



Reports for East District Management Meeting

17th August 2023

1. Secretary's Report	Page 2
2. Finance	Page 3
3. Regions:	Page 4
a. Borders	
b. Fife	
c. Lothian	
4. Swimming	Page 5
5. Water Polo	Page 6
6. Masters	Page 7
7. Artistic Swimming	Page 7
8. Diving	Page 7
9. Open Water	Page 8
10. STOC	Page 11
11. Archives	Page 11

1. Secretary's Report

Next week should allow us to see the 1st draft our updated website. When it's ready George will send me an email with a link to the new homepage design in its temporary location (url).

This gives us a chance to review it and give feedback of any changes that we would like to see with regards to the fonts used, layout, colours etc. When George gets our feedback, he will then begin work on the remaining pages uses this overall layout/design.

The new website frontpage will have a calendar for all East District aquatic activities. All convenors are requested to submit their events for this calendar.

The existing swimming calendar has been updated on the website.

Reminders have been sent to the clubs who have yet to submit their constitution and Executive details, no replies have been received so far.

2. Finance

**SASA East District
Income and Expenditure Report - July 2023 Year to Date**

	Income	Expenditure	Net	
Affiliation Fees	15,160		15,160	Note 1
Licences/Equipment Hire	400		400	
District Expenses	1	2,730	-2,729	Note 2
Swim Meets	21,518	11,444	10,074	Note 3
Swimming Expenses		0	0	
Artistic Swimming		0	0	
Water Polo		0	0	
Open Water	1,912	2,441	-530	
Diving			0	
Masters	0	0	0	
STO	225	577	-352	
Archiving		0	0	
Total	39,216	17,192	22,024	
Net Surplus/(Deficit)			22,024	
Opening Net Funds			83,214	
Current Net Funds			105,238	

Note 1 - Affiliation fees

Amount billed £20,272. £5,112 outstanding.

Note 2 District Expenses

	Expenditure
Medals & Trophies	244
General Expenses	408
Region Support	228
Web Costs	1,250
SASA Dinner (net of Contributions)	600
Total District Expenses	2,730

Note 3 Swim Meets

	Income	Expenditure	Net
Age Groups	1,233	1,016	217
Chilli Challenge	0	4	-4
Summer Sizzler	20,285	10,404	9,881
Time Trial	0	20	-20
Total Swimming Expenses	21,518	11,444	10,074

Sizzler catering bill o/s

Bank Reconciliation as at 27th July 2023

Balance as per Bank Statement - 27th July 2023	110,459
less uncashed cheques	5,221
Closing Funds as per Accounts	105,238

NB Bank balance excludes EISM funds

Duncan McKinnell
Treasurer

3. Regions:

a. Borders

I'll start with the excellent news that Peebles Swimming Pool has finally reopened this week, almost 14 months on from the fire which forced its closure. It has had £1.133M spent on it including installing solar panels, insulation and energy efficient equipment in the plant room hopefully safeguarding its future for many years to come. I know this has been a very difficult time for Peebles club and would like to say a big well done to the coaches and committee for keeping things going whilst the pool was out of action.

Our swimmers had a great run up to the summer break with some good swims at both ED Summer Sizzler and the Scottish Summer Meet. As a region we have continued to be busy over the last few months. Currently we have 10 volunteers working on their level 1 coaching course, thank you to Alan Reed and Scottish Swimming for their assistance with this. Preparations are also well under way for Round 3 of the Border League- we are hoping that Gregor Swinney will be able to come along to this to speak to our swimmers about his experiences.

Jo Redden

Meet Convenor BRSC

b. Fife

Overall, a quiet time for Fife many clubs having some sort of summer shut down.

Adam Peaty' AP race clinics hosted one of their day long training events at Michael Woods on Sunday 7th. Nice to have such a huge name and his team recognise what a fantastic facility Michael Woods is.

Michael Woods wet side now closed for approx. 6 weeks for works to the ventilation system. Mostly affected Glenrothes swimming club which has been able to work with FSLT sourcing pool time at other local pools, mainly Kirkcaldy.

Richie has organised a card reader for Fife to be able to take card payments at novice/league events, just in the process of organising a phone to facilitate this.

FSLT organising an SSTQ course in Sept at Cupar Sports Centre - circulated to clubs for info.

Ed O'Brien

Fife Convenor

c. Lothian

No report

4. Swimming

Firstly, I would like to congratulate all the swimmers who have represented either Scotland or GB over the summer in the World Championships, Para World Championships, European Junior championships and Commonwealth Youth Games.

European Junior Swimming Championships

Holly McGill, Heart of Midlothian bagged a Silver in the 200 Back her first international medal and was given the honour of flag bearer. Stefan Krawiec (Tranent/East Lothian Swim Team) also competed with solid individual and relay swims.

Para World Championships

Sam Downie (Musselburgh/East Lothian Swim Team) Bronze S8 100 Back, finalist in 400 Free, Edinburgh University swimmers – Stephen Clegg (S12 Gold 50 Back in a British Record, Silver 100 Fly & 100 Free, finalist 50 free), Scott Quinn (SB14 finalist 100 Breast, Relay Silver) and Former East District swimmer Ollie Carter (S10 finalist 400 Free) selected.

Former East District swimmers – Kara Hanlon, Lucy Hope and Keanna MacInnes took part in the World Championships.

I want to acknowledge the selection of Holly McGill, Heart of Midlothian and Stefan Krawiec (Tranent/East Lothian Swim Team) for the Commonwealth Youth Games in Trinidad & Tobago opening ceremony with Stefan as one of the flag bearers, the 4th of August with the Aquatics events commencing 6th August. East Lothian coach Jamie Ward also selected to the coaching team.

Holly McGill (Gold 100 & 200 Back, Silver 4 x 100 Mixed Medley Relay), Stefan Krawiec (Silver 4 x 100 Mixed Free Relay).

I also want to recognise the achievement of Jessica Heeps (Fauldhouse Penguins) who was selected to compete in the Triathlon at the Commonwealth Youth Games in Trinidad & Tobago, bagging an individual Silver and relay Silver.

We look forward to former East District Swimmers Archie Goodburn, Keanna McInnes competing at the European Under-23 Championships, Dublin August 11-13th.

There are many more outstanding achievements made at the Scottish Open, Scottish and British Summer Meets by East District swimmers.

Junior Academy – face to face again this year with an online educational element as well. Dates are 17th September, 29th October and 3rd December. We are facing challenges this year with pool bookings due to the closure of some West Lothian pools, we continue to work these through.

Numbers are still on low side, 50, with no expectation to request coaches nominations this year. Team managers are Kirsty Mundell (TBC with support from Colin Matthews) and Joanne Dunse.

Swim England County Team Championships – Sunday 8th October. Arrangements are in progress for this event with accommodation, travel all booked. Lead Coach – Michel Adamek, team manager – Val Peebles.

East District events – following consultation with coaches we have adjusted the programme slightly. We are re-introducing the time trials and adding single gender relays into the EDAGs programme.

Time Trials – 30 September/1 October 2024

East District Age Groups – organisation is well under way for this. Consideration times have been revised and Qualifying Times re-introduced. Dates are 25/26 November 2023, 03/04 February 2024 and 16/17 March 2024.

Challenge Meet – 2/3 March 2024

Summer Sizzler – 22 June 2024

Lynne Rafferty

Swimming Convenor

5. Water Polo

East District Club players and staff have still been busy over the holiday period with several national development squads (NDS) continuing to hold training session.

Our players attended Scottish Water Polo training days (1 for girls and 1 for boys) at Strathclyde Uni hosted by their professional coach. East District will be represented in the groups attending a BWMF tournament in Lloret, Spain from 30 Aug.

During the summer Niamh Moloney (DWPC) was part of the successful GB Senior women's team who have reached the 2024 European Championships having come through the European qualifiers unbeaten.

In addition to Niamh, Zara Christie (DWPC) was part of the GB U17 Junior women's team who played in the 2023 European Championships in Turkey coming a creditable 13th. The team played 6 games winning 3, drawing 1 and only losing 2. Well done to both players and their teams.

The first Scottish outdoor water polo tournament is taking place at Pinkston Watersports Centre in Glasgow on 12/13 Aug with several ED clubs and players taking part (including some combined teams).

Following very positive feedback from the previous tournaments, the new season of events starts on Sat 26 Aug when the first of this year's East District Junior development tournaments takes place at Carnegie for U13 players. A further 3 dates have been arranged.

The first BMC Cup competition for U18 girls will then take place on 9/10 Sep at Carnegie with 6 teams attending including some from south of the border. A mixed junior U14 tournament for boys and girls (2 of each in the pool at all times) is also being planned to run alongside the main BMC cup. A busy weekend of water polo competition is expected.

Looking ahead, the BWPL is due to start in Sep with Portobello men, Caledonia Men (2 teams) and Caledonia Women all taking part.

Richie Metcalfe

Water Polo Convenor

6. Masters

The big event this summer for masters swimming was the world championships held in Fukuoka, Japan. The only East District master's swimmer in attendance was Ian McKay from Warrender. Ian had a marvellous meet, gaining a bronze medal in the 50 Free 65-69 age group and also a 4th place in the 50 Free.

The other meet of note this summer for East District masters was the British Master's Championships which is a long course competition, this year held in Ponds Forge in Sheffield in June. Warrender Baths were the top East District club finishing 26th out of 240 competing British Clubs. Other East District clubs that competed were Hearts (50th), Carnegie (76th), Swim-IT (83rd) and Midlothian (161st).

There were several outstanding individual performances. Janet McLean (Carnegie) claimed 4 Golds and a Silver from her 5 swims. Ruth Sutherland (Hearts) also had an excellent meet bringing home 2 Golds, a Silver and 2 Bronze from her 5 swims. Ian McKay (Warrender) won 2 Golds from his 2 swims including a British record in the 50 Free (65-69). Carol Lock (Hearts) won a Gold and 2 Bronze medals. Fraser McKane (Swim-IT) weighed in with a Gold and 2 Silvers. Other performances of note were Mark Jones (Warrender - 2 Silver and a Bronze), Caitlin Rees (Warrender – Silver and Bronze) and Euan Dalgleish (Swim-IT – Bronze).

Moving onto the relays the East District masters were represented by the Warrender Men's +240 relay team that consisted of Ian McKay, Keith Johnston, Jason Kenney, and Mark Jones. They competed in 4 relays which were the 4x50 and 4x100 Free plus the 4x50 and 4x100 Medley. In each event the Warrender team won Gold, setting a new British record on every occasion.

Mark Jones

Master's Convenor

7. Artistic Swimming

The Scottish Club Championships planned for June had to be cancelled due to insufficient judges being available. This was a big disappointment for swimmers for both clubs particularly those who are leaving to go to University or college. The event has now been rescheduled for November. The main focus for Edinburgh now will be the Scottish National and Age Groups in October, and Fife also hope to be able to enter one of the events there this year. Both clubs will then focus on the Club Championships.

Judge training and updating is now in progress to try to ensure that there are sufficient judges competent in the overhauled rules to ensure competitions go ahead as planned in future.

Both clubs are holding trials in the coming weeks for new swimmers.

Lesley Bloomer

Artistic Swimming Convenor

8. Diving

No report

9. Open Water

East District Open Water Championships 2023:

The East District Open Water Championship and Novice Meet (EDOWs) returned to Lochore on Sunday the 4th June and was a great start to the Open Water season.

110 swimmers representing 28 clubs gathered for a fantastic day of Open Water racing, making it one of the busiest OW events in the last few years.

The morning Novice Meet included 200m freestyle and breaststroke events and was aimed at younger swimmers and those new to the discipline. A good uptake from East District clubs hopefully points towards a new generation of OW swimmers coming through.

The Championship events (1km, 2km and Chain Relay) saw some fantastic swimming. Due to the large number of entries, the 1km event was split into two heats with athletes aged 11-14 in Heat 1 and 15/16 in Heat 2.

Conner Aspinall of East Lothian Swim team dominated the first heat, finishing in a time of 12:31, with Daniel Hendry, City of Glasgow finishing second and Fergus Reid, Garioch in third. Juliette Kidd of DCA was the fastest female in Heat 1 with Daisy Gildea, COGST and Lucy Mitchell finishing second and third.

In the second heat, Oscar Chirnside of Garioch continued his impressive form from last year and took the win in a time of 12:04. James Boddie, Garioch and Rowan Geary, Step Rock finished second and third respectively. Kristin Mackay, Fins finished as the fastest female in the second heat, followed by Katy Barron, Midlothian and Alice Perry, Warrender Baths.

Garioch also dominated the 2km race with Ben McLaughlin, Fraser Tetlow and Kyle Mitchell finishing in the top three spots. Grace Campbell, Portobello finished 5th overall and first female, earning her both the East District Championship title as well as the Lawson Trophy which is presented to the fastest District swimmer in the longest event. Isla Hedley of Step Rock finished second fastest female with Jessica Heeps, Fauldhouse in third.

The Chain Relay is unique to the East District and is a truly memorable experience with all four members of each relay team starting in the water at the same time. After each lap, a swimmer 'drops off' leaving the rest of the team to carry on. 10 teams took part this year with the Garioch A team finishing in first place, Step Rock A in second (taking the East District Title) and Step Rock B in third.

ED Clubs with competing athletes at EDOWS:

Carnegie, Cupar, Edinburgh University, ELST, Fauldhouse, Fins, Heart of Midlothian, Incas, Midlothian, Step Rock, Swim IT, Tranent, Trojan, Warrender.

Well done to all the athletes who took part and congratulations to the

2023 East District Open Water Champions:

Overall Junior Men's Champion: Connor Aspinall, ELST

- Men's: 11-12: Caleb Gray, Fins
- Mens:13-14: Connor Aspinall, ELST
- Men's: 15-16: Rowan Geary, Step Rock

Overall Junior Women: Kristin Mackay, Fins CSC

- Women 11-12: Freya Edie, Step Rock
- Women 13-14: Irys Blair, Fins
- Women 15-16: Kristin Mackay, Fins

Senior Men: Finlay Scott, Edinburgh University

- Men 17-24: Finlay Scott, Edinburgh University
- Masters: Gordon Haywood, Swim-IT

Senior Women: Grace Campbell, Portobello

- Women 17-24: Grace Campbell, Portobello
- Masters: Andrea Gellan, InCAS

Chain Relay: Step Rock A

Winner of the Lawson Trophy: Grace Campbell, Portobello

East District Success at Other SASA District Events:

Midland District Open Water Championships (MDOWS):

Junior Men:

- 13/14y 2km: Gold: Connor Aspinall, ELST
- 15y 2km: Gold: Sam Coull, Step Rock
- 16y 5km: Silver: Rowan Geary, Step Rock
- 13/14y 3km: Connor Aspinall, ELST
- 500m: Gold: Max Gilbert, Step Rock

Junior Women:

- 12y 2km: Gold: Freya Edie, Step Rock
- 13/14y 2km: Gold: Kirsty Sievwright, ELST, Silver: Maia Staal, Step Rock, Bronze: Elsie Kushner, Step Rock
- 16y 5km: Gold: Freya Hedley, Step Rock
- 16/17y 3km: Gold: Zara Innes, Carnegie, Silver: Ellyn MacPhee, Fauldhouse, Bronze: Ella McGeorge, Step Rock
- 500m: Gold: Elodie Dempster, Step Rock, Silver: Eva Stuart, Step Rock

Senior Men:

- 17-24y 5km: Bronze: Finlay Scott, Edinburgh University

Master's Men

- 5km: Bronze: Fraser McKane, Swim-IT

Senior Women:

- 17-24y 5km: Silver: Alice Rowsell, Broxburn, Bronze: Grace Campbell, Portobello
- 18-24y 3km: Gold: Grace Campbell, Portobello

Masters 3km:

- Gold: Janet McLean, Carnegie

RELAY:

- Silver: Step Rock A

West District Open Water Championships (WDOWS):

Junior Men:

- 13/14y 4km: Gold: Connor Aspinall, ELST, Bronze: Adam Selbie, Fins
- 11/12y 1km: Gold: Ethan Pate, Fins, Bronze: Andrew Lu, Step Rock
- 13 and over 1km: Bronze: Lucas Innes, Fauldhouse 13/4y 2km:
- Gold: Connor Aspinall, ELST
- 15/16y 2km: Gold: Sam Coull, Step Rock

Junior Women:

- 11/12y 1km: Bronze: Freya Edie, Step Rock
- 13/14y 2km: Bronze: Elsie Kushner, Step Rock
- 15/16y 2km: Gold: Kristin Mackay, Fins, Silver: Katy Barron, Midlothian

Senior Women:

- 17-24y 4km: Gold: Isla Hedley, Step Rock, Bronze: Katie Taylor, Edinburgh University

RELAY: Silver: Step Rock A

East District Success at National Events:Swim England Open Water Age Group Championships (SEOWAG):

Swimmers from the following clubs qualified for SEOWAG 23: Edinburgh University, ELST, Portobello, Step Rock, Swim-IT

Scottish National Open Water Championships (SNOWS)

Junior Men:

- 13/14y 5km: Gold: Connor Aspinall, ELST
- 12y 2km: Bronze: Caleb Gray, Fins
- 13/14y 2km: Gold: Connor Aspinall, ELST
- 15/16y 2km: Silver: Sam Coull, Step Rock, Bronze: Rowan Geary, Step Rock
- 11/12y 1km: Bronze: Andrew Lu, Step Rock
- 13/14y 1km: Gold: Connor Aspinall, ELST
- 500m 10y: Gold: Eddie Niven, Step Rock
- 500m 11y: Gold: Cameron Seeley, Step Rock

Senior Men:

- 25-24y 5km: Gold: Fraser McKane, Swim-IT
- 45-54y 2km: Bronze: Gordon Haywood, Swim-IT

Junior Women:

- 17y 5km: Silver: Ella McGeorge, Step Rock
- 13/14y 2km: Bronze: Lucy Hall, ELST

- 15/16y 2km: Silver: Orla MacInnes, Heart of Midlothian, Bronze: Kristin Mackay, Fins
- 11/12y 1km: Bronze: Freya Edie, Step Rock
- 13/14y 1km: Bronze: Lucy Hall, ELST

Senior Women:

- 18-24y 5km: Silver: Grace Campbell, Portobello
- 18-24y 2km: Silver: Isla Hedley, Step Rock
- 45-54y 2km: Gold: Janet McLean, Carnegie
- OPEN 10km: Silver: Grace Campbell, Portobello
- OPEN 1KM: Gold: Isla Hedley, Step Rock

RELAY: Silver: Step Rock A

10. STOC

It has been a quiet few months for the STO members within East District, although several have supported National and British Swimming events since the conclusion of the local season with our well attended Summer sizzler.

The BS Swimming Officials Group and NSTOC however have been active over the summer, mainly responding to the launch of World Aquatics and how this impacts our regulations and documentation. A new Protest for has been agreed and will be available on the National Website.

Once in place a link on our STO pages will be created. Many of the changes in language and terminology has been reflected in amendments to the STO Regulations. A further update will be issued to reflect any regulation changes which may follow the forthcoming STO seminar.

The National STO seminar will be held, in person, at the Stirling Court Hotel on Sunday the 15 October 2024. Plans are still being made but CPD presentations will likely include proposals to update Recorder training, the impact of WA changes, and a new Scottish Swimming Competition policy. Signing up for the seminar will be through the JustGo system and once the event information is uploaded all technical officials should receive an invite to register. Once released the enrolment process will be communicated to clubs and members through social media, web sites, and email channels.

The Recorder examination is scheduled to be held on the 4 November 2023 and any members interested in undertaking the training should get their application to the District's STO convener by the 1 September 2023.

Alistair Shields

ED STO Convener

11. Archives

Snippet from the Archives

Correspondence from 100 Years Ago: (1923).

- In June 1923 Dunbar Swim Club submitted a request to affiliate to the then Eastern Counties ASA, They submitted a copy of their rules and their Office Bearers.
- In July 1923 Burnmouth ASC sent in a letter to say & I quote: -

- Thanks for your letter of 17th. I'm afraid we shall have to do without Miss Veitch's Exhibition if her terms are such as you mention. As you know our finances depend very much on our 'Gate' and on the weather. If everybody who came to see the Gala contributed a shilling or even a modest sixpence, we would be 'rich beyond the dreams of avarice'. As it is we have, in the way of providing exhibitions, to "ca canny". I may mention we have sent a donation of £2.10/- to the fund being collected to enable us to send a Scottish contingent to compete in France next year. And I may say although we must be careful, we could easily wipe off any deficit by getting up a concert or some such 'entertainment'. (*Love the language*).
- Finally, also in July 1923, Musselburgh ASC sent a letter to the Secretary of ECASA in relation to their recent Gala Accounts. The letter read as follows: -

'Dear Sir,

I enclose a copy of balance sheet in connection with our Gala on 14th July, I deeply regret to show that it has been a failure financially.

I blame nothing but the unexpected visit of The King to Musselburgh for this as our programme was as good as anyone could have desired. I would not have minded the loss so much, as we had a few pounds in hand before the Gala but what worries me is the fact that all the Clubs who so kindly offered their services will be greatly disappointed to learn that their well-meant efforts were in vain. We had a goodly crowd on the West side of the harbour, but when I tell you that I gave away 50 complimentary and 38 competitor tickets, that will account for a great number of the people present & these are independent of the dozens who climbed the wall and paid nothing'.

The letter then goes on to say they will run a concert in effort to raise funds for the Club, apologies for not sending a representative to the last monthly meeting but I had no notification of the date and only found out when I read the report in the next day's evening newspaper, and their intention to attend the next monthly meeting to answer any questions in relation to the recent Gala.

Those were the days my friends, 100 years ago.

Colin Kennedy
Archivist