



# NEWSLETTER SPRING 2020

## Stay safe! That's all that really matters.

We are in the worst crisis the world has known since the Second World War and the only thing that matters is that we all stay safe.

We miss you all and we want you back in the water just as much as you want to return, but that's not possible at this time.

But the pools **will** reopen and we **will** all come back and start again, but we can only guess when that will be.

When we return it will be special, it will be a declaration that our lives have returned to some sense of normal. A return to the vital routine that defines a swimmers life.

There will be a celebration.  
**I predict a major celebration!**

My eldest son Ben is a NHS Consultant specialising in respiratory medicine. He's on the front line ceaselessly working in the most chronic circumstances. When the whole nation claps for the NHS on Thursday nights at 8 pm, I couldn't be more proud of him and his colleagues who selflessly care for and protect us from this unseen enemy.

My younger son Andrew says they are our true super heroes!

Ben won national medals as a teenage swimmer and gives credit to his swimming career for the dedication, discipline and time management he needed to become a doctor.

We want to return to normal and get you all back in the pool as quickly and as safely as possible. We want you to resume training for your future.

**Richard Garfield**  
Chief Coach



Performance



Team



Character



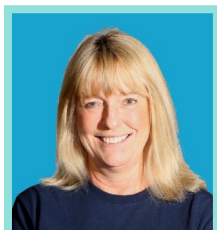
# COACHES CORNER

## A quick message for Junior County A & B

I am sure you are missing swimming as much as I am missing seeing you all. Keep your chins up, stay active and have fun. I will be attending every morning session with Jordan and I look forward to seeing you all there in the comments!

This will pass, and soon we will be back in the pool training and having lots of fun!

**Nick Brookes**  
Junior County A Lead Coach



## ...From the Academy.

I hope everyone is staying safe during these surreal times and finding lots to keep themselves occupied. I have immersed myself in gardening, audio books and long walks with my dog along the coast so it's not all bad news but I do miss the structure of the working day and daily face to face contact with everyone.

I am sure parents will have found the sudden and unexpected holiday rather challenging to say the least! However, situations like this can also bring out the best in people; it has certainly reminded me what is important in life and of course in danger of being taken for granted.

I know I speak on behalf of all the Academy teachers and coaches when I say that we are all really missing the interaction with our swimmers and witnessing their ongoing progress. We are all very proud to be part of this amazing aquatic family and I hope that when the Club does reopen we will all return with renewed vigour, enthusiasm and an appreciation of the return to a free and unhindered existence without restrictions or limitations.

Thank you to every one of you for your ongoing support of our Club, we look forward to seeing you all back again in the water very soon.

**Jan Griffiths**  
Academy Lead Coach



## Reasons to Cheer!

There is no doubt that dealing with the ongoing pandemic is causing its challenges. Swimmers are missing being in the pool, coaches are missing coaching and parents are missing driving....Well, maybe not the latter but these are certainly challenging times for everyone. I wanted to take this opportunity to shine a light on the huge number of successes we have recently enjoyed.



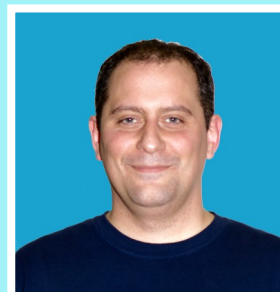
The period of training and competition between September and December has become commonly understood as the 'short course season'. This gives swimmers the chance to race fast in the shorter 25m pool with the focus on improving turns and race skills. Off the back of an exhilarating Winter Regional Championships we took our largest ever team to Winter National Championships with 20 Guildford City and 7 University of Surrey Swimmers: all of which posted either season or personal best times. Furthermore, we undertook the challenge of competing against some of the best clubs in London and the South East at the Hillingdon Open Meet where we took home the top female swimmer award.

The Club takes a lot of pride in our team competitions. This season has been no different with swimmers, coaches and parents working hard to ensure we continue our history of success dating back to 1998. Before Christmas our junior swimmers won the Junior Arena League South Final and placed second in the National Final. This success was further followed through with the Senior Arena League with us finishing 4<sup>th</sup> at the national final in Cardiff in March. We proudly won the relay challenge. A great achievement by everyone involved.

Our first few competitions of 2020 has also seen the club retain the Tinlin (top club) Trophy at the Surrey Championships for the 16<sup>th</sup> consecutive season and also walk away from the Wycombe Open Meet with the Top Club trophy. From a coach's perspective we were impressed by the commitment to racing through both meets. Competing immediately after the Christmas break can always provide challenges but it was pleasing to see swimmers focus on process while showing a real enthusiasm to make technical improvements.

On behalf of all our coaches we wanted to congratulate everyone on the successes we have had to date. These are achieved through us working together as a team and supporting one another. Keep up the great work!

**Lee Spindlow**  
Lead Coach  
High Performance Squads



Performance



Team



Character





# STRENGTH & CONDITIONING



**Jordan Niblock**  
Strength & Conditioning

**Jordan's YouTube Sessions are Getting Noticed!**

*Morning Gents,*

*I am a coach at Folkestone Sport Centre SC a small club down in Kent and support Jason Ransley with the swimmers coaching – we are all volunteers at the club, so were busy trying to find a way to keep the swimmers engaged whilst we all cope with the challenging times we are currently in ...*

*It has been awesome to see one the of large clubs not just step up to the challenges but to be so altruistic with the training and information is truly commendable and really shows such a great commitment to the Sporting Spirit.*

*@Jordan – it's really hard doing FB Live, but you are doing great ...my 17 year old daughter is doing most of the sessions on catch up so it fits with her study regime and my 15 year old boy (when he puts his phone/laptop) also down does some ...so personally, thank you too ... Please also pass on my thanks to Demie, she's also doing a great job stood out there in the cold doing the video work ... as they say behind every great guy is an amazing partner !!!*

*Please keep up the great work!*

*All the best to you all @ GCSC now and in the future – look forward to seeing you in person poolside at an Open sometime.*

*Kind Regards, Neil Strange*  
Repton Manor Osteopathy



## Strength & Conditioning....the opportunity

With school closures taking place and an increasing number of people self-isolating the role of land training or strength and conditioning increases greatly. As a Club we are always keen to maximise the position we have never been shy when it comes to developing weaknesses. Therefore, we believe that our current position gives us an opportunity to develop our athleticism and ultimately improve our performance in the water.

We now live in a world where being a traditional 'swimmer' isn't enough to get to the top of our sport. You will commonly hear stories of swimmers who transfer skills from other sports (commonly Gymnastics) into the pool to achieve great things. Therefore, during this period where swim hours may reduce, we are challenging all swimmers across the club to work hard to improve all aspects of their athleticism. This includes flexibility, mobility, strength, control, balance to name a few. Improving these areas will allow us to swim faster for longer with better skills when life gets back to normal.

**Weekly Training Programme:** These are being designed specifically for each squad and will be communicated via TeamUnify on a weekly basis.

**Daily Challenges:** Jordan, our full time Strength & Conditioning Lead Coach will be setting small challenges specific to each squad on a daily basis. These challenges will be fun but developmental in nature and will allow swimmers to compare times with each other.

**Live Sessions:** Jordan will also be hosting daily training sessions through Facebook Live. There will be two sessions every day aimed at specific parts of the club.

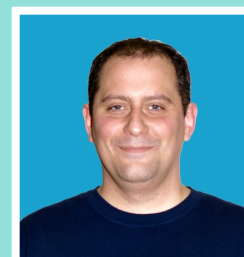
**7am to 8am:** A session for NPS, BUCS, Senior Comp A & B and Masters

**8am to 9am:** A session for Regs, County A, B & C and Junior County A & B

These sessions will be live streamed through the Guildford City Swimming Club Facebook Live and have specifically been programmed in the morning to help people maintain a normal routine. Simply 'like' the page to access sessions.

We believe this will promote mental wellbeing alongside development of athleticism.  
Please come and join in the fun!

**Lee Spindlow**  
Lead Coach, High Performance Squads



Performance



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# PERFORMANCE SUPPORT

## Performance Support

At Guildford City we are driven to allow each swimmer to achieve their full potential. We are also very aware that there are many different components that make up a successful swimming performance. As a result of our drive we have been exploring some of these less well-known contributing factors.

Training is just one part of the bigger picture. The use of all aspects of Sport Science into the everyday training is becoming more and more important. Here at Guildford City we have been looking into some of those areas for the benefit of our swimmers. We are very fortunate to have two Sport Scientists working with us who have collated information to help all club members. This research and guidance that they have found we want to share with the wider swimming community.

**Facebook Live Presentations** through the Guildford City Swimming Club Facebook page to take place on Monday and Wednesday afternoons at 6pm. Presentations will consist of a small presentation followed by the answering of questions.

**Questions** can be asked up to 48 hours in advance of each presentation through [gcscquestions@gmail.com](mailto:gcscquestions@gmail.com) with Sessions being made available on the GCSC YouTube channel.

**Handouts** will be available for the sessions through Lee Spindlow along with some practical application ideas.

The presentations are taking place at 6pm to allow those still at school to have access to the information. Simply "like" or follow the Guildford City Swimming Club Facebook page to have access to the content.

The topics have been carefully considered for the benefit of all ages. Improving these aspects of your swimming/lifestyle can have a massive performance benefit in the pool!

Topic	When?	Question close
Sport Psychology: Coping through Coronavirus	30/03/2020	28/03/2020
Nutrition: Healthy eating	01/04/2020	30/03/2020
Sport Psychology: Motivation through coronavirus	06/04/2020	04/04/2020
Nutrition: Adjusting nutrition through coronavirus	08/04/2020	06/01/2020
Sport Psychology: Developing a "Swimming Pool Free" Routine	13/04/2020	11/04/2020
Sport Psychology: Maintaining Motivation from Session to Session	15/04/2020	13/04/2020
Nutrition: Off Season Nutrition - Ideas to Stay in Shape	20/04/2020	18/04/2020
Sport Psychology: Improving Time Management Skills	22/04/2020	20/04/2020
Sport Psychology: Goal Setting in the Training Environment (Pool & Land)	27/04/2020	25/04/2020
Nutrition: Training Day Nutrition Guide	29/04/2020	27/04/2020

Please come and join us!

Lee Spindlow  
Lead Coach, High Performance Squads  
[Lee.spindlow@gcsc.co.uk](mailto:Lee.spindlow@gcsc.co.uk)



Performance



Team



Character





# STEVE'S TECH TIPS

## Tips for aiding muscle memory for swim technique on land.

1. Find a clear area where you have access to an undistorted reflection via a dressing mirror, or conservatory/patio window. \*Make sure you have enough space to do this prior to starting!
2. You can practice body position & arm movements from three different positions using your reflection to assist you & make + adjust/control the movements & technique.
3. Firstly: "Head On", leaning towards the mirror/window means you can practice alignment, streamlining, hand/arm entry, catch & press on Fly, Breaststroke & Freestyle.
4. Secondly: "Side On", means you can practice both sides of your body/arm movements on Fly, Breaststroke & Freestyle. You can do this by either standing, or leaning side on to your reflection. Remember to practice from both sides.
5. Thirdly: "Underneath" (standing with your front toward the reflection) means you can practice the underwater movements on Fly, Breaststroke + Freestyle & Backstroke recovery together with entry/alignment.
6. You can play some games using this method. Try having someone video you whilst holding the technique with your eyes open (from each position) & then try the same task with your eyes closed & compare the two. How close were you with your control/muscle memory with your eyes closed, to that of when you completed it with your eyes open?
7. Kick practice: You can practice your kick movement for flutter kick by adding this to your land exercise repetoit. Front / Side / Back in streamlined position. You can develop & progress this into the same three movements via log rolls too. Can you control the roll & keep your balance? This will also aid & improve core stability.
8. Breaststroke leg movement practice: On your front (with arms out front in a comfortable position, or streamlined), practice the heel/leg recovery (minimise knee movement). How far can you get your heels up to your bottom? Now having reached the highest point; how far can you turn your feet out & allow lower leg to rotate outward & backward. Keep the feet turned out for as long as possible & complete the kick by bringing the heels together first, prior to finishing with squeezing the soles of the feet together.



**Steve Wadey**  
Lead Coach County A Squad  
Technical Lead Coach Academy



Performance



Team



Character





# CYPRUS WARM WEATHER TRAINING CAMP

February half term saw the Club take 14 High Performance Swimmers from the National Performance Squad and National Youth Squad out to Cyprus on the Clubs first training camp for just over two years. The camp was designed to allow HPS swimmers to spend a week focussing on developing their training and educating them on how to perform at the highest level.

Sessions were structured around both physical and emotional preparation for Olympic Trials but also Giving the swimmers the chance to work together, enjoy the experience and to develop a strong team spirit.

Swimmers were challenged over two swim sessions per day plus strength and conditioning sessions with the key objective of preparing for Olympic trials in April. Lead HPS Coach, Lee Spindlow commented that 'it was always designed to be a tough and challenging weeks training but the Coaches have been impressed with the attitude and commitment from all swimmers.'

The camp was superbly well organised by Janette Smith and Caroline Wood and supported by Chief Coach Richard Garfield and Specialist Coach Lewis Dunford. Richard Garfield, Chief Coach also commented that he was pleased to see every swimmer step up and challenge themselves over the course of the week. The success of the Camp was resounding and we are now looking to organise our next Camp in 2021.



Performance



Team



Character



# SURREY COUNTY CHAMPIONSHIPS 2020



## INDIVIDUAL GOLD MEDALLISTS



### Girls 100 Breaststroke

Daisy Johnson  
Grace Ashley  
Jessica Harmer  
Connie Mortimer  
Amy Fowlds

### Boys 100 Freestyle

Finlay Richardson  
David Hammond (SUNS)

### Girls 200 Freestyle

Lexi Taylor  
Lottie Roberts  
Pearl Griffiths

### Boys 200 Breaststroke

Finlay Richardson  
Fergus Thompson  
James King (SUNS)

### Girls 100 Butterfly

Lexi Taylor  
Alicia Irwin  
Lottie Roberts  
Paige Coombs

### Boys 100 Backstroke

Finlay Richardson  
Fergus Thomson

### Girls 200 IM

Lexi Taylor  
Tegan Matthews  
Jess Harmer  
Louise Bressler  
Naomi McGuire

### Boys 200 Butterfly

Finlay Richardson  
Ben Rowett

### Boys 100 Breaststroke

Finlay Richardson  
James King (SUNS)

### Girls 100 Backstroke

Tegan Matthews  
Jess Harmer  
Elena Eardley  
Elizabeth Eardley  
Tilly Hansen-Hamilton

### Boys 200 Freestyle

Finlay Richardson  
Alistair Roberts

### Girls 200 Breaststroke

Daisy Johnson  
Tegan Matthews  
Charlie Cope  
Louise Bressler

### Boys 100 Butterfly

Finlay Richardson  
David Hammond (SUNS)

### Girls 100 Freestyle

Lexi Taylor  
Tegan Matthews  
Lottie Roberts  
Pearl Griffiths

### Boys 200 IM

Finlay Richardson  
Fergus Thompson  
Felix Brockdorff  
James King (SUNS)

### Girls 200 Butterfly

Scarlett Sim

### Girls 400 IM

Tegan Matthews  
Elena Eardley  
Naomi McGuire

### Boys 200 Backstroke

Finlay Richardson  
Fergus Thomson

### Mixed 1500m Freestyle

Freya Taylor  
Millie Emmans (SUNS)

### Boys 400 IM

Fergus Thomson  
Felix Brockdorff

### Girls 200 Backstroke

Tegan Matthews  
Lexi Hughes  
Elena Eardley  
Tilly Hansen-Hamilton

### Boys 400 Freestyle

Finlay Richardson

### Girls 400 Freestyle

Lexi Taylor  
Louise Bressler

### Boys 50 Breaststroke

Sam Neald (SUNS)

### Girls 50 Backstroke

Keira Oxley  
Tegan Matthews  
Jess Harmer  
Megan Grover  
Tegan Drew (SUNS)

### Boys 50 Butterfly

Chris Finch (SUNS)

### Girls 50 Freestyle

Lexi Taylor  
Jess Harmer  
Darcy Revitt  
Amy Fowlds  
Paige Coombs

### Girls 50 Breaststroke

Grace Ashley  
Charlie Cope  
Connie Mortimer  
Amy Fowlds  
Alicia Pollard (SUNS)

### Boys 50 Backstroke

Fergus Thomson

### Girls 50 Butterfly

Alicia Irwin  
Lottie Roberts  
Lottie Jackson  
Tegan Drew (SUNS)

### Boys 800 freestyle

Dan Donovan

### Girls 800 Freestyle

Tegan Matthews  
Louise Bressler  
Pearle Griffiths

Performance



Team



Character





# SURREY COUNTY CHAMPIONSHIPS 2020



## INDIVIDUAL SILVER MEDALLISTS



### Girls 100 Breaststroke

Jessica Ottey  
Louise Bressler  
Naomi McGuire

### Boys 100 Freestyle

Filip Price  
Ewan Taylor

### Girls 200 Freestyle

Tegan Matthews  
Louise Bressler

### Boys 200 Breaststroke

Felix Brockdorff  
Cameron White

### Girls 100 Butterfly

Scarlett Sheppard  
Scarlett Sim  
Lottie Jackson

### Boys 100 Backstroke

Felix Brockdorff  
Brogan Hyde

### Girls 200 IM

Hanna Szabo  
Holly Hopwood  
Darcy Revitt  
Pearl Griffiths

### Boys 200 Butterfly

Thomas Duddridge  
Filip Price

### Boys 100 Breaststroke

Thomas Williams  
Felix Brockdorff  
Charlie Trotman

### Girls 100 Backstroke

Lexi Hughes

### Boys 200 Freestyle

Fergus Thomson  
Mackenzie Russell

### Girls 200 Breaststroke

Grace Ashley  
Naomi McGuire  
Amy Fowlds  
Tilly Hansen-Hamilton

### Boys 100 Butterfly

Filip Price  
Ben Rowett

### Girls 100 Freestyle

Hanna Szabo  
Jess Harmer  
Louise Bressler  
Darcy Revitt

### Boys 200 IM

Alex Cook  
Filip Price

### Girls 200 Butterfly

Holly Hopwood  
Amelie Shaw  
Tilly Hansen-Hamilton

### Mixed 1500m Freestyle

Amelie Shaw  
Elena Eardley

### Boys 400 IM

Thomas Duddridge

### Girls 200 Backstroke

Grace Ashley  
Jess Harmer

### Boys 400 Freestyle

Fergus Thomson  
Felix Brockdorff

### Girls 400 Freestyle

Tegan Matthews  
Amelie Shaw  
Caroline Laursen

### Girls 50 Backstroke

Elena Eardley  
Charlotte Moores

### Boys 50 Butterfly

Fergus Thompson  
Filip Price  
David Hammond (SUNS)

### Girls 50 Freestyle

Tegan Matthews  
Lottie Roberts  
Morgan Penney (SUNS)

### Girls 50 Breaststroke

Tegan Matthews  
Jess Harmer  
Louise Bressler  
Naomi McGuire  
Lucy Moores

### Boys 50 Backstroke

Matthew Taylor

### Girls 50 Butterfly

Lexi Taylor  
Jess Harmer  
Paige Coombs

### Boys 50 Freestyle

Fergus Thomson  
Filip Price  
Rory Huggins (SUNS)

### Boys 800 freestyle

Fergus Thomson  
Felix Brockdorff  
Ben Tritton (SUNS)

### Girls 800 Freestyle

Amelie Shaw  
Naomi McGuire  
Millie Emmans (SUNS)

Performance



Team



Character





# SURREY COUNTY CHAMPIONSHIPS 2020



## INDIVIDUAL BRONZE MEDALLISTS

**Girls 100 Breaststroke**

Holly Westhead

**Boys 100 Freestyle**

Mackenzie Russell

**Girls 200 Freestyle**

Hanna Szabo

Amelie Shaw

Tilly Hansen-Hamilton

**Boys 200 Breaststroke**

Thomas Williams

Charlie Trotman

**Boys 100 Backstroke**

Brayden Jose

Alex Cook

Toby Stewart

**Girls 200 IM**

Jessica Ottey

Grace Ashley

Charlie Cope

Elena Eardley

Genevieve Moller-Butcher

**Boys 100 Breaststroke**

Alex Paton

Kai Jackson

**Girls 100 Backstroke**

Charlotte Moores

**Boys 200 Freestyle**

Thomas Duddridge

Rory Quirk

**Girls 200 Breaststroke**

Holly Hopwood

Connie Mortimer

**Boys 100 Butterfly**

Felix Brockdorff

Julien Marabotto (SUNS)

**Girls 100 Freestyle**

Paige Coombs

**Girls 200 Butterfly**

Lottie Roberts

Freya Taylor

Paige Coombs

**Girls 400 IM**

Holly Hopwood

Charlie Cope

Genevieve Moller-Butcher

**Boys 200 Backstroke**

Kian Hooker

**Mixed 1500m Freestyle**

Thomas Duddridge

Ben Tritton (SUNS)

Madison Emmment

Stella Gamsky

Pearle Griffiths

**Boys 400 IM**

Dylan Fuller

Kai Jackson

**Girls 200 Backstroke**

Lexi Taylor

Megan Grover

Darcy Revitt

Paige Coombes

**Boys 400 Freestyle**

Ben Tritton (SUNS)

**Girls 400 Freestyle**

Charlie Cope

Elena Eardley

Pearle Griffiths

**Boys 50 Breaststroke**

Felix Brockdorff

Alex Paton

Cameron White

**Girls 50 Backstroke**

Lottie Roberts

Paige Coombs

**Boys 50 Butterfly**

Rory Huggins (SUNS)

**Girls 50 Freestyle**

Alicia Irwin

Tegan Drew (SUNS)

**Girls 50 Breaststroke**

Daisy Johnson

Lois Wong

Ciara Wimble

**Boys 50 Backstroke**

Finlay Richardson

Alex Wrzesinski

Filip Price

Brogan Hyde

**Girls 50 Butterfly**

Ella Humphries

Violetta Pflug

**Boys 50 Freestyle:**

Chris Finch (SUNS)

**Boys 800 freestyle:**

Thomas Duddridge

**Girls 800 Freestyle:**

Madison Emmment

Elena Eardley

Performance



Team



Character



# SURREY COUNTY CHAMPIONSHIPS 2020



## RELAY GOLD MEDALLISTS



### Girls 16 & Over 4x100

#### Freestyle Relay

GUIS A Team:  
Caroline Laursen  
Pearle Griffiths  
Paige Coombs  
Tilly Hansen-Hamilton

### Boys 16 & Over 4x100

#### Medley Relay

SUNS A Team:  
Julien Marabotto  
Sam Neald  
David Hammond  
Chris Finch

### Girls 12-13 4x50

#### Freestyle Relay

GUIS A Team:  
Jess Harmer  
Tegan Matthews  
Charlie Cope  
Lottie Roberts

### Boys 12-13 4x50

#### Medley Relay

GUIS A Team:  
Fergus Thomson  
Thomas Williams  
Charlie Clarke  
Jamie Tappin

### Girls 4x200

#### Freestyle Relay

GUIS A Team:  
Caroline Laursen  
Pearle Griffiths  
Louise Bressler  
Tilly Hansen-Hamilton

### Boys 10-11 4x50

#### Freestyle Relay

GUIS A Team:  
Oliver Lineham  
Will Radford  
Dmitry Belonogoff  
Finlay Richardson

### Girls 10-11 4x50

#### Medley Relay

GUIS A Team:  
Lily Johnson  
Daisy Johnson  
Lexi Taylor  
Freya Bennett

### Girls U16

#### Freestyle Relay

GUIS A Team:  
Elena Eardley  
Louise Bressler  
Lottie Roberts  
Darcy Revitt

### Boys 16 & Over 4x100

#### Freestyle Relay

SUNS A Team:  
Chris Finch  
Viktor Rusinov  
David Hammond  
Sam Neeld

### Girls 16 & Over 4x100

#### Medley Relay

SUNS A Team:  
Tegan Drew  
Morgan Penney  
Millie Emmans  
Amie Buttle

### Boys 12-13 4x50

#### Freestyle Relay

GUIS A Team:  
Jamie Tappin  
Charlie Clarke  
Joe Wey  
Fergus Thomson

### Girls 12-13 4x50

#### Medley Relay

GUIS A Team:  
Tegan Matthews  
Charlie Cope  
Lottie Roberts  
Jess Harmer

### Boys 4x200

#### Freestyle Relay

SUNS A Team:  
Chris Finch  
Viktor Rusinov  
Ben Tritton  
Sam Neeld

### Girls 10-11 4x50

#### Freestyle Relay

GUIS A Team:  
Freya Bennett  
Daniela Vacca  
Keira Oxley  
Lexi Taylor

### Boys 10-11 4x50

#### Medley Relay

GUIS A Team:  
Finlay Richardson  
Dmitry Belonogoff  
Oliver Lineham  
Will Radford

### Girls U16 4x100

#### Freestyle Relay

GUIS A Team:  
Jess Harmer  
Naomi McGuire  
Connie Mortimer  
Darcy Revitt

Performance



Team



Character





# SURREY COUNTY CHAMPIONSHIPS 2020



## RELAY SILVER MEDALLISTS



### Girls 16 & Over 4x100

#### Freestyle Relay

SUNS A Team:

Tegan Drew  
Millie Emmans  
Morgan Penney  
Amie Buttle

### Boys 16 & Over 4x100

#### Medley Relay

GUIS A Team:

Matthew Taylor  
Charlie Trotman  
Ben Rowett  
Andrei Belonogoff

### Boys 12-13 4x50

#### Medley Relay

GUIS A Team:

Fergus Thomson  
Thomas Williams  
Charlie Clarke  
Jamie Tappin

### Girls U16

#### Freestyle Relay

GUIS B Team:

Jess Harmer  
Connie Mortimer  
Lottie Jackson  
Naomi McGuire

### Boys 16 & Over 4x100

#### Freestyle Relay

GUIS A Team:

Sam Crew  
Andrei Belonogoff  
Dan Donovan  
Ewan Taylor

### Girls 16 & Over 4x100

#### Medley Relay

GUIS A Team:

Tilly Hansen-Hamilton Amy  
Fowlds  
Paige Coombs  
Caroline Laursen

### Boys 4x200

#### Freestyle Relay

GUIS A Team:

Toby Stewart  
Andrei Belonogoff  
Dan Donovan  
Rory Quirk

### Girls 10-11 4x50

#### Freestyle Relay

GUIS B Team:

Jessica Ottey  
Ella Humphries  
Sofia Vacca  
Lily Johnson

## RELAY BRONZE MEDALLISTS



### Boys 16 & Over 4x100

#### Medley Relay

GUIS B Team:

Toby Stewart  
Cameron White  
Brogan Hyde  
Ewan Taylor

### Boys 12-13 4x50

#### Medley Relay

GUIS A Team:

Fergus Thomson  
Thomas Williams  
Charlie Clarke  
Jamie Tappin

### Girls 12-13 4x50

#### Freestyle Relay

GUIS B Team:

Holly Westhead  
Amelie Shaw  
Alicia Irwin  
Amelie Radford

### Girls 4x200

#### Freestyle Relay

SUNS A Team:

Amie Buttle  
Tegan Drew  
Morgan Penney  
Millie Emmans

Performance



Team



Character