

Reports for ONB Exec Cttee Mtg 9th May 2023

Please find detailed below the reports for the ONB Exec Cttee Mtg

Agenda Item	
5	Chair's Report - see attached report.
6	Treasurer's Report - see attached report and amended Volunteer Expenses Policy.
7a	Swimming Sec - see attached report and County Debrief minutes.
7b	County Records Officer - see updated attached records.
7c	Artistic Swimming Sec - see attached report.
7d	Officials Sec - see attached report.
7e	Masters Sec - <i>no report received</i> .
7f	Disability Officer Report and Para Records - see attached report and flyer.
7g	Masters Records - see updated attached records.
7h	Swim Mark Coord - nothing to report.
8	County Team Coach (to cover Dev Camp/Fixtures) - see attached report.
9	Welfare Officer Report - <i>no report received</i> .
10	Funding Applications – 1 received from Bourne End SC.
11	Swim England South East Report - see attached report.



The Oxfordshire and North Buckinghamshire (ONB) Amateur Swimming Association

Chair's Report May 2023

Before our AGM in July Helen Weeks, from Swim England, will join us for a follow up meeting from the County Governance Roadshows. During this meeting she will be discussing the next steps for us regarding the new Governance and how we are going to become compliant, as well as talking through the use of portal and the OMS system.

This is an important time for our association but as it looks at the moment there is a strong possibility that we, as a County Association, will not be able to continue. In order to stay compliant with our constitution we have to have a secretary and we will no longer have one after our AGM. This position is probably one of the most important positions within the executive and our current secretary is stepping down in July.

In preparation for writing this report I looked back at my report from last year and unfortunately my last paragraph is as applicable now as it was then:

On our Agenda for our next meeting will be the Role of Counties following a paper from Swim England and I think this is a good opportunity to open a discussion regarding the amount of engagement from clubs within the County. How can we increase engagement? Encourage new people to become involved and take on roles? What sort of future do we want for our County Swimming Association?

Karen Underwood

Chair



Oxfordshire & North Buckinghamshire Counties ASA
Affiliated to Swim England Southeast

Treasurer's Report May 2023

Banking

The issues with Barclays are currently resolved. We have now started the process of moving to Metro Bank. It is my hope that the new accounts will be in operation by the end of June.

Bank balances as of 30/04/2023

	As of 30/04/2023	As of 28/02/2023	As of 01/04/2022 (Beginning of financial year)
Competition A/C	£16,307.07	£15,702.15	£8,267.90
General A/C	£889.05	£132.46	£484.87
Creditors - General A/C	-£406.67	-£406.67	-£1,222.58
High Interest Business A/C	£19,600.73	£20,604.57	£26,534.40

Net worth

As of 30/04/2023	As of 28/02/2023	As of 01/04/2022
£36,390.18	£36,032.51	£34,064.59

High interest Business Account from 01/03/2023 to 30/04/2023

£1030 has been transferred in total from this account to the General Account during this time period. £26.16 interest has been added.



Oxfordshire & North Buckinghamshire Counties ASA
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Treasurer's Report May 2023

Income and expenditure General Account from 01/03/2023 to 30/04/2023

Income Categories	
Transfer from High Interest Business Account	£1,030.00
Swim Development Camp (to cover Apr and Sept 23 camps)	£1,105.00
Officials - software - Swim Meet refund	£219.00
Total Income	£2,354.00
Expense Categories	
Athlete Development	
Apr 23 Swim Camp staff expenses	£350.00
Funding	
Training-Coaches	£206.67
Club equipment	£750.00
Officials	
Officials Training fees	£200.00
Sundry	
Volunteers travel expenses	£90.74
Total Expenditure	£1,597.41

Swim Development Camps April and September 2023

The final income and expenditure for these Development Swim Camps will be in the October report.



Oxfordshire & North Buckinghamshire Counties ASA
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Treasurer's Report May 2023

Income and expenditure Competitions Account from 01/10/2022 to 30/04/2023 (figures relate to 2023 Championships unless otherwise stated)

There is one invoice to pay for the hire of the Leys Pool to a maximum of £1,100.

Income Categories	
Coaches Passes for 2022 Championships (WWHSC)	£90.00
Memorabilia sales for 2022 Championships (Bourne End)	£48.00
Individual entries	£21,400.00
Individual entries overpayment (OU)	£216.00
Relay entries	£2,830.00
Coaches passes	£1,500.00
2% surcharge	£467.28
Memorabilia sales	£2,552.00
Admission fees	£8,751.93
Donation from Barclays	£125.00
Fines	£90.00
Total Income	£38,070.21
Expense Categories	
Refunds entries for 2022 Championships (WWHSC)	£567.00
Refunds entries overpayment (OU)	£216.00
Trophies and medals	£7,048.25
Catering	£1,578.31
ICT software and equipment	£647.68
Officials' expenses	£426.44
Hire charges - non pool	£2,800.00
Hire charges - pool	£13,650.00
Stationary	£274.28
Memorabilia	£2,059.80
Refund -2% surcharge levy	£467.28
Refunds - medical	£296.00
Total Expenditure	£30,031.04



Oxfordshire & North Buckinghamshire Counties ASA
Affiliated to Swim England Southeast

Treasurer's Report May 2023

Outstanding approved funding requests as of 30/04/2023

£206.67 was paid to GH of Bicester Blue Fins in March 2023 for their Level 2 coaching course as agreed by the Executive at the September 2022 meeting.

£750 was paid to CMKSC in March 2023 as part funding of a starting block was agreed at the March 2023 Executive meeting.

Outstanding funding approvals			
Date approved	Club	Item	Amount
14/03/2023	Oxford University Water Polo Club	33% funding of Level 2 coaching course.	£206.67
12/07/2022	Oxford & Witney Artistic Synchro	2 x Headstand stools	£200
		Total	£406.67



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Treasurer's Report May 2023

Cashflow

I thought that it would be useful for the Executive Meeting to see our cashflow forecasts. I will update it at each meeting. I used 2022-23 accounts to guide me in setting up the cashflow. It does not have increased costs in it, but these will be incorporated as 2023-24 figures become known. Funding applications already agreed have been included; new ones will be as agreed. I have assumed there will be a total of 3 Swim Development Camps in 2023-24. The agreed Inter Counties funding is included.

I had hoped to put £19,000 into the new Metro Bank 1-year fixed deposit account but this was not possible given the cashflow position in December 2023. I have decided that £16,000 will go into the 1-year fixed deposit account when we open it.

When making funding/spending decisions, I would ask the Executive to be aware of the December 2023 cash position.

	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24
Cash at beginning of month	£37,472.31	£36,796.85	£35,114.85	£18,724.85	£19,340.85	£19,150.85	£18,460.85	£12,066.85	£5,046.85	£30,162.85	£33,005.85	£41,027.85	£17,006.85
1-year fixed deposit account				£16,000.00	£16,045.00	£16,091.00	£16,137.00	£16,183.00	£16,229.00	£16,276.00	£16,323.00	£16,370.00	£16,417.00
Total Expenditure	£740.46	£1,682.00	£400.00	£794.00	£200.00	£700.00	£6,400.00	£7,522.00	£900.00	£600.00	£0.00	£24,029.00	
Total Income	£65.00	£0.00	£10.00	£1,410.00	£10.00	£10.00	£6.00	£502.00	£26,016.00	£3,443.00	£8,022.00	£8.00	



Oxfordshire & North Buckinghamshire Counties ASA
Affiliated to ASA South East Region

Volunteer Expenses Policy

Person Responsible	ONB Treasurer
Date reviewed	April 2023
Next review date	April 2024

British Swimming (BS) has published guidelines for the payment of expenses to volunteers at National and International events. This document is based on the BS guidelines and recognises the local nature of events within the County. It provides guidance for those organising events on behalf of the County, but recognises that the payment of any allowance and expenses is subject to the discretion and authorisation of the person responsible for the finances of the activity.

In formulating the ONB Guidelines there is recognition that volunteers are drawn from clubs within the County. Whilst Oxfordshire and North Buckinghamshire is spread out, the maximum distance between clubs is in the order of 50 miles (approximately the distance between Wantage in the South West of the County and Milton Keynes in the North East). The distance between most clubs is less than this.

For the majority of County events, support is provided by parents of competitors. It would not normally be expected that such volunteers would claim for travel costs to the event. It is also envisaged that expenses would only be paid to volunteers whose duties are scheduled for the full daily duration of an event. For example, a full day or three sessions of the County Championship, rather than one session only.

All claims shall be made within 28 days of the expenditure/event using the ONB Expenses Claim Form. The County reserves the right to refuse to pay claims submitted after this period. Where people travel together in the same vehicle, only one claim for the travel can be made.

All individuals claiming travelling expenses from the County are responsible for declaring income on expenses to H M Customs & Revenue. ONB ASA will accept no responsibility for declaring payments on behalf of those making claims.



Oxfordshire & North Buckinghamshire Counties ASA

Affiliated to ASA South East Region

The County Championships

Volunteers are defined as those people required by the County Championships Coordinator to be at the venues on the days of County Championships.

Travelling Expenses

The County encourages volunteers to use public transport where possible. There is a recognition that due to the geography of Oxfordshire and North Buckinghamshire and the timing of events, this is unlikely to be possible.

For those wishing to claim, the County will pay up to the approved ASA mileage rate for volunteers (currently 45p per mile) subject to a maximum claim of 100 miles for a daily return journey (currently £45). If volunteers wish to claim a lesser amount to cover fuel costs only, they are welcome to do so. Volunteers are also asked to car share where possible. Mileage claims to be based on AA Route Finder distances by the shortest route.

The County will not normally pay for taxi fares.

The County will not pay car parking charges if free parking is provided at the Championships. Where car parking is not provided free of charge then the County will reimburse to the value of the cheapest parking within a reasonable walking distance of the venue.

Daily Allowance

It is not envisaged that a daily allowance would be paid to those attending the County Championships and that the event organiser would provide lunch and/or tea for those volunteering over the course of a day and evening.

Overnight Accommodation

Given that the County Championships are for clubs within the county, it is reasonable for volunteers to make the return journey on the day of the event. The County will not pay for overnight accommodation for volunteers. However, should a volunteer wish to stay over between two consecutive days of an event, they may do so at their own expense. In such cases, they may claim travelling expenses for each of the complete days for which they are scheduled.

The County Development Camps

The County will pay an allowance to the Head Coach, Lead Team Manager, Lane Coaches, Skills Coaches and County Team Administrator (if they attend the face to face camp).

All remunerations will cover any expenses incurred by the individual including travel.

The following remunerations will be paid up to the following amounts per full day::

- Head Coach £150
- Lead Team Manager £100
- Lane Coach £50
- Skills Coach £50
- County Coordination Secretary (if they attend the face to face camp) £50.

Inter Counties

The County will pay up to the approved ASA mileage rate for volunteers (currently 45p per mile) for the Head Coach, Team Manager and county officials as required by the Event Organiser.



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It is expected that the Head Coach, Team Manager and county officials will use County paid for transport (e.g team bus) if it is available and not their personal transport.

If volunteers wish to claim a lesser amount to cover fuel costs only, they are welcome to do so. Volunteers are also asked to car share where possible. Mileage claims to be based on AA Route Finder distances by the shortest route.

The County will not pay car parking charges if free parking is provided at the venue. Where car parking is not provided free of charge then the County will reimburse the Head Coach, Team Manager and county officials to the value of the cheapest parking within a reasonable walking distance of the venue.

Other expenses

There may be occasions where other expenses may be claimed but these must be agreed in advance with the ONB lead for the activity and the ONB County Treasurer. Failure to agree to these expenses in advance will lead to the claim not being paid.

Swim Sec Report – May 2023

Thank you to those that attended the Zoom meeting on April 25th for the County Championships debrief. You will see my minutes, attached, for that meeting for the items discussed and being proposed to the executive committee.

In addition to the items discussed at the debrief I would like to make further proposals for the 2024 Championships:

Dates for the 2024 Championships:

Although these are not confirmed and will be subject to pool availability, format of championship and the debrief outcome.

Saturday 6th January 2024 - Leys Pool (Oxford) 1500m Freestyle & Boy Age Group Relays 10-11-12 & 13-14

Saturday 13th January 2024 - Leys Pool (Oxford) 800m Freestyle & Girls Age Group Relays 10-11-12 & 13-14

Saturday 20th January 2024 - Aqua Vale (Aylesbury) 400m events *

Saturday 3rd February/Sunday 4th February 2024 - Aqua Vale (Aylesbury) Main Championships

Saturday 10th February/Sunday 11th February 2024 - Aqua Vale (Aylesbury) Main Championships

*The promoter is to consider the implementation of Mixed Open relays in the 2024 programme permitted. It is proposed that these could be added to the 400's sessions.

Qualifying Period: February 13, 2023, to December 03, 2023 (all events, including long distances)

Entries: The closing date for entries is December 06, 2023

Relays: Swimmer names to be submitted with entries. Swimmers can be removed/changed and/or change of order can be made up to the warmup of the session the relay is in. This is just like regionals entry process. There was a substantial amount of time saved and made for less stress over the weekends by having this information provided in advance by the majority of teams.

Qualification Times/Paperwork:

My plan is to release Qualifying times before the end of June. The licence cannot be applied for until September so promoters' conditions & other paperwork will be released once I have the licence back along with the entry file.

I will also be making amendments to the conditions in line with the Swim England Transgender and Non-binary Competition policy and any necessary changes will be investigated in advance of the Championships.

Sharon MacNab

ONB Swimming Secretary

MINUTES OF VIRTUAL ONB COUNTY DEBRIEF MEETING HELD ON 25th APRIL 2023 AT 7PM

Present:

K.Underwood (Chair/Officials/COSC)	N.Mellings (Host)	S MacNab (Swim Sec/Maxwell)	A Readhead (Disability Sec/Maxwell)
C. Clavaud (W&DSC)	H Wilson (CMK)	E Anderson (Banbury)	Kim Weetman (4SSC)
C. Price (4SSC)	G. Valentine (Bourne End)	H. Fisher (Bourne End)	O. Stockland (ADSC)
K, Dingle (AVSC)	L. Francis (Wantage)	H.Surman (Wantage)	G.Dick (NPSC)

Apologies:

S. Wynne- Jones (CMK)	K. Hutchinson (SER)
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The ONB Counties ASA Championships 2023 debrief was held on April 25th. The coaches submitted, via Chantal and Hannah, items for discussion prior to the meeting. No other feedback was received before the meeting.

The list of areas discussed at the meeting are below along with the details and recommendations.

Qualifying times

- Already acknowledged that Sharon will be looking into 2024's times to allow, Hopefully, more swimmers. Requested need to go back to easier consideration times, and then do rejections to fill the meet. If meet full then will get more officials/volunteers, especially if younger age groups have more swimmers as more parents to newer volunteers/officials.

Agreed that Sharon will look at 2024 consideration times on the basis of increasing the number of entries especially in the younger age groups (but realistic times to ensure swimmers should be at the championships).

- Qualifying times for 800m/1500m FC

It was felt that the current basis cuts out the younger swimmers that should be included in the championships. It was agreed that we would like to review this area and offer consideration times for age groups but building in the requirement to ensure that the session is not going to run beyond 3 hours which would then impact on the officials.

- Possible reserve list after rejections. If we have timing allowable in the session that possible waiting list to replace swimmers

It was felt that with the work involved in this and also trying to decide who should be put back into an event would be very difficult ie which age group

- One coach asked about times not reflecting across age groups (harsher for younger age groups) when using national rankings.

It was felt the younger swimmers have a disadvantage to older swimmer when we are basing times against the national cut i.e a comparison between 11 and 16 year olds.

When you look at top 8 nationally for the base line that the spread is much bigger for the younger swimmer than the older swimmers, as the very top swimmers in the younger age group have developed early and are not a true representation of the swimmers in the country in the younger age groups in comparison to the older age groups as they have already developed.

There is a huge chunk of younger swimmers who have missed out as the impact of covid is showing and had a huge effect on the numbers that are swimming at a county level and many of these age groups are still at an academy level.

This will be taken onboard as part of the review of the consideration times.

Programme:

- 1500m and 800m split age groups and awards

It was proposed that medals would be issued to the age groups as per other events.

- Can we get rid of 200m finals please? Last heat has music and introductions.

It was felt that some swimmers withdraw from the event, some are not going faster as they are too tired, and others are going slower in the heat to save themselves for the final.

Discussion was around whether we had to have finals for 200's as per guidelines. Oliver looked up information and we do not need to have 200m final. We could have HDW. We would need to make presentations at the end of the session of which the 200m event has been swum. It was the view of the majority of coaches. Look to have music and introductions for the last heat of each 200m event so we still build up the excitement.

It was therefore proposed that we remove 200m finals.

- Mixed relays please! Keep other relays. Junior and senior 4x50m mixed FC and medley relays. Where to put in session? Maybe in 200m session?

It was felt that this should be introduced as it would allow for smaller clubs to participate in the relays as they should have more swimmers available. This would be Open/Junior events.

Agreed that we would go away and look at the best place to include this event in the programme.

Finals

- Do the 10/11yr age group need finals? Especially when big step up to swim at County level. Very few in 10-11yrs finals. So HDW for all events. Then step up to finals next year when 12yrs. If leave out 10/11yrs could we put in a 17yrs old age group? Good for retention especially the boys where many finals are 20yrs plus. Also progressive for regional/national levels.

This is the covid age group, many of the younger swimmers only swam the morning and then hung around all day to take part on the finals, many were terrified and wondered if we make the 10/11-year-old HDW and introduce a 17-year-old age group. A lot of the 16-year-olds that are moving up to the open age group may not get into Counties next year due to swimming against much older swimmers and keep more swimmers in the pool rather than being demoralised.

It was felt that this was an option to consider retaining 17-year-olds plus. There were mixed feelings whether we should remove the 10/11 years old and there are swimmers that love it. It was a long day, but some swimmers loved to come out to the music and being introduced in the 10/11-year-old age group.

Oliver researched during the meeting and found that the age groups are set by Swim England and we would be unable to currently include a 17 year old age group and we would need to continue with 10/11 year old finals.

- If have to do combined finals again next year of age groups (hopefully not) then can announce the different age group results please

Sharon apologised for the announcer not distinguishing between the different age groups in the combined finals although Karen confirmed the announcer was advised a couple of times. Sharon will ensure that this does not happen next time. It was felt that if we were lower on numbers that the combined finals work well.

Warmups

- Propose not having club volunteers as warm up Marshal. Instead Clubs to be responsible for own swimmers like at open meets/regionals etc. However, have a rota that each club to take in turns to have the lead coach for that warmup to make sure BK ledges are in and the warmup is safe etc. Chantal happy to do a coach rota. Will ease on the pressure of clubs to get more volunteers. Also discussed sprint and pace lanes set up. Chantal happy to work with Sharon on looking at each sessions plans that are released. Also, to release to clubs in advance. Chantal happy to help with all of this.
- Possible that lead coach does the announcing during warm up of changing overs/sprint lanes etc. If feel that is needed to let the announcer rest???

It was felt that some warmup Marshalls are not aware of what they really need to do. The coaches would allocate a coach to oversee a particular session and the coaching team would lead the warmups. Chantal was happy to do the warmup schedule including pace/speed lanes. The coaches were all happy with this.

Coaches would lead the actual warm up sessions but need an announcer to read out safety briefing /withdrawals etc

There may be a requirement for warm up marshal for the turn end of the pool.

Swim Down

- Can there be swim downs between sessions please? Again, coaches will monitor swimmers. Chantal happy to do a rota if Sharon feels that is needed to make sure someone is in charge of. Add into promotor conditions if is a yes.

We are paying for lifeguards, so could we have a swim down. Coaches would monitor swim down. There is a concern on numbers in pool as this has to be managed. It is more pointed to the older swimmers. The management side of this is a concern especially when people would need to take breaks. Is there a need for a swim down for 50/100m. New swimmers arriving, entering the pool as they feel they are late. There would need to be clear rules and guideline if we did this. We need to investigate this a lot further as it would need to be treated as a warmup. Emma suggested a 15 min time limit. This will be considered further.

Presentations

- Can we have an area off poolside for age group medal collections so can have a more official area to do photos etc for parents/coaches. Like at nationals.

This is a great idea to encourage swimmers to have a photo taken. We have the county team banner that could be used as the backdrop. The medals table could certainly be moved to the Spin room at Aqua Vale (where admission is) and then the banner used as the backdrop. Chantal will forward Sharon a photo of the banner. Look into a lovely parent to make a 1,2 & 3 or set off steps as well. Would need to mirror this at Leys Pools. Concerns re moving medal table off poolside as could make getting volunteers harder. Volunteers would be able to still see their swimmers just like the Marshals do.

- Junior/senior championship presentations:
In finals session can we do presentations as we race so more people see/support? Plus gives more rest to the swimmers between finals. Can do a timeline table for coaches so know when swimmers need to be ready for presentations (after which final is which presentation)

It would be very difficult to keep moving the officials out of the way, bring boxes in & would make the session longer. There are a number of officials that are there with no swimmer so it would extend their day and the faff of moving people around. Making sure swimmers are in marshalling and they could miss this. It was felt that this could not work at the current time.

Point club system

- Please can look at the system for club points. Do need separate junior under 13yrs?

It was felt that we have a lovely trophy to use. Could we change to 14 & under? It is currently set in the middle of the age groups ie – 10/11, 12. 13 and 14, 15, 16 & 17 & over, We could consider changing if we introduce the 17 year old age group.

Other random things not coaching related:

- Asking clubs for volunteers for more than swimmers in that session.

Sharon confirmed that she sends through the number of swimmers from each club in each session to the volunteer coordinator. We believe that a mistake was made i.e 1 swimmer

competing, and 2 volunteers requested. The only fair way to do this is to allocate the roles based on numbers swimming from each club in each session.

Concerns over other clubs not filling their roles and other clubs having to fill these roles. A suggestion was made to fine clubs that do not fulfil their volunteer allocations by the deadline set. Further discussion will take place regarding this.

- Spectator space

Some parents didn't get a seat as the swimmers took up the stand. Sharon said that on one occasion the swimmers were too high up in the stand, so Sharon moved them. There was no point over the weekend when the stands were full.

- Thank you for the food!
- Swimmer hoodies from Swim path? They order themselves so not ordered through County.

Looking at county hoodies for 2024. Look at provision to have availability online for people to order direct. Swim path? We are happy to look into this.

- Gender

Female (female at birth) & and open category – full implementation 1st September 2023

Chantal passed on a big Thank you to Sharon from the coaches as it was Sharon's first year promoting Counties and it all went fabulously well. Thank you to Karen and the officials and all the volunteers too.

Any other questions:

Karen reiterated her Thanks to all the volunteers, Paul was brilliant. Sharon, you did a great job!

- Tighten up the day.

Would like a smaller gap for officials, so we discussed a reasonable break for the coaches and TM's. The gaps cost us money – longer gap/potentially higher charges. The coaches/TMs on the call felt that 30 mins from the end of a session to the start of warm up.

Thank you to Chantal and Hannah for arranging the meeting with the coaches and bringing the items to the debrief on everyone's behalf.

All items will be taken to the executive committee for further discussion and potential approval.

Sharon MacNab

Swimming Secretary Oxford & North Buckinghamshire Counties ASA

OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES EXECUTIVE CTTE

RECORD CLAIMS

9th May 2023

LONG COURSE

OPEN

Mens

200 Free	Harry Wynne-Jones	CMK	1.51.42	09/04/23	Sheffield
400 Free	Harry Wynne-Jones	CMK	3.56.20	04/04/23	Sheffield
800 Free	Harry Wynne-Jones	CMK	8.14.29	08/04/23	Sheffield

A fantastic week of performances at the British Champs that have earned Harry a place on the GB Team at the European Junior Championships in Belgrade this Summer (4-9 July). Congratulations also to Coach Greg Buck.

O&NB County Artistic Swimming Report

May 2023

Towards the end of March, the National Age Group Championships took place in Gloucester -the competing athletes were using the new FINA figures for the first time at a national event.

Congratulations go to Freya Parker who represented OWASC in the 13–15-years age group – coming a very creditable 39th out of 127 athletes.

The British Championships took place in Nottingham in April – there were no athletes from the County taking place due to the increase in qualifying standards this year.

Athletes and coaches are currently preparing for the Combo Cup being held in Sheffield in July.

Due to the extensive FINA changes it is extremely challenging for coaches to choreograph the new format of routines with lots of queries around content and penalties still to be ironed out.

The changes to judging at Swim England events is set for 2024 and judges are involved in new training, and some will take on new technical roles as the new phase of artistic swimming develops. Judges at national events in 2023 have been shadow judging using the new system to begin to get a taste for the new processes.

OWASC was successful in retaining their SwimMark status after the full health check this year.

Mandy Fuller

Artistic Swimming Sec.



The Oxfordshire and North Buckinghamshire (ONB) Amateur Swimming Association

Officials' Report May 2023

The new World Aquatics rules were introduced on 10th March and once we received the official training material ONB tutors held 9 training sessions over zoom to update officials and we have had almost 200 attendees. This CPD has to be taken by 31 August in order for officials to remain licensed. We are aware of a few people who have not yet attended and are looking at holding at least one further session.

We also sent out a survey regarding officials' uniform and the results were:

- 36.8% Stay as we are (white and white shoes)
- 44.3% Black but keep white shoes
- 18.9% Black with black shoes

This result means that 63.2% of officials who responded prefer to wear black trousers, I therefore propose that all clubs in ONB change there officials dress code to black trousers for their meets (including Counties) with either white or black shoes to minimise cost outlay.

A number of updates have been received, if officials have signed up to the Swim England Officials' newsletter they will have been received as they are issued but include a revision regarding periodwear that means it is no longer necessary for this to be reported to the referee before racing.

(sign up here: <https://www.swimmingresults.org/officialsnews/>)



The Oxfordshire and North Buckinghamshire (ONB) Amateur Swimming Association

British Swimming are currently hold training sessions for Open Water Officials, anyone who is interested please contact me. The initial session is carried out on zoom and is approx. 3 hours then all further sessions are practical training at Open Water events around the country.

Karen Underwood

Officials' Coordinator

ONB Disabilities Report May 2023

A lot has been happening with para swimming competitions in the last 2 months.

March saw the Citi World Para Series incorporating the British International Meet take place in Sheffield. I took part as sole representation from ONB (as a swimmer) competing in 4 events, 100fc, 400fc, 100bc and 200IM. I am very pleased to report that I made the GB finals for the 100bc and 200IM whilst also swimming a new S8 400fc regional record time. Thank you to my coaches Tom and Bill for supporting me in getting up to Sheffield for this international event. I would also like to thank all the officials and organisers who made the event happen including one of our own officials Sandra Wrenn who was on the officials team for the whole of the Sheffield leg of the World series.

This month has seen the South East Regional Championships and, although we are awaiting the final positions of 2 events that contain age group para swimmers, I have already completed all my events. It was an extremely successful event for me. I competed in 50,100,400fc, 100br,100fly and 200IM achieving S8/SM8 South East Regional Record times in 100fc, 400fc, 100fly and 200IM. Again huge thanks to my coaches, everyone involved in putting on the event and the incorporation of the para swimmers which seemed to work well, although I would suggest that it may be worth reviewing whether swimming 1 age group para swimmer on their own is really the best option to allow them to achieve their potential.

It would be really nice to have a few more para swimmers taking part in competitions within ONB. If you have any swimmers who may fit the para swimming profile then please make sure that they attend a regional training session to have their skills signed off to allow them to progress onto the classification waiting list. The details for the latest para training session are as follows:

Sunday 9th July

9am - 1.15pm

ACS International School, Cobham

Cost per athlete £10

<https://www.southeastswimming.org/south-east-para-swimming-regional-camp/>

The regional training is aimed at all Para swimmers, including those with a hearing impairment (S15), who either have, or are looking to obtain, a classification and are not on the World Class Programme. They must be 9yrs or older to attend.

Coaches are invited to attend to gain a better understanding of how they can support their Para athletes in the club environment.

Looking forward from regional training I will be competing at the end of season National Championships, as things stand I should (fingers crossed) be attending British Summer Champs and will feedback later in the year as to how I get on.

Amanda Readhead
Disabilities Rep

National Para-Swimming Engagement Day (on-line via Zoom)
Tuesday 30th May 2023

Athletes: 6pm – 7:45pm (Coaches are welcome to observe)
Coaches 7pm – 8pm

Join the England Para - Swimming Talent Team for FREE, workshops and activities, designed to help athletes, coaches and parents / guardians gain valuable information about the development of Para-athletes.

Who is this day for?

- Athletes who attend Regional Para-Swimming Training in their region
- All classified athletes and those on the classification waiting list who would like to develop their swimming further
- Category 2 members who have an eligible Para-Swimming impairment or hearing impairment and would like to learn more about Para-Swimming, or development / competitive opportunities
- Coaches who would like to gain a greater knowledge of Para-Swimming and the support available to them and to athletes.

***This day is not open to athletes on the Swim England or British Para-Swimming Talent Programme*.**

****All athletes under the age of 16 should be accompanied by an adult throughout.**

Meet the team delivering on the day:



Carl Cooper – England Para-Swimming Talent Coach

- Carl leads on athlete development and can give athletes hints and tips in order to develop their training and performance as well as an insight into the common traits of a successful Para-Swimmer.



Jack Chambers – England Para-Swimming Talent Coach

- Jack leads on coach development and can give coaches hints and tips to developing their programme, whilst exploring some adaptations used with Para-Swimmers.

Workshop Details

Athletes:

Time	Activity Workshop	Notes
17:50 – 18:00	Log-In & Welcome	Please have cameras switched on when joining the meeting. Names on screen should match the name used on application
18:00 – 18:50	Workshop 1 Awareness of Clean Sport & The Importance of Rest (Lifestyle)	Athletes may wish to make notes during workshops but slides will be available afterwards.
18:50 – 19:00	Break	
19:00 – 19:35	Workshop 2 Psychology – Self Reflection	
19:35 – 19:45	Q&A's Summary Depart	

Coaches:

Time	Activity Workshop	Notes
18:50 – 19:00	Log-In & Welcome	Please have cameras switched on when joining the meeting. Names on screen should match the name used on application
19:00 – 19:45	Developing Stroke Technique	Coaches may wish to make notes during workshops but slides will be available afterwards.
19:45 – 20:00	Awareness of Clean Sport	

How to book onto the day.

Please complete this link by Tuesday 23rd May:

<https://www.surveymonkey.co.uk/r/P5YJP3H>

Log in details will be sent to swimmers / coaches individually w/c 22nd May.

If you have any questions please email paratalent@swimming.org

We look forward to seeing you on the day.

The Para-Swimming Talent Team

OXON & N BUCKS 'MASTERS' NEW RECORDS AS AT 9 MAY 2023

LONG COURSE RECORDS

FREESTYLE

1	MEN	1500m	45-49	SIMON JOYCE	Kidlington	25-Mar-23	19:53.80	Crawley
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RELAYS

FREESTYLE

2	MEN	4 x 100m	120 +	Bicester	25-Mar-23	3:54.40	Crawley
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3	MEN	4 x 200m	120 +	Bicester	25-Mar-23	9:14.17	Crawley
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MIXED FREESTYLE

4		4 x 50m	160 +	Wantage	25-Mar-23	2:02.87	Crawley
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OXON & N BUCKS COUNTIES LADIES "MASTERS" LONG COURSE RECORDS AS AT 9 MAY 2023

BACKSTROKE					BREASTSTROKE					BUTTERFLY					50	200 INDIVIDUAL MEDLEY					FREESTYLE					50			
18-24	YOLANDA SPEARE	Witney	13-Jun-14	30.74	KATIE MITCHELL	CMK		39.03	NATASHA PIKE	CMK	13-Jun-14	30.24	18-24	YOLANDA SPEARE	Witney	13-Jun-14	2:34.33	SARAH TURNER	Maxwell	05-May-12	29.29	18-24							
25-29	CLAIRE EVELYN	N.Pagnell	27-May-16	33.15	SARAH WESTWOD	Oxford	26-May-16	37.83	SARAH WESTWOOD	Oxford	28-May-16	30.59	25-29	JULIE GRAHAM	CMK		3:01.76	CLAIRE EVELYN	N.Pagnell	29-May-16	29.18	25-29							
30-34	CLAIRE EVELYN	N.Pagnell	14-Aug-17	33.11	SHEELAH TURNER	CMK		38.26	ZSUZSANNA FELVEGI	Oxford	15-Jun-13	31.77	30-34	JOANNE MINION	CMK		2:42.65	CLAIRE EVELYN	N.Pagnell	14-Aug-17	29.31	30-34							
35-39	NATASHA LANE	Kidlington	18-Jun-22	32.91	JOANNE MINION	CMK		38.66	ZSUZSANNA FELVEGI	Oxford	25-Jul-15	32.81	35-39	URSULA SCHULZ	Oxford		2:48.63	NATASHA LANE	Kidlington	17-Jun-22	29.62	35-39							
40-44	MARGARET SMITH	CMK		39.32	KATHERINE SHACKLETC	Aylesbury		44.60	JEANNE PETIT	Maxwell	02-May-14	32.20	40-44	JEANNE PETIT	Maxwell	18-May-13	3:01.68	MARIE ROYAL	Oxford	04-Jun-05	29.31	40-44							
45-49	SUSAN CUMMINGS	Bicester		41.56	DERYN CREAMY	Aylesbury	08-Jun-18	42.85	MARGARET SMITH	Oxford	27-Mar-04	32.30	45-49	MELANIE COOKE	Witney	09-Jun-18	3:13.98	MARGARET SMITH	CMK	24-Oct-03	30.99	45-49							
50-54	BLANAID WALKER	Witney	13-Jan-15	41.06	ROTRAUD PALMER	Oxford		43.10	MARGARET SMITH	Oxford	17-Jun-11	34.91	50-54	BLAINARD WALKER	Witney	18-May-13	3:21.57	MARGARET SMITH	Oxford	19-Jun-09	31.65	50-54							
55-59	LYNNE TANNER	Witney	13-Nov-04	39.50	ROTRAUD PALMER	Oxford		44.42	MARGARET SMITH	Oxford	15-Jun-13	34.88	55-59	LYNNE TANNER	Witney	14-Nov-04	3:16.70	MARGARET SMITH	Oxford	15-Jun-13	32.62	55-59							
60-64	ROTRAUD PALMER	Oxford		44.05	ROTRAUD PALMER	Oxford		45.06	MARGARET SMITH	CMK	08-Jun-18	35.14	60-64	LYNNE TANNER	Witney		3:31.43	MARGARET SMITH	CMK	20-Jul-19	32.31	60-64							
65-69	ROTRAUD PALMER	Oxford	13-May-06	44.91	ROTRAUD PALMER	Oxford	13-May-06	45.16	ROTRAUD PALMER	Oxford	13-May-06	45.31	65-69					DIANA GROAT	Aylesbur	13-May-06	41.06	65-69							
70-74	LYNNE TANNER	Witney	14-Jun-19	49.20	DIANA GROAT	Aylesbury	14-Jun-19	51.55	BARBARA LEGG	Bicester	27-Sep-15	51.32	70-74					DIANA GROAT	Aylesbur	17-Jun-22	39.50	70-74							
75-79													75-79									75-79							
80-84													80-84									80-84							
100																100	400 INDIVIDUAL MEDLEY										100		
18-24	YOLANDA SPEARE	Witney	13-Jun-14	1:05.35	KATIE MITCHELL	CMK		1:28.10	SARAH W-HOWKINS	Bicester		1:18.96	18-24	ALICE D-YOUNG	Oxford	18-Jun-11	6:22.32	NATASHA PIKE	CMK	13-Jun-14	1:03.45	18-24							
25-29	SARAH TURNER	Maxwell	09-Feb-13	1:11.64	JENNY LUNN	Oxford		1:30.51	SARAH W-HOWKINS	Bicester		1:18.65	25-29					SARAH TURNER	Maxwell	09-Feb-13	1:06.67	25-29							
30-34	RUTH GRICE	Oxford	04-May-12	1:14.29	JOANNE MINION	CMK		1:24.95	ZSUZSANNA FELVEGI	Oxford	14-Jun-13	1:14.74	30-34	URSULA SCHULZ	Oxford		6:06.24	JULIE GRAHAM	CMK	23-Jan-05	1:06.53	30-34							
35-39	LISA FOGGERT	Witney	23-Jul-16	1:18.66	JOANNE MINION	CMK		1:25.89	ZSUZSANNA FELVEGI	Oxford	25-Jul-15	1:17.43	35-39	URSULA SCHULZ	Oxford		6:13.59	MARIE ROYAL	Oxford	25-Apr-04	Br 1:02.10	35-39							
40-44	KERRY KING	Aylesbury	08-Jun-18	1:28.71	KERRY KING	Aylesbury	08-Jun-18	1:35.00	JEANNE PETIT	Maxwell	02-May-14	1:15.33	40-44					MARIE ROYAL	Oxford	04-Jun-05	Br 1:02.34	40-44							
45-49	SUSAN CUMMINGS	Bicester		1:32.19	DERYN CREAMY	Aylesbury	18-Jun-17	1:34.14	MARGARET SMITH	CMK	24-Apr-04	1:12.79	45-49	DERYN CREAMY	Aylesbury	14-Jun-19	7:06.48	MARGARET SMITH	CMK	23-Jan-05	1:07.71	45-49							
50-54	BLANAID WALKER	Witney	06-Sep-13	1:27.38	ANNETTE THATCHER	CMK		1:36.39	MARGARET SMITH	Oxford	19-Jun-09	1:20.74	50-54	LYNNE TANNER	Witney		7:29.40	MARGARET SMITH	Oxford	04-May-12	1:11.22	50-54							
55-59	LINDSAY KELLY ONAY	Witney	23-Jan-22	1:28.27	CHRISTINE AYERS	CMK	10-Feb-08	1:37.02	MARGARET SMITH	Oxford	14-Jun-13	1:21.59	55-59	LYNNE TANNER	Witney		7:18.59	MARGARET SMITH	Oxford	15-Jun-13	1:13.11	55-59							
60-64	LYNNE TANNER	Witney	16-Jun-07	1:36.14	ROTRAUD PALMER	Oxford		1:40.70	LYNNE TANNER	Witney	17-Jun-07	1:42.58	60-64					MARGARET SMITH	CMK	08-Jun-18	1:15.18	60-64							
65-69	SUSAN CUMMINGS	Banbury	22-Jul-17	1:43.79	ROTRAUD PALMER	Oxford	13-May-06	1:41.31					65-69					DIANA GROAT	Aylesbur	29-May-16	1:33.22	65-69							
70-74	LYNNE TANNER	Witney	14-Jun-19	1:50.35	DIANA GROAT	Aylesbury	14-Jun-19	1:57.88					70-74					DIANA GROAT	Aylesbur	17-Jun-22	1:35.06	70-74							
75-79													75-79					BARBARA LEGG	Bicester	20-Jul-19	1:52.43	75-79							
80-84													80-84									80-84							
200																200											200		
18-24	YOLANDA SPEARE	Witney	13-Jun-14	2:20.81	ALICE DINSDALE-YOUNG	Oxford	17-Jun-11	3:17.97	URSULA SCHULZ	Oxford		2:59.03	18-24					AMY DAVIES	Oxford		2:21.86	18-24							
25-29	SARAH TURNER	Maxwell	09-Feb-13	2:33.05	HELEN TAPPIN	Witney		3:24.12	URSULA SCHULZ	Oxford		3:02.39	25-29	SARAH LANG	Oxford	01-Jun-09		SARAH LANG	Oxford	01-Jun-09	5:23.08	25-29							
30-34	URSULA SCHULZ	Oxford		3:00.81	RUTH GRICE	Oxford	05-May-12	3:03.29	URSULA SCHULZ	Oxford		2:49.89	30-34	JULIE GRAHAM	CMK	23-Jan-05		JULIE GRAHAM	CMK	23-Jan-05	2:26.46	30-34							
35-39	URSULA SCHULZ	Oxford		3:01.23	URSULA SCHULZ	Oxford		3:16.35	MARGARET SMITH	CMK		2:51.36	35-39	MARIE ROYAL	Oxford	24-Apr-04		MARIE ROYAL	Oxford	24-Apr-04	2:15.44	35-39							
40-44	KERRY KING	Aylesbury	08-Jun-18	3:09.63	KERRY KING	Aylesbury	09-Jun-18	3:25.14	MARGARET SMITH	CMK		3:46.80	40-44	MARIE ROYAL	Oxford	05-Jun-05	Br 2:16.36	MARIE ROYAL	Oxford	05-Jun-05	Br 2:16.36	40-44							
45-49	SUSAN CUMMINGS	Bicester		3:27.48	DERYN CREAMY	Aylesbury	17-Jun-17	3:21.46	LYNNE TANNER	Witney		4:00.07	45-49	MARGARET SMITH	CMK	24-Apr-04		MARGARET SMITH	CMK	24-Apr-04	2:26.20	45-49							
50-54	BLANAID WALKER	Witney	18-Jun-17	3:09.76	ANNETTE THATCHER	CMK		3:37.35	DERYN CREAMY	Aylesbury	23-Jan-22	3:42.09	50-54	MARGARET SMITH	Oxford	05-May-12		MARGARET SMITH	Oxford	05-May-12	2:37.77	50-54							
55-59	BLANAID WALKER	Witney	06-Sep-18	3:13.34	ROTRAUD PALMER	Oxford		3:39.45	LINDSAY KELLY ONAY	Didcot	23-Jan-22		55-59	MARGARET SMITH	Oxford	15-Jun-13		MARGARET SMITH	Oxford	15-Jun-13	2:38.71	55-59							
60-64	LYNNE TANNER	Witney	16-Jun-07	3:29.97									60-64	MARGARET SMITH	CMK	08-Jun-18		MARGARET SMITH	CMK	08-Jun-18	2:47.29	60-64							
65-69	LYNNE TANNER	Witney	18-May-13	3:43.65	ANNE RUSSELL	Banbury	29-May-16	4:15.87					65-69	IRIS BELLIS	CMK	10-Feb-08		IRIS BELLIS	CMK	10-Feb-08	3:46.89	65-69							
70-74	LYNNE TANNER	Witney	14-Jun-19	3:58.32									70-74	DIANA GROAT	Aylesbur	26-Mar-22	3:42.78	DIANA GROAT	Aylesbur	26-Mar-22	3:42.78	70-74							
75-79													75-79	BARBARA LEGG	Bicester	20-Jul-19	4:10.47	BARBARA LEGG	Bicester	20-Jul-19	4:10.47	75-79							
80-84													80-84									80-84							
LADIES RELAYS										MIXED MEDLEY																			
4 x 50 FREESTYLE					4 x 50 MEDLEY					4 x 50 MEDLEY																			
72 +					CITY OF OXFORD	Br.Leeds	18-Jun-11	2:24.81	AYLESBURY	Br.Swanse	14-Jun-19	2:07.69	72 +					72 +					72 +						
100 +													100 +					100 +					100 +						
120 +													120 +					120 +					120 +						
160 +	AYLESBURY	Br.Plymouth	08-Jun-18	2:24.82	AYLESBURY	Br.Plymouth	08-Jun-18	2:45.88	CITY OF OXFORD	Br.Swanse	05-May-12	2:10.48	160 +					160 +					160 +						
200 +	AYLESBURY	Br.Swansea	14-Jun-19	2:26.35	AYLESBURY	S.E. Region, 21-Jan-17	2:47.03		AYLESBURY	Br.Swanse	14-Jun-19	2:38.21	200 +					200 +					200 +						
240 +	BANBURY	Europeans, 1	26-May-16	3:01.78	BANBURY	S.E. Region, 29-May-16	3:38.05						240 +					240 +					240 +						
260 +													260 +					260 +					260 +						
4 x 100 FREESTYLE					4 x 100 MEDLEY					4 x 100 MEDLEY																			
72 +	Aylesbury	Br.Swansea	14-Jun-19	5:28.18									72 +					72 +					72 +						
100 +																													

OXON & N BUCKS CLUBS

Abingdon
Aylesbury
Banbury
Bicester
Bletchley
Bourne End
Buckingham
Didcot
Kidlington
Maxwell
Milton Keynes, City of
N.Pagnell
Oxford, City of
Wantage
Witney

18-24	DERYN C-RODGERS	Oxf. Uni.	05-Mar-22	9:56.75	18-24	DERYN C-RODGERS	Oxf. Uni.	05-Mar-22	19:04.64	18-24		
25-29	SARAH TURNER	Maxwell	16-Jun-13	10:04.12	25-29	SARAH TURNER	Maxwell	13-Jun-14	19:41.38	25-29		
30-34	ZSUZSANNA FELVEGI	Oxford	06-May-12	10:56.56	30-34	ZSUZSANNA FELVEGI	Oxford	04-May-12	20:51.50	30-34		
35-39	URSULA SCHULZ	Oxford		10:53.73	35-39	URSULA SCHULZ	Oxford		20:54.54	35-39		
40-44	MARGARET SMITH	CMK		10:45.23	40-44	MARGARET SMITH	CMK		20:37.22	40-44		
45-49	MARGARET SMITH	CMK		11:02.45	45-49	MARGARET SMITH	CMK		21:28.04	45-49		
50-54	MARGARET SMITH	Oxford	06-May-12	11:27.17	50-54	MARGARET SMITH	Oxford	06-May-12	11:27.17	50-54		
55-59	LINDSAY KELLY ONAY	Didcot	22-Jan-22	11:46.92	55-59	LINDSAY KELLY ONAY	Didcot	22-Jan-22	11:46.92	55-59		
60-64	ROTRAUD PALMER	Oxford	25-Jun-03	14:23.61	60-64	ROTRAUD PALMER	Oxford	25-Jun-03	14:23.61	60-64		
65-69	IRIS BELLIS	CMK	03-Feb-08	16:09.60	65-69	IRIS BELLIS	CMK	03-Feb-08	16:09.60	65-69		
70-74	DIANA GROAT	Aylesbur	26-Mar-22	15:20.47	70-74	DIANA GROAT	Aylesbur	26-Mar-22	15:20.47	70-74		
75-79					75-79					75-79		
80-84					80-84					80-84		
1500						1500						1500
18-24	DERYN C-RODGERS	Oxf. Uni.	05-Mar-22	19:04.64	18-24	DERYN C-RODGERS	Oxf. Uni.	05-Mar-22	19:04.64	18-24		
25-29	SARAH TURNER	Maxwell	13-Jun-14	19:41.38	25-29	SARAH TURNER	Maxwell	13-Jun-14	19:41.38	25-29		
30-34	ZSUZSANNA FELVEGI	Oxford	04-May-12	20:51.50	30-34	ZSUZSANNA FELVEGI	Oxford	04-May-12	20:51.50	30-34		
35-39	URSULA SCHULZ	Oxford		20:54.54	35-39	URSULA SCHULZ	Oxford		20:54.54	35-39		
40-44	MARGARET SMITH	CMK		20:37.22	40-44	MARGARET SMITH	CMK		20:37.22	40-44		
45-49	MARGARET SMITH											

OXON & N BUCKS COUNTIES MENS "MASTERS" LONG COURSE RECORDS AS AT 9 MAY 2023

50	BACKSTROKE				BREASTSTROKE				BUTTERFLY				50	200 INDIVIDUAL MEDLEY				FREESTYLE				50
18-24	JONATHAN QUainton	Bletchley	14-Jun-13	31.69	PETER WILLIAMS	Oxford		32.78	JONATHAN QUainton	Bletchley	09-Feb-13	27.40	18-24	GRAHAM CABLE	Witney		2:28.37	JONATHON QUainton	Bletchley	13-Jun-14	24.66	18-24
25-29	DANIEL MORGAN	Aylesbury	14-Jun-19	27.60	IAN SURRAGE	Kidlington	16-Jun-13	30.16	MICHAEL PROCTER	Bicester	08-Jun-18	25.82	25-29	CHRSTOPHER MARSH	Oxford	18-Jun-11	2:28.81	SAMUEL DALLIMORE	Oxford	12-Aug-19	24.60	25-29
30-34	JONATHAN RICHARDS	Kidlington	15-Jun-13	29.55	CHRISTOPHER AUST	Kidlington	16-Jun-13	30.15	CHRISTOPHER AUST	Kidlington	15-Jun-13	26.51	30-34	CHRISTOPHER AUST	Oxford	25-May-16	2:20.36	RYAN STEWARD	Bicester	14-Jun-19	24.66	30-34
35-39	DAREN HASELDINE	N.Pagnell		34.18	CHRISTOPHER AUST	Oxford	16-Jun-17	30.67	CHRISTOPHER AUST	Kidlington	08-Jun-18	26.99	35-39	PETER DISPAINE	CMK		2:30.68	PETER WILLIAMS	Kidlington	08-Jun-18	26.64	35-39
40-44	JONATHAN RICHARDS	Kidlington	18-Jun-22	30.56	CHRISTOPHER AUST	Kidlington	19-Jun-22	30.94	CHRISTOPHER AUST	Kidlington	18-Jun-22	27.19	40-44	SIMON JOYCE	Kidlington	18-Dec-22	2:44.43	CHRISTOPHER AUST	Kidlington	17-Jun-22	25.52	40-44
45-49	ROMAN WALCZAK	Oxford		34.89	MATTHEW GOMEZ	Oxford	19-Jun-11	34.09	MATHEW GOMEZ	Oxford	17-Jun-11	29.97	45-49	MATTHEW GOMEZ	Oxford	18-Jun-11	2:36.13	MATTHEW GOMEZ	Oxford	18-Jun-11	27.85	45-49
50-54	ROMAN WALCZAK	Oxford		35.15	PAUL DAVIS	Bicester	26-May-16	36.29	JOHN CARDY	Oxford	02-Feb-14	31.03	50-54	MATTHEW GOMEZ	Oxford	02-Apr-16	2:38.09	JASON PRESTON	Bicester	17-Jun-22	28.51	50-54
55-59	MIKE WHITEHEAD	Oxford	27-May-16	35.44	TOM MORROW	CMK	06-May-12	36.37	PETER ILES	CMK	22-Jun-08	33.88	55-59	TOM MORROW	CMK	18-Jun-11	2:54.21	MICHAEL WHITEHEAD	Aylesbury	29-Mar-16	31.62	55-59
60-64	MIKE WHITEHEAD	Aylesbury	14-Jun-19	35.99	TOM MORROW	Oxford	16-Jun-17	37.20	DAVID HALL	Witney	24-Apr-04	38.98	60-64	TOM MORROW	Oxford	23-Jan-16	2:59.76	BRIAN REED	Witney		33.87	60-64
65-69	BRIAN REED	Oxford	13-May-06	45.82	BRIAN REED	Oxford	13-May-06	45.54	DAVID HALL	Witney	13-May-06	39.46	65-69	BRIAN REED	Oxford		3:35.04	DAVID HALL	Witney	13-May-06	34.99	65-69
70-74	DAVID HALL	Witney	29-Jan-12	51.05	DAVID HALL	Witney	06-May-12	50.19	DAVID HALL	Witney	05-May-12	38.85	70-74	DAVID HALL	Witney	06-May-12	3:51.50	DAVID HALL	Witney	05-May-12	34.94	70-74
75-79	DAVID HALL	Witney	21-Jan-17	50.31	DAVID HALL	Witney	22-Jan-17	55.51	DAVID HALL	Witney	18-Jun-17	42.20	75-79					DAVID HALL	Witney	21-Jan-17	45.11	75-79
80-84	DAVID HALL	Witney	18-Jun-22	52.89					DAVID HALL	Witney	18-Jun-22	50.36	80-84					DAVID HALL	Witney	17-Jun-22	40.48	80-84

100													100	400 INDIVIDUAL MEDLEY												100
18-24	JACK ROWLAND	Bicester	13-Jun-14	1:07.90	PETER WILLIAMS	Oxford		1:10.77	GARETH LLEWELLYN	CMK		1:09.51	18-24	JOHANATHAN QUaintin	Bletchley	15-Jun-13	5:32.18	JONATHON QUainton	Bletchley	09-Feb-13	54.53	18-24				
25-29	DANIEL MORGAN	Aylesbury	14-Jun-19	59.47	IAN SURRAGE	Kidlington	15-Jun-13	1:08.20	MICHAEL PROCTER	Bicester	08-Jun-18	59.85	25-29	CHRISTOPHER MARSH	Oxford	18-Jun-11	5:15.59	MICHAEL PROCTER	Bicester	24-Mar-19	54.12	25-29				
30-34	JONATHAN RICHARDS	Kidlington	15-Jun-13	1:04.04	CHRISTOPHER AUST	Kidlington	15-Jun-13	1:08.59	IAN BECK	Witney		1:01.95	30-34	IAN BECK	Witney	01-Apr-96	SR 4:53.73	RYAN STEWARD	Bicester	21-Jul-18	55.77	30-34				
35-39	PETER MASTERS	CMK		1:14.87	PETER WILLIAMS	Kidlington	10-Jul-18	1:11.20	DAVID DENNY	Oxford	12-Jun-15	1:01.27	35-39	MATTHEW GOMEZ	Oxford		5:31.38	DEAN MILWAIN	Bicester	18-Jun-22	55.67	35-39				
40-44	JONATHAN RICHARDS	Kidlington	18-Jun-22	1:08.50	NEIL MORTON	Oxford	18-Jun-22	1:13.99	MATTHEW GOMEZ	Oxford	20-Jun-08	1:05.06	40-44	JONATHAN SCOPE	CMK		6:40.89	JONATHAN RICHARDS	Kidlington	18-Jun-22	57.95	40-44				
45-49	ROMAN WALCZAK	Abingdon		1:17.18	MATTHEW GOMEZ	Oxford	13-Jun-15	1:17.15	MATTHEW GOMEZ	Oxford	18-Jun-11	1:08.01	45-49	MATTHEW GOMEZ	Oxford	13-Jun-14	5:44.34	STEVEN WALL	Oxford		1:02.85	45-49				
50-54	ROMAN WALCZAK	Oxford		1:18.65	MATTHEW GOMEZ	Oxford	27-May-16	1:18.09	MATTHEW GOMEZ	Oxford	02-Apr-16	1:09.21	50-54	MIKE THOMPSON	Aylesbur	08-Jun-18	6:59.65	JASON PRESTON	Bicester	18-Jun-22	1:06.87	50-54				
55-59	MICHAEL WHITEHEAD	Oxford	29-May-16	1:18.75	TOM MORROW	Oxford	04-May-12	1:20.86	TOM MORROW	Oxford	05-May-12	1:19.70	55-59	DAVID HALL	Witney	06-Jun-99	7:59.75	CHRISTOPHER SCOTCHI	Oxford		1:20.12	55-59				
60-64	BRIAN REED	Witney		1:43.64	TOM MORROW	Oxford	27-May-16	1:22.39	DAVID HALL	Oxford		1:41.01	60-64	DAVID HALL	Oxford	25-Apr-04	8:23.71	BRIAN REED	Oxford		1:18.12	60-64				
65-69	DAVID HALL	Witney	25-Jan-09	1:43.89	BRIAN REED	Oxford		1:44.16	DAVID HALL	Witney	17-Jun-07	1:38.14	65-69	DAVID HALL	Witney	17-Jun-07	7:57.70	BRIAN REED	Oxford		1:18.96	65-69				
70-74	DAVID HALL	Witney	01-Feb-14	1:48.32	DAVID HALL	Witney	04-May-12	1:57.59	DAVID HALL	Witney	05-May-12	1:44.75	70-74	DAVID HALL	Witney	06-May-12	8:17.83	DAVID HALL	Witney	01-Feb-14	1:26.51	70-74				
75-79	DAVID HALL	Witney	22-Jan-17	1:58.08	DAVID HALL	Witney	21-Jan-17	2:10.26	DAVID HALL	Witney	17-Jun-17	1:51.28	75-79	DAVID HALL	Witney	17-Jun-17	9:13.64	DAVID HALL	Witney	21-Jan-17	1:32.05	75-79				
80-84									DAVID HALL	Witney	18-Jun-22	2:20.31	80-84					DAVID HALL	Witney	26-Mar-22	1:47.52	80-84				

200										200										200									
18-24	JACK ROWLAND	Bicester	13-Jun-14	2:27.70	GRAHAM CABLE	Witney		2:43.28	ALAN MERRY	CMK		2:35.40	18-24					GRAHAM CABLE	Witney		2:06.42	18-24							
25-29	CHRISTOPHER MARSH	Oxford	18-Jun-11	2:39.12	IAN SURRAGE	Kidlington	14-Jun-13	2:32.48	IAN BECK	Witney		2:17.24	25-29					IAN BECK	Witney		2:03.27	25-29							
30-34	JONATHAN RICHARDS	Kidlington	15-Jun-13	2:24.92	PETER WILLIAMS	Oxford	06-May-12	2:35.74	IAN BECK	Witney		2:14.61	30-34					IAN BECK	Witney		2:01.07	30-34							
35-39	GRAHAM CABLE	Witney	18-Jun-17	2:44.70	PETER WILLIAMS	Kidlington	10-Jul-18	2:39.43	IAN BECK	Witney	01-Jun-00	Br 2:12.86	35-39					DEAN MILWAIN	Bicester	19-Jun-22	2:03.44	35-39							
40-44	JONATHAN RICHARDS	Kidlington	18-Jun-22	2:24.29	RUSSELL SIMPSON	Aylesbury	04-Jun-05	3:01.92	MATTHEW GOMEZ	Oxford	21-Jun-08	2:36.12	40-44					MATTHEW GOMEZ	Oxford	22-Jun-08	2:10.87	40-44							
45-49	ROMAN WALCZAK	Oxford		2:54.41	MATTHEW GOMEZ	CMK	17-Jun-11	2:51.90	JULIAN REED	CMK	18-May-13	3:04.63	45-49					MATTHEW GOMEZ	Oxford	13-Jun-15	2:17.90	45-49							
50-54	ROMAN WALCZAK	Oxford		2:57.87	MATTHEW GOMEZ	Oxford	29-May-16	2:52.77					50-54					JOHN CARDY	Oxford	02-Feb-14	2:23.60	50-54							
55-59	CHRISTOPHER SCOTCHI	Oxford		3:24.44	TOM MORROW	CMK	28-Jan-12	2:55.88	DAVID HALL	Witney		3:59.30	55-59					CHRISTOPHER SCOTCHI	CMK		2:52.94	55-59							
60-64	MIKE WHITEHEAD	Aylesbury	14-Jun-19	3:01.62	TOM MORROW	Oxford	29-May-16	3:00.53	DAVID HALL	Oxford	25-Apr-04	4:03.37	60-64					BRIAN REED	Witney		2:55.77	60-64							
65-69	DAVID HALL	Witney	24-Jan-09	3:51.02	BRIAN REED	Oxford		3:54.89	DAVID HALL	Witney	02-Feb-08	3:54.28	65-69					BRIAN REED	Oxford		2:58.40	65-69							
70-74	DAVID HALL	Witney	02-Feb-14	4:02.05	DAVID HALL	Witney	05-May-12	4:21.05	DAVID HALL	Witney	04-May-12	4:08.43	70-74					DAVID HALL	Witney	02-Feb-14	3:24.62	70-74							
75-79									DAVID HALL	Witney	16-Jun-17	4:27.95	75-79					DAVID HALL	Witney	18-Jun-17	3:30.96	75-79							
80-84													80-84					DAVID HALL	Witney	26-Mar-22	3:48.84	80-84							

MENS RELAYS										MIXED FREESTYLE									
72 + 100 + 120 + 160 + 200 + 240 + 280 +	4 x 50 FREESTYLE				4 x 50 MEDLEY				4 x 50 FREESTYLE				72 + 100 + 120 + 160 + 200 + 240 + 280 +						
	OXFORD	Br.Leeds	18-Jun-11	1:43.36	CITY OF OXFORD	Br.Leeds	18-Jun-11	2:00.04	WITNEY	Br.Swanse	14-Jun-14	2:01.76							
	KIDLINGTON	Br.Plymoutl	15-Jun-13	1:40.68															
	AYLESBURY	Br.Swansea	14-Jun-19	1:56.63	AYLESBURY	Br.Swansea	14-Jun-19	2:10.57	WANTAGE	Crawley	25-Mar-23	2:02.87							
	OXFORD	Br.Sheffield	02-Apr-16	2:12.56	CITY OF OXFORD	Br.Sheffield	03-Apr-16	2:19.67											
72 + 100 + 120 + 160 + 200 + 240 + 280 +	4 x 100 FREESTYLE				4 x 100 MEDLEY				4 x 100 FREESTYLE				72 + 100 + 120 + 160 + 200 + 240 + 280 +						
	BICESTER	Crawley	25-Mar-23	3:54.40	KIDLINGTON	Br.Plymoutl	15-Jun-13	4:11.37	WITNEY	Br.Swanse	13-Jun-14	4:32.76							
									CITY OF OXFORD	Br.Sheffiel	05-May-12	4:22.19							
72 + 100 + 120 + 160 + 200 + 240 + 280 +	4 x 200 FREESTYLE								4 x 200 FREESTYLE				72 + 100 + 120 + 160 + 200 + 240 + 280 +						
	BICESTER	Crawley	25-Mar-23	9:14.17															

OXON & N BUCKS CLUBS				JONATHON QUAINTON	Bletchley	29-Jan-12	9:42.49	18-24
Abingdon				CHRISTOPHER MARSH	Oxford	17-Jun-11	9:39.88	25-29
Aylesbury				CHRISTOPHER JOHANSI	Oxford	25-May-16	9:45.75	30-34
Banbury				IAN BECK	Witney		10:06.80	35-39
Bicester				SIMON JOYCE	Kidlington	18-Dec-22	10:18.25	40-44
Bletchley				MATTHEW GOMEZ	Oxford	16-Jun-13	10:13.69	45-49
Bourne End				JOHN CARDY	Oxford	02-Feb-14	10:42.80	50-54
Buckingham				CHRISTOPHER SCOTCHI	Oxford	05-Oct-01	12:43.06	55-59
Didcot				CHRISTOPHER SCOTCHI	Oxford	21-Jan-06	13:17.42	60-64
Kidlington				DAVID HALL	Witney	24-Jan-09	13:33.99	65-69
Maxwell				DAVID HALL	Witney	04-May-12	13:56.72	70-74
Milton Keynes, City of				DAVID HALL	Witney	18-Jun-17	14:28.14	75-79
N.Pagnell				DAVID HALL	Witney	22-Jan-22	15:47.25	80-84
Oxford, City of								1500
Wantage				JONATHON QUAINTON	Bletchley	13-Jun-14	19:29.40	18-24
Witney				IAN BECK	Witney		17:57.09	25-29
				IAN BECK	Witney	01-Jun-94	17:11.09	30-34
				PETER DISPAINE	CMK		19:13.43	35-39
				MATTHEW GOMEZ	Oxford	19-Jun-09	17:11.01	40-44

OXON & N BUCKS COUNTIES LADIES "MASTERS" SHORT COURSE RECORDS AS AT 9 MAY 2023

50	BACKSTROKE				BREASTSTROKE				BUTTERFLY				50	100 INDIVIDUAL MEDLEY				FREESTYLE				50	
18-24	YOLANDA SPEARE	Witney	27-Oct-13	30.63	EMILY WOOD	Kidlington	29-Oct-22	34.03	EMILIA ROYAL	Oxford	25-Oct-19	29.62	18-24	EMILY WOOD	Kidlington	29-Oct-22	1:08.71	HANNAH ASKEW	Oxford	21-Nov-11	27.46	18-24	
25-29	ELIZABETH OLIVER	Kidlington	28-Oct-22	31.49	ERZSEBET NAGY	Oxford	24-Oct-14	34.16	ELIZABETH GRAY	Aylesbury	28-Oct-22	29.11	25-29	ELIZABETH GRAY	Aylesbury	29-Oct-22	1:06.48	SIOBHAN CASEY	Oxford	25-Oct-19	27.56	25-29	
30-34	NATASHA LANE	Kidlington	26-Oct-18	31.87	SHEELAH TURNER	CMK	07-Dec-03	35.64	NATASHA LANE	Kidlington	26-Oct-18	31.53	30-34	JOANNE MINION	CMK	14-Mar-98	1:10.80	NATASHA LANE	Kidlington	26-Oct-18	28.19	30-34	
35-39	CASSANDRA PATTEN	Witney	07-Aug-22	34.02	JOANNE MINION	CMK	01-Nov-02	36.01	JOANNE MINION	Banbury	24-Apr-02	32.43	35-39	MARTA LORD	Oxford	19-Apr-15	1:13.71	MARIE ROYAL	Oxford	31-Oct-04	28.48	35-39	
40-44	PATRICIA BENNETT	Co. Oxford	19-Nov-05	35.62	EMMA ANDERSON	Banbury	07-Dec-19	39.67	KELLI JANNAWAY	Wantage	20-Nov-22	31.17	40-44	MARIA ROYAL	Oxford	08-Jan-00	1:15.28	MARIE ROYAL	Oxford	05-Mar-05	28.82	40-44	
45-49	LESLEY WILDE	Co. Oxford	27-Oct-07	33.27	SHEENA DERRY	Witney	21-Mar-99	41.65	MARGARET SMITH	CMK	30-Oct-04	Br 31.92	45-49	KARIN MYDLAROVA	Bletchley	24-Nov-18	1:22.51	MARGARET SMITH	CMK	15-Nov-03	29.43	45-49	
50-54	LINDSAY K-ONAY	Didcot	25-Oct-19	38.08	ROTRAUD PALMER	Oxford	pre.1993	40.34	MARGARET SMITH	CMK	01-Mar-08	34.07	50-54	ANNETTE THATCHER	CMK	31-Oct-04	1:23.60	MARIE ROYAL	Oxford	20-Nov-16	30.43	50-54	
55-59	LYNNE TANNER	Witney	26-Oct-03	38.24	ROTRAUD PALMER	Oxford	pre 1997	41.62	MARGARET SMITH	CMK	19-Apr-13	34.76	55-59	ROTRAUD PALMER	Oxford	14-Dec-97	1:26.56	SUE HODGE	Oxford	03-Apr-11	31.23	55-59	
60-64	MARGARET SMITH	Oxford	20-Apr-18	40.15	ROTRAUD PALMER	Oxford	31-Mar-01	Eu 42.28	MARGARET SMITH	Oxford	27-Oct-18	34.97	60-64	MARGARET SMITH	CMK	13-Oct-18	1:26.65	MARGARET SMITH	CMK	20-Apr-18	31.70	60-64	
65-69	ROTRAUD PALMER	Co. Oxford	29-Oct-06	43.50	ROTRAUD PALMER	Oxford	29-Oct-06	43.83	ROTRAUD PALMER	Oxford	03-Dec-06	44.51	65-69	ROTRAUD PALMER	Oxford	28-Oct-06	1:34.00	JANET MASTERS	CMK	29-Oct-05	39.34	65-69	
70-74	LYNNE TANNER	Witney	04-Mar-17	44.95	DIANA GROAT	Aylesbury	29-Oct-21	51.21	DIANA GROAT	Aylesbury	28-Oct-22	56.00	70-74	BARBARA LEGG	Bicester	14-Apr-13	1:50.63	DIANA GROAT	Aylesbury	29-Oct-21	41.06	70-74	
75-79	LYNNE TANNER	Witney	05-Mar-22	48.98	BARBARA LEGG	Banbury	26-May-18	57.07					75-79					BARBARA LEGG	Banbury	23-Sep-18	48.78	75-79	
80-84													80-84										80-84

100											100	200 INDIVIDUAL MEDLEY										100
18-24	YOLANDA SPEARE	Witney	26-Apr-13	1:05.21	EMILY WOOD	Kidlington	29-Oct-22	1:12.19	EMILIA ROYAL	Oxford	25-Oct-19	1:06.69	18-24	ELIZABETH OLIVER	Oxford	28-Oct-16	2:26.24	ELIZABETH OLIVER	Oxford	29-Oct-21	1:00.72	18-24
25-29	SARAH TURNER	Maxwell	25-Oct-13	1:09.36	ERZSEBET NAGY	Oxford	24-Oct-14	1:13.36	ELIZABETH GRAY	Aylesbury	28-Oct-22	1:03.59	25-29	ELIZABETH GRAY	Aylesbury	28-Oct-22	2:26.29	ELIZABETH GRAY	Aylesbury	09-Jul-22	59.85	25-29
30-34	JOANNE EATON	Co. Oxford	28-Oct-11	1:12.37	SHEELAH TURNER	CMK	16-May-04	1:18.97	KAREN JAMES	Oxford	21-Sep-97	1:11.56	30-34	JOANNE MINION	CMK	09-May-98	2:32.34	JOANNE MINION	CMK	09-May-98	1:03.12	30-34
35-39	CASSANDRA PATTEN	Witney	07-Aug-22	1:13.89	JOANNE MINION	CMK	02-Nov-02	1:20.18	URSULA SCHULZ	Oxford	29-Jun-03	1:14.07	35-39	URSULA SCHULZ	Oxford	25-Oct-03	2:38.08	MARIE ROYAL	Oxford	30-Oct-04	Gb 1:01.12	35-39
40-44	PATRICIA BENNETT	Co. Oxford	05-Mar-05	1:18.69	JOANNE MINION	CMK	17-Apr-05	1:26.11	MARGARET SMITH	CMK	08-Sep-02	1:11.62	40-44	JOANNE MINION	CMK	17-Apr-05	2:46.60	MARIE ROYAL	Oxford	19-Feb-05	Gb 1:01.83	40-44
45-49	LESLEY WILDE	Co. Oxford	28-Oct-07	1:12.77	SAMANTHA USHER	Bicester	31-Mar-19	1:30.52	MARGARET SMITH	CMK	30-Oct-04	Eu 1:10.40	45-49	LESLEY WILDE	Oxford	28-Oct-07	2:41.31	MARGARET SMITH	CMK	30-Oct-04	Gb 1:03.87	45-49
50-54	LINDSAY K-ONAY	Didcot	22-Apr-18	1:25.64	ANNETTE THATCHER	CMK	05-Dec-04	1:29.90	MARGARET SMITH	Oxford	24-Oct-09	1:17.23	50-54	ANNETTE THATCHER	CMK	05-Dec-04	3:10.65	MARIE ROYAL	Oxford	13-May-17	1:06.43	50-54
55-59	LINDSAY K-ONAY	Didcot	01-Oct-22	1:25.39	ROTRAUD PALMER	Oxford	14-Mar-98	1:32.74	MARGARET SMITH	Oxford	07-Jul-13	1:19.70	55-59	LINDSAY K-ONAY	Didcot	05-Mar-22	3:08.39	MARGARET SMITH	Oxford	24-Oct-14	1:10.68	55-59
60-64	ROTRAUD PALMER	Co. Oxford	02-Mar-02	1:32.23	ROTRAUD PALMER	Oxford	10-Jun-01	1:34.64	MARGARET SMITH	Oxford	27-Oct-18	1:24.19	60-64	LYNNE TANNER	Witney	28-Oct-07	3:19.57	MARGARET SMITH	CMK	20-Apr-18	1:11.96	60-64
65-69	LYNNE TANNER	Witney	28-Sep-12	1:40.35	ROTRAUD PALMER	Oxford	03-Dec-06	1:41.76	JANET MASTERS	CMK	27-Oct-07	1:52.09	65-69					DIANA GROAT	Aylesbury	11-Sep-16	1:33.66	65-69
70-74	LYNNE TANNER	Witney	27-Oct-17	1:41.02	DIANA GROAT	Aylesbury	29-Oct-22	1:57.01					70-74	DIANA GROAT	Aylesbury	15-May-22	3:58.28	DIANA GROAT	Aylesbury	29-Oct-21	1:31.62	70-74
75-79	LYNNE TANNER	Witney	07-Aug-22	1:52.94	BARBARA LEGG	Bicester	23-Sep-18	2:04.18					75-79					BARBARA LEGG	Banbury	17-Mar-18	1:49.91	75-79
80-84													80-84									80-84

200										400 INDIVIDUAL MEDLEY										200									
18-24	YOLANDA SPEARE	Witney	26-Oct-13	2:22.38	LIBBY BLISSETT	Aylesbury	29-Oct-22	2:47.71	LOUISA CABLE	Witney	16-May-04	2:54.67	18-24	ALICE D YOUNG	Oxford	27-Oct-12	6:02.66	ELIZABETH OLIVER	Oxford	29-Oct-21	2:11.10	18-24							
25-29	SARAH TURNER	Maxwell	26-Oct-13	2:29.13	ERZSEBET NAGY	Oxford	24-Oct-14	2:40.55	SARAH W-HOWKINS	Bicester	16-Apr-05	2:44.74	25-29					ELIZABETH OLIVER	Kidlington	11-Sep-22	2:12.55	25-29							
30-34	JOANNE EATON	Co. Oxford	30-Oct-11	2:40.36	RUTH GRICE	Oxford	27-Oct-12	2:57.83	URSULA SCHULZ	Oxford	28-Jul-02	2:48.79	30-34	URSULA SCHULZ	Oxford	28-Jul-02	5:43.68	SHEELA TURNER	CMK	29-Jun-03	2:19.45	30-34							
35-39	URSULA SCHULZ	Co. Oxford	18-Oct-03	2:51.01	URSULA SCHULZ	Oxford	18-Oct-03	3:04.17	SARAH W-HOWKINS	Banbury	27-Oct-13	2:49.12	35-39	URSULA SCHULZ	Oxford	27-Jul-03	5:50.77	MARIE ROYAL	Oxford	05-Dec-04	2:12.44	35-39							
40-44	KERRY KING	Aylesbury	28-Oct-17	2:57.49	KERRY KING	Aylesbury	27-Oct-18	3:19.61	MARGARET SMITH	CMK	20-Oct-01	2:39.82	40-44					MARIE ROYAL	Oxford	18-Feb-05	Eu/Gb2:13.60	40-44							
45-49	LESLEY WILDE	Co. Oxford	28-Oct-07	2:37.80	DERYN CREAM	Aylesbury	27-Oct-17	3:16.00	MARGARET SMITH	CMK	29-Oct-04	Eu 2:38.18	45-49	LESLEY WILDE	Oxford	27-Oct-07	Br 5:31.00	MARIE ROYAL	Oxford	30-Oct-10	2:19.67	45-49							
50-54	BLAINARD WALKER	Witney	28-Oct-16	3:04.16	CHRISTINE AYERS	CMK	30-Oct-04	3:22.91	LYNNE TANNER	Witney	10-May-97	3:34.32	50-54	DERYN CREAM	Aylesbury	31-Oct-21	6:58.39	MARIE ROYAL	Oxford	13-May-17	2:27.51	50-54							
55-59	BLAINARD WALKER	Witney	16-Sep-18	3:05.72	CHRISTINE AYERS	CMK	24-Oct-08	3:22.50	LINDSAY K-ONAY	Didcot	29-Oct-22	3:32.18	55-59	LYNNE TANNER	Witney	24-Oct-03	6:52.85	MARGARET SMITH	Oxford	26-Apr-13	2:35.75	55-59							
60-64	ROTRAUD PALMER	Co. Oxford	17-May-03	3:23.28					JANET MASTERS	CMK	20-Oct-01	4:01.05	60-64	LYNNE TANNER	Witney	27-Oct-07	7:08.88	MARGARET SMITH	Oxford	13-Oct-18	2:47.40	60-64							
65-69	LYNNE TANNER	Witney	26-Oct-03	3:41.06	IRIS BELLIS	CMK	23-Feb-08	4:37.03					65-69					LYNNE TANNER	Witney	01-Mar-14	3:21.90	65-69							
70-74	LYNNE TANNER	Witney	28-Oct-17	3:41.63	DIANA GROAT	Aylesbury	15-May-22	4:17.13					70-74					SUSAN CUMMINGS	Banbury	11-Sep-22	3:41.76	70-74							
75-79	LYNNE TANNER	Witney	05-Mar-22	4:03.81									75-79					BARBARA LEGG	Banbury	27-Feb-22	3:57.19	75-79							
80-84													80-84										80-84						

LADIES RELAYS									MIXED FREESTYLE								
4 x 50 FREESTYLE					4 x 50 MEDLEY					4 x 50 MIXED FREESTYLE							
72 +	CITY OF OXFORD	Aldershot	21-Nov-10	1:58.46	AYLESBURY	Sheffield	29-Oct-22	2:11.19	KIDLINGTON	Sheffield	30-Oct-21	1:43.75	72 +				
100 +	CITY OF OXFORD	Aldershot	21-Nov-10	1:59.14	CMK	Sheffield	26-Oct-97	2:28.13	CITY OF OXFORD	Sheffield	27-Oct-07	1:48.50	100 +				
120 +	CMK	Sheffield	03-Nov-02	1:57.81	CITY OF OXFORD	Sheffield	28-Oct-12	2:13.57	CITY OF OXFORD	Sheffield	25-Oct-13	1:48.72	120 +				
160 +	CMK	Sheffield	29-Oct-06	2:01.55	CMK	Barnet Sp	09-Sep-01	2:24.06	CITY OF OXFORD	Sheffield	24-Oct-09	1:48.73	160 +				
200 +	CMK	Midlands	15-May-04	2:27.31	CMK	Midlands	15-May-04	2:40.84	CITY OF OXFORD	Sheffield	27-Oct-18	1:54.46	200 +				
240 +	BANBURY	Braunstone	22-Sep-19	3:08.34	BANBURY	Sheffield	25-Oct-19	3:45.17	CITY OF OXFORD	Sheffield	27-Oct-07	2:19.84	240 +				
280 +									CITY OF OXFORD	Sheffield	21-Nov-10	2:43.51	280 +				
													OXON & N BUCKS CLUBS				
													4 SHIRES				

4 x 100 FREESTYLE				4 x 100 MEDLEY				4 x 100 MIXED FREESTYLE								AYLESBURY BANBURY BICESTER BLETCHLEY BOURNE END BUCKINGHAM DIDCOT HENLEY KIDDLINGTON MAXWELL NEWPORT PAGNELL OXFORD UNIVERSITY CITY OF MILTON KEYNES CITY OF OXFORD THAME WANTAGE WITNEY				JOANNA DAVIES LAURA FENWICK JOANNE MINION URSULA SCHULZ MARGARET SMITH MARGARET SMITH LINDSAY K-ONAY LINDSAY K-ONAY ROTRAUD PALMER LYNNE TANNER				Oxford Oxford CMK Oxford CMK CMK Didcot Didcot Oxford Witney				29-Oct-11 28-Oct-22 24-Jul-98 26-Oct-03 13-Oct-00 22-Feb-03 31-Oct-21 28-Oct-22 25-Jan-03 27-Oct-13				10:57.66 10:31.45 10:23.85 10:13.20 10:04.87 10:21.49 11:32.45 11:26.27 14:23.61 14:26.65				18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 1500																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					
72 +	CITY OF OXFORD		24-Oct-14	4:51.23	CITY OF OXFORD	Sheffield	28-Oct-12	4:59.38	CITY OF OXFORD		29-Oct-11	3:56.38	72 +																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												

OXON & N BUCKS COUNTIES MENS "MASTERS" SHORT COURSE RECORDS AS AT 9 MAY 2023

50	BACKSTROKE				BREASTSTROKE				BUTTERFLY				50	INDIVIDUAL MEDLEY				FREESTYLE				50
18-24	CRAIG GIBBONS	Maxwell	23-Oct-09	Br 25.33	CHRISTOPHER WOOD	Kidlington	28-Oct-22	28.79	CRAIG GIBBONS	Maxwell	24-Oct-09	24.78	18-24	JOSEPH C-SHAW	Oxford	29-Oct-11	58.76	CRAIG GIBBONS	Maxwell	24-Oct-09	23.18	18-24
25-29	RYAN ANSCOMB	Oxford	28-Oct-16	25.75	CHRISTOPHER AUST	Oxford	30-Oct-11	Br 28.84	RYAN ANSCOMB	Kidlingtc	28-Oct-16	25.20	25-29	RYAN ANSCOMBE	Oxford	28-Oct-16	57.31	RYAN ANSCOMB	Kidlington	28-Oct-16	23.34	25-29
30-34	RYAN ANSCOMB	Kidlington	25-Oct-19	26.53	CHRISTOPHER AUST	Oxford	26-Oct-13	29.01	RYAN ANSCOMB	Kidlingtc	25-Oct-19	25.29	30-34	CHRISTOPHER AUST	Oxford	25-Oct-13	58.80	CHRISTOPHER AUST	Oxford	24-Oct-14	23.50	30-34
35-39	ANDREW HAGUE	Oxford	04-Mar-17	28.50	CHRISTOPHER AUST	Oxford	26-Oct-18	29.44	CHRISTOPHER AUST	Kidlingtc	25-Oct-19	26.30	35-39	CHRISTOPHER AUST	Oxford	27-Oct-17	59.84	CHRISTOPHER AUST	Kidlington	25-Oct-19	23.79	35-39
40-44	JONATHAN DEDRICK	Kidlington	28-Oct-22	28.91	CHRISTOPHER AUST	Kidlington	28-Oct-22	29.65	CHRISTOPHER AUST	Kidlingtc	20-Nov-22	27.04	40-44	CHRISTOPHER AUST	Kidlington	29-Oct-22	1:01.82	CHRISTOPHER AUST	Kidlington	29-Oct-22	24.34	40-44
45-49	NICHOLAS BRIDGE	Oxford	03-Oct-15	30.31	MATTHEW GOMEZ	Oxford	30-Oct-11	33.03	NICHOLAS BRIDGE	Oxford	25-Oct-15	28.20	45-49	DAVID JARDINE	Bicester	30-Oct-21	1:05.99	MATTHEW GOMEZ	Oxford	30-Oct-11	26.28	45-49
50-54	ROMAN WALCZAK	Oxford	08-Mar-03	33.03	MATTHEW GOMEZ	Oxford	28-Oct-16	34.37	STEVEN WALL	Oxford	16-May-04	Br. 28.99	50-54	MATTHEW GOMEZ	Oxford	28-Oct-16	1:08.32	RICHARD EVANS	Witney	31-Mar-19	27.33	50-54
55-59	ROMAN WALCZAK	Oxford	26-Oct-08	33.69	TOM MORROW	CMK	03-Apr-11	36.26	MATTHEW GOMEZ	Kidlingtc	20-Nov-22	32.17	55-59	MATTHEW GOMEZ	Kidlington	05-Mar-22	1:16.98	ROMAN WALCZAK	Oxford	24-Oct-08	29.77	55-59
60-64	MICHAEL WHITEHEAD	Aylesbury	25-Oct-19	34.78	TOM MORROW	Oxford	19-Apr-19	36.97	DAVID HALL	Witney	03-Dec-06	37.18	60-64	TOM MORROW	Oxford	27-Oct-17	1:21.79	BRIAN REED	Witney	05-Dec-99	31.71	60-64
65-69	MICHAEL WHITEHEAD	Aylesbury	29-Oct-22	36.38	BRIAN REED	Oxford	02-Mar-02	42.73	DAVID HALL	Witney	28-Apr-07	38.08	65-69	BRIAN REED	Oxford	02-Mar-02	1:24.99	MICHAEL WHITEHEAD	Aylesbur	29-Oct-22	31.39	65-69
70-74	BRIAN REED	Oxford	21-Nov-11	48.16	BRIAN REED	Oxford	05-Oct-08	46.58	DAVID HALL	Witney	15-Apr-12	39.07	70-74	BRIAN REED	Oxford	29-Apr-07	1:36.75	BRIAN REED	Oxford	05-Oct-08	34.80	70-74
75-79	BRIAN REED	Oxford	03-Mar-12	49.46	BRIAN REED	Oxford	11-Nov-12	51.28	DAVID HALL	Witney	13-Mar-17	41.25	75-79	BRIAN REED	Oxford	03-Mar-12	1:38.87	BRIAN REED	Oxford	14-Apr-13	36.14	75-79
80-84	DAVID HALL	Witney	20-Nov-22	55.00	BRIAN REED	Witney Po	31-Mar-19	1:04.20	DAVID HALL	Witney	20-Nov-22	47.56	80-84	DAVID HALL	Oxford	03-Mar-12	1:38.87	DAVID HALL	Witney	20-Nov-22	39.75	80-84

100	BACKSTROKE				BREASTSTROKE				BUTTERFLY				100	INDIVIDUAL MEDLEY				FREESTYLE				100
18-24	JOSEPH CANLAN-SHA	Oxford	30-Oct-11	56.81	CHRISTOPHER WOOD	Kidlington	29-Oct-22	1:03.24	RYAN ANSCOMB	CMK	27-Oct-13	57.08	18-24	JOSEPH CANLAN-SHA	Oxford	24-Oct-09	2:07.50	CRAIG GIBBONS	Maxwell	24-Oct-09	Br 48.30	18-24
25-29	RYAN ANSCOMB	CMK	28-Oct-16	55.61	CHRISTOPHER AUST	Oxford	28-Oct-11	1:04.67	RYAN ANSCOMB	Kidlingtc	28-Oct-16	55.91	25-29	MARCOS VIEIRA	Oxford	24-Oct-14	2:13.95	CHRISTOPHER AUST	Oxford	28-Oct-16	51.19	25-29
30-34	RYAN ANSCOMB	Kidlington	25-Oct-19	56.57	IAN SURRAGE	Kidlington	28-Oct-17	1:04.35	RYAN ANSCOMB	Kidlingtc	25-Oct-19	56.12	30-34	MARCUS SIMKINS	Oxford	30-Oct-04	2:13.49	RYAN ANSCOMB	Kidlington	25-Oct-19	51.79	30-34
35-39	DAVID DENNY	Oxford	28-Oct-11	1:01.95	CHRISTOPHER AUST	Oxford	28-Oct-18	1:06.86	IAN BECK	Witney	29-Apr-00	59.96	35-39	DAVID DENNY	Oxford	26-Apr-13	2:17.79	DEAN MILWAIN	Bicester	30-Oct-22	53.02	35-39
40-44	JONATHAN DEDRICK	Kidlington	28-Oct-22	1:02.42	PETER WILLIAMS	Kidlington	29-Oct-21	1:09.68	DAVID DENNY	Oxford	27-Oct-17	59.74	40-44	DAVID DENNY	Oxford	24-Sep-17	2:20.60	DAVID DENNY	Oxford	29-Oct-17	54.79	40-44
45-49	NICHOLAS BRIDGE	Oxford	25-Oct-15	1:04.39	MATTHEW GOMEZ	Oxford	23-Oct-15	1:14.14	STEVEN WALL	Oxford	29-Jun-03	1:04.99	45-49	DAVID JARDINE	Bicester	30-Oct-22	2:25.11	STEVEN WALL	Oxford	25-Oct-03	58.20	45-49
50-54	ROMAN WALCZAK	Oxford	18-May-03	1:14.01	MATTHEW GOMEZ	Oxford	28-Oct-17	1:15.63	MATTHEW GOMEZ	Oxford	27-Oct-18	1:07.26	50-54	MATTHEW GOMEZ	Oxford	29-Oct-17	2:30.22	MATTHEW GOMEZ	Oxford	24-Sep-17	1:03.81	50-54
55-59	ROMAN WALCZAK	Oxford	01-Mar-08	1:15.62	TOM MORROW	Oxford	28-Oct-12	1:19.18	MATTHEW GOMEZ	Kidlingtc	05-Mar-22	1:17.10	55-59	TOM MORROW	Oxford	26-Oct-12	2:49.81	PETER ISLES	CMK	22-Feb-08	1:07.90	55-59
60-64	ROMAN WALCZAK	Oxford	26-Apr-13	1:19.30	TOM MORROW	Oxford	20-Apr-18	1:20.66	DAVID HALL	Oxford	08-Mar-03	1:35.41	60-64	TOM MORROW	Oxford	29-Oct-17	2:56.97	ROMAN WALCZAK	Oxford	26-Apr-13	1:11.27	60-64
65-69	MICHAEL WHITEHEAD	Aylesbury	28-Oct-22	1:20.13	BRIAN REED	Oxford	01-Dec-02	1:37.91	BRIAN REED	Oxford	08-May-05	1:35.87	65-69	BRIAN REED	Oxford	01-Dec-02	3:22.82	MICHAEL WHITEHEAD	Aylesbur	29-Oct-22	1:10.31	65-69
70-74	BRIAN REED	Oxford	29-Apr-07	1:49.85	BRIAN REED	Oxford	05-Oct-08	1:47.08	DAVID HALL	Witney	25-May-12	1:40.73	70-74	DAVID HALL	Witney	06-Oct-12	3:52.22	BRIAN REED	Oxford	05-Oct-08	1:22.11	70-74
75-79	DAVID HALL	Witney	26-Oct-18	1:59.46	BRIAN REED	Oxford	15-Jul-12	1:58.61	DAVID HALL	Witney	27-Oct-18	1:51.36	75-79	BRIAN REED	Oxford	15-Jul-12	3:51.55	BRIAN REED	Oxford	28-Sep-12	1:23.16	75-79
80-84	DAVID HALL	Witney	26-Oct-18	1:59.46	BRIAN REED	Oxford	15-Jul-12	1:58.61	DAVID HALL	Witney	11-Sep-22	2:07.88	80-84	DAVID HALL	Oxford	15-Jul-12	3:51.55	DAVID HALL	Witney	23-Apr-22	1:41.03	80-84

200	BACKSTROKE				BREASTSTROKE				BUTTERFLY				200	INDIVIDUAL MEDLEY				FREESTYLE				200
18-24	JOSH HARROP	Oxford	24-Oct-15	2:20.12	JOSEPH CANLAN-SHA	Oxford	24-Oct-09	2:27.38	ALAN MERRY	CMK	01-Nov-02	2:25.77	18-24	JOSEPH CANLAN-SHA	Oxford	25-Oct-09	4:30.07	JOSEPH CANLAN-SHA	Oxford	30-Oct-11	1:53.34	18-24
25-29	DANIEL MORGAN	Aylesbury	25-Oct-19	2:07.35	CHRISTOPHER AUST	Oxford	28-Oct-11	2:26.81	IAN BECK	Witney	pre. 1994	2:08.24	25-29	CHRISTOPHER MARSH	Oxford	29-Oct-11	5:01.35	IAN BECK	Witney	22-Oct-95	1:57.43	25-29
30-34	JOSEPH CANLAN-SHA	Oxford	28-Apr-18	2:11.44	IAN SURRAGE	Kidlington	27-Oct-18	2:23.37	IAN BECK	Witney	20-Jul-96	Gb 2:05.73	30-34	DAVID DENNY	Oxford	25-Oct-09	4:46.33	GREG BIRD	Kidlington	30-Oct-21	1:54.49	30-34
35-39	DAVID DENNY	Oxford	26-Apr-13	2:15.19	PETER WILLIAMS	Kidlington	27-Oct-17	2:30.16	DAVID DENNY	Oxford	26-Nov-11	2:10.54	35-39	DAVID DENNY	Oxford	29-Oct-11	4:45.95	DEAN MILWAIN	Bicester	28-Oct-22	1:56.55	35-39
40-44	DAVID DENNY	Oxford	28-Oct-17	2:15.47	DAVID DENNY	Oxford	25-Oct-19	2:37.57	DAVID DENNY	Oxford	26-Oct-18	2:11.60	40-44	DAVID DENNY	Oxford	28-Oct-17	4:46.13	DAVID DENNY	Oxford	22-Apr-18	2:00.58	40-44
45-49	NICHOLAS BRIDGE	Oxford	24-Oct-15	2:22.90	TOM MORROW	CMK	30-Oct-04	2:47.20	MATTHEW GOMEZ	Oxford	07-Jul-13	2:39.84	45-49	DAVID JARDINE	Bicester	28-Oct-22	5:20.50	NICHOLAS BRIDGE	Oxford	23-Oct-15	2:09.18	45-49
50-54	MATTHEW GOMEZ	Oxford	07-Jul-18	2:43.25	MATTHEW GOMEZ	Oxford	27-Oct-17	2:48.69	MATTHEW GOMEZ	Oxford	25-Oct-19	2:39.94	50-54	MATTHEW GOMEZ	Oxford	28-Oct-16	5:29.85	MATTHEW GOMEZ	Oxford	23-Apr-17	2:16.68	50-54
55-59	ROMAN WALCZAK	Oxford	01-Mar-08	2:50.80	TOM MORROW	Oxford	27-Oct-12	2:51.56	DAVID HALL	Witney	09-May-98	3:46.19	55-59	DAVID HALL	Witney	06-Jun-99	7:59.75	NIGEL WOODS	CMK	01-Apr-17	2:31.92	55-59
60-64	MICHAEL WHITEHEAD	Aylesbury	25-Oct-19	2:57.62	TOM MORROW	Oxford	21-Apr-17	2:55.23	DAVID HALL	Oxford	29-Oct-04	3:53.81	60-64	DAVID HALL	Oxford	31-Oct-04	8:15.99	BRIAN REED	Witney	06-Feb-00	2:45.28	60-64
65-69	MICHAEL WHITEHEAD	Aylesbury	28-Oct-22	3:03.02	BRIAN REED	Oxford	26-Oct-02	3:40.90	DAVID HALL	Oxford	21-Sep-07	3:54.79	65-69	DAVID HALL	Oxford	27-Oct-07	7:58.90	BRIAN REED	Oxford	26-Oct-02	2:49.75	65-69
70-74	DAVID HALL	Witney	26-Oct-12	4:04.92	BRIAN REED	Oxford	29-Apr-07	4:04.22	DAVID HALL	Witney	15-Jul-12	4:05.87	70-74	DAVID HALL	Witney	15-Jul-12	8:31.99	BRIAN REED	Oxford	20-Oct-07	3:13.30	70-74
75-79	DAVID HALL	Witney	26-Oct-12	4:04.92	BRIAN REED	Oxford	29-Apr-07	4:04.22	DAVID HALL	Witney	13-May-17	4:17.21	75-79	DAVID HALL	Witney	28-Oct-18	9:02.28	BRIAN REED	Oxford	15-Jul-12	3:16.83	75-79
80-84	DAVID HALL	Witney	26-Oct-12	4:04.92	BRIAN REED	Oxford	29-Apr-07	4:04.22	DAVID HALL	Witney	13-May-17	4:17.21	80-84	DAVID HALL	Witney	28-Oct-18	9:02.28	DAVID HALL	Witney	23-Apr-22	3:46.17	80-84

MENS RELAYS										MIXED MEDLEY									
4 x 50 FREESTYLE					4 x 50 MEDLEY					4 x 50 MEDLEY									
72 +	CITY OF OXFORD	Sheffield	24-Oct-09	1:36.66	CITY OF OXFORD	Sheffield	29-Oct-11	1:46.43	CITY OF OXFORD	Sheffield	30-Oct-21	1:54.59	72 +	CITY OF OXFORD	Sheffield	30-Oct-21	1:54.59		
100 +	KIDLINGTON	Sheffield	28-Oct-16	1:35.18	KIDLINGTON	Sheffield	28-Oct-16	1:43.79	CITY OF OXFORD	Sheffield	29-Oct-11	1:59.33	100 +	CITY OF OXFORD	Sheffield	29-Oct-11	1:59.33		
120 +	KIDLINGTON	Sheffield	25-Oct-19	1:35.63	KIDLINGTON	Sheffield	25-Oct-19	1:44.89	CITY OF OXFORD	Sheffield	29-Oct-11	1:58.78	120 +	CITY OF OXFORD	Sheffield	29-Oct-11	1:58.78		
160 +	KIDLINGTON	Sheffield	28-Oct-22	1:43.09	KIDLINGTON	Sheffield	29-Oct-21	1:54.49	CITY OF OXFORD	Sheffield	27-Oct-07	2:00.97	160 +	CITY OF OXFORD	Sheffield	27-Oct-07	2:00.97		
200 +	CITY OF OXFORD	Sheffield	28-Oct-07	1:58.00	CITY OF OXFORD	Sheffield	27-Oct-01	2:19.04	CITY OF OXFORD	Sheffield	28-Oct-18	2:10.54	200 +	CITY OF OXFORD	Sheffield	28-Oct-18	2:10.54		
240 +												2:37.90	240 +				2:37.90		
280 +													280 +						

WARRACKS	Widford	22-Oct-93	4:08.41	25-29
IAN BECK	Witney	22-Oct-93	4:08.41	25-29
GREG BIRD	Kidlington	29-Oct-22	4:03.78	30-34
DAVID DENNY	Oxford	19-Apr-15	4:13.06	35-39
DAVID DENNY	Oxford	25-Oct-19	4:16.57	40-44
NICHOLAS BRIDGE	Oxford	22-Nov-15	4:39.86	45-49
MATTHEW GOMEZ	Oxford	28-Oct-16	4:51.26	50-54
NIGEL WOODS	CMK	01-Apr-17	5:21.47	55-59
BRIAN REED	Witney	08-May-98	6:06.53	60-64
BRIAN REED	Witney	16-May-03	6:21.66	65-69
DAVID HALL	Witney	27-Oct-12	6:49.31	70-74
DAVID HALL	Witney	13-May-17	6:55.74	75-79
DAVID HALL	Witney	11-Sep-22	7:38.72	80-84

4 x 100 FREESTYLE					4 x 100 MEDLEY				4 x 100 MEDLEY								KIDLINGTON MAXWELL				NEIL AGIUS NICK ROBINSON				Maxwell CMK			
72 +	CITY OF MILTON KEYN	Sheffield	28-Oct-11	3:32.85	CITY OF OXFORD	Sheffield	29-Oct-11	3:56.00	CITY OF OXFORD	Sheffield	28-Oct-16	4:23.53	72 +	CITY OF OXFORD	Sheffield	28-Oct-16	4:23.53	72 +	NEWPORT PAGNELL	CMK	24-Jul-98	9:38.80	18-24	NEWPORT PAGNELL	CMK	24-Jul-98	9:38.80	
100 +	KIDLINGTON	Sheffield	28-Oct-16	3:31.62	KIDLINGTON	Sheffield	28-Oct-16	3:49.33	CITY OF OXFORD	Sheffield	25-Oct-13	5:29.41	100 +	CITY OF OXFORD	Sheffield	29-Oct-11	BR 4:30.67	100 +	OXFORD UNIVERSITY	Oxford	25-Oct-15	8:47.12	35-39	OXFORD UNIVERSITY	Oxford	25-Oct-15	8:47.12	
120 +	BICESTER	Sheffield	28-Oct-18	3:40.49	KIDLINGTON	Sheffield	25-Oct-19	3:51.22	CITY OF OXFORD	Sheffield	28-Oct-17	4:52.96	120 +	CITY OF MILTON KEYNES	Oxford	29-Oct-17	8:38.87	120 +	CITY OF MILTON KEYNES	Oxford	29-Oct-17	8:38.87	40-44	CITY OF MILTON KEYNES	Oxford	29-Oct-17	8:38.87	
160 +	CITY OF OXFORD	Sheffield	24-Oct-14	3:45.30	CITY OF OXFORD	Sheffield	24-Oct-14	4:09.41	CITY OF OXFORD	Sheffield	28-Oct-17	4:52.96	160 +	CITY OF OXFORD	Oxford	25-Oct-15	9:48.90	160 +	CITY OF OXFORD	Oxford	25-Oct-15	9:48.90	45-49	CITY OF OXFORD	Oxford	25-Oct-15	9:48.90	
200 +													200 +	THAME	Oxford	29-Oct-17	9:52.66	200 +	THAME	Oxford	29-Oct-17	9:52.66	50-54	THAME	Oxford	29-Oct-17	9:52.66	
240 +													240 +	WANTAGE	CMK	08-Jul-17	11:21.26	240 +	WANTAGE	CMK	08-Jul-17	11:21.26	55-59	WANTAGE	CMK	08-Jul-17	11:21.26	
280 +													280 +	BRIAN REED	Oxford	01-Dec-01	13:39.29	280 +	BRIAN REED	Oxford	01-Dec-01	13:39.29	60-64	BRIAN REED	Oxford	01-Dec-01	13:39.29	

County Coach Report on the Pathway Camp at Stantonbury on Thursday 6th April 23.

I would like to start with my thank you to Paul and Chantal with help organising 23 pathway, and thank you for Bee and Susie for support on the day.

This pathway had a few challenges:

1. Selection of swimmers, this is due to not having enough 11 year-olds in our county this is because of covid. Chantal and I did go round to clubs to see if had has swimmers would be able with a day camp and we did get a few more but could tell on the day difference in ability.
2. Finding pool time this was the biggest challenge as centres was not coming back to Paul. This is why we when with Stantonbury and next pathway camp in September will be here.

The purpose of the camp was to provide additional skills and personal development opportunities to a group of 11-year-olds. The camp also enables the swimmers to experience a different sessions and coaches to their normal training activities.

I thought the session was very successful and swimmers were very interactive. They seemed to enjoy it. Looking forward next camp in September

The structure of the camp was as follows:

9:45-10AM	Introductions, briefing on the camp timetable and content. Games to break the ice
10:15-12:15AM	Pre pool/ First pool session. Session was undertaken in the selected groups and covered work on Freestyle skills, focussing on body position and arm action. This was followed by streamlining and transitioning into breakout phase. Chantal did strokes analysis what we have to complete on Wwim England.
12:15-12:45PM	Post pool
12:45-1:15PM	Lunch
1:15-1:45PM	Land training session. The session focused on arm app. This is recommended by Swim England for this age group and core exercises.
1:45-3:45PM	Pre pool / Second pool session. Session content was on Backstroke body position and Backstroke turns. Ended the session with some fun relays.
3:45- 4:30PM	Post pool Followed by a de-brief with the swimmers asking them what they learnt and what was beneficial in pool and land training sessions. I asked them to identify what learnings they were going to take back to their home clubs training programme.

Regards

Hannah

ONB County Coach

Funding Requests

May 2023

Bourne End Swimming Club (received 30 April 2023)

“Upgrade Meet Manager (\$269) and Team Manager (\$25) SportsTek software to let us run licensed meets again, particularly our club champs, not run since 2019. £234 using conversion rate 30/04/23.

Bourne End is entirely volunteer run including coaching. Over Covid, we lost key volunteers who ran club champs and used software/hardware. We lost knowledge and tools. We are coming back from that time, swimmer numbers up, more swimmers taking part in open galas, league events. Need to run club champs again as licensed meet to show that we are back, for swimmer development, for swimmers to get times for open meets.

Huge effort by committee members to build knowledge from scratch. Had laptops and printers donated. Need to upgrade software and get to grips with that.

Training fees almost all used to pay for pool time so very little reserve.

Hope for ONB “vote of confidence” in us in granting funding.”

The Treasurer asked for more information on other sources of funding.

“We have explored a couple of other ways of funding these licence upgrades e.g contacting local Rotary Clubs and have asked and got, pre-loved laptops to run the software from our swimmers. We would welcome other ideas.

Any contribution to this cost from ONB would be really valuable to us monetarily as well as demonstrating support for our Club.”

Helen Fisher and hopefully one other committee member representing the club will be present at the Executive Meeting to answer any questions.

Treasurer’s note: From my records (November 2017 onwards), this club has not made any previous funding requests. The application does meet our criteria in that it is not a hardware request. It should be noted that in March 2018, Didcot and Barramundi Swimming Club had a funding application for Team Manager declined by the ONB Executive. The reason given in the meeting minutes was “ONB would not fund items which actually run the administrative role of a club as it is their responsibility ...”.

ONB Meeting – May 2023

SwimMark and Club Affiliation

Congratulations to Aylesbury and District and Oxford and Witney Artistic for maintaining their SwimMark this quarter. The following clubs are due to renew their SwimMark, 4 Shires SC, Abingdon Vale SC, City of Oxford SC, Maxwell SC and Thame SC. Evidence should be submitted by the 16th June for review prior to the regional panel meeting. There are no clubs due to complete club affiliation this time.

Senior Coach qualification

Applications are now open for the swimming senior coach programme. The deadline is the 22nd May;
<https://www.swimming.org/ios/course-information/swim-england-senior-swimming-coach/>

Regional Development programme 2023/2024

Swim England are currently reviewing the pathway development camps. Once we have further information we will be issuing our selection policy. However, we have booked a venue in readiness for the first camp to take place on Sunday 3rd September. We are now inviting coaches to apply to work on the camps
<https://www.southeastswimming.org/swimming/regional-pathway-programme/>

Regional distance programme

Swim England have requested that regions deliver two camps to cover distance swimming for 13-16 year olds. The first will incorporate an open water day, followed by a pool camp. Selected athletes have been invited based on the distance rankings. ONB is represented by Lucia Lopez from CMK.

Regional Para Development Day

The next Regional Para Development Day will be held on Sunday 9th July at ACS, Cobham.
Booking is now available on the website
<https://www.southeastswimming.org/south-east-para-swimming-regional-camp/>

South East Training/ Workshops

- Time to Listen course – Next available course is on Tuesday 4th July 2023 Booking Page - <https://www.southeastswimming.org/time-to-listen-training/>
- Team Manager 1 – next available courses are on Tuesday 23rd May 2023 and Tuesday 20th June 2023 - Booking Page - <https://www.southeastswimming.org/workforce/team-managers/>
- Team Manager 2 – next available course is on Tuesday 6th June 2023 - Booking Page - <https://www.southeastswimming.org/workforce/team-managers/>
- Team Manager – Artistic specific – Wednesday 10th May 2023
- Team Manager – Diving specific – Tuesday 16th May 2020
(For discipline specific TM courses please contact Helen Weeks – helen.weeks@swimming.org)
- Club Welfare Officer information session – Monday 29th May and Wednesday 21st June
- Club Secretary & Membership Officer information session – Thursday 1st June and Wednesday 28th June
- Club Chair information session – Monday 12th June
(For club officer courses - <https://www.southeastswimming.org/volunteers/training-opportunities/>)