



Alys Thomas, formerly Kingston Royals SC represented Wales for the 3<sup>rd</sup> time at the 2018 Commonwealth Games on the Gold Coast, Australia. Alys made her GB debut at the World Championships in Budapest 2017 after she defended her British 100m Butterfly title in Sheffield. The Commonwealth Games served up a first international title after many years' hard work and sacrifices as she won the Women's 200m Butterfly. She also picked up a bronze in the Women's 4x100m Medley Relay for Wales in the penultimate race of the swimming competition.

Josh Luff, Kingston Water Polo

Josh Luff, aged 14, was one of the first cohort of youngsters taking up water polo through Guildford Water Polo Club's junior polo initiative. With his Dad Steve playing for Kingston, water polo wasn't new to Josh. However, Josh made such excellent progress that he was soon training with the SE Region training squad and went on to compete in the SE inter-regional championships. His superb goal-scoring at this level saw him invited to join the English U14 training squad and his commitment to training has been exemplary as a lot of work is required during the week to maintain his position in the squad. Josh's achievements are even more merit-worthy because of the absence of junior polo in the rural Surrey area in recent years.



Special Awards 2017-18

We salute his commitment and achievements, and hope he will be the first of many from this area.