the mornings heats behind fastest qualifier Narita of Japan and world record holder Espenhayn of Germany. Things looked bleak early on as she trailed behind the field on the backstroke leg, but on her favoured breaststroke she came through strongly into third. She had left herself just too much to do on the freestyle however as Narita touched first in a new world record time, Espenhayn second and Maggie, taking the first GB medal in the pool, third.

**Lara Ferguson (Glenrothes)** and **Murray Dingwall (COAST)** were also in action on this first day both making final in their respective events. Lara finishing 8<sup>th</sup> in a PB time in 200m Individual Medley and Murray, with his best time of the year, 7<sup>th</sup> in 100m Breaststroke in a very strong field.

## **Day 2**

The big hope for day 2 was **Tracy Wiscombe (Glenrothes)** in the 200m Individual Medley. Here she would be up against her old rivals team-mate Emma Mounkley (Stockport) and home favourite Siobhan Paton of Australia. Tracy had won the European title in this event last year but Paton held the world record, and she showed the why as she dominated the race to win comfortably amidst incredible noise (this was Australia's first gold in the pool). Tracy and Emma battled it out for the other medals with Mounkley taking silver and Tracy, who was very disappointed with her swim, taking 5<sup>th</sup> in a close finish.

## **Day 3**

**Tracy Wiscombe** again was in action hoping to put the previous day's disappointment behind her in the 100m Freestyle. She is reigning world



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## SCOTTISH DISABILITY SWIMMING BY PAUL NOBLE



champion in this event and was again up against Siobhan Paton. The two of them were neck and neck over the first 50m, but the Australian was better in the second half surged to victory for her second gold with Aberley making it an Australian 1-2 just touching out Tracy into bronze medal position.

### Day 4

**Kenny Cairns (Port Glasgow Otters)**, the Tsar of Sprint Freestyle, was the only Scot in action on day 4 in the 200m Freestyle. The lead up to his event had been dogged by controversy as a Frenchman, Dautresire, had been re-classified into Kenny's category, but the British team, and other countries, had felt this re-classification to be unfair and had lodged a protest. To explain, in Paralympic swimming, there are 10 categories of physical disability, 3 for visual impairment and 1 for learning disabilities. On the physical disability side, each competitor has to undergo a medical classification before competing and is classified according to their functional ability. The classification protests however could not be actioned until the Frenchman had been observed in competition, and in the race he crushed the rest of the field finishing almost 30 seconds ahead of Kenny. The protest was immediately actioned, and after a re-examination of the Frenchman his category was changed back to what it was originally and he would not swim in Kenny's events for the rest of the Games. Unfortunately, it was deemed that he did not deliberately mislead the classifiers in his medical and that it was a classifiers error, so he was able to keep his gold medal and Kenny had to settle for silver.

### Day 5

Half way through the competition and at last a golden day for Scotland. **Maggie McEleny** was determined to go better than her bronze in the 150m Individual Medley and in the 50m Breaststroke she went in as the reigning world record holder. She had taken silver in the breaststroke event in Barcelona in 1992 and Atlanta in 1996, and again was up against Narita and Espenhayn who had beaten her in the IM. This time it was different however, as Maggie dominated the race from start to finish to convincingly win her first individual Paralympic gold medal.

**Lara Ferguson** swam in her favoured event of the 100m Breaststroke and qualified for the final in third place. In the final the top two finishers were never in doubt as a Canadian and a Czech were clearly ahead, third position was a different matter however with four swimmers in contention. At the end in a very tight finish, third place touch went to a Russian with Lara in fourth in a PB time. Her disappointed though was short lived, as it was announced that the Czech who had finished second had false started and was disqualified, so Lara was promoted to bronze and her first ever Paralympic medal.

The day also finished on a high note for **Kenny Cairns** and **Paul Johnston (Glenrothes)**. They were the leading two legs of the 4x50m Freestyle relay, and while Spain and Brazil battled it out for gold and silver, Sascha Kindred from Bath bounced the Czechs into fourth place on the last leg to take bronze. **Tracy Wiscombe** and **Murray Dingwall** were again in action, both in the 50m Butterfly events. Tracy swam her fastest time of the year finishing 4<sup>th</sup> behind Siobhan Paton who took gold yet again, this time by 1/100<sup>th</sup> of a second from Emma Mounkley. Murray was the only Brit to make the final in the mens event but the pace was too hot with the World record broken by the first three finishers and Murray in 8<sup>th</sup>.

*Paul Noble, Tracy Wiscombe, Lara Ferguson and Andrew Lindsay (all Glenrothes) at the Olympic pool*



### Day 6

Day 6 saw the first swims of reigning Paralympic champion **Jim Anderson (Broxburn)** and perennial rival **Alan McGregor (Discovery, Dundee)** in the 50m Backstroke.



*Kenny Cairns with big Martin Kovar and Albert Bakaev at the end of his 100m Freestyle*

Again the question of classification reared it's head just as it had done for Kenny Cairns a couple of days earlier. This time it was a Spaniard who was re-classified and would swim against Jim and Alan, and again the protests were fired in.

Unfortunately it was a similar outcome on this occasion that it had been for Kenny. The Spaniard won the event with Jim in second with a phenomenal PB swim breaking the previous world record and Alan in sixth. Again the Spaniard was re-examined and again he was found to be incorrect and would not swim against Jim and Alan for the remainder of the Games but he still kept his gold medal and Jim kept the silver.

Re-classification protests don't happen too often in the major competitions, and in fact the cases which affected Kenny, Jim and Alan were the only two in the whole of the Sydney swimming event. It was just unfortunate that it robbed two Scots of two Paralympic gold medals.

As for myself (**Paul Noble, Glenrothes**), I had my big swim in the 100m Freestyle on this day. I swam my best time in eight years, just a tenth of a second outside my all time PB, didn't make the final but hoped it would be enough for me to make the 4x100m Freestyle relay team. Sadly it wasn't to be as two of my English team-mates went faster and I didn't make it.

### Day 7

Another golden day for the Scots in the pool, this time courtesy of **Kenny Cairns** in the 100m Freestyle. Kenny was eager to go one better than his silver in the 200m Freestyle and started off well but was matched down the first 50m by 'big' Martin Kovar of the Czech Republic. The second 50m however was a different story, Kovar began to tie up whereas Kenny retained the technique that has been drilled into him over his many many years of competing at the top level to take the title and his first Paralympic gold medal since 1984.

**Jim Anderson** and **Alan McGregor** were also going in the 100m Freestyle but couldn't make a golden double as world record holder Curtis Lovejoy of the USA won in a new world record time with Jim and Alan, both with big PB's, in second and 6<sup>th</sup> places respectively.

Busy **Tracy Wiscombe** was on again, this time in 200m Freestyle. Again she was up against Siobhan Paton who by this time had four gold medals to her credit. Tracey qualified in second position and in the final she and Paton were clearly ahead of the field from the start. At 150m it was looking interesting as the two were still locked together, but it was Paton who was stronger in the last 10m and she touched first in a new world record with Tracey silver, also inside the old world record time. A great effort from Tracy and her best race of the competition.

### Day 8

This day belonged to **Andrew Lindsay (Glenrothes)** who had only been defeated once in the last 5 years over 100m Backstroke, that defeat coming at the 1996 Paralympic Games where he took silver.

Andrew has been chipping away at the world record for this event which has stood since 1992 and was clear favourite this time. However, not everything was to go exactly according to plan. In the heats Marro, an Argentinian, broke the world record which had stood for so long with Andrew qualifying in second place.

In the final Andrew had a better start than Marro but at 50m he was headed by team-mate Welshman David Roberts. On the second 50m Andrew picked it up, took the lead and kept it, shaving 0.6 of a second from Marro's heat time for his first Paralympic Gold with Roberts second and Marro third.



# DISABILITY 17

## SCOTTISH DISABILITY SWIMMING BY PAUL NOBLE

**Jim Anderson, Alan McGregor** and **Kenny Cairns** were all in action in the 50m Freestyle. Jim and Alan were again up against Curtis Lovejoy who again broke the world record on his way to gold. Jim took silver, his third in three days, in another superb time, with Alan 8<sup>th</sup>. Kenny challenged reigning Paralympic champion Jimmy Eulert of Peru in his event and the Peruvian was also in world record breaking form to take gold. Kenny swam well and was pleased to pick up his second silver and fourth medal overall.

### Day 9

On the final day of competition **Tracy Wiscombe** was our only individual finalist, but she nor team-mate Emma Mounkley could stop Siobhan Paton taking her sixth gold of the games in the 50m Freestyle with Mounkley second and Tracy in third taking her third medal of the games.

The final day was also the day of the Medley Relays, and Scots were prominent in the teams. **Maggie McEleny** took her third medal, a bronze this time as she swam the breaststroke leg in the 4x50m event. **Lara Ferguson** was also on the rostrum as she too swam breaststroke, this time in the 4x100m event, as her team took silver.



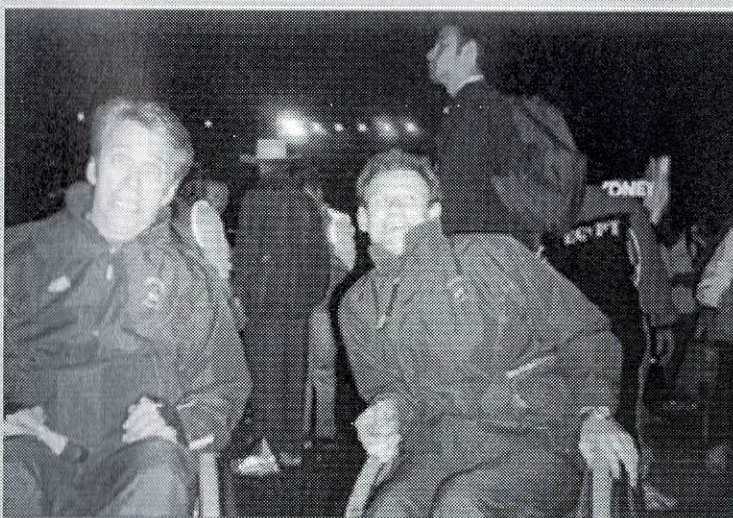
*Andrew Lindsay celebrates his win in the 100m Backstroke*

people who had ousted me from the Freestyle team developed a knee injury the night before the medley relay in which he was due to swim. This meant I was drafted in and to cut a long story short we won a silver medal behind Canada.

### Scottish Medallists were;

**Kenny Cairns (Port Glasgow)** Gold 100m Freestyle  
Silver 50m Freestyle

*Kenny Cairns and Paul Johnston at the closing ceremony  
Lara Ferguson with her Bronze medal after the 100m Breaststroke*



*Lara Ferguson with her Bronze medal after the 100m Breaststroke*

**Kenny Cairns (Port Glasgow)** continued...

Silver 200m Freestyle  
Bronze 4x50m Freestyle Relay

**Maggie McEleny (Port Glasgow)**

Gold 50m Breaststroke  
Bronze 150m Individual Medley  
Bronze 4x50m Medley Relay

**Andrew Lindsay (Glenrothes)**

Gold 100m Backstroke

**Jim Anderson (Broxburn)**

Silver 50m Freestyle  
Silver 100m Freestyle  
Silver 50m Backstroke

**Tracy Wiscombe (Glenrothes)**

Silver 200m Freestyle  
Bronze 50m Freestyle  
Bronze 100m Freestyle

**Lara Ferguson (Glenrothes)**

Silver 4x100m Medley Relay  
Bronze 100m Breaststroke

**Paul Noble (Glenrothes)**

Silver 4x100m Medley Relay

**Paul Johnston (Glenrothes)**

Bronze 4x50m Freestyle Relay

The GB swim team in total took 15 gold, 24 silver and 23 bronze medals and finished with most medals in the pool although Canada and Spain won more gold medals with 23 and 22 respectively.

Over all sports the GB team finished second to a very strong Australian team with 41 gold, 43 silver and 47 bronze. The highest position the team has ever finished and the first time I can remember (and I've been around for a while!) that we've finished ahead of the USA.

Following the games the Australian TV and newspapers were packed with features on the Paralympics, and it was great to see the recognition be awarded to some great sporting performances. On returning from Australia a few days later I was pleased to hear that the coverage here in the UK had been the best yet. One of the few times that sport for people with disabilities gets major coverage is in Paralympic year.

Hopefully this coverage will help to attract some newcomers to our sport because some of us are no spring chickens and in the not too distant future we will be looking for someone to fill our trunks and continue the great history of Scottish representation at the games.

18 swimming medals coming back to Scotland was an excellent total from the highest standard Paralympic swim event there has ever been, but we can't rest on our laurels for too long - no doubt that by the Paralympics of 2004 the standards will have progressed yet again.

Hopefully the Paralympic experience in 2004 will be as memorable as Sydney - but it will be a hard act to follow.

*Paul Noble*



# SDS

Great Britain Flagbearer Maggie McEleny ready for the Opening Ceremony

Alan McGregor with coach Darren Thomson



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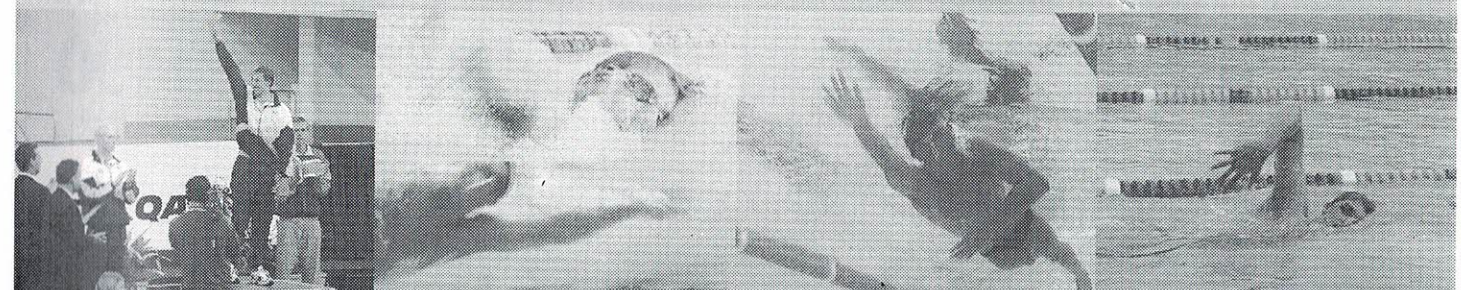
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# SELECTION ASFGFB 21 AMATEUR SWIMMING FEDERATION OF GREAT BRITAIN

## 6 NATIONS JUNIOR INTERNATIONAL

31<sup>st</sup> March – 1<sup>st</sup> April 2001 - Spain  
**SELECTION POLICY**

- Eligibility:  
Eligible ages for selection are: Boys born 1983/84  
Girls born 1985/86
- Selection:
  - The fastest ranked available swimmer in each individual event, 100m or over, will be selected based on performances at the British Winter Championships, 7th-10th December, 2000.
  - Additional relay team members will be selected based on performances at the above Championships.
  - Additional swimmers may be selected in individual events, 100m or over, from performances at the above Championships.

### General:

- Team selection is subject to a maximum team size of 30 swimmers.
- Additional swimmers may be selected at the discretion of the GB Team Head Coach.
- All selected team members will be expected to attend any programmed events organised between the team selection and the event.
- Swimmers living and training overseas must comply with this selection policy.
- All selected swimmers will be required to sign and comply with the ASFGFB Code of Conduct.

## EUROPEAN YOUTH OLYMPIC DAYS – MURCIA, SPAIN

22<sup>nd</sup> – 27<sup>th</sup> July 2001

### SELECTION POLICY

- Eligibility:  
Swimmers born: Boys 1985/86 and Girls 1987
- Selection:
  - Swimmers will be selected from performances at the British Championships/Trials, to be held April 2001.
  - Swimmers with the fastest recorded times in each individual event will be considered, subject to a maximum team size of 14 (7 male/7 female).
  - The programme of events for both boys and girls is:
 

|                   |                                  |
|-------------------|----------------------------------|
| Freestyle         | 100m/200m/400m                   |
| Backstroke        | 100m/200m                        |
| Breaststroke      | 100m/200m                        |
| Butterfly         | 100m/200m                        |
| Individual Medley | 200m/400m                        |
| Relays:           | 4x100 Freestyle and 4x100 Medley |
- Relay Teams:
  - Will be selected based on performances at the British Championships/Trials, April 2001, providing sufficient team places are available.
- All selected team members may be invited to attend programmed training camp and meetings organised between selection and the European Youth Olympic Days.
- Swimmers living and training overseas must comply with this policy.
- All selected team members will be required to sign and comply with the ASFGFB Code of Conduct.

NB: THE ABOVE SELECTION POLICY IS SUBJECT TO DETAILS BEING CONFIRMED/ACCEPTED BY THE BRITISH OLYMPIC ASSOCIATION  
Notes:

§ A domestic EYOD training camp may take place in April, 2001

## EUROPEAN JUNIOR CHAMPIONSHIPS 5<sup>TH</sup> - 8<sup>TH</sup> JULY, 2001, MALTA SELECTION POLICY

The team to represent Great Britain will be selected following the conclusion of the British Championships/Trials, April 2001

- Eligibility:  
Eligible ages for selection:
  - Boys born 1983/84
  - Girls born 1985/86
- Selections:
  - The fastest ranked, available swimmer in each event will be selected based on performances in heats, semi-finals and finals at the above event.
  - A second swimmer in each event will only be selected if the European Junior Qualifying Standard, set out below, has been achieved at the above event.
  - Relay Teams  
Teams will be selected in the 4x100 and 4x200 Freestyle only if the times of the four fastest ranked swimmers equal or better the published qualifying standard. An allowance of 0.5 seconds per take-over will be permitted.

### General

- All selected team members will be expected to attend programmed training camps and meetings organised between the team selection and the European Junior Championships.
- Swimmers living and training overseas must comply with this selection policy.
- All selected swimmers will be required to sign and comply with the ASFGFB Code of Conduct.
- Additional swimmers may be selected at the discretion of the GB Team Head Coach.

## EUROPEAN JUNIOR CHAMPIONSHIPS 2001 QUALIFYING STANDARD

| EVENT            | WOMEN    | MEN     |
|------------------|----------|---------|
| 50 Freestyle     | 23.72    | 27.11   |
| 100 Freestyle    | 51.64    | 57.56   |
| 200 Freestyle    | 1.53.42  | 2.04.24 |
| 400 Freestyle    | 3.58.09  | 4.20.47 |
| 8/1500 Freestyle | 15.41.65 | 8.53.32 |
| 50 Backstroke    | 27.38    | 30.74   |
| 100 Backstroke   | 57.77    | 1.04.73 |
| 200 Backstroke   | 2.04.55  | 2.18.34 |
| 50 Breaststroke  | 30.02    | 33.82   |
| 100 Breaststroke | 1.04.02  | 1.12.48 |
| 200 Breaststroke | 2.20.19  | 2.36.93 |
| 50 Butterfly     | 25.40    | 28.45   |
| 100 Butterfly    | 56.12    | 1.02.78 |
| 200 Butterfly    | 2.03.91  | 2.18.54 |
| 200 IM           | 2.07.28  | 2.21.31 |
| 400 IM           | 4.30.10  | 4.56.48 |
| 4x100 Freestyle  | 3.29.27  | 3.53.49 |
| 4x200 Freestyle  | 7.34.29  | 8.26.79 |
| 4x100 Medley     | 3.49.74  | 4.21.49 |





## RAFFLE PRIZEWINNERS

Wyn McFadyen (Nairn) and her helpers raised over £700 for Synchro with the Raffle which was drawn at the National and Open Championships held in Drumchapel. With the prizes on offer it could have been more. Most prize winners are from the North where most tickets were sold.

### Raffle Results

|                             |                             |
|-----------------------------|-----------------------------|
| 1st: £200.00                | Scotia Kabins Nairn         |
| 2nd: Car Rug                | Gavin ( Inverness)          |
| 3rd: Bottle of Glenfiddich  | Thorpe (Cheshire)           |
| 4th: Wine (Six Bottles)     | Macmillan (Forres)          |
| 5th: Watches:Ladies & Gents | Michie ( Elgin)             |
| 6th: Sweatshirt             | S Irvine                    |
| 7th: Silver Bag             | Mike Sanderson ( edinburgh) |
| 9th: Sweatshirt             | K Brown (Nairn)             |
| 8th: Babycham               | Metcalfe ( Inverness)       |
| 10th: Makeup                | Mrs Ewen                    |
| 11th: Oil of Ulay           | Douglas Brown SASA          |
| 12th: Socks                 | Keneley (Clydebank)         |
| 13: Wine                    | Macbean ( Nairn)            |

## SCOTTISH SYNCHRONISED SWIMMING COMMITTEE

### Conveners

**National Elizabeth Bowman,**  
40 Maple Drive, Parkhall, Clydebank, G81 3SD  
Tel: 01389 382272 (H)  
Tel: 0141 950 1335 (B)

**West. Morag Shaw,**  
25 Skye Drive, Polmont, Falkirk, FK2 0UN  
Tel: 01324 711101 (H)

**East. Gwen Duncan,**  
39 North Gyle Avenue, Edinburgh, EH12 8JR  
Tel: 0131 539 0773 (H)

**North. Margaret Dunbar,**  
19 Ben Aigen Walk, New Elgin, Elgin, IV30 3YY  
Tel: 01343 543616 (H)

**Midland.-** Vacancy

### Co-opted.-

**Margot Wimberley,**  
97 South Gyle Wynd, Edinburgh, EH12 9EX  
Tel:0131 334 1205 (H)

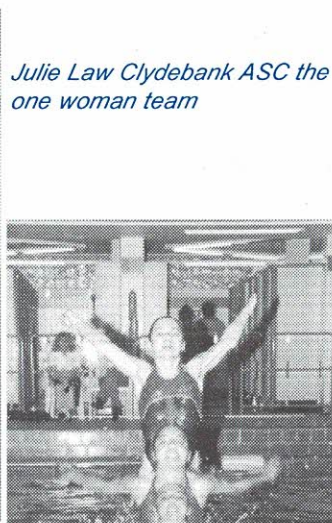
**Wyn McFadyen**  
57 Park Nairn, IV  
Tel:  
E-mail:



Scottish Junior Open Champion Alex Barnett - 75.836  
Yorkshire(centre)  
Silver Heather Chashmore - 75.286  
Bristol Central (left) and Kate Gibson Yorkshire - 74.377  
Bronze



Scottish Open Senior Duet Champions Joanne Howard and Vanessa Woods Trafford - 79.477 with Referee Mrs Mary Black



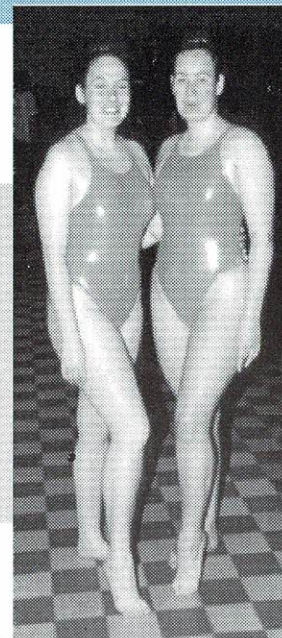
Julie Law Clydebank ASC the one woman team



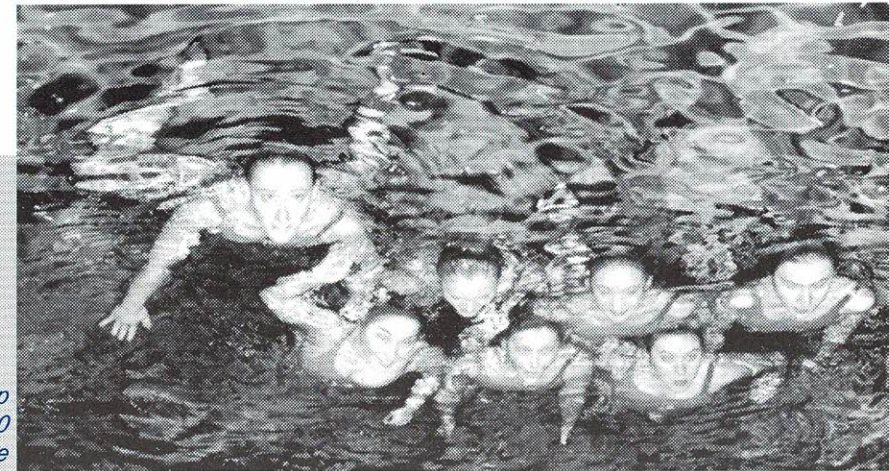
We have lift-off Pauline McFadyen (Nairn) going into orbit

Pauline McFadyen Nairn Scottish & Open Senior Solo Champion with a score of 80.407

Timekeepers Emma Barratt & Susie McFeeters Scorers Phyllis McLean &



Scottish Senior Duet Champions Linda Kane and Susan Bowman Clydebank 73.494



Scottish Team runners up Clydebank ASC 71.500 from a new angle

Scottish Open Junior Duet Champions Alex Barnett & Susan Ackroyd Yorkshire 74.178

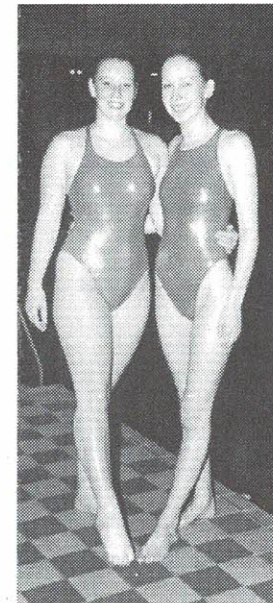


Former Champions Jane Liston and Pippa Murphy with Pippa's niece

Photos: Bill Black



Scottish Open Team Champions Yorkshire 76.467



Scottish Senior Solo Champion Pauline McFadyen, Nairn,(centre) with Silver medallist Morag Shaw, Clydebank (right) and Bronze medallist Susan Bowman Clydebank



Scottish Junior Duet Champions Susan Davidson/Yvette Main Nairn 67.701(centre) Silver, Michelle McBean/Julie Mackintosh (right) Nairn 66.124 Bronze Kim McDonald/Nikki Cramb, Elgin 65.645

Telford Best Dressed Team



Scottish Team Champions Nairn







The Bank of Scotland Learn To Swim Programme is going well, with 17 launch days now completed.

Late September we visited Midlothian, where Rhona Brankin MSP, then Deputy Minister for Culture and Sport visited the teachers and swimmers. As always, she was interested in what we were doing and offered support and encouragement to those who were there.

October has seen us visiting West Dunbartonshire, North Lanarkshire, Aberdeen and Stornoway. At least another 100 teachers aware of what we are doing and 4 more star appearances by Super Squirrel!

Poor Squirrel was on his way again in November / December to Inverness, Dunoon, West Lothian, East Renfrewshire and Dundee - I think he's trying for some sort of record!

There have been teachers and coaches involved from local clubs, local authorities and trusts, private swimming pools and schools - a true mixture of perspectives and experiences. Although experience and qualifications vary widely from place to place, I am always encouraged by the enthusiasm and willingness to learn and stretch both themselves and their swimmers to achieve more and better things.

The word is out - we will have better swimmers, with more skills, having more fun and more choices than ever before - lets make sure we keep these swimmers involved for the rest of their lives in our sport.

We hope to have finished our grand tour by February - so if we haven't visited your area yet - keep an eye out and make sure you come along. Clubs really make a difference to Learn To Swim. All Learn to Swim providers need to know what kind of swimmers clubs need and with what skills - so get involved and stay involved. Watch out in the next issue of Swimming 2000 for a full feature of where we've been and what we've done.

Super Squirrel having a rest on Past President Mary Black's knee

## TUTORS IN SERVICE

Many thanks to all who applied for In Service Tutors Training. I'll be in touch in the New Year with more details. Meanwhile, we are still looking for some tutors at Easter Swim School, so give me a call or drop me a line if you would like to be considered (only those with fully up to date ASA tutoring qualifications can be considered).

Coming soon to Swimming 2000

## "DEAR VOLUNTEER..."

From the next issue of Swimming 2000, we will be running a centre page feature on YOU the people who make swimming in Scotland what it is.

Do you know someone your club just couldn't be without? Maybe someone who has never missed a competition in years?

Then nominate them for a super surprise, let them be our "Dearest Volunteers" for that issue - all we need is a wee paragraph about why they are special as well as the nominators contact details, and we'll see what we can do! Photos would be appreciated and we will do our best to return them.

Looking forward to hearing from you!

Pippa

Pippa Murphy  
NDO Scottish Swimming

## SWIMARK

swiMARK will be coming soon...

Watch out at North and West District AGM's for the launch of swiMARK. East and Midlands Districts launches will take place in the New Year. swiMARK is an exciting new opportunity for clubs to develop their structures and management, assessed over 4 progressive levels.

There are a series of rewards for achieving each level, including money off teacher and coach courses!



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## EASTER SWIM SCHOOL 2001

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## ASA INTER COUNTIES SHEFFIELD

ERIC SIMPSON NORTH DISTRICT CONVENER

On the cold but bright Sunday morning of 22 October 2000 the four Scottish District Teams arrived safely at Ponds Forge to participate in the ASA Inter Counties Competition.

Along with thirty-two ASA Counties and two Welsh Districts there was little breathing space at all as Ponds Forge became a bustling arena of spectators, coaches and technical officials not to mention the vast number of swimmers.

The large 50m competition pool was divided into two 25m pools with the top twenty teams competing in Division One and the next twenty teams in Division Two. The competitions for both Divisions ran simultaneously creating a wonderful noisy ambience for everyone to participate in. As normal the afternoons proceedings were led by my Hugh Porter on the microphone building the swimmers into a brief frenzy of support for their respective teams.

With the bottom four teams from Division One being relegated and promotion for the top four teams in Division Two there was a lot to swim for. In Division One Scottish Swimming were represented by the East District who from the

were disappointing with some poor exchanges however the Boys 14/15yrs Medley Team finished second to the West in a time of 1.56.54.

The Midlands District like the previous two Districts had outstanding swims particularly from Byron Pace who won the 100 Free in the 12/13 yrs in a time of 57.28 holding off a strong challenge from the Leicestershire swimmer. Siobhan Duncan raced well in the 16/17yrs 100 Free losing out with a time of



61.43 and finishing seventh in a race where 1.5 seconds separated the first ten swimmers. Karen Rigby racing to a high standard won the 16/16yrs 100 Fly in 65.81 securing a valuable maximum points for the Midlands. Linsey Meacher proved her potential in a great 100 Back race in the 12/13yr age group with a super 1.11.57 finishing in 4<sup>th</sup> place. In the Girls 12/13yr 100 Free race Jenni Kilgallon swam well to finish third in 59.57. The relays again proved difficult for the Midlands with the best achievements in the girls 16/17yrs Medley holding off five Teams and touching in a time of 2.08.56 to finish 4<sup>th</sup>.

There is an old phrase – "Save the Best to Last" – and nothing could be more true for the West District. In an awesome display of Age Group swimming the West finished in the top three on no less than eighteen occasions six of which were First. It would be extremely hard not to mention the entire team as that is precisely what the West were – A Team and a Team on a Mission. Julie Williams set the ball rolling just being pipped to second place in the 12/13 YRS 100 Breaststroke in 1.16.96. Mark Branch in the next event kept the team momentum finishing second in the 12/13 100 breaststroke in a time of 1.13.45. Louise Coull destroyed the field in the 100 Back taking the honours in 63.24. Lorna Docherty took third place in the 12/13 yrs 100 Free in 61.86. Ashton Bowman continued adding to the points tally as she held off the challenge of a number of swimmers to finish second in the 100 Back in 1.10.74. Robert Lee lost out in another great race in the 100 Breaststroke finishing second in a time of 65.74 to Cumbria's Paul Clucas. Charles Mills won the 12/13yrs Fly in 1.04.49 rather comfortably. The Relays were of great importance to the West as the swimmers in their respective age groups were superb winning four of the six swim.

As the competition drew to a close it was now evident that the East had succumbed to holding onto Division One membership. Despite an excellent rally at the end the points total was insufficient and the East were placed a gallant 17<sup>th</sup> and as such were relegated. With Hearts been thrashed 6-2 that afternoon in Edinburgh it must have been a quiet East Team on the coach home to Edinburgh.

However sitting some distance along from the East were a boisterous and singing West District who like Robert the Bruce some years earlier had utterly defeated the challenges from the English Counties. In a wonderful team effort the West sat well clear at the top of the Division Two, which was, very clearly evident by the wide grins displayed on the team staff and Swimming Convener John Deans.

The North District who finished fifteenth last year and had suffered from that poor start never regained those valuable lost points and despite an excellent second half failed to gain sufficient points to win promotion finishing in a disappointing seventh.

The Midlands raced very well and having learned from last year's experience where they finished near the bottom proved that they two have much to offer as a team finishing a very credible eleventh.

Overall the standard of swimming at Ponds Forge was a great reflection on the continued improving standards right across Scottish Swimming. The reality is that each team had two or three swimmers first choice swimmers unavailable due to injuries and illness and valuable points lost as a result. The English and Welsh Counties now realise that Scottish Swimmers are posing a real threat in competition not sparsely but in large numbers.

Next years competition will be keenly fought once more with the West expected to challenge for a top five place in the First Division. With the East/ North and Midlands challenging for that prized top four promotion place the Inter Counties rivalry will be fierce as the countdown for 28 October 2001 is well underway.

Well done to all Districts but an extra special well done to the West – but please whisper that to the North Convener.

Eric Simpson  
North District Convener

## COACH'S VIEW Swimming Times / ISTC Inter-County Competition Ponds Forge, Sheffield (25m) – Sunday 22<sup>nd</sup> October 2000

At last year's first ever inclusion of Scottish and Welsh districts into this annual extremely tough competition between 39 county and regional teams throughout Great Britain, the Scotland East team were promoted from Division 2 to Division 1. This led to the objective for this year's event for Scotland East to stay in Division 1 and avoid the fate of relegation that the bottom four teams of twenty would succumb to. However, despite a solid team performance with numerous personal best times, the quest proved just too difficult in the end with an overall finishing position of 18<sup>th</sup>. Nevertheless, the team are very determined to return next year and fight hard to regain a place in the top order.

Although it was a brave team effort, certain individual performances must be picked out. European Junior silver and bronze medallist **Kirsty Balfour** (Hearts & City of Edinburgh) took the top honours securing the team's only victory and maximum points score with her 1:11.53 swim in the Girls 16/17 years 100 Breaststroke. The success in breaststroke events continued when **Taylor Smith** (Warrender) grabbed 4<sup>th</sup> in the Boys 16/17 100 Breaststroke (1:07.51, PB) with **Ruaridh Disher** (Inverleith) snatching 5<sup>th</sup> in the corresponding Boys 12/13 event (1:14.48, PB). Duns' **Tom Jessop** demonstrated the excellent progression he is making with a fine 3<sup>rd</sup> place in the Boys 14/15 years 100 Freestyle while swim of the day was awarded to **Gemma Baird's** extremely gutsy and aggressive 1:02.84 personal best time in the Girls 12/13 100 Freestyle.

In conclusion, it was obviously disappointing to be relegated but the team recognised that they had faced a large proportion of Britain's very best age group swimmers. This gave significant food for thought regarding the sort of improvements necessary and the determination to return next year and earn promotion once again.

Ian Wright - Head Coach: Scottish National East District Squad

## OFFICIAL'S VIEW JOHN MARSHALL'S REPORT

Despite still regarding myself on a learning curve as a WEST DISTRICT TECHNICAL OFFICIAL at major events, it was with great pleasure and a sense of pride I accepted my invitation to officiate at the 'INTER COUNTIES 2000' event at SHEFFIELD'S PONDS FORGE. Having witnessed the pool in operation only on television, it was with a great sense of anticipation that I too would share in an event which would generate a great deal of atmosphere and anticipation. I was not to be disappointed. My journey began at GRANADA SERVICES STIRLING where coach

ANDREW BUCHANAN and several swimmers boarded. It was then on to TOLLCROSS to pick up the remainder of the swimmers and coaches. My impression on the journey down was of a very buoyant team spirit amongst the swimmers and coaches. This reminded me of my more youthful days on the football team coach to away games. Auguring well for what lay ahead perhaps?

We arrived at SHEFFIELD after 10 and there was only time to check in and get a good night's sleep. However, it is suffice to say that 'CUTLER'S HOTEL' provided superb facilities and provided an excellent base from which to launch our assault on the 'INTER COUNTIES' 2nd DIVISION CHAMPIONSHIP. After a substantial 'ENGLISH' cooked breakfast or two, which the bus driver and I greatly appreciated, (I mention the bus driver 'JIM' because only a selected few know the explanation), there was a briefing by 'NEIL MURDOCH' and it was down to the pool.



Arriving on poolside it was most impressive to see the array of colour displayed by each competing team who had been allocated seating positions along the entirety of the balcony on one side. The spectators occupied the opposite balcony. I will take the opportunity to mention my room-mate to be 'JOHN STEWART' he had to unfortunately withdraw through pressure of work. As it was too late to find a replacement our 'TECHNICAL CONVENER' BARBARA MOORE accompanied me on to the poolside and so it was on to the briefing.

The briefing consisted of a roll-call of at least 80 officials, after which each official was allocated their respective duties and the pool they were assigned to. I would like to mention at this point, I felt a slight dampner was placed on the proceedings in regards to the two 'SOUTH WALES' officials who were informed they were not on the list and could not officiate but could remain on the poolside. Reasons only known to the organisers. The pool was divided by a boom into two 25 metre short course pools with alternating starts. BARBARA and I were to officiate on pool 2 - the same pool as 'SCOTLAND WEST'. A good omen perhaps?

After the opening ceremony at which two swimmers from each team paraded round the entire pool, displaying either their counties banners or national colours, it was down to competition. Whilst the competition itself lasted approximately four hours and there were only two heats per event, the crescendo of noise and the fact that two pools in such close proximity were in operation meant a total focus in concentration was required. Whilst not wishing to knock the ASA - perhaps a more positive approach on decision making i.e. (the false start, swim second heat) and allocation of two relay teams to the same lane (split the heat, which didn't happen) could have avoided unnecessary delay. However this in no way detracted from my overall enjoyment of the competition. From the opening event, SCOTLAND WEST'S name topped the 2nd DIVISION'S leader board and they were not to be headed throughout the remainder of the competition, testimony to the strength of team spirit shown. Details of the competition are recorded elsewhere and I will conclude by saying: "my lasting impression will be of the 'SCOTLAND WEST' team standing on the victory rostrum proudly waving the Lion Rampant and Saltire. It's not often we can take on the 'AULD ENEMY' and record a victory on their soil - or in this case water.

PS (small footnote)  
Although the journey home was a bit more sedate, could I perhaps suggest 'ANDREW BUCHANAN' try his luck as a chat show host. I'm sure he could beat MIKE SKINNER hands down as his volume of 'patter' is insatiable. On the negative side I don't think coach 'DAWN' should attempt anything as severe as the 'KRYPTON FACTOR' as that funny coloured wee 'RUBIK' puzzle proved beyond her (well for at least a couple of hours). I also can't wait to see the photos of 'JOHN and TRISH DEANS, BILL MURDOCH and myself and oh! need I say - ANDREW BUCHANAN. ROLL ON NEXT YEAR!

PHOTOS Bill Murdoch



**DONALD MUIRHEAD National Convener**

## SCOTTISH MASTERS 2001 CALENDAR OF EVENTS



| MONTH    | DATE                                | EVENT   | VENUE  | CONTACT FOR INFORMATION   |
|----------|-------------------------------------|---|--|---|
| January  | 28 <sup>th</sup>                    | <b>National / District Training Camps:</b>  |  |   |
| February | 4 <sup>th</sup>                     | East District   | Galashiels Swimming Pool   | <b>Mr T Guthrie</b> Manager Galashiels Swimming Pool<br>Livingston Place Galashiels Tel No: 01896 752154  |
|          |                                     | North District  | Aquadome Inverness   | <b>Brian Bain</b> 103a Hamilton Place Aberdeen AB15 5BD<br>Tel No: 01224 645109   |
|          | 11 <sup>th</sup>                    | Midland District  | Perth  | <b>John Kettles</b> Kirkton Collace Farmhouse Kinrossie<br>Perthshire PH2 6HU Tel No: 01821 650728  |
|          |                                     | West District   | Scotstoun Glasgow  | <b>Bill Black</b> 5 Burnside Spokers Loan Balforn G63 0QQ<br>Tel No: 01360 440740   |
|          | 18 <sup>th</sup>                    | West District   | Islay Bowmore  | <b>Hamish Campbell</b> Hamlin Glenegedale Islay PA42<br>7AS Tel No: 01496 302299  |
| March    | 3 <sup>rd</sup>                     | Scottish 5000m Marathon Swim (open to all age groups)   | Tollcross Glasgow  | <b>* Closing Date: 10<sup>th</sup> February 2001</b><br>Scottish A.S.A Holmhill Farm Greenlees Road Glasgow<br>G72 8DT <b>Contact: Dawn Gough</b><br>Tel No: 0141 641 8818          |
|          | 10 <sup>th</sup> / 11 <sup>th</sup> | Welsh Masters Short Course Open Championships   | Cogan Leisure Centre Penarth                                     | <b>* Closing Date: 2<sup>nd</sup> February 2001</b><br>South Wales<br>Welsh A.S.A Roath Park House Ninian Road Cardiff<br>CF2 5ER Tel No: 02920 488820                              |
|          | 17 <sup>th</sup>                    | Alloa Short Course Swim Meet (Incorporating Scottish Masters)   | Alloa  | <b>* Closing Date 10<sup>th</sup> February 2001</b><br>National Open 400m Individual Medley Championships)<br><b>Nigel Grant</b> 25 Kirkgate Alloa FK10 1EP<br>Tel No: 01259 213087 |
|          | 30 <sup>th</sup> / 31 <sup>st</sup> | Scottish Masters National Open Short Course Championships   | Scotstoun Glasgow  | <b>* Closing Date 24<sup>th</sup> February 2001</b><br>Scottish A.S.A Holmhill Farm Greenlees Road<br>Cambuslang Glasgow G72 8DT <b>Contact Dawn Gough</b><br>Tel No: 0141 641 8818 |
| April    | 7 <sup>th</sup> / 8 <sup>th</sup>   | Scottish Masters National Long Course Training Camp (Open to all registered Masters Swimmers)   | Tollcross Glasgow  | <b>Donald Muirhead</b> 3 Ryan Road Wemyss Bay<br>PA18 6DH Tel No: 01475 520440  |
|          | 21 <sup>st</sup>                    | Perth Masters Short Course Swim Meet  | Perth  | <b>*Closing date: 24<sup>th</sup> March 2001</b><br><b>John Kettles</b> Kirkton Collace Farmhouse Kinrossie<br>Perthshire PH2 6HU Tel No: 01821 650728                              |
|          | 28 <sup>th</sup> / 29 <sup>th</sup> | Leeds Long Course Open Swim Meet  | Leeds International Pool Westgate Leeds LS1 4PH                  | <b>* Closing Date: 31<sup>st</sup> March 2001</b><br><b>Contact: Terry Denison</b> Tel No: 0113 214 5067  |
| May      | 11 <sup>th</sup> / 12 <sup>th</sup> | The 6 <sup>th</sup> Irish Open Masters Swimming Championships   | Bishtown Cork Ireland  | <b>* Closing Date:</b><br><b>Oswald Schmidt</b> 82 Earlwood Estate The Lough<br>Cork Ireland Tel / Fax: 00 353 21 4968202   |
|          | 12 <sup>th</sup> / 13 <sup>th</sup> | Scottish Masters National Long Course Training Camp (Open to all registered Masters Swimmers)   | Tollcross Glasgow  | <b>Donald Muirhead</b> 3 Ryan Road Wemyss Bay PA18 6DH<br>Tel No: 01475 520440  |
| June     | 1/2/3 <sup>rd</sup>                 | GB Masters Open Long Course Championships   | Tollcross Glasgow  | <b>* Closing Date 21<sup>st</sup> April 2001</b><br>Scottish ASA Holmhill Farm Greenlees Road<br>Cambuslang Glasgow G72 8DT <b>Contact: Dawn Gough</b><br>Tel No: 0141 641 8818     |
|          | 9 <sup>th</sup>                     | Annan Open Short Course Swim Meet   | Annan  | <b>* Closing Date: 18<sup>th</sup> May 2001</b><br><b>Sandra Proudfoot</b> Sports Development Officer Council<br>Offices Annan DG12 6QA Tel No: 01461 203311                        |
|          | 15/16/17 <sup>th</sup>              | Social Event - Change of Activity 'A Recreation Weekend with Bruce Cook' Choice of Activity - Walking -Rock Climbing - Canoeing - Golf - Trial Biking - Socialising | Badaguish Outdoor Centre, Aviemore                               | <b>Donald Muirhead</b> 3 Ryan Road Wemyss Bay<br>PA18 6DH Tel No: 01475 520440  |
| June     | 30 <sup>th</sup>                    | Gateshead Masters Open Swim Meet  | It is uncertain if this event will be held. Confirmation awaited | <b>David Chaney</b> 6 Earlswood Park Lowfell, Gateshead<br>NE9 6AW Tel No: 0191 487 3190  |
| July     | 4/8 <sup>th</sup>                   | 8 <sup>th</sup> European Masters Swimming Championships<br>Final submission of Entries through SASA - 13 <sup>th</sup> April 2001                                   | Palma Mallorca Spain   | <b>* Closing Date 3<sup>rd</sup> May 2001</b><br>Scottish A.S.A Holmhill Farm Greenlees Road<br>Cambuslang Glasgow G72 8DT <b>Contact: Dawn Gough</b><br>Tel No: 0141 641 8818      |
| August   | 4 <sup>th</sup>                     | Islay Masters Inter Club Competition  | Bowmore Islay  | By invitation only  |
|          | 18 <sup>th</sup>                    | Lomond Masters Open Short Course Swim Meet (Incorporating ship)   | Helensburgh  | Scottish Masters National Open 400m Freestyle Champion<br><b>Jim Percy</b> 22 Chapelacre Grove Helensburgh G84 7SH<br>Tel No: 01436 674876  |
|          | 26 <sup>th</sup>                    | Scottish Masters National Short Course Training Camp. Group one   | Scotstoun Glasgow  | <b>Donald Muirhead</b> 3 Ryan Road Wemyss Bay PA18<br>6DH Tel No: 01475 520440  |

**DONALD MUIRHEAD National Convener**

|           |                     |  |                   |   |
|-----------|---------------------|--|-------------------|---|
| September | 8 <sup>th</sup>     | Inverclyde Masters Open Short Course Swim Meet (Incorporating Scottish Masters National Open 800m Freestyle Championship)  | Greenock          | <b>* Closing Date 11<sup>th</sup> August 2001</b><br><b>Donald Muirhead</b> 3 Ryan Road Wemyss Bay<br>PA18 6DH Tel No: 01475 520440   |
|           | 29 <sup>th</sup>    | Silver City Blues Open Swim Meet   | Aberdeen          | <b>*Closing Date 1<sup>st</sup> September, 2001</b><br><b>Keith Dunnett</b> 32 Laurel Wynd Danestone<br>Bridge of Don Aberdeen AB22 8XX<br>Tel No: 01224 706737   |
| October   | 19/21 <sup>st</sup> | ASA Masters Open Short Course Championships  | Sheffield         | <b>* Closing Date 20<sup>th</sup> September, 2001</b><br>ASA Competitions Department Medway<br>Buildings Loughborough University Epinal Way<br>Loughborough LE11 3TU <b>Contact: Judy Mott</b><br>Tel No: 01509 618 762 |
| October   | 28 <sup>th</sup>    | Scottish Masters National Short Course Training Camp incorporating groups 1 & 2. (Open to all Registered Masters Swimmers) | Tollcross Glasgow | <b>Donald Muirhead</b> 3 Ryan Road Wemyss Bay<br>PA18 6DH Tel no: 01475 520440  |
| November  | 3 <sup>rd</sup>     | Closed Masters Welsh Swim Meet   | North Wales       | <b>* Closing Date: 28<sup>th</sup> September 2001</b><br>Welsh A.S.A Roath Park House Ninian Road<br>Cardiff CF2 5ER Tel No: 02920 488820   |
|           | 9/10 <sup>th</sup>  | 10 <sup>th</sup> Glasgow International Open Short Course Swim Meet   | Scotstoun Glasgow | <b>* Closing Date 12<sup>th</sup> October 2001</b><br>Cultural / Leisure Services Department Glasgow<br>City Council 37 High Street Glasgow G1 1LX<br>Tel No: 0141 287 5852   |
|           | 24 <sup>th</sup>    | Scottish Masters National Short Course Open 1500m Freestyle Championship   |                   | <b>* Closing Date 10<sup>th</sup> November 2001</b><br>Scottish ASA Holmhill Farm Greenlees Road<br>Cambuslang Glasgow G72 8DT <b>Contact Dawn Gough</b><br>Tel No: 0141 641 8818                                       |

**NB PLEASE NOTE THAT RELATED INFORMATION CAN BE OBTAINED ON THE SCOTTISH MASTERS WEBSITE: [www.scottishmasters.co.uk](http://www.scottishmasters.co.uk)**

## SCOTTISH SWIMMING

### QUEST FOR SPORTS DEVELOPMENT

Scottish Swimming has been successful in achieving Quest status, the first National Governing Body of Sport in the UK, no mean achievement! This has been possible with all staff working together to make a significant contribution to the ongoing progress of Scottish Swimming.

Quest is the UK Quality Scheme for Sport and Leisure was launched in 1996, and aimed at the management of sports facilities, however, this was broadened and the Quest Standards were piloted in England late last summer. Four organisations in Scotland these being Scottish Swimming, North Lanarkshire Council, Aberdeenshire Council and Edinburgh Leisure agreed to be part of the Scottish pilot process as these organisation's policies were thought to represent the diversity of sports development strategy in Scotland.

Scottish Swimming completed a self assessment quality questionnaire, attended a feedback day on their self assessment before the formal and final assessment took place on the 8<sup>th</sup> November 2000.

The Association are currently awaiting formal feedback which will allow us to make any further improvements we feel can be achieved.

There will be a formal presentation of the award in the near future.

Council and BOM congratulate all staff on this significant but well deserved award.

*Elaine Mackenzie  
Director of Administration*

## BUCKIE MINI MEET

18 November, 2000.



Due to a high entry, and in an effort to meet the time limits set by licensing and accreditation, many swimmers were rejected but the result was an enjoyable mini meet.

Many excellent swims were recorded and many PBs achieved over the weekend with the trophies being awarded as follows:-

|        |           |                     |
|--------|-----------|---------------------|
| 8yrs   | Best Boy  | Joel Reid. BK       |
|        | Best Girl | Janis McDonald IS   |
| 9yrs   | Best Boy  | Mark Campbell PD    |
|        | Best Girl | Meike Goeyenbier CO |
| 10 yrs | Best Boy  | Steven Houston EN   |
|        | Best Girl | Kerry Walker BK     |
| 11 yrs | Best Boy  | Dale Williamson EN  |
|        | Best Girl | Kelly Smith BK      |

**Joe Jappy Trophy for the best local 10yr old swimmer  
Kerry Walker (50 Breaststroke)**

**Wynn Trophy for best club Buckie A.S.C.**

*Janice Simpson and Mary More  
Meet Organisers*



# OFFICIALS News

## SWIMMING TECHNICAL OFFICIALS

By John Stewart

Congratulations are extended to the following Technical Officials who received their Certificates Of Competence in August / September 2000:-

### Starters

Sheila Madsen West

### Recorders

Janice Simpson North

Nigel Grant West

David Cumming North

### Timekeepers

Barbara A. Bennett Midland

Jennifer A. Skinner North

Donald M. Watson North

Anne B. McDonald North

Anne P. Hockridge North

William Brown Kerr North

Dymphna Copeland West

Fiona McGrotty West

Brigid Flucker Midland

### Registered Officials

As at 28 September 2000, the total number of Technical Officials Registered are:-

|         |     |
|---------|-----|
| North   | 246 |
| West    | 114 |
| East    | 132 |
| Midland | 68  |
| Total   | 560 |

Our figures are down on the same time for last year.

### Club Timekeeper Update

|         |     |
|---------|-----|
| North   | 185 |
| West    | 115 |
| East    | 178 |
| Midland | 40  |
| Total   | 518 |

To date the total of Club Timekeeper Conversions are 211

### Registration for 2001

All Technical Officials shall soon be receiving an invitation to re-register with the Scottish Amateur Swimming Association. The registration fee is currently £5:00.

### Exchange Visits

The S.T.O. Committee are pleased to confirm that Blair Prentice shall be attending the W.A.S.A. Championships in December.

### S.A.S.A. Qualifications

Chris Bostik has informed John Bruce that in future, the A.S.A. shall recognise the qualification attained by any Technical Official from Scotland or from Wales who moves to England. John Bruce has in turn decided to reciprocate this decision with the A.S.A. & W.A.S.A.

### Get Well Wishes

Best wishes are extended to John Anderson from Cumbernauld A.S.C. who is recovering from a mild heart attack.

We all wish John a speedy recovery, and look forward to seeing him on poolside in the not too distant future.

### November Exams.

To date these are the applications to sit S.A.S.A. S.T.O. Examinations in November 2000.

|         |       |         |      |      |       |
|---------|-------|---------|------|------|-------|
|         | North | Midland | East | West | Total |
| Referee | 1     | 1       | 0    | 0    | 2     |
| Starter | 5     | 1       | 2    | 1    | 9     |

|          |    |   |   |   |    |
|----------|----|---|---|---|----|
| Judges   | 17 | 0 | 3 | 6 | 26 |
| Recorder | 2  | 1 | 2 | 1 | 6  |

### G.B. Technical Officials Committee Meeting

Barbara Moore has agreed to represent Scottish Swimming at the above Committee meeting on 23.10.2000 in Sheffield.

National Convenor John Bruce unfortunately cannot attend this meeting and would like to thank Barbara for attending on his behalf.

### National Expenses

S.A.S.A. Financial Director Stuart Martin informed the committee of the following decision from the B.O.M. regarding expenses at National Events. One mileage rate applies regardless of number of sessions attended, this being 25 p/mile Overnight accommodation shall be increased to £25 per night plus £10 meal allowance.

### S.T.O. Annual Seminar

A total of 61 Technical Officials attended The Annual Seminar, which was opened by S.A.S.A. President Ron Taylor. Guest Speaker for this occasion was National Coach Chris Martin, who had just got back from the Sydney Olympics. Chris kept everyone highly amused with his tales from his own personal experiences within swimming.

John Bruce then made his presentation from FINA Manual for Officiating at Swimming Events. The main points were:

§ **The competent Official interprets the rules as written.**

§ **The Officials job is to uphold the Rules by applying them intelligently, and communicating what they mean effectively.**

### The Referee

§ **The Referee** should listen to any person who has a complaint without becoming defensive.

§ **The Referee** should show an understanding of the person's perspective and a desire to resolve the conflict.

§ **The Referee** should communicate with all parties involved to proper interpretation and understanding.

§ **The Referee** should communicate personal understanding of the problem and the decision.

**After the Competition**, the Referee must remain on the pool long enough after the last race to ensure that the final results have been announced where there is a problem or a protest. This time can be used to critique the Meet with Meet Management and to sign any forms pertinent to the Meet.

### The Starter

has the responsibility for maintaining direct communication with the Swimmers and for providing an atmosphere in which the competitors can obtain a fair and equal start.

§ **The Starter's** preparations begin long before the Meet. The Starter should review rules, go over schedules, and become familiar with pool conditions.

§ **The Starter** should be familiar with the equipment that is to be used.

§ **The Starter** should stand in the best position to see the entire field.

§ **The Starter** should give commands and

instructions properly i.e. use standard commands and instructions, and address the Swimmers with respect.

§ **The Starter** and Referee must agree or there is no false start. However the Referee has the authority to call any disqualification. No confirmation is required.

### Judges of Strokes and Inspectors of Turns

The primary role of any official is to ensure that all Swimmers have a fair and equitable opportunity to perform to their maximum potential. To ensure the fairest possible competition the Judges of Stroke and Inspectors of Turns must:

§ **Know the rules**-Read the handbook and know it. Officiate on deck and apply the rules to the actions of the swimmers.

§ **Apply the rules uniformly** - It should make no difference whether the swimmer is an Olympian or a 10-year old.

§ **Observe Swimmers to verify conformity with the rules**-Although the outside lanes are easiest to see, all assigned lanes **must be watched**. The Officials attention must be on the Swimmers at all times during the race. The Judge of Stroke should walk abreast or slightly behind the swimmers. If the field starts to spread out, the Judge should maintain a position slightly ahead of the trailing swimmers. By turning at the waist, the Judge will be able to observe each swimmer.

§ **The Judge of Stroke** should develop a pattern of observation that assures that all Swimmers are judged fairly. The shift of eyes from head to arms to feet and from lane to lane will vary. **The key is consistency.**

§ **Call a disqualification when the rules are broken**- A rule is either broken or it is not - there is no middle ground.

### Relay Takeover Judge

In Relay events, the starting swimmer's feet may not lose contact with the block until the incoming swimmer touches the wall. The individual assigned Relay Takeover responsibility should be positioned with a clear view of the incoming swimmer and the swimmer on the block. **The feet of the starting swimmer** should be watched. At the instant that the feet lose contact with the platform, the gaze should drop to the wall surface of the pool. If the incoming swimmer has not yet reached the wall, there is a break in the relay, and an infraction has occurred.

The Relay Takeover Judge should stand next to the Starting block without touching the swimmer, without kneeling or crouching or without talking to the swimmer. Only the assigned lane should be watched. A perfectly timed takeover takes only a split second. The departing swimmer is allowed to move as long as his feet maintain contact with the platform.

### The Announcer

The Announcer plays an important role in the Meet. Through close co-ordination with the Referee and the Starter, the Announcer controls the tempo of the Meet.

To be effective, the Announcer should constantly be alert and able to quickly adapt to meet conditions. The Spectators and swimmers attention and interest should be maintained throughout the meet. This can be accomplished with timely announcements, information or enthusiastic descriptions of the race, especially if a record

# STO News

John Stewart



# 31

attempt is on. Sometimes there is a tendency to **over-announce**. A few pertinent announcements are far more effective than too many.

The Announcer **shall not** make any announcement not pertinent to the actual conduct of the meet without prior approval of the Referee.

All registered Referees present at the seminar were each given a copy of the FINA Manual for Officiating at Swimming Events and a copy of FINA Workbook for Officiating at Swimming Events.

### Question Time

As expected, much discussion took place regarding these topics and hopefully many uncertainties regarding the above were made clearer.

**Andrew Taylor** stated that it should be the responsibility of the Referee to check all equipment, and this practice is no longer practised. **Peter Syer** replied that while he agrees that the Referee should in fact check the equipment, that some Referees do carry out equipment checks. It is also The S.T.O. Committees' recommendation that the Referee should carry out these checks prior to the start of the event.

Another topic discussed was would the S.T.O. Committee consider the Grading of Referees, with **Roy Wilson** bringing up the subject of re-training of Referees.

An unofficial poll then took place, with the consensus of opinion being that Referee Grading should be put in place. The problem being that who would grade Referees and what criteria should be met for such gradings.

**Peter Syer** asked for the Committee to publish through Swimming 2000 any Referee Training Scheme which may be in operation. (*I hope to have this published in the next edition Peter ...J.S.*) But in reply to Peter's question, yes there is a Referee Training Scheme in operation for candidates who wish to sit the S.A.S.A Exam, and the scheme has been running from May 2000.

There were complaints that some Referees were not turning up for galas until 10 minutes prior to the start. **John Bruce** replied that Referees should turn up in plenty of time to carry out their duties properly. The Referee should also be able to advise other Technical Officials the level of competition that they are attending.

Regarding announcing disqualifications to Swimmers was discussed and it was agreed that with **Level 1, & 2**, the Referee should not talk to the Swimmer individually, but should have the Announcer to announce the disqualification over the P.A.

Should any swimmer or a coach wish to know the reason for disqualification, he should approach the Referee for any information pertaining to the disqualification.

**Some Level 3** events may be conducted similar to **Levels 1 & 2**, but with **Level 4 events**, it was felt that all swimmers should be spoken to by the Referee personally, if disqualified.

### S.T.O. Awards

Ron Taylor presented awards to the following Technical Officials on behalf of the Committee.

|                  |                |
|------------------|----------------|
| North District   | Jean Millar    |
| Midland District | Sheila Hitchin |
| West District    | Ramsay Morton  |
| East District    | Bertha Rudden. |

Congratulations to all.

### S.T.O. Examinations

Colin Kennedy made a short presentation on the Committees' thoughts on S.A.S.A. Examinations. The **present arrangements** are that we conduct two exams per year ( May & Nov.) with Club Time-keeper program ongoing.

**The problem areas are:**

§ Low number taking exams- many in single figures

§ Takes lots of Committee Members time to compile exams

§ Not forgetting the time put in to Club Time keeper Assessments

The Committee's thoughts are:

§ Re-distribute exams

§ Judges to be available twice a year

§ Recorders to be available in May only

§ Starter and Referee to be available in November only.

§ The Referee exam will coincide with the Referee Training Program and the timing of the exam will allow the Referee Candidate ample opportunity to train through the District Age Groups on the run up to the November Examination.

### Proposal from Seminar for exams.

It was proposed from the floor that in order to lighten the extensive workload from the Committee members, that an Examination Board could be co-opted onto the Committee, whose duties shall be to solely to set S.A.S.A. Examinations.

This proposal was well received by all, and should go to the A.G.M. for approval.

### Election of S.T.O. Member

John Stewart was elected to remain on the Committee for a further 2 year term.

### Change to

### S.T.O.Regulations:-

**No changes were proposed.**

### Exam Fees:-

No change from current fees.

### Assessment Fees -

No change from current fees.

### Registration Fees:-

No change from current fees.

### Registration Fees

It should be noted that prior to Oct 15<sup>th</sup> that 560 Technical Officials were registered with the Association, but that approximately 50% of registered T.O.'s are not members of S.A.S.A. and are subsequently not covered by the Associations' insurance policy.

Could anybody who is unsure if their membership has lapsed, or have not been paid for by their club please enquire to their respective club secretary or contact their S.T.O. Convenor who has a list of all T.O.'s within their District and can let you know your position regarding membership.

While on the subject of Registration to S.A.S.A., it was suggested from North District S.T.O. Convenor that a new category of membership should be adopted in the form of **"Technical Official"**. Whereas **Peter Syer** suggested that all Technical Officials should be made **"Honorary Members"**

**The S.T.O.C.** will try to have a meeting with the Director of Finance and the Director of Administration to discuss registration fees, insurance, S.A.S.A membership.

In closing John Bruce would also like to thank **Ron Taylor** for providing a Presidents Reception during the lunch break at the Seminar.

### National Convenor:

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### West District:

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### North District

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### S.T.O. Member

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### S.T.O. Member

John Stewart  
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Tel: 01555 860816

**Points Of View, Comments, Or Articles**  
Points of view, comments or items and articles for inclusion in S.T.O. News are always welcome.

**These should be sent in the first instance to:**

**John Stewart**  
5, Smugglers Brig Road  
Crossford  
Carluke  
ML8 5 SE  
Tel: 01555 860816



# 32STO

## SEMINAR 2000

### S.T.O. Awards

Ron Taylor presented awards to the following Technical Officials on behalf of the Committee.

**North District**

**Jean Millar**

**Midland District**

**Sheila Hitchin**

**West District**

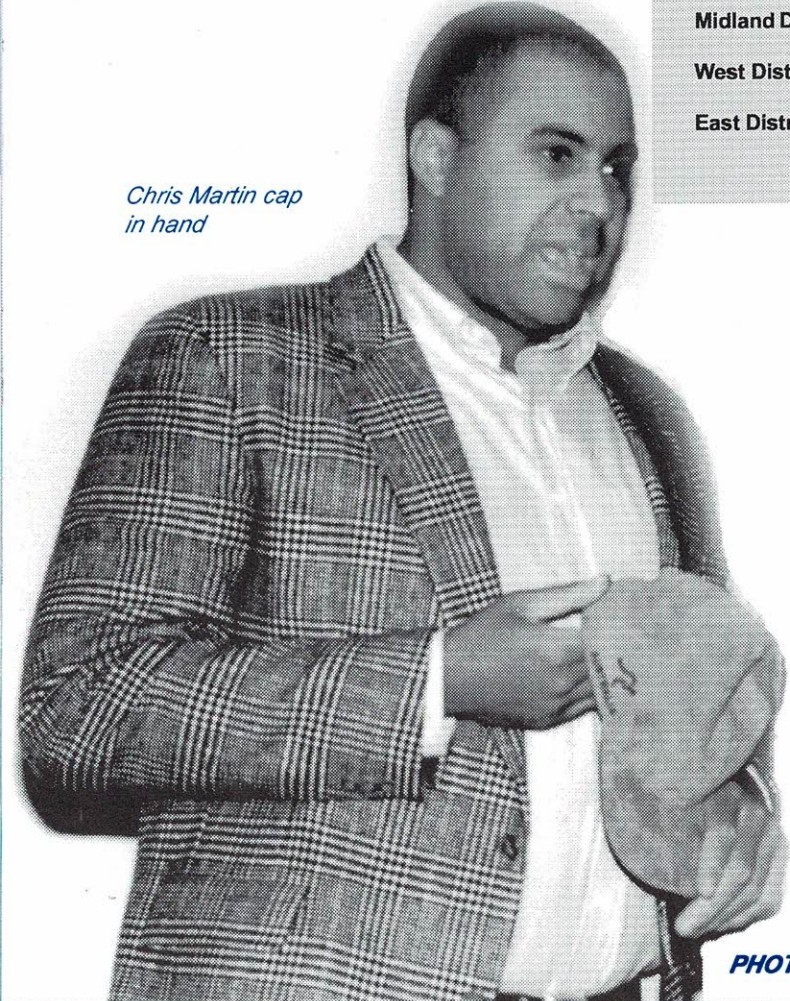
**Ramsay Morton**

**East District**

**Bertha Rudden.**



*Chris Martin cap in hand*



**PHOTOS: BILL BLACK**

I'm pleased to announce the launch of our new website, for news, resources and information from the Scottish Swimming Awards.

[www.swimawards.org](http://www.swimawards.org)

You will find our site quick, user-friendly and informative - crammed full of all the latest news, views and information, even ideal stocking fillers for Christmas! Happy surfing!

*Sarah*

Sarah Birrell  
Scottish Swimming Awards  
Tel: 0141-646-0490  
Fax: 0141-646-0491  
EMail: SBirrell@aol.com

Now online.....

[www.swimawards.org](http://www.swimawards.org)

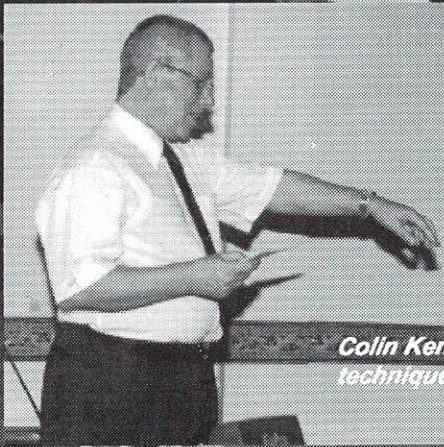


*The STO Committee getting a breath of fresh air (L-R) Doris Mair; Eddie Wilmott; Colin Kennedy; John Bruce; Barbara Moore; John Stewart; Pam Thomson; Bill Murdoch.*

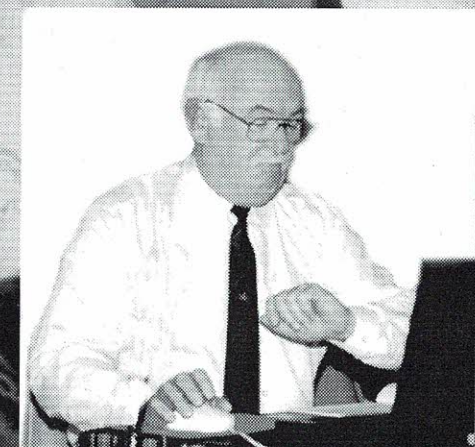


*Bertha Rudden received her award at an East Meet from East District President Bob Greenlees and National Convenor John Bruce*

*The massed ranks of the delegates at the Seminar*



*Collin Kennedy demonstrates stroke technique - I think!*



*John Bruce does it all "Off the Cuff"*



# 34 WATERPOLO

NATIONAL CONVENOR BRIAN LITTLEJOHN

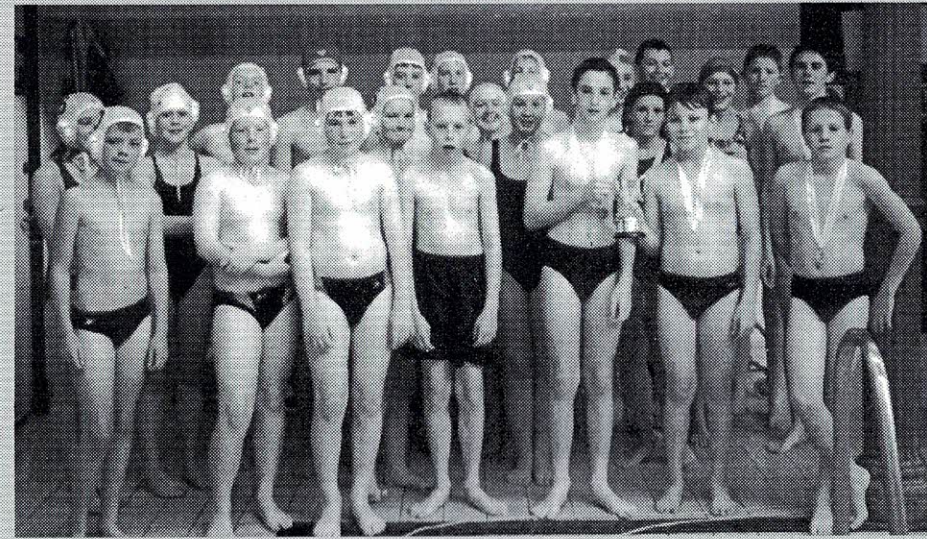


## WATERPOLO WINNERS

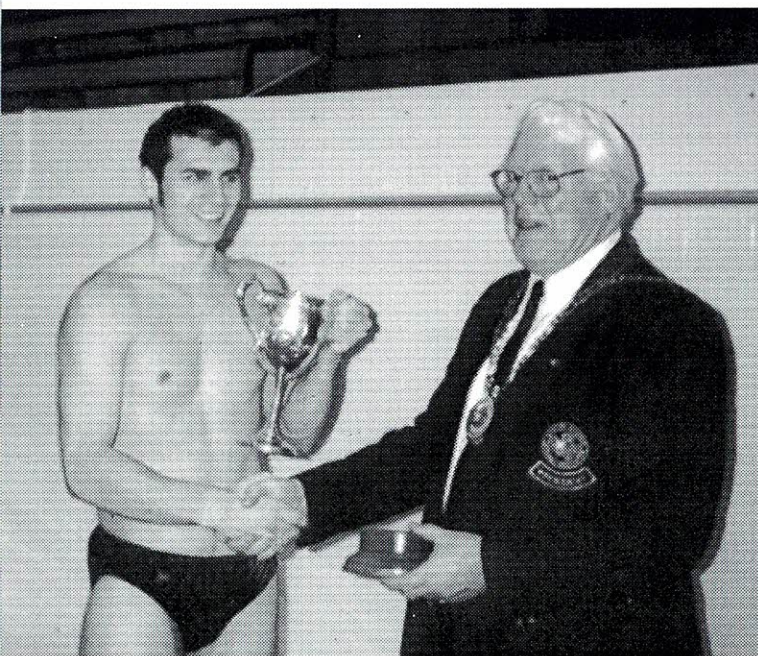
*Menzieshill winners of the National Under 15 Championship*



*Menzieshill and Dundee National Under 15 Finalists*



*SASA President Ron Taylor presents the Grant Trophy to Midland District Captain Neil Strachan*



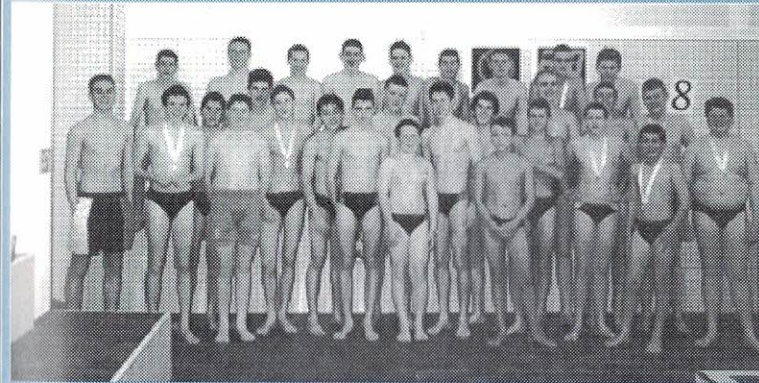
*Midland District Team Winners of the Men's Inter-District Championship at the Royal Commonwealth Pool, Edinburgh*

# WATERPOLO

NATIONAL CONVENOR BRIAN LITTLEJOHN



# 35



*All of the players taking part in the Junior Inter-District at Inverness*



*The winning East District Junior Boys Team in Inverness*



*SASA Vice President Sandy Brunton presents the Parker Trophy to the East District Captain*



*Portobello AS&WPC Men's Scottish Cup Winners*





## YE AMPHIBIOUS ANCIENTS BATHING ASSOCIATION MILLENNIUM YEAR BY IAN McINTOSH SCRIBE

The millennium has been a busy year, very eventful in a contrasting series of highs and lows, but the saddest moment came in October when we heard of the death of Gerald Forsberg

Gerry was a Life Member, not only of this club, but also of the Scottish Amateur Swimming Association, an honour which the late Denis Sullivan and the writer were so delighted to endorse in 1987.

Quite simply, especially for us who knew him, he was the physical embodiment of long distance swimming and though many fine swimmers have come and gone since he was in his prime, he survived as the father figure - a true gentleman, with that unique blend of expansive congeniality and genuine interest and love of his sport and the people in it, which endeared him to all. His personality and advice will be sorely missed. Our thoughts are for his family and his many, many friends in the B.L.D.S.A., the Channel Swimming Association and across the wider swimming spectrum.

On a personal note, and still fresh in the memory, is the evident pleasure he showed in proposing me for Life Membership of the S.A.S.A. last February, and the pleasure that Joyce and I derived in sharing his table at the B.L.D.S.A. dinner in March. It is hard to realise these were to be the last moments where we would enjoy his company.

I did say the highs and lows of an eventful year. Fortunately, the former far outweighed the disappointments. From that moment on January 1, when our club relay team, drawn from the past, the present and the future, entered the water at Tayport to swim the first ever crossing of the river in mid-winter - I've christened them The Magnificent Seven, and they were all that and more, as other dictates delayed our high-tide start and protracted the swimming time, something you don't normally entertain, and certainly not in 39°. So to Andrea Gellon (our Fife connection), Kim Dellanzo, Pamela Short, Frank Chalmers, Ian Hunter, Kevin McIntosh and Robert Sanderson, our heartiest thanks and best wishes; to the back-up, including covered launch, our appreciation for a job well done. On shore, the Lord Provost was set to greet her guests, the Lord Lieutenant of Fife and the Chairman of the Fife Council, who had accompanied the relay from Tayport; balloons were released carrying the Council and Club logos across the North Sea to Scandinavia; and an all time record of 140 dookers took to the harbour waters. It was a marvellous occasion and the club was honoured with a Civic Reception in the Council Chambers in February - another proud moment in its history, attended by Civic Dignitaries, the National President, Robin Dale, Midland Officials (etc.) and a host of members past and present.



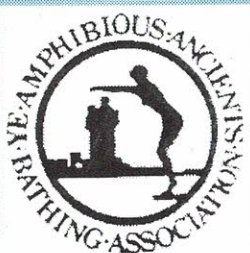
YAABA President Joyce McIntosh is seen receiving a painting from City of Dundee Lord Provost Helen Wright, watched by YAABA Treasurer Moira Hart, Vice President Andrew Hart, Scottish Amateur Swimming Association Robin Dale, YAABA Secretary Ian McIntosh, Hon Club President Netta Spence, Midland District Secretary Stewart Davidson and Club Teacher Pamela Short. At Civic Reception February 2000.

By April, our long-anticipated building works at our club-rooms commenced and six months later were officially opened by the Depute Lord Provost. I hope you will visit to appreciate the facilities in 2001.

In the intervening months, we did manage to squeeze in our annual programme of events, and attached are the full results.

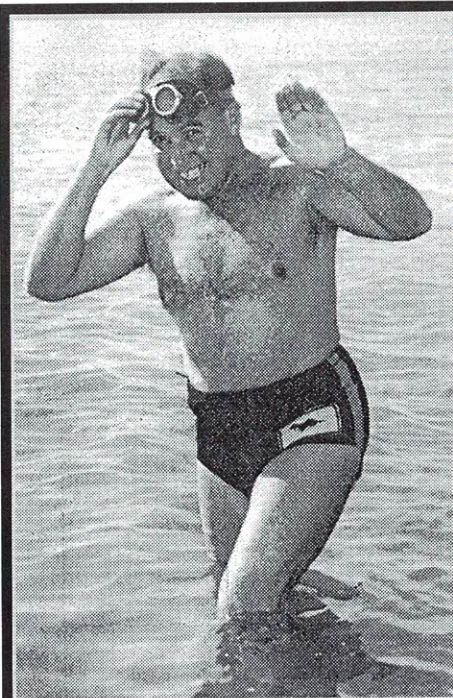
Dee Llewellyn had her by now usual romp in the four Tay Championships, although Andrea Gellon, first-timing at Kirkton of Balmerino, did provide a competitive challenge. The club's Billy Smith took three of the titles, but Scarborough's Nick Renshaw forced him into second place at Woodhaven, where he also outstripped Dee.

Weatherwise, all the events were held in ideal conditions. Loch Earn went to



### COMMANDER GERALD FORSBERG

Adventurous mariner who swam the Channel - and a good deal else - in record time



Gerald Forsberg had a remarkably adventurous life at sea, progressing in a decade from cadet to chief officer in the merchant marine, then serving in the Royal Navy during and after the war. But he was also, for almost half a century, an inspirational figure in British long-distance swimming. He began his natational achievements while still a serving naval officer, winning the nine-mile Morecambe crossbay swim in 1952. He would eventually settle in Lancashire and come to regard the Morecambe Bay traverse as

something like recreation, completing it 29 times.

By then, however, he had gone on to greater feats. He took the England-to-France cross-Channel record at the age of 45 in 1957 with a time of 13 hours 33 minutes, some 22 minutes faster than the previous best. A fortnight later he won the British long-distance championship over 10 1/2 miles on Lake Windermere, despite being the oldest competitor in the event. On that occasion, hampered by gale-force winds, he missed the record by half an hour, but he returned to beat it by 55 seconds the following year, by which time he had already set a new record for swimming the lake both ways.

For the next few years it seemed as though Gerald Forsberg could hardly look at a large expanse of water without wanting to swim across it. In 1958 he made the first two-way crossing of Morecambe Bay, having come to feel that swimming it once was no longer challenge enough. In 1959 he was the first man to swim the whole length of Loch Lomond, taking 15 hours 31 minutes and 9.8 seconds to cover its 22 miles.

In 1960 only heavy tides and strong winds prevented him swimming to Ulster from the Mull of Kintyre. In 1961 he made the first swim from Fort Augustus to Invermoriston pier, five and half miles in the unwelcoming waters of Loch Ness.

He swam Windermere for the tenth time, through mist and heavy rain, in 1964. He held records for the Bristol Channel and Lough Neagh, and wrote two important books on long-distance swimming. He became president of the Channel Swimmers Association in 1963 and held the post until his death. He was a genial and generous mentor to a whole generation of British swimmers. Well into his last decade, he was competing in veterans' events.

Swimming the eight miles across Torbay, he once observed to the keeper of the escort boat that was meant to guide him: "I think it looks like fog. If it sets in, you'd better follow me." Charles Gerald Forsberg had a great love of the sea, and a thorough understanding of its ways.

(Excerpt From The Times)



Liane Llewellyn, with Andrea doing a double-take, in second again and in her first appearance. Otherwise, it was a small entry, but the quality of performance, including young Lynn Donnachie, more than compensated for the lack of numbers. The weather was fine, but Earn is never warm, at best patchy, a fact which Lucien Hankart will attest.

The Junior Single Tay attracted 18 swimmers, although only 15 started. It was all very competitive and great to see the results of Margaret Hogarth's (nee Kydd) work at Maybole in Ayrshire. A very encouraging sign for the future and Lynn Donnachie certainly impressed.

The Junior Double Tay, was an all-girls affair and on a very high tide, swift running and rough, it was always going to be the survival of the fittest, and only the winner managed to make it, City of Dundee's Naomi Murdoch.

The Veteran's Single was keenly contested amongst the ladies, while the sole man, on a first attempt, stuck manfully to the task. But where, oh where, have all the old-timers gone?

Finally, the Dundee City Council Bridge to Bridge, over a tidally assisted 1 mile, was a minor triumph for the club - first man, third lady and second boy in a field of twenty-five.

I have attached the 2001 programme, and copies are available upon request from Ian McIntosh, 85b Queen Street, Broughty Ferry, Dundee. DD5 1AF Tel: 01382 775312.

### YE AMPHIBIOUS ANCIENTS BATHING ASSOCIATION

#### SEASON 2001

| DAY/DATE     | EVENT                             | START             | TIDE     |
|--------------|-----------------------------------|-------------------|----------|
| Sunday       | Triathlon                         | 1.00 Olympia      | 4.99     |
| 3 June       |                                   |                   | 1.58 HT  |
| Saturday     | Club. Senior, Single              | 11.14 Tayport     | 4.29     |
| 16 June      |                                   |                   |          |
| Sunday       | Open. Junior, Single              | 12.19 Tayport     | 4.41     |
| 17 June      |                                   |                   |          |
| Saturday     | Open. Balmerino Senior & Junior   | 11.20             | 4.72     |
| 30 June      |                                   |                   |          |
| Sunday       | Open. Tayport Cup Seniors         | 12.33 B/Ferry     | 4.74     |
| 1 July       |                                   |                   |          |
| Sunday       | Open. Veterans Single Tay         | 16.54 Tayport     | 4.96     |
| 5 August     |                                   |                   |          |
| Sunday       | Open. Loch Earn Senior & Junior   | 10.00             |          |
| 12 August    |                                   | Locheamhead       |          |
| Sunday       | BLDSA Coniston Vets.              |                   |          |
| 12 August    | Open. Double Tay Seniors          | 15.22 B/Ferry     | 5.34     |
| 18 August    |                                   |                   |          |
| Sunday       | Open. Woodhaven Seniors & Juniors | 14.00 B/Ferry     | 5.55     |
| 19 August    |                                   |                   | 16.10 HT |
| Thursday     | DCC                               | 19.15             | 5.22     |
| 23 August    | Bridge to Bridge                  | Rail Bridge       |          |
| Thursday     |                                   | Junior Cross-Lake |          |
| 30 August    | Windermere BLDSA                  |                   |          |
| Saturday     | Windermere BLDSA                  |                   |          |
| 1 September  | Windermere BLDSA                  |                   |          |
| Sunday       | Junior Coniston                   |                   |          |
| 2 September  | Open. Junior                      | 14.18 B/Ferry     | 5.13     |
| Saturday     | Double Tay                        |                   |          |
| 15 September | Club. Senior Championship         | 15.40 Olympia     | 5.44     |
| Sunday       |                                   |                   |          |
| 16 September |                                   |                   |          |

WITH OUR FACILITIES COMPLETE THE CLUB ARE CONCENTRATING ON IMPROVING ENTRIES AND COMPETITION WE ARE OFFERING THE TWO TAY WEEKENDS, SHOWN BRACKETED ON THE BASIS OF TWO EVENTS FOR THE PRICE ONE IN EACH CASE, THAT IS, ENTER THE TAYPORT CUP AND GET BALMERINO FREE IN JUNE/JULY ENTER FOR WOODHAVEN AND GET THE DOUBLE TAY FREE IN AUGUST

### TAYPORT CUP WINNERS JUNE 2000:

Gianni Buonomo, Naples, Billy Smith YAABA, Dee Llewellyn, Bradford, Colleen Blair, Arnhall ASC.



### Swim Results 2000

#### Club Events

Open. Junior Single Tay - Saturday 17 June - 1 Mile

| Boys |                    |               |          |
|------|--------------------|---------------|----------|
| 1.   | Jamie McClung      | Maybole ASC   | 28m 50s  |
| 2.   | Steven Ferguson    | Maybole ASC   | 31 m 28s |
| 3.   | Anthony Cura       | Whitehall ASC | 32m 20s  |
| 4.   | Kristofer Anderson | Ye AABA       | 37m 30s  |
| 5.   | Sam Barker         | Maybole ASC   | 41 m 33s |

Douglas Galbraith, Maybole ASC, Retired

#### Girls

|    |                 |                |          |
|----|-----------------|----------------|----------|
| 1. | Naomi Murdoch   | City of Dundee | 23m 57s  |
| 2. | Sarah Hughes    | Lochaber ASC   | 24m 30s  |
| 3. | Lynn Donnachie  | Maybole ASC    | 27m 51 s |
| 4. | Katie Barker    | Maybole ASC    | 28m 05s  |
| 5. | Mhairi Murdoch  | City Of Dundee | 31 m 26s |
| 6. | Stephanie Ritch | Whitehall ASC  | 32m 44s  |
| 7. | Cheryl Dickson  | Whitehall ASC  | 32m 59s  |
| 8. | Fiona Galbraith | Maybole ASC    | 33m 41 s |

Rachel Smith, Whitehall ASC, did not swim  
Elizabeth Ferguson, Maybole ASC, retired

#### Club Only. Senior Single Tay - Sunday 18 June - 1 Mile

| Men |            |         |         |
|-----|------------|---------|---------|
| 1.  | Ian Hunter | Ye AABA | 44m 50s |

| Ladies |               |         |             |
|--------|---------------|---------|-------------|
| 1.     | Pamela Short  | Ye AABA | 44m 50s     |
| 2.     | Sandra Michie | Ye AABA | 52m 04s     |
| 3.     | Barbara Brown | Ye AABA | 1 h 12m 22s |

#### Open. Kirkton of Balmerino - Saturday, 1 July - 8 miles T.A.

| Men |             |         |             |
|-----|-------------|---------|-------------|
| 1.  | Billy Smith | Ye AABA | 1 h 59m 48s |
| 2.  | Ian Hunter  | Ye AABA | 2h 13m 53s  |

Mark Blewitt, Howebridge Marlins, did not swim.

#### Ladies & Girls

|    |                  |                      |                            |
|----|------------------|----------------------|----------------------------|
| 1. | Dee Llewellyn    | City of Bradford     | 1 h 49m 26s                |
| 2. | Andrea Gellan    | Dunfermline Carnegie | 2h 03m 15s                 |
| 3. | Colleen Blair    | Arnhall ASC          | 2h 05m 01 s                |
| 4. | Heather Cura (J) | Whitehall ASC        | 2h 11 m 38s                |
| 5. | Jackie MacDonald | RAF Swim Team        | 2h 13m 42s <sub>B.S.</sub> |

Kelly Wallace, Whitehall ASC, did not swim.

#### Open. Senior Tayport Cup - Sunday 2 July - 1 Mile

| Men |                |         |         |
|-----|----------------|---------|---------|
| 1.  | Billy Smith    | Ye AABA | 25m 52s |
| 2.  | Gianni Buonomo | Naples  | 35m 45s |

Mark Blewitt, Andie Brown, Howebridge Marlins, did not swim  
Michael Keen, South Ayrshire, did not swim.

#### Ladies

|    |               |                  |          |
|----|---------------|------------------|----------|
| 1. | Dee Llewellyn | City of Bradford | 23m 19s  |
| 2. | Colleen Blair | Arnhall ASC      | 31 m 47s |

Barbara Brown, Ye AABA, retired.

Sandra Michie, Pamela Short, Ye AABA, did not swim.

#### Open. Junior Double Tay - Tuesday 4 July - 2 Miles

| Girls |               |                |             |
|-------|---------------|----------------|-------------|
| 1.    | Naomi Murdoch | City of Dundee | 1 h 10m 43s |

Stephanie Ritch, Heather Cura, Whitehall ASC, retired  
Rachel Smith, Whitehall ASC, did not swim.

#### Open. Veterans Single Tay - Sunday 30 July - 1 Mile

| Men |                |            |          |
|-----|----------------|------------|----------|
| 1.  | Brian Sturrock | Unattached | 41 m 34s |

#### Ladies

|    |               |              |         |
|----|---------------|--------------|---------|
| 1. | Morag Hughes  | Lochaber ASC | 33m 07s |
| 2. | Janet Wilson  | Otley ASC    | 38m 24s |
| 3. | Barbarp Brown | Ye AABA      | 45m 45s |

#### Open. Loch Earn Championship - Sunday 20 August - 6 1/2 Miles

Lucien Hankart, Belgium & BLDSA, retired

#### Ladies & Girls

|    |                    |                      |             |
|----|--------------------|----------------------|-------------|
| 1. | Liane Llewellyn    | City of Bradford     | 3h 10m 41 s |
| 2. | Andrea Gellan      | Dunfermline Carnegie | 3h 20m 14s  |
| 3. | Lynn Donnachie (J) | Maybole ASC          | 3h 59m 59s  |
| 4. | Heather Cura (J)   | Whitehall ASC        | 4h 10m 41 s |

#### Open. Senior Double Tay - Saturday 26 August - 2 Miles

| Men |             |         |         |
|-----|-------------|---------|---------|
| 1.  | Billy Smith | Ye AABA | 46m 42s |

#### Ladies

|    |               |                  |             |
|----|---------------|------------------|-------------|
| 1. | Dee Llewellyn | City of Bradford | 42m 06s     |
| 2. | Colleen Blair | Arnhall ASC      | 1 h 07m 45s |





**Open. Woodhaven Championship -  
Saturday 27 August - 5% Miles, T.A.  
Men**

- |    |              |                            |             |
|----|--------------|----------------------------|-------------|
| 1. | Nick Renshaw | Scarborough<br>Kingfishers | 1 h 07m 30s |
| 2. | Billy Smith  | Ye AABA                    | 1 h 13m 17s |
| 3. | Ian Hunter   | Ye AABA                    | 1 h 38m 36s |

Robert Mitchell, Whitehall ASC, did not swim.

D. Renshaw, Scarborough Kingfishers, did not swim.

**Ladies**

- |    |                |                  |             |
|----|----------------|------------------|-------------|
| 1. | Dee Llewellyn  | City of Bradford | 1 h 07m 56s |
| 2. | Colleen Blair  | Arnhall ASC      | 1 h 16m 48s |
| 3. | Naomi Murdoch  | City of Dundee   | 1 h 19m 57s |
| 4. | Mhairi Murdoch | City of Dundee   | 1 h 23m 57s |

Heather Cura, Whitehall ASC, did not swim.

**Club Only. Senior Championship -17 September - 4 Miles T.A.**

- Men**
- |    |            |         |              |
|----|------------|---------|--------------|
| 1. | Ian Hunter | Ye AABA | 1 h 41 m 20s |
|----|------------|---------|--------------|

**Ladies**

- |    |               |         |              |
|----|---------------|---------|--------------|
| 1. | Sandra Michie | Ye AABA | 1 h 51 m 23s |
|----|---------------|---------|--------------|

Positions and Times recorded by Club Swimmers in District and National Competition:

**Midland & District - Open Water Championships, Monikie - Sunday 4 June**

Cancelled due to inclement weather - restaged

- |                                   |                       |          |
|-----------------------------------|-----------------------|----------|
| <b>Juvenile Girls, 500 yards:</b> | 3. Lesley Anderson    | 11 m 50s |
| <b>Junior Boys, 1 mile:</b>       | 2. Kristofer Anderson | 25m 02s  |

**S.A.S.A. National - Juvenile Castle Pier, Broughty Ferry - Saturday 15 July**

**Girls:** 2. Laura Jackson 3. Sarah Finnegan 4. Lesley Anderson

**B.L.D.S.A. Millennium Celebration Championship, Rivington Reservoir, Bolton 17 June - Veterans 2 mile.**

**Ladies:** 1. Greta Gall 1h 42m 45s

**B.L.D.S.A. Veterans Championship, Lake Conoston, 12 August - 3 Miles**

**Ladies:** 1. Greta Gall 2h 09m 35s **Trophy for oldest competitor**

**Dundee City Council, Bridge to Bridge Swim - Monday 21 August -1 Mile**

- |                |    |                    |                    |
|----------------|----|--------------------|--------------------|
| <b>Men:</b>    | 1. | Billy Smith        | 27m 31 s           |
| <b>Boys:</b>   | 2. | Kristofer Anderson | 44m 08s (8th Male) |
| <b>Ladies:</b> | 3. | Barbara Brown      | 44m 16s            |

(1. Andrea Gellon, Dunfermline 29m 05s)

**A Charity Swim by members of Carnoustie Rugby Club, from Tayport to Broughty Ferry was organised by Ye AABA on Sunday 13 August, followed by a run to Camoustie.**

Times for the first stage:

Jamie McMeechan 36m 59s, Owen Hughes 36m 31s, Graham Simpson 56m 27s, Gordon Smart retired.

## Jeff Tavendale Reports

Rachel Andrew, Angeline Maclaren and Sarah Jane Law were the undoubted stars amongst the 37 strong Highland Swim Team (HST) that travelled to the North District Open Meet held over 2 weekends in Aberdeen during October and November.

The 3 members of Inverness swimming club all picked up gold medals to help the HST collect it's best ever medal tally of 4 Gold, 4 Silver & 8 Bronze medals. They were however just 3 of the 11 swimmers who managed to qualify for 36 finals swims.

Andrew Grant managed to claim the bronze medal in his first ever district competition. 12yr old Andrew who lives in Ullapool and competes for Dingwall swimming club swam an 8 second best time to collect the bronze.

All the way from Thurso, 11 yr old Gemma Scott swam in 3 finals in all but took a great silver medal in the 200m Butterfly which is a very demanding event. Not be outdone 16yr old Lynn Hardie an experienced competitor at this level raced in 7 finals, and collected 2 silver medals in the 400m Freestyle and 200m Backcrawl events.

The Inverness club swimmers were not to be put in the shade with 11 yr old Rachel Andrew pulling out all the stops to break a North District Record when finishing 3rd in the 200m Individual Medley. She went on to collect Gold in the 400m Freestyle and silver in the 100m Backcrawl. Rachel's 11 yr. old club mate Sarah Jane Law was also in sparkling form, competing in 5 finals and winning the 11/12 yr. 100m Butterfly and taking bronze in the 400m Freestyle. 11 year old Rachel Hanna swam a magnificent 8 second best time to lift the bronze medal in the 11/12yrs girls 100m Freestyle event. Angeline Maclaren (13yrs) was extremely dominating in the 13/14yrs Breaststroke events beating older and more experienced competitors in winning

the 100m & 200m Breaststroke events. Showing her all round strength Angeline finished 5th in the 100m Freestyle final and also managed to pick up the bronze medal in the 200m Backcrawl final. 16yr old Catherine Garner raced in 6 finals and equalled her best times to take away 2 bronze medals in the 15yrs and over 200m & 400m Freestyle finals. Inverness also had 12 yr old Liam Macdonald and 14yr old Jamie Mackenzie competing in finals and whilst they collected no medals they did gain a lot of experience whilst competing against some very fast boys.

Another one of our older swimmers Naomi Mack from Tain swam to 5th place in the girls 15 yrs and over 100m Freestyle final. Other HST swimmers who swam brilliantly but just missed out on finals were 12 year old Drew Trout from Inverness, competing for Dingwall 12 yr old Ryan Lewis, 16yr old Neil Stanfield from Nairn and Lucinda Sutherland from Thurso.

Well done to all of the HST competitors who swam brilliantly to achieve 109 new best times from 147 swims. For some this was the first of many events at this level and the competitive spirit was second to none even when having to race the very strong Aberdeen clubs. We should take heart from these results and begin to prepare for the Scottish BP Christmas Open Meet in Inverness Aquadome on the 15th to 17th December. Well done to all the HST Competitors and many thanks to parents for your help & support.

Jeff

Jeff Tavendale Highland Coaching Development Inverness Aquadome Bught Park Inverness IV3 555

Phone/Fax: (01463) 667528 office  
(0771) 831 9141 mobile

E mail: Hiswimteam@aol.com

Web Site: <http://www.Hiswimteam.Free-Online.co.uk>

# SPORTSCOTLAND

## NATIONAL SPONSORSHIP AWARDS

### SPORTSCOTLAND LAUNCHED NATIONAL SPONSORSHIP AWARDS

sportscotland, the national agency responsible for the development of sport in Scotland, was delighted to announce the launch of the Inaugural sportscotland Sponsorship Awards. The awards are designed to acknowledge and reward the very best in sport sponsorship at all levels throughout Scotland, plus promote the unique benefits sponsorship can offer both business and sport.

Aileen Simpson, sportscotland Head of Commercial Development, said: 'We appreciate the significant additional resource sponsorship provides for Scottish sport, we also recognise the benefits sport can offer as an effective vehicle for business development. With this in mind we wish to promote the Inaugural sportscotland Sponsorship Awards as a means to reward the best in sport sponsorship in Scotland and to demonstrate good practice within the industry' Invitations to participate in the Awards are now being extended to companies and organisations throughout Scotland whether they are involved in local community sponsorships or committed to national or professional sports deals valued at more than £1,000,000. The range of award categories ensures every sport sponsorship is eligible to apply for a sportscotland Sponsorship Award. In addition, an overall winner will carry the title of "sportscotland Sponsorship of the Year". (See Note to Editors below).

The closing date for nominations is 26 January 2001 when an expert panel of judges chaired by Ian Robson, sportscotland Chief Executive, and including Alan Ferguson (Managing Director, The Sports Business), Sandra Greer (Research Director, S.Comm Research Ltd), Denise West (Managing Director, Scottish Business Insider) and others to be announced, will decide which nominations best meet the awards criteria. The awards will be presented at the end of March 2001 when all shortlisted nominees will be invited to attend a gala dinner and presentation evening. (Tickets may also be purchased).

In assessing the nominations, the Panel will consider what the sponsor's objectives were in undertaking the sponsorship, how the sponsorship was exploited in order to meet these objectives and how it was monitored and evaluated.

The Inaugural sportscotland Sponsorship Awards are being supported by Sportmatch, the business sponsorship incentive scheme for sport, and First Press Publishing.

Guidelines and Nomination Forms can be obtained from sportscotland offices in Edinburgh or by telephoning 0131 317 7200.

**FOR FURTHER INFORMATION** please contact:

Aileen Simpson or Torquil Macleod  
Commercial Development Team

sportscotland  
Caledonia House  
South Gyle  
Edinburgh  
EH12 9DQ

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The Inaugural sportscotland Sponsorship Awards contain eight award categories, as detailed below. A sponsored project can be nominated for more than one category and there is no restriction on the number of nominations made by any one organisation or sponsor.

- Best sponsorship in 2000 with a fee of less than £50,000 per annum.
- Best sponsorship in 2000 with a fee for £50,000 or up to and including £100,000 per annum.
- Best sponsorship in 2000 with a fee for more than £100,000 per annum.
- Best newcomer to sport sponsorship in Scotland.
- Best long term commitment to sport. (Sponsorship ongoing for at least three years).
- Best sponsorship for young people in sport. (Under 23 years).
- Best community sponsorship in receipt of a Sportmatch Award.
- **sportscotland Sponsorship of the Year** (presented to an outstanding sponsorship project selected from the above category winners).

## STIRLING SWIMMING



**Helping to launch 'Stirling Swimming' were elite swimmers from Stirling Swimming Club, advanced swimmers from Sports Development classes, Grant Robbins (Performance Coach), Blair Prentice (Stirling Swimming Club) and Stirling Council's Sports Development Officers Hazel Dean and Susan Ainsworth.**





Scottish Open Water Swimming Team at the Royal Albert Docks. Left to Right: Brian Bain, Doug Milne, Lexie Davison, James Leitch and Scott Neyedli

## FINA WORLD CUP SWIMMING MARATHON

### The Event

Probably the highest calibre open water event ever to be staged in Britain took place in London on the 30<sup>th</sup> September. This was the final event in a series of endurance races held at various locations around the globe. Since the majority of these were in excess of 25km, the 10km of the London event was something of a sprint!

Some of the swimmers taking part in such events are effectively full time professional swimmers competing for a share of significant prize funds. At London this was \$10,000 but in many of the other events it was much higher. In addition there is prize money for the overall winners of the Grand Prix series. The event attracted some of the world's top distance swimmers including Peggy Buchse from Germany and Spain's David Meca.

### The Team

Scotland were represented by four swimmers  
James Leitch (REN 96) - Scottish Champion at Loch Lubnaig  
Brian Bain (City of Aberdeen) - Scottish Champion at Loch Rannoch,  
Lexie Davison (Stirling A.S.C.) - Women's Scottish Champion from Loch Rannoch  
Scott Neyedli (Aberdeen A.S.C.) - who had achieved a number of medal places in his first season in the discipline.  
National Convenor, Doug Milne, was team manager and coach.

### The Course

The venue was the Royal Albert Docks (which, incidentally, can be seen spinning round in the opening credits to Eastenders). This may not sound very appealing but a lot of redevelopment work has been done since the ships left and the facility is now used for sailing, rowing and other water sports. The race was over three circuits of rectangular course measuring approximately 1580 metres long and 80 metres wide. The water temperature was reported as about 16 °C, colder than the continental swimmers would like but no particular problem for the Scots! A feeding pontoon provided an opportunity to take drinks at the start of each circuit. However, the majority of competitors elected not to take the detour to the pontoon and swam the whole race without drinking.

The course also runs parallel and immediately adjacent to London City Airport. So swimmers occasionally have the unusual experience of glimpsing planes take-off and land no more than 200 metres away from where they were racing.

### The Competitors

There were 31 male and 21 female entries for the event. These included entries from Germany, Spain, Bulgaria, Rumania, Macedonia, the Netherlands, the Czech Republic, Slovenia, Egypt, Argentina, Brazil, Cameroon, Uganda and Equatorial Guinea. Unfortunately a number of the teams couldn't make it for various reasons such as visas being refused or, as apparently in the case of the Egyptians, because the country's Olympic team had done badly and so all other sportsmen were withdrawn from foreign competitions! The withdrawals reduced the starting line-ups to 18 men and 12 women.

### The Races

The men and women's races were held separately and started 15 minutes apart. The main challengers for the men's medals formed a lead group while a second chasing group contained the three Scotsmen and the best of the English swimmers. James and Brian were always close to the front of the second group. Shortly after the start of the second circuit James increased his pace and broke clear. Eventually, he was to overtake one of the original lead group to finish 6<sup>th</sup> overall and first among the British men. Gradually, swimmers fell off the back of the second group to eventually leave Brian on his own to take 8<sup>th</sup> place and 2<sup>nd</sup> among the Britons. Scott was 11<sup>th</sup> and 5<sup>th</sup> among the British men. The race was won by Petar Stoytchev a Bulgarian who a week earlier had been competing in the Olympic 400 and 1500 metre free-style events. He finished only seconds ahead of Spain's David Meca.

The women's race was notable for the closeness of the finish with 5 swimmers finishing within a few seconds of each other and in times which



compared well with the men's. Peggy Buchse, the pre-race favourite from Germany, won the sprint finish just ahead of Belgium's Cindy Persoons. Lexie finished in 10<sup>th</sup> place and 3<sup>rd</sup> among the British female entries.

### The Prizes

The winning swimmers each received a prize of \$2000 with smaller prizes down to 8<sup>th</sup> place. James and Brian each collected \$100. It may be \$100 more than they've won before in a swimming event but neither is about to give up their day job to become a professional. At the event dinner held that night the prizes for the overall Grand Prix were presented. These went up to \$12,000 for the winning man and woman.

### Overall Verdict

A very promising performance from the Scottish team, particularly with two Scots finishing ahead of two swimmers who had represented Great Britain earlier in the season. The challenge is now to maintain the momentum and form an established team competing more regularly and travelling further afield. Three of this year's team only added open water to their pool swimming activities earlier this year demonstrating that it's quite possible to reach a high level of performance soon after taking up the discipline. There could be potentially successful open water swimmers in your club - they just have to give it a go!



James Leitch and Brian Bain with the other men's prize winners. Also in picture, FINA Representative Sid Cassidy (far left) and Tony Banks MP who presented the prizes (far right)

## Scottish Open Water Championships 2001

Dates for the Scottish Open Water Swimming Championships next year are as follows

**Loch Lubnaig : 21<sup>st</sup> July 2001**  
Senior 3/4 mile Championship  
Junior 3/4 mile Championship  
Juvenile 500 yards Championship

**Loch Rannoch : 4<sup>th</sup> August 2001**  
Senior 9/10 mile Championship  
Junior Championship (distance to be decided)

## Open Water Swimming in Shetland

While most swimmers shiver at the thought of competing in the lochs of mainland Scotland, a group of hardy youngsters went to something more extreme when they staged a swim in Shetland.

The swim was about a 1 mile in distance, from the Island of Bressay to Lerwick, and took place on the 20<sup>th</sup> August. The swimmers were all members of the Clickimin Pool Training squad, and included 2 coaches, Keith Oliver and Elaine Leask (a case of do as I do as well as do as I say!). Training for the event had included open water sea swims in Shetland of up to 30 minutes duration. The water temperature was 11 °C. In addition 4 of the swimmers had just returned from swimming in Faeroe the previous week where the water was a little cooler at 9 °C!

On the day, assistance was received from a 2 local dive boats, and the Shetland Canoe Club. The start was the Ferry terminal on Bressay. A good number of folk turned out at the finish which was the slip in







# SCOTLAND

## The Gold Medal Partnership Scottish Amateur Swimming Association and BSCTA / GMB

The Scottish Amateur Swimming Association teamed up with BSCTA / GMB (the British Swimming Coaches and Teachers Association, and GMB Scotland's General Union ) last year to offer you support with your sports profession, protection at work, and a range of non-work benefits.

### Signing up with BSCTA / GMB means you will have:

- Public Liability and Personal Indemnity Insurance Cover to £10 million
- Professional advice and assistance from BSCTA/GMB National and Regional Organisers on all levels of the sport
- Education support packages at local and national levels
- Recognition via coaching and teaching awards
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- Legal backing, and advice and cover against costs
- Cover at your day-time work place too if you're a voluntary / part time coach

### BSCTA / GMB membership offers you the following non-work benefits too:

- Exclusive finance personal loans at competitive rates
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- Cheap AA membership
- Personal legal services
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To join BSCTA / GMB complete the form opposite and return to:



**Fraser Wishart GMB Scotland,  
Fountain House,  
1/3 Woodside Crescent,  
Glasgow G3 7UJ.**

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For more information contact Frazer on 0141 332 8641 (ext 206).

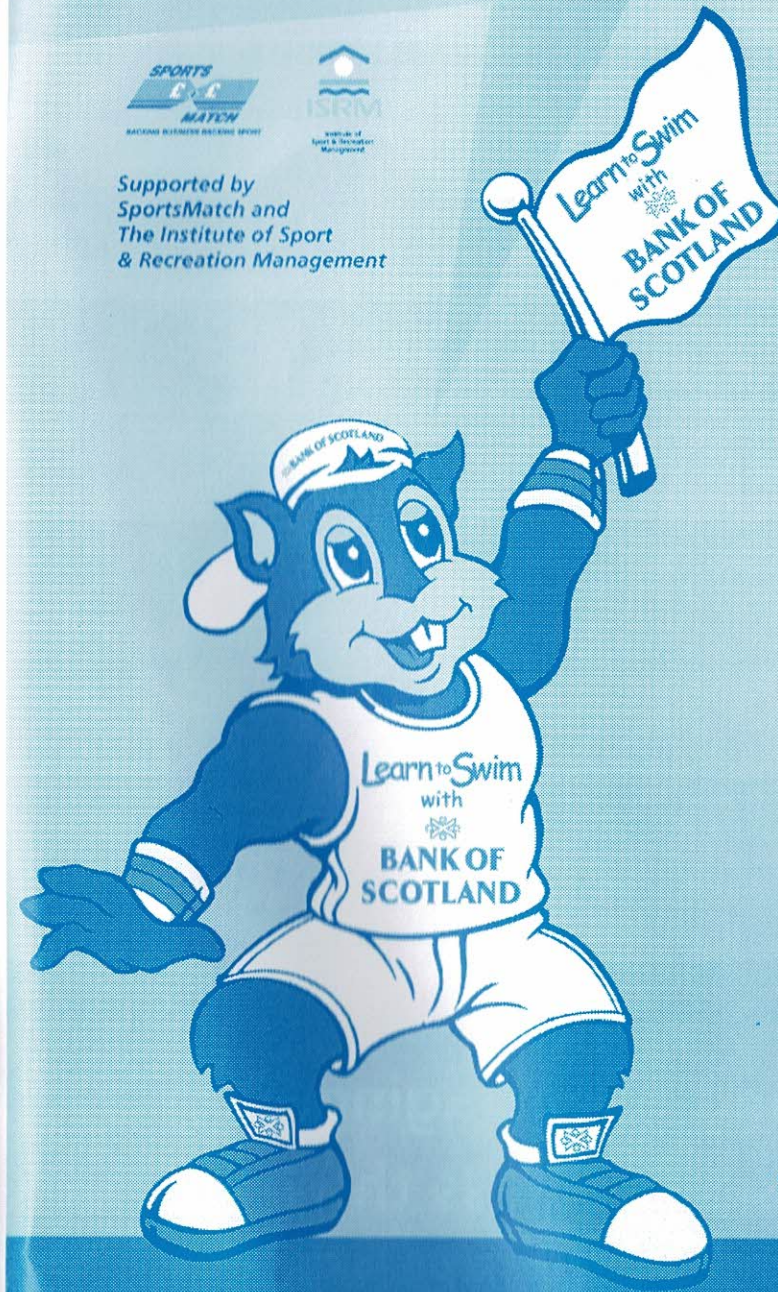
SCOTTISH SWIMMING PRESENTS THE

**BANK OF SCOTLAND** Learn to Swim programme

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"Swimming is good for you and fun. It is a great way to make friends and keep fit, as well as making sure you are safe living near water, so come along to lessons at your local pool!

Look out for me too, I may be coming to your pool to watch you in a free swimming lesson this year."

*Super Squirrel*

Parents: The Programme is a comprehensive, integrated teaching programme based on sound education principles. All children should be able to learn to swim. Trained teachers will supervise each lesson.

SCOTTISH SWIMMING



Scottish Swimming, Holmhills Farm, Greenlees Road, Cambuslang, Glasgow, G72 8DT  
Tel: 0141 641 8818 Fax: 0141 641 4443

How to join: Ask at your local pool if they are running the Bank of Scotland Learn to Swim Programme. There will be one launch pool per local authority, featuring Super Squirrel and a free swimming lesson. Watch out at your local pool for details.