



### THE ILDSA CONOR KING HEART OF OPEN WATER AWARD

This award goes to the person who has found joy, courage and solace in the water, who has faced life's challenges and has benefited from the energy swimming brings to support them on their journey having a positive impact on themselves and on those around them.

SEASON/ AWARDS YEAR	WINNER
2021	Maura Duffy
2022	Bridget Wing
2023	