

Kingston Royals Swimming Club



Annual Report 2024

www.kingstonroyals.co.uk

THE 45TH ANNUAL GENERAL MEETING
SUNDAY, 16th MARCH 2025 at 5:30 p.m.
The Malden Centre, New Malden, Surrey

AGENDA

1. Apologies for Absence
2. Move to Approve Minutes of the Annual General Meeting of Sunday, 17th March 2024
3. Matters Arising
4. Financial Statement
5. Annual Report
6. Election of Executive, non-Executive Officers and Welfare Officer
7. Election of Honorary President
8. Appointment of Examining Accountant
9. Any other business

Please Note:

The Guidance Note to the Swim England Code of Ethics states “any member wishing to make any direct overt-criticism of an official or other member of the club in a general meeting must advise the Chairman in good time to enable the Chairman to advise such person in advance of the meeting in order that he is able to prepare himself for such criticism”

Chair's Report

You will be aware that 2024 has been a year of notable change for the Club continuing the theme of rebuilding started in 2023. With the ambition of moving the club onto a new trajectory, our next step in this quest was to appoint Craig Gibbons as Director of Swimming. Craig's background as an Olympic swimmer and pedigree as a swimming coach made him the natural choice for this new role within the club. His report, covering his first 6 months, highlights several important outcomes:

- the strengthening of the coaching team and the appointment of lead coaches for all squads;
- a more coordinated approach to training across the club with a focus on improving technique for every swimmer;
- a review of our squad structure and training content, with the addition of two new squads and clearer squad criteria;
- a revised and enhanced timetable, achieved despite the perennial constraints of pool time - more on that to follow!

The addition of Ross Douglas as Head Coach with his deep knowledge and obvious passion for his sport has, together with other additions to the coaching team, created one of the strongest club coaching line-ups in the region. Recent successes in competitions are the positive signs of a club on the up and I am very excited about what this team can deliver together for the club going forward.

As well as our coaching leads, we are fortunate to have a wider team of coaches - many of whom are former swimmers. As you may recall, the end of last season was not without its challenges on the coaching resources front (!) and we are indebted to coaches Louis Davies, Ollie Hill, Tom Hill and Amy Seal for their flexibility and loyalty to the club which saw us through a challenging period. We also have a home grown team of lifeguards ably led by Jon Labasa who cover sessions at the various school pools. We are always looking to add to Jon's team and provide initial lifeguard training and certification free of charge - so please do not hesitate to point anyone interested in our direction.

I draw your attention to Sally-Anne Hawley's characteristically, comprehensive report on the achievements of our swimmers in 2024 and take the opportunity to thank Sally-Anne for her continued efforts in her dual roles of Competition and Open Meet Secretaries. Sally-Anne's report is testament to the dedication of our swimmers who I'd also like to thank for both their commitment to training and their good humoured approach to their sport - often commented upon by those outside the club. Clearly, as well as strong competitors, they are excellent ambassadors for the Club.

At the younger end of the Club, our Cadets section, led by Helen Wardell, continues to provide youngsters with their first taste of swimming and produce a strong pipeline of swimmers for the future. Thanks to Helen and her team for all of their efforts. Helen has also played a key role in the day to day management of our successful partnership with

Claygate School, which continues to be a “win-win” for us as a club, providing valuable pool time, and for the school whose national curriculum swimming programme is delivered by KRSC coaches.

At the more senior end of the club, our Masters section comprises a small but dedicated group of swimmers who continue to compete and perform well at county, regional and national events. At a Special General Meeting, in December we were able to amend our constitution to give SwimFit members full voting rights following their request at the last year’s AGM as well as adding a water polo representative to the Committee.

And on the subject of water polo, both the senior and junior sections continue to excel, under the leadership of George Walker (who we wish a speedy recovery following his recent illness) and Steve Luff supported with event management by Toby Makepeace. Take a look at their report to see their impressive results in the pool and burgeoning reputation out of it! It’s also great to see four girls and six boys representing the South East region as well as eight players who are part of the National Talent Programme. “Onwards and upwards” as Toby says in his report!

You will see from the Financial Statements that we achieved a “break-even” result in 2024, maintaining our strong financial position. My thanks to Martin Eales for his proactive and diligent approach as Treasurer, ably supported by Anna Egorova. Nonetheless, with costs increasing, we are already feeling financial pressures in 2025. We continue to enjoy a steady membership base of around 830 members but we are working hard to grow to a base beyond 900 swimmers to ease financial challenges. Charity status will also help with the cost challenge and we are making good progress with the conversion and hope to achieve it later this year. Thanks to Coach Julian Oldfield for his support with this project.

I mentioned previously the challenges we have faced securing the right amount of pool time for our swimmers, following the loss of the Kingfisher pool in 2019. You may have seen Kingston Council’s recent confirmation that the new pool is on track to open in 2027 which will be a welcome relief for the Club and all those involved in pool management!

I am delighted we retained our SwimMark accreditation from Swim England in 2024. One of the requirements the accreditation mandates is a working plan for the future of the club, which we actively manage as a committee. Our headline goals for the future include plans to:

- Maintain our ethos that all swimmers, regardless of their developmental/competitive stage in swimming, have a place within the Club to develop and thrive;
- Grow our membership base to exceed 900 members;
- Manage the transition to the new Kingston Leisure Centre - ensuring we maximise the allocation of pool time to the club;
- Ensure the continuous professional development of our coaching team;
- Increase the number of volunteers who support the club as committee members, club officers, swimming officials, team managers and gala volunteers;
- Develop a financial support scheme for those for whom swimming is unaffordable;

- Further develop our para pathway and disability swimming activities;
- Establish more partnerships with local schools to find more pool time.

A huge thank you to each and every one of you who “gives back” to the club by volunteering as officials, team managers and gala volunteers. Without your help we could not run the club successfully and I appeal to those of you who have never volunteered to do so and share the load in 2025! The more the merrier!

I would also like to thank my fellow Committee members (Ceri Eastwood, Laila Pacheco-Walsh, Louise Pasquill, Martin Eales, Sally-Anne Hawley, Oonagh Davies, Toby Makepeace and Veronica Russell) who have devoted many hours to the good of the club, have provided excellent oversight and, thankfully, have preserved the art of disagreeing, agreeably! I’m delighted they have all agreed to serve the Club for a further year. It would be remiss of me not to mention Veronica Russell who, as Vice Chair, has provided exceptional support to both myself and the Club more generally.

Finally, huge thanks to the parents, guardians and supporters who support our swimmers in their endeavours. As you will appreciate, major change is never easy and there are things that, with the benefit of hindsight, we could have managed better over the last year but, overall, I am very confident the club is definitely moving in the right direction.

Thank you all for your continued patience and support of KRSC. Given the foundations we have laid, I hope 2025 continues to be an even better year for our swimmers and our Club!

Mark Trevor
Chair, KRSC

Director of Swimming Report

Firstly, I would like to extend my sincere gratitude for your patience and understanding since my appointment in June. During this time, we have taken significant steps to realign the club's values and implement changes that will strengthen our foundation as we prepare for our return to the newly developed Kingston Leisure Centre.

A Full Review of The Club

My first task was to complete a full review of the club's coaching practices & make recommendations on the current squad structure. I assessed training suitability of each group, the session structures, learning practices and the current age/stage delivery of the club.

Following this it was important to implement change.

Our New Head Coach

I am delighted that we managed to secure Ross Douglas as our New Head Coach. It was obvious to us that he had a great knowledge of swimming and showed a clear enthusiasm for helping us on this journey. I think we all agree that Ross has been a breath of fresh air and continues to inspire, guide and support our swimmers to enjoy their journeys.

Strengthening Our Coaching Structure

Identifying the need to have a single coach leading each group promoted the need to not only attract top coaches but also to expand our professional coaching team. We now have five lead coaches who support Ross: Sadie Flynn, Ashton Hough, Nora Benko and Ella Moskalieova. This is of course in addition to Helen Wardell who continues to lead Cadets. The establishment of lead coaches at every level of our programme fosters continuity, stability, and growth. An effective CPD is now in place for each of our coaches as they look to continue to develop their skills. Our coaches meet once a month to learn off each other, share ideas and work together to get a better overall understanding of KRSC which benefits our swimmers.

Enhancing Our Squad Pathway

In our commitment to inclusivity and competitive excellence, we have introduced two new squads at opposite ends of the pathway:

- Foundation Squad which is providing a structured entry-level programme for those new to competitive swimming.
- Competition Squad which is catering to experienced swimmers who wish to maintain their participation at a high level while balancing other commitments.
- Club Squad now have a lead coach, support coaches, more pool time and structured sessions.

These additions ensure that all swimmers, regardless of their stage in the sport, have a place within the club to develop and thrive.

Timetable Improvements

We also made changes to our weekly timetable, addressing many issues identified, including the reintroduction of S&C work on a Saturday, which we love because of how many squads we see back-to-back at LEH.

Looking Forward

The new Kingston pool has had an exciting update with everything now in place and work to commence very soon! As we look to our eventual move back into our home, we are keen to make sure the fruits of our labour flourish, so the hard part is just beginning with the following key improvements also planned:

- A more structured progression through our younger squads, connecting our groups with progressive drills, appropriate meterage targets and the key skills I would like KRSC to be known for.
- Coaching the coaches - Skill workshops and providing our coaches space to improve their skills with better qualifications and mentoring.
- A deeper dive into our Cadet groups, ensuring we are developing our top talent, whilst making sure we are delivering the best possible product.
- Further rollout of our swimming passport to document the early journeys of our swimmers in our school partnerships.
- More routes into and out of swimming, closer collaboration with other providers such as water polo, synchronised swimming and rookie lifeguarding.
- Stronger partnerships with local pools in the search of more targeted pool time.

Lastly, I have asked Head Coach Ross to give a small update around how recent competitions have gone and some statistics to support this which are below:

Over the last seven months, Kingston Royals has been represented at 16 swimming meets, ranging from our own club-hosted events—providing opportunities for swimmers to achieve qualification times—to high-level national competitions. A notable team accomplishment includes our 5th place finish in the Tinlin Cup, making us the 5th best-ranked team in Surrey County.

This year saw our return to the National Arena Swimming League. Due to our non-participation in recent years, we had to enter at the lowest division. The competition was held over three nights from October to December, and we won all three rounds, including the final round in December. This outstanding achievement crowned us champions of the National Arena League South West Division Two and secured our promotion for next year, where we will face greater challenges and stronger competition.

Competition Performance Statistics:

- Portsmouth Short Course Meet – 64% PB Rate
- Epsom Short Course Meet – 69.9% PB Rate
- Hart Distance Gala – 79% PB Rate
- Regional Winter Championships – 60% PB Rate
- Royals Autumn Meet – 81% PB Rate
- Welsh Winter Championships – 71% PB Rate
- Surrey Counties – 68% PB Rate
- Harrow Meet – 73% PB Rate

These results are a testament to the high-quality coaching, the strong, performance-driven training environment we are building every day at the club and the enthusiasm of our swimmers.

Thank you once again for your continued support and dedication. We look forward to the next chapter of Kingston Royals Swimming Club's success.

Craig Gibbons
Director of Swimming
Kingston Royals Swimming Club

Competition Report

The Royals New Year Meet 2024

The Royals New Year meet took place over the weekend of 13th/14th January, offering swimmers one last opportunity to secure Surrey Championship qualifying times before the 17th January deadline. The event was in high demand with the meet being heavily oversubscribed. Kingston had 120 swimmers who entered a total of 635 events, with several athletes securing additional Surrey qualifying times.

The meet ran smoothly and to time and yielded a healthy profit.

A huge thank you to all the referees, officials and parents who volunteered to help at this event, we could not have done it without your support.

Surrey Championships 2024

The Surrey County format for 2024 mirrored that of the previous year, with the individual County Championships being held in January/February to align with Swim England directives and the Relay events scheduled for September as a “beginning of the season” opportunity and early practice for Arena league teams.

The individual Surrey Age Group Championships took place across two weekends - 20th/21st January and 3rd/4th February - at the Surrey Sports Park in Guildford.

Kingston fielded a team of 32 swimmers who entered a total of 135 races across the competition – a slight drop from 2023.

Kingston swimmers walked away with 22 medals: 5 Gold, 7 Silver and 10 Bronze medals. This placed the club 11th in the Men & Ladies Combined medal table, matching our result from 2023.

Tinlin Trophy – The Surrey Championships awards points to swimmers from each club where they are placed 1st-8th in any event. These points are then used to create a Team Rankings placing for each club - Kingston were placed 9th overall, maintaining the same position as in 2023.

Special mention goes to:-

- **Emmeline Eales** – 1st place in the 11 Year Old Girls Age Group Individual Rankings (BAGCATs);
- **Emma Hill** - 2nd place in the 12 Year Old Girls Age Group Individual Rankings;
- **Lucia Williams** – 4th place in the 13 Year Girls Age Group Individual Rankings; and
- **Emilia Russell** - 6th in the 14 Year Girls Age Group Individual Rankings.

- **Caitlin Trevor**, who shone with 2 Gold medals in the 100m Breaststroke and 200m Freestyle in the Multi-Class Competition.

In addition, Oliver Dorey was selected for the County Development Programme 2024, the first phase of the Swim England talent pathway.

The criteria for selection were that the selected swimmers had to be 12 years of age on 31st December 2024. Up to 36 swimmers were selected (18 open/male and 18 female) based on each swimmer's 200m Individual Medley Rankings (per county) selected from 200m Individual Medley Swim England National Rankings and these times had to be achieved between 1st January 2024 and 4th August 2024 (end of swimming season).

Scottish Nationals Swimming Age Group Competition 2025

April saw Emmeline Eales travel to Aberdeen for Scottish Nationals which was hosted at the Aberdeen Aquatics Centre and ran from Wednesday, 10th April until Sunday, 14th April (inclusive).

Entry to Scottish Nationals was by Qualifying and Consideration Times and Emmeline secured her place in 6 events – 1500m, 800m, 400m, 200m, 100m Freestyle and 200m Backstroke.

This was Emmeline's first National competition and she put in an impressive performance, particularly in the 200m Freestyle, where she shaved 2 seconds off her entry time. Notably, Emmeline was the only 11 year old who qualified to compete in all her events, highlighting her remarkable achievement.

We eagerly anticipate more success in 2025!

British Championships April 2024

There were no Kingston Royals qualifiers for the April 2024 British Championships.

London Regional Championships 2024

2024 once again saw the Age Group and Youth competitors taking part in the same competition meaning the Youth competitors had a decent break between Counties and Regionals.

London Regional Age Group and Youth Championships 2024 (including Relays)

As in recent years, there were two level of entry times offered. Qualifying Times and Consideration Times. All those with Qualifying Times were guaranteed acceptance whilst only the fastest swimmers with Consideration Times were accepted until each event reached capacity.

Kingston entered a team of 15 swimmers competing in 71 events (20 with Qualifying Times and 51 with Consideration Times), along with 12 relay teams and 1 swimmer in the Multi-Class Competition.

The Swim England Regional Summer Championships took place across the weekends of 27th/28th April and 4th, 5th and 6th May 2024 at the London Aquatics Centre in Stratford.

Kingston came away with 3 medals across the Championships:-

- **Emilia Russell:** Silver in the 100m Freestyle.
- **Lucia Williams:** Bronze in the 50m and 100m Breaststroke, as well as multiple finals appearances.

Lucia also secured herself a place at the Swim England Summer Meet in Sheffield (29th July–3rd August), where she qualified for the 200m and 100m Freestyle and 100m Breaststroke.

The competition saw Kingston placed 28th in the medals table and 23rd in the combined team rankings, down from 2023.

A huge well done to all our swimmers.

British Summer Championships 2024

2024 did not see any British Summer Championship qualifiers from Kingston.

Swim England National Summer Meet 2024

Based on her strong Long Course performances at the London Regional Championships (which falls within the National Qualifying Window), **Lucia Williams** was invited to take part in the 200m Freestyle, 100m Freestyle and 200m Breaststroke at the Swim England National Summer Meet.

The event ran from 29th July to 3rd August 2024 and took place at Ponds Forge International Pool in Sheffield.

We hope Lucia enjoyed her first Summer Nationals experience!

Open Water Nationals 2024

Congratulations to **Chloe Hill**, who competed in the London Region Open Water Championships. Despite the cancellation of the original date due to water quality issues, Chloe entered the East Regional Open Water Championships in Norwich. She won the London Region 3K event in 46 minutes 15 seconds, securing a spot in the 5K event at the National Open Water Championships in the Rother Valley Country Park, Sheffield on 27th July where she was placed 23rd.

We hope Chloe enjoyed her first Open Water Nationals experience.

Surrey Championship Relays 2024

Kingston entered 28 relay teams across 14 events in the Surrey Championship Relays, held at the London Aquatics Centre. Whilst no medals were won, several teams placed in the top 8:

- **Girls 10-11 4x50m SC Medley Relay A** – 4th place
(Team - Emmeline Eales, Isabelle Eastwood, Olivia Sack and Anika Malde)
- **Boys 12-13 4x50m SC Medley Relay A** – 7th place
(Team - Mantas Adomaitis, Oliver Dorey, Nathan Han and Joseph Syed)
- **Girls Under 16 4x100m SC Medley Relay A** – 8th place
(Team - Emilia Russell, Jessica Wright, Poppy Leon Soon and Chloe Hill)
- **Girls 10-11 4x50m SC Freestyle Relay A** – 4th place
(Team - Emmeline Eales, Isabelle Eastwood, Olivia Sack and Ruby Odongo)
- **Boys 12-13 4x50m SC Freestyle Relay A** – 7th place
(Team - Nathan Han, Daniil Belbas, Oliver Dorey and Joseph Syed)
- **Girls Under 16 4x100m SC Freestyle Relay A** – 4th place
(Team - Emilia Russell, Poppy Leon Soon, Lucia Williams and Chloe Hill)

The Royals Start of Season Invitational Gala 2024

For the second year running, Kingston hosted the Start of Season Invitational Gala, aimed at providing younger swimmers with their first taste of competitive racing and the opportunity to start registering licensed times. This event also helped the coaching team assess the fitness of older swimmers post-summer break. The competition, featuring Leander and Kingston swimmers, ran successfully at a profit and will continue in future years.

Many thanks again to all our officials and volunteers who make hosting these opportunities possible.

London Winter Championships 2024

London Winter Championships only has two age group categories – Juniors (Age 10-16 inclusive) and Seniors (Age 17 & Over).

Kingston had 10 swimmers entered in the London Winter Championships, competing in 34 events across both Qualifying and Consideration Times. Unfortunately, no swimmers made the medal podium. However, **Caitlin Trevor** excelled in the Multi-Class competition, winning Gold in the 50m Freestyle. Well done Caitlin!

The Royals Autumn Open Meet 2024

The Royals Autumn Open Meet took place on 16th/17th November and ran at capacity thanks to the support of the usual external clubs. Swimmers from Kingston aged 9 and over from Academy up to and including Regionals were invited to swim at this event, as it doubles-up as our Club Championships. 137 Kingston swimmers entered 772 events—a slight increase from 2023. **12 new Club Championship records** were set, including:

- **Ruby Odongo:** 50m, 100m, and 200m Breaststroke (Girls 10 years)
- **Emmeline Eales:** 50m, 100m, and 200m Freestyle, 100m Backstroke, and 50m Butterfly (Girls 11 years)
- **Isabelle Eastwood:** 50m Breaststroke (Girls 11 years)
- **Jessica Wright:** 50m and 100m Breaststroke (Girls 15 years)
- **Noah Pool:** 50m Breaststroke (Boys 15 years)

Well done to all our record breakers!

The meet ran to time and yielded a healthy profit.

A huge thank you to all the officials and parent volunteers without whom, running this event would not be possible.

Swim England National Winter Championships 2024

Oliver Linehan qualified for the 50m, 100m and 200m Fly but did not attend.

Club Championships Long Distance Events 2024

We kept the format the same as for 2023 and held this event June rather than in December.

Due to the on-going issue of clubs not being able to commit to 3 days in the calendar, it was decided to cover all the Long Distance events in one day.

The event took place during the afternoon/evening of 15th June at the Guildford Spectrum and was supported by Woking and Leander (Elmbridge are hoping to rejoin us for this event in 2025).

The gala allowed clubs to compete in all long-distance events in one day. 8 Kingston swimmers achieved 10 Long Distance Surrey Qualifying Times.

Junior Swimming League 2024

Round 1 saw Kingston swimmers travel to Southbury Leisure Centre where they competed against 3 other teams RTW Monsoon, Halstead SC and Thurrock. Kingston put in some solid

performances across the age groups and managed to finish first with 137 points – just ahead of RTW Monsoon who came a close second with 134 points.

Round 2 saw a change of venue to Sapphire & Ice Leisure in Romford. Round 2's competitors were Chelsea & Westminster, Greenwich Royals, Hillingdon and Thurrock. Chelsea & Westminster were going to be stiff competition. Despite this, Kingston put in a sterling performance and managed to secure 167 points which saw them finish joint second with Greenwich Royals with Chelsea & Westminster coming in first with 197 points. Kingston's total points after Round 2 also saw them secure a place in the A Finals.

Round 3 saw the fastest 5 clubs in the competition return to Sapphire & Ice Leisure in Romford for the A Team Finals. Round 3's saw Kingston compete against Chelsea & Westminster, Greenwich Royals, Hackney Aquatics and RTW Monsoon where they finished joint 4th with Greenwich Royals with 126 points.

Well done to all those who took part and supported the club in this event. Huge thanks to Ceri Eastwood for co-ordinating the teams for each round of the competition and to our trusted team of volunteers and officials.

National Arena League 2024

After three years away from the National Arena Swimming League, Kingston Royals returned in style, claiming the Division Two West title and punching their ticket to Division One next season.

The Royals hit the ground running in October with a dominant performance in Portsmouth, winning by a clear 31-point margin to lock in the top seed position heading into Round 2. A month later in Maidenhead, they stepped things up even further. With a sharper edge and bigger presence, the team blew the field away with a 45-point win, making it clear they were the team to beat.

The final in Maidenhead brought its challenges. With 10 swimmers out due to illness and unavailability, the Royals were up against it. But setbacks didn't faze them. Instead they rallied hard, putting together a collective effort that saw them edge out their closest rivals by 19 points and lift the division trophy.

A huge well done to all the swimmers who took part and supported the club (some at very short notice)!

Once again, many thanks to Ceri Eastwood for managing to co-ordinate the teams despite the challenges resulting from illness.

Para Swimming

Caitlin Trevor

Since the last AGM, Caitlin has continued to compete across a combination of KRSC club meets along with county, regional, national and international level events.

Internationally, she obtained a World Para Swimming licence with the USA (as a dual national) enabling her to compete at the Citi Para Swimming World Series event in Indianapolis, USA last April.

Highlights for the past season include:-

- Representing the USA at the World Para Series, Indianapolis in April 2024 and achieving 2 PBs under the coaching support of Paul Makin of Nations Capital Swimming Club (former club of Katie Ledecky).
- Setting a new DSISO regional record in 100m Breaststroke at British Masters Nationals in Swansea, Wales in April.
- Achieving another new short course 100m Breaststroke record in October at the Swim England National Masters Championships in Sheffield.
- In November, Caitlin competed at the AWL/USADSS National Championships and became the National Champion in 100m Breaststroke and 200m IM with further Silver medals in 100m Freestyle, 50m Backstroke, 50m Butterfly and 50m Breaststroke. She won Bronze in 100 IM and 50m Freestyle. She also enjoys National Champion status having won the 50m Freestyle Mixed Relay and 50m Female Medley Relay events. She got a further Silver in 100m Freestyle Mixed relay and a Bronze in the 50m Mixed Medley Relay event.
- Shortly after returning from Florida, Caitlin competed in the British DS Swimming Championships in Crawley and won Silver medals in 50m and 200m Breaststroke and a Bronze medal in 50m Freestyle.
- In December, Caitlin returned to Florida for the US Paralympic Swimming Nationals setting a new DSISO Regionals record in 100m Breaststroke and winning a Silver medal as part of a 4x200m relay racing alongside a US Paralympian who had competed in Paris.

Alongside KRSC, Caitlin continues to train with London Disability Swimming Club, a pan London hub club for para swimmers.

Conor Macauley-Conway

Conor had a really strong 2024.

He competed for Down Syndrome Team GB at the World Championships in Antalya, Turkey in March. Although Conor did not medal himself, Team GB retained the title of World Down Syndrome Team Champions.

Conor won the Silver Medal in the 1500m Freestyle and the Bronze Medal in the 800m Freestyle at the Down Syndrome British Swimming Championships.

Conor represented Kingston Royals at miscellaneous Masters events throughout 2024. He achieved PBs in all Freestyle distances during the 2024 swim season.

Away from swimming, Conor completed his 100th 5km Parkrun during 2024 and now has a 5km PB of 25 mins 56 seconds.

Conor has enjoyed invaluable support from the Kingston Royals coaches and members. He is proud to represent the club at Masters competitions and thoroughly enjoys his training sessions.

Congratulations to all our Kingston swimmers who have worked hard and achieved personal bests and first time County, Regional and National times over the last year. Your training is paying off.

I would like to extend the Club's thanks to the Executive Committee, Coaches, Officials and Parent Helpers for all their support over the last year.

Sally-Anne Hawley
Competition Secretary

Water Polo Report 2024/2025

The 24/25 season has been good but a challenge.

Seniors

Last season the Seniors moved up to London League Division 2, which allowed us to enter a second senior team into the winter league. This has proven to be a struggle with away games and getting the number of players to attend, but also the First team competing at a higher level.

We are looking to stay up in Division 2, but might have to consider our options for a second team entry to the Winter League later this year.

On the plus side, we entered a team into the Lyme Regis open water Summer comp and did well to get to the semi-final, competing against Div 1 teams, all with a very cold goalie.

We did well in the summer league last year, coming, I believe, second in the Division, as well as the Surrey league.

We have increased our squad size to the point that we are now only accepting senior players with water polo experience and have entered 2 teams in the London League. We would love to run a senior team just for learning and fun, but we do not have the polo slots available.

Just as a reminder, the Senior part of the Water Polo club has been fully run by volunteers, and this continues, with Mark Everett acting as Head Coach for the senior section, supported by Steve Luff, Tim Goff, Jack Ellis (Club Captain), and Toby Makepeace.

We also need to thank these seniors and others (Dan Coward, Nic Boucher) for the senior squad for their additional time supporting the Juniors.

Juniors

This year saw the entering of a team into the NAG U15 Boys (joined by a few players from Sutton & Cheam) and have five of our Girls join up with Worthing for the NAGS U15 Girls. This is only the second time we as a club have entered the NAGS, and very much the first for the Girls. We did ourselves proudly and now have the name Kingston Royals being recognised on the national circuit, along with clubs like the City of Manchester, City of Coventry, Birmingham, London Penguins, and Croydon, all strongly recognised junior squads. What was really nice was the number of comments from the referees and event managers was the compliments we got for the team, always playing with a smile on their faces, and never giving up.

We are now, as a junior squad, getting ourselves a name, which is a great acknowledgement to the ex-seniors and current seniors who put the effort into setting up the junior program

probably less than 10 years ago. We now have assigned George Walker as a Junior Coach, supported by a number of seniors as volunteers, and William Makepeace (a Junior Player) as permanent staff.

We had a number of successes in last year's summer tournaments, including a trip to the Cheltenham invite tournament where the team (joined by a few players from Sutton & Cheam) won their side of the tournament.

Currently, we are just finishing the Winter league, and the U18 D2 are second in the division, the U16 are in Div 2 after a north/south playoff series, and the U14 are looking strong.

At the end of July, we lost a number of senior juniors who are now moving off to different schools, meaning that they are unable to join the club for training sessions moving forward, and this is a great loss. However, with our relationship with Aquademy Sports, we have brought in a number of new players, adding strength to the junior program.

This is the first year we have had a club award night and we would like to recognise the winners.

Best Junior Boys - Dario.

Best Junior Girl – Harriet.

Development Boys – Jonty.

Development Girls – Louisa.

Best All Rounder – Charlie F

Spirit of the Club – Silka.

Also appointed junior captains, Aiden and Imari, for 2025.

Onwards and upwards.

We have at least 4 girls and 6 boys representing South East for Water Polo, and at least 8 players in total as part of the National Talent Program. We do expect to increase this number in the coming months.

Toby Makepeace

Water Polo Representative