



Annual Report 2025-26



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I would ask everyone to see if they could support their club by volunteering for whatever time they can. It’s not always easy but it’s always rewarding.

President’s Report



Sussex President 2025-2027 Wendy Pritchard

Wow — what an amazing first year as Sussex President. It has been a strange but rewarding experience to be on the poolside rather than in the water. Seeing the many roles that go into our events, and the dedication of volunteers has been inspiring. I am sure I will miss a few points, so I will start with a very big thank you to everyone involved in Sussex Swimming.

Swimming

It was an honour to attend the Inter-Counties swimming event in Sheffield last October. We took a very excited team with lots of new faces competing for the first time. They swam brilliantly and clearly enjoyed the experience.

Since I became President, Sussex records have continued to fall, with 8 new county records ratified. Well done to the athletes and coaching teams for their hard work and commitment.

The Development Programme is going well, with lots of enthusiastic swimmers taking part. The team delivered a fantastic three-day programme full of activities and learning opportunities.

Para Swimming

Para swimming continues to grow in Sussex with clubs across the county offering opportunities to para swimmers with Crawley Swimming Club and Mid Sussex Marlins leading the way. More Sussex swimmers are attending classification sessions, so the future is looking very bright for these athletes.

Masters Swimming

The oldest-standing men/open county record dates from 1995, set by Mark Walsh of Eastbourne SC in the 50m Breaststroke in the 30-34 years age group. Mark is still swimming each week, a wonderful example of lifelong participation. By coincidence the oldest ladies county records also dates from 1995 which Margret Wilding set in the 50m backstroke in the 55-59 years age group.

The British Masters Championships also saw outstanding performances from Sussex athletes, including Rachel Bowen of Mid Sussex Marlins, who produced an exceptional swim at age 36. And made the “B” final.

Artistic Swimming

Although quieter this year, artistic swimming is still active in three clubs – City of Brighton & Hove, Brighton Dolphin and Atlantis.

Water Polo

Water polo continues to grow in Sussex, with Worthing SC, Crawley SC, City of Brighton & Hove SC and Hastings Seagull SC all developing their teams. Several Sussex players have also been selected for Regional and National teams. Well done to everyone involved in coaching and player development.

Diving

Worthing SC is leading the way in diving under the guidance of Hillary Braine and supported by our President-elect Hillary Knott. Regular training and competitions are taking place, and the programme continues to strengthen.

Volunteers

Officials are the backbone of every gala, giving up many hours to support swimmers and ensure events run smoothly. A big thank you to Chris Hobbs, who organises the Sussex officials and coordinates cover for our events.

We are also fortunate in having excellent support from our Event Maker volunteers at most events.

These are the team that welcome spectators, produce results, make sure swimmers get the blocks on time and award medals. Their work is essential and hugely appreciated.

Committees

The committees are, in my opinion, the unsung heroes of Sussex. Everything that happens at our competitions and other events is delivered by volunteers. Thank you to everyone who gives their time so generously.

Looking Ahead

I am excited for the year ahead and to see the County develop further across all disciplines including. There will be new development pathways, volunteer recruitment, and supporting our officials will be key priorities.

Thank you again to every volunteer, coach, official, committee member, and swimmer for making this year so memorable. I look forward to another year of progress, achievement, and community across Sussex Swimming.

Wendy Pritchard
Sussex President 2025–2027

Chair’s Report

I said last year that our sport has fully recovered from the pandemic, but I understand that some age groups, most notably 15 and 16yrs still have lower numbers competing than before 2020. There are of course many reasons for this, but these age groups would have been most affected by pool closures as they would not have got into the club habit. This is not just a Sussex issue; it is being seen at every level of competition.

Swim England continues to evolve and have just closed the first stage of a ‘Governance’ consultation that is looking at every aspect of their operations as part of the One Swim England process. How this will affect our county going forward is unknown. What is known is that all 42 different organisations involved with Aquatics nationally will be affected to some extent and will need to adapt.

Where this is already impacting Sussex is how we encourage more people to support their clubs. Changes that have already been introduced, most notably with the number of qualified team

managers needed to supervise swimmers on pool side is impacting how clubs operate. As an example, for our 2026 Championships, the 15 clubs that competed were supported by over 130 accredited coaches and team managers across the competition.

The protection of our athletes is fundamental but there are many other roles where clubs, and the county, need support. There is always going to be a limited number of people willing to volunteer for anything and that group is now being asked to commit more time. Every club is impacted by these issues, and I would ask everyone to see if they could support their club by volunteering for whatever time they can. It’s not always easy but it’s always rewarding.

As I have said before and happily repeat, nothing can happen in our sport without our magnificent and dedicated volunteers and I want to take this opportunity to again thank all the people who sit on our committees, help run our events and also work within clubs to make sure that our athletes are kept safe and can each reach their personal goals. Every level of our sport, from the very highest-level competition to the people who welcome new members into a club for the first time, runs because of the time that volunteers freely give to help others. Thank you.

There have been no major changes amongst our clubs and unfortunately the same must be said about the county’s aging pool stock. Discussion is now at an advanced stage for a pool to replace the King Alfred in Hove. In March this year Brighton and Hove City Council published final plans for an 8 lane 25m that is expected to open in 2028.

This report is once again unable to bring any news from the Sussex Artistic Swimming or Water Polo communities. We know that there are 3 clubs offering Artistic Swimming and there are about six clubs with Water Polo but as neither discipline has effective representation on our committees, we have no news. What I can tell you is that athletes from all artistic clubs have competed this year at regional events and that players from Worthing Water Polo have been selected for both regional and national teams.

Unfortunately, no Sussex clubs or individuals were featured in the Swim England South East Region awards in 2025, but we celebrate that **Ron Philpot**

(Crawley SC) was awarded Swim England’s most prestigious award. Ron’s award recognised a lifetime of commitment to swimming, as a competitor, coach, tutor and mentor.

Every year we invite all our past Presidents, life members and committee members to a lunch to thank them for their service and to learn more about the history of swimming in Sussex. At these events we also must pause and remember those Past Presidents that have sadly passed during the year; **Peter McCullum** was County President in 2005. Peter was secretary of Worthing SC for many years and served on several county committees.

Every year we receive suggestions from clubs for individuals to receive county recognition for the

support they have provided to aquatics in Sussex. In 2025 we pleased to award Life Membership to **Rob Drage** (Worthing SC); **Brian Smith**, (CoBHSC); **Janice White**, (Atlantis SC) and very unexpectedly **Brian Deval** (BDSC).

Before signing off I want to thank our President, **Wendy Pritchard**. Wendy has now completed her first of two years and during that time has attended a whole range of events and travelled with our team to Sheffield as well as competing in Masters competitions and swimming in the Regional Open Water Championships last year. In June 2027 she will hand over her chain to **Hilary Knott**.

Brian DeVal
Chair
chair@sussexswimming.org

Finance Report

Year end 31 March 2026

The activities for the year ended 31 March 2026 resulted in a deficit of **£9,665**. There were several contributing factors to this deficit:

- Pool hire and other costs continued to increase whilst we saw a slight reduction in Gala income.
- In the past three years we benefitted from generous sponsorship income of £5,000 a year and a £1,000 subsidy from Swim England. Both these sources of income have now come to an end.

Our financial focus now will be on keeping costs as low as possible, where this is within our control. We are also exploring new opportunities for sponsorship and will be reviewing other income sources.

Fortunately, we entered the year in a strong financial position so despite the loss made in the year, we end the year with reserves in excess of £65,000 so maintain a strong financial position.

Sarah Johnson
Honorary Treasurer
treasurer@sussexswimming.org



Sussex County Amateur Swimming Association						
Income and Expenditure Account for the year ended 31st March 2026						
2025/26			2024/25			
		Income	Expenditure		Income	Expenditure
		£	£	£	£	£
Swimming Income						
Galas	Entries	45,081		47,365		
	Door	18,540		19,886		
	Other gala income	2,565		2,087		
Sheffield	Swim England Subsidy	-		1,000		
			66,186		70,338	
Expenditure						
Galas	Pool & Room Hire	39,427		31,220		
	Medals and Awards	8,799		12,174		
	Gala Refreshments	4,989		3,548		
	Equipment cost	985		1,868		
	Other expenses	4,532		7,441		
Sheffield	Costs	9,331		8,562		
			(68,063)		(64,813)	
Other Sections						
	Masters	4,468	(4,622)	6,529	(4,738)	
	Diving	125	(428)	95	(112)	
	Development	2,472	(4,886)	1,580	(5,890)	
		7,065	(9,936)	8,204	(10,740)	
Other Income						
	Bank Interest	892		1,145		
	Sponsorship income	-		5,000		
	Affiliation Fees	1,760		5,148		
			2,652		11,293	
Other Expenditure						
Administration	General	(2,140)		(1,835)		
	Finance	(1,711)		(1,061)		
	Promotion/Development	(215)		(215)		
Dinner ACM & Mid Term Meetings		(1,210)		(1,440)		
Travel Expenses		(43)		(17)		
Bursary/grant		(500)		-		
Independent Examiners fee		(75)		(50)		
			(5,894)		(4,618)	
		75,903	(83,893)	89,835	(80,171)	
(Deficit)/ Surplus for the year			(7,990)		9,665	

Sussex County Amateur Swimming Association			
Statement of Affairs as at 31st March 2026			
		2025/26	2024/25
		£	£
Balances B/Fwd	Previous Profit and Loss Surpluses	73,408	63,743
	Plus Surplus/(deficit) for Year	(7,990)	9,665
		£65,418	£73,408
Represented By:	Cash in Hand and at Bank (Sussex)	51,234	61,700
	Sundry Debtors	1,292	1,349
		52,526	63,049
	Less Sundry creditors	(1,640)	(229)
		(1,640)	(229)
	Add Medals & Clothing	14,531	10,588
		14,531	10,588
		£65,418	£73,408

Brian DeVal
Mr B DeVal
Chairman

Report of the Examiner to the Members of Sussex County ASA.

I certify that the above Accounts have been prepared from the books and records of the Association and are in accordance therewith. I have not examined the physical holdings in stocks.

Stef R.

S Rose ACA
Honorary Examiner
26 May 2026

Swimming

The Swimming Committee has a remit to plan competitions, oversee swimmer development and select teams to represent the county. The committee works closely with clubs and coaches through the Coaches' Forum to deliver a competition programme that meets the needs of swimmers across Sussex within an increasingly busy swimming calendar. Without the dedication and commitment of this team, none of our competitions would take place, let alone run as smoothly and professionally as they do.

As in previous years, the swimming calendar followed a regular pattern, beginning with the National Inter-County Team Championships, followed by the inaugural Short Course Championships (25m) in October, and concluding with our long course (50m) Team and Individual Championships in January and February. For 2025, we added a new event to our competition programme; Open Water Championships.

Sussex Open Water Championships

In June 2025, Sussex partnered with South East Region to deliver the Sussex Open Water Championships. Every Sussex Age Group swimmer who entered the regional 2km, 3km and 5km events was automatically included within the Sussex County Championships.

The 2025 event was very much a learning experience, but it proved to be a positive step forward and provided valuable insight into how open water opportunities can continue to develop in the future. We will continue working alongside the region to build on this success in 2026.

Inter-County Team Championships

The 'Inter-Counties' remain one of the highlights of the swimming calendar, bringing together teams from across Britain for a thrilling day of high-quality racing in Sheffield.

In 2025, the Sussex team travelled with one clear objective: to retain its hard-earned place in the top division of British swimming. Having secured promotion in 2023 after years of determined effort, the team was fully committed to defending its position.

A squad of 29 swimmers from 11 different clubs travelled to Sheffield following a preparatory training session at Loughborough Pool.

The team was led by Head Coach **Lee Hammond** (CoBHSC) and Assistant Coach **Stefan Heckman** (Eastbourne SC), supported by Team Managers **Kate Lafferty** (Atlantis) and **Fran Hanmer** (Hastings Seagull SC). Travelling official **Paul Houlgate** (Crawley SC) and County President **Wendy Pritchard** also provided valuable support throughout the weekend.



The 'Inter-Counties' remain one of the highlights of the swimming calendar

On race day, **Rachel Houlgate** (Crawley SC) and **Harry Underwood** (Hastings Seagull SC) were named team captains and proudly carried the Sussex banner during the swimmers' parade.

The racing that followed was nothing short of inspirational. Across the day, Sussex swimmers achieved 12 new personal bests, representing more than 50% of all individual swims – a remarkable achievement at this level.

The team battled throughout the event and held positions between 10th and 14th for much of the meet. Sussex ultimately finished 12th overall with 299 points – the county's highest points total and best finishing position since 2009.

It was particularly encouraging to see new friendships and strong team bonds forming over the weekend – relationships that will undoubtedly continue throughout the swimmers' journeys within the sport.

Most importantly, the team achieved its objective and secured its place in the top division once again. Sussex will return in 2026 determined to build on this success.

Short Course Championships

In 2025, we held our inaugural Short Course Championships, replacing the previous Winter Competition. The revised programme was developed following requests from the Coaches' Forum and included both 1,500m and 800m events.

Although not without challenges, the event clearly demonstrated strong demand for longer distance racing, and additional opportunities will be included in future championship programmes.

Long Course Championships

Our championship programme again included 68 championship events and covered two full weekends alongside two evenings of long-distance racing.

Entries to the Championships in 2026 were very slightly lower than the previous year with 550 swimmers entering 2,799 events compare to 562 swimmers entering 2,934 events in 2025. Congratulations must go to Hannah Capron (CoBHSC) for breaking 3 Championship records were also broken across the competition.

To ensure that all our events continue to run successfully, we rely heavily on the support of volunteers. If being part of the team poolside appeals more than sitting in a crowded spectator gallery, please speak to your club about becoming a Club Support member. Volunteers are vital to the success of every competition, and every club will welcome new members willing to get involved.

Notable Achievements

Sussex swimmers continue to make their mark at both national and international level.

Congratulations go to:

- **Patryk Przyczyna** (Eastbourne SC) and **Leon Taylor** (CoBHSC) on their selection for the South East Regional Team competing in Geneva earlier this year.
- **Jack Hylands** (Eastbourne SC) on his selection for the Maltese Youth Team.
- **Alfie Penfold** (Crawley SC) representing Aquatics GB at the World Para Series in Italy.

I would also like to thank all swimmers, coaches, officials, volunteers and clubs for their continued support throughout the year. Their dedication and enthusiasm continue to drive Sussex swimming forward.



Team Captains Rachel Houlgate (Crawley SC) and Harry Underwood (Hastings Seagull SC)

Development

In 2025, Sussex County ran Development Pathway camps for 72 young athletes. Swimmers aged 10 to 12 were selected using the World Aquatics points they achieved at the County Championships held earlier in the year.

The Development Programme ran over three camps during the year – in June, October and December. This year, we moved the programme to the Hillbrow Health and Wellbeing Centre in Eastbourne, where we had full use of the lecture room, fitness suite and four-lane pool.

All swimmers received the much-loved Pathway swim caps and T-shirts, which I have since seen proudly worn during club training sessions and at galas across the county.

Each session was delivered with swimmers grouped by age. We find this helps to keep ability levels similar and, more importantly, encourages inter-club friendships that will benefit swimmers as they progress through Sussex events and competitions over the coming years.

The camps focused on three key areas:

Swimming

Sessions focused on developing technique and skills, building on the foundations already introduced by swimmers' own clubs and coaches.

Land Training

These strength and conditioning sessions were designed to give swimmers practical tools to help avoid injury, both at home and poolside. They also played an important role in building teamwork and confidence.

Psychology (mental skills)

These sessions provided young swimmers with basic skills in race preparation and managing disappointment when performances do not go as hoped. These are valuable life skills that can also be transferred into everyday situations outside the pool.

The entire Pathway Programme is designed to strengthen skills, build resilience and encourage teamwork. I am pleased to say that all three camps were very well received, with excellent feedback from both swimmers and parents.

Simon Taylor
Development Manager
developmentmanager@sussexswimming.org



Sussex County ran Development Pathway camps for 72 young athletes

Para-Swimming

2025 was another very successful year for our para-swimmers and they deserve all the recognition given to them in this report.

Some of the most notable achievements are mentioned below:

Lewis Jones (Arun Tridents SC) continued to be part of the DiSE Team England squad and competed in the Swedish Grand Prix in March 2025.

Alfie Penfold (Crawley SC) attended the World Para Series in Italy with Aquatics GB. His classification was reviewed at the event and he remains an S13. At the Regional Championships, Alfie was delighted to break the long-standing 100m free Regional Record. He also achieved three qualifying times for the 2025 British Summer Championships, gaining a PB in the 50m freestyle. Alfie is also on the long list for the Commonwealth Games – an amazing achievement!

New to Crawley SC, **Aaliyah Richards**, broke the British record for S14 100m Breaststroke at the British Championships, and another Crawley swimmer, **Zoe Cain**, participated in the Cerebral Palsy (CP) games in Alfreton in Derbyshire, winning three golds and one silver medal!

Two Mid Sussex Marlins SC swimmers achieved their classification this year – **Jasper Thornton-Jones** is now an S6 SB5 SM5 swimmer and **Marley Challen** is S7 SB7 +12 SM7. Another Sussex swimmer gaining classification was **Veronica Onu** (Crawley SC) who is now S6 SB6 SM6.

Sussex para swimmers attended the Regional Para Training Days at the ACS International School in Cobham in June and October. There were swimmers from Crawley SC, Mid Sussex Marlins SC and Eastbourne SC. Coaches from Crawley SC and Mid Sussex Marlins SC also attended and gained some insightful knowledge about the para journey and how to manage certain disabilities. Also in June, Crawley swimmers, **Alfie Penfold** and **Rebecca Hardy-Bishop** attended the Swim England Camp at Oundle School in Northampton. There were also several Sussex swimmers at the Para Development Meet in Reading in September.

Once again, Mid-Sussex Marlins SC hosted a low-key Para Gala in June when 40+ para swimmers from seven Sussex and Surrey clubs competed for lots of medals and had lots of fun.

The 4th annual British Down Syndrome Swimming Championships returned to K2 Crawley in November. The event was supported by a record 184 swimmers including visiting swimmers from 10 different counties. The event was a tremendous success with lots of World, European and British records tumbling and very many personal bests. These championships were once again well supported by Sussex officials and volunteers.

As a county, Sussex continues to have some great coaches working with our para swimmers and our clubs are very willing to find space in their busy schedules so that our para swimmers can get the opportunities they need.

Pauline Draper
Para Swimming Liaison

“Sussex continues to have some great coaches working with our para swimmers and our clubs are very willing to find space in their busy schedules so that our para swimmers can get the opportunities they need.”

Masters

The Sussex Masters' Championships took place on 7th September 2025 at Pavilions in the Park, Horsham. The events included both individual and relays racing.

Both individual and team entries to the Championships were down on the previous year, mainly due having to change the date to later in the year. But the number of clubs entering remained good with 13 clubs represented with 67 records being broken during the competition.

Special mention goes to Marmus Max, who now holds 12 county records in the 45–49 age group.

The final team points saw Crawley as the runaway winners once again taking both the top team trophy and relay trophy. Second were Mid Sussex Marlins and third were Lewes Swim Club.

In August 2025 some Sussex swimmers headed out to Singapore for the World Masters Championships. The venue was stunning with four 50m pools set up for the event. Dave Cumming,

Rachel Bowen, Dominic Polling, Steve Braine and Sally Mills all achieved Individual podium places.

Other prestigious meets attended by Sussex Masters swimmers this year include:

- British Masters Championships, LAC in June 2025
- National Short Course Championships, Sheffield in October 2025
- European Masters Championships in Lublin, Poland in December 2025

In November our Sussex Masters Team put in some great performances at the Masters Inter-Counties Championships 2025 but were out swum by strong teams from Surrey, Hampshire and Middlesex.

In the National standings Sussex finished a very well-deserved 11th place.

Trixie Nisbett
Master Manager

mastermanager@sussexswimminmg.org



***Our Team at the Masters
Inter County Competitions
at the London Aquatics Centre***

Officials Co-ordinator

We welcome everyone, whether you have a swimming background or not, to join our training programme and ensure that swimmers can have competitions to swim in with well-trained officials to run them – without officials the county, and Clubs, cannot run competitions. During the past year we welcomed more parents, and Young Volunteers, to our Sussex officials' team.

The training process for new officials has now changed with Timekeeper and Judge 1 (J1) training moving online through the Institute of Swimming www.swimming.org/ios/courses-officials-volunteers Since my last report I am happy to say that plenty of new officials have now completed their qualifications. They are now able to support their clubs and the county.

Similarly, there have been changes introduced for Judge 2 (J2) training. This has also moved partly online but includes face to face and completion of a logbook as well as signing off competencies by a referee. J2 training is now only accessible online at www.swimming.org/sport/become-swimming-judge-level-2

Once I am made aware of new applications by the Regional Officials Co-ordinator I will be able to allocate you a course tutor.

The Judge 2 starter (J2S) and Referee's training continue to be delivered face to face via zoom. With both these qualifications requiring final practical assessment to be undertaken.

Along with the changes to course structures there have been changes to some CPDs. Contemporary Issues, which has now been replaced by two CPD's to be used by different age groups:

- Under 18yrs must now complete – Foundation Safeguarding Young People
- Over 18yrs must now complete – Foundation Safeguarding Course for Adults

Any Official who needs to relicense must also complete one of these mandatory online CPDs. This also applies to any J1s in training who have not yet completed their training.

In Sussex we are fortunate that many of our clubs run events through the year that can provide training opportunities so that trainees can get their competencies signed off by a licensed referee. This is especially important for level 3 competitions and higher.

It would be appreciated if anybody wanting to be mentored at any gala could let me know beforehand so that I can allocate a properly trained official to mentor you.

We have already been able to put 7 candidates onto the online Adult Safeguarding CPD.

As I have said earlier in this report, we have fortunately been able to support the development of many officials during the year.

- 55** Timekeeper theory and competency
- 2** Young Volunteers J1 online theory
- 3** Timekeeper competency (including 2 from outside of Sussex)
- 21** J1 online theory
- 22** J1 successfully completed training
- 6** J2 theory (plus 4 from outside of the Sussex)
- 6** J2 competency completed
- 7** J2S theory
- 8** J2S final assessment completed (plus 3 from outside of Sussex)
- 4** Referee Beginner's Guide
- 2** Referees have started their training
- 1** Referee training completed (plus 5 from outside of Sussex)

On behalf of the County, I would like to express my thanks and appreciation to all Course Tutors for the time, effort and dedication they give in the organisation and running of these Swim England Officials Courses. Also, to the mentors who have helped in the training at the relevant Galas to ensure that we now have more qualified officials to help with Officiating at our events.

Chris Hobbs
Sussex Officials Co-ordinator

Welfare and Safeguarding

During the year I have been asked for advice from Clubs on Welfare issues and in some situations Swim England have had to become involved for their advice and support to ensure best practice has been maintained.

There have also been several sessions for all Club Welfare Officers to attend to ensure that they continue to be updated with different scenarios and updates of topics to be discussed from the National Welfare Team.

“ To ensure that all our events continue to run successfully, we rely heavily on the support of volunteers.

It is desirable that all Club Welfare Officers attend both ‘Safeguarding Children’ and ‘Time to Listen’ courses so they can understand what best practice is and how to manage any child welfare concerns they identify or are informed of. Both courses are now only accessible online.

To ensure that I have always got up to date contacts information for Clubs Welfare Officers it would be appreciated if I can be notified of any changes as soon as possible.

Chris Hobbs
Sussex County Welfare Officer
welfare@sussexswimming.org