

BIRMINGHAM MASTERS SWIMMING CLUB

May 2008 Newsletter

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Midland Masters Swimming Championships 2008

Our thanks to Keith Ingram for this overview of the Birmingham Masters' participation in the Midland Masters championships...

The overall turnout this year was significantly down, partly I believe because of the early date immediately following Easter and partly due to proximity of the World Masters. Thirty three people swam (48 last year) and 29 of these did individual events. The final medal count for the individual events was 21 gold, 18 silver and 21 bronze falling well short of the 2007 total of 63, 25 and 27 but to be fair 9 of the missing swimmers this year won 36 gold medals between them last year so the above statistics are not too surprising.

With reduced numbers we fielded far fewer relays this year - 16 (compared with 30 teams last year) and with many key swimmers missing inevitably we were less competitive across the board. However, we scored 2 gold, 2 silver and 7 bronze medals and more importantly there were many competitive races and a lot of enjoyment.

Thanks are due to Carrie Wilmot, Fred Rennie and Steven Bradley who came especially to swim in the relays. They all made a point of saying how much they enjoyed the experience and this sentiment extended to a number of our newer swimmers who are looking forward to swimming in future meets.

The individual swims.

Allen Miles was our oldest male swimmer and it is hard to believe that he will be 80 this year. He swam 3 events:- the 50 and 100 metres freestyle and the 50 metres backstroke and won them all in British record times. The undoubted star of the show this year.

Mick Marshall went for quality and produced an excellent 400 metre swim of 5:34.01 to finish 2nd behind the British Record holder.

Keith Ingram went for quantity and took 6 gold, 1 silver and 1 bronze in for the most part rather modest times.

Andy Wilson ran into opposition from one of the younger members of his age group in the freestyle events finishing 3rd 400 metres freestyle, 2nd 200 metres freestyle and 2nd 100 metres freestyle but came back to win the 200 metres breaststroke.

Clive Whittaker extended his programme this year to include all the freestyle distances and the two shorter breaststroke events. Whilst he finished out of the medals in the freestyle he netted a gold and a silver medal in the 100 and 50 metre breaststroke events. The standard advice to include the 200 metre breaststroke next year applies.

Robert Cramb has aged up to 55-59 and made the opposition pay. 1st at 50 and 100 freestyle and 50 metres butterfly followed by a 2nd at 200 freestyle. But for fragmented training due to a demanding work schedule this would have been a clean sweep.

David Cooke's duties as Solihull Swimming Club Coach restrict his training time and therefore 3rd place finishes in the two shorter backstroke distances and the 100 metres freestyle were excellent results in good times.

Ian Parker added the 100 I.M. to his repertoire this year and turned in a 1:37.11 for 5th place which was good given that this event followed on immediately after the 50 metres breaststroke.

Colin Leiper Success comes to those who aim for targets even if at the end of the day these are not quite met. Colin's aim was to go sub 5 minutes for 400 metres freestyle and finished with 5:02.76 for 3rd place. The longer swims bring the medals and Colin netted 3rd places at 400 metres I.M. and 100 metres butterfly and a 2nd for effort in his first ever 200 metres butterfly.

Peter Yeung: hard work in training produced some solid swims with 5th and 6th place finishes in the two shorter breaststroke distances and two good swims in the two shorter freestyle races.

Nick Manassiev Nick was justifiably pleased with his sub 3 minutes 200 I.M. swim and also produced a good 100 metre freestyle swim.

Lawrence Miller Take the toughest stroke and select the longest distance and the medal follows. The results speak for themselves 200 and 100 metres butterfly 3rd and 4th respectively and 50 metres freestyle 8th.

Adam Woods Despite being unwell Adam nevertheless won the 100 and 200 metre Individual Medley events and the 50 metres butterfly.

Dirk Cox A bit of low cunning by a rival who swam unnoticed in heat 1 consigned Dirk to 2nd place in the 400 metres freestyle. The 100 metre event secured another 2nd place whilst the 200 metre swim resulted in a rare dead heat for 1st place.

Steven Langford Steven has had a quiet start to his year but nevertheless produced some good swims with a 2nd in the 200 metres backstroke and a 3rd in the 50 metres butterfly.

Mark McGarry proved to his detractors that he is more than just a drop dead sprinter and took 3rd place in the 400,200 and 100 metre freestyle events.

Duncan Wilson swam the three shorter freestyle races and produced times close to his entry times. When the training base is established these times will be driven down.

Luke Swain is new to masters swimming and his first two swims at 100 and 50 metres freestyle produced times of just above and just below his entry time. As conditioning improves he will undoubtedly drive these down.

Edmund Salt Another new swimmer with a very swift breaststroke. Edmund won the sprint breaststroke and was second at 200 freestyle.

Leighton Cardwell is an I.M. swimmer and won the 200 metre I.M. and placed 3rd at 100 metres. He also took a bronze medal for 50 metres freestyle.

Judy Peace had a good meet with silver medal finishes in the two shorter breaststroke events and the 50 metres butterfly. A bronze was achieved in the 100 metres I.M. and this could have been added to in the 200 metres I.M. but for a DQ. Having got the fly right Judy infringed with a one handed breaststroke turn.

Susan Cramb did the two shorter breaststroke events and won a bronze in the 100 metre event. It may be time to expand into an I.M., or a freestyle event based on evidence from training sessions.

Rosie Lowry beat her entry time in all three of her swims the 400, 200 and 100 metre freestyle events and took a bronze medal for the 400 metre distance.

Lorraine Ayres did the same programme of events as Rosie in an adjacent lane in the first two swims and the rivalry produced PBs but the misfortune was three 4th place finishes.

Esme Watkinson swam the two shorter backstroke events taking a bronze at the 100 metre distance. The gremlins in the turn are being sorted out and success at 200 metres backstroke will come when she enters this in the future.

Laura McCaughey came for the 400 metres freestyle, did a PB, came 3rd and expressed amazement since, she has hardly done any training this year.

Diana Steele swam vigorously as ever placing 2nd at 200 metres freestyle, breaststroke and I.M. and added a silver for the 100 metre I.M. as well.

Harriet Moss was in heavy training for the imminent London Marathon so a modest time and 4th place in the 100 metre I.M. was a fair reward at this stage.

Rachael Hares Swimming is ticking over at the moment but Rachael nevertheless won the 100 metres I.M. and was 2nd to a super fast Nicola Sheasby swim in the 100 breast. (KI)

Gloucester Masters Meet Sunday 20 April

Our thanks again to Keith Ingram for this report on the Gloucester Masters meet....

A select band of nine of our swimmers ventured to Gloucester for this well run open meet. **Judy Peace** did three events winning the 100 IM and placing 3rd in the 50 butterfly and 100 breaststroke. **Rosie Lowry** placed 2nd in the 200 freestyle in a time a few tenths of a second slower than her time in the Midland Masters and then produced a sub 1:20 PB to place 3rd in the 100 freestyle.

Lorraine Ayres did all the freestyle events and was significantly quicker than her Midland times for 200 metres 2:56.24 (3:00.71) and 100 metres 1:19.88 (1:21.04). This time the 200 metre swim gained a well earned bronze medal. Her 50 metre freestyle was a creditable 35.72. **Allison Stoney** was only 5th in the 200 metre freestyle but in a respectable time and further solid swims saw her pick up a medal of each colour for 100 metres butterfly, 100 and 50 metres breaststroke.

Kate Chase also collected a medal of each colour for the 200, 50 and 100 metre freestyle events but added a further silver for the 50 breaststroke. **Keith Ingram** did both of the longer freestyle events, both breaststroke events and the 100 metre IM winning all five against unspectacular opposition. His times were modest apart from a pleasing 39.55 for 50 metre breaststroke. **Frank Stoney** is a bit short on training but nevertheless won both breaststroke events and was pleased with his 37.01 50 metre time. He added a 2nd and 3rd place for 100 metres IM and 50 metres freestyle also.

Jim Hunt had a good day winning the 100 metre butterfly, and placing in the 100 metres breaststroke and 50 metres butterfly. Despite swimming six events he did several PBs most notable of which was a 40.77 for 50 breaststroke. **Colin Leiper** placed 2nd and 3rd in the 200 and 100 metre freestyle events and 3rd in the 100 metre IM. He won his last event, the 100 metre butterfly, and was somewhat surprised to be hammered by a 60 year old in the same heat. This was of course Eric Henderson who has just aged up and seems to be swimming as fast as ever.

It was good to see **Hannah Pfaff** at the meet, swimming for her old club Gloucester and winning bronze medals for 50 metres freestyle and butterfly. We also managed to field a Ladies 160+ relay team and a men's 200+ team. The ladies came 3rd at freestyle and 4th at medley whilst the men came 1st in both.

I could not tempt any of my club members into bad ways so Jim and I rounded off the day at the Fish Inn to replenish ourselves with a good meal washed down with real ale. Unlike last year, alfresco was not an option. (KI)

A diary date or two

Please note that the Midland open water championships will be held on Sunday 13 July at Bosworth Water, Leicestershire. This is an enjoyable day out at an unusual venue.

More of a challenge is the ASA Masters 3 km open water event to be held at Holme Pierrepont, Nottinghamshire, on the weekend of 9-10 August.

Regular attendees at training should have no fear of either of these events, distance or conditions.

Committee jottings

There was a committee meeting on 11 March. Items of interest included –

- Attendance at training sessions fairly stable, hence stable finances. No need to contemplate any increase at present.
- Club membership now stands at 85! Let's hope they don't all turn up at once.
- Targeting meets: discussion but no decision on a meet to encourage attendance at during the pre-Nationals period in September/October.
- Distribution of newsletter – to be published on website rather than circulated to individuals.
- 2008 AGM – date fixed at Tuesday 13 May at 7.15 p.m.

Results from the World Championships

Birmingham Masters was represented by a squad of four, all representing our local composite club Heart of England. Full results are on the internet but places achieved by our swimmers in some very strong fields were as follows:

Pauline Brand (75-79) 400m free 11th, 800 free 5th, 100 breast 6th, 200 back 10th

Pauline Cooke (60-64) 50 free 16th, 100 free, 13th, 200 free, 5th, 400 free 5th, 800 free 6th, open water 7th

Judy Wilson (60-64) 100 free 3rd, 400 free 1st, 800 free 3rd, 50 fly 1st, 100 fly 1st

Andy Wilson (60-64) 100 free 26th, 200 free 9th, 400 free 10th, 800 free 12th, open water 17th

Thanks

Wearing two hats is sometimes tricky, but perhaps I can put on my coach's hat and thank the following who helped with the training while I was sunning myself in Western Australia: Hayley Bettinson, Bon Cramb, Jim Hunt, Keith Ingram, Colin Leiper, Mick Marshall, Ian Parker, Alison Peakman, Luke Swain, Kim Winwood, and Paul Wolstenholme. (AW)

Training notes - equipment

I would like to do more work with short-bladed flippers, and although many members have them there are still a few people whose kitbag doesn't include them. If you would like to get a pair at a rather cheaper price than usual please see Jim Hunt who is co-ordinating our order to SwimShop. (AW)

Training notes – time

Punctuality is the politeness of kings, or so they say. If you agree with this sentiment but don't practise it, please try to get to the pool so that you can start the session with everyone else. It is quite difficult to slot people in lanes as they drop in one by one. (AW)