

BIRMINGHAM MASTERS

January 2009 Newsletter

Compiled by Bob Cramb

Happy New Year

A new start to the year in more ways than one! Firstly you have a new compiler of the newsletter with Andy's move to France; our thanks to Andy over the past years for not only inspiring us with his coaching but also in keeping us up to date with the club activities both in and out of the water.

There is a lot of news to report so bear with us as we try to keep up with the many changes that will occur over the next few months. Some of the points are just a tad tedious, but they are important, so read on (with interest!)

KES Pool

Our training has been interrupted by the early Christmas closure of the King Edwards boy's school pool for re-grouting. The consequence is that we hope that the pool will re-open for training on Tuesday 6 January.....but we shall not know until Monday 5 January whether the pool will be ready. Please review your email on Monday evening when I shall send out a round robin to everybody to confirm whether or not it is to reopen on that date. Additionally you can check the website...!

Website

Laura has updated the web site to include a couple of new documents that you should review. I include links to them and also to the club constitution:

[The Club constitution](#)

[Thinking of joining?](#) a useful guide to let interested swimmers know what they should expect when they attend for a session.

[Lane etiquette](#) yes we should all know which way to swim in each of the given lanes (!)

Coaching

With Andy & Judy leaving for the expatriate Francophile life there has been wide consultation and review of how the club should provide a coaching replacement. Attracting a coach to a group of older swimmers is no easy task. We are not a mainstream group and some of us are less than regular attendees due to the nature of our jobs and other interests. However, we have attracted some external interest, Andy has given us details of his sessions over the past few years, a couple of our current members have shown willingness to help with the coaching and we can all swim through a session even if we only have a pool lifeguard to meet health and safety requirements! In this period of change we should remember to try to be flexible and adapt to the circumstances.

Swim 21

This is an ASA initiative that is essentially an accreditation document for swimming clubs (please do not immediately lose the will to live). John Tennant has taken on the onerous task of reviewing this document (if you are still alive and interested please follow [this link](#)).

It is of some note as clubs that plough the furrow and meet the standards will potentially be open to apply for funding. In this climate we should not dismiss any chance of finance and significantly we appear to be the only local masters club that has shown any interest! John has delegated some of the work and daft though it may sound the previous documents Laura has posted on the website are the sort of standard operating procedures that the ASA want to see.

Club membership fees

Yes it is that time of the year and you will be hassled for money. The fees are as follows:

Annual membership - First claim competitive member:	£61-00
Annual membership - Non-competitive member:	£45-00
Annual membership - Second claim member:	£35-00
Daily swimming fees - club member:	£3-50
Daily swimming fees - non-member:	£4-00

Importantly we wish to introduce a comprehensive membership listing. Please expect to receive a membership form that will include a lot of questions; part of this is due to Swim 21 but we do want to keep in touch and let you know what is happening in the club!

Club Dinner

Yes it was a long time ago but we do need to mention that the club dinner was held on 28 November at the Edgbaston golf club. The general voiced consensus was that, despite the fact that it was £1.00 cheaper than last year (!) it was a great success. The raffle saw some interesting prizes (the inflatable punch bag, the pig puzzle and the swimming videos to name a few) and the balloon competition generated abstract art at its best.

The awards were to:

Judy and Andy:	Life membership of the club
Pauline Cooke:	Club member of the year
Jim Hunt:	Most improved swimmer
Alison Peakman:	Swim of the year (100 m backstroke @ the British Short Course Masters Championships)
Bob Cramb:	Swimmer of the Year

And importantly we should give our thanks to Laura, Lorraine, Harriet, Jim and Susan for all of their hard work in putting this together and just to start the ball rolling this year's event will be held at Edgbaston Golf club on November 28. So get it into your diaries **NOW!**

Inter-Counties Meet: Braunston 23 November

(Report by Keith Ingram)

Ten of our club members were selected to swim for Warwickshire and seven swam in individual events. The event has an unusual format. Thirty counties swim at 4 different locations and times are recorded for each swim and ranked nationally. So while it may be nice just to beat the 7 other Midland group swimmers in the local heat, swimming flat out is essential to gain a high placing against the other three groups in the National Competition. For the individual events there is an 18 to 24 year category and 25+ to 65+ in 10 year age bands for 50 metres of all four strokes giving a total of 48 individual swims for men and women with 12 on each stroke.

Trevor Clark and Judy Wilson represented Warwickshire in three individual events, John Tennant, Keith Ingram and Bob Cramb in two with Frank Stoney and Peter Undery in one each. On his debut for Warwickshire Bob Cramb set a PB, for 50 metres butterfly in 31.85 s and a credible 28.52 s for 50 metres freestyle to score 3rd and 1st in the National Competition.

Not only were the other 7 Midland counties trounced but nationally Warwickshire won with 1800 points ahead of Cheshire with 1573 points and Sussex with 1500.5 points. This is the 5th time Warwickshire have won this competition in no small part due almost certainly to the energy and commitment of the Warwickshire captain Trevor Clark. His relay selections were impressive with Warwickshire winning 10 of the 20 events nationally.

One of our oldest members at the inter-counties, Allen Miles, represented Leicestershire. Since Allen is aged 80 there are a few youngsters just above the 65+ age range who are a little faster and Allen was ousted from the Warwickshire team. However, swimming for the county in which lives, he swam in two events and produced a new British Record of 47.28 for his 50 backstroke!

South Yorkshire Meet 7 December

(Report by Keith Ingram)

Steven Langford, Jim Hunt, Keith and Jackie Ingram competed in this meet held at Ponds Forge.

Steven took 7 seconds off his entry time for the 200 metres freestyle winning in personal best time of 2:21.47. Success with 3 silver medals and more PBs were recorded in the 100 metres butterfly, 100 metres backstroke and an excellent 50 metres freestyle.

Jim had a DQ at the start of the 100 metre butterfly but this misfortune was negated by 3 second places and 3 PBs beginning with an excellent 39.10 for 50 metres breaststroke and similarly strong swims in the 50 metres butterfly and 100 metres breaststroke.

Keith recorded season's best times for 50 metres backstroke and butterfly and 100 metres breaststroke and a very good 50 metre breaststroke time that took second best to the exceptional swim of two weeks earlier in the Inter-counties competition. With no real opposition, four 1st places were recorded.

Jackie Ingram swimming for Heart of England won the 50 and 100 metres backstroke events in season's best times. Pauline Brand swimming for her daughter's club Gainsborough won the 400 metres freestyle, 100 metres backstroke, 100 metres breaststroke and was second in the 50 metres backstroke.

Targeted swimming meets 2009

Being a competitive club we are aiming to target a number of competitions next year. These include:

Rotherham Metro 9th Open Masters Meet: 50 m event Ponds Forge 8 February (Closing date 10 January:
<http://asa.sportcentric.net/db//files/serve.php?id=3378>)

Staffordshire Masters & 18/24 Age Group Meet: 25 m event Central Baths Wolverhampton 22 February (Closing date 7 February
<http://asa.sportcentric.net/db//files/serve.php?id=3686>)

Midland Masters Championships: 25 m event Newbold Comyn Leamington 24 April (Closing date 27 March:
<http://asa.sportcentric.net/db//files/serve.php?id=3311>)

In addition the T-30 annual swim is scheduled to take place by the end of January and the date set is 25 January. More details follow courtesy of Pauline & Elaine.

T-30 Challenge Postal Swim

Sunday January 25th 2009
KES Pool 5:30pm

Birmingham Masters always do well nationally in this competition, so let's make it another success by entering as many teams as possible. The '**Sign Up**' form will be at poolside but if you are not able to be at KES **before Sunday 25 January** to sign the form please email Pauline Cooke.

Completed forms have to be submitted to the ASA **by Feb 6th 2009**, so please bring your **£5 cheque** made payable to the ASA on Jan 25th when you do the swim. The club will check and submit these to the ASA. We need everyone who swims to also **time and lap count**. Lane allocation will be on the day of the swim, so everyone needs to be there at **5:30 prompt**, to maximise the lane usage.

Swimming Kit

All swimming kit is available from Toni Edge

A word or 2 from the Chairman

I hope you all had a good break and are as eager as I am to get back in the water (if nothing else than to help shed these extra chocolaty pounds!).

I wanted to take this opportunity to thank everyone for their contributions to Andy and Judy's farewell gift. We bought them 6 Royal Doulton red wine glasses, which they assure us have been well and truly christened. Additionally Lorraine put together a collage of photos of some of the swimmers from the last 10 years and there was enough left over to pop a €20 note in their card to buy their first bottle(s) of wine on arrival in Vichy.

Thanks are also due to everyone who helped organise the Christmas do at the Edgbaston Golf Club. Lorraine has been organising this for the last 3 years - an effort far beyond the call of duty as she now lives in Taunton! She negotiates with the venue, hires the DJ, provides the projector and screen, sources the photos etc etc. What would we do without her energy? She has even booked the same venue and DJ for this year! So put it in your diary Saturday 28 November 2009!

Laura is the imaginative one! She collates the food orders, thinks up the quizzes, dreams up themes and produces the art work. This year we got Harriet involved, and along with Jim forced you into buying raffle tickets (thanks everyone for the donated prizes). So what do I do? I extract money out of you - some are much keener than others to part with your hard earned cash!!

Thank you all for making such a lot of effort - it is much appreciated and here is hoping that the next one is as successful.

Happy New Year to all!

Sue

And finally.....

You may have noticed that our white boards are getting a little tired (!). If you have a white board that is not doing very much a donation to the club would be much appreciated!