



**Swim England East Region**  
**Minutes of the Disability Leadership Group Meeting**  
**Thursday 11<sup>th</sup> April 2024 @ 8pm**

<b>Present</b>	Peter Winter (PW)	Manager
	Helen Stephens (HS)	Director
	Ann Byrne (AB)	Suffolk Representative
	Carl Cooper (CC)	Para-Swimming Talent Coach
	Louise Hughes (LH)	Hertfordshire Representative

Also, present Emma Winter, Regional Administrator (EW)

**24/13 Apologies**

24/13.1 Apologies received from Tony Moore (TM) Norfolk and Christopher Pagan (CP) Essex. No apologies received from Paula Durrant (PD) Cambridgeshire.

24/13.2 No representative for Bedfordshire.

**24/14 Declarations of conflict of interest**

24/14.1 None

**24/15 Previous minutes**

24/15.1 Minutes from the meeting held on the 8<sup>th</sup> February 2024 were circulated prior to the meeting there were a few changes which have been amended and the minutes were agreed.

**24/16 Matters arising**

24/16.1 No matters arising.

**24/17 Athlete Recognition**

24/17.1 LH gave an update on the Regional Records. There had been 18 records in total that had been broken at the Speedo Aquatics GB Swimming Championships. These were broken by 6 swimmers from the Region who were, Ellie Challis – Clacton Swimming Club, Grace Harvey, Hoddesdon, Claire Cannon – City of Cambridge, William Ellard – St Felix, Jude Gunner – St Felix and Roan Brennan – Basildon & Phoenix.

24/17.2 Suffolk – AB – William Ellard S14 from St Felix achieved 4 nomination times for Paris 2024 at the Speedo Aquatics GB Swimming Championships and he also got a World Record in the 100m Freestyle and tied the World Record in the 200m Freestyle. Also Corey Hare S14 from Team Ipswich and Jude Gunner S14 from St Felix represented Suffolk at the Championships. Both Corey and Jude were unable to qualify for the finals as they do not have their international classification.

24/17.3 Norfolk – Jessica-Jane Applegate S14 from City of Norwich achieved a nomination time in the 200m Freestyle at the Speedo Aquatics GB Swimming Championships.

24/17.4 Hertfordshire – LH – Grace Harvey S6 from Hoddesdon achieved a nomination time in the 100m Breaststroke and she is also British Champion in the 50m Butterfly.

24/17.5 Essex – CP sent his report prior to the meeting. Mark Holmes, Holly Bocking (Colchester Phoenix) and Stephane Rouyer-Brown swam at the Down syndrome world champs in March.

Ziva Barrick (Colchester Phoenix), Charlotte Ryan, Stephane Rouyer- Brown and Jacob Desso (Runnymede Swimming club) all achieved their regional times.

Rio Rogers and Roan Brennan (Basildon Phoenix) both swam at Olympic trials, Roan came 3<sup>rd</sup> in the 100 free, Rio would have qualified for finals but doesn't have his S14 international classification.

24/17.6 CC informed the Group that Ellie Challis S3 from Clacton achieved a couple of nomination times, Louise Fiddes S14 from Hatfield also achieved nomination times.

**24/18 County Reports**

24/18.1 Suffolk – AB updated the Group regarding the Suffolk SwimAbility meet which is being held on Saturday 27<sup>th</sup> April in Lowestoft. They have 11 clubs attending with a total of 85 swimmers entered. Jessica-Jane Applegate is going to attend for a short while to meet the swimmers.

24/18.2 Essex – Nothing to report regarding any meets.

24/18.3 Hertfordshire – Nothing to report.

24/18.4 Bedfordshire – No representative.



24/18.5 Cambridgeshire – No report given.

24/18.6 Norfolk – Will be running their SwimAbility gala at the Riverside pool in Norwich on the 6<sup>th</sup> July 2024 from 4pm.

**24/19** **Para Development Training Day**

24/19.1 PW informed the Group that due to low numbers that training session which was due to take place in February had to be cancelled. CC has kindly offered to help deliver a Para Development training day on Sunday 28<sup>th</sup> April at Newmarket Leisure Centre.

24/19.2 CC gave an update on the day. We have the studio hire for longer than expected so that we can deliver two hours CPD for Coaches and Teachers who would like to attend. This will include a blend of theory and practical based workshops exploring integration of para-swimmers, swim technique adaptations as well as the use of self-checks in land work.

The athletes will have a land based session working on self-checks, why they should be used and the adaptations and how they can put it into their pre pool. The athletes will then have a pool session where they will work on technique and for swimmers who are looking to compete to look at the quality of stroke and the technique.

CC will be there on the day to help deliver and support the coaches.

**24/20** **Any other business**

24/20.1 PW informed the Group that the Regional Para-swimming meet which is being held on Sunday 22<sup>nd</sup> September at Newmarket Leisure Centre has now been licensed. PW asked HS if she would be available to help with volunteers.

24/20.2 EW updated the Group with information regarding the Regional Open Water event this year will include Para-Swimming and Special Olympic swimming event. This will be held on the 14<sup>th</sup> July at Whitlingham Adventure, Norwich. Once entries have open EW will circulate with the Group.

**24/11** **Confidential items**

24/11.1 None

**24/12** **Next meeting**

24/12.1 Dates of meetings for the next 12 months will be:  
Thursday 18<sup>th</sup> July 2024 at 8pm  
Tuesday 5<sup>th</sup> November at 8pm



All meetings will be held via Zoom.