

## Open Water report 2020

Whilst we could not run the county and regional championships this year. Many of our Essex based swimmers took to the lakes of the county; and indeed, out of county, to enhance fitness and look to replace the pool training that was so sadly missing during the year. Many swimmers also took to the sea. One of the success stories amongst many others was Stubbers during June and July where several clubs such as Thurrock, Hornchurch, Bor and Southend amongst others took to the lake to swim for two hours each Sunday with a fully qualified open water coach. Out of this came a tremendous recognition to open water swimming from many who had never tried this before and it will be important for the county to provide more opportunities to swimmers over the coming year, for them to try the open water environment and the general well-being of swimming in the great outdoors. To this extent, Essex County will endeavour to provide an open water training day for swimmers during 2021. It will provide an opportunity to swim open water and perhaps, timings to be confirmed; provide athletes with an opportunity to then take part in the regional and county championships to be held in July 2021, Keep an eye of the Swim England East website for more data.

Regards

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