

## REDDITCH SWIMMING CLUB AGM – 4<sup>TH</sup> JUNE 2019

### HEAD COACH'S REPORT

The past year has been another very successful one for Redditch swimmers.

The 2017/18 season finished well with success at the annual County Relay Championships, a 4<sup>th</sup> place finish in the PGL Final and some excellent performances by our five swimmers competing at the Summer Nationals in Sheffield.

At the County Relays in June, every Redditch team qualified for their final and the club's swimmers won 17 medals – 9 gold, 3 silver and 5 bronze – and the Joe Bradley Memorial Trophy, presented to the top girls' team on overall points. Redditch had only won this trophy twice before, in 1984 and 1986. In addition to this, three new County records were set by our 15/16 and open girls' teams.

We had five swimmers competing at the British Summer Nationals – Amelia Rodd, Emily Farr, Lizzie Kingham, Alisha Stephenson and Millie Checkley. All five girls achieved at least one top 10 finish. At the English Summer Nationals highlights included gold medals for Millie Checkley in the 200 IM and Amelia Rodd in the 50 free. Amelia also competed at the National Open Water Festival, winning a bronze medal in the 5k event.

At the start of the 2018/19 season, Paul Wilkes and Laura Cranshaw travelled to Slovenia for the LEN European Masters' Championships, where Paul won a bronze medal in the 200 fly and finished 7<sup>th</sup> in the 100 breaststroke, and Laura was 5<sup>th</sup> in the 100 breaststroke.

After another excellent series of results in the 2018 Nuneaton and District Junior League, our 9-12 year-old swimmers qualified for the Division 2 Final, at Wolverhampton in September – where they secured the league title and promotion back to Division 1. There were some great swims in a brilliant all-round performance, including eight new Div. 2 'best performances' by our swimmers.

In November 2018, Emily Farr represented Redditch at the Midland Winter Championships in Nottingham, where she won the Junior Championship trophy for the 50 breaststroke.

A very unfortunate draw for Rd 3 of the 2018 National Arena League, in December, resulted in Redditch dropping several places in the league, to finish 15<sup>th</sup> (out of 24 teams), but still safely clear of the relegation zone.

The 2019 Worcester County Championships in January and February brought further success for our swimmers. A magnificent final day for RSC, which brought an additional 14 age group gold medals and seven Junior or Open Championship trophies, moved us up into a strong second place in the final medals table.

#### Final medals table – 2019 Worcester County Champs

	Gold	Silver	Bronze	Total
Worcester	73	65	64	202
<b>Redditch</b>	35	31	21	87
Pershore	28	12	19	59
Wyre Forest	26	32	20	78
City of Hereford	25	30	28	83
Halesowen	15	13	12	40
Bromsgrove	12	18	7	37
Warley Wasps	10	13	17	40
Ledbury	9	11	12	32
Haden Hill	9	2	3	14
Stourbridge	3	4	4	11
Droitwich	1	5	15	21
Evesham	0	3	0	3
Oldbury	0	0	5	5

In total, we won 9 Junior (15/under) or Open Championship trophies. The Open (Senior) Championship winners were Paul Wilkes (200 fly), Millie Checkley (200 fly), Lizzie Kingham (100 breast) and Emily Farr (50 breast). Millie

(200 fly) and Emily (50 and 100 breast) also won Junior titles and Aurelio was Junior Champion in both the 400 free and 200 IM. Paul's victory in the 200 fly was his ninth consecutive win in this event and his 12<sup>th</sup> success overall, since his first win about 15 years ago.

The highest number of medals won by any single Redditch swimmer was 13, by Riley Perry in the 12 years age group. Anna Farr was close behind, with 12 medals. She was followed by Ashleigh Green (10), Aurelio Lencioni (9), Amelia Wise (8) and Orla Power (6). Our 35 gold medals were shared among 12 swimmers, across the seven age groups. The winner of the most golds, with eight in total, was Aurelio. He just pipped Anna (7), then Ashleigh (5) and Riley (4). Our other gold medal winners were Emily Farr (2), Lizzie Kingham (2), Orla Power (2), Evie Rendell, Hannah Willis, Issy Griffiths, Millie Checkley and Paul Wilkes.

Apart from these gold medal winners, there were seven others who collected silver and bronze medals – Amelia Wise, Dan Holmes, Elliot Wall, George Hastings, Lauren Hartland, Rosie Ward and Stefan Troye.

The major competition in UK swimming so far this season has been the British Championships at Tollcross, Glasgow, in mid-April. Five Redditch swimmers achieved qualifying times – a fantastic total for a relatively small club like ours – Emily Farr, Amelia Rodd, Lizzie Kingham, Alisha Stephenson and Millie Checkley. Qualifying for these championships is a great achievement but Amelia and Lizzie also reached one or more Junior or 'Transitional' finals and Emily, at her first ever British Champs, narrowly missed out on a Junior Final, after being beaten in a very close swim-off.

The Worcester Winter League was completed in April, with the finals at Droitwich. Once again Redditch entered two teams, one of only two clubs to have more than one team in this league. As in 2018, Redditch A achieved an excellent 2<sup>nd</sup> place in the final and in the league table. Our B team also put in some good performances, showing a definite improvement on the previous year.

At the West Midland Regional Championships at Coventry in May, Redditch swimmers collected a total of 27 medals – 10 gold, 7 silver and 10 bronze. Emily Farr and Amelia Rodd each won three golds. Our other age group champions were Anna Farr, Hannah Willis, Millie Checkley and Lizzie Kingham. Aurelio Lencioni won a total of eight medals (3 silver and 5 bronze). The other Redditch medal winners were Amelia Wise, Issy Griffiths and Ashleigh Green. In addition to the RSC medal winners, Natalie Hatfield and Riley Perry also reached finals or achieved top eight placings in one or more events. Other Redditch qualifiers competing at Coventry were Orla Power, George Hastings, Caitlin Chance, Abigail Salcombe, Rosie Ward, Lauren Hartland, Dan Holmes and Brendan Colley.

RSC performances in the PGL, Nuneaton and District Junior and Mercian leagues have also been strong so far this year. Currently we are 2<sup>nd</sup>, 12<sup>th</sup> and 4<sup>th</sup> respectively in these leagues. The PGL Final is at Gloucester this weekend (8<sup>th</sup> June).

Eight of our swimmers have now qualified for the British or English Summer Nationals, in Glasgow and Sheffield respectively, in July/ August. Huge congratulations to Lizzie Kingham, Millie Checkley, Amelia Rodd, Emily Farr and Alisha Stephenson, who will all be making another appearance at Nationals, and particularly to three young Redditch swimmers who have qualified for their first National event – Aurelio Lencioni, Hannah Willis and Ashleigh Green.

We were pleased to welcome back former Olympians Amy Smith and Joe Roebuck for another excellent freestyle masterclass a few weeks ago and I hope that we can arrange a similar session, probably focused on butterfly this time, in the next 2-3 months.

The continued progression of our many swimmers would not be possible without the help and support that our teachers, coaches and poolside volunteers provide and I would like to thank every member of our coaching team for their hard work over the past 12 months. Co-ordinating coaching cover and finding helpers for galas is also a challenging task, so I would also like to recognise the efforts of Paul Hartland, Sam Perry, Rachel Power, Rachel Holmes and others who have worked hard on these often unrecognised jobs. More help is always needed however, so please have a word with me, Sam, Paul or any member of the coaching team if you might be interested.

Chris Britt – Head Coach

4<sup>th</sup> June 2019