

# BIRMINGHAM MASTERS

## July 2009 Newsletter

Compiled by Bob Cramb ([bob.cramb@blueyonder.co.uk](mailto:bob.cramb@blueyonder.co.uk))

### Yes it has been 3 months since the last news letter!

Time does fly when you are enjoying yourself! Your erstwhile editor has been busy doing the day job and got somewhat behind in dealing with the newsletter so apologies to all for the delays in getting all of the up-to-date information to you. Please remember to regularly visit the web site for any breaking news of time changes to the pool but now that there is a fully replenished listing of email addresses we should be able to keep you better informed.

### KE Pool

Still no duck mats in the changing rooms and they have been very slippery with one member ending up with a fall recorded in the incident book. Please take care in the changing rooms and report any mishaps.

There are problems with some of the other pools in Birmingham and Newtown is closed due to roof (and asbestos) problems and Harborne will soon be shutting to be demolished and rebuilt. So although the pool is not perfect it is better than nothing!

### AGM

Despite the lure of flapjack an underwhelming 11 members attended the AGM on Wednesday 13 May in the pavilion. Those attending gorged on flapjack and discussed the state of the club. Sue Cramb outlined the changes that the club has had in the past year and the numerous successes. Ian Parker presented comprehensive accounts which show the club to be financially healthy but he emphasised that hire charges were likely to increase and we must keep tight control of our spend. Keith (our new membership secretary) noted that our numbers were in the eighties (much the same as last year) and our officers and committee members are as follows:

<b>Chair</b>	Sue Cramb
<b>Secretary</b>	John Tennant
<b>Treasurer</b>	Ian Parker
<b>Membership Secretary</b>	Keith Ingram
<b>Committee Members</b>	Toni Edge
	Suzie Hurst
	Laura McCaughey - website
	Bob Cramb
	Jim Hunt - taking over kit from Toni
	Paul Wolstenholme - coaching
	co-ordinator
	Harriet Moss - Social secretary
	Peter Undery - Social secretary
<b>Welfare Officer (non committee)</b>	
	Pauline Cooke

### Meet Reports: Gloucester Masters

A small band of souls visited Gloucester on a bright sunny day to swim at this pleasant short course pool. Gloucester masters club had enticed a number of the local university swimmers to the meet and there was lively atmosphere aided by a sparkling commentary from one of the Gloucester swimmers.

Most swimmers turn up with their tracksuits but Colin bucked the trend by appearing in a flowing towelling robe and whilst this appeared as a laid back attitude to the competition Colin attacked the 400 m freestyle with some gusto and was rewarded by an easy first place in his age group and a time of 5:02:98; but he still was not pleased! He repeated this success in the 200m F/S but in the shorter races (including a 50 breaststroke; yes really) the competition was fiercer and the next best was 3<sup>rd</sup> in the 100 m Fly.

John Tennant moving up an age group swum 4 races (also in the 50 m breaststroke) winning 3 of them notably the 50 m F/S in 30.29. Keith had a 3 race fight with Tony Cherrington of Gloucester winning the 50 m breaststroke but having to take second place in two others. Jim Hunt gained more race experience in a competitive age group taking a 3<sup>rd</sup> place in the 100 m breaststroke. Luke Swain found his age group brisk and produced good times but other swimmers are clearly able to access a great deal more time to train. Craig Coley similarly found the opposition tough in the 30/34 group but recorded a good 3<sup>rd</sup> place in the 50 m

breastroke. Mick Marshall fought hard but was pipped by Geoff Stokes in the 400 m F/S. Bob Cramb managed 3 wins and a second but the male swimmer of the day was undoubtedly Steve Langford with six swims in a very able group where he took a first place in the 50 fly and 3 other second places swims including the 100 m backstroke and 100 m F/S.

And our women were present for decoration! Caroline Williams in her first competitive swims for some time produced 3 second places against a very brisk opposition including a 100 m backstroke time of 1:11:39. Kate Chase won 3 events and was placed second and third in two others (50 breaststroke and 50 F/S respectively) while the new convert to freestyle, Sue Cramb swam in the 100 m and 200m events recording 3<sup>rd</sup> place in both. The swims of the day (by any of the previous standard) were by Hayley Bettinson. Four swims, four first places and British and European records in the 50 F/S were won in tight circumstances (against younger opposition) and bode well for swims later in the year.

By any standards the club swimmers had a good meet and revelled in this early relaxed season competition. One to remember for next year as the pool is on our doorstep!

#### **Meet Reports: Midland Masters 24 - 26 April**

The closure of our training facilities over Easter was not helpful but we were nevertheless more successful this year than in 2008. Our 2009 tally in individual swims was 28 gold, 21 silver and 9 bronze compared to 21 gold 18 silver and 21 bronze medals in 2008. Our relays won 7 gold, 4 silver and 2 bronze from an entry of 16 teams an improvement on the just 2 gold medals last year. With 38 of our 72 competitive members taking part we could have undoubtedly entered more teams but in some ways the more modest entry allowed us the scope to rearrange teams when some people dropped out. A big thank you is due to Pauline Cooke for providing team cards and chasing up swimmers so that they were in the right place at the right time.

The highlight of the relays was the team of Keith Ingram, Alan Jackson, Arthur Lowe and John Tennant establishing a new British Record for the 280+ freestyle relay with a time of 2:06.49 but the 100+ mixed medley team of Alison Peakman, Diana Steele, Peter Undery and Luke Swain provided the real excitement when they chased down the opposition to win their race.

The highlight of the individual events was the two British Records set by John Tennant of 34.00 seconds for the 50 metres butterfly and the 1:08.96 for 100 metres freestyle. Alan Jackson also beat the existing British 100 metres I.M. record with a time of 1:22.97. Hayley Bettinson swims were of a very high calibre but prior to the Midlands she produced a World Record of 29.31 seconds for 50 fly at the Palma de Majorca meet. Here she chose quantity of events (7) rather than going for records. The result was 5 gold, 1 silver and 1 bronze. Other gluttons for punishment were Alison Peakman with 8 swims (5 gold, 2 silver and 1 bronze), Keith Ingram with 7 swims (5 gold and 2 silver) Clive Whittaker with 8 swims (1 gold, 1 silver and 1 bronze) and Diana Steele with 6 swims (2 gold, 3 silver and 1 bronze).

Other encouraging performances were Caroline Williams producing an excellent 100 metres backstroke of 1:10.75 showing her Gloucester swims were no fluke and she also entered her first ever lung bursting 400 m I.M. recording a time fractionally over 6 minutes. Two new members Helen Spokes and Catherine Murphy took to the water and performed creditably each winning a silver medal in 400 metres freestyle and 50 metres butterfly respectively.

Colin Leiper moved up to the 50 -54 age group and netted 5 silver medals and may have had a 6<sup>th</sup> but for a DQ in the 400 metres I.M. This DQ was due to a failure to keep his legs together on the butterfly leg a distinction that he shared with our club secretary who suffered the same fate during the 100 metres I.M. (**Coach please note!**). We were taken a bit by surprise by the entry of Richard Jellyman who is completely new to our club and had only participated in about 2 of our training sessions and has not swum for 2 years. He swam 50 metres on all four strokes getting silver at free (25.34) and back (30.21) and bronze in the butterfly (28.70). These times are modest by his standards and with a bit more training....well he could be very quick! Matt Silvertan (45-49 age group) followed on from his Wolverhampton outing and produced 2 good swims.

Many of us at this stage in the game have reflected that progress into the medals would only be achieved by living longer than our opposition but the reality is, that with about 3 swimming sessions per week, doing a number of swimming meets each year for vital race practice and by entering the longer events of 200 m and upwards produces success. Eight of our women and four of our men put this principle into practice in the 400 metres freestyle. Sue Cramb, relatively new to swimming freestyle competitively was 2<sup>nd</sup> in the 200 m F/S and swum her first ever competitive 400 m F/S to finish 6<sup>th</sup>.

The other 400 metre swimmers were Pauline Cooke (1<sup>st</sup>), Lorraine Ayres (3<sup>rd</sup>), Laura Davies (5<sup>th</sup>), Catherine Murphy (4<sup>th</sup>), Laura McCaughey (3<sup>rd</sup>), Helen Spokes (2<sup>nd</sup>), Kim Winwood (3<sup>rd</sup>), Mick Marshall (1<sup>st</sup>), Keith Ingram (2<sup>nd</sup>), Colin Leiper (2<sup>nd</sup>) and Clive Whittaker (5<sup>th</sup>).

It remains for me to thank our coaching team and particularly Andrew Fieldhouse who came and supported us at the meet and made copious notes that will no doubt feature in the pain and punishment meted out during our forthcoming swimming sessions. The new coaching regime has been in place for barely more than three months but the results at the Midlands, suggests that progress is being made because of the attention to swimming technique and to matching the training to the event.

K.R. Ingram April 2009

### Meet Reports: British Long Course Masters 19 - 21<sup>st</sup> June

'It's a long way!' Diana's first words after her initial warm up on the Friday afternoon in the new international ten lane pool in Cardiff which hosted the annual long course meet for the first time. This was an extremely well run and well supported meet despite the noticeable absentees from a number of clubs whose swimmers, like many of ours, were unhappy with the registration fee introduced by the ASA. A written (emailed) protest has gone to the ASA masters committee on behalf of the Club.

A small group of Birmingham Masters swam and, as usual performances were mixed, ranging from the excellent and record breaking to the disappointing. Getting the negatives out of the way first there were some very slow starts, poor turns and pace misjudgements from our swimmers. These were countered by some excellent performances, none more so than Alan Jackson's European record in the 200m backstroke.

First off was Mick Marshall in the 1500 m F/S where he won his age group. This was the first gold from our OAP contingent where medals were easily come by due to there being a very small number of competitors. Medals were much harder to come by amongst the younger age groups with over 20 swimmers in some events. Diana Steele and Rachael Hares went head to head in the 200m F/S (25 - 29 age group) with Diana coming out on top in 5<sup>th</sup> place, Rachael coming 7<sup>th</sup>. Rachael

went on to win her 50m breaststroke event. Allison Peakman repeated her short course performances with excellent wins in the 100 m and 200 m backstroke, a 4<sup>th</sup> in the 200 IM, and 6<sup>th</sup> in both the 50 m and 100 m F/S. Rachael had the edge in the 200 m IM taking 3<sup>rd</sup> place to Diana's 7<sup>th</sup>. Our remaining 'younger age group' swimmers taking part were Laura Davies who was not far from the medals in the 200 m backstroke, also swimming the 100 m backstroke, 50 m and 200 m free. Her 200 IM was spot on her entry time. Our other 'younger' swimmer, Stephen Langford produced a bit of a mixed bag, missing a medal in the 100 m backstroke by one place, and by two in the 200 m back. A low 28 sec 50 m F/S could only get him a 6<sup>th</sup> place, while a 1.13.67sec 100 m fly was only good for 8<sup>th</sup> place.

In the 'middle aged' (group) we were represented by Trevor Clarke who broke the British 50 m backstroke with his opening Medley relay swim. He also won the individual 50 m back and the 50 m and 100 m F/S. Bronze medals followed in the two butterfly fly events and silver medals in both the 100 m backstroke and 50 m breaststroke. It was particularly good to see Trevor's daughter swimming, whilst home from University studies in the States, a Sunday trainer with us though not yet a Birmingham Masters member. She opened up with a British record in the 200 m free, picking up medal swims in all her events and just beating Trevor (dad) in the 50 m fly (must try harder Trevor!). We shall look forward to seeing more of her when her studies abroad are completed.

Finally the rest of the OAP contingent: - Alan and I won all our events with limited opposition but even then our swims were mixed. Alan picked up a British record in the 200 m IM to add to his European record mentioned earlier and also won the 50 and 100 m backstroke events and the 400 IM. I had one good swim in the 200 m free, breaking a recently set British record and went on to win the 50 m and 100 m F/S and 50 m fly.

In conclusion our 240 years men's relay team of Alan, Trevor, Mark Pitts and myself won both Medley and F/S relays taking a British record in the freestyle; a great way to end a very enjoyable weekend. Just hope the ASA reviews its entry structure (eds. Comment)

**And finally:**

Summer is here so do watch out for any pool closure broadcast on the web site or via email. Good swimming!