

BIRMINGHAM MASTERS

January 2010 Newsletter

Edited by Bob Cramb

January Update from BMSC

A slow start to the year with the big snowfall. Getting to KE has proved difficult on more than a few occasions for us! But a busy year ahead and time to hit the water and exercise off the Christmas and New Year excesses!

Subscription for the Club

Yes that time of year to find some money that you did not spend at the January sales. Club subscriptions are due and please please get the subscription money to Keith Ingram by end by no later than February 9. The reason for this rush is to get the ASA fees paid in a timely manner so that we are registered for competitive events for this year by March. Keith is busy handing out (or posting where necessary) the details required.

Club subscriptions are:	£35.00 (whether first or second claim membership)
ASA fee:	£22.50
Regional & County Fee:	£4.50
Total (1st claim competitive):	£62.00 (Club + ASA + regional fee)
Total (2 nd claim competitive):	£35.00
Total (Non-competitive):	£35.00

T-30 Swim December 6

The T-30 swim was held on 6 December and all of our entry times are collated and sent so we shall have to await the final results. There were some very good swims with new personal bests for distance swum and our thanks to Pauline for organisation, Hayley for the timing clock, and to our intrepid suppliers of cake and flapjack (Annie & Susan) for giving us an incentive to finish!

Pauline Brand

Pauline is one of our long term members of the club who has enthusiastically swum at the Midlands and the National championships. She has recently been ill in Heartlands and is on a slow recovery and we understand may be moved to the Priory Nursing Home in Solihull. We send her our best wishes for recovery from her recent debilitating illness.

Shrewsbury: New Year Gala January 10 2010 by Keith Ingram

When we entered this meet, way back in November we had no inkling that we would face arctic conditions on the day of the meet. We left Birmingham early in the morning at -1°C and recorded a low of -7°C on arrival at Shrewsbury where a gas explosion earlier in the week had resulted in numerous road closures. Despite this 12 swimmers made the journey and competed.

Caroline Williams starred in the 25-29 year age group winning the group with some ease with four 1st places and one 2nd place. Sharon McLean was 4th in this age group with two 2nd and one 3rd place. Harriet Moss in the 30-34 age group finished equal 3rd with two 1st and 2nd place finishes. On count back with a rival who also got the same number of points Harriet received the award for 3rd place after I informed the organisers who agreed, apologised and forwarded the award. Before this meet Harriet had only competed in the tough arena of Midland and National events and was pleasantly surprised that her first competent butterfly event netted first place. The best result was an energetic 100 metres freestyle completed in 1:20.17 which was about 5 seconds under her entry time and crucially beating a rival in the age group by 0.2 seconds.

Elaine Fenton is in the final year of the 50-54 age group and it contained numerous national stars. However, Elaine managed two 2nd place finishes and scored some useful points. Jacqueline Ingram won the 65-69 age group having had a tussle with a single rival beating her at butterfly and backstroke and but losing the I.M. (shot knees do not allow a good breaststroke).

Luke Swain and Edmund Salt swam in the 25-29 age group. Luke was a bit below par but Edmund was consistently under his entry times and netted one 1st, two 2nd and two 3rd for a third place award overall. Steven Langford is a canny campaigner and netted two 1st places with 25 metre dashes and added a 2nd and 3rd to finish overall third in the 40-44 age group.

Mark Pitts 45-49 age group was up against some stiff opposition and was out of the places but swam consistently well picking up a 2nd place for 100 freestyle and 3rd place finishes for fly and back. Jim Hunt was 5th in the 50-54 age group starting with a 100 IM well under his entry time but then the curse of Christmas and lost water time (and mince pies) caught up! John Tennant and Keith Ingram had a meet that they would rather forget (lost water time...not mince pies). John's swimming hat loaned to a rival was propelled to 3 British and 1 European Record so John finished 2nd in the age group whilst Keith was defeated 4-1 by our record breaking friend and was consigned to 4th place.

We managed to swim a ladies relay team in the 120+ category and finished 4th in the Medley mode and 3rd for freestyle. With only 7 men we swam a 160+ medley team for 3rd place and a 200+ freestyle team for 4th place giving everyone a relay swim. Overall the club finished as the 3rd best visiting club behind Northgate Bridgenorth and Etwall Eagles which was a creditable effort given that we only had 13 swimmers.

There were prompt presentations after the finish of the meet with first place receiving a white nylon shoulder bag (Caroline first to receive the award gave the bag a thorough review for contents!) second place receiving a mug and third a sports drink bottle. The poolside was pretty cold and we were all happy at the end of the meet to stand under warm showers and then head for home. I have sent a vote of appreciation to the organisers who ran this event during appalling weather conditions and the added problems in Shrewsbury in the wake of the recent gas explosion. Well done Shrewsbury Masters.

Swimwear decision

The FINA Bureau Meeting in Bangkok decided that the same swimwear regulations as per pool swimming will be applied from January 1, 2010 for Masters Swimmers.

The approved swimwear for racing is on the following web page.

http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=9

So I guess that the men will have to make some decisions on leg and chest shaving again!

Targeted meets

Each year the swimming committee takes some time in trying to decide which meets we should target. This is not taken lightly as we have to balance the wishes to compete and the effort needed to enter teams at some of the major events. The targeted meets for this year are as follows:

Gloucester Masters open Meet; Gloucester 11 April (Closing date 6 March)

<http://asa.sportcentric.net/db/calendar/view.php?id=4032>

Midlands Masters; Leamington Spa 23-24 April (Closing date TBA)
Entry website TBA

Bosworth Open Water Swim; Bosworth Water Park Date TBA
Entry website TBA

British Gas ASA Masters (25 m); Ponds Forge Sheffield 29-31 October
(Closing date TBA)
Entry website TBA

There are of course other events that are suitable to enter during the year and these can be accessed via the ASA website www.britishswimming.org/ or at the new ASA/British swimming website www.swimming.org/ . I include a few with a touch of local national and international focus!

Staffordshire open meet; Wolverhampton 21 February (Closing date 6 February) <http://asa.sportcentric.net/db/calendar/view.php?id=4033>

15 Bracknell Masters open meet; Bracknell 6 March (Closing date 6 February) <http://asa.sportcentric.net/db/calendar/view.php?id=3824>

British Gas Senior Masters (50 m); Tollcross Glasgow 18-20 June (Closing date TBA)
Entry website TBA

World Masters Swimming Details

http://www.2010finamasters.org/files/Masters_VM_2010/text-filer/SWIMMING%20FACT%20FILE%20New.pdf

World Masters Qualifying times

http://www.2010finamasters.org/files/Masters_VM_2010/text-filer/Qualifying%20Times_Final%20REVBpdf.pdf

Schedule of Events

http://news.2010finamasters.org/?page_id=672

Registration and participation fees

http://news.2010finamasters.org/?page_id=274

On-line entry form

http://www.trippus.se/eventus/eventus_cat.asp?EventusCat_ID=9265&Lang=eng&c=

Register before February 2010 and enter a competition!

http://news.2010finamasters.org/?page_id=252

Social Events

Arrangements for a visit to go to Jimmy Spices (<http://www.jimmyspices.co.uk/>) on Thursday 18 February are underway. Keep your diaries free and details will appear poolside as Harriet gets more information and seeks the numbers attending.

More Research on Physical fitness and aging in swimmers by John Tennant

There are suggestions that much of what we assume to be physical and mental deterioration due to aging might, in fact, be due to a prolonged sedentary lifestyle. Preliminary research at Indiana University's Counselman Center (its American spelling!) of the Dept. of Kinesiology, focused upon Master Swimmers because of their routine intensive daily exercise sustained over a long period of time.

Factors studied:

Nerve Conduction Velocity (NCV). This is a measure of the speed at which nerve impulses travel from the central nervous system to muscles. In Master Swimmers ages 40-70 there is a slower reduction in NCV compared to the general population (GP). Master Swimmers aged 80 show NCV similar to GP aged 50.

Cognitive parameters. The study suggests that Master Swimmers show smaller age-related declines in working memory capacity.

Cardiovascular Parameters (Arterial Elasticity). A highly active lifestyle can delay age-associated reductions in central and peripheral arterial elasticity, a reflection of good vascular health. Yes masters swimmers have better arterial and venous tone.

Muscle Mass. This is a key component of being able to sustain free-living life styles as we age. Older Master Swimmers have a muscle mass that is equivalent to persons 15 years younger.

CONCLUSION. While research comparing Master Swimmers against the general population cannot suggest that aging can be halted by physical activity, this research data suggests that in the highly active (Master Swimmer ?), there may be age offsets.

And the editor's view. These data are in line with other output showing that sustained physical activity slows down the decline in physical and mental abilities associated with ageing and offer prevention against a number of other 'westernised' diseases!

Miscellaneous Points: repeated due to their importance

Insurance: Please could all our members ensure that any prospective new swimmers fill details of who they are and contact numbers and addresses even if they eventually do not end up joining the club! If by any chance there is a problem it would not be good form if we had no idea of their details!

New Members: Beginning in the new year we shall issue a questionnaire to all new members when they join (and pay) so that we have their details to fulfil all of the insurance data. We also intend to take pictures of new members so that we can ensure that they are known to all of us.