



SYNCRHRONISED SWIMMING SECTION

ASA SYNCHRONISED SWIMMING CHAMPIONSHIPS AND COMPETITIONS

Championship Conditions for all ASA National Championships are no longer printed in the handbook but will be posted on the ASA Website in conjunction with the relevant Championship information www.britishswimming.org

NATIONAL AGE GROUPS

From the result of the National Age Groups the following trophies will be awarded:

12& under Synchronised Swimming Team	The Margaret Coyne Trophy (Friends of Margaret Coyne)
13/14 Team (combined figure and routine score)	Mrs Y M Price Trophy
Junior Team (highest routine score)	Molly Gledhill Memorial Trophy
The Shacklock Trophy	Awarded to the swimmer with the highest total of routine scores in the duet and team events

CHAMPIONSHIPS OF ENGLAND

From the results of the British Championships, the highest placed British swimmers will be awarded the following trophies.

Technical Solo Routine Championships	Colin Lushington Trophy
Solo Routine Championships	Helen Elkington Trophy
Duet Routine Championships	The Spencer Trophy
Team Routine Championships	The Redwood Trophy
The Holland Trophy	Awarded to the swimmer with the highest total of routine scores in the solo, duet and team championships.
The Swimming Times Enterprises Trophy	Swimmer of the Year
The Mary Black Award	To be awarded annually by the ASA Synchronised Swimming Committee to any person who is a member of an ASA affiliated club and who has given outstanding service to English Synchronised Swimming.
The Gemma Yates Trophy	For Endeavour

THE SWIMMING ENTERPRISES TROPHY FOR SYNCHRONISED SWIMMER OF THE YEAR

To be awarded annually to any synchronised swimmer who is a member of a club affiliated to the ASA and whose performance is adjudged by the ASA Synchronised Swimming Committee to be the best for the year, subject to confirmation by the ASA Board.

The winners are:

1984 C Wilson (Rushmoor)	1992 K Shacklock (Rushmoor)	1999 K Hooper (Reading Royals)
1985 C Wilson (Rushmoor)	1993 K Shacklock (Rushmoor)	2000 Not awarded
1985 C Wilson (Rushmoor)	1994 K Shacklock (Rushmoor)	2001 Not awarded
1986 A. Dodd (Bristol Central)	1995 K Thompson (Bristol Central)	2002 G Adamson (Gateshead)
1987 S. Northey (Reading Royals)	1996 A Carlsen (Rushmoor)	2003 Not awarded
1988 N Shearn (Bristol Central)	1997 G Adamson	2004 Not awarded
1989 K Shacklock (Rushmoor)	(Gateshead & Wick)	2005 Jenna Randall
1990 K Shacklock (Rushmoor)	1998 G Adamson	
1991 L Vakil (Rushmoor)	(Gateshead & Wick)	

THE MARY BLACK AWARD

To be awarded annually by the ASA Synchronised Swimming Committee to any person who is a member of an ASA affiliated club and who has given outstanding service to English Synchronised Swimming.

The winners are:

1977 Kay Spencer	1985 Anne Clark	1993 Joan Williams	2001 Norman Cook
1978 Helen Elkington	1986 Carolyn Wilson	1994 Pat Holmyard	2002 Pam Haworth
1979 Dawn Zajak	1987 Irene Williams	1995 Margaret Coyne	2003 Mary Hooper
1980 Miriam Fisher	1988 Dennis Page	1996 Michael Firmin	2004 Janice Waters
1981 Brenda Holland	1989 Molly Gledhill	1997 Jackie Brayshaw	2005 Barbara & Doug Coker
1982 Mary Black	1990 Anne Dudding	1998 Mary Rushby	
1983 Jane Holland	1991 Yvonne Price	1999 Ann Reynolds	
1984 E A "Curly" Grey	1992 Jenny Gray	2000 Edna Russell	

THE SHACKLOCK TROPHY

This trophy is awarded annually to the Junior swimmer with the highest total of routine scores in the solo, duet and team events at the National Age Group Championships.

The winners are:

1995 Katie Hooper	2001 Tia Randall
1996 Kathryn Hall	2002 Tia Randall
1997 Debbie Davies	2003 Melanie Parris
1998 Katie Ford	2004 Jenna Randall
1999 Joanne Hooper	Hannah Massey
2000 Charlotte Smith	2005 Clare Evans

THE HOLLAND TROPHY

This trophy is awarded annually to the swimmer with the highest total of routine scores in the solo, duet and team events at the British Championships.

The winners are:

1983 Carolyn Wilson	1989 Kerry Shacklock	1995 Collette Geier	2001 Katie Hooper
1984 Caroline Holmyard	1990 Louise Skidmore	1996 Adele Carlsen	2002 Gayle Adamson
1985 Amanda Dodd	1991 Kerry Shacklock	1997 Kelly-Anne Wise	2003 Tia Randall
1986 Nicola Shearn	1992 Kerry Shacklock	1998 Adele Carlsen	2004 Lauren Smith
1987 Nicola Shearn	1993 Kerry Shacklock	1999 Katie Hooper	2005 Lauren Smith
1988 Nicola Shearn	1994 Kerry Shacklock	2000 Katie Hooper	

THE GEMMA YATES TROPHY

This trophy is awarded annually to an athlete who is a member of an ASA affiliated club, for endeavour – one who has overcome anything which has made it difficult for them, yet still gives 100% to the sport of Synchronised Swimming.

The winners are:

1999 Allison Riley (Portsmouth Victoria)
2000 Kelly-Anne Wise (Reading Royals)
2001 Gayle Adamson (Gateshead)
2002 Laura Barrett (Portsmouth Victoria)
2003 Sarah Randall (Exeter)
2004 Adele Holland (Potters Bar)
2005 Laura Weir (Walsall)

Synchronised Swimming Section

LONDON REGION

J1	Miss L Parker	Flat 21, Festival Court, The Park, Rose Hill Sutton, Surrey, SM1 3TU	020 8641 3670
S	Mrs. P.M Crisp	284, Raeburn Avenue, Surbiton, Surrey. KT5 9EF	020 8399 9095
S	Mrs. L.Gibbs,	16 Maple Avenue, South Harrow, Middlesex HA2 8DQ	020 8422 1565
RJ2	Mrs. D Zajac	18, Garden Way, Edgware, Middlesex. HA8 7NQ	020 8952 3093

NORTH EAST REGION

S	Miss K Bentley	1 Dudley Road, Huddersfield, HD1 4LZ	
S	Mr D Blackstone	7 Edelshain Grove, Sandal, Wakefield, West Yorkshire WF2 6HG	01924 259796
S	Mr J Grundy	3 Bank Garth, Knottingley, WF11 8AL	
S	Mrs L Kidd	21 Brookfield Avenue, Castleford, West Yorkshire, WF10 4BJ	01977 556024
S	Mrs F McKenna	27 Northwood Park, Woodlesford, Leeds, LS26 8PE	0113 2828642
S	Miss D Rose	3 Perigree Road, Sheffield, S8 ONE	0114 2584335
S	Mrs J Sherwood	North View Farm, Scalby La, Gilberdyke, Brough, HU15 2UJ	01430 440330
S	Mrs A Telfer	18 Kempton Road, Kippax, Leeds, LS25 7NS	0113 2862236
J2S	Mr M Telfer	As above	0113 2862236

NORTH WEST REGION

S	Mrs K Coulthard	West Grange, Blackford, Carlisle, CA6 4ER	01228 674820
S	Mr I Cowan	4 Brandwood Court, Turton, Bolton, Lancashire, BL7 0QX	01204 853583
S	Mr G Gregory	70 Cobden Road, Southport, Merseyside, PR9 7TJ	01704 214801
S	Miss F Haworth	8 Factory Lane, Penwortham, Preston, PR1 9TD	01772 745091
J2S	Mr G Haworth	8 Factory Lane, Penwortham, Preston, PR1 9TD	01772 745091
S	Mrs P Haworth	8 Factory Lane, Penwortham, Prestn, PR1 9TD	01772 745091
S	Mrs C Hesketh	3 Brockenhurst Drive, Harwood, Bolton BL2 4HP	01204 521839
S	Mrs A Jardine	59 Longsight, Harwood, Bolton, BL2 3HY	01204 524672
RJ2S	Mrs T Lambert	Eversley Lodge Leasgill, Milnthorpe, Cumbria, LA7 7EY	01539 562521
S	Mrs H Norman	48 Framingham Road, Sale, Cheshire, M33 3SH	0161 9733365
J1	Mrs C Roy	Parkbroom, Crosby on Eden, Carlisle, CA6 4QH	01228 573254
S	Mrs M Sanderson	1 Bolton Road, Southport, PR8 4BE	01704 560910
S	Mr B Steward	39 Coppice Avenue, Sale, Cheshire, M33 4ND	0161 9624229
S	Mr P Todd	9 The Pennines, Fulwood, Preston, PR2 9GB	01772 712463
S	Mrs S Todd	9 The Pennines, Fulwood, Preston, PR2 9GB	01772 712463
J2	Mrs C Waldram	17 Boonfields, Bromley Cross, Bolton, BL7 9LF	01204 300442
S	Mrs E Walsh	6 Rose Lane, Cockermouth, Cumbria CA13 9DT	01900 823006
S	Mrs A Moreton	54 Mill Lane, Lymm, Cheshire WA13 9SQ	01925 732870
RJ2S	Miss J Williams	9 Reeves Road, Chorlton-Cum-Hardy, Manchester M21 8BU	0161 8618745

SOUTH EAST REGION

S	Mr. D. Adshead	1, Bligh Close, Tilgate, Crawley, West Sussex. RH10 5DL	01293 512006
G	Mrs. H Adshead.	1, Bligh Close, Tilgate, Crawley, West Sussex. RH10 5DL	01293 512006
S	Mrs. J Bennett	Cornerstones, The Fairmile, Henley-on-Thames, Oxon. RG9 2JX	01491 579795
S	Mrs. J.Clayton	11, Elvaston Way, Tilehurst, Reading, Berks. RG30 4LX	0118 941 8531
RJ2S	Mrs E.K.Clelland	21, Maultway Crescent, Camberley, Surrey. GU15 1PW	01276 670808
J2	Mr. M.C.P Firmin	32, Woodside Road, Weybourne, Farnham, Surrey. GU9 9DT	01252 324241
J1	Mr G.Forster	16, Northbrook Road, Caversham Park Village, Reading, RG4 6PW	0118 947 7452
G	Mr S Fuller	22, Netherwoods road, Risinghurst, Oxford OX38 HE	01865 450126
G	Mrs A Fuller	22, Netherwoods Road, Risinghurst, Oxford OX38 HE	01865 450126
RJ2S	Mr. R.Geier	19 Downs Way, Great Bookham, Surrey KT23 4BL	01372 802500
S	Mrs S.Geier	19 Downs Way, Great Bookham, Surrey KT23 4BL	01372 802500
RJ2	Mrs J.Gray	48, New Road, Marlow Bottom, Bucks. SL7 3NW	01628 473241
S	Mrs M Hamerton	18, Cissbury Way, Shoreham by Sea, West Sussex. BN43 5FW	01273 452107

Synchronised Swimming Section

RJ2S	Mrs C Hinks	210, Chichester Road, North End, Portsmouth, Hants. PO2 0AX	023 9269 3736
J1	Mr J.Hodgson	30, Ives Close, Yateley, Hampshire. GU17 7RD	01252 876028
J2	Mr J Hooper	7, Devon Drive, Caversham, Park, Reading, Berks. RG4 0NT	0118 946 3962
S	Mrs. J Hulbert	Fourways, Micklands Road, Caversham, Reading, Berks. RG4 6LT	0118 947 0575
S	Mrs P.A.Jack	9, Windmill Avenue, Wokingham, Berks. RG11 3XA	0118 979 2714
J1	Mrs E.Jukes	1, Greystead Park, Wrecclesham, Farnham, Surrey.GU10 4NB	01252 722730
S	Mrs. M.Lucass	49, Farm View, Yateley, Hants. GU46 6HU	01252 876868
G	Mrs C Martin	148 Dover Road, Copnor, Portsmouth PO36 JY	02392 662087
J2	Mr. S Machin	12 Cromwell Way, Farnborough, Hants. GU14 8LN	01252 512757
S	Mrs J.Miller	2, Sunnyside Court, Deepcut Bridge Rd., Deepcut, Camberley, GU16 6QT	01252 836310
S	Mrs J Moore	Spinney Cottage, High Road, Brightwell cum Sotwell, Oxon OX10 0QT	01491 825769
RJ2S	Mrs. M Ramos	102 Havelock Road, London SW19 8HB	020 8417 1517
J2	Mrs M.Robertson	2, Kirkstall Court, The Chase, Calcot, Reading, Berks RG3 7DL	0118 941 1066
GS	Mr. J.Selley	34, Argyle Close, Whitehill, Bordon, Hants. GU35 9PU	01420 478568
G	Miss D Singh	8 Worsley Place, Theale, Reading RG7 5QP	01189 015061
RJ2S	Mrs J.White	29, South View Avenue, Caversham, Reading, Berks. RG4 0AD	0118 946 1510
G	Mrs. M.Woolley	44, Bushey Way, Beckenham, Kent. BR3 6TB	020 8325 9916
J2	Mrs. S Zimmer	1, Larch Way, Farnborough, Hants GU14 0QN	01252 544236

SOUTH WEST REGION

S	Mrs C Bates	122 Wardrew Road, Exeter, EX4 1EZ	01392 219456
G	Mrs J Baker	Sherwood, The Quarry, Calne, SN11 0BX	01249 817560
T	Mrs C Bell	7 Juniper Close, Ferndown, Bournemouth, BH22 9UB	01202 891521
S	Miss C Brooke	6 Beaufort Road, Exeter, EX2 9AB	01392 204740
S	Miss K Bryant	23 Vaughan Road, Exeter, EX1 3DH	01392 662024
S	Mrs T Bryant	23 Vaughan Road, Exeter, EX1 3DH	01392 662024
J2S	Dr N Cook	590 Wells Road, Bristol, BS16 9BD	01275 832124
J1	Ms G Coombs	16 Hurn Lane, Keynsham, Bristol, BS31 1RP	0117 3737981
S	Mrs M Dunbar	21 Crown Close, Chippenham, SN15 3UQ	01249 660456
S	Mrs J Figes	22 Cottrell Avenue, Kingswood, Bristol, BS15 1LR	01179 615153
TS	Mrs P Goff	Flat 4, 17 Victoria Park Road, Exeter, EX4 4NT	01392 848476
S	Mrs S Hardie	33 Stamford Road, Southbourne, Bournemouth, BH6 5DS	01202 255456
S	Mrs C Harris	40 Howard Close, Edwick, Exeter, EX4 2LX	01392 221476
RJ2S	Mrs M Hooper	Bantree, Rockbeare, Exeter, EX5 2EG	01404 823563
S	Mr J Kenyan	17 Swale Close, Torquay, TQ2 8PH	01803 326695
S	Mrs C Merrifield	129 Edgcombe Green, St Austell, Cornwall, PL25 5EE	01726 64606
S	Mrs J Pitfield	3 The Hawthorns, Christian Malford, Chippenham, SN15 4BG	01249 720023
G	Mrs S Pullan	21 Paddock Lane, Cheltenham, GL50 4OU	01242 241438
S	Mrs A Reynolds	Colorado, 129 Galmington Road, Taunton, TA1 5DN	01823 276326
S	Mr C Roach	The Flat, Burton Grange, 123 Salisbury Road, Christchurch, BH23 7JN	01202 484952
J1S	Mrs E Seward	66 Greenway, Crediton, EX17 3LP	01363 773307
S	Mr P Shipman	28 Theynes Croft, Long Ashton, Bristol, BS41 9NA	01275 540944
RJ2S	Mrs L Squire	87 Kent Road, Old Town, Swindon SN1 3NW	01793 614871
RJ2S	Mrs C Thompson	5 Haven Heights, 22 Birchwood Road, Lower Parkstone BH14 9NP	07929 847555
S	Mrs J Thorne	15 Bowden Way, Failand, Bristol, BS41 9NA	01275 392046
S	Mr C Webb	52a The Street, Cherhill, Calne, SN11 8XR	01249 814877

ASA SAFETY LAWS

SYNCHRONISED SWIMMING OFFICIALS' PROMPT CARD - PROMOTER

IT IS NECESSARY FOR THE PROMOTER TO ARRIVE AT THE VENUE WELL BEFORE OFFICIALS, COMPETITORS OR SPECTATORS.

OVERALL RESPONSIBILITY	The promoter of a competition has the overall responsibility for the observance and enforcement of the safety requirements. The promoter shall:
RESPONSIBILITY FOR AREAS	Agree with the Pool Owner/Operator the areas for which the Promoter, as hirer, is responsible.
OBTAIN POOL SAFETY OPERATING PROCEDURES	Obtain a copy of the Pool Safety Operating Procedures from the Owner/Operator and have it available for reference during the period of hire.
IMPLEMENT POOL SAFETY OPERATING PROCEDURES	Make arrangements for the implementation of relevant sections of the Pool Safety Operating Procedures (as required by the pool hire agreement) during the period of hire.
BRIEF REFEREE	Brief the referee(s) on the relevant sections of the Pool Safety Operating Procedures and the Promoter's Conditions prior to the competition.
DEPTHS AND DIMENSIONS	Ensure that the minimum safe water depths and other dimensions and clearances, facilities and equipment comply with current ASA requirements (<i>published separately - ASA "Requirements for Competition Synchronised Swimming" Information Sheet No 19</i>) Provide to competitors, team managers and coaches a diagram of the pool showing, dimensions, depth of water, height of pool surround above the water and obstructions eg steps.
APPOINT CLERKS OF THE COURSE	Appoint sufficient competent persons (each of whom shall be a member of an affiliated club) to organise and supervise warm-up and swim-down sessions during the period of hire and brief them on the safety aspects of their duties.
FIRST AID AND SAFETY EQUIPMENT	Ensure before a competition is permitted to start that first aid and safety equipment to be provided by the Pool Owner/Operator is in place and ready and available for immediate use and that staff who are qualified to operate it are on duty.
STAFF IN POSITION	Ensure that all Clerks of the Course, lifeguards and other safety staff are in place before any participants are permitted on the poolside, and that adequate numbers are maintained throughout the period of hire. When the competition involves children under the age of 18 years staff must be appointed at the entrance control to register details of any persons wishing to engage in video, zoom or close range photography.
ELECTRICAL EQUIPMENT	Ensure that sound equipment meets all applicable electrical safety requirements.
PREVENTING START	Prevent a competition starting if any of the required facilities and arrangements are absent or deficient.
BE PRESENT/ APPOINT DEPUTY	Be present throughout the period of hire of the pool for the competition or, for any period(s) in which he is not present, appoint a deputy who is competent to exercise the full powers of the Promoter.
ANNOUNCEMENTS	Ensure, before the start of each warm-up and competitive session <ul style="list-style-type: none"> • that announcements concerning safety arrangements are made in accordance with the recommendations of the ASA. and when the competition involves children under the age of 18 years <ul style="list-style-type: none"> • that a sign is displayed at the entrance control and an announcement is made concerning the use of photographic/filming equipment in accordance with the ASA Guidelines for Use of Photographic/Filming Equipment at Competitions.

ASA SAFETY LAWS

SYNCHRONISED SWIMMING OFFICIALS' PROMPT CARD - REFEREE

RESPONSIBILITY	The Referee shall:
SAFE CONDUCT OF COMPETITION	be responsible for the safe conduct of all activities in those parts of the premises designated for the running of the competition.
DEPTHS & DIMENSIONS	Liaise with the Promoter to ensure that the minimum safe water depth and other dimensions and clearances, facilities and equipment comply with the current ASA requirements (<i>published separately - ASA "Requirements for Competition Synchronised Swimming" Information Sheet No.19</i>).
BRIEF OFFICIALS	Liaise with the Promoter to Ensure that all officials are briefed prior to the competition on the safety arrangements and on any general safety matters (eg evacuation procedures) required by the Pool Owner/Operator.
STOPPING COMPETITION	Stop a competition proceeding at any stage if any of the required facilities, equipment, personnel or procedures become deficient and report it to the Promoter or his Deputy.

May 2000

ASA SAFETY LAWS

**SYNCHRONISED SWIMMING OFFICIALS' PROMPT CARD
CLERKS OF THE COURSE**

CLERKS OF THE COURSE ARE NECESSARY TO ENSURE SAFE BEHAVIOUR IN THE CHANGING ROOMS AND TO ORGANISE AND CONTROL WARM-UP AND SWIM-DOWN SESSIONS.

CLERKS OF THE COURSE

- 1 Receive briefing from the Promoter and/or the Referee
- 2 Generally maintain good order and discipline in the dressing room(s) and in the pool hall area. Report misbehaviour to the Referee.
- 3 In accordance with the briefing
 - Permit warm-up to start only when advised by the Promoter.
 - Be aware of the profile and depths of the pool and advise competitors as required.
 - Decide upon and enforce a maximum number of swimmers in the pool and on the pool surround.
 - Control activities in the water and on the pool surrounds.
 - Prohibit diving where water is less than 1.5m in depth and only then allow shallow dives.
- 4 Be under the control of the Referee at all times.
- 5 Report immediately to the Referee anything that appears to breach, or to be likely to breach, the safety regulations.

May 2000

ASA SAFETY LAWS

SYNCHRONISED SWIMMING OFFICIALS' PROMPT CARD - ANNOUNCER

THE FOLLOWING ANNOUNCEMENTS TO COMPETITORS AND OTHERS MUST BE MADE AT THE START OF EACH SESSION OF THE COMPETITION AND BEFORE EACH PRE-COMPETITION TRAINING PERIOD.

ANNOUNCER

- 1 Receive briefing from the Promoter/and or Referee.
- 2 Make the following announcements:
 - 2.1 "You are reminded that the depth of water at the shallow end is (*announce depth*) and the deep end is (*announce depth*)."
 - 2.2 *When areas of the pool have water where the depth is less than 1.5m you must make the following announcement:*
"You are reminded that diving *must* not take place where the depth of the water is less than 1.5m and that dives must have a shallow entry."
 - 2.3 "The signal that you will hear if it becomes necessary to evacuate the building will be (*announce here the nature of the alarm, as given in the Pool Safety Operating Procedures and give a sample sounding if possible*)."
 - 2.4 "To evacuate the building, all those present must use the marked emergency exits. Swimmers and officials must not return to the changing rooms to collect their clothes or belongings."
 - 2.5 *When the competition involves children under the age of 18 years you must make the following announcement*
"In line with the recommendation in the ASA Child Protection Policy, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography must register their details with staff at the entrance control before carrying out any such photography. This includes the use of a mobile telephone with image capturing facility"

May 2000