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# SCOTTISH SWIMMING

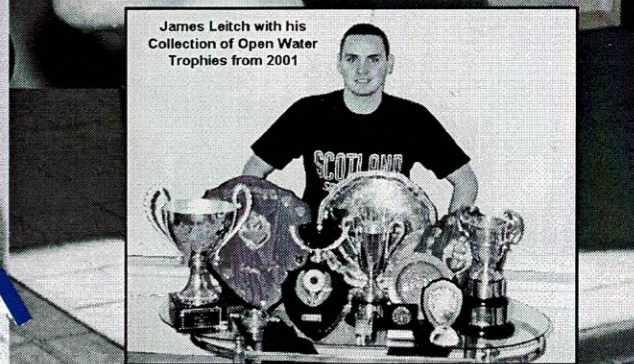
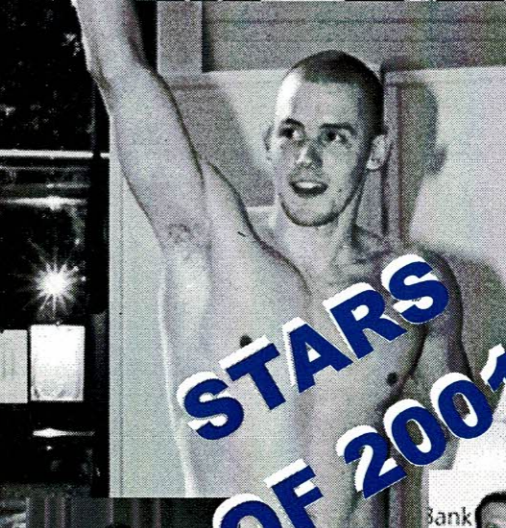
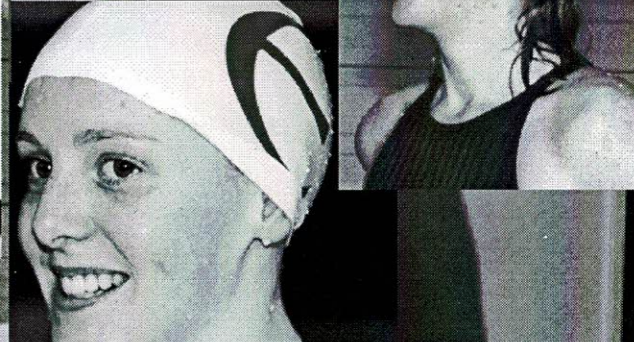
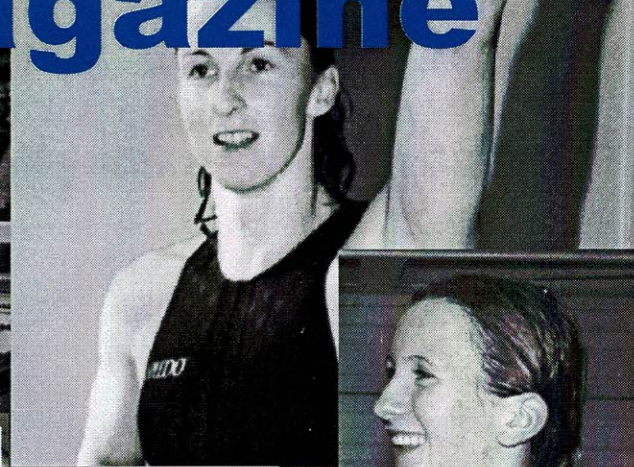
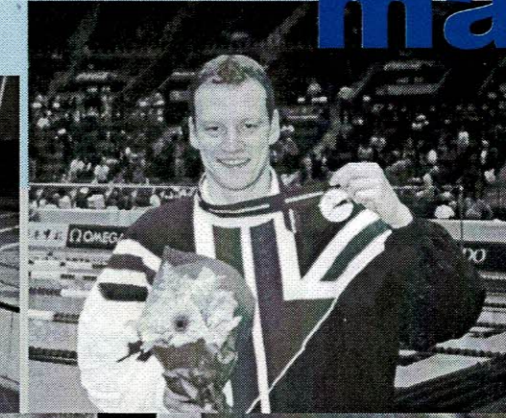
# 2000

magazine

Founding Editor Bill Black (1993)

DECEMBER 2001

VOLUME 8 NUMBER 6



**STARS OF 2001**

James Leitch with his Collection of Open Water Trophies from 2001

# ARES 21

SPORTS TIMING



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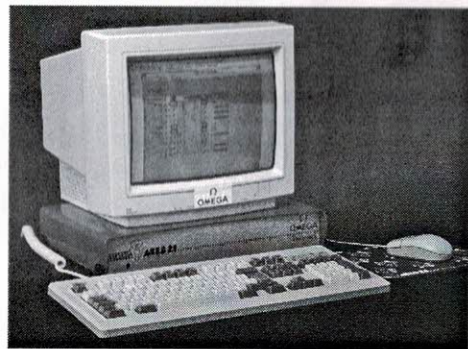
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\* Prices as at 01/09/01



4 F I B M 200 m BR

Running time	Start time	Arming delay	Intermediate times
2:18:5	WR	2:10:16	
Arm start	ER	2:11:23	

100 m | 2 | 50 s | 2 | 50m

2:13:83	2	1	2
2:13:09	2	2	2
2:12:11	2	3	2
2:12:46	2	4	2
	1	5	2
	1	6	2
	1	7	2
	1	8	2:01:38

Final times | Number of laps | Touch pad status | Lane | Touch pad arming clock | Lane status | Touch pad status | Lane | Intermediate times | Number of 1/2 laps

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## COMMENT CEO

The front cover of this issue recognizes some of the great performances over the last twelve months and as another year moves towards its inevitable conclusion many within Scottish Swimming are saying that perhaps the most important development in the sport's illustrious 113 year history is about to take place.

There have been many great performances over those eleven plus decades within all of our disciplines at all levels; however by the time you receive this edition of SS2000, Scottish Swimming will be moving to its new home at the National Swimming Academy in Stirling.

I am confident that both the new state of the art pool and headquarters can give us a head start into the 21<sup>st</sup> Century. I would also hope that not only our athletes and coaches are working in an environment that will make a significant difference to performance, but also our parallel support services are of an equivalent high standard. Members will have the opportunity to visit the National Swimming Academy on February 23<sup>rd</sup> after the Congress and AGM at the Hilton Dunblane Hotel, prior to our celebratory 2001 Awards Dinner at Stirling Castle. Advance bookings for the dinner are very encouraging and information on ticket sales is being circulated in December, however if you do not want to be disappointed contact the office now to reserve your places.

Inevitably, with change, new IT and a new office there is likely to be teething problems. Details of the new office contacts are enclosed in this issue and have been sent to all clubs directly. However, I would ask you all to be patient in the first few weeks of our new life in the National Swimming Academy, long term I am confident it will provide a home for the sport that we can all be proud of in Scotland.

November was a busy month on several fronts. Our pilot training towards assisting all clubs to have in place a child protection officer was completed. Directed by Dr Sue Hamilton and ably supported by Pippa Murphy the sessions were extremely successful and will now allow Scottish Swimming to roll out training throughout Scotland in 2002. This will be supported with updated guidelines and operational guidance for clubs. The month also saw the maintenance assessment for our Quest registration. I am pleased to report that our governing body successful achieved the standard once again and were complimented for the significant progress the sport has made at all levels and throughout the business in the last twelve months. Our websites continued to undergo development on a weekly basis and I would urge you to visit regularly to view the new additions. I would also ask those clubs who have yet to submit their contact information for publication to do so in order that we can maximize the opportunity to not only attract new people to your club but also our sport.

Our third Winter Nationals in Inverness once again attracted an excellent entry and produced some outstanding performances. BP our event sponsors for Inverness were successful for the second successive year in being awarded the event sponsor of the year by the Commonwealth Games Council for Scotland at their dinner in November. We are indebted to their continued support and offer our congratulations.

Scotland's first novice diving event was held in early December at the Royal Commonwealth pool under the guidance of National Coach Steve Gladding. The event attracted entries from the outstanding English development programmes of Leeds and Bradford and provided a great opportunity for our up and coming diving stars. It was really refreshing to see these youngsters

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receive their medals with excitement and gratitude, an attribute sadly missing at other levels not just within swimming. Following on from the event, a team departed Edinburgh for a three-week training and competition tour of South Africa.

As indicated earlier the last twelve months have been very successful for our sport. Graeme Smith and Alison Sheppard both returned from the World Championships in Japan with medals and along with pre-selections Gregor Tait and Ian Edmond will be looking forward to the Commonwealth Games in Manchester next July.

James Leitch has had an outstanding year in the open water events winning medals on numerous occasions and firmly establishing the sport of open water in Scotland. Kirsty Balfour and Louise Coull have continued where they left off in 2000 and received their first senior Great Britain caps along with three other Scottish Swimmers at the European Short Course Championships in Antwerp this month.

As we look forward next year will not only provide great new opportunities but also some great events for Scotland. Tollcross will next year host the Great Britain six Nations event in April, Speedo Super Grand Prix final in May and the Great Britain Grand Prix Final to be covered by BBC TV in June. Our combined Nationals and Age groups follow some two weeks later providing yet more great opportunities for our swimmers. Further ahead LEN, the European Swimming organisation has confirmed Glasgow and Edinburgh as the hosts for the 2003 European Junior Swimming and Diving Championships, and if 1997 is anything to go by 2003 is an event to look forward to.

Christmas will be nearly upon us by the time you receive this edition and I would like to take this opportunity on behalf of Council, Board of Management and all professional staff to thank you all for your continued support in 2001 and wish you all a happy new year and prosperous and successful 2002.

Paul Bush  
SASA  
CEO

## SPEED SWIMMING

The team will be selected in four stages as follows:

## PRE-SELECTION

Swimmers achieving a **PRE-SELECTION TIME** in the following competitions in 2001 will be selected after the conclusion of the World Long Course Championships 2001 and World Student Games 2001.

- ◆ 2001 ASFGB World Long Course Trials – April 2001
- ◆ 2001 World Long Course Championships – Fukuoka, Japan 17/29 July 2001
- ◆ 2001 World Student Games – Beijing, China 22 August/1 September 2001
- ◆ 2001 European Junior Championships – Malta 5/8 July 2001

Please note there can only be a maximum of two swimmers per event selected at the pre-selection stage.

Pre-selected swimmers will be required to prove their fitness by achieving a Selection Time in Accredited Long Course Competition between February 2002 - June 2002.

## GUARANTEED SELECTION

Swimmers achieving a **GUARANTEED SELECTION TIME** in the following selection competitions will be selected in June 2002.

- ◆ 2002 Scottish March Nationals (Long Course) – 2/3 March 2002, Glasgow
- ◆ 2002 ASFGB Long Course Championships – 10/15 April 2002, Manchester
- ◆ 2002 British Grand Prix Final – 16/19 May 2002, Glasgow
- ◆ 2002 British Super Grand Prix – 7/9 June 2002 (Glasgow)

Please note that the Commonwealth Games only allows a maximum selection of 3 swimmers per event.

Please note Selection Meets may be amended should dates and venues be altered.

## GUARANTEED RELAY SELECTION

The fastest four times in the Mens and Womens 100 and 200 Freestyle events and the fastest 100 Backstroke, 100 Breaststroke, 100 Butterfly and 100 Freestyle from the pre-selected swimmers' events and the 2002 selection meets will be added together and a total allowance of 1.50 seconds will be deducted for take-overs to establish the relay times. Those teams achieving the **GUARANTEED SELECTION TIME** will be selected at this stage.

## FINAL CONSIDERATION FOR SELECTION

Swimmers achieving a **SELECTION TIME** in the Scottish Long Course National Championships 18/23 June 2002 will be ranked in order using the current (2001) FINA LONG COURSE POINTS and CURRENT COMMONWEALTH COUNTRIES RANKING LISTS (based on 3 per country) with nominations made to the Commonwealth Games Council for Scotland to approve selection.

Please note that achieving a selection time at this stage does not guarantee selection to the Commonwealth Games Team and only

exceptional performances and cases will be considered for nomination.

Please note that the Commonwealth Games only allows a maximum selection of 3 swimmers per event and in the case of the 3 places having already been allocated under the Guaranteed Selection process no further swimmers will be added for those events.

Please note nominations for relays at this stage will only be considered if a particular relay has not already been selected under the Guaranteed Selection process.

## GENERAL NOTES

The maximum team size will be determined by the Commonwealth Games Council for Scotland.

The maximum number of swimmers selected for each event is THREE.

Individual swimmers and relays outside the **GUARANTEED SELECTION TIMES** will not be considered for selection.

Relay splits, including lead off swims, **will not** be considered for selection.

Only the named selection meets will be used for selection.

Mens	Pre-Selection	Guaranteed Selection
50 Freestyle	22.70	23.28
100 Freestyle	49.51	50.36
200 Freestyle	1:48.05	1:50.17
400 Freestyle	3:44.88	3:56.34
1500 Freestyle	15:02.88	15:42.85
50 Backstroke	25.66	26.17
100 Backstroke	55.92	56.73
200 Backstroke	2:01.41	2:02.52
50 Breaststroke	27.95	28.95
100 Breaststroke	1:02.46	1:03.42
200 Breaststroke	2:13.20	2:17.25
50 Butterfly	23.68	24.71
100 Butterfly	53.09	54.43
200 Butterfly	1:59.57	2:01.46
200 Ind.Medley	2:01.87	2:05.67
400 Ind Medley	4:20.17	4:27.55
4 x 100 Freestyle		3:22.13
4 x 200 Freestyle		7:24.52
4 x 100 Medley Team		3:42.74

Womens	Pre-Selection	Guaranteed Selection
50 Freestyle	25.92	26.42
100 Freestyle	55.58	56.81
200 Freestyle	2:01.19	2:02.97
400 Freestyle	4:12.56	4:19.08
800 Freestyle	8:43.96	8:54.24
50 Backstroke	29.11	29.74
100 Backstroke	1:02.81	1:03.86
200 Backstroke	2:13.19	2:17.04
50 Breaststroke	31.50	32.34
100 Breaststroke	1:09.08	1:11.15
200 Breaststroke	2:29.23	2:32.84
50 Butterfly	27.05	27.60
100 Butterfly	59.61	1:02.39
200 Butterfly	2:10.42	2:15.24
200 Ind.Medley	2:15.28	2:19.56
400 Ind Medley	4:47.69	4:55.08
4 x 100 Freestyle Team		3:45.48
4 x 200 Freestyle Team		8:11.84
4 x 100 Medley Team		4:13.96

## DIVING

The team will be selected in three stages:

## PRE-SELECTION:

Divers achieving a **PRE-SELECTION POINTS SCORE** in one of the following events in 2001 will be selected in December 2001.

- ◆ 2001 British Summer or Winter Nationals
- ◆ Any FINA Grand Prix in 2001
- ◆ Any competition attended as member of the Scottish National Squad in 2001
- ◆ 2001 World Student Games
- ◆ 2001 European Junior Championships
- ◆ 2001 World Championships

Please note there can only be one diver per event selected at the pre-selection stage.

Pre-selected divers will be required to prove their fitness by achieving the Minimum Consideration Points Score in an accredited competition between February 2002 and June 2002.

## GUARANTEED SELECTION:

Divers achieving a **GUARANTEED SELECTION POINTS SCORE** in the following selection competitions, will be selected in June 2002.

- ◆ 2002 British National Championships
- ◆ Any competition attended as a member of the Scottish National Squad in 2002
- ◆ 2002 European Junior Championships (provided they are held prior to 23 June 2002)
- ◆ Any FINA Grand Prix before 23<sup>rd</sup> June 2002

## MINIMUM CONSIDERATION SELECTION:

Divers achieving **MINIMUM CONSIDERATION SELECTION POINTS SCORE** in the following selection competition will be ranked in order with nominations made to the Commonwealth Games Council for Scotland to approve selection.

- ◆ 2002 British National Championships

## GENERAL NOTES

The maximum team size will be determined by the Commonwealth Games Council for Scotland.

The maximum number of divers selected for each event is three. Only the named selection meets will be used for selection.

The following scores are taken from the previous Commonwealth Games.

**Pre-Selection** is based on 3<sup>rd</sup> place at the last Commonwealth Games.

**Guaranteed Selection** is based on 5<sup>th</sup> place at the last Commonwealth Games.

**Minimum Consideration** is based on 6<sup>th</sup> place at the last Commonwealth Games.

Mens	Pre-Selection	Guaranteed Selection	Minimum Consideration
1 metre Springboard	369.10	329.85	315.66
3 metre Springboard	587.49	564.36	546.69
10 metre Platform	603.54	537.75	529.86

## Womens

1 metre Springboard	239.40	233.88	225.84
3 metre Springboard	480.57	465.99	445.92
10 metre Platform	443.46	432.27	419.58

## SWIMMING PROGRAMME

## DAY 5

## Tuesday 30th July

## Morning

101	Womens 200m F/S	H
102	Mens 50m BK	H
103	Womens 50m FLY	H
104	Mens 400m F/S	H
105	Womens 200m Ind Med	H
106	Mens 200m FLY	H
107	Womens 50m BR	H
108	Mens 4 X 100m F/S	H

## Evening

201	Womens 200m F/S	F
202	Mens 50m BK	SF
203	Womens 50m FLY	SF
204	Mens 400m F/S	F
205	Womens 200m Ind Med	F
206	Mens 200m FLY	F
207	Womens 50m BR	SF
208	Mens 4 X 100m F/S	F

## DAY 6

## Wednesday 31st July

## Morning

301	Mens 50m FLY	H
302	Womens 100m BK	H
303	Mens 100m BR	H
304	Womens 50m EAD	H
305	Womens 100m F/S	H
306	Mens 200m F/S	H

## Evening

401	Womens 50m FLY	F
402	Mens 50m BK	F
403	Womens 50m BR	F
404	Mens 50m FLY	SF
405	Womens 50m EAD	F
406	Mens 100m BR	SF
407	Womens 100 F/S	SF
408	Mens 200m F/S	F
409	Womens 100m BK	SF

## DAY 7

## Thursday 1st August

## Morning

501	Womens 800m F/S	H
501	Mens 100m F/S	H
503	Womens 100m FLY	H
504	Mens 200m BK	H
505	Womens 200m BR	H
506	Mens 50m EAD	H
507	Mens 4 X 200m F/S	H
508	Womens 4 X 200m F/S	H

## Evening

601	Mens 200m BK	F
602	Womens 100 F/S	F
603	Mens 100m F/S	SF
604	Womens 100m FLY	SF
605	Mens 50m EAD	F
606	Womens 200m BR	F
607	Mens 50m FLY	F

608	Womens 100m BK	F
609	Mens 100m BR	F
610	Womens 4 X 200m F/S	F
611	Mens 4 X 200m F/S	F

**DAY 8**

Friday 2nd August

**Morning**

701	Mens 50m BR	H
702	Womens 50m BK	H
703	Mens 100m FLY	H
704	Womens 100m BR	H
705	Womens 100m EAD	H
706	Mens 100m BK	H
707	Womens 50m F/S	H
708	Mens 400m Ind Med	H

**Evening**

801	Womens 100m FLY	F
802	Mens 50m BR	SF
803	Womens 50m BK	SF
804	Mens 100m F/S	F
805	Womens 100m BR	SF
806	Mens 100m BK	SF
807	Womens 50m F/S	SF
808	Mens 100m FLY	SF
809	Womens 100m EAD	F
810	Mens 400m Ind Med	F
811	Womens 800m F/S	F

**DAY 9**

Saturday 3rd August

**Morning**

901	Mens 50m F/S	H
902	Womens 200m BK	H
903	Mens 100m EAD	H
904	Mens 1500m F/S	H
905	Womens 400m F/S	H
906	Mens 200m Ind Med	H
907	Womens 4 X 100m F/S	H

**Evening**

1001	Mens 100m Fly	F
1002	Womens 50m F/S	F
1003	Mens 50m BR	F
1004	Womens 200m BK	F
1005	Mens 50m F/S	SF
1006	Womens 100m BR	F
1007	Mens 100m BK	F
1008	Womens 400m F/S	F
1009	Mens 100m EAD	F
1010	Womens 50m BK	F
1011	Mens 200m Ind Med	F
1012	Womens 4 X 100m F/S	F

**DAY 10**

Sunday 4th August

**Morning**

1101	Womens 200m FLY	H
1102	Mens 200m BR	H
1103	Womens 400m Ind Med	H
1104	Mens 4 X 100m Medley	H
1105	Womens 4 X 100m Medley	H

**Evening**

1201	Mens 50m F/S	F
1202	Womens 200m FLY	F
1203	Mens 200m BR	F
1204	Womens 400m Ind Med	F
1205	Mens 1500 F/S	F

1206	Womens 4 X 100m Medley	F
1207	Mens 4 X 100m Medley	F

**Closing Ceremony 8.00/8.30pm****SCOTS WILL NEED A PASSPORT TO MANCHESTER**

With less than 230 days to go until the competition gets underway at the 2002 Commonwealth Games, squad members of the Bank of Scotland Scottish Team are

being advised that they will need a valid passport despite the Games being just south of the border in Manchester.

Not strictly required for travel purposes, passports will however be used to validate all entries prior to athletes taking part in their competition.

Commenting Paul Bush, General Team Manager said: "While this seems a bit bizarre when competing within the UK, it is standard practice at all major Games that entries are checked against a standard form of identification.

"We are keen to ensure that the fact that the Games are in Manchester will not detract from the usual professional approach adopted when traveling overseas. We need to take advantage of competing virtually on home soil, however there is no room for complacency."

This is a busy period for athletes with many of them in and out of the country for warm weather training and in some cases competition. It is essential that they find time to update their passports if needed before the traditional summer holiday rush, and ensure that it is at the top of their packing list of kit and equipment for the Games.

**FUNDRAISING BEGINS FOR SCOTTISH COMMONWEALTH TEAM**

Friday 23 November marked the first of seven fundraising dinners in aid of the Bank of Scotland Scottish Team competing at the Commonwealth Games in Manchester

next summer. The Commonwealth Games Council for Scotland's Annual Sponsorship Awards Dinner was held at the Thistle Hotel in Glasgow.

The proceeds from these events will go towards preparing the Bank of Scotland Scottish Team for the Commonwealth Games, ensuring the athletes have the necessary kit, equipment and access to training facilities in the build-up to the Games. Taking in the region of 200 athletes, coaches, team managers and medical staff to such an event is an expensive venture costing around £450,000 to achieve.

Commenting, Louise Martin, Chairman, Commonwealth Games Council for Scotland said: "The fundraising dinners are a wonderful opportunity for everyone in Scotland to get behind the Bank of Scotland Scottish Team. Support from the general public is so important for the team, encouraging them to go to Manchester and perform to their maximum potential."

The Commonwealth Games is the largest multi-sport event in which Scotland competes as a nation in its own right, providing a unique platform for our country to perform. The funds rose by Scottish businesses and sporting and local communities are important contributions to the cause, ensuring that the team sent to the Games is the best prepared Scottish Team ever.

George Mitchell, Treasurer and Managing Director of Bank of

Scotland, said: "Bank of Scotland is proud to be supporting our athletes in their bid for success at the Commonwealth Games in Manchester next summer. We know how much this support means to the athletes, enabling them to make the best possible preparations for the competition, and I hope these dinners will help to raise more funds for Manchester 2002."

Other dinner dates for the diary included Perth on 30 November and Edinburgh welcoming in the New Year by hosting a Burn's Night Ceilidh on 25 January 2002. Inverness will host a fundraising event on 6 March 2002. Dates are soon to be announced for dinners in Dundee, Aberdeen and Stirling.

For further information and to buy your ticket for the dinner nearest you, please contact the Commonwealth Games Council for Scotland on 01786 466480 or [info@cgcs.org.uk](mailto:info@cgcs.org.uk)

**AWARD WINNERS**

The Association's Sponsor of the Year - RAF Careers CO1 Communications for Scottish Hockey

Event Sponsor of the Year - BP Grangemouth for Scottish Swimming

First Time Sponsor of the Year - Spectra Systems for Scottish Hockey  
 Small Business Sponsor of the Year - Dooley's Cycles for the Scottish Cyclists Union

**Notes**

The Commonwealth Games Council for Scotland (CGCS) is responsible for selecting and preparing the team representing Scotland at the Games and is financed through sponsorship and fundraising activities, and grant support from sportscotland. The total cost of preparing and taking a team to represent Scotland at the Commonwealth Games in 2002 is around £450,000.

The 2002 Commonwealth Games will take place in Manchester 25 July - 4 August.

Scotland hope to be taking part in 16 of the 17 sports in Manchester: Aquatics; Athletics; Badminton; Bowls; Boxing; Cycling; Gymnastics; Hockey; Judo; Rugby 7s; Shooting; Squash; Table Tennis; Triathlon; Weightlifting; and Wrestling.

In December 2000 Bank of Scotland announced its second time sponsorship of the Bank of Scotland Scottish Team for the Commonwealth Games. The Bank's sponsorship specifically funds coaching and preparation

for the team to help improve our athletes' medal chances.

Bank of Scotland is the largest commercial sponsor of youth sport in Scotland and this year over 12,000 young people will take part in youth development projects supported by Bank of Scotland.

Bank of Scotland recently merged with Halifax plc to create HBOS plc. With 25million customers, 60,000 staff, 3.1m shareholders, 1,100 branches and 3,600 ATMs HBOS is the new force in banking - to find out more visit [www.hbosplc.com](http://www.hbosplc.com)

Scottish Swimming attend the first Scottish Sport, Health & Fitness Show

Scottish Swimming was pleased to have the opportunity to participate in the first ever Scottish Sport, Health & Fitness show held at the Scottish Exhibition & Conference Centre in Glasgow.

This show was designed to bring all the mainstream, alternative and specialist sport, health and fitness activities available in Scotland together. Scottish Swimming, as the governing body, saw the opportunity to emphasise to the general public its commitment to swimming in Scotland.

An important message that we feel we were able to convey at the show was that swimming is a great sport for all ages and that it is never too late to learn!

**MANCHESTER 2002**

**BANK OF SCOTLAND**  
**Scottish Team**  
**COMMONWEALTH GAMES 2002**


**SHARE OUR DREAM**  
**SUPPORT THE TEAM**

**Aquatics**

Manchester Aquatics Centre  
 Thursday 25 July - Sunday 4 August

[WWW.CGCS.ORG.UK](http://WWW.CGCS.ORG.UK)

## NEW COACH AT THE "HEART" OF EDINBURGH SWIMMING

Heart of Midlothian Amateur Swimming Club are pleased to announce they have successfully secured the services of one of swimming's top young coaches in Scotland. Club President **Liz Dalgleish** said, "We are delighted to welcome **Phil Potter** to the club, Phil has a youthful hunger and passion for success, and is determined to maintain Hearts as Edinburgh's only truly Premier Club and keep Hearts at the forefront of Scottish swimming, as Head Coach he will have the responsibility of overseeing our complete coaching programme and the future club development."

Phil is a Former England Junior and Youth Internationalist on 1500m Front Crawl. He gained a variety of swimming honours while swimming with GB Olympic Coach Paddy Garratt at York City Baths Club.

Phil turned to coaching upon retirement in 1999, following graduating from the University of Leeds with a BA Honours Degree in Physical Ed, specialising mostly in sports science and coaching studies.

For the past 2 years Phil has held the position of assistant coach and has had numerous successes at District level, including various East District Record Breakers.

If you wish any further information on Hearts Swimming Club please contact **Jo Maguire** on 0131 551 5458 or **Liz Dalgleish** 0131 539 3171 and they will be pleased to forward on to you the relevant information.

## InCas Swim Club NEWS Livingston Aquanauts Mini Graded meet

Seven young swimmers from the InCas swimming club came home from the Livingston Aquanauts Mini Graded meet held on Saturday 20th October in Whitburn with Gold and Silver six finalists and a hatful of personal best times.

Star of the meet was 8yr old **Iain Condie** with Gold in the 50m B/C Silver in the 25m Butterfly and a 5th in the 50m Breaststroke

and 3 life time bests. Team mate 9yr old **Mairi Morrison** reaching all four finals with 3 life time bests also **Amanda Woodhouse** reaching the 50m Fly final with 4 life time bests and **Jennifer Davis** reaching the 50m F/C final with 2 life time bests.

The boys 12yrs age group saw **Jack Harris** win 2 bronzes in the 50m B/C and F/C both PB's. Whilst the girls 11yrs group saw **Emma Stewart** reach 3 finals winning a bronze in the 50m Breaststroke with team mate **Nicola Brown** reaching 3 finals from 3 swims with 3 PB's.

Other finalists were **Amy Waterson, Robert Russell, Gavin Fairgrieve, Iain McBride, Emma Woodhouse and Lewis Crombie.**

### STAR PERFORMANCE

With 39 swimmers competing 34 all achieved at least one life time best but the "star" of the day young 8yr old **Claire Brown** who knocked off an immense 15 seconds from her 50m Breaststroke from 1.08 down to 53 seconds, Not bad for an 8yr old.

Other swimmers to achieve life time bests were **Samantha Ferguson, Amanda Woodhouse and Jennifer Davis.**

Altogether one gold, 3 silvers 9 finalists and 25 life time bests for this young and progressive club.

## InCas Sprint meet

Saturday 10<sup>th</sup> November

The annual InCas Sprint meet took place on Saturday 10<sup>th</sup> November at the Carnegie Leisure centre Dunfermline with some excellent swimming. The home team showed a massive improvement with two golds 2 silvers 8 bronzes 34 finalists and a superb 68 life time bests.

In the girls 15+ age group **Carolyn Bathgate** won gold in the 50m B/C in a life time best also winning silver in the 50m Fly and bronze in the 50m Breaststroke also a life time best.

The boys 15+ age group **Owen Taylor** won gold in the 50m B/C and a silver in the 50m F/C also reaching both other two finals. Teammate **Iain Davidson** won a bronze in the 50m Breaststroke.

In the girls 13/14yrs age group **Faye Brydie** had a good day with three swims 3 finals and 3 lifetime bests winning a bronze in the 50m F/C.

The girls 10/u age group a couple of very good prospects with **Rachel Alexander** winning two bronzes in the 50m B/C and 50m Fly also reaching the 50m F/C final

and 3 life time bests. Team mate 9yr old **Mairi Morrison** reaching all four finals with 3 life time bests also **Amanda Woodhouse** reaching the 50m Fly final with 4 life time bests and **Jennifer Davis** reaching the 50m F/C final with 2 life time bests.

The boys 12yrs age group saw **Jack Harris** win 2 bronzes in the 50m B/C and F/C both PB's.

Whilst the girls 11yrs group saw **Emma Stewart** reach 3 finals winning a bronze in the 50m Breaststroke with team mate **Nicola Brown** reaching 3 finals from 3 swims with 3 PB's.

Other finalists were **Amy Waterson, Robert Russell, Gavin Fairgrieve, Iain McBride, Emma Woodhouse and Lewis Crombie.**

### STAR PERFORMANCE

With 39 swimmers competing 34 all achieved at least one life time best but the "star" of the day young 8yr old **Claire Brown** who knocked off an immense 15 seconds from her 50m Breaststroke from 1.08 down to 53 seconds, Not bad for an 8yr old.

## INCAS' MASTER

Masters Swimmer **Janet McLean** now swimming for the InCas swimming club had an excellent weekend at the International Masters meet held at the Scotstoun pool in Glasgow Sat/Sun 10th and 11th November. Janet returned home with two golds in the 400m F/C in 4.50.84 and 400m IM in 5.31.25 with a silver in the 200m F/C in 2.17.42 a life time best also two bronzes in the 100m F/C and Fly.

### FIFE CHAMPIONSHIPS

Janet also competed in the Fife Champs at Glenrothes on Sunday 18th November winning a bronze in the 200m IM in a superb life time best time of 2:33.31 just behind teammate **Lucy Warren** who won the silver also a life time best of 2:32.48 with **Alison Bathgate** in 4th also a life time best of 2:34.01. all in the 15yrs + age group.

In the girls 13/14yrs **Emma Woodhouse** had a superb swim in the final winning a bronze knocking 7 seconds from her previous best time in 2:46.21. In the mens 15+ age group **Owen Taylor** won a bronze in the 400m IM. A superb 28 PB's were recorded from 33 swims not a bad nights swimming.

*Garrie Roberts*  
Head Coach

## WARRENDER BATHS CLUB NEWS

### New Website!

Warrender Baths Club has relaunched its website. Point your internet browser at [www.swimwarrender.com](http://www.swimwarrender.com) to check it out. The original website was launched in early 1997 enabling Warrender to become the first ever Scottish swimming club and organisation to have a web presence. The site has now been redesigned to bring it more in line with website technology of the 21st century.

### New Assistant Coach!

Former East District Squad swimmer Gordon Glasgow has been announced as the new Warrender Assistant Coach. Gordon recently took over duties as 'Gold' Squad head coach following the departure of Phil Potter to city colleagues Hearts. Gordon brings with him a wealth of experience in the sport from his time as a competitor at Livingston and Hearts. A BSc Sports Science graduate from the University of Edinburgh, Gordon gained his first coaching experience with Hearts as a squad coach and is already enjoying his new position, "I am working with a great group of kids here at Warrender and I will be looking to build upon the excellent job Phil Potter carried out before me" he commented.

### ASA National Age Group Championships 29 July - 3 August 2001

#### Ponds Forge, Sheffield (50m)

Warrender swimmers concluded an already excellent season with some stunning performances at the ASA National Age Group Championships in Sheffield, the premier age group swim meet in Britain. The seven strong team notched up 21 personal best long course times from 33 swims including a highly impressive medal total of 1 Gold, 4 Silver and 1 Bronze as well as 6 other top eight placings.

**Jamie Griffiths** produced the best result of the group to claim a fantastic victory in the Boys 13 years 200 Breaststroke. Jamie's time of 2:38.16 was just outside his personal best from the earlier Scottish Championships but was still over one second clear of the field. The win represented an excellent step up in class for Jamie who placed 6<sup>th</sup> in the 100 Breaststroke at the 2000 ASA National Age Groups and gained him selection to the Great Britain World Class Potential Age Group Squad for the 2001/2002 season. Jamie followed up his 200 victory by taking 5<sup>th</sup> place in the 100 metre distance with a time of 1:15.17 and then recorded a personal best and East

District record of 35.29 for 14<sup>th</sup> in the 50 sprint.

Facing a schedule of 12 events over the 5 days of competition, the meet was always going to be tough for all-rounder **Lewis Smith**. However, he responded brilliantly by producing a series of high quality swims that gained him 4 medals and 4 other top eight finishing positions. Lewis started the week with the 400 I.M., his favourite event, and found himself in the outside lane of the last heat with everybody else from his 13 years age group already swimming down after completing their swims. A solid performance of 5:04.41 was just outside his personal best but good enough to win the silver medal, Lewis's first medal at an ASA competition. In the 200 I.M. Lewis reduced his lifetime best by over 2 seconds to take his second silver medal with an excellent East District record of 2:22.09 behind Martin Handley of Burnley. A third silver and a second East District record came when Lewis produced an amazing swim of 2:21.71 in the 200 Butterfly to knock 4 seconds off his previous best and find himself just 6/10ths behind Daniel Burrows of Stockport, the same swimmer who had won the 400 I.M. Lewis's fourth medal of the week came in the 100 Butterfly where he took the bronze with yet another East District record of 1:04.74 to beat his cousin Simon Capaldi's time of 1:04.96 set way back in 1988. In addition to these medal winning performances, Lewis swam extremely well to set further best times and take 4<sup>th</sup> place behind Jamie's win in the 200 Breaststroke (2:41.09), finish 5<sup>th</sup> in the 1500 Freestyle (18:00.90), place 6<sup>th</sup> in the 200 Backstroke (2:24.97) and take 8<sup>th</sup> in the 400 Freestyle (4:33.67). The above series of results were good enough to place Lewis 6<sup>th</sup> overall in the British Age Group Category award for the top boy in the 13 years age group.

Warrender's strength in the boys 13 year section was further exemplified by **Chris Smith**. Like Lewis and Jamie, Chris contested the 2000 ASA National Age Groups without troubling the medal presentations.

However, again like his colleagues, 2001 proved a different story with Chris swimming an excellent race in the 50 Butterfly to take silver in 29.40, a new East District record for the age group and just 3/100ths behind the gold medal position. Chris was also delighted with a personal best time of 1:05.40 to take 5<sup>th</sup> in the 100 Butterfly.

Competing in her first ASA National Age Groups, **Alison Grant** showed little sign of being overawed by the experience as she notched up a series of good performances. A personal best and new East District record of 28.99 placed Alison 9<sup>th</sup> in her best event, the Girls 13 years 50 Freestyle. A time of 1:03.14 in the 100 Freestyle was just 1/10<sup>th</sup> outside her best and placed her 16<sup>th</sup> while in the 200 metre distance, Alison swam an excellently paced race to set a lifetime best of 2:16.24 and finish 14<sup>th</sup> overall.

Three other National Age Group debutants were also in great form at this high class meet. **Kyle Goodfellow** showed a welcome return to form to place 12<sup>th</sup> in his best event, the Boys 14 years 200 Breaststroke with a lifetime best of 2:40.91 to qualify him for the East District Squad. **Graham Scobie** had



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three swims over the course of the meet and set three new personal best times. Competing in the Boys 12 years age group, his performances of 38.53 in the 50 Breaststroke, 35.23 in the 50 Backstroke and 2:39.89 in the 200 Backstroke were all indicative of his hard work and commitment in training over recent months. Fellow Gold Squad member **Ewan Chalmers** also contested the Boys 12 years 50 Backstroke and recorded a fantastic time of 35.40 to knock over 1 second off his previous short course best.

As pointed out previously, the set of performances produced at this meet by the Warrender contingent put the gloss on what had already been an incredible season for not only these swimmers, but also the club as a whole. Medal winners and finalists at the East District and Scottish Championships are too numerous to list, not to mention all the other meets the club has attended. The club has certainly gone from strength to strength throughout the 2000/2001 season and on a number of occasions have exceeded expectations.

Although the swimmers are the ones who have put in the work in the pool to achieve these results, great credit must be given to all the coaches in the club who, through their own endless dedication and hard work, have planned for and guided these successes.

### Stockport Metro Designated Age Group Meet

Grand Central Pool, Stockport (50m) ~ 23-25 November 2001

A six strong team of some of Warrender's most successful and talented swimmers travelled south for the prestigious Stockport Metro Age Group Meet. Stockport Metro are one of Britain's leading clubs and their annual meet always attracts a very high standard of competition to the very impressive Grand Central Pool facility in the heart of the town. This year's meet proved to be of exceptionally high standard as it was the first year the event had been held long course - leading to a 40% rejection rate from the entries received.

With the help of **Morag Stewart** (Katelyn from Gold Squad's mum) as Team Manager and Chaperone for the weekend the team made the 250 mile trip to Stockport by car on Friday afternoon and were soon tucking into a hearty evening meal in the restaurant of the Premier Lodge Hotel that was providing our excellent accommodation.

Although a few events were conducted on the Friday evening, the meet got under way in full on Saturday with swimmers getting straight into a hectic schedule of

events. The following 48 hours saw Warrender members contest 41 races, setting 23 new personal best long course times and make a big impact on the meet by collecting 3 silver and 4 bronze medals plus 8 other top eight place finishes and 1 top boy award.

**Taylor Smith** was the club's leading medal winner, collecting three in the Boys 17/18 age group. A brace of silvers was his return from the two 50m sprint events he contested following a 32.56 and 26.05 for breaststroke and freestyle respectively. He backed this up by taking bronze in the 100 Breaststroke in 1:10.79 and fourth place in the longer 200m distance.

Never one to shy away from a hard series of racing, Taylor's younger brother **Lewis** proved himself to be the star 13 year old boy of the meet with an excellent set of results across 8 different events. Competing in the Boys 13/14 years section, a pair of bronze medals were his reward for solid performances in the 200 Butterfly (2:23.07) and 400 I.M. (4:58.59), this latter performance being a new Boys 13 years East District record and the fastest time in Britain this year by a 13 year old. A further East District record came Lewis's way in the 400 Freestyle with his time of 4:31.00 (7<sup>th</sup>) to beat former Warrender swimmer Paul Latimer's 1989 mark by over one second. Lewis continued his good run with further placed swims in the 200 Breaststroke (6<sup>th</sup>), 100 Butterfly (6<sup>th</sup>) and 200 I.M. (7<sup>th</sup>). The home club run a unique 'Skins Challenge' for the top eight finishers in the 200 I.M. and thus Lewis qualified for this. The event consists of a series of 50's on randomly drawn strokes with the slowest finisher from each 50 being eliminated until only two remain. An increasing money prize is given to each swimmer as they become eliminated but unfortunately for Lewis, the first stroke drawn was freestyle, his worst, and he was knocked out in the first round. However, any disappointment from this was soon made up by his announcement as Top 13 years Boy of the Meet. This award was made by totalling up British Age Group Category points from a series of five different categorised swims (sprint, 100, form 200, I.M. and distance free). Each swim receives a score (usually between 0-1000) according to how fast the performance is in a published set of tables. A credit to his outstanding all round ability, Lewis's total points score was higher than anyone else from his age group and he deservedly collected his award at the end of the meet.

Fast improving **Kyle Goodfellow** had a great meet with two medals and some stunning personal best times. Kyle, an East District

Squad member, made a big breakthrough on breaststroke, his favoured discipline. Having recorded a personal best of 1:14.80 when winning the Edinburgh Schools the night before Stockport, Kyle reduced this to 1:13.90 to qualify fastest for the final of the Boys 13/14 years 100 Breaststroke event. However, he did not stop there and proceeded to reduce this further to an excellent 1:12.75 in the final and despite just being touched out for the gold, he was not at all disappointed by his silver medal result. Kyle followed this up with a significant reduction in his previous best to take the bronze medal in the 200 Breaststroke with a time of 2:37.96, a drop of almost three seconds. Both these times elevated Kyle to a top ten British ranking position for his 14 year age group.

**Chris Smith** and **Malcolm Kerr** wear also on the PB trail in Stockport with a number of first class swims. Chris reduced his own 13 years 50 Butterfly long course East District record to 29.25 when finishing 6<sup>th</sup> in the Boys 13/14 years section before snatching Lewis's East District record in the 100 Butterfly with an excellent 1:04.40 that placed him 4<sup>th</sup>. Although not amongst the top eight finishers, Malcolm was in great form throughout his 'birthday' weekend setting new personal best times in the 50 Butterfly, 100 Butterfly and 50 Freestyle.

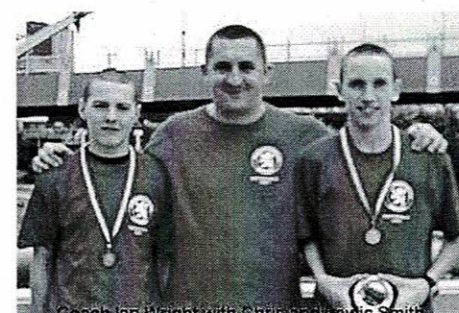
**Katelyn Stewart** was the sixth member of the Warrender team and performed outstandingly well in her first experience of this standard of competition. Still only 10 years old Katelyn had already succeeded where many others failed just by qualifying for the meet in a 10-12 years age group that included many of Britain's best. Competing in the 50 and 200 Breaststroke events Katelyn showed little sign of nerves as she stormed to personal best swims of 42.27 and 3:16.36 respectively. Although not quite able to break into the top eight places, Katelyn did take on, and beat, a number of girls both older and taller than herself to clearly demonstrate great potential for the future.

Congratulations to all the swimmers who attended this meet and a big thank you to Morag for her fantastic support and help during her first experience of the team manager / chaperone role!

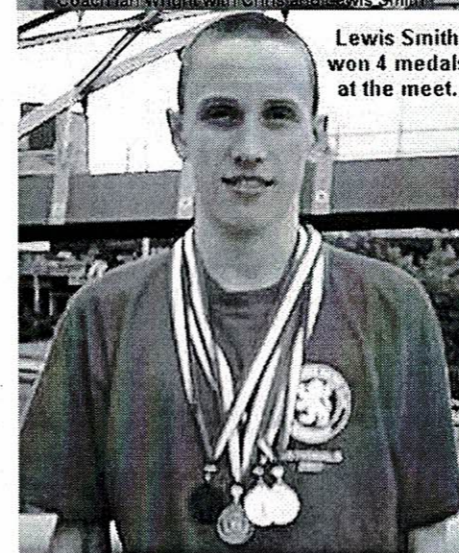
**Ian Wright** - Chief Coach



Alison Grant was in great form in the Girls 13 years freestyle events.

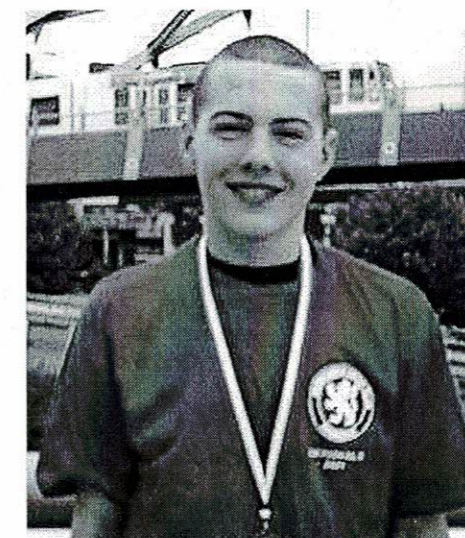


Coach Ian Wright with Chris and Malcolm Kerr.



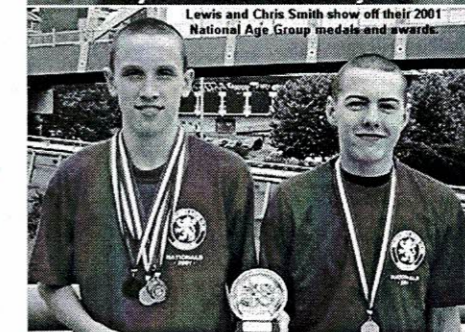
Lewis Smith won 4 medals at the meet.

### WARRENDER BATHS CLUB AT THE ASA AGE GROUP CHAMPIONSHIPS

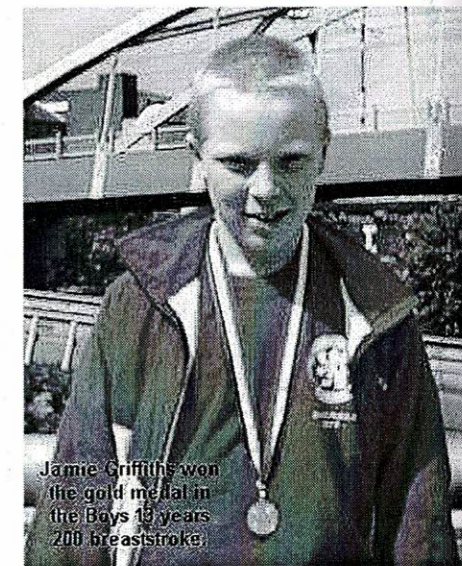
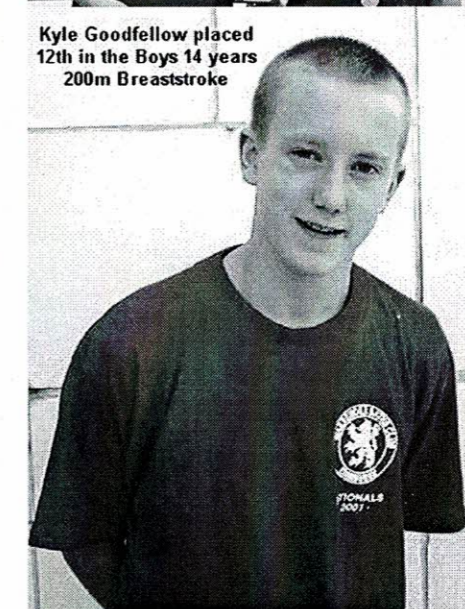


Chris Smith was delighted with his silver medal in the Boys 13 years 50m Butterfly.

Lewis and Chris Smith show off their 2001 National Age Group medals and awards.



Kyle Goodfellow placed 12th in the Boys 14 years 200m Breaststroke



Jamie Griffiths won the gold medal in the Boys 13 years 200 Breaststroke.

### BUCKIE MINI MEET 10 NOVEMBER 2001

A total of 15 clubs attended and many swims had to be rejected in order to meet the licensing and accreditation rules. A successful day was held by all with many PB's achieved. The following are the results of the Trophy winners:-

AGE GROUP	SWIMMER
8 years	Paul Campbell PD Rachel Wood BN
9 years	Rolf Boef C.O. Janis McDonald IS
10 years	Ranald Cartwright TO Simone Prentice C.O.
11 years	Paul Boef C.O. Kerry Walker BK

**JOE JAPPY TROPHIES**  
Best Local 10 year old Girl  
**Amy Leslie BK**  
Best Local 10 year old Boy  
**Lewis Forsyth BK**

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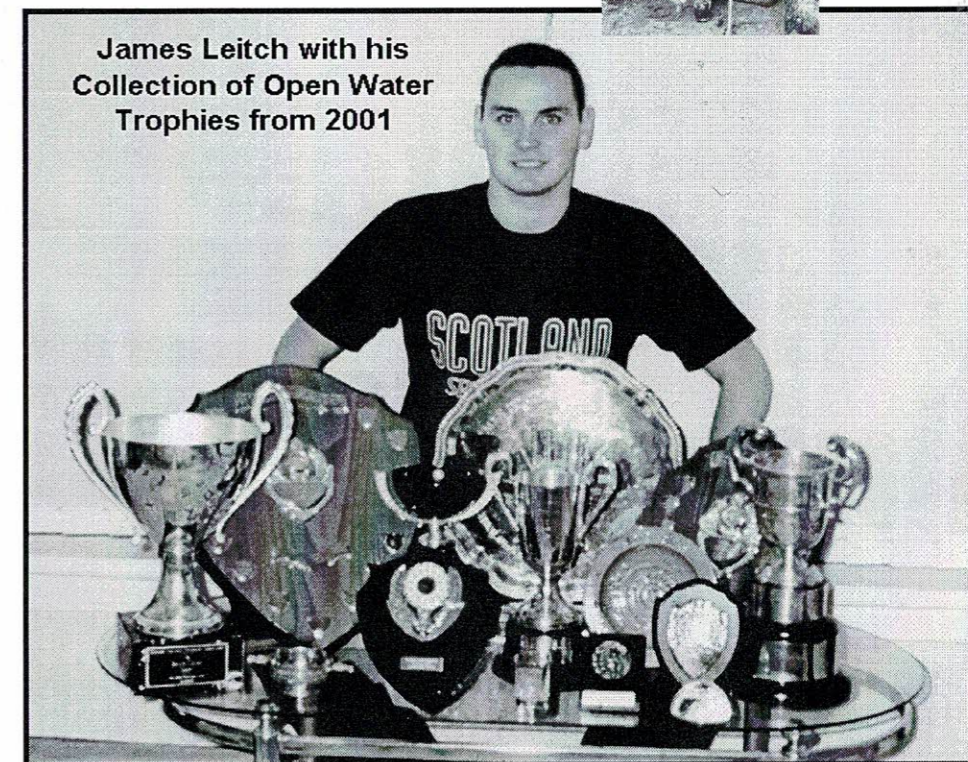
## James Leitch's Open Water Season

James Leitch from REN 96 has had an excellent open water season in 2001. A year which saw him firmly established as Scotland's top swimmer out of the pool. His progress has been rapid – this was only James's second year in open water after having competed in only three events in 2000. So how did this come about and what attracted him to compete in what most swimmers regard as a harsh environment.

James has been a pool swimmer for most of his life and achieved success at junior level where he won a multitude of medals in Scottish Age Group Championships. In 1999 He started competing in triathlons where he quickly established a reputation for himself as always being the leader after the swimming phase. But it was not until 2000 that he considered adding open water to his repertoire. James attributes this to a fateful meeting in May of that year when he found himself in the same lane at a Masters training course in Tollcross with Brian Bain the then Scottish Open Water champion. Brian used the breaks between swims to persuade him to try a few events that year. "He didn't need much persuading" relates Brian, "We'd got to the inevitable point in the conversation when the question "Can you wear a wet-suit" came up. This is normally the point where most swimmer's interest fades a little. Triathletes in particular appear convinced that a wet-suit is the only thing keeping them alive during a swim! James's reaction was different, he responded "Oh good – I have more of an advantage without a wet-suit".

James's first event was the Scottish Championships 3¼ mile event at Loch Lubnaig. where he broke clear of the field at the halfway point to win his first championship. He subsequently went on to win the Midland District Championship at Loch Tummel and gain selection to swim for Scotland in the FINA London Marathon over 10km. Here he finished a creditable 6<sup>th</sup> and fastest of the British competitors. This was to prove the inspiration to train towards a full open water season in 2001.

James's programme for the season was a full one and involved 8 consecutive weekends where he had at least one swim. In athletic terms this is equivalent to running a marathon or half marathon every weekend for two months. It was to include competing in the Scottish and A.S.A. championships and participation in the



James Leitch with his Collection of Open Water Trophies from 2001

Great Britain Open Water Grand Prix. First event was the A.S.A. 5km championship where he swam with the leading pack for the whole race only to miss out on the sprint finish to gain 4<sup>th</sup> place but only 3 seconds behind the winner. The experience was invaluable and in the remainder of the season he broke away from the pack before the finish was in sight.

Excellent victories in Scarborough and Loch Lubnaig were followed by his selection to represent Britain in a 10km international event in France. This made him the first Scot to gain British selection in open water for many years. A finish in the top half of the field was an excellent start and led to further representative honours later in the year.

The following Saturday was an altogether cooler affair as he made his first attempt at the 9½ miles of Loch Rannoch. This was the longest and coldest swim to date but his response was to break the course record in far from ideal conditions.

Perhaps his best performance of the season was his performance for Scotland in this year's FINA London Marathon. Here he stayed with the leading pack of world class swimmers for more than 8 of the 10 kilometres of the race. His fourth place, for which he collected \$400 in prize money established him as a force to be reckoned with in longer races.

On the same day he competed in the final

leg of the British Open Water Swimming Grand Prix and collected a further £250 after finishing joint first on points.

The final event of the season saw him take on harsh conditions in the sea off Scarborough while representing Britain in the final event of the LEN Open Water Swimming Cup. The conditions proved too much for many of the seasoned internationals but James battled through to take 7<sup>th</sup> place.

## SO WHAT FOR THE FUTURE?

James's main aim for the 2002 season is to step up a distance and quality to represent Britain in the European Open Water Championships at 25km. To put that into perspective it's the equivalent of more than sixteen 1500 metre swims back to back or the swimming equivalent of 2½ running marathons. In order to succeed at this distance his training has been increased further as he prepares himself for the rigorous of racing for more than 5½ hours.

## James Leitch's Competition Programme for the 2001 Season

- 15<sup>th</sup> June : ASFGB. 5km championships (4<sup>th</sup> in close finish (3 seconds behind winner))
- A.S.A. Masters Championships – Winner of Men's 25-29 years category
- 14<sup>th</sup> July : A.S.A. North-East Counties

# 14 OPEN WATER

## NATIONAL CONVENOR DOUG MILNE



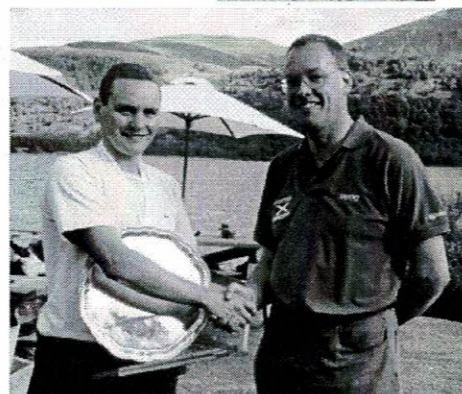
- Championships\* – Scarborough (Lake) – 4 km – 1<sup>st</sup>
- 15<sup>th</sup> July : A.S.A. North-East Counties Championships\* – Scarborough (Sea) – 3.5 km - 1<sup>st</sup>
- 21<sup>st</sup> July : Scottish Championships – Loch Lubnaig\* - 3 ¾ miles – 1<sup>st</sup> overall
- 29<sup>th</sup> July : LEN Cup (10km) representing Great Britain – 21<sup>st</sup> in international field of 43.
- 4<sup>th</sup> August : Scottish Championships – Loch Rannoch - 9 ½ miles – 1<sup>st</sup> – new course record
- 11<sup>th</sup> August :A.S.A. North Counties Championships\* – Salford docks – 1<sup>st</sup>
- 18<sup>th</sup> August :S.A.S.A. North District Championships – Loch Morlich – 4miles – 1<sup>st</sup>
- 25<sup>th</sup> August :FINA London Marathon – Representing Scotland - 10km – 4<sup>th</sup> in international field – less than 2 minutes behind winner
- 25<sup>th</sup> August :A.S.A. Southern Counties Championships\* – Royal Albert Dock – 4.5 km – 2<sup>nd</sup>

(swum 2 hours after finish of 10km race)  
1<sup>st</sup> September :LEN Open Water Cup Super Final – Scarborough (Sea) – representing Great Britain – approx. 9km. – 7<sup>th</sup> in field of 18 – fastest British swimmer.

Events marked \* were part of the Great Britain Open Water Swimming Grand Prix.



James after his FINA London Marathon swim



James with Sandy at Loch Rannoch



James with Mr Brown (DNU) at Lubnaig

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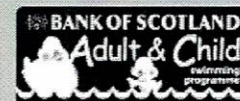
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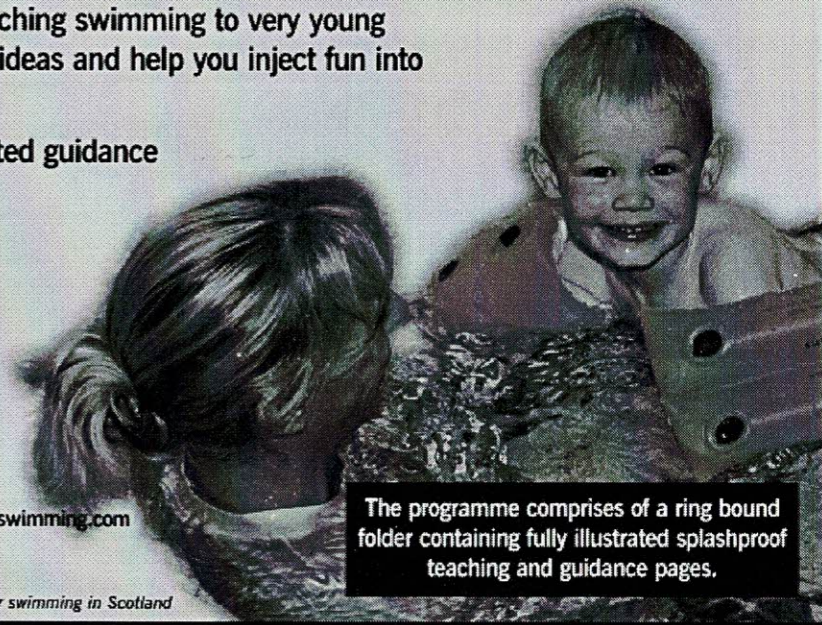
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## THE ISLAY SWIM MEET - 6<sup>th</sup> OCTOBER 2001

The Islay Masters Swim Club has, since the death of its mentor John Buller, continued to develop and fulfil his hopes and aspirations by providing a focal point on the Island for adults through exercise to uphold the Masters motto of "Fitness, Fun and Friendship". As part of their development programme the Club invited the Masters National Convener Donald Muirhead to visit the Island approximately every three months and organise coaching sessions linked to discussion groups relating to technical skills and future developments. The outcome being that in order to encourage and allow the embryonic swimmers to compete an invitational swim meet was introduced to the Masters Calendar. This competition consisted of a series of handicapped races based on neither age or gender but ability. Initially invitations were forwarded to three individual Clubs who unfortunately at the last moment were not in a position to attend. In order to ensure that the competition continued the National Convener, on behalf of the Islay Club, invited individuals to participate and swim under the umbrella of "Rest of Scotland".

The weekend fulfilled everyone's expectations not only from an organisational point of view but also in creating the opportunity for the Islay Swimmers to meet members of the Scottish Masters fraternity and being able to compete on an equal basis and last but not least allow the mainland swimmers to enjoy the well known friendship and hospitality of the Islanders. (Their whisky is second to none and there seems so much of it).

Within the competition the two teams were well balanced with points being more important than times.

Regarding the final result (details shown below) Donald in his capacity as Chief Judge, Umpire, Handicapper and Starter swears blind that he had no influence on the final points outcome.

With all good things having to come to end it was unfortunate that all the visitors who had danced the Saturday night away had to bid farewell on Sunday to their fellow Masters Swimmers on the Island and return home.

On the ferry journey to the mainland the picture of the Masters Swimmers stretched out and sleeping can only have one conclusion that is no matter how high their cardiovascular levels are their social fitness is sadly lacking. Maybe training for this type of fitness should be incorporated into next years National Training Programme !!!

The general opinion of all those who took part was that next year's event could not come quick enough.

On behalf of all the Swimmers and guest Officials who took part the Convener would like to thank the Islay Club for their hospitality and for organising the first such competition in Scotland.

### SCOTTISH NATIONAL SHORT COURSE MASTERS CHAMPIONSHIP 2001 1500m FREESTYLE Tollcross Leisure Centre, Glasgow 24th November 2001

Age Group	Sex	Name	Club	Est. Time	Act. Time	Place	Record
A 25-29	F	Janet Mclean	Incas	19.00.00	18.54.81	1st	SR
B 30-34	F	Carrisa Farrell	Aer Lingus	19.50.01	00.00.00	DNS	
	F	Marion Gallon	Inverclyde Masters	22.13.00	21.40.64	1st	
	F	Jannette Henderson	Glasgow Nomads	25.00.00	23.54.39	2nd	
	F	Heather Allan	City of Glasgow	30.00.00	28.59.79	3rd	
C 35-39	F	Gillian Innes	Silver City Blues	19.51.00	19.49.31	1st	SR
D 40-44	F	Andrea Gellan	Camegie	24.00.00	23.04.07	1st	
	F	Tricia Hughes	East Kilbride	24.12.00	23.38.20	2nd	
	F	Barbara Thomson	Glasgow Western	27.00.00	25.36.35	3rd	

E 45-49	F	Audrey Cooper	Silver City Blues	22.45.00	21.30.24	1st	SR
	F	Linda McNeil	Glasgow Western	28.50.00	27.51.26	2nd	
F 50-54	F	Pat Jackson	Wigan Wasps	25.00.00	23.50.18	1st	DNQ
	F	Day Campbell	REN 96	27.42.57	26.36.58	2nd	SR
	F	Arline Morrison	Glasgow Western	27.10.00	27.52.24	3rd	
	F	Evelyn Tivendale	Silver City Blues	27.06.00	00.00.00	DNS	
H 60-64	F	Catherine Allan	City of Glasgow	32.00.00	30.11.78	1st	SR
J 65-69	F	Pat Tait	Inverclyde Masters	34.00.00	34.47.55	1st	
K 70-74	F	Janet Stobie	Motherwell Masters	39.32.58	37.41.14	1st	
	M	Kevin Clark	East Kilbride	18.30.00	18.12.56	1st	SR
A 25-29	M	Douglas McLean	Glasgow Nomads	18.30.00	18.44.42	2nd	
	M	Keith Dunnett	Silver City Blues	18.58.11	18.47.92	1st	
B 30-34	M	Alan Mears	Inverclyde Masters	21.15.00	21.44.34	2nd	
	M	David Irvin	REN 96	24.00.00	23.10.67	3rd	
	M	Stuart Black	Alloa	20.30.00	20.27.40	1st	
C 35-39	M	Graeme Beacham	REN 96	24.00.00	23.05.00	2nd	
	M	Tony Gallagher	REN 96	24.00.00	24.47.18	3rd	
	M	David Murray	Glasgow Western	24.00.00	25.15.19	4th	
	M	Alistair Black	Inverclyde Masters	27.30.00	26.39.57	5th	
	M	Campbell Cromar	Inverclyde Masters	20.24.00	00.00.00	DNS	
D 40-44	M	Brian Bain	Silver City Blues	19.30.00	19.37.33	1st	
	M	Rick Wells	Easter Ross	23.00.00	21.58.25	2nd	
	M	Douglas Rodger	East Kilbride	22.00.00	22.41.61	3rd	
	M	Andrew Paterson	Motherwell Masters	26.00.00	24.25.96	4th	
	M	Neil Cooper	Bangor	21.00.00	00.00.00	DNS	
E 45-49	M	Keith Oliver	Shetland	22.45.00	00.00.00	DNS	
	M	Les Sim	Glasgow Nomads	29.10.00	00.00.00	DNS	
F 50-54	M	Ian Milne	Silver City Blues	21.00.00	19.47.61	1st	
	M	Robert Wilmont	City of Glasgow	26.30.00	25.24.41	2nd	
	M	Robert Telford	Glasgow Western	28.00.00	26.40.43	3rd	
G 55-59	M	Sandy Galletly	Warrender	19.15.60	19.10.61	1st	
	M	Sandy Hunter	Alloa	27.00.00	26.47.52	2nd	
H 60-64	M	Bruce Cook	Badaguish	26.00.00	25.32.57	1st	
X 19-24	M	Jon Burton	Stirling	18.39.24	18.29.41	1st	
	M	Gary Smith	Lerwick	20.11.97	00.00.00	DNS	

## MASTERS BUSINESS PLAN 2002 - 2006

Presented by Donald Muirhead, National Convener, Scottish Masters.

Detailed below for your information and guidance are the objectives for Scottish Masters.

### 1.0 Present

§ Consolidate present base and maintain both impetus and quality control over the defined areas i.e.

- Communication - Calendar
- Web Site
- Swim 2000
- Correspondence

§ Integration of Scottish Swim Meets to provide quality competitions in terms of resources, accreditation and



presentation. (Incorporating de-centralised Championship events).

§ Develop and expand Inter-Club competitions.

**National Short Course Championships.**  
(Reduce operational financial deficit).

Maintain Scottish Masters National Records both Long and Short Course.

New Events recently introduced i.e. 1500m / 5000m / Decathlon.

National Training Plan - Continue the development towards co-ordinated National/District Training Camps. (Requires appointment of District Masters Coaches).

2.0 Development.

§ To evolve in conjunction with the SASA and appropriate Local Authority staff a National co-ordinated swimming programme for adults aimed at specific areas i.e.

- Learn to Swim, Improvers,
- Advanced swimming,
- Swimming for fitness and Competitors.

Main objective is to encourage adult participation and utilise swimming as a means of achieving all round fitness. Hopefully arising out of such a programme there would be an increase in not only adult membership of the Association but also participants in Masters events. (Required a related Adult Road Show to tour the Districts).

§ Encourage existing Masters Clubs to promote a membership drive. Incentives required.

§ Complete a review of existing Masters Calendar of Events to ensure it reflects total commitment to a two peak training season i.e. Long and Short Course. Review to give consideration towards the holding of both Long and Short Course Championships.

§ In conjunction with Edinburgh University provide a Sports Science support to both the development and understanding of Masters training and also to those individuals who compete and achieve at World level..

§ Sports sponsorship in terms of both resources and kit in order to encourage those Scottish Swimmers who have the ability to swim at GB, European and World levels.

§ Introduction of a Masters swimming competition between the Celtic Nations i.e.

Scotland, Ireland and Wales.

§ Evolve a Marketing Plan and related strategy for Scottish Masters.

§ Recognise that a commitment to development requires a total review of the present Financial budget allocation received from the Scottish Swimming Association. (£4200).

As will be appreciated the above list is very comprehensive and though it has never been formalised I, as National Convener, have been working steadily towards achieving what in effect have been my personal objectives for Scottish Masters. It is to be hoped that you will give some thought to the above and hopefully, if you agree with my direction, together we might be able to effect not only some change in the Association's approach to Masters swimming but also to generate a review of their financial approach.

**Any comments or additional items for consideration will be very much appreciated and should be forwarded to my home address : 3 Ryan Road, WEMYSS BAY PA18 6DH**

# SCOTTISH SWIMMING

## 2000 magazine

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The views expressed in this magazine are those of the authors and do not necessarily reflect those of the Editor, the Scottish Amateur Swimming Association Council or the Board of Management.

## ALL THE BEST ROY!

I've been sitting in front of a blank screen wondering where to start and what to say about Roy Wilson that hasn't been said before and probably by people who have known him a lot longer than me. I think I'll tackle it from a personal point of view and I suppose I could start by explaining the reason for this article.



A couple of years ago Roy intimated that he would retire as a Technical Official when he was seventy and of course my immediate response was 'No you can't, when's that anyway?' He announced yet again at the start of 2001 that this was his last year and of course I continued to bury my head in the sand believing that he wouldn't do this to me (I was beginning to take it personally by then). By summer I started to take this a little bit more seriously but still believed that he wouldn't just walk away from Refereeing because he was nearly seventy! After all you're as old as you feel, he's as sharp as a tack, bright as a button, more knowledgeable than I'll ever be etc. etc. By September it became obvious that I wasn't going to win this little battle, it didn't matter how much I pleaded, sulked, complimented – his last major event was going to be the North District Open Championships at Westhill. Eventually I gave in gracefully and resigned myself to losing one of the best Referees in the North District.

Roy has been a great ambassador for Scottish Swimming and North District swimming in particular. He has trained an incredible number of Technical Officials over the years and has always encouraged members to continue to the next qualification level. Now that I think about it he was extremely keen and encouraging when my club wanted me to go beyond the Judge's certificate – I can't help but wonder if he was plotting his escape as far back as then. Looking back I think he probably had his money on 3 or 4 of us in the hope that at least one would last the distance! I do remember Roy being particularly pleased when I passed the Referee exam, could it be that everything was starting to fall in to place for him at that point? Of course that same

year at the District AGM he did not stand for the STO Convenor post, in fact no-one's name was put forward and I can't quite remember how it came about that I eventually left the AGM as the new STO Convenor. No, he wouldn't have been so crafty, or would he?

Anyway to get back to the point, I, along with my STO Committee, decided that we could not let such a momentous occasion in the North District's history pass without acknowledgement therefore we decided that a small presentation would be in order to show our appreciation for Roy's dedication to swimming. Of course it had to happen at the Open Championships where Coaches and Swimmers would have the opportunity to also show their appreciation – none of these quiet, formal presentations at District meetings. It was excellent, Roy had absolutely no idea and as much as I knew he would give me into trouble for arranging it (and so publicly) I didn't really care. In fact it's probably one of the very few times that I've seen him totally lost for words! His family was also in on the act and managed to come up with a plausible excuse to be there. You see Roy, it's not only you that can get everything to fall into place nicely – you've taught me well!

As District Convenor I've issued Mary, Roy's wife, with a probationary form on the understanding that he must achieve 10 signatures of suitable and acceptable behaviour at weekends (especially Saturdays) in order that he can officially be certificated (or do I mean certified?) as retired from STO duties. I have also indicated that Mary should feel free to send Roy back at any time for further training!

Seriously I would like to thank Roy for 27 years of dedicated service as a Swimming Technical Official – there aren't many like him and we will certainly miss his presence on poolside in the North District. I would also like to take this opportunity to wish him all the best for the future as a 'Meet Observer'!

Finally Roy, you were definitely my Mentor and I suppose you would possibly describe me as your tormentor – what more can I say? I'll really miss you.

*Doris Mair  
North District STO Convenor*

**I'll probably get into trouble from him again now!**



**1974 EASTER SWIM SCHOOL**  
Bill Douglas has sent in the above photograph from the 1974 SASA Easter School held in Aberdeen. He attended with Alex Beaton (Cumbernauld) Bill is now in Dunoon but was based at Cumbernauld then.. The tutor was Graeme Donald. Bill and Alex are wondering how many of the course were still involved in swimming? The only one that they know who is still involved is Roy Wilson (Ringed). Bill reckons they must have driven Graeme over the top because he can't recall ever meeting him again!  
Course Members: Malcolm Campbell (Stornoway); H. Carmichael (Greenock); Jean Davis (Sunderland or Sutherland); Mike Doyle (Kilbirnie); Alex Forsyth (Aberdeen); Roy Wilson (Aberdeen); Georgina Johnston (Castle Douglas); Jean McGregor (?); G. Morrison (Hawick); A.D. McKenzie (Aviemore); A. Robertson (Newton Stewart); W. Taylor (Kirkwall); Alex Beaton (Cumbernauld); Bill Douglas (Cumbernauld now Dunoon).

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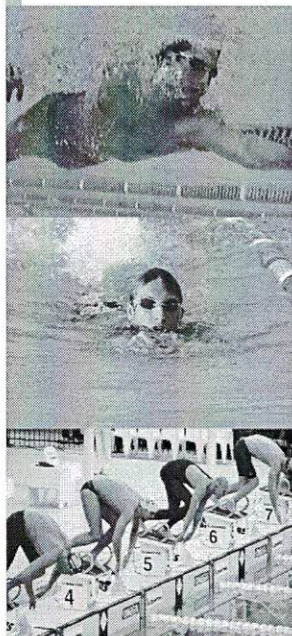
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# SportDundee 2001 Awards

From Heather Albin

## SCOTLAND PREPARES TO DIVE INTO SOUTH AFRICA

With less than a week to go before Scotland's National Diving Squad set out to South Africa for warm weather training prior to competing at the South African Novice and Age Group Nationals in Johannesburg from 10 - 14<sup>th</sup> December, the team is in final preparation at the Royal Commonwealth Pool in Edinburgh.

The eleven strong squad are all members of Edinburgh Diving Club coached by Steve Gladding, National Diving Coach. Gladding was originally South Africa's National Diving Coach and established this competition in 1998. It looks like this will be an exciting competition for Scotland's young divers with strong competition from South Africa's up and coming divers but Gladding is confident of bringing medals home to Scotland.

Commenting on the event, Steve Gladding, National Diving Coach said: "This event provides Scotland's up and coming divers with the opportunity of diving in a high level of competition. We are confident that they can rise to the challenge".

### Team:

Jenny Sless (9), Edinburgh  
Becky Shields (14), Edinburgh  
Mandy Arthur (11), Edinburgh  
Maxine Harle (15), Bath  
Stuart Robinson (12), Edinburgh  
Niki Bennet (15), Edinburgh  
John Arthur (13), Edinburgh  
Victoria Tomlinson (17), Leeds  
Judy Wardlaw (14), Edinburgh  
Monique McCarroll (20), Edinburgh

Event takes place at Stithians College Pool, in Johannesburg, South Africa from 10 - 14 December.

Scottish Swimming is currently expanding the sport of diving throughout Scotland. There is now a full programme running in Edinburgh, making maximum use of the superb diving facility at the Royal Commonwealth Pool.

New diving programmes are due to be launched in the New Year in Ayr, Aberdeen and Dundee.

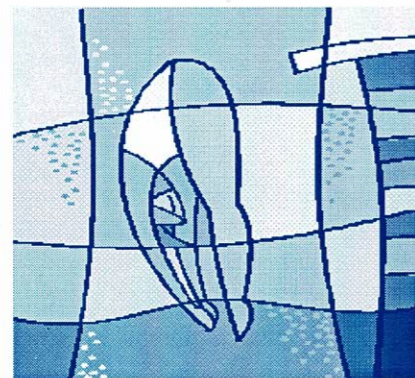
**BILL CRAIG**, Dundee Arnhall who has been coaching for many years in Dundee and has placed swimmers on all programmes from Flying Start through to National Youth Squad, was recently awarded the 'Coach of the Year' trophy at the SportDundee 2001 awards.



Bill receiving his trophy for "Coach of the Year 2001" from Councillor Charles Farquhar

## ASA ASSISTANT TEACHER OF DIVING COURSE

### RUNNING AT THE OLYMPIA LEISURE CENTRE, DUNDEE IN 2002

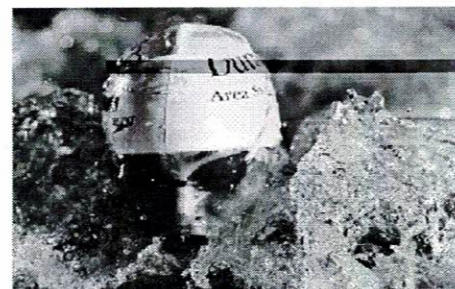


## FRIDAY EVENING, ALL DAY SATURDAY and SUNDAY

DATES AND TIMES TO BE CONFIRMED FOR MORE INFORMATION CONTACT  
**HEATHER ALBIN, SWIMMING DEVELOPMENT OFFICER on 01382 434171**

## ASA CLUB COACH COURSE

### RUNNING AT THE OLYMPIA LEISURE CENTRE, DUNDEE IN 2002



## FRIDAY EVENING, ALL DAY SATURDAY and SUNDAY FOR THREE WEEKENDS

DATES AND TIMES TO BE CONFIRMED FOR MORE INFORMATION CONTACT  
**HEATHER ALBIN, SWIMMING DEVELOPMENT OFFICER on 01382 434171**



# SYNCHRO

## SCOTTISH CLUB CHAMPIONSHIPS MARY BLACK ROSEBOWL

<b>GRADE 1 SOLO</b>		
1. Zoe Kelly	REN 96	57.467
2. Kirsty McFarlane	Naim	55.933
3. Victoria Speed	Dunfermline	54.933
<b>GRADE 2 SOLO</b>		
1. Laurel Marshall	Edinburgh	56.400
2. Isla Turnbull	Dunfermline	56.333
3. Rona Selbie	Dunfermline	54.333
<b>GRADE 3 SOLO</b>		
1. Louise Fleming	Edinburgh	62.800
2. Denise Smart	Naim	59.467
<b>GRADE 4 SOLO</b>		
1. Enrica Ross	Naim	62.800
2. Vicki Reid	Edinburgh	66.933
3. Kim McDonald	Elgin	66.600
<b>GRADE 5 TECHNICAL SOLO</b>		
1. Julie Macintosh	Naim	69.933
2. Emma Barrett	Clydebank ASC	67.900
3. Laura Tadrowski	Edinburgh	66.600
<b>GRADE 5 FREE SOLO</b>		
1. Susan Davidson	Naim	72.467
2. Julie Law	Clydebank ASC	69.533
3. Laura Campbell	Edinburgh	68.333
<b>GRADE 6 TECHNICAL SOLO</b>		
1. Morag Shaw	Clydebank ASC	79.933
2. Isla Dunbar	Elgin	76.733
3. Michelle McBean	Naim	74.967
<b>GRADE 6 FREE SOLO</b>		
1. Nicky Cramb	Elgin	76.800
2. Michelle McBean	Naim	75.000
<b>GRADE 1 DUET</b>		
1. Hannah Williams / Kate Farrar	Edinburgh	55.133
2. Hillary Saunders / Jocelyn Saunders	REN 96	54.667
3. Kirsty McFarlane / Heather Smart	Naim	53.133
<b>GRADE 2 DUET</b>		
1. Isla Turnbull / Rona Selbie	Dunfermline	56.067
<b>GRADE 3 DUET</b>		
1. Louise Fleming / Jessica Smith	Edinburgh	57.533
<b>GRADE 5 DUET</b>		
1. Susan Davidson / Yvette Main	Naim	70.800
2. Laura Campbell / Laura Tadrowski	Edinburgh	67.667
<b>GRADE 6 TECHNICAL DUET</b>		
1. Isla Dunbar / Nicky Cramb	Elgin	73.400
2. Susan Bowman / Linda Kane	Clydebank ASC	73.267
<b>GRADE 6 FREE DUET</b>		
1. Isla Dunbar / Nicky Cramb	Elgin	75.333
2. Susan Bowman / Linda Kane	Clydebank ASC	75.000
<b>TEAM GRADE 1/3</b>		
1. Edinburgh		56.633
<b>TEAM GRADE 4/6</b>		
1. Naim		74.200
2. Clydebank ASC		71.267
<b>WINNER OF THE MARY BLACK ROSEBOWL</b>		
1. NAIRN		60 POINTS
2. EDINBURGH		52 POINTS
3. CLYDEBANK		33 POINTS
4. ELGIN		27 POINTS
5. DUNFERMLINE		20 POINTS
6. REN 96		12 POINTS

## POOL PANIC

The unexpected news that the pool and surrounding buildings at the Scottish Police College, Tulliallan Castle, would be unavailable for Synchro events and training till the end of 2002 due to major refurbishing was a severe blow to arrangements already in place for the Scottish Club Championships.

After a desperate search new West District Convenor Phyllis McLean was able to arrange for the use of Johnstone Swimming Pool. As it



NAIRN Scottish National Team Champions - Yvette Main; Julie Mackintosh; Enrica Ross; Lynsey Smerdon; Pauline McFadyen; Michelle McBean; Susan Davidson.  
Photo: Wyn McFadyen



NAIRN does it again - Scottish Junior Duet Champions Susan Davidson and Yvette Main with Pauline McFadyen Scottish Solo Champion (centre) -  
Photo: Wyn McFadyen

happens help was also offered from Bellshill Pool management. Bellshill was a Synchro training venue for many years. Drumchapel was unfortunately also closing for some weeks for annual maintenance.

## ASA NATIONALS

**M**orag Shaw (Clydebank) was top placed Scot (31st out of 60 competitors) in the Solo championship at the ASA British Synchronised Swimming Championships which were held at Wigan International Pool on Saturday 3rd & Sunday 4th November.

Scottish Junior Solo Champion **Nicky Cramb** (Elgin) was 50th and **Susan Bowman** (Clydebank) 51st. Scoring as has been the current trend was low, with a top mark of 85.400. Scottish Champion **Pauline McFadyen** missed the event as it clashed with her sister's wedding. All the girls will be working even harder preparing for the 2002 Commonwealth Games in Manchester.

## SYNCHRO RAFFLE 2001. Raffle Winners

1. £200	Mr Jamieson Edinburgh
2. Bottle Cardhu Whisky	E Meadowcroft Livingston
3. Blender.	Macdonald Naim
4. Wines	Marshall West Lethian
5. Jumper	Cheryl of Elgin
6. Jumper	Margaret Law Old Kilpatrick
7. Vodka	Mr Williamson Pontefract
8. Chocolates	Andrew Love Clydebank

**We raised just over £488.00**

## FUNDRAISING APOLOGIES.

Due to unforeseen circumstances beyond our control the FUNDRAISING Duet performances organised for the 2nd of December have been postponed until Saturday 16th March.

Watch this space for further details concerning other fundraising events.  
**Wyn McFadyen Fundraiser**

## British Senior Championships

The BT sponsored British Short Course championships for swimmers with a disability were held on 2<sup>nd</sup> & 3<sup>rd</sup> November at Ponds Forge in Sheffield. The 26 strong Scottish team competed against teams Wales and nine English Regions, and for the second year in succession finished runners up in the team competition to the team from the North West.

There were several outstanding performances from the Scots over the weekend and the team returned with 31 British titles to their name.

The classes for those with the most severe physical impairments were completely dominated by Scots. In the S2 classification, Paralympians **Jim Anderson (Broxburn)** and **Alan McGregor (Glamis)** finished in the top two places in six events, they were joined in four of those events by Fifers **Andrew Gallacher** and **Toqeer Nasir**, both making their debuts at the championships, who claimed third and fourth places respectively.

In the S3 class, two more Paralympians, **Kenny Cairns (Port Glasgow Otters)**, gold medalist from Sydney, and the evergreen **Adam Morley (Fife Institute)** took six titles apiece. Whilst in the female events, Scottish team captain and Paralympic Champion, **Maggie McEleny (Port Glasgow Otters)** won five events in the S5 class, and newcomer **Mhairi Love (Clyde Valley Beavers)** was also on form, just outside the medals in the S6 class in her first GB championships.

Two European medallists from the summer were successful in the S14 classification. **Kimberley Docherty (City of Dundee)** took gold in the 100m butterfly and a further eight individual medals in a very busy weekend, in which she was up against former Scottish team mate Tracy Wiscombe who is now based at the GB High Performance Centre in Manchester. **Murray Dingwall (COAST)** was also successful, having a few close encounters with his GB team-mate Chris Pugh from North West. Murray took gold in the 50m Butterfly in a new GB record time and a further two individual silver medals. He was also joined by **Stephen Burns (Bruce Triathlon)**, **Colin Johnstone (Hearts)** and **Gordon Docherty (Port Glasgow Otters)** in taking relay bronze.

**Angela McCowan (Kilmarnock)**, one of Scotland's most improved junior swimmers of the year, was a gold medal

winner in the female S9 100m freestyle in a PB time, whereas **Pamela Miller (Broch Seals)** took 3 silver medals behind GB team captain Sarah Bailey from the North West Region. Angela and Pamela were joined by two further Killie swimmers, **Jemma Calderwood** and **Gillian McBain**, to take gold in a close 4x50m Freestyle relay. The girls also took silver in the 4x50m Medley relay with former GB Paralympic captain **Anna Tizzard (Glenrothes)** replacing Gillian McBain in the team.

There was further relay success for the Scottish team in the male 20 point relays where **Garry Brown (Motherwell & Wishaw)**, **Stuart Mullen (FIPRE)**, **John Hick (Bucksburn)** and **Solomon Christie (Glenrothes)** reformed the team that performed so well in the CP World Games in August. They had a convincing victory in the 4x25m Freestyle event to retain the title they won last year, and also gained bronze in a blanket finish in the medley relay, where three teams finished within a second of each other.

Garry Brown took two individual medals in the S7 class in which **Alasdair McArthur (Helensburgh)** also swam well on his Scottish senior debut. Broom also featured in the silver medal winning 36 point Freestyle and Medley relays alongside myself (**Paul Noble, Glenrothes**), **Scott Ramsay (City of Glasgow)**, and former Paralympic gold medalist, making his comeback appearance to the squad, **Iain Matthew**.

Although the Scots were defeated in the team trophy, they did come home with some silverware. That was in the shape of the prestigious BT Challenge Trophy which is competed for over a 4x100m Freestyle relay by two male and two female swimmers from each team. Scotland had held this title for the last two years, and were determined to hang on to it. The Scottish team consisted of three of our outstanding juniors, Scott Ramsay, Angela McCowan and Pamela Millar along with me on the anchor leg. As it turned out, I had the easiest task of all as the three juniors built up a lead to hand over for me to bring us home on the glory leg and a well celebrated victory over the North West team who finished second.

Congratulations must go to the North West Region who retained the team trophy following a run of nine Scottish victories during the 1990's. They have built their squad up well and had some outstanding competitors in what could be the last championships to be sponsored by BT, a supporter of the event, incredibly, since the 1980's.

The Scottish team however also had some

superb performances over the weekend and the future looks rosy with large numbers of junior swimmers now coming through the ranks to join our well-established campaigners in the team. All eyes now turn to March and the GB Junior Championships in Darlington, where the Scots will yet again be trying to regain the junior trophy from, guess who? - the North West!

## Scottish Schools Championships

In the week following the Championships at Sheffield, Grangemouth was the venue for the Scottish Schools Championships. In the open events **Scott Ramsay (Williamwood High School)** dominated the male events, taking four titles but losing out on a clean sweep in the one he loves to hate - the Breaststroke, where he was touched out by a great performance from **Gordon Adamson (Ashcraig School)** in a tight finish.

The female events brought together the two big guns of Scottish Junior swimming at the present time, **Angela McCowan (St Michaels Academy)** and **Pamela Millar (Fraserburgh College)**. The day started with the 100m IM race and after nothing to choose between them on the Butterfly and Backstroke, a phenomenal breaststroke leg from Angela gave her a lead which she held onto to win. The breaststroke followed in which Angela, as she was expected to do, won easily. The backstroke was a different matter however and Pamela appeared determined to win one, and she did in a close encounter. She followed that with another close win in the 50m Butterfly, and in the final event of the day both girls swam an outstanding 100m Freestyle, with Pamela stretching away over the last 25m to win in a time less than a second outside the Championship record.

At these Championships, the trophies for the most outstanding junior swimmers of the year are awarded. The male trophy went deservedly to Scott Ramsay who was a clear winner and has certainly been a class act throughout the year. The female award went to Pamela Millar. Pamela has been injured this year, but her performances at Sheffield and Grangemouth showed that she is on the way back. Her early season form was outstanding and if she keeps up her rate of improvement she will not be far away from international honours in the near future. Congratulations to them both.

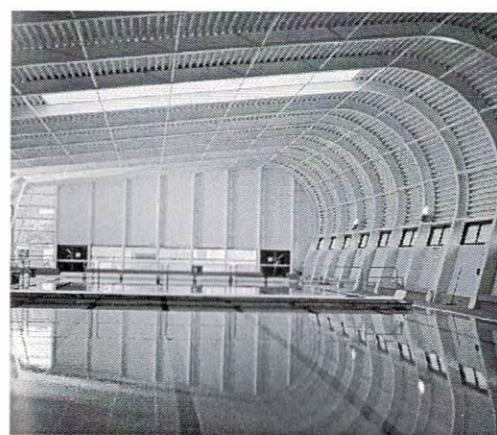
*Paul Noble*  
SDS Representative

# MERRY CHRISTMAS AND A HAPPY NEW YEAR

From all at Scottish Swimming



(Picture shows the interior of the 50m pool at the National Swimming Academy, Scottish Swimming's new home)



Scottish Swimming and Scottish Swimming Awards will shortly be moving to their new offices at the National Swimming Academy, University of Stirling.

The Association's headquarters will be closed for telephone calls and visitors from Monday 17 December in order to facilitate this move. Please use the new postal address below from this date.

Scottish Swimming, National Swimming Academy,  
University of Stirling, Stirling FK9 4LA

The new headquarters will open on:  
Thursday 3 January 2002

*In case of emergency you can contact us on:*  
0141 641 8818 (up to 19 December)  
01786 466520 (from 19 December)

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