

O&NB County Artistic Swimming Annual Report

July 2025

Changes in formats and scoring in Artistic Swimming have continued throughout the past year effecting all levels of competition. Officials and coaches continue their training in the newer formats that continue to be adjusted by World Aquatics.

Unfortunately, there wasn't a National Judges and Coaches Conference held in 2024 – this was replaced by a zoom session and a half day training session in Bristol. Two OWASC coaches were able to attend the session in Bristol where some of the new changes to figures and grade elements for the new 4 year cycle (starting Jan '25) were discussed.

South East Regional competitions have been held under the new rules in order for Clubs to be able to prepare for National Competitions, alongside Novice, Down's Syndrome and Masters competition events.

A Regional Squad trials day was held in December 2024 for athlete selection to represent the SE Region at the Inter Regional Games held in May 2025. This competition comprises of 3 disciplines for artistic swimmers – land work, figures, and speed swimming. No County athletes were involved in the squad this year, but Louise Fuller (OWASC) was again appointed as one of the lead coaches for the SE Squad. Louise also travelled to Spain with the squad for a training camp leading up to Regional Games. The squad enjoyed the experience of an away camp and came 3rd in the competition.

For OWASC athletes there have been limited competition opportunities and their results are shown below. A special mention for Megan Thomas from OWASC who competed in Sheffield in July in the British Masters Championships in the 18-24 years Solo section. All competition routines were technical ones this year requiring set elements to be performed in a set order. Megan performed a well-executed clean routine with no penalties awarded.

OWASC athletes have successfully attended grade Days – the club achieved a 100% pass rate overall. Grade opportunities have been limited since the introduction of the new elements which place more emphasis on inverted heights and spins throughout the earlier stages of training. Athletes are working hard to attain the required entry standards.

The Regional Artistic Swimming Committee are to action several county training days throughout the region in order to start athletes on competitive pathways towards GB squads. Coaches from the Regional Squad are to lead these to give experience to young athletes and their parents as to commitment needed to achieve at the highest levels in the sport.

I have been unable to make contact with Insync MK lead, Annette Probert, this past year. I do not know if they Club is still in operation.

Mandy Fuller (OWASC) continues in the role of National Artistic Swimming Competition Licensing Officer, Judges from OWASC have officiated at Regional and Club competitions and Steve Fuller was Joint Referee at the British Masters Championships and Referee at several Regional Competitions.

Following last year's closure of Brookes Harcourt Hill Pool OWASC has relocated to Marston Ferry Pool- unfortunately the depth of the pool poses some limitations for artistic swimming, but coaches and athletes are adapting session content and are grateful to have the continued water time.

OWASC were again able to hold their Winter Showcase in front of an invited audience of family, friends, ex Club athletes and our County President, Chantal. We would again like to thank Chantal for taking the time out on a very busy day to come and support the athletes. It was very much appreciated.

Interest in Artistic swimming is still growing, and enquiries continue, unfortunately coach numbers remain the same which does cause limitations. OWASC are also running adult's sessions where the aim is to learn new aquatic skills in a friendly environment allowing for levels of progression as wanted by the group attendees.

2025 is the 50th anniversary of Synchronised swimming in Witney and events are planned to celebrate this and to continue to grow the discipline over the coming years. I have been involved with the sport for 30 of those years and hope to continue as long as possible but it certainly won't be for another 30 years!!

Mandy Fuller

ONB Artistic swimming Sec

Competition Results – All Oxford and Witney Artistic Swimming Club

British Masters Championships

Technical Solo: 18-24 years: 12th Megan Thomas

Kent County Invitational Competition

Figures.

Grade 0: 12& Under: 1st Kassandra Jasinskaite, 2nd Rebecca Darby, 5th Lin Besnard, 12th Rosa Willans

13-18 years: 9th Rosie Weldon

Grade 1 13-18 years: 2nd Abby Rushton, 3rd Sasha Jasinskaite, 4th Rubyann Dimmock

Grade 3: 13-18 years: 3rd Meredith Frost

South East Regional Figure Competition

Grade 0: 12 & Under: 3rd Lin Besnard, 12th Rebecca Darby

13-15 years: 1st Evie Puttick, 2nd Emily Chadwick, 3rd Elizabeth Hannington.

Grade 1: 13-15 years: 3rd Abby Rushton, 5th Rubyann Dimmick.

Grade 2: 13-15 years: 1st Meredith Frost

Grade 3: 15 & Over: 5th Kamilla Borovics