

Birmingham Masters Swimming Club

Newsletter

June 2007

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POOL CLOSURES

Please note that there will be no training at KES on the following dates:

Wednesday 4 July; Friday 6 July, Saturday 7 July. Normal service resumes on Sunday 8 July

BRITISH MASTERS CHAMPIONSHIPS

A spontaneously healthy entry of Birmingham Masters excelled themselves at the GB Masters Championships held at Manchester 15-17 June. This is the biggest domestic long course meet of the year. This meet is never attended as well as the ASA' short course event at Sheffield at the end of October. Part of the reason might be that Masters swimmers are said to dislike long course swimming, but other factors such as time and cost probably come into it. As it was only Suzie Hurst and Keith Ingram attended on all three days of the meet, while the other ten swimmers were there for just one or two days. We were it has to be said a rather fragmented group. However the Commonwealth Games pool provided excellent swimming conditions and the meet was administered smoothly.

This report is a composite of Keith's summary and my comments. Apologies as usual to anyone whose name has been omitted or who swam an event not mentioned here.

The meet started on Friday afternoon with the 1500m, swum two per lane and with men and women mixed. Only Trevor Clark flew the BM flag, in an unusual event for him. He finished 3rd in his age group in 200-21.62. More success came BM's way in the evening session. In the 200 IM Colin Leiper placed 6th in a sound 2-50.86, while Keith Ingram had a clear win in 3-07.29. In the ladies event Laura Johnson swimming reportedly her first long course event ever, swam well to place 4th in 3-04.28, while Suzanne Hurst was 3rd in 2-47.42. Trevor was on show again in the 50 fly, nipping 2nd spot in 30.12. In the last event, the 200 breast he was relegated to 4th place (2-59.67), while Keith won his second event of the day in 3-23.41. Our occasional weekend swimmer Jane Leighton secured 2nd place in 2-50.11.

Saturday morning was a cue for the Trevor and Keith show to resume: Trevor got 2nd in his 200 fly in 2-49.99, and Keith had a safe win in 3-42.88. Our 50 free men, not one of BM's specialities, featured David Roberts (3rd in 25.46), Steve Langford (a good time 28.22 for 13th place), and Trevor again, placing 4th in 28.72. Our only female swimmer was Judy Wilson and she swam to a safe 1st place in 33.67. In the final event of the morning, the 200 back, Laura won another 4th place in 3-02.44, and Suzanne was 3rd in 2-46.68. Steve upset one of the turn judges and won our first DQ of the weekend.

The afternoon session began with the 200 free. Colin reappeared to swim a solid 2-28.08 for 10th spot, Trevor swam a tired 2-23.44 for 6th, and Andy Wilson emerged to come a close 2nd in 2-33.30. On the ladies side Sabrina Marsh was pleased to beat Colin's time (2-27.68) and Judy swam her second event of the day to win her age group in 2-51.75 after an extravagantly negative split swim. More success came our way in the 100 back. Steve swam a fine 1-13.75 for 5th, Laura went 1-23.48 for another 4th place, Alison Peakman's 1-14.50 was good enough for 2nd, and Suzie was amongst the medals again: her 1.16.82 a silver medal time. Two medals came our way in the 50 breaststroke. David swam a lifetime best of 31.98 for 2nd place, and Keith went 41.84 for 3rd.

The evening's 800 free saw our first head-to-head. Colin (lane 5, 11-03.71 and 4th in his age group) narrowly beat Andy in lane 4 (11-17.10 and 1st in his age group). Both were trounced by Sabrina in the next heat. Her 10.55.18 was a bronze medal time, and would have been faster had she not shipped a mouthful of water from the other swimmer in her lane. In one of the faster heats Jane Leighton showed how it should be done and swam 10.06.99 to win her age group.

Sunday morning is always a problem at these weekend meets, but we had some strong results in the first event, the 400 free. Sabrina swam very well to record 5-08.11 for a 2nd place, and Laura swam a fine 5-55.30 but could only score a 7th place with this time. On the male side Colin was our only swimmer and he had to be content with a 5-20.22 for 4th place. In the next event, the 100 breaststroke we had just one swimmer, Keith, and he was 2nd in 1-32.64.

First up on Sunday afternoon were the 400 IMers. Suzanne did us proud with a win in 6-02.98, and Keith picked off another victory with his 7-23.00. We had a further win in the men's 100 free where David swam to a lone lane 8 winning time of 55.03, with lanes 6 and 7 empty. The final event was the 50 back, and two good 2nd places in this went to Alison with a 34.26 and Suzie with her 35.14.

In all our club swimmers amassed nine gold, nine silver, and seven bronze medals, and we can therefore count the meet a success. Full results can be found on the ASA website www.swimming.org.

Results are of course calculated according to one's age: at the risk of indelicacy, here are the ages of the swimmers mentioned:

Suzie Hurst	33	Trevor Clark	53
Laura Johnson	24	Keith Ingram	67
Janet Leighton	26	Steve Langford	38
Sabrina Marsh	24	Colin Leiper	48
Alison Peakman	28	Dave Roberts	26
Judy Wilson	63	Andy Wilson	61

These results from Manchester give a very hopeful pointer to events later in the year, the European Masters Championships for those who are going and the ASA short-course Masters Championships at the end of October. As the club coach I hope that we can complete the present preparatory phase before embarking on some hard competitive phase training for the 10 weeks or so up to the European Masters. This will take us to the beginning of September. It would help me if members who have entered meets other than the big events (i.e. the Europeans and the ASA Masters) could let me know

WORLD TOP TEN

Congratulations to all our club members and others who train with us occasionally who are ranked in the 2006 world top 10! Discover their performances and those of others at www.fina.org. Those involved: Jane Leighton, Elaine Bromwich (one of our new 'country' members), Hayley Bettinson, Judy Wilson, David Roberts, Andy Wilson, Mick Marshall, Keith Ingram, Arthur Lowe, John Davis, plus a number of relay teams. In addition we have some European top tenners in John Tennant and Allen Miles.

Perth 2008

Entry standards for the 2008 World Masters Championships are now displayed on the meet website www.2008finamasters.org.

Other Results

Lorraine Ayres swam the South Cerney 3.8km open water event in 1 hour 10 minutes to be the tenth female home, and in the Weymouth Sprint Triathlon was the first vet lady. Don't ask how old you have to be to be a vet lady.

Annual General Meeting

The AGM was held on Wednesday 27 June. Full details of this exciting event will be in the next newsletter.