



**MIDDLESEX COUNTY AMATEUR  
SWIMMING ASSOCIATION**

**(Founded 1891)**

**(Affiliated to Swim England London Swimming)**

**HANDBOOK 2023**

**[www.middlesexswimming.com](http://www.middlesexswimming.com)**

**Enquiries to:**

**[secretary@middlesexswimming.com](mailto:secretary@middlesexswimming.com)**

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## COMPETITION CALENDAR 2023

### SWIMMING COMPETITIONS

#### COUNTY AGE GROUPS & YOUTH COMPETITIONS

Saturday January 14 <sup>th</sup>	LAC
Sunday January 15 <sup>th</sup>	LAC
Saturday February 18 <sup>th</sup>	Hillingdon
Sunday February 18 <sup>th</sup>	Hillingdon

#### SPRING DEVELOPMENT MEET

Saturday May 13 <sup>th</sup>	Southbury Road
Sunday May 14 <sup>th</sup>	Southbury Road
Saturday May 20 <sup>th</sup>	Southbury Road
Sunday May 21 <sup>st</sup>	Southbury Road

#### DEVELOPMENT CAMPS TBA

#### NATIONAL COUNTY TEAM CHAMPIONSHIP

Sunday October 8 <sup>th</sup>	Sheffield
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#### AUTUMN DEVELOPMENT MEET

Sunday October 15 <sup>th</sup>	Southbury Road
Saturday October 21 <sup>st</sup>	Southbury Road
Sunday October 22 <sup>nd</sup>	Southbury Road

#### MASTERS COMPETITION

Sunday May 21 <sup>st</sup>	Barnet Copthall
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#### SE REGION INTER COUNTIES MASTERS COMPETITION 2023

Contact Ian Woollard for details

#### ARTISTIC SWIMMING

SE London Artistic Competition Saturday June 17 <sup>th</sup>	Southgate
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#### OPEN WATER CHAMPIONSHIPS

Swim England London Region Open Water Event	
Sunday July 2 <sup>nd</sup>	Watford

#### WATER POLO

Championship matches are played on a Home and Away league basis from March to October. For further information contact Fred Willey or see the web site.

#### PARA SWIMMING

Len Badcock Memorial Para meet Sunday June 25 <sup>th</sup>	Barnet Copthall
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## **EVENTS CALENDER 2022**

### **ANNUAL COUNCIL MEETING**

This meeting for Club Delegates, etc. will be held on Thursday 23rd November 2023 starting at 7pm at Perivale Residents Association, Ealing Central Sports Ground, Horsenden Lane South, Perivale. UB6 7PA

### **EXECUTIVE COMMITTEE MEETINGS**

The Executive Committee meets six times per year.

All meetings are scheduled to start at 7.15pm. Venue: Perivale Community Centre or via Zoom.

The 2023 dates have been arranged as follows:-

Wednesday 8<sup>th</sup> February

Tuesday 14<sup>th</sup> March

Wednesday 10<sup>th</sup> May

Tuesday 11<sup>th</sup> July

Wednesday 6<sup>th</sup> September

Tuesday 10<sup>th</sup> October

Thursday 23<sup>rd</sup> November \*\*

\*\* This will be a short Executive meeting directly after the ACM to vote for Standing Committees.

Nomination Forms for President Elect and Officers/Office Holders/Elected Members are on the website

## **HONORARY LIFE PRESIDENTS**

**Norman Edwards, Ralph Shortland**

## **OFFICERS and OFFICE-HOLDERS**

**President:** Colin **JONES** (2011) MCASA

(email: colinejones1961@gmail.com)

**President Elect:** Jeanette EDMISTON (2018) Teddington SC

(email : jeanetteedmiston@btinternet.com)

**Hon. Secretary:** Gillian **NEAL** (2011) Hillingdon SC

(email: secretary@middlesexswimming.com)

**Assistant Secretary:** Florence **BARNES** (2003) Ealing SC

(email: assitsecretary@middlesexswimming.com)

**Hon. Treasurer:** Phillip **PRENTICE** (2017) Barnet Cophall

(email: treasurer@middlesexswimming.com)

**Assistant Treasurer:** Samantha **WHITMORE** (2015) Ealing SC

(email: assttreasurer@middlesexswimming.com)

**Secretary, Swimming Committee:** Marc **BARROT** (2020) Camden Swiss Cottage SC

(email: swimsec@middlesexswimming.com)

**Assistant Secretary, Swimming Committee:** Gillian **NEAL** (2011) Hillingdon

(email: secretary@middlesexswimming.com)

**Secretary, Swimming Competitions & Age Group Competitions & Championships:**

Leah **PULLEN** (2013) Ealing S C      Tel: 07593 972812

(email: competitions@middlesexswimming.com)

**Secretary, Diving Committee:** Richard **LERMAN** (2013) Haringey Aquatics

(email: diving@haringeyaquatics.co.uk)

**Secretary, Masters Committee:** Susie **BRESLIN** (2018) Barnet Cophall S.C.

(email: masters@middlesexswimming.com)

**Secretary, Swimming Officials Committee:** Pam **CROFTS** (1994) Haringey Aquatics

( email: croftsp1406@gmail.com)

**Secretary, Artistic Swimming Committee**

(email: synchro@middlesexswimming.com)

**Secretary, Trophies and Medals:** Jo **MARTIN** (2016) (Hounslow Jets)

(email: trophies@middlesexswimming.com)

**Secretary, Water Polo Committee:** Fred **WILLEY** (2018)

(email: waterpolo@middlesexswimming.com)

**Secretary, Para Swimming Committee:** Brian **KAPP (2016)** Haringey Aquatics

(email: brian.i.kapp@btinternet.com)

**Secretary Open Water Committee:** Brian **KAPP (2016)** Haringey Aquatics

(email: brian.i.kapp@btinternet.com)

**Welfare Officer:** Maria **ABRAMS** (2003) Ealing S.C.

(email: welfare@middlesexswimming.com)

**Health & Safety Officer:** Ralph **SHORTLAND (2006)** Ealing S.C

(email: ralphshortland@hotmail.com)

**Medical Officer:** Dr. Paul Farquhar-Smith– Ex officio

**Trustees:** Phillip Prentice, Samantha Whitmore, Florence Barnes

**Independent Examiner:** Rajiv **MALHOTRA** Smith Malhotra Ltd, 42- 44 High Street, Newington, Sittingbourne Kent, ME9 7JL

## EXECUTIVE COMMITTEE

Tasha **COUPLAND** (2014) Hillingdon SC  
Suzette **MUHAMMAD** (2014) Harrow SC  
Bob **BLOOMFIELD** (2017) Brompton SC  
Sofia **MARCAL WHITTLES** (2017) Chelsea & Westminster SC  
Ann **O'LEARY** (2022) Hillingdon SC  
Alicia **LAI** (2023) Ealing SC  
Andy **DIXON** (2023) Harrow SC  
Evelyn **INGLETON** (2023) Ealing SC

## **STANDING COMMITTEES**

The President, President Elect, Secretary and Treasurer are ex-officio members of all Standing Committees except the Swimming Officials Committee & The Disputes and Disciplinary Committee.

### **General Purposes Committee (5 posts)**

Andy Woska, Florence Barnes, Gillian Neal, Sam Whitmore.

### **Finance Committee (Treasurer & Asst. Treasurer, plus 4 Posts)**

Phillip Prentice (Sec), Florence Barnes, Sam Whitmore, Evelyn Ingleton

### **Masters Committee (Sec plus 3 Posts)**

Ian Woollard, Susie Breslin (Sec)

### **Swimming Committee (Sec, Asst. Sec, Comp. Sec, County Coach, plus 7 posts)**

Jeanette Edmiston (Chair), Leah Pullen (Sec Swimming Competitions), County Coaches, Pam Crofts, Marc Barrot (Sec), Brian Kapp, Sofia Marcal-Whittles, Gillian Neal (Asst Sec), Florence Barnes, Alicia Lai, Andy Dixon

### **Diving Committee**

Richard Lerman plus co-optees.

### **Swimming Officials Committee (Sec plus 6 Posts)**

Pam Crofts, Gillian Neal, Brian Kapp, Andy Dixon, Marc Barrot, Jacek Reder  
Advisor: Ralph Shortland

### **Artistic Swimming Committee (Sec plus 5 Posts)**

Vacant plus co-optees.

### **Water Polo Committee (Sec plus 5 Posts)**

Fred Willey & Representatives from Clubs competing in MCASA Water polo Championships.

### **Affiliation Committee**

President, Secretary, Trevor Hyde, Frances Prentice

### **Discipline Committee**

Gillian Neal, Pam Crofts, Jeanette Edmiston

If required Brian Kapp

### **Open Water Committee**

Brian Kapp, Sam Whitmore, Evelyn Ingleton, David Skinner

### **Para Swimming Committee**

Brian Kapp, Leah Pullen, Sam Whitmore, Frances Prentice

## LONDON REGION APPOINTMENTS

<b>President:</b>	Florence Barnes (Middlesex)
<b>President Elect:</b>	John Mills (Surrey)
<b>Swimming Committee</b>	Jeanette Edmiston
<b>Masters Committee:</b>	Ian Woollard
<b>Welfare Officer:</b>	Maria Abrams
<b>Licensing Officer:</b>	Jean Scott
<b>Affiliations Officer:</b>	Jackie Bedford
<b>Health &amp; Safety Officer:</b>	Ralph Shortland

## PAST AND PRESENT OFFICERS

<b>Year</b>	<b>President</b>	<b>Hon Secretary</b>	<b>Hon Treasurer</b>
1891/4	W. Henry	A. Hudson	A. Hudson
1895	A. Poole	A. Hudson	A. Hudson
1896	W.S. Hankins OBE	A. Hudson	A. Hudson
1897	G.R. Craff	A. Hudson	A. Hudson
1898	W. Witham	A. Hudson	A. Hudson
1899	H.H. Stephens	A. Hudson	A. Hudson
1900	R. Grey	A. Hudson	A. Hudson
1901	S.J. Monks	A. Hudson	A. Hudson
1902	E.H. Hunt	A. Hudson	A. Hudson
1903	R.L. Busby	A. Hudson	A. Hudson
1904	W.G. Emery	A. Hudson	A. Hudson
1905	R.F.B. Cross	A. Hudson	A. Hudson
1906	A. Hudson	A. Hudson	A. Hudson
1907	F. Tanner	Leo S Lyon	Leo S Lyon
1908	J.E. Stevens	A Richardson	W.C. Cheshire
1909	Ald. HE Fern CBE JP	A Richardson	W.C. Cheshire
1910	J.C. Hurd	A. Richardson	W.C. Cheshire
1911	A. Judkins	A. Richardson	S.G. Hibbert
1912	E. Langley	A. Richardson	S.G. Hibbert
1913	S.G. Hibbert	R.C. Bott	S.G. Hibbert
1914/18	W.J. Newell	R.C. Bott	S.G. Hibbert
1919	W.J. Newell	C.J. White	S.G. Hibbert
1920	J. Woodley	C.J. White	S.G. Hibbert
1921	E. Blockley	C.J. White	S.G. Hibbert
1922	G. White	C.J. White	W.J. Newell
1923	H.E. Newman	Sir Harold Parker	C.S. Kerin
1924	E.B. Barrington	Sir Harold Parker	C.S. Kerin
1925	C.J. White	Sir Harold Parker	C.S. Kerin
1926	C.S. Kerin	Sir Harold Parker	C.S. Kerin
1927	W.E. Murray	J. Wallace	C.S. Kerin
1928	Sir Harold Parker KCB KBE MC	J. Wallace	C.S. Kenn
1929	E Udal	J. Wallace	C.S. Kerin
1930	T.H. Bugbee	J. Wallace	C.S. Kerin
1931	J. Wallace	A.C. Price	C.S. Kerin
1932	A.H. Pycock MBE	A.C. Price	C.S. Kerin
1933	F. Townsend	A.C. Price	Tom E Cogswell
1934	Mrs A Derbyshire	A.C. Price	Tom E Cogswell
1935	C. Smith	A.C. Price	Tom E Cogswell

<b>Year</b>	<b>President</b>	<b>Hon Secretary</b>	<b>Hon Treasurer</b>
1936	A.C. Price	A.J. Perring	Tom E Cogswell
1937	A. Van Beets	A.C. Price	Tom E Cogswell
1938	S.T. Hirst	A.C. Price	Tom E Cogswell
1939/40	Mrs V.M Strutchbury	A.C. Price	Tom E Cogswell
1940/43	Mrs V.M Strutchbury	A.C. Price	Tom E Cogswell
1944	E.J. Scott OBE MC	A. Van Beets	Tom E Cogswell
1945	C.P. Parkin	A. Van Beets	Tom E Cogswell
1946	Miss N Buller MBE	A. Van Beets	Tom E Cogswell
1947/48	A.J. Perring MBE	A. Van Beets	Tom E Cogswell
1949	H.E. Taylor	A. Van Beets	Tom E Cogswell
1950	H. Gibbons	A. Van Beets	Tom E Cogswell
1951	G. Matveieff	A. Van Beets	Tom E Cogswell
1952	T.E. Cogswell MBE	A. Van Beets	Tom E Cogswell
1953	T. Fletcher	A. Van Beets	Tom E Cogswell
1956	J.H.R. Haswell	A. Van Beets	Tom E Cogswell
1957	Miss J Manning	A. Van Beets	Tom E Cogswell
1958	J.C Andrews	A. Van Beets	S.T.Greensmith
1959	Mrs P Besford	J. Gigg	S.T.Greensmith
1960	F.J. Coyne	J. Gigg	S.T.Greensmith
1961	J.H. Zimmermann	J. Gigg	S.T.Greensmith
1962	E.G. Pepper	J. Gigg	S.T.Greensmith
1963	J.F.G. Dunford	J. Gigg	S.T.Greensmith
1964	S.T. Greensmith BEM	J. Gigg	S.T.Greensmith
1965	Miss H.M Yate	E.E. Jones	S.T.Greensmith
1966	J.W. Dengel	E.E. Jones	S.T.Greensmith
1967	D.G. Turney	E.E. Jones	S.T.Greensmith
1968	F.M Billinghamurst	E.E. Jones	D.G. Turney
1969	A.R. Lawrence	E.E. Jones	D.G. Turney
1970	T.J. Basford	E.E. Jones	D.G. Turney
1971	E.E. Jones	E.E. Jones	D.G. Turney
1972	W.A. Usher	D.E.W. Shann	D.G. Turney
1973	T.A.J. Cockerill	D.E.W. Shann	D.G. Turney
1974	A.F. Clark	D.E.W. Shann	D.G. Turney
1975	A.G. Stuart	D.E.W. Shann	D.G. Turney
1976	D.E.W. Shann	R.J. Harris	D.G. Turney
1977	D. Slater	Mrs M.S Dixon	D.G. Turney
1978	R.A. Lockett	Mrs M.S Dixon	D.G. Turney
1979	W.D. Tassell	Mrs M.S Dixon	D.G. Turney
1980	R.J. Harding	Mrs M.S Dixon	D.G. Turney
1981	G. Shepherd	Mrs M.S Dixon	D.G. Turney
1982	T.G. Handley	Mrs M.S Dixon	D.G. Turney
1983	L.H. Badcock	Mrs M.S Dixon	D.G. Turney
1984	Mrs M.S Dixon	Mrs M.S Dixon	D.G. Turney
1985	Mrs E Shaikh	Mrs M.S Dixon	D.G. Turney
1986	E.R. Sayer	Mrs M.S Dixon	D.G. Turney
1987	Mrs E.A Hartley	Mrs M.S Dixon	D.G. Turney
1988	J.H. Zimmermann	Mrs M.S Dixon	M.J. Skyrme
1989	Mrs. D.B Sayer	Mrs D.M Short	M.J. Skyrme
1990	R.F. Turner	Mrs D.M Short	W.V. Brown
1991	J Rough	Mrs D.M Short	W.V. Brown
1992	T.J. Basford	Mrs D.M Short	W.V. Brown
1993	Mrs D.M Short	Mrs D.M Short	W.V. Brown
1994	M.J. Blunstone	Mrs D.M Short	W.V. Brown
1995	Ms C Matthews	Mrs D.M Short	W.V. Brown
1996	Miss J. Clarke	Mrs D.M. Short	W.V. Brown



<b>Year</b>	<b>President</b>	<b>Hon Secretary</b>	<b>Hon Treasurer</b>
1997	N.F. Edwards	Mrs D.M. Short	W.V. Brown
1998	R. Geier	Mrs D.M. Short	W.V. Brown
1999	Gp Capt M. Short MBE AFC	Mrs D.M. Short	W.V. Brown
2000	W.V. Brown	Mrs D.M. Short	W.V. Brown
2001	J. Whelan	Mrs D.M. Short	W.V. Brown
2002	Ms C. Matthews	V. Davies	W.V. Brown
2003	Miss J. Clarke	V. Davies	W.V. Brown
2004	D.J. Barnes	V. Davies	W.V. Brown
2005	Mrs P. Crofts	V. Davies	W.V. Brown
2006	I. Woollard	V. Davies	W.V. Brown
2007	Ms N. Muir-Cochrane	V. Davies	W.V. Brown
2008	R. Shortland	V. Davies	W.V. Brown
2009	Miss C. Hedge	V. Davies	W.V. Brown
2010	V. Davies	D.J. Barnes	H. Turner
2011	T. Hyde	Mrs F. Barnes	H. Turner
2012	N.F. Edwards	Mrs F. Barnes	H. Turner
2013	A. Woska	Mrs F. Barnes	H. Turner
2014	A.G.E. Burton	Mrs F. Barnes	H. Turner/T. Walsh
2015	R. Shortland	Mrs F. Barnes	T. Walsh
2016	W. Hirst	Mrs F. Barnes	T. Walsh
2017	Mrs F. Barnes	Mrs G. Neal	T. Walsh/P. Prentice
2018	Mrs F. Prentice	Mrs G. Neal	P. Prentice
2019	Mrs G. Neal	Mrs F. Barnes	P. Prentice
2020	B. Kapp	Mrs F. Barnes	P. Prentice
2021	B. Kapp	Mrs G. Neal	P. Prentice
2022	Mrs P. Crofts	Mrs G. Neal	P. Prentice
2023	C. Jones	Mrs G. Neal	P. Prentice

## **MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION**

### **CONSTITUTION**

#### **1. NAME**

The Association shall be called the **MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION**.

‘**Middlesex**’ means the area covered by the City of London, and the London Boroughs of the City of Westminster, Camden, Islington, Hackney, Tower Hamlets, Hammersmith & Fulham, Royal Borough of Kensington & Chelsea, Hounslow, Hillingdon, Ealing, Harrow, Barnet, Brent, Haringey and Enfield together with local areas of Staines, Teddington and Sunbury on Thames.

The County forms part of Swim England London Region.

‘**Members**’ means:

- I. Honorary Life Presidents;
- II. Past Presidents;
- III. Individual and Life Members; and
- IV. Members of Middlesex Clubs.

#### **2. OBJECTIVES OF THE ASSOCIATION**

The objectives of the Association shall be: -

- a. To promote the teaching and practice of Competitive Swimming, Swimming with a Disability, Open Water Swimming, Diving, Artistic Swimming and Water Polo.

- b. To select teams to represent the County.
- c. To promote and hold championships and other competitions, wherever possible within the geographical boundaries of the Association.
- d. To ensure the Laws and Technical Rules of Swim England and any resolutions and rulings of the Swim England Council and the Swim England Committee are enforced.
- e. To develop all aspects of the sport, at every level, with the intent to improve standards and performances.

### **3. LAWS**

The laws and orders of Swim England and Swim England London Region and resolutions adopted by Swim England and Swim England London Region shall be binding on the Association.

### **4. CHILD PROTECTION**

The Association will adopt Swim England Child Protection policies and procedures and these shall apply to all members of the Association.

### **5. COMPOSITION**

All clubs affiliated to Swim England London Region with headquarters in the area of MCASA as defined in 1 above are allocated to the Association. The affiliation fee paid by Clubs to Swim England London Region includes affiliation to the Association.

Persons who may be elected by the Executive as individual members shall pay an annual fee as set by the Executive. Individual and Life Members, as such, shall not have the right to speak or vote at any Council Meeting.

### **6. FINANCE**

- a. The Financial year shall end on the 31st August.
- b. The funds or other property of the Association shall be applied to the furtherance of the objects of the Association or for any charitable purposes. No funds or other property of the Association shall be paid to or distributed among the members of the Association except as legitimate expenses incurred on behalf of the Association. In the event of dissolution, the funds remaining will be devoted to objectives similar to those of the Association.
- c. The Treasurer shall keep proper books of accounts and exercise control over the funds of the Association.
- d. The Treasurer will be responsible for the collection and payment of Swim England and Swim England London Region membership fees of individual Members of the Association
- e. There shall be four signatories for cheques drawn on the Association accounts: the Treasurer, the Hon Secretary, the Assistant Treasurer and the Assistant Secretary. The Treasurer or the Assistant Treasurer shall sign all cheques drawn on the Association's Accounts. All cheques of £2,000 or over are to be countersigned by any one of the authorised signatories. The Treasurer will have authority to make Bank transfers up to an amount agreed annually by the Executive with the relevant paperwork.
- f. The Treasurer is to prepare an annual report and balance sheet, for examination by the Executive at a meeting not more than five weeks after the closing date of accounts. These accounts will then be presented for approval at the Annual Council Meeting.
- g. Qualified Examiners shall be appointed annually by the Council at the Annual Council Meeting to examine and report on the accounts of the Association.
- h. Debit cards are issued to those members who are responsible for expenses incurred on behalf of the County and those members will be required to keep accurate records and receipts and submit them to the treasurer monthly. Secretaries of the Swimming Committee, Swimming Officials Committee and Competitions will be allocated a petty cash float of £250 and those officers will be required to keep accurate records and receipts and submit them to the treasurer. No member of the Executive shall incur a liability on behalf of the association for a sum in excess of £100 per item without the express authority of the Executive or an Officers' decision on behalf of the Executive.

## **7. COMPOSITION OF THE COUNCIL**

The Council of the Association shall consist of:

- a. The President, the President Elect, the Secretary, the Treasurer plus the Office holders of the Association
- b. The Past Presidents of the Association;
- c. Club delegates in accordance with the provisions of Rule 10.1.3 of the Swim England London Region Rules.

**NOTE: At the date of publication of this handbook, each club is entitled to representation as follows:**

- i. One from each club comprising up to and including 50 members.
- ii. Two from each club with a membership between 51 and 200
- iii. Three from each club comprising 201 or more members.

**No club shall have more than three delegates. A new club shall be entitled to representation for the first year according to the number of members at the date of its application for affiliation.**

## **8. ANNUAL COUNCIL MEETING**

- a. The Annual Council Meeting shall be held in the month of November for presentation, amongst other things, of the Annual Report and Accounts for the year ending 31st August.
- b. Nominations for President Elect, the Secretary, the Treasurer and the Office holders and the Executive shall be in the hands of the Secretary by the date of the October Executive Meeting.
- c. Notices of Motion for the Council Meeting shall be in the hands of the Secretary not later than 15th September prior to the Council meeting.
- d. No proposition for alteration of Rules shall be adopted unless it is passed by at least two-thirds of those present and voting and receives the approval of the Swim England London Region where necessary.
- e. The Agenda for the Council Meeting shall be posted or delivered to those persons mentioned in Rule 7a and 7b and to clubs not less than twenty-one days before the meeting.

## **9. SPECIAL MEETINGS**

- a. The Executive may call a special Meeting of the Council.
- b. The Executive shall call a Special Meeting of the Council within one calendar month of the receipt of a written request signed by not less than six delegates representing six different affiliated clubs. Such request shall state the business for which the meeting is to be called and no other business shall be transacted.
- c. The Agenda for a special meeting shall be posted or delivered to those persons mentioned in Rule 7a and 7b and to clubs not less than twenty-one clear days before the meeting.

## **10. QUORUM**

Fifteen Members of the Council shall form a quorum.

## **11. PROCEDURE AT COUNCIL MEETINGS**

Such appropriate parts of Swim England Laws as govern procedure at Swim England Council Meetings shall govern proceedings at Middlesex County Council Meetings.

## **12. PRESIDENT**

- a. The President shall be Chairman of the Executive but shall not hold office for two consecutive years except in exceptional circumstances and with the approval of the Executive.
- b. Nominations for President Elect, together with a brief CV, supported by a seconder and signed by the nominee, shall be in the hands of the Secretary by the date of the October Executive Meeting. The proposer and seconder must both be members of the Executive and the nominee must be a member of the Association. Such Past Presidents as are members of the Executive will then, prior to the next following Executive meeting, make a recommendation to the Executive for consideration by Council.

### **13. HONORARY LIFE PRESIDENTS**

The Council may, in recognition of exceptional services rendered to the County, elect Honorary Life Presidents. Nominations as Honorary Life Presidents shall be proposed by those Past Presidents as are members of the Executive and referred to Council for approval.

### **14. OFFICERS and OFFICE HOLDERS**

- a. The following shall be elected annually by Council at the Annual Council meeting of delegates and Past Presidents:
  - i. President Elect  
Secretary  
Treasurer and Trustee
  - ii. Assistant Secretary  
Assistant Treasurer and Trustee  
Secretary Diving Committee  
Secretary Masters Committee  
Secretary Swimming Committee  
Secretary Swimming - Age Group Competitions  
Secretary Swimming – Championships  
Secretary Swimming Officials Committee  
Secretary Artistic Swimming Committee  
Secretary Trophies  
Secretary Water Polo Committee
  - iii. Legal Adviser  
Medical Officer  
Welfare Officer  
Health and Safety Officer
- b. The President, the Secretary and the Treasurer shall be the Officers of the Association.
- c. The President elect together with those persons mentioned in 14a(i) shall be the Office Holders of the Association.

#### **NOTES:**

- i. In the event that urgent decisions are required between meetings of the Executive relating to matters other than those within the Terms of Reference of the Technical Committees those decisions shall be made by the Officers of the Association and be reported to the next following meeting of the Executive.
- ii. In the event that urgent decisions are required relating to matters within the Terms of Reference of a Technical Committee, and it is not reasonably practicable to convene a meeting of the Committee, such decisions shall be made by the Chairman and Secretary of that Committee and reported to the next following meeting of the Committee.

### **15. SWIM ENGLAND LONDON REGION COUNCIL**

One member of the Executive shall be appointed as delegate to the Swim England London Region Council.

### **16. THE EXECUTIVE**

The management of the Association shall be in the hands of the County Executive, which shall be composed of the following members:

- a. The Officers of the Association
- b. The President Elect
- c. The Office Holders
- d. Past Presidents
- e. Members elected by the Council from the delegates.

### **17. DUTIES AND POWERS OF THE EXECUTIVE**

- a. **The Executive shall:**

- i. Meet not less frequently than once in every alternate month (except in the months of July and August). Nine (9) members shall form a quorum to include at least one of the officers.
  - ii. Transact the business of the Association, and observe and enforce the Rules of the Association and orders of the Council.
  - iii. Exercise financial control over the affairs of the Association.
  - iv. Appoint the Standing Committees referred to in Rule 18.
  - v. Make changes to Conditions for Championships and Competitions of the Association on the recommendation of the appropriate Technical Committee and report such changes to the next following Council.
  - vi. Be responsible for publication of the Association's Handbook and for the incorporation therein of any alterations authorised by the Council.
  - vii. Appoint the Association's delegates to the Swim England London Region Council.
- b. The Executive shall have power to:**
- i. Suspend the membership of any Past-President, Officer or Member of the Executive who uses, for the purpose of publication or comment in the public press, information respecting matters that are still under consideration of the Executive or any of its committees. The resolution to suspend shall be passed by at least two thirds of such persons as, being entitled so to do, vote in person.
  - ii. Declare that any member, other than the President, the President elect or a Past President, who has been absent from three consecutive meetings has vacated his seat.
  - iii. Fill any vacancy occurring on the Executive. The unsuccessful candidates at the preceding Annual Council Meeting, in order of voting, and if still eligible, shall have the first refusal.
  - iv. Appoint officials for the Association's Swimming, Diving, Masters, Artistic Swimming and Water Polo Championships and other competitions.
  - v. Delegate such of its powers as it may think fit, and on such terms as it may determine, to a Standing or Technical Committee.
  - vi. If there is a conflict between the Constitution and a decision of the County Executive, the Constitution will prevail. If there is a conflict between the Constitution or a decision by the County Executive and Swim England Laws, Rules, Regulations or Conditions, then the Swim England Laws, Rules, Regulations or Conditions will prevail.

## **18. STANDING AND TECHNICAL COMMITTEES**

Standing and Technical Committees shall be elected annually by the Executive as follows:-

### **a. General Purpose Committee**

- i. Which shall consist of five members elected from the Executive. The Committee shall have the power to co-opt.
- ii. The Committee shall advise the Executive on all matters referred to it by the Executive.

### **b. Diving Committee**

This Committee shall consist of the Secretary of the Diving Committee and five elected members. The Committee shall:-

- i. Advise the Executive on all matters relating to Diving.
- ii. Encourage the provision of suitable facilities.
- iii. Select Association Diving representatives and nominate representatives for Regional events when necessary.
- iv. Compile lists of Association Diving Officials.
- v. Recommend Officials for Association Diving Championships and other competitions when necessary.
- vi. Be responsible for the organisation and promotion of such Diving Championships and competitions as directed by the Executive or Council.
- vii. Make recommendations to the Executive for changes to Conditions for the Diving Championships and competitions of the Association.

viii. Submit budgets as required.

**c. Finance Committee**

- i. This Committee shall consist of five members elected from the Executive, one of whom shall be the Assistant Treasurer. The Treasurer of the Association shall act as the Committee Secretary.
- ii. The Committee shall consider every item of expenditure by the Association and shall advise the Association each year on the appropriate level of entry fees, and spectator admission charges, for the various Championships and Competitions.

**d. Masters Committee**

This Committee shall consist of the Secretary of the Masters' Committee and three elected members. The Committee shall:-

- i. Advise the Executive on all matters relating to Masters' events.
- ii. Encourage the provision of suitable facilities for training and competition.
- iii. Select Masters teams to represent the Association.
- iv. Be responsible for the organisation and promotion of Association Masters' events.
- v. Make recommendations for changes to the Conditions for the Masters' Championships and Competitions of the Association.
- vi. Submit budgets as required.

**e. Swimming Committee**

This Committee shall consist of the Secretary of the Swimming Committee, the Secretary Swimming Age Group Competitions, the Secretary Swimming Championships and the Assistant Secretary Swimming Committee and five elected members. The Committee shall:-

- i. Assist and advise in the training of swimming.
- ii. Promote courses and select swimmers to attend them.
- iii. Select Association swimming representatives and nominate representatives for Regional events when necessary.
- iv. Advise the Executive on all matters relating to swimming.
- v. Be responsible for the organisation and promotion of such Swimming Championships and Competitions as directed by the Executive or Council.
- vi. Make recommendations to the Executive for changes to the Swimming Championships and Competitions.
- vii. Organise and manage Development days, Inter-County teams, overseas teams as agreed by the Executive and Disability Galas.
- viii. Submit budgets as required.

**f. Swimming Officials Committee**

This Committee shall consist of the Secretary of the Swimming Officials Committee and six elected members (each of the elected members shall be a Swim England Licensed Official). The Committee shall:-

- i. Prepare and deal with the members wishing to become swimming officials, in accordance with the British Swimming training guidelines. They shall advise the Executive on all related matters.
- ii. Arrange courses and examinations as necessary.
- iii. Submit budgets as required.

**g. Artistic Swimming Committee**

This Committee shall consist of the Secretary of the Artistic Swimming Committee and five elected members. The Committee shall:-

- i. Make arrangements for the Association Championships, Competitions and when necessary, Swim England or Regional events.
- ii. Appoint the Association Coach and Manager.
- iii. Select swimmers for the County Squad.
- iv. Compile a list of the Association Artistic Swimming Officials.
- v. Conduct conferences and seminars for Officials and coaches.
- vi. Conduct courses and examinations for Examiners and scorers.
- vii. Conduct training courses for swimmers and trainee coaches.

- viii. Make recommendations to the Executive for changes to the Conditions for the Synchronized Swimming Championships and Competitions of the Association.
  - ix. Submit nominations to Swim England for International Officials.
  - x. Submit budgets as required.
- h. Water Polo Committee**
- This Committee shall consist of the Secretary and Chair of the Water Polo Committee and a representative of each club competing in the Water Polo Championships. The Secretary of the Water Polo Committee shall act as the Secretary of the Selection Committee. The Committee shall: -
- i. Advise the Executive on all matters relating to Water Polo.
  - ii. Encourage the provision of suitable facilities.
  - iii. Select the Association Water Polo representatives and nominate representatives for Regional events when necessary.
  - iv. Be responsible for the organisation and promotion of such Water Polo Championships and Competitions.
  - v. Make recommendations to the Executive for changes to the Conditions of the Water Polo Championships and Competitions.
  - vi. Submit budgets as required.
- i. Affiliation Committee**
- i. The Committee shall consist of three elected members.
  - ii. The Committee shall respond to any requests from London Region for comments regarding new affiliations and changes to the names of affiliated clubs.
  - iii. The Committee shall report to the Executive.
- j. Disputes & Disciplinary Committee**
- i. The Committee shall consist of three elected members of the Executive Committee, with at least two of them being qualified Swim England Referees. The Committee has the right to call upon further expertise as required.
  - ii. The Committee shall deal with matters of a disciplinary nature, as referred to it by the Executive, or by any of the sub-committees, or by an individual member of Swim England.
  - iii. Pursue any upheld Complaint to its conclusion, either directly, or by referring it to the appropriate higher authority.
  - iv. Aim to address any matter referred to the Committee with the parties as amicably and as informally as possible, always reserving the right to institute a more formal process of judicial investigation if necessary.
  - v. The Committee has the right to impose an appropriate sanction, including but not limited to a warning, fine or suspension.
  - vi. The Committee shall report action taken, to the Executive in all instances

## **19. STANDING COMMITTEE GENERAL PROVISIONS**

- a. Each Standing Committee shall set a quorum at its first meeting following the Annual Council Meeting;
- b. Each Standing Committee shall elect a Chairman at its first meeting following the Annual Council Meeting. No individual shall be Chairman of more than one committee in any year.
- c. An individual may not serve as Chairman of a Standing Committee for more than two consecutive years;
- d. Each Standing committee shall elect such sub-Committees as it deems necessary.
- e. The President, the President elect, the Secretary and the Treasurer shall be ex-officio members of all Standing Committees with the exception of the Swimming Officials Committee and the Disputes and Disciplinary Committee.

## **20. COUNTY AWARDS**

County Badges may be awarded at the discretion of the Executive to:-

- a. Those individuals who represent the Association in Championship events for disciplines within its remit.

- b. Those individuals eligible to represent the Association in Championship events who gain first place in individual Swim England Championships
- c. Those individuals eligible to represent the Association in Championship events who have been awarded International representative honours in Swimming, Diving, Water Polo, Artistic Swimming or Open Water;
- d. Those representing the Association in non-championship events for Swimming, Masters, Diving, Water Polo or Artistic Swimming.
- e. Association Team Managers, Chaperones, Association Officers, and those helpers who render service to the Association.

## **21. TROPHIES**

- a. Perpetual trophies exist for the Association's Championships, Competitions and, in some cases, for special achievements and these trophies remain the property of the Association
- b. Winners shall be entitled to hold, subject to c) below, the relevant trophies upon which their names shall be engraved at the expense of the Association;
- c. A trophy may be held from the time of giving to the Trustees a formal acknowledgement of receipt and an undertaking to return it, in a good and clean condition, together with any plinth and/or case, in accordance with directions to be given by the Trustees or by the Trophy Secretary;
- d. If the winner is under 18 years of age the receipt must be countersigned by a parent, guardian or an authorised official of his/her club. In the case of team events an authorised member of the winning club shall sign.
- e. Trophies must remain in the bona fide possession of their holders and may not be taken out of Great Britain.
- f. A copy of the Trophy Receipt Form shall be given to the trophy holder.
- g. The Trustees must be notified immediately of:
  - i. Any loss of, or damage to, a Trophy;
  - ii. Any change of address of the holder of a Trophy
- h. Penalties - Holders will render themselves liable to penalties as follows:-
  - i. For failure to return the trophy by the date directed - £25;
  - ii. For the return of a trophy in a condition unsuitable for immediate presentation - £25;
  - iii. For damage to a trophy whilst in their possession the holder shall be required to reimburse the Association for the cost of the repair or provide a suitable replacement.

## **22. INDEMNITY**

Every member of the Executive shall be indemnified by the Association and its members jointly and severally for any act authorised by the Executive which they do on behalf of the Association and which is written within the scope of the Rules for the time being of the Association.

## **23. TRUSTEES**

- a. The property of the Association, other than cash at the bank, shall be vested in not less than two, nor more than three Trustees. They shall deal with the property as directed by resolution of the Executive and entry in the minute book shall be conclusive evidence of such a resolution.
- b. The Trustees shall be elected at a Council Meeting of the Association and shall hold office until death or resignation unless removed by a resolution passed at a Council Meeting.
- c. The Trustees shall be entitled to an indemnity out of the property of the Association for all expenses and other liabilities properly incurred by them in the discharge of their duties.
- d. The Secretary of the Association is nominated as the person to appoint new Trustees within the meaning of section 36 of the Trustees Act 1925. A new Trustee or new Trustees shall be nominated by resolution of the Executive and the Secretary shall by deed duly appoint the person or persons so nominated by the Executive as the new Trustee or Trustees of the Association and the provision of the Trustee Act 1925 shall apply to any such appointment. Any statement of fact in any such deed of appointment shall in favour



of a person dealing bona fide with the Association or the Executive be conclusive evidence of the fact so stated.

#### **24. DISSOLUTION**

- a. A resolution to dissolve the Association shall only be proposed at a general meeting and shall be carried by a majority of at least three-quarters of the members present and entitled to vote. A specific date for the dissolution shall be included in the resolution.
- b. The dissolution shall take effect from the date specified in the resolution and the members of the Committee shall be responsible for the winding-up of the assets and liabilities of the Association.
- c. Any property remaining after the discharge of the debts and liabilities of the Association shall be given to a charity or charities (or other non-profit making organisation having objects similar to those of the Association) for the furtherance of such objects nominated by the last committee.

Reviewed September 2021

## **MIDDLESEX COUNTY ASA RECORDS V1 05/11/13**

1. Records shall be recognised if made by eligible swimmers who are members of clubs affiliated to the Association and with whom the swimmer holds the longest unbroken membership and whose times are published on British Rankings
2. The distances recognised by the Association as records for men and ladies, boys and girls shall be:  
Freestyle: 50m. 100m. 200m. 400m. 800m. and 1500m.  
Breaststroke, Backstroke, and Butterfly: 50m. 100m and 200m.  
Individual Medley: 100m, 200m and 400m.  
4x100m Medley & Freestyle relays - men and ladies  
4x50m Medley & Freestyle relays - boys & girls  
4x200m Freestyle relays - men & ladies (Long Course only)
3. Separate Records will be recognised for Short Course (25m) and Long Course (50m) events
4. A junior record (boys and girls) will be recognised only if it is made by a swimmer who is under sixteen years of age on the day of the swim.
5. Certificates will be awarded to swimmers setting new Association Records.
6. All records will be published on the County website ([www.middlesexswimming.com](http://www.middlesexswimming.com)) and will be updated regularly.
7. While every attempt will be made to maintain accurate records, anybody wishing to bring a possible record to the attention of the County should e-mail full details to **countyrecords@middlesexswimming.com**

### **MASTERS RECORDS**

1. Records shall be recognised if made by eligible members of clubs affiliated to the Association who shall be eligible to compete in the Associations Masters Swimming Competitions.
2. Records recognised are those set in the events and age bands as set out by the ASA.

#### **MEN**

Freestyle:-	50m, 100m, 200m, 400m, 800m 1500m.
Backstroke:-	50m, 100m, 200m,
Breaststroke:-	50m, 100m, 200m,
Butterfly:-	50m, 100m, 200m,
Individual Medley:-	100m, 200m, 400m.
Freestyle Team and Medley Team	

#### **WOMEN**

Freestyle:-	50m, 100m, 200m, 800m.
Backstroke:-	50m, 100m, 200m.
Breaststroke:-	50m, 100m, 200m.
Butterfly:-	50m, 100m, 200m.
Individual Medley:-	100m, 200m, 400m
Freestyle Team and Medley Team	

3. All records must be made in still water. Any movement of the water due to the normal operation of the filtration system may be disregarded.
4. A record may be made in :-
  - a. A scratch competition held in public providing all officials are approved by the Secretary of the Masters' Committee.

- b. An unpaced individual race against time, the date and venue of which must have been arranged and advertised as such before the day of the attempt, provided all officials are approved by the Secretary of the Masters' Committee.
5. The time taken:
  - a. The time shall be taken by one timekeeper who shall start his timer when the starting signal is given to the swimmer making an attempt. The time of the timekeeper shall be the accepted time. The referee or other official appointed by the Secretary of the Masters' Committee shall inspect and record the times which shall be publicly announced.
  - b. Where Automatic Operating Equipment (acceptable to the ASA) is used at the competition or individual race, the electronically recorded time shall be sufficient for record purposes provided that the referee is satisfied that the timing equipment was working properly. In the event of an individual touch pad failure, the semi-automatic back-up timer operated by the lane timekeeper, will be acceptable. An authenticated copy of the race history from the timing system should accompany any record claim.
6. The course shall have been certified correct by a qualified surveyor appointed or approved by the Secretary of the Masters' Committee.
7. The height of the platform from which the start is made shall not exceed 75cm, the measurement to be from the surface of the water.
8. Application for recognition of records must be sent by the claimant to the Hon Secretary of the Masters' Committee within twenty-one days of the attempt. The times recorded shall be certified on a form by the timekeeper concerned and the applicant shall produce such further evidence in support of the claim as the Masters' Committee require.
9. Records made in the Associations Masters Competitions shall be reported to the Masters' Committee by the Masters Secretary for ratification.
10. All Records are now published on the County Web Site [www.middlesexswimming.com](http://www.middlesexswimming.com) and regularly updated.

## **COUNTY OFFICIALS**

### **Officials' Polo Shirts**

Will be awarded to:

- a. Swimming, Diving and Artistic swimming officials who work at County Events
- b. Middlesex graded water polo referees on the W.P.R.A. panel and W. P. table officials

### **County Swimming Officials**

Additions to the County list of Referees, Starters, Judges and Timekeepers are made as a result of practical examinations resulting from courses for such officials. Particulars may be obtained from Secretary of the Swimming Officials Committee. The published Lists of Swimming officials consist of those officials registered with the Swim England.

### **County Diving Officials**

Anyone wishing to be placed on the County List of recorders and judges will be required to pass the relevant tests.

From time to time courses are organised for potential officials and usually an opportunity is given at the end of the course for the examination to be taken. Applications for inclusion on the list should be made to the Secretary, Diving Committee.

### **Artistic Swimming**

From time to time courses are organised for scorers, judges, referee and clerks of the course by SELR. Information regarding these courses and examinations is available from the Secretary, Artistic Swimming Committee.

## Water Polo Officials

Courses for Water Polo referees and Water Polo table officials are organised by SELR.

Information regarding these courses and subsequent examinations can be obtained from the Hon Sec Water polo section.

## **TROPHIES**

### **The Bob Glazier Memorial Trophy**

(Presented 1948)

1. The competition shall be open to all clubs affiliated to the Association
2. The competition shall be confined to all individual and team speed swimming championships (men and boys) of the Association.
3. Points shall be awarded in finals, and on declared results, in the following manner:

	<b>Individual</b>	<b>Team</b>
1st	4 points	5 Points
2nd	3 points	3 points
3rd	2 points	2 points

4. The club obtaining the highest points aggregate shall be declared the winner. In the event of a dead heat, clubs shall hold the trophy jointly.
5. Competitors in individual events in the competition may score points for one club only (i.e. the club for which they first scored points in the competition)

### **The W J Howcroft Memorial Trophy**

(Presented 1952)

The conditions shall be as for the Bob Glazier Memorial Trophy but substituting “women and girls” for “men and boys”.

## **BOYS AND GIRLS CLUB YOUTH COMPETITIONS**

### **County Cup (Boys)** (Presented 1976)

### **Buller Cup (Girls)** (Presented 1947)

The conditions of the two competitions shall be:

1. There shall be two competitions, one for boys and one for girls, open to all clubs affiliated to the Association.
2. The competitions shall be confined to swimmers aged 12 years and over in the Youth Competitions of the Association.
3. Points shall be awarded in the finals and on heat declared winner results for both individual and teams in the following manner: 8 points for first place and then 7,6,5,4,3,2,1 points for places thereafter.
4. The club obtaining the highest points aggregate in each competition shall be declared the winner. In the event of a dead heat, the clubs concerned shall hold the trophy jointly.
5. The winner of the boy’s competition shall be awarded the County Cup. The winner of the girls’ competition shall be awarded the Buller Cup.
6. Competitors in individual events in the competition may score points for one club only (i.e. the club for which they first scored points in the competition)

### **The Wilkinson Sword**

(Presented 1987)

1. Awarded to the top swimmer aged 12 and over in the Youth Competitions of the Association in speed swimming.
2. Each swimmer will score points for each event swum as follows:  
1<sup>st</sup> = 8 pts, 2<sup>nd</sup> = 7 pts, 3<sup>rd</sup> = 6 pts, 4<sup>th</sup> = 5 pts, 5<sup>th</sup> = 4 pts, 6<sup>th</sup> = 3 pts, 7<sup>th</sup> = 2 pts, 8<sup>th</sup> = 1 point.
3. The result of each event shall be determined from the result of the final or from the heats if no final is swum.

4. For this purpose, points are awarded for each individual single year age group irrespective of any combined groupings that may be used in the competition.
5. Where swimmers of different ages are eligible to swim in a different number of events the top swimmer shall be determined as the swimmer with the highest score achieved by taking the points gained as a percentage of the maximum points achievable from the eligible swims. This calculation is to be taken to two decimal places.
6. In the event of a dead heat then the swimmers shall hold the trophy jointly.

### **The Swan Trophy**

(Presented 1988)

1. The competition shall be open to all clubs affiliated to the Association.
2. The competition shall be confined to the 50 metre events of the Youth Competitions of the Association in speed swimming.
3. Points shall be awarded in the following manner:  
 $1 = 8 \quad 2 = 7 \quad 3 = 6 \quad 4 = 5 \quad 5 = 4 \quad 6 = 3 \quad 7 = 2 \quad 8 = 1$
4. The club obtaining the highest points aggregate shall be declared the winner. In the event of a dead heat, clubs shall hold the trophy jointly.

### **BOYS AND GIRLS JUVENILE COMPETITION**

#### **The Walron Trophy**

(Presented 1982)

#### **Conditions**

1. The competition shall be open to all clubs affiliated to the Association.
2. The competition shall be confined to age 11 & under events in the Youth Competitions in speed swimming, for boys and girls.
3. Points shall be awarded in finals in the following manner:  

**Individual and Teams**

 $1 = 8 \quad 2 = 7 \quad 3 = 6 \quad 4 = 5 \quad 5 = 4 \quad 6 = 3 \quad 7 = 2 \quad 8 = 1$
4. The club obtaining the highest aggregate points shall be declared the winner. In the event of a dead heat, the clubs concerned shall hold the trophy jointly.
5. Competitors may score points for one club only (i.e. the club for which they first scored points in the competition).

#### **The Wilkinson Swords**

(Presented 1987)

1. Awarded to the top boy and top girl swimmer in the age 11 & under competitions of the Association in speed swimming.
2. The top boy and girl swimmer shall be determined by the aggregate number of points achieved by a swimmer in the finals of the competition. Points to be awarded as follows:  
 $1 = 8 \quad 2 = 7 \quad 3 = 6 \quad 4 = 5 \quad 5 = 4 \quad 6 = 3 \quad 7 = 2 \quad 8 = 1$
3. The boy and girl with the highest aggregate number of points shall be declared the winner of the respective trophies. In the event of a dead heat, the swimmers concerned shall hold the trophy jointly.
4. Where a different number of events is swum by different Age Groups then the events to be included shall be restricted so that identical or equivalent events are included for each Age Group.

### **The A Van Beets Memorial Trophies**

(Presented 1959 by Friends of 'Van')

These are two trophies awarded annually, at the discretion of the Executive, for outstanding achievements in any of the disciplines of swimming for Junior boys and girls. For this purpose 'Junior' shall have the same meaning as that accepted for the level of competition or event in which the individual is participating. All ages are as at 31st December. A Championships winners' medal shall also be awarded.

### **Alan Lawrence Memorial Trophies**

(Presented 1998)

These are two trophies are awarded annually for the best single performance by a Junior Boy and a Junior Girl swimmer in the Association's Short Course Championships based on the FINA points table.

### **Ted Sayer Memorial Trophy**

(Presented 2012)

Awarded to the boy in the 11-year age group at the Age Groups competition achieving the highest number of points in any one individual event.

### **Doris Sayer Memorial Trophy**

(Presented 2012)

Awarded to the girl in the 11-year age group at the Age Groups competition achieving the highest number of points in any one individual event.

### **Ron Turner Memorial Trophy**

(Presented 2012)

Awarded to the junior water polo player(s) who has/have brought most credit to Middlesex junior water polo.

Decision to be made by 2 members of the Water Polo committee plus the MCASA President.

### **Dave Barnes Memorial Trophies**

(Presented 2013)

Awarded to the boy and girl in the 10-year age group at the Age Group competition achieving the highest number of points in any one individual event.

## **PRESIDENTS PLATE**

(Presented by Tom Cogwell Esq., 1952)

Awarded annually for conspicuous service, the allocation to be decided by a special committee composed of the Donor, the President, the Secretary and the Treasurer.

### **Holders**

1952	A. van Beets	1988	Mrs E Shaikh
1953	Mrs P. Besford	1989	Mr & Mrs J. Rough
1954	P.D.Tarsey	1990	LB of Ealing SC Refreshment Team
1955	Miss M. Edwards & Miss J. Grinham	1991	L.H. Badcock
1956	W.G. Neivens	1992	D.F. Campbell
1957	Miss J. Grinham	1993	Mrs K. Osher
1958	Miss J. Manning	1994	Ms C. Geier
1959	J. Wardley	1995	M. Blunstone
1960	J. Gigg	1996	Mrs D.M. Short
1961	A.C. Price	1997	W.V. Brown
1962	R.F. Turner	1998	N.F. Edwards
1963	C.P. Parkin	1999	Ms Chris Matthews
1964	Mrs E. Wheeler	2000	Ms N. Muir-Cochrane
1965	E.W. Arnett	2001	Gp. Capt & Mrs M. Short
1966	A.V. Fasoli	2002	Miss S. Price
1967	Mr & Mrs S.T. Greensmith	2003	Allan Thornton
1968	J.H. Zimmermann	2004	M. Blunstone
1969	Mr & Mrs E.E. Jones	2005	Miss C. Hedge
1970	Mrs D Zajac	2006	Dave Hobbs
1971	A R Lawrence	2007	Pam Crofts
1972	A Williams	2008	Ron Turner(Posthumously)
1973	M.E Sly	2009	Not awarded
1974	D.G Turner	2010	Not awarded
1975	Miss J Lane	2011	Paul Bryan
1976	D.E.W.Shann	2012	Florence Barnes
1977	Miss S Jenner	2013	Allan Thornton
1978	Miss J Clarke	2014	Pam Crofts
1979	T.A.J. Cockerill	2015	Leah Pullen
1980	Mr & Mrs A.G.Stuart	2016	Tom Walsh
1981	W.D.Tassell	2017	Allan Thornton
1982	R. Burge	2018	Ralph Shortland
1983	D. Lowe	2019	Sharon Austin
1984	R.A. Lockett	2020	Frances Prentice
1985	T.J. Basford	2021	Gerry Gillespie
1986	Mrs M.S.Dixon	2022	Andy Dixon
1987	Dr. A. Jones		



## MIDDLESEX COUNTY ASA INDIVIDUAL TROPHIES

### Swimming:

#### Mens

<b>Event</b>	<b>Trophy</b>	<b>Presented by</b>
50m F/S	William Brown Memorial Trophy	The Brown family
100m (110y) F/S	Barrington Cup	Mrs E.B. Barrington
200m (220y) F/S	Brian Crompton Cup	Anonymous
400m (440y) F/S	Len Badcock Memorial Trophy	M.C.A.S.A.
800m F/S	The Heston Trophy	Norman Edwards
1500m F/S	Ian Harding Trophy	R.J. Harding
50m Back	Victor Levitt Memorial Trophy	
100m Back	John Whelan Cup	John Whelan
200m (220y) Back	F.L. Woods Cup	Polytechnic SC
50m Breast	Frutina Trophy	Mr & Mrs Russ Kitching
100m (110y) Breast	SP & SA Cup	SP & SA
200m (220y) Breast	Edmonton Cup	Edmonton SC
50m Fly	The Camden Swiss Cottage Cup	CSC
100m (110y) Fly	SP & SA Cup	SP & SA
200m (220y) Fly	Stuart Cup	A.G. Stuart
100m I.M.	Hitachi Cup	Hitachi Ltd
200m I.M.	Alan Hime Memorial Trophy	M. Staight
400m I.M.	Middlesex Cup	M.C.A.S.A.
400m F/S Team	Bovril Cup	Bovril SC
400m Med. Team	Don Jackson Mem. Trophy	Mrs D. Jackson

#### Ladies

<b>Event</b>	<b>Trophy</b>	<b>Presented by</b>
50m F/S	Charriet Allen Cup	Mike Allen
100m (110y) F/S	Wallace Cup	J.Wallace
200m (220y) F/S	Ald. Fern Bowl	Ald. H.E. Fern CBE JP
400m (440y) F/S	St Pancras Ladies' Trophy	St Pancras Ladies'
800m F/S	Norman Edwards Cup	Norman Edwards
1500m F/S	The Frutina Trophy	R Kitching
50m Back	The Dave Heathcock Trophy	Dave Heathcock
100m (110y) Back	Davison Cup	Mrs M. Davison
200m (220y) Back	Grabel Cup	Mrs G Stuart & Mrs I Lockett
50m Breast	Josephine Edwards Cup	Norman Edwards
100m (110y) Breast	SP & SA Cup	SP & SA
200m (220y) Breast	Ruston Trophy	W A Howell
50m Fly	Lewis Brown Associates Trophy	
100m (110y) Fly	Middlesex Chronicle Bowl	Middlesex Chronicle
200m Fly	Peter Jenner Memorial Trophy	The Jenner Family
100m I.M.	Hitachi Cup	Hitachi Ltd
200m I.M.	Willesden Trophy	Boro of Brent SC
400m I.M.	Davey Cup	Mrs W F Davey
400m F/S Team	Bovril Cup	Bovril SC
400m Med. Team	Sir Claude Champion de Crespigny Cup	Miss V. Lancaster

**Boys****Event**

50m F/S  
 100m (110y) F/S  
 200m F/S  
 400m (440y) F/S  
 800m F/S  
 1500m F/S  
 50m Back  
 100m (100y) Back  
 200m Back  
 50m Breast  
 100m (110y) Breast  
 200m Breast  
 50m Fly  
 100m (110y) Fly  
 200m (220y) Fly  
 100m IM  
 200m I.M.  
 400m I.M  
 200m F/S Team  
 200m Med. Team

**Trophy**

The Aurum Trust Cup  
 L G O C Cup  
 Mick Blunstone Memorial Trophy  
 Mail-Van Cup  
 The Prentice Cup  
 Joyce Clarke Cup  
 The Camden Swiss Cottage Cup  
 T E C Cup  
 Lyn Mohammed Cup  
 The Aurum Trust Cup  
 Perring Cup  
 Vernon Davies Cup  
 The Camden Swiss Cottage Cup  
 John Arnold Cup  
 SP & SA Cup  
 Treasurers Cup  
 Kingsbury Cup  
 Michael Cliffe Trophy  
 Marcians President's Cup  
 Pearmain Cup

**Presented by**

L G O C SC  
 M.C.A.S.A  
 Anonymous  
 The Prentice Family  
 Joyce Clarke  
 CSC  
 Tom E Cogswell MBE  
 Ealing SC  
  
 Allen J Perring MBE  
 V Davies  
 CSC  
 Enfield SC  
 SP & SA  
 W V Brown  
 Boro of Brent SC  
 Michael Cliffe MP  
 J.C. Hurd, C.S. Kerri, H.E. Taylor, F Pear  
 Frank Pearmain

**Girls****Event**

50m F/S  
 100m (110y) F/S  
 200m (220y) F/S  
 400m (440y) F/S  
 800m F/S  
 1500m F/S  
 50m Back  
 100m (110y) Back  
 200m Back  
 50m Breast  
 100m (110y) Breast  
 200m (220y) Breast  
 50m Fly  
 100m (110y)Fly  
 200m Fly  
  
 100m IM  
 200m I.M.  
 400m IM  
 200m F/S Team  
 200m Med. Team

**Trophy**

Mark Foster Cup  
 Summers Cup  
 SP & SA Cup  
 Fulham Cup  
 Joyce Clarke Cup  
 Eamon Kedney Cup  
 Chris Matthews Cup  
 HC Cup  
 Turney Cup  
 Ray Haggan Cup  
 Parkin Cup  
 "B M L" Memorial Trophy  
 SP & SA Cup  
 W.G. Biggs Trophy  
 Daphne & Maurice Short Memorial  
 Trophy  
 Daphne & Maurice Short Cup  
 Wembley Cup  
 F D Wade Cup  
 Glisson Trophy  
 Wheeler Cup

**Presented by**

Mark Foster  
 Arthur Summers  
 SP & SA  
 Fulham SC  
 Joyce Clarke  
 G Kedney  
 Chris Matthews  
 Mrs H. Cogswell  
 Hounslow SC  
 Anaconda SC  
 C.P. Parkin  
 Mr & Mrs R.A. Lockett  
 SP & SA  
 W.G. Biggs  
 M.C.A.S.A.  
  
 Grp Capt & Mrs M Short  
 Boro of Brent SC  
 F D Wade  
 P.J.C. Glisson  
 Mrs E. Wheeler

**Trophy**

ALAN LAWRENCE MEMORIAL TROPHIES  
 TED SAYER MEMORIAL TROPHY  
 DORIS SAYER MEMORIAL TROPHY  
 DAVE BARNES MEMORIAL TROPHIES

**Presented by**

Ms Chris Matthews  
 Mrs Judith Trinnaman  
 Mrs Judith Trinnaman  
 The Barnes family

**Water Polo:**

Division 1	Middlesex Shield	M C A S A
Division 11	Middlesex Shield	M C A S A
Division 111	Middlesex Shield	M C A S A
Division 1V	Dengel Cup	J.W. Dengel
Junior	Middlesex Shield	M C A S A

**Trophy**

RON TURNER MEMORIAL TROPHY

**Presented by**

M C A S A

## **2023 TROPHY WINNERS**

### **MENS**

<b>Event</b>	<b>Trophy</b>	<b>Winner</b>	<b>Club</b>
50m F/S	William Brown Memorial Trophy	Nick Finch	C & W
100m F/S	Barrington Cup	George Barnes	Brompton
200m F/S	Brian Crompton Cup	Henry Gray	C & W
400m F/S	Len Badcock Cup	Kai Carlos	Barnet Copthall
800m F/S	The Norman Edwards Cup	Jake Tomkins	Barnet Copthall
1500m F/S	Ian Harding Trophy	Kai Carlos	Barnet Copthall
50m Back	Vic Lewitt Memorial Trophy	Jason Mahmutoglu	C & W
100m Back	John Whelan Cup	Henry Gray	C & W
200m Back	F.L.Woods Cup	Mehmet Zeren	Brompton
50m Breast	Frutina Trophy	Yaron Gerber	Ealing
100m Breast	SP & SA Cup	George Barnes	Brompton
200m Breast	Edmonton Cup	Yaron Gerber	Ealing
50m Fly	The Camden Swiss Cottage Cup	Mehmet Zeren	Brompton
100m Fly	SP & SA Cup	Josh Kirlew	Barnet Copthall
200m Fly	Stuart Cup	Llewellyn Porter	CSC
100m IM	Hitachi Cup	Not swum	
200m IM	Alan Hime Memorial Trophy	Edward Marcal-Whittles	C & W
400m IM	Middlesex Cup	Edward Marcal-Whittles	C & W

### **WOMENS**

<b>Event</b>	<b>Trophy</b>	<b>Winner</b>	<b>Club</b>
50m F/S	Charriet Allen Cup	Ellie Chadwick	Barnet Copthall
100m F/S	Wallace Cup	Emilia Magliocco	CSC
200m F/S	Ald Fern Bowl	Phyllida Britton	Ealing
400m F/S	St. Pancras Ladies Trophy	Phyllida Britton	Ealing
800m F/S	Pauline Harding Trophy	Phyllida Britton	Ealing
1500m F/S	The Frutina Cup	Tsala Bernholt	Barnet Copthall
50m Back	Dave Heathcock Trophy	Katie Avramova	Ealing
100m Back	Davison Cup	Katie Avramova	Ealing
200m Back	Grabel Cup	Katie Avramova	Ealing
50m Breast	Josephine Edwards Cup	Pixie Lale-Klasicki	Brompton
100m Breast	SP & SA Cup	Pixie Lale-Klasicki	Brompton
200m Breast	Ruston Trophy	Ella McEver	CSC
50m Fly	Lewis Brown Associates Trophy	Isabel Iley	Anaconda
100m Fly	Middlesex Chronicle Bowl	Isabel Iley	Anaconda
200m Fly	Peter Jenner Memorial Trophy	Tsala Bernholt	Barnet Copthall
100m IM	Hitachi Cup	Not swum	
200m IM	Willesden Trophy	Isabel Iley	Anaconda
400m IM	Davey Cup	Ines Guimond-Beetham	CSC

**BOYS**

<b>Event</b>	<b>Trophy</b>	<b>Winner</b>	<b>Club</b>
50m F/S	The Aurum Trust Cup	Llewellyn Porter	CSC
100m F/S	L.G.O.C Cup	Llewellyn Porter	CSC
200m F/S	Mick Blunstone Memorial Trophy	Llewellyn Porter	CSC
400m F/S	Mail-Van Cup	Kenechukwu Harris-Eze	Barnet Copthall
800m F/S	The Prentice Cup	Dante Sinnott	Barnet Copthall
1500m F/S	Joyce Clarke Cup	Kenechukwu Harris-Eze	Barnet Copthall
50m Back	The Camden Swiss Cottage Cup	Zeno Uberalli	C & W
100m Back	T.E.C. Cup	Zeno Ubetalli	C & W
200m Back	Lyn Mohammed Cup	Llewellyn Porter	CSC
50m Breast	Aurum Trust Cup	M J Stafford-Davies	C & W
100m Breast	Perring Cup	M J Stafford-Davies	C & W
200m Breast	Vernon Davies Cup	Edward Robinson	C & W
50m Fly	SP & SA Cup	Llewellyn Porter	CSC
100m Fly	John Arnold Cup	Llewellyn Porter	CSC
200m Fly	SP & SA Cup	Llewellyn Porter	CSC
100m IM	The Treasurer's Cup	Not swum	
200m IM	Kingsbury Cup	Llewellyn Porter	CSC
400m IM	Michael Cliff Cup	Llewellyn Porter	CSC

**GIRLS**

<b>Event</b>	<b>Trophy</b>	<b>Winner</b>	<b>Club</b>
50m F/S	Mark Foster Cup	Ellie Chadwick	Barnet Copthall
100m F/S	Summers Cup	Ellie Chadwick	Barnet Copthall
200m F/S	SP & SA Cup	Ellie Chadwick	Barnet Copthall
400m F/S	Fulham Cup	Ellie Chadwick	Barnet Copthall
800m F/S	Joyce Clarke Cup	Ellie Chadwick	Barnet Copthall
1500m F/S	Eamon Kedney Cup	Constanze Naranjo	Barnet Copthall
50m Back	Chris Matthews Cup	Ellie Chadwick	Barnet Copthall
100m Back	H.C.Cup	Veronica Venuti	C & W
200m Back	Turney Cup	Ava Holt	Teddington
50m Breast	Ray Haggan Cup	Eva Harris-Brown	CSC
100m Breast	Parkin Cup	Eva Harris-Brown	CSC
200m Breast	BML Memorial Trophy	Ines Guimond-Beetham	CSC
50m Fly	SP & SA Cup	Omea Makici	CSC
100m Fly	W.G. Biggs Trophy	Ines Guimond-Beetham	CSC
200m Fly	Daphne & Maurice Memorial Trophy	Tsala Bernholt	Barnet Copthall
100m IM	Daphne & Maurice Short Cup	Not swum	
200m IM	Wembley Cup	Ines Guimond-Beetham	CSC
400m IM	F.D.Wade Cup	Ines Guimond-Beetham	CSC

**RELAY TROPHIES**

Mens 4 x 100m F/S	Bovril Cup	No Competition
Mens 4 x 100m Medley	Don Jackson Mem Trophy	No Competition
Womens 4 x 100m F/S	Bovril Cup	No Competition
Womens 4 x 100m Medley	de Crespigny Cup	No Competition
Boys 4 x 50m Medley	Pearmain Cup	No Competition
Boys 4 x 50m F/S	Marcians Presidents Cup	No Competition
Girls 4 x 50m Medley	Wheeler Cup	No Competition
Girls 4 x 50m F/S	Glisson Trophy	No Competition

**GENERAL TROPHIES**

County Cup	Chelsea & Westminster
Buller Cup	Camden Swiss Cottage
Wilkinson Swords	
Junior Girls	Maya Orlanidis
Junior Boys	Daniel Lawrence
Senior	Luke Knight
Swan Trophy	Chelsea & Westminster
Walron Trophy	Barnet Cophall
Alan Lawrence Mem. Trophies	
Junior Girl Best Result on GB Points	Isabella Thanassoulas
Junior Boy Best Result on GB Points	Llewellyn Porter
Bob Glazier Memorial Trophy	
Best Male Club Short Course Champs	Camden Swiss Cottage
W.J. Howcroft Memorial Trophy	
Best Female Club Short Course Champs	Camden Swiss Cottage
Van Beets Trophies	
Girls	Llewellyn Porter
Boys	Not awarded
Ted Sayer Memorial Trophy	Daniel Lawrence
Doris Sayer Memorial Trophy	Maya Orfanidis
Dave Barnes Memorial Plates	
Boys	Aristos Demetriou
Girls	Isabelle Hedger
Ron Turner Memorial Trophy	Not awarded

## RECORD HOLDERS

### Girls

#### Short Course

50m Free	E. Dewhurst	Anaconda	25.84	Sheffield	2018
100m Free	M. Romanovskaja	Hackney	56.19	Lithuania	2021
200m Free	M. Romanovskaja	Hackney	2.01.52	Lithuania	2021
400m Free	N. Durant	Ealing	4.14.80	Enfield	2006
800m Free	N. Durant	Ealing	8.40.98	Reading	2006
1500m Free	K. Mann	Hillingdon	17.10.05	Enfield	2010
50m Back	L Whittaker	Ealing	28.08	Sheffield	2018
100m Back	K. Mann	Hillingdon	1.00.63	Portland USA	2010
200m Back	K. Mann	Hillingdon	2.07.67	Portland USA	2010
50m Breast	J. Quresh	Hackney	32.46	Sheffield	2021
100m Breast	S. Fussell	Teddington	1.11.51	Hillingdon	2014
200m Breast	F. Marr	Hillingdon	2.33.38	Enfield	2008
50m Fly	J. Quresh	Hackney	27.45	Sheffield	2021
100m Fly	C. Cooper	Barnet Copthall	1.02.08	Nuneaton	1982
200m Fly	F. Lewis	Barnet Copthall	2.15.77	Lomdon	2019
100m IM	C Lewitt	Natare	1.04.53	Surrey	2018
200m IM	K. Mann	Hillingdon	2.13.00	Portland USA	2010
400m IM	K. Mann	Hillingdon	4.46.07	Bexleyheath	2010
200m Medley Relay		Ealing	2.00.42	Enfield	2003
200m Freestyle Relay		Staines	1.49.74	Portsmouth	2015

### Girls

#### Long Course

50m Free	E Dewhurst	Anaconda	26.22	London	2018
100m Free	I.Hindley	Chelsea & Westminster	56.78	Sheffield	2012
200m Free	G Boyle	Chelsea & Westminster	2.00.47	London	2015
400m Free	N. Durant	Ealing	4.20.00	Sheffield	2006
800m Free	J. Hunter	Hillingdon	8.53.32	Moscow	1997
1500m Free	F. Lewis	Barnet Copthall	16.52.46	Glasgow	2019
50m Back	L Whittaker	Ealing	29.51	London	2019
100m Back	K. Mann	Hillingdon	1.02.49	Helsinki	2010
200m Back	K. Mann	Hillingdon	2.11.48	Helsinki	2010
50m Breast	S. Fussell	Teddington	32.98	London	2015
100m Breast	S. Lawrence	Hillingdon	1.11.65	Moscow	1997
200m Breast	F. Marr	Hillingdon	2.33.82	Prague	2009
50m Fly	C Lewitt	Natare	28.48	Sheffield	2018
100m Fly	D. Robins	Camden Swiss Cottage	1.03.11	Sheffield	2008
200m Fly	F Lewis	Barnet Copthall	2.15.60	Glasgow	2019
200m IM	E. Nabney	Ealing	2.18.36	Poznan	2013
400m IM	K. Mann	Hillingdon	4.56.77	Aldershot	2010
200m Medley Relay		Barnet Copthall	2.08.49	Crystal Palace	1995
200m Freestyle Relay		Barnet Copthall	1.54.03	Crystal Palace	1995

**Boys****Short Course**

50m Free	N, Finch	C/W	23.50	Millfield	2021
100m Free	F. Samuels	Camden Swiss	51.82	Sheffield	2008
200m Free	L. Porter	Camden Swiss	1.52.34	Sheffield	2022
400m Free	G. Taplin	Hillingdon	3.56.78	London	2014
800m Free	J.Tomkins	Barnet Copthall	8.25.12	Enfield	2022
1500m Free	J.Tomkins	Barnet Copthall	16.05.00	Sheffield	2021
50m Back	N. Finch	C/W	25.03	Millfield	2021
100m Back	F. Cornwell	Barnet Copthall	57.67	Leicester	2014
200m Back	P. Ubertalli	Natare	2.04.88	Edinburgh	2019
50m Breast	A. Wong	C/W	30.40	Millfield	2021
100m Breast	Y. Gerber	Barnet Copthall	1.04.92	Leicester	2014
200m Breast	Y. Gerber	Barnet Copthall	2.19.31	Leicester	2014
50m Fly	D. Chana	Hillingdon	26.36	London	2018
100m Fly	L. Porter	Camden Swiss	56.27	Sheffield	2022
200m Fly	L. Porter	Camden Swiss	2.02.40	Sheffield	2022
100m IM	E Marcal-Whittles	C & W	58.55	Sheffield	2021
200m IM	E Marcal-Whittles	C & W	2.05.71	London	2021
400m IM	L. Porter	Camden Swiss	4.23.53	Sheffield	2022
200m Medley Team	Natare		1.51.94	Edinburgh	2018
200m Free Team	Natare		1.42.06	Edinburgh	2018

**Boys****Long Course**

50m Free	F Samuels	Camden Swiss	23.96	Sheffield	2009
100m Free	F. Samuels	Camden Swiss	52.4	Sheffield	2009
200m Free	G. Taplin	Hillingdon	1.55.88	Sheffield	2015
400m Free	G. Taplin	Hillingdon	4.02.94	London	2015
800m Free	G Taplin.	Hillingdon	8.34.87	London	2015
1500m Free	T. Veale	Camden Swiss	16.03.74	Sheffield	2009
50m Back	N. Willey	Barnet Copthall	27.41	Crystal Palace	1992
100m Back	H, Gray	C & W	58.79	London	2022
200m Back	F. Cornwell	Barnet Copthall	2.07.11	Sheffield	2014
50m Breast	D. Bloomfield	Brompton	30.67	Sheffield	2015
100m Breast	Y. Gerber	Barnet Copthall	1.07.47	Sheffield	2014
200m Breast	A. Perkins	Ealing	2.26.39	Sheffield	2003
50m Fly	S. Giordani	Haringey	26.24	London	2018
100m Fly	N. Finch	C & W	55.95	London	2022
200m Fly	O. Keegan	Barnet Copthall	2.07.32	Sheffield	2009
200m IM	E Hunt	Teddington	2.10.80	London	2019
400m IM	A. Collins	Hillingdon	4.39.34	Sheffield	2015
200m Medley Relay		Barnet Copthall	1.57.82	Coventry	1999
200m Free Relay		Barnet Copthall	1.45.67	Coventry	1999



## Womens

### Short Course

50m Free	A. Hopkin	Ealing	23.70	Sheffield	2018
100m Free	A. Hopkin	Ealing	51.90	Glasgow	2019
200m Free	G. Boyle	Chelsea & Westminster	1.56.86	Sheffield	2015
400m Free	G. Boyle	Chelsea & Westminster	4.07.37	Sheffield	2015
800m Free	P. Britton	Ealing	8.38.23	Sheffield	2019
1500m Free	P. Britton	Ealing	16.38.33	Sheffield	2019
50m Back	E Avramova	Ealing	27.13	Sheffield	2021
100m Back	E Avramova	Ealing	58.43	Sheffield	2021
200m Back	S. Price	Barnet Copthall	2.04.44	Australia	2001
50m Breast	G. Heyn	Ealing	31.75	Leeds	2009
100m Breast	G. Heyn	Ealing	1.08.35	Enfield	2010
200m Breast	G. Heyn	Ealing	2.27.28	Enfield	2010
50m Fly	A. Ntountounaki	Camden Swiss	25.64	Italy	2021
100m Fly	A. Ntountounaki	Camden Swiss	56.71	Italy	2021
200m Fly	A, Ntountounaki	Camden Swiss	2.10.31	Italy	2021
100m IM	I Hindley	Brompton	58.50	Italy	2021
200m IM	A. Larson	Camden Swiss	2.12.87	Sheffield	2018
400m IM	A. Larson	Camden Swiss	4.42.44	Stockport	2018
200m Medley Relay		Ealing	1.56.32	Basildon	2014
200m Freestyle Relay		Natare	1.45.74	Edinburgh	2018
400m Medley Relay		Ealing	4.06.89	Leeds	2009
400m Freestyle Relay		Ealing	3.39.76	Sheffield	2016
800m Freestyle Relay		Ealing	8.03.32	Leeds	2009

### Womens Long

#### Course

50m Free	A.Hopkin	Ealing	24.34	Gwangju	2019
100m Free	A. Hopkin	Ealing	52.75	Tokyo	2021
200m Free	G Boyle	Chelsea & Westminster	1.59.72	Sheffield	2015
400m Free	G. Boyle	Chelsea & Westminster	4.13.55	Sheffield	2015
800m Free	L. Vos	Hillingdon	8.50.02	Sheffield	2018
1500m Free	F.Lewis	Barnet Copthall	16.43.21	London	2020
50m Back	E. Avramova	Ealing	28.49	London	2016
100m Back	E. Avramova	Ealing	1.00.52	London	2016
200m Back	K. Mann	Hillingdon	2.09.77	Sheffield	2012
50m Breast	G. Heyn	Ealing	32.16	Glasgow	2011
100m Breast	G. Heyn	Ealing	1.10.79	Sheffield	2010
200m Breast	E. Surminski	Brompton	2.32.97	London	2019
50m Fly	A. Ntountounaki	Camden Swiss	26.50	Sheffield	2019
100m Fly	A. Ntountounaki	Camden Swiss	58.52	Sheffield	2019
200m Fly	A. Larson	Camden Swiss	2.12.80	Glasgow	2019
200m IM	K. Mann	Hillingdon	2.15.55	Sheffield	2012
400m IM	K. Mann	Hillingdon	4.45.64	Sheffield	2012
200m Medley Relay		Ealing	2.00.99	Sheffield	2010
200m Freestyle Relay		Barnet Copthall	1.54.03	Crystal Pal	1995
400m Medley Relay		Hillingdon	4.15.44	Sheffield	2011
400m Freestyle Relay		Ealing	3.49.95	Sheffield	2018
800m Freestyle Relay		Ealing	8.22.07	Sheffield	2018

**Mens****Short Course**

50m Free	C. Turner	Ealing	21.50	Leeds	2009
100m Free	C. Turner	Ealing	47.90	Leeds	2009
200m Free	M. Fibbens	Barnet Copthall	1.49.23		1990
400m Free	J. Smithers	Ealing	3.51.50	Manchester	2004
800m Free	J. Smithers	Ealing	8.16.91	Enfield	2002
1500m Free	A. Mackay	Camden Swiss	15.52.72	Enfield	2008
50m Back	N. Willey	Ealing	24.55	Norwich	2001
100m Back	N. Willey	Barnet Copthall	53.23	Rio de Janeiro Brazil	1995
200m Back	J. Olin	CSC	1.59.50	Sheffield	2019
50m Breast	I. Hulme	Ealing	26.89	Leeds	2009
100m Breast	I. Hulme	Ealing	59.36	Leeds	2009
200m Breast	C. Jones	Ealing	2.10.45	Leeds	2009
50m Fly	J.Parkinson	C & W	23.61	Sheffield	2019
100m Fly	I. Hulme	Ealing	51.27	Leeds	2009
200m Fly	P. Hubble	Hounslow	1.59.39	Canada	1983
100m IM	M. Harris	Tower Hamlets	55.95	Imperia Italy	1997
200m IM	J. Britton	Ealing	1.59.77	Sheffield	2019
400m IM	J. Britton	Ealing	4.15.03	Sheffield	2019
200m Medley Relay		Ealing	1.45.56	Basildon	2014
200m Freestyle Relay		Ealing	1.36.84	Enfield	2009
400m Medley Relay		Ealing	3.36.27	Leeds	2009
400m Freestyle Relay		Ealing	3.17.95	Leeds	2009
800m Freestyle Relay		Ealing	7.19.67	Leeds	2009

**Mens****Long Course**

50m Free	C. Turner	Ealing	22.18	Sheffield	2009
100m Free	C. Turner	Ealing	49.81	Sheffield	2008
200m Free	A Lindenberg	Ealing	1.51.12	Glasgow	2010
400m Free	J Smithers	Ealing	3.59.79	Sheffield	2004
800m Free	A. Mackay	Camden Swiss	8.24.53	Sheffield	2008
1500m Free	B Slavinec	Barnet Copthall	15.57.41	Sheffield	2014
50m Back	J. Murphy	Ealing	25.82	Israel	2017
100m Back	J. Murphy	Ealing	55.90	Israel	2017
200m Back	C. Boldison	Barnet Copthall	2.00.60	Sheffield	2012
50m Breast	L. Clifford-Stephen	C & W	27.86	Sheffield	2017
100m Breast	C Jones	Ealing	1.01.89	Sheffield	2009
200m Breast	C Jones	Ealing	2.15.52	Sheffield	2009
50m Fly	B, Leong	C &W	24.54	Sheffield	2022
100m Fly	B. Leong	C & W	54.34	Sheffield	2022
200m Fly	B Hooper	Hillingdon	2.01.37	Sheffield	2018
200m IM	J. Britton	Ealing	2.04.96	Dublin	2019
400m IM	J. Britton	Ealing	4.23.47	Dublin	2019
200m Medley Relay		Ealing	1.45.70	Sheffield	2010
200m Freestyle Relay		Barnet Copthall	1.40.06	Sheffield	2001
400m Freestyle Relay		Ealing	3.28.83	Sheffield	2015
400m Medley Relay		Ealing	3.46.33	Sheffield	2017
800m Freestyle Relay		Ealing	7.50.92	Sheffield	2015

## **OPEN MEET LICENSING GUIDELINES**

Meet Licensing provides common ground rules for the conduct of swimming events to ensure that, wherever possible, every swimmer will have the opportunity to swim in appropriate, quality competition to enable them to achieve their full potential.

The document 'Success is Long Term' gives excellent background information about the rationale behind Meet Licensing.

Full details of the Guidelines and Levels of Officials required for the various licensed meet levels can be found at the British Swimming website on this link:

[http://www.swimming.org/assets/uploads/library/ASA\\_Logo\\_Open\\_Meet\\_Licensing\\_Criteria-V2.pdf](http://www.swimming.org/assets/uploads/library/ASA_Logo_Open_Meet_Licensing_Criteria-V2.pdf)

## **REGISTERED AQUATIC OFFICIALS**

Historically, MCASA has published lists of officials that are linked to affiliated Clubs and Associations within Middlesex.

Recent changes in the application of the Data Protection Act have meant that all officials had to give express permission for their contact details to be published.

Therefore, it has been decided not to publish details of officials – information can be obtained from individual clubs.

## **MCASA AFFILIATED CLUBS**

Details of all affiliated clubs can be found by visiting their individual web site

Anaconda SC	Enfield Swim Squad	Metropolitan Police S.C.
Aquavision N London SC	Feltham SC	North London Water Polo
Barnet Copthall SC	Forward Hillingdon SC	Otter SC
Barnet Water Polo Club	Frognaal Masters SC	Out to Swim
Bethnal Green Sharks SC	Hackney Aquatics Club	Out to Swim London
Borough of Harrow S.C.	Hampstead Heath Winter SC	Polytechnic S & WPC
Brent Dolphins SC	Haringey Aquatics	Ruislip & Northwood Masters SC
Brompton S.C.	Harrow Scout & Guide S.	Serpentine SC
Broomfield Park SC	Hillingdon S.C.	Seymour Synchro Swims
Cally Masters Islington	Hounslow Jets SC	Stock Exchange SC
Camden Swiss Cottage SC	Imp. College Union Synchro	Survive & Save SC
Chelsea & Westminster SC	Isleworth Penguins S.C.	Teddington SC
Chiswick Masters	L B of Enfield WPC	Teddington Torpedoes
Citizens WPC	L B of Hounslow	Tower Hamlets SC
Ealing SC	London Disability SC	West London Penguins & WPC
Eaton Square SC	London Region Synchronised	Westminster Triburones SC

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**VOLUNTEERS**

**ALL COUNTY COMPETITIONS ARE RUN BY VOLUNTARY OFFICIALS BOTH TECHNICAL AND NON-TECHNICAL IN ALL DISCIPLINES WITHOUT WHOSE ASSISTANCE THE EVENTS COULD NOT TAKE PLACE.**

**CAN YOU HELP, PLEASE????**

**IF YOU ARE WILLING TO ASSIST IN ANY CAPACITY, PLEASE CONTACT THE MCASA SECRETARY ON  
SECRETARY@MIDDLESEXSWIMMING.COM  
ALL NECESSARY TRAINING WILL BE PROVIDED.**

**THANK YOU!**