

BIRMINGHAM MASTERS SWIMMING CLUB

July Newsletter 2007

Compiled by Andy Wilson (andy.Wilson@swimming.org)

Annual General Meeting

Eleven hardy members braved the rigours of the Annual General Meeting, held in the cricket pavilion on Wednesday 27 June. As with all proper AGMs there was little to excite the gathered members, but the business of the meeting enables the club to proceed in an orderly and correct manner. We were very pleased to have our chairman Mike Dickenson in attendance. To take matters out of order Mike announced towards the end of the meeting that he was standing down as chairman, which gives me an opportunity to endorse the remarks made at the meeting regarding Mike's contribution to the club over the past few years, which have seen the club go from strength to strength. Mike will not be lost to us altogether, although his swimming opportunities are limited by a chronic back problem. His position in the City's sports development office will enable him to keep an eye on the club's affairs.

Other votes of thanks included a number to those of our members who administer the club's affairs – Rebecca who looks after the finances, Laura who looks after the website (which is much admired), Toni for her efforts with the club kit (taking over mid-season from Scheila). Rebecca's important report suggested that the club was just about holding its own financially, and that some additional income from whatever source would not go amiss. Something for the new Committee to consider. Judy reported on membership. There are now some 81 members (including 12 who rarely if ever attend), but our average attendance is normally in the high 20s (that is between 25 and 30). Any more and we run out of water space or require a second lifesaver! A brief coach's report was well-received and the club's strategy of 'targeting' a few select meets was endorsed again.

The new Committee: The following were elected to serve for the next 12 months –

Chair	Sue Cramb
Secretary	John Tennant
Treasurer	Rebecca Smith
Membership	Judy Wilson
Committee	Toni Edge (kit)
	Keith Ingram (coaching sub-committee chair)
	Suzie Hurst
	Laura McCaughey (website)
Coach	Andy Wilson (newsletter)

A notice has appeared on the side periodically since then seeking volunteers for the general posts on the Committee. There is always a need for enthusiastic club members to assist in a variety of ways, so if you would like to assist in the running of the club, have a word with our secretary on a club night.

Midland Open Water 22 July

Five club members braved the chilly water on Sunday 22 July for the Bosworth Open Water Championships. The total entry was 118, but a few obviously did not make it through the floods. After all the rain, the water temperature was a cool 15° C (59° f) and a slight breeze increased the chill factor. Five swimmers found the conditions not to their liking and got out. The sun did make an appearance which made everyone feel better.

Alison Peakman in the 3k event did an excellent time of 39.07.36 to come first in her age group and seventh overall (men and women). Rosie Lowry struggled with the conditions for the first lap, but then settled into her stride and even said later that she could have completed another two laps! She came fourth in her age group in the 3k event. Allison Stoney, entering the event for the first time, gained third place in the 1.5k event. Val Morris and Judy Peace both came away with gold medals in the 60+ age group in the 3k and 1.5k events respectively. Wartime babies are a hardy breed. Judy left the water elated that she had beaten a

swimmer in the 12-16 age group and basked in her swim costume for ages while the rest of us shivered in two fleeces!

Results

3k	Alison Peakman	39.07.36	25-29				
	Rosie Lowry	52.15.73	40-49	1.5k	Allison Stoney	32.30.84	40-49 yr
	Val Morris	70.07.54	60+		Judy Peace	38.22.43	60+

Barnet Distance Meet – 21-22 July

Clashing unreasonably with the Midland Open Water event was the Barnet 'distance' meet. This is always a well organised meet, and the lack of 50-metre events seems to reduce the participation rate somewhat. A hardy clique of Birmingham Masters took part and generally swam well up to expectations despite the lack of a taper for the meet.

Judy Wilson swam her 800 free in 12.06.07 for a British record, and followed this with a good 400 – 5.54.35. She also swam the 200 fly as preparation for the European championships, making it home in 3.25.22.

Carl Mellor, in his first competitive swim for years swam a creditable 10.15.45 in the 800 free. Carl is really a backstroker, and he swam a couple of good events on that stroke, 200 in 2.34.90 for third place and 100 in 1.09.73 for another bronze medal.

Colin Leiper swam a number of events, and recovered well from the disappointment of swimming below his best in the 800. His 11.34.51 was worth a good deal less than his Manchester long course swim. He recovered well to win his 400 age group in 5.11.98. His 200 IM in 2.51.83 was also worthy of mention, as was his 200 free in 2.25.55

Andy Wilson made a rare competitive gambit in the 800 and was pleased with his 10.56.13 and his 400 in 5.12.98. His 200 IM in 3.00.93 was not so good, and his 200 free in 2.32.04 was pretty dreadful.

In the 400 free Laura Johnson swam well to take second place in her 18-24 age group in 5.45.93, while our regular guest Jane Leighton went 4 49.99 for a place in the 25-29 group. Laura swam both backstroke events, winning her 200 in 2.56.29 and the 100 in 1.21.33, and swam a rather tired 200 free in 2.43.93, very soon after her 100 back. Jane also swam the 200 breast, finishing in a very respectable 2.49.07.

Jim Hunt was swimming his second Masters meet and was pleased to take third in the 45-49 100 breast in 1.35.26 and second in the 100 fly in 1.31.18.

David Roberts swam a restricted programme, starting off with a superb 200 IM, 2.14.98. His 100 fly was also tasty, 1.00.87, but his 100 free soon afterwards was a very tough effort, 54.56.

Keith Ingram was his usual selective self, swimming a steady 400 free in 5.49.81 for a second place, while his 200 IM was a sound 3.04.70 though good for third place in a strong field. His 200 fly, 3.29.22, was a silver medal swim but useful practice for Kranj, as was his 100 in 1.24.23.

Overall this was a good performance by some of our more regular attenders. Let's hope this experience is repeated at our next targeted meet, which could well be the Barnet sprint meet on 9 September or possibly the Staffordshire Masters on 23 September.

NATIONAL MASTERS CHAMPIONSHIPS 2007

You will know that the competitive highlight of the year, the ASA Masters Championships, will be held at Ponds Forge in Sheffield on 26-28 October. Pauline Cooke has organised some accommodation, and the best I can advise is that if you are intending to swim in Sheffield you book your room immediately.

Our relay efforts are being co-ordinated as usual by Keith with assistance from Pauline and Judy. You will shortly be asked which sessions you will be available. As this is the year's big target event I hope you will all make it to Sheffield for at least one of the days so that our relay effort can be our best ever.

NATIONAL MASTERS SWIMMING CHAMPIONSHIPS

26 – 28 October 2007

SHEFFIELD

ACCOMMODATION

Accommodation has been booked at the Hotel Bristol, Blonk Street for the Friday 26 and Saturday 27 October.

For those who did not come last year the hotel is only a few minutes walk from the pool.

The cost includes bed and breakfast and there is a small charge for car parking.

I have booked 10 Twin rooms, 10 Double rooms and 6 Single rooms

Cost:	Twin/Double	£70 per room per night
	Single	£65 per room per night

SATURDAY EVENING MEAL

A meal has been booked in the Hotel Bristol for the Saturday evening for 35 people at 7.30pm. The Hotel will produce a 'Swimmers Menu' which I will circulate the week before for people to make their choices.

BOOKING

If you require accommodation please complete the form below and return it to me by **22 SEPTEMBER** with a deposit of **£15** per person (payable to 'Hotel Bristol')

If you would also like to attend the Saturday evening meal please tick the box below.

Pauline W. Cooke 0121 454 6857 pauline@pcookebhm.fsnet.co.uk
18 Woodbourne Augustus Road, Edgbaston, B 15 3PH

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National Masters Swimming Championships 2007 Accommodation Booking Form

Name/s.....

Contact No (D)..... **(E)**.....

Email.....

Accommodation (Please tick)

Friday 26 Oct Sat 27 Oct Twin Double Single

Saturday Evening Meal (Please tick)

I/we would like to attend the Saturday Evening Meal

Deposit

Deposit of £15 per person enclosed Cheque Cash Amount.....

Date Received by Pauline..... (Pauline to complete)

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Watches

There is a growing tendency for swimmers to wear wrist watches in training. One day we are going to have an accident when a sharp edge on a watch comes into contact with a swimmer's soft head. It could easily happen in our narrow lanes. Let's make a start with a voluntary act of self-denial. After all, we do have a training clock that keeps quite respectable time.

Closures

Please note that the session on Saturday 8 September will start at 8.15 a.m. and finish at 9.15 a.m. Please don't be late!

Water quality

The Club's apologies for the variable and sometimes unpleasant condition of the water recently. The secretary is in almost constant touch with the school, and we can only sympathise with those whom the water affects adversely. This is a matter beyond our control.

Coaches wanted

We need club members to take sessions in place of Andy while he is away during the summer, at the European Masters Championships. The following dates are 'vacant':

Sunday 29 July
Tuesday 31 July
Tuesday 21 August
Wednesday 22 August
Friday 24 August
Sunday 26 August (first part)
Friday 31 August
Tuesday 4 September
Wednesday 5 September

Schedules for your guidance will be produced, though stand-in coaches are free to adapt as they think fit. You will also earn yourself the club's gratitude and a free swim. If you are interested please sign up on the poolside or see Keith.

Diary dates

Apropos the remark about our next targeted meet, pencil in the following pre-Sheffield fixtures. We'll probably go for one of these.

9 September	Barnet Copthall sprint meet – 50s and 100s and medley
22 September	South East Region short course meet - 50s, 100s, and 200s and medley
23 September	Staffordshire Masters – 25s, 50s 100s, and medley

Andy Wilson
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