

# BIRMINGHAM MASTERS

## May 2011 Newsletter

Edited by Steve Langford ([stevelangford@blueyonder.co.uk](mailto:stevelangford@blueyonder.co.uk))

### The torch is passed

Huge thanks go to Bob Cramb, who has edited the newsletter for the past two years so very ably. Through sheer workload, as he takes on great additional responsibilities in his working life, he has had to pass the role on to me - I hope I don't disappoint, Bob. If anyone has any copy for inclusion in the newsletter, please send it to me ([stevelangford@blueyonder.co.uk](mailto:stevelangford@blueyonder.co.uk)). I hope to produce a newsletter once every two months. Also if you have any suggestions as to what changes could be made - please don't hesitate to say.

### KE Pool Closures and Parking restrictions

Please note that there IS swimming on Saturday 28<sup>th</sup> May (correction to the last newsletter)

Tuesday 28<sup>th</sup> June: No session (school event)

Wednesday 29<sup>th</sup> June: No session (school event)

Saturday 2<sup>nd</sup> July: No session (school event)

Sunday 10<sup>th</sup> July: No session, to encourage everyone to join the Open Water swim at Bosworth instead!

### Annual General Meeting

The AGM took place on Wednesday 18<sup>th</sup> May. Chairperson Sue Cramb delivered an entertaining report on the past year. Of particular note was the success of achieving Swim 21 accreditation, and due thanks went to John Tennant and other committee members, who put in so much work towards this.

Treasurer Ian Parker reported that finances continue to look healthy, while not extravagant. Membership Secretary Keith Ingram reported also that membership remains stable.

Your committee were then elected, and while Bob Cramb stepped down due to work commitments, three new members joined the committee - Luke Swain,

Sharon McLean and Diana Steele. Harriet Moss also confirmed that she will be leading a taskgroup, looking at how the club can access funding through grants. Anyone who has experience in this area, please do contact Harriet.

### Forthcoming Meets

Good luck to everyone competing in the Long Course Championships in Leeds on 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> June. The deadline for entries has now passed.

The club is targeting the following meets:

Bosworth (for the open water swim) on Sunday 10<sup>th</sup> July

Closing date: Thursday 30<sup>th</sup> June

Web site for entries:

<http://www.swimming.org/britishswimming/calendar/event/midland-open-water-championships-2011-inc-age-groups> (This will link you to an application form)

Please note that even if you are not so sure about swimming open water, it is a great day out and supporters are very welcome.

Sheffield for the British Short Course Masters Championships on Friday 28<sup>th</sup> - Sunday 30<sup>th</sup> October 2011

Closing date: TBA

Web site for entries: TBA

There is however a number of other competitions in which club members are showing interest and these include:

Barnett Distance Meet Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> July 2011

Closing date: Friday 1<sup>st</sup> July 2011

Web site for details:

<http://www.swimming.org/britishswimming/calendar/event/barnet-distance-meet>

## Recent Competitions Report: Keith Ingram

### **Dunkerque 10<sup>th</sup> -13<sup>th</sup> March 2011**

Jackie and I left Birmingham at 7:15am on Wednesday 9<sup>th</sup> and arrived, dockside at Dover ferry port, in good time for loading at 11:30am. We sailed at 12noon and put our watches on an hour to French time. The two hour crossing to Dunkerque was smooth and we arrived at our accommodation not far from the ferry port at Lune Plage at about 2:30pm. The Premier Classe is rather a misnomer; the rooms with en-suite were very small but were clean and functional and at 126 euros (£113) for 3 nights in a double room very cheap. Having checked in we checked out the route from this western suburb to the Paul Asseman pool in Dunkerque and then went for a short walk along the sea front (Malo le Bains). It was short, due to the bitter northerly wind and a hot chocolate drink behind glass was altogether more pleasant.

This swimming meet is the French equivalent of Sheffield. Unlike us, they do not have the availability of two 10 lane 25 metre pools and the competition runs in the deep end of a boomed 8 lane 50 metre pool, hence a four day meet with start times of 9am and finishing times between 6:30pm and 9pm each day. Competitors are limited to five events and with a big entry, swims in adjacent events allow masses of rest in between and there is plenty of capacity for swim down and warm up between events. The races are swum by age group as far as possible so you race directly against your opposition. For the first time this year, I faced opposition in my own age group and produced better times than at my last meet, finishing up with three gold and two silver medals.

The accommodation, travel costs and the logistics of getting there are very favourable and it is to be hoped that I can entice some of you to join me at this excellent meet in future years.

### **Midland Masters 2011**

This meet was preceded by training disruption due to a late Easter, the Royal Wedding and various King Edward's School events. We mustered 31 swimmers which was only two down on last year but were missing some key swimmers and had four who were getting back into competition. The results - 30 gold, 26 silver and 19 bronze - were not a lot different to 35 gold, 25 silver and 18 bronze last year. In the relays we won six, were second in seven and secured three bronze medals against eight, eight and one last time. I would like to thank everyone for promptly indicating their wishes regarding availability and particularly Pauline for producing cards and mustering us for the starts. All of this gave us the best possible chance of success.

Now down to who did what?

Valerie Morris and Judith Peace concentrate mainly on open water swims these days and they both did solid swims in the 400 metre freestyle to finish 4th and 5th respectively.

Pauline Cooke swam the 200 and 400 metre freestyle events, winning the former and placing 2nd in the latter.

Susan Cramb swam 100, 200 and 400 freestyle, doing personal bests in all three and winning a bronze medal for the 400 metre distance, to add to the bronze won for 50 metres breaststroke.

Esme Watkinson was only able to compete on the Saturday and won the 50 metres backstroke and her new event the 100 metre IM.

Lorraine Ayres swam the 50, 200 and 400 freestyle events and was pleased with her times.

Kim Allen placed a good 2nd at 400 freestyle and supported our relays on Sunday. It was good to see her coaching the next generation in the little pool in the interval!

Anna McCall is one of our new members and this was her second meet. A super fast rival consigned her to 2nd place at 50, 100 metres freestyle and 100 metres IM but she was first at 200 metres IM and tops the National ranking in this event.

Alison Peakman has been nursing a shoulder injury but despite this turned in three very impressive backstroke times for three gold medals and added a bronze in the 50 metre freestyle.

Diana Steele won the 200 metre freestyle and 100 metre breaststroke events, placed 2nd in 100 metre freestyle and 50 metres breaststroke and added a bronze for 200 metres freestyle.

Ellie Walls is in the tough 25-29 age group and finished 4th and 5th respectively for the two longer breaststroke events. Her 200 metre result was particularly pleasing.

Katie Walker-Stabeler won bronze for the two shorter backstroke events and 200 metres freestyle a pleasing result given that she is a bit short of training.

Leanne Taylor has joined us from Birmingham University and it was no surprise to see her win five events across the IM, backstroke and freestyle events. She added silver for 100 butterfly to this.

Roxanne Taylor, our youngest and newest member, has showed that she is a very capable performer, placing 2nd and 3rd in the 100 and 50 metres breaststroke respectively.

Mick Marshall won the 400 metres freestyle but finished 2nd to John Tennant at 200.

John won the 50 and 200 metres freestyle but finished 2nd to Keith Ingram at 100.

Apart from the above triangle there was no real opposition so I finished up with eight golds and one silver but more importantly added the missing events to the current decathlon competition and achieved the objective of moving up to 1st place. I am now there to be shot at!

Clive Whittaker won the 200 metre breaststroke and placed 2nd for 400 and 200 metres freestyle and 100 metres IM.

Robert Cramb won bronze medals for 50 and 200 metres freestyle and 50 metres butterfly in the face of tough competition.

Jim Hunt could only spare time for one event and did a very creditable 400 metres IM to finish just outside the medals in 4th place.

Steve Langford competed only on the Sunday, to make sure he could join in with the pub and dinner events, but came away pleased with golds in the 200 metres freestyle and backstroke events - surprising for a swimmer whose ideal distance is about 25 metres! He also gained a silver in the 100 metre backstroke, but failed to take medals in the breaststroke and butterfly.

Colin Leiper won one silver and four bronze medals across the full range of events, which is why his IM is a strong option.

Lawrence Miller had the misfortune to finish 4th at 50 and 100 freestyle and 100 metres IM. When work and family life free up more time, this will change.

Mark Pitts won bronze for 50 and 100 metres freestyle and also did a good 50 metre butterfly.

Atif Saghir has been away from competition for some time. Silver in the two shorter breaststroke events and bronze in the two longer freestyle distances was a powerful return.

Chris Shaw is a relatively new swimmer and produced a pleasing 2nd for 100 metres IM.

Edmund Salt only did one session and place 3rd in the 200 metres freestyle.

As usual we adjourned to the Newbold Arms after the meet and sat in the sun to relax, before going on to Ask for an enjoyable Italian meal, kindly organised by Harriet Moss. There was a general feeling that everyone involved had an enjoyable weekend.

### Life Guard and Coaching Qualifications

Those of us who have qualifications should have intimated this to Keith but please tell (supply photocopies) for the benefit of the school. As we approach summer, shortage of qualified lifeguards can become an issue, so please do let Keith know.

## Swimming Times

For those of you who may wish to subscribe to the Swimming Times the cost is £26 a year for an individual but if a minimum of 3 members of a club subscribe the costs drop to £17.50. The magazine is sent to a nominated individual who deals with the distribution. If anyone is interested please talk to or email John Tennant ([annjohn77@talktalk.net](mailto:annjohn77@talktalk.net)).

## And finally

There was a suggestion at the AGM that Janet may not be competing in future swim meets. This is concerning news, as Janet was probably responsible for most, if not all, of the medals won at the Midlands Masters. If you see Janet, please encourage her to keep on competing. If you don't know who Janet is, where have you been??!!