

<b>National</b>	<b>400IM</b>	<b>AGP</b>	<b>400IM</b>	<b>AGD</b>	<b>200IM</b>	<b>Junior Dev</b>	<b>200IM</b>
Dominic Suggitt	4:37.3	Anna Hulme	05:30.4*pt3	Jennifer Green	3:01.4*	Matthew Holliday	3:20.0*agd
Lucas Arrona	5:05.3	Charlotte Nester	05:34.7*pt3	Samuel Briscoe	3:09.3*	Ellen Senior	3:33.5*agd
Dalton Reid	5:09.4	Greta Hampson	05:39.5*ft	Masie Wiseman	3:11.7*	Poppy Goreman	3:33.5*agd
Jasmin Hamer	5:12.0	Emily Hall	05:51.1*pt3	Ayesha Brocklehurst	3:12.7*	Skye McMahon	3:34.6*agd
Tom Shaw	5:14.5	Niamh Murray	05:57.1	Amber Gower	3:13.4*	Emma White	3:36.0*agd
Mitch Walmsley	5:14.6	Jasmine Gower	06:01.2	Katherine Baker	3:13.8*	Faye Bayman	3:36.1*agd
Andy Plummer	5:14.6	Hannah Sheenan	06:12.9	Georgia Gregory	3:15.8*PT	Jasmine Gorman	3:36.3*agd
Eleanor Bailey	5:15.5	Grace Taylor	06:19.1	Ruby Cain	3:19.8*PT	Sophie Lyon	3:37.1*agd
Grace Morley	5:16.9	Imogen Bailey	06:20.3	Millie Wright	3:22.3	Daisy Lear	3:38.5*agd
Rachel Byrne	5:19.0	Libby Ashcroft	06:21.8	Aimee Cooper	3:22.7	Anabel D'Souza	3:41.4*agd
Harley Beentjes	5:22.8	Aaron Murray	06:24.8	Freya McLoughlin	3:23.0	Zoe Radley	3:49.1
Phoebe Vaughan	5:25.9	Hannah Rotherham	06:33.1	Sam Johnson	3:25.4	Ella Walker	3:49.2
Holly Jackson	5:27.8	Chloe Wright	06:34.2	Rebecca Booth	3:25.5	Ella Newman	3:52.4
Ellie Molyneux	5:28.4	Anna Wilson	06:36.9	Jake Partington	3:26.5	Lucy Coleman	3:59.9
Oliver Mort	5:28.4	Lauren Mitchinson	06:41.7	Lucy Irving	3:31.0	Emily Allen	4:03.4
Melissa Braddock	5:30.3	Matthew Gregory	06:42.4	James Wallwork	3:31.0	Lauren Hoffman	4:04.0
Declan Hall	5:31.5			Chelsea Gore	3:32.2	Sophie Vernazza	4:04.6
Jessica Sloan	5:31.9			Jenson Beentjes	3:33.5	Leah Hulme	4:04.6
James Cross	5:32.0					Elica Corteen	4:12.2
Matthew Silvester	5:42.2					Jessica Jones	4:17.5
Katey Cooper	5:54.4					Madline Bailey	4:25.0
Naomi Hughes	5:56.5					Gabby Mazey	4:25.5
Bethan Critchley	5:56.8					Olivia Sheenan	4:26.2
Holly Barnes	6:18.2					Emily Gaskell	4:28.7
						Lucee Gregson	4:51.7
						Isabella Farrimond	5:18.6

Once again our Time Trials have been changed slightly to now incorporate our National Development Group. Although Time Trials are NOT used to decide the ability group of the National Swimmers it does form a major part of the National swimmers development, and training programme it allows the coaches to access the swimmers development, and fitness level's. The changes that we have introduced only form part of the future plans for the development of the squad, these changes will take account of the improvement of the squad over the previous 12 months and will help the Swimmers to set their sights to a much higher level.

The National Development Group is primarily based on competition performance and training attendance we also look at training performance which includes the swimmers development in training test sets. The plan in the next two weeks is to publish and implement new policies and guidelines for the National Group this will clearly set out the aims and expectations for the group over the next season and beyond, from here, we will be looking to do the same with Age Group Performance. WLCT Swim Squad is aiming to produce excellent and to do this we do have to evolve and develop our programme.

I must say how impressed I have been with the performance of our swimmers this month with some excellent performance through out the groups. Well done to all our swimmers who have completed this months time trails again we have had some fantastic improvements. AGP swimmer Chloe Wright reduced her 400 IM time by a massive 32.8 seconds from April, with Greta Hampson making a

massive jump in her time by 21.3 seconds. Greta has been offered a full-time place with National Group following her achievement of a National Qualifying Time earlier this year, and she is going to balance her competitive swim training with her synchro commitments following her selection to the ASA Level 2 National Programme. Anna Hulme led the way in the AGP with an excellent 5:30.4 and bettering her pb by 12.8 seconds, Charlotte Nester showed her talent with a brilliant 5:34.7 which is a fantastic time for an 11 year-old and really sets the mark this was a massive 10.4 second drop in her time. Emily Hall continued her progress with a 3.1 second drop in time each of these girls will be moving to 3 session a week with the National Group, which gives them the opportunity to develop a feel for the group and adjust to the level of training. Congratulations to Niamh Murray for her 7 second improvement closely followed by Hannah Sheenan with an excellent 5.3 second drop in her time.

Age Group Development swimmers continued their excellent improvement with Freya McLoughlin took 23.7 seconds off her previous best with Jennifer Green following her excellent performance in April with a 17.4 second drop in time, Millie Wright produced her best time to date with a 9.2 second improvement. Congratulations to the following who have been offered a place with Age Group Performance. Jennifer Green. Samuel Briscoe, Masie Wiseman, Ayesha Brocklehurst, Amber Gower, Katherine Baker with Georgia Gregory and Ruby Cain being offered a part-time place to help them adjust to the next group.

Not to be out classed by the other groups Junior Development produced their own brilliant performances with every swimmer who completed last 200 IM bettering their time. Leading the way was Olivia Sheehan who took a massive 33.4 seconds off her previous best, Jasmin Gorman pushed hard to take 27.9 seconds from her best with Madiline Bailey coming in with a massive 19.4 second improvement. Well done to everyone in the group some excellent performances and shows the excellent standard that is in this Borough. The following swimmers based upon their results have been offered a place with the Age Group Development Matthew Holliday, Ellen Senior, Poppy Goreman, Skye McMahon, Emma White, Faye Bayman, Jasmin Gorman, Sophie Lyon, Daisy Lear, Anabel D'Souza.

**Swimmers who have been offered places in the next group may commence with their new group immediately, with payments being adjusted from the 1<sup>st</sup> August. May I remind everyone that as from the 1<sup>st</sup> September payment for the squad should be made by direct debit, this does mean if you have not already done so mandates need to be set up by the 1<sup>st</sup> August at the very latest.**

It should be clear to everyone to gain the results in competitive swimming a regular training programme is key, swimmers do need to be doing the appropriate sessions to their ability, if not you will find the swimmers do stagnate at some point, and improvement is very difficult, also without a steady increase in session you will find the later on the jump to doing more session is to much and that you are to far behind. For more information please do not hesitate to contact your lead group coach.

Once again well done to everyone a job well done!

**Les France  
Head Coach**