

# BIRMINGHAM MASTERS

July 2010 Newsletter

Edited by Bob Cramb

**This year we have a summer and it was not cold at Bosworth water.....**

Summer holidays have arrived and already the sessions are getting just a bit thinner as everybody jets off to exotic places. Emma is getting prepared for more than just a holiday and is marrying Marc on 30 July; best wishes from all and have a great day. And talking marriage we have noted the absence of Curtis Robb; aside from his busy day job (and he has passed all his specialist orthopaedic exams) Curtis let us know that he has recently married! Anybody else with marriage plans please let us know! And finally one of our other doctor swimmers Nic Manassieva was recently awarded his MD. More time to swim now Nic!

**Redevelopment at KE**

There is a redevelopment scheduled at KE which will mean that the parade area (our routine car parking area) will not be available and the entry from the Bristol Road will be only accessible by contractor's vehicles. We shall have to park in the main drive and walk down and may find that some of the sessions will be cancelled when there are parent evenings and other activities taking place in the school.

Originally we were told that this would happen from 9 July but so far this has not happened but I guess that we shall turn up and find that the contractors have arrived and the development is on-going so please be aware!

**Is there a doctor in the house...?**

West Midlands region are interested in training Medical Classifiers to assist with the classification of disabled swimmers. They want Doctors and Physiotherapists who are qualified for a minimum of 2 years. The training involves a 1 day induction and completion of an on-line seminar, attendance at an event where classification is taking place and at a DSE event. Costs are covered by the National Disability Development budget. It would be good from the point

of the Club being involved in the larger picture if we could get a few of our medics to show some interest. More information is available from Lesley Hill who is the Regional Director for the West Midlands Region of the ASA.

### **Swimming Meets - British Masters Long Championships Glasgow: Keith Ingram**

Only three Birmingham Masters swimmers made the trip and Trevor Clark and his daughter Justine were swimming for their first club.

Trevor's intended purpose in the championships was to concentrate on sprint events to add points for his score in the Decathlon competition. He swam in all four 50 metre events, 100 metres freestyle and 100 and 200 metres butterfly. There was good opposition in some of these events and there were 5 first placed swimmers with 2<sup>nd</sup> places in the 50 metres breaststroke and 100 metres butterfly.

Justine used this for some long course practice ahead of the national championships and swam in 50, 100 and 200 metres freestyle and 100 metres breaststroke and butterfly. Unsurprisingly she was placed first on all events in fast times.

Your correspondent used this for an opportunity of long course racing practice ahead of the World Masters in August. There was no real opposition and I won the 100 and 200 metres breaststroke, the 200 and 400 metre I.M. and the 100 and 200 metre butterfly for a clean sweep of 6 gold medals. More importantly the 100 metres breaststroke was the fastest for 3 years! Nick Gillingham was also competing and it was a real bonus to watch how breaststroke should be swum and to have the opportunity to talk to him about technique.

The meet was well run and this year saw the addition of 4 x 100 metre and 4 x 200 metre relays. Spencer team was there in some force and appeared to have mopped up a fair few individuals from various clubs to support their relay teams. Some of this activity took its toll in the quality of individual performances and since the same events are going to appear in Sheffield we will need to consider how we deal with our relay entries in order to strike the best balance.

### **Birmingham Sports Council Grant news: Ian Parker**

As some of you will be aware, earlier this year the committee made an application to the Birmingham Sports Council for a grant to help offset some of the costs of competing at Sheffield. We pitched it at the level of covering the £20 registration fee which all competitors have to pay, prior to their race fees. The Birmingham Sports Council has responded by awarding us the full £860 we requested. Obviously this is welcome news to those who would be going anyway but it may also encourage others to compete in the knowledge that some of the cost has been alleviated. In terms of the logistics, this will be managed on a retrospective basis. Members should submit their applications to the organisers in the normal way and pay the full amount. At this point email Ian Parker to register your claim. Just put "Sheffield Claim and your name(s)" in the subject line. There is no need for any further narrative. From this Ian will compile the list of claimants. After the competition Ian will arrange the £20 reimbursement.

So please ensure that you consider this carefully. This does mean that the standard charge that puts off entry for a one day attendance is waived. Furthermore as Keith points out there are a number of longer relay distances that we need to consider carefully and if you are interested please let us know early! The programme can be found [http://www.swimming.org/assets/uploads/events/ASA\\_Masters\\_Programme\\_of\\_Events\\_1.pdf](http://www.swimming.org/assets/uploads/events/ASA_Masters_Programme_of_Events_1.pdf)

### **Accommodation Sheffield: Pauline Cooke**

So with the British Short course in mind please look at the last page of the newsletter where you will find details of accommodation arrangements for Sheffield. The prices are very competitive (just check the hotel web site and you will see the difference) though with the advent of an evening session on Saturday (all the 400 m Freestyle swimmers please note) the meal time is going to be tight!

### **The Midland Open Water Championship: Keith Ingram**

Well last month's newsletter was full of your compiler giving details of how to acclimatise for cold water swimming and despite his Scottish 'we are doomed' view the weather prior to the event and on the day was positively Mediterranean. In addition to the participation of 13 swimmers from the club

there was encouragement from a number of spectators. There was a fairly stiff breeze causing a bit of a chop on the water and the hot sun and exposed flesh in some cases brought some mild sunburn. As a spectator this was my first visit and the venue is really nice with lots of space and good refreshment facilities.

Our swimmers were spread fairly evenly between the 3000 and 1500 metre events. We had no swimmers in the 5000 metre event though Matthew Wolstenholme swimming for City of Coventry participated and was a creditable 6<sup>th</sup> in the face of stiff opposition. Following the start of the 5000 metre event the 3000 metre male event started with Luke Swain and Edmund Salt who finished first and second in 25-29 age group and Mark Pitts and Lawrence Miller in a close 40-49 age group finished 2<sup>nd</sup> and 4<sup>th</sup>. The women's 3000 metre race was won by Alison Peakman in the 30-34 age group and Val Morris in the 60+ age group was placed 2<sup>nd</sup>.

Once the swimmers from the two longer distances had finished, the 1500 metre swimmers started from the other side for their one and a half laps. One of the difficulties for spectators was identifying swimmers in the water and knowing swimmers numbers would have helped. Pauline Cooke had thoughtfully brought along some field glasses so I was able to wield the camera loaned by Mark Pitts when our swimmers finished and he took over for the shorter event. Of the men Peter Undery won the 35-39 age group and Jim Hunt 50-59 age group was placed 2<sup>nd</sup>. In the 25-29 age range our women produced a clean sweep with Laura Bayliss, Caroline Williams and Sharon McLean 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>. Harriet Moss won in her age group of 35-39 and Judith Peace 60+ recorded a good 2<sup>nd</sup> place. In all a very impressive medal tally of: 6 gold, 5 silver and 1 bronze.

Two of our members Allison and Frank Stoney swam for City of Coventry and finished 2<sup>nd</sup> and 3<sup>rd</sup> in their age groups. Frank rarely swims anything over 50 metres in the pool and I can only conclude that he misheard Allison when she sent his entry off and he thought that he was doing 30 metres rather than the 3000 metres required!

To round off a really enjoyable day Harriet arranged an enjoyable après swim get together al fresco at the Dixie Arms and the club chairman and newsletter compiler came along for the food!

### More on open water

Clearly there was a rash of enthusiasm for swimming open water and Laura Bayliss sent an email about the Sheffield Rother Valley on Sunday 1 August. Now if you did not do anything after that you will have missed the entry date! And the entries for the British Great North Swim have closed though the ASA web site does say that there are still some charity places available.....so if you are interested you had better telephone quickly! However if you are really desperate the British Gas Great Scottish Swim on 21 August at the Strathclyde country park (current water temperature 18.5 °C) is still open to enter <http://www.greatswim.org/events/British-Gas-Great-Scottish-Swim> .

### Go Ape Cannock Forest: Saturday 28 August @ 1.00 pm

Now this does not involve fancy dress but there is an organised trip to "Go Ape". If you have never been to Go Ape <http://www.goape.co.uk> before, I (your compiler) can tell you that it is a lot of fun. It involves climbing up combat netting running round treetops on logs and going down ZIP wires. Enormous fun and safe; there is a very comprehensive safety briefing and you are rigged up in a safety harness. More fun than....well I shall let you decide. Harriet has reminded me that there is a bbq area to eat after the event and that all family members/kids etc. are welcome. At this time we are only booked in for 1 slot which comprises 14 people so if more wish to attend we shall require numbers ASAP to Harriet to book another slot. And cost for the day £24-00.

### Swimming Saturday 4 September @ KE

On that Saturday Redditch SC will be holding their club championships on 4th September so will be starting promptly at 9.30am. Arrangements have been made to open the pool earlier at 08.15 for an earlier finish. No long lie in then!

### Extra sessions in August @ KE

Remember Mondays in August (except August Bank Holiday) extra session Time 8 - 9 pm and Andrew is taking the session. No excuses for being unfit now!

### And finally - the Sheffield Accommodation form

# NATIONAL MASTERS SWIMMING CHAMPIONSHIPS

## 29 - 31 October 2010 SHEFFIELD

### ACCOMMODATION

Accommodation has been booked at the Park Inn, Blonk Street, for Friday 29 and Saturday 30 October.

For those who have not stayed there before the hotel is only a few minutes walk from the pool. There is a car park above the hotel and the cost is £4.00 for 24 hours.

I have booked 8 Twin rooms, 8 Double rooms and 6 Single rooms. The twin rooms could be made into a triple by using the sofa bed. Where possible please organise who you wish to share with.

The cost is per room and includes breakfast.

Cost:	Single	£70 per room per night
	Twin/Double	£75 per room per night (£37.50 each)
	Triple	£80 per room per night (£24.00 each)

### SATURDAY EVENING MEAL

A meal has been booked in the Park Inn for the Saturday evening for 30 people at 7.30pm. The Hotel will produce a 'Swimmers Menu' which I will circulate the week before.

### BOOKING

If you require accommodation please complete the form below and return it to me by **27 SEPTEMBER** with a deposit of **£15 per person** (payable to 'Park Inn Sheffield')  
If you would also like to attend the Saturday evening meal please tick the box below.

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### National Masters Swimming Championships 2010 Accommodation Booking Form

Name/s.....

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

Email.....

#### Accommodation (Please tick)

Friday 29 Oct  Sat 30 Oct  Single  Double  Twin  Triple

#### 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.....

*Cheque payable to 'Park Inn Sheffield'*

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