



Juliet Wallace-Mason

At the back waving

Pam Tipper

“Jules is one amazing lady. She has a natural gift to get the best out of everyone, whatever their ability. She has a way of bringing everyone together, very much a team player.

She has helped me improve my front crawl technique, I'm not a fast swimmer, however she is able to get the best out of my stroke, I've gone from strength to strength, starting off with small swim distances, building up to a 5k distance. She gives so much of herself to everyone she meets.”

Alex Harris

“Pam recommended Jules to me, I am so glad she did. I have gone from being unable to swim freestyle to being able to compete with confidence. Looking to swim long distances, through her incredible sessions.

Jules gives her all, in her sessions, being inspirational and encouraging. Helping hands on, in the water. Time spent in her company in or out of the water, leaves you feeling positive and upbeat.

This, even now, through the change in her circumstances, herself being unable to

compete, hasn't changed her outlook, emitting kindness and positivity, is truly humbling.

I would like to nominate Jules for this award, for her years of dedication to the sport, both representing GB, and helping others to achieve their life goals.”



Juliet Wallace Mason (Jules)

Paul Gardner Director Swimwerkx

“Juliet is simply one of those rare souls who brings joy into other's lives and in her swim capacity her infectious enthusiasm and

ability to empathise with others who's journeys have been different to her own is truly remarkable. She's taught modern pentathlon at Millfield and competed for Great Britain in Aquabike and Triathlon but because of the way she communicates she instils comfort and confidence in the water in a way to which everyone can relate. Despite a very tough couple of years for her personally she's continued to support all her swimmers. We're very lucky to have her on the team."

Melissa Ireland

"I think Jules should win this award due to her absolute passion for swimming. She is such an inspiration when it comes to swimming, and I recommend her to anyone I speak to who wants to improve their swim technique or even learn how to swim.

She helped me personally prepare for a 24hr relay lake swim where I was very much out of my comfort zone, she took me from zero to hero helping me overcome my fear of putting my head in the dirty coloured water! She is just so fabulous at what she does! A wonderful woman!"

Richard Hunt

"Jules is the most inspiring person I have had the good the fortune to meet. She coached me from worse-than-novice to a competent open water freestyle swimmer with enthusiasm and great humour.

Two years on and I have just undertaken my first distance swim event - something I never thought I would undertake let alone enjoy! Swimming lessons at school were something I used to dread, but I am now extremely grateful to have been inducted into this fantastic sport and lifestyle with such professionalism and zeal.

I continue to use any free time I can find to work on my technique both in the pool and in open water and hopefully one day

undertake some joint swims with Jules. Thank you!"

Dawn Knowles

"Before i met Jules i could only manage to swim a very poor head up breaststroke. I have had coaching with Jules over the last 3 years, and she has encouraged me to swim and improve my front crawl, her constant encouragement and support has lead me to setting personal challenges that I never dreamt I would achieve. I have now gone from swimming a bit of breaststroke to swimming front crawl in Windermere. She has helped me to improve my life, become fitter, stronger and more confident. She has changed my life for the better.

John Wilson

"When I first met Jules, I was a very poor swimmer, with little confidence in the water. Our first meeting was at a cold-water exposure course. From start to finish of this course Jules inspired confidence in me through her teaching skills and genuine approach. Although I was one of twelve people attending the course Jules made me feel like I was receiving a one-to-one session. Her style of teaching and empathy with all those attending the course made us all feel empowered to take part in the course and complete it successfully. As a result of my first meeting with Jules and her approach to life, I decided to book swimming lessons with her in the local pool.

Once again Jules's approach to teaching and immediate understanding of both my personal and swim technique requirements helped me improve my swimming.

Jules's personality is infectious, and she is always considering others and how she can help them using swimming as a foundation to build confidence and inspire others to do their best. Having met Jules and worked on my new 'superpower' I am considering what

options I can use my new skill to help my local community; perhaps that will be volunteering at my local pool or open water venue. Thanks Jules”

Liam Ireland

“I first met Jules last summer. It was a training session at escape to the lake for a 24-hour team swim. I was instantly consumed by her enthusiasm for the event

and swimming as a whole. I used to be a keen swimmer when I was a lot younger but for many years (20 at least) have not really swam. Now I swim at least once but often twice a week, whether it be in a pool or lake and it’s all down to Jules”

See Juliet Swimming [here](#) Just scroll down to the bottom of the home page.

