

**Masters Squad Annual Review**

**1. Competition Highlights.**

Swimmers from the LAC training squad and representing City of Liverpool competed in various events throughout the year. Highlights were ; GB Long Course in April, European Chamionships Olymic Park in May, and GB Short Course Championships in October.

**Mark Jones (55-59 yrs)** - continued to maintain his expansive portfoilo.

**GB LC Nationals.**

1st places 800 FC, 400 FC, and 400IM  
2nd place 200 Fly  
3rd place 200 Brest.

**GB SC Nationals**

1st places 1500 FC, 800 FC, 400 FC,  
2nd place 200 Fly  
3rd place 400 IM

**Steve Wall (60-64 yrs)** - limited outings

**European Chamionships**

1st place 100m Fly

**GB SC Nationals**

1st place 100m Fly, 3rd place 200 FC

**Anthony Wylie (45-49 yrs)** – on top of coaching

**GB SC Nationals**

2nd place 400 IM and 5th place 200m IM

**Dr Melanie Forrest** - had a notable year

Mel not only competed successfully at the Nothern Counties and European Championships but also tackedled in her first Triathlon. In an **Open Event** she finshed 4th woman overall. Perhaps she is our own Iron Lady !

**2. Developments.**

The Masters squad have faced a particularly difficult year as CoL coaching was with withdwain in September 2015, and training at LAC scheduled to cease accordingly.

The LAC squad worked closley with the LAC Manager Joe Twamley and June Bradshaw CoL Swim Programme Manager and gained their support to allow the training sessions to continue.

**The squad owes them both a huge vote of thanks.**

**Anthony Wylie** has taken a lead on coaching providing an excellent range of sechdules each week to suit all abilities and ages. **A massive thanks to Tony.**

**3. Future.**

CoL Masters train as part of the LAC Masters and Tri Squad and this means that swimmers are welcom to train with us from other Clubs, the Universities, and from various disiplines including Open Water, Water Polo, and Triathlon.

As part of the work with Joe Twamley and June Bradshaw a Development Plan was established and this includes promoting Membership termed **TOTAL MASTERS.**

This provides access to **all** Lifestyles pools and sports facilities along with the three weekly Squad sessions. Through this we aim to grow the Squad in 2017.