



City of Leeds SC – AGM Head Coach’s Report 2024

I welcome you to the 2023-2024 Head Coaches report for the AGM, this will be my final report as Head Coach after nearly eighteen years at the programme.

The programme in 2023-2024 has achieved to a high level and given opportunity for swimmers to progress in their personal level of competition.

When we travel the country and region competing, our army of Team Managers and coaches are always on hand to support the swimmers. I would like to thank all coaches and Team Managers for their time and passion to help support the swimmers on their journey.

Our home meets have been a success once again, I would like to thank all the volunteers within the club that help organise, officiate, and help at each of them.

Whatever your role within the programme, everyone contributes in their specific way that help contribute to success’s individually or as a team. The collaboration between the club and the council is imperative to development and performance swimming in Leeds. I would like to thank all involved from Leeds City Council that help facilitate the club swimmers training so they can compete for the club and represent the city and promote swimming in Leeds.

Our swimmers have performed at an outstandingly high level on both an international and domestic stage. Highlights include; Leah Schlosshan representing Great Britain at the Senior European Championships in Belgrade, progressing through the rounds and coming 4th in the 200 IM and 8th in the 200 Freestyle. Gabriel Shepherd winning two bronze medals at the European Junior Championships and Hollie Wilson finishing in the top 8 of the 800 Freestyle at the same meet in Vilnius, Lithuania. Both swimmer’s were making their debut at this level of competition. On the domestic level our swimmers performed extremely well at the Aquatics GB National Championships in the summer, finish top of the medal table. We cannot forget our fantastic Junior League Team who again were crowned national champions.

Congratulations to all the swimmers within the programme for their performances within the season, there is certainly many bright futures ahead for the young people within our club.

I would like to thank all the volunteers and committee members past and present for their support over the past eighteen years, especially Rod Wardle who has been a towering support both as chairman and team manager. It has been an honour and privilege to represent COLSC domestically and internationally.

I wish the club and all its members the very best of luck in future.

Richard Denigan (Head Coach)



European Championships

Leah Schlosshan- 200m Individual Medley 4th / 200m Freestyle 8th

European Juniors

2 Bronze medals- Gabriel Shepherd 4 x 100m Freestyle Team & 4 x 100m Medley Team

4 Finalists- Gabriel Shepherd- 100m Freestyle / 4 x 200m Freestyle Team

Hollie Wilson- 800m Freestyle / 4 x 200m Freestyle Team

Aquatics GB British Championships (Olympic Trials) 2024 (9 Medals, 25 Finals Swims)

Gold Medals (4) - Hollie Wilson - 400m Freestyle B Final Millie Threlfall - 400m I.M Junior Final Gabe Shepherd - 100m Freestyle Junior Final Kourosh Khodakhah - 400m Freestyle Junior Final

Silver Medals (3) - Charlie Broome - 200m Fly B Final Dan Ransom - 400m I.M Junior Final, 200m Breaststroke Junior Final Gabe Shepherd - 200m Freestyle Junior Final

Bronze Medals (2) - Matilda Potter - 200m Fly Junior Final, 400m I.M B Final Gabe Shepherd - 400m Freestyle Junior Final

Finalists (25 Swims) - Ella McDermott - 200m I.M Junior Final - 6th Emma Wood - 50m Freestyle Junior Final - 8th Hollie Wilson - 200m Freestyle B Final - 6th, 1500m Freestyle - 6th, 800m Freestyle - 6th, 100m Freestyle Junior Final - 7th Leah Schlosshan - 200m Freestyle A Final - 5th, 200m Breaststroke A Final - 8th, 200m I.M A Final - 4th, 100m Breaststroke A Final - 4th Tilly Ashcroft - 200m Fly Junior Final - 7th Dan Ransom - 100m Breast Junior Final - 4th, 200m Backstroke Junior Final - 8th Gabe Shepherd - 50m Freestyle Junior Final - 4th Kourosh Khodakhah - 1500m Freestyle - 10th, 400m I.M Junior Final - 8th

Qualifiers (61 Swims)



Aquatics GB British Summer Championships 2024 (32 Medals, 85 Finals Swims)

Gold Medals (17) - Beth Warner - 13/14 Yrs 400 Freestyle, 13/14 Yrs 800 Freestyle Hollie Wilson - 16 Yrs 1500 Freestyle, 16 Yrs 400 Freestyle, 16 Yrs 800 Freestyle Matilda Potter - 16 Yrs 400 I.M Dan Ransom - 16 Yrs 200 I.M, 16 Yrs 200 Back Gabe Shepherd - 16 Yrs 200 Freestyle, 16 Yrs 100 Freestyle Jordan Cooley - 18 Yrs/Over 100 Freestyle, 18 Yrs/Over 50 Freestyle Tom Wooffindin - 15 Yrs 200 Fly Female 14-16 Yrs 4x100 Freestyle A Team (Beth Warner, Emma Wood, Ella McDermott, Hollie Wilson) Female 14-16 Yrs 4x200 Free A Team (Matilda Potter, Beth Warner, Tilly Ashcroft, Hollie Wilson) Male 14-16 Yrs 4x100 Free A Team (Gabe Shepherd, Matt Just, Paddy Neill, Connor McCullen, Dan Ransom) Male 14-16 Yrs 4x100 Medley A Team (Dan Ransom, Tom Wooffindin, Matt Just, Gabe Shepherd)

Silver Medals (11) - Beth Warner - 13/14 Yrs 200 Freestyle Hollie Wilson - 13/14 Yrs 200 Freestyle Matilda Potter - 16 Yrs 200 I.M Dan Ransom - 16 Yrs 100 Breast, 16 Yrs 50 Back, 16 Yrs 100 Back, 16 Yrs 50 Breast, 16 Yrs 400 I.M Gabe Shepherd - 16 Yrs 50 Freestyle Kourosh Khodakhah - 17 Yrs 800 Freestyle Tom Wooffindin - 15 Yrs 200 Breast

Bronze Medals (4) - Matilda Potter - 16 Yrs 400 Freestyle Dan Ransom - 16 Yrs 200 Breast Gabe Shepherd - 16 Yrs 200 Fly Tom Wooffindin - 15 Yrs 100 Breast

Finalists & Top 10 (85 Swims) - Beth Warner 13/14 Yrs 200 Fly - 5th Elkie Foster 13/14 Yrs 200 Fly - 9th Ella McDermott 16 Yrs 50 Breast - 9th, 16 Yrs 100 Breast - 7th, 16 Yrs 100 Freestyle - 6th Emma Wood 16 Yrs 50 Freestyle - 4th, 16 Yrs 100 Freestyle - 4th, 16 Yrs 50 Back - 7th Eva Stacey 17 Yrs 1500 Freestyle - 7th, 17 Yrs 800 Freestyle - 6th, 17 Yrs 400 I.M - 9th Hollie Wilson 16 Yrs 50 Freestyle - 5th Issy Hall 13/14 Yrs 1500 Freestyle - 5th Izzy Handley 15 Yrs 200 Fly - 10th Lauren Lilley 16 Yrs 1500 Freestyle - 8th, 16 Yrs 800 Freestyle - 6th Matilda Potter 16 Yrs 200 Fly - 5th Mei Yuasa 13/14 Yrs 1500 Freestyle - 9th, 13/14 Yrs 200 Fly - 8th, 13/14 Yrs 400 I.M - 7th Millie Threlfall 15 Yrs 1500 Freestyle - 4th, 15 Yrs 200 I.M - 4th, 15 Yrs 800 Freestyle - 5th. 15 Yrs 400 I.M - 5th Molly Norton - 13/14 Yrs 800 Freestyle - 8th Sedona Reed 17 Yrs 1500 Freestyle - 9th, 17 Yrs 400 Freestyle - 10th, 17 Yrs 800 Freestyle - 8th Tilly Ashcroft 16 Yrs 200 Fly - 10th Charlie Broome 18Yrs/Over 200 Fly - 10th, 18Yrs/Over 200 Back - 8th George Brooks 17 Yrs 100 Breast - 7th, 17 Yrs 50 Breast - 7th Joe Hall 16 Yrs 800 Freestyle - 10th Jordan Cooley 18 Yrs/Over 200 Freestyle - 4th Kourosh Khodakhah 17 Yrs 1500 Freestyle - 4th, 17 Yrs 200 Freestyle - 6th, 17 Yrs 400 Freestyle - 6th Matt Just 16 Yrs 100 Fly - 7th, 16 Yrs 50 Fly - 5th Paddy Neill 16 Yrs 400 I.M - 10th Patrick O'Hara 13/14 Yrs 1500 Freestyle - 9th Tom Wooffindin 15 Yrs 200 Fly - 9th, 15 Yrs 100 Fly - 7th, 15 Yrs 50 Fly - 7th Will Wilson 13/14 Yrs 1500 Freestyle - 5th, 13/14 Yrs 800 Freestyle - 7th Female 14-16 Yrs 4x200 Free B Team (Ella McDermott, Mei Yuasa, Lauren Lilley, Millie Threlfall) - 8th Female 14-16 Yrs 4x100 Medley A Team (Emma Wood, Ella McDermott, Matilda Potter, Hollie Wilson) - 5th Male 14-16 Yrs 4x200 Free A Team (Paddy Neill, Dan Ransom, Tom Wooffindin, Gabe Shepherd) - 4th Male 17/Over Yrs 4x200 Free A Team (Kourosh Khodakhah, James Dakin, Charlie Broome, Jordan Cooley) - 9th Male 17/Over Yrs 4x100 Free A Team (Jordan Cooley, Matt Rooney, Rory Taylor, Charlie Broome) - 6th Male 17/Over Yrs 4x100 Medley A Team (Charlie Broome, George Brooks, Louie Dove, Jordan Cooley) - 9th

Qualifiers (165 Swims)



Swim England National Summer Meet 2024 (5 Medals, 22 Finals Swims)

Gold Medals (1) - Issy Hall - 12/13 Yrs 200 Breast

Silver Medals (2) - Ella McDermott - 16 Yrs 400 Freestyle Libby Dixon - 14/15 Yrs 200 Fly

Bronze Medals (2) - Elkie Foster - 12/13 Yrs 200 Back Issy Hall - 12/13 Yrs 400 I.M

Finalists & Top 10 (22 Swims)

Qualifiers (75 Swims)

Swim England National Open Water 2024 (1 Medal, 4 Swims)

Bronze Medals (1) – Eva Stacey 17/18 Yrs 7.5K

Top 10 (2) – Joe Hall 16 Yrs 7.5k, William Wilson 14 Years 5K

Swim England Winter Short Course National Championships 2023 (2 Medals, 8 Finals Swims)

Silver Medals (1) - Charlie Broome - 100m Backstroke B Final

Bronze Medals (1) - Leah Schlosshan - 200 Breaststroke A Final

Finalists (6 Swims) - Ella McDermott - 100 I.M Junior Final Leah Schlosshan - 50 Fly B Final -4th, 200 I.M A Final Charlie Broome - 200 Fly A Final Kourosh Khodakhah - 200 I.M Junior Final - 6th, 400 I.M A Final

Qualifiers (22 Swims)

North East Regional Championships 2023-2024

Gold Medals (35) – 66

Silver Medals (34) - 64

Bronze Medals (41) - 73

Finalists (387 Swims) - 581

Yorkshire SA Championships 2023-2024

Gold Medals (32) - 140

Silver Medals (47) - 133

Bronze Medals (45) - 132

Finalists (450 Swims) – 818