



Swim England East Region
Minutes of the Disability Leadership Group Meeting
18th November 2025 at 8pm

Present:	Peter Winter (PW)	Disability Swimming Manager
	Helen Stephens (HS)	East Region Director
	Ann Byrne (AB)	Suffolk Representative
	Anthony Moore (TM)	Norfolk Representative
	Chris Pagan (CP)	Essex Representative

Also present: James Salmon (JSa), Regional Manager

25/37 Apologies

- 25/37.1 Apologies received from Sandra Grant (SG), Bedfordshire.
- 25/37.2 No apologies were received from Paula Durrant (PD), Cambridgeshire and Louise Hughes (LH), Hertfordshire.

25/38 Declarations of conflict of interest

- 25/38.1 None declared.

25/39 Previous minutes

- 25/39.1 The minutes of the meeting on 19th August 2025 were circulated prior to the meeting and were agreed.

25/40 Matters arising

- 25/40.1 No matters arising.

25/41 Athlete recognition

- 25/41.1 **AB – Suffolk** – Corey Hare (Team Ipswich) has had a good year. He has competed at the Regional Short-Course Championships in Luton, British Masters in London, National Masters in Sheffield, Regional Open Water Championships, and the British University Colleges Championships in Sheffield.

Ryan Crouch (Deben) has returned to competitive swimming. He was also awarded the Regional Talent Development Coach of the Year award.

Stanley Summers attended the British Down's Syndrome Swimming Championships.

- 25/41.2 **TM – Norfolk** – Will Ellard (Norwich Swan) competed at the World Para Swimming Championships in Singapore and gained a gold medal and a world record in the 200m freestyle, a gold medal in the 100m butterfly, a bronze medal in the 100m backstroke, a gold medal in the mixed 4x100m freestyle relay and a gold medal and a world record in the 4x100m medley relay.
- 25/41.3 **CP – Essex** – Roan Brennan (Basildon & Phoenix) competed at the World Para Swimming Championships in Singapore and gained a silver medal in the mixed 4x100m medley relay.

Stephane Rouyer-Brown (Runnymede) and Mark Holmes (Colchester Phoenix and West Suffolk) competed at the European Down's Syndrome Championships.

Stephane Rouyner-Brown (Runnymede), Mark Holmes (West Suffolk), Holly Bocking (Colchester Phoenix) and Nikos Hodge (Colchester Phoenix) all competed at the British Down's Syndrome Swimming Championships.

- 25/41.4 **Bedfordshire** – There was no report from Bedfordshire.

- 25/41.5 **Cambridgeshire** – There was no report from Cambridgeshire.

- 25/41.6 **Hertfordshire** – There was no report from Hertfordshire.

25/42 County reports

- 25/42.1 **TM – Norfolk** – The Norfolk 2026 Swimability meet will hopefully take place on 4th July 2027, pending pool availability.

- 25/42.2 **CP -Essex** – The 2025 Essex Swimability meet was held in September 2025. It attracted over 50 swimmers including participants from London Region.

HS noted they need to secure a date for 2026.

- 25/42.3 **AB – Suffolk** – The Suffolk 2026 Swimability meet is scheduled for April 11th, 2026.

- 25/42.4 **Bedfordshire** – No report given.

- 25/42.5 **Cambridgeshire** – No report given.

- 25/42.6 **Hertfordshire** – No report given.

25/43 2025/2026 budget and plan

- 25/43.1 PW went through the 2025 financial actuals and explained each element.

The 2025 budget was discussed.

- 25/43.2 PW presented the budget for next year, including anticipated income from entries and spectators, as well as expenditure on various aspects of the Para development training days.

PW explained that entry fees are likely to increase by 50p to keep them below swimming event fees. The budget allows for increases in costs and includes anticipated losses.

The 2026 budget and plan was discussed.

PW reported that the Group will hold four meetings throughout the year. Three training sessions will be held throughout the year in line with the Swim England development pathway. The Para- Swimming Championships will be in September 2026.

25/44 Regional training sessions

- 25/44.1 PW reported on the training session, which was held on 9th November 2025 at Bottisham College Sport Centre. 15 swimmers attended the session.

CP reported that it was a good session where the swimmers had an hour of land training followed by a two-hour pool session. CP felt that it was a good number of swimmers as the coaches could work more one-to-one with them.

- 25/44.2 PW reported that he is planning on hold the first training session in 2026 around the end of February/beginning of March so it does not clash with any meets which Louise King, the lead coach, would be attending.

25/45 Para-Swimming Championships 2025

- 25/45.1 The Group discussed the feedback from the 2025 Para-Swimming Championships. Most aspects received high ratings, though areas for improvement were noted, such as better signage and potentially offering merchandise.

- 25/45.2 Areas which need improvement included small heat sizes and reduced competitiveness. Mixed-gender events were suggested.

Also raised was renaming the event from Para Championships to Para Meet.

A discussion took place on the areas for improvement.

AB asked if the meet is being held on the same weekend as it always clashes with Flitwick Dolphins' club championships, so their swimmers are unable to attend. PW confirmed that for 2026 it will be held a week later, so hopefully it will not clash.

- 25/45.3 The group agreed to implement mixed-gender races for longer distances at the Para Meet to improve competitiveness.

Clearer signage for spectators and swimmers was discussed, and PW will ask EW to make some clearer signs.

Action: PW to ask EW to make clearer signage for spectators and swimmers.



25/45.4 A discussion took place regarding Virtus swimmers and allowing them to compete at the Para Meet. As Virtus-classified swimmers are not recognised by Swim England, they are invited to attend the East Region Para Meet but are not entitled to receive a medal.

25/45.5 The 2026 Para Meet was confirmed for September 27th at Newmarket.

25/46 Any other business

25/46.1 None raised.

25/47 Confidential items

25/47.1 None raised.

25/48 Next meeting

25/48.1 The meeting dates were set for 2026 at 8pm.

- January 20th, 2026
- April 28th, 2026
- August 25th, 2026
- November 17th, 2026

25/48.2 PW thank everyone for their support in 2025.