

BIRMINGHAM MASTERS

July 2011 Newsletter

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Record breakers! A competition report by Keith Ingram

British Masters Leeds 2011 - 17th to 19th June 2011

The main focus this year was to tackle records in the longer relays and 8 of the older men and 4 of the younger women committed to this. Cathy Elliott the Producer of 'Big Shoulder Films' was doing a feature on Arthur Lowe during the first afternoon and evening of the meet so we assisted whilst they filmed Arthur doing his 1500 freestyle in a British Record time of 26:53.59. Mick Marshall followed in a subsequent heat to overcome a challenge set by a rival to win in an excellent 24:08.88. James Flack was a little disappointed with his swim and had the misfortune to come 4th in 22:40.37 but the swim will assist open water and triathlon events following.

The film crew stayed behind to film the 280+, 4 x 100 metre freestyle relay. Spencer had a team intent on defending their British and European record of 5:39.50 but Otter looked likely to pose the strongest threat to us with a submitted time of 5:08.00 to our 5:12.00. They led us through the early stages but there was only going to be one result after we caught them at the 250 metre turn and our team of Keith Ingram, Alan Jackson, Arthur Lowe and John Tennant finished in 5:03.72 for a World Record that was just over 9.5 seconds quicker than the old mark. It will be interesting to see if this performance gets some subsequent coverage on television. The 4 x 200 freestyle relay 280+ resulted in another world record for Keith Ingram, Alan Jackson, Arthur Lowe and John Tennant and we saw off our opposition by a minute and the record by over 42 seconds. The last of the successful attempts on records was on Sunday morning where our 4 x 100m medley team of Alan Jackson, Frank Stoney, Keith Ingram and Arthur Lowe set a new British Record at 280+ and our 4 x 100m medley ladies team of Leanne Taylor, Rachael Hares, Diana Steele and Roxanne Taylor set a new British Record at 72+.

The 240+ team was also quite competitive and won 2 gold and 1 silver medal. Apart from the 1500 metre men some of us also did individual races and Trevor Clarke did 9! He struck gold at 50 back, 50 breast and 200 fly with silvers for 50 and 100 fly, 200 back and 800 free and a bronze for 50 freestyle. Keith had a more modest programme and won the 200 I.M. and the 3 breaststroke distances. Leanne Taylor won the 50 freestyle and added silver for 100 freestyle and 50 backstroke.

There was also a bronze for 100 back. Rachael Hares did an outstanding 34.85 to win the 50 breast an event that saw Diana Steele place 3rd. John Tennant placed 3rd at 50 butterfly in the face of stiff competition.

To summarize the club performance :- individuals won 11 gold, 6 silver and 3 bronze medals and we got 8 gold and 2 silver medals for the relays setting 2 World, 2 European and 5 British Records which is outstanding for a small team of 13 swimmers. Some of our members were swimming for other clubs. Ellie Walls had an excellent 200 metre breaststroke for a well deserved bronze and Kate Chase got an excellent bronze for 50 metres freestyle, having just missed out with 4th places in 400 free and 50 fly.

More World Record holders...

Edmund Salt and Luke Swain were part of the Urban Fitness team, who set out to break a world record time for completing the Arch 2 Arc team triathlon. The race consists of an 87 mile Run from the Marble Arch in London to Dover, followed by a Swim across the English Channel, ending with a 181 mile Bike ride from Calais to the Arc de Triomphe in Paris!

Bad weather in the Channel postponed the start by three days - the tension must have been maddening! In the early evening of 9th June, Ed started the race, and the adventure finally ended in the early hours of 11th June...with a new world record! At the same time, the team also raised money for two very worthy causes - The Alzheimer's Society and The Fire Fighters Charity.

Well done, Luke and Ed - you've made us proud!

Forthcoming Meets

Bosworth (for the open water swim) on Sunday 10th July

Closing date: Too late now to enter, but do come along and cheer our competitors on anyway! Please note that there is no training session that evening.

Many club members will also be competing in the **Barnet Distance Meet**, on Saturday 16th and Sunday 17th July 2011 - good luck to all of you.

Our main focus for the club is now...

Sheffield for the **British Short Course Masters Championships** on Friday 28th - Sunday 30th October 2011

Closing date: TBA

Web site for entries: TBA

However it is very useful to get experience of swimming at a competitive meet, ahead of Sheffield, and the smaller meets also give a lot better chances of taking home medals. Why not try out the following?

Barnet Sprint Meet - Sunday 4th September

Closing date: 12th August

Web site for entries:

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

Arfon Meet, in Bangor - Saturday 8th October

Closing date: 9th September

Web site for entries:

<http://www.swimming.org/britishswimming/calendar/event/25th-arfon-masters-open-meet>

British Short Course Masters Championships in Sheffield on Friday 28th - Sunday 30th October 2011

As mentioned above, the Sheffield meet is a major event in the BMSC calendar. Dozens of team members go up for the weekend, and Pauline will soon be distributing booking forms for the hotel and team dinners. Although information is still lacking on the **British Swimming** website, as soon as you have decided you will swim, please let Keith Ingram know, so that he can sort out relay teams. We have a few more national - or even world - records in our sights!

KE Pool Closures and Parking restrictions

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

London Marathon - A message from Fred Rennie

I would like to say a MASSIVE THANK YOU to the swimmers who kindly sponsored me for the London Marathon. I was disappointed with the time this year, and found the conditions a bit hot and humid - especially having started my training in special snow spiked trainers! I finished in: 3hrs 39 minutes and 10 seconds, which qualifies me for an automatic 'good for age' place next year; so there's always next

time ... I'm very pleased to tell you that together we have raised £500 for Esme's mum's charity 'Fun 4 Young People', which will give 10 young people places on the summer camp activities this year - so brilliant, thank you. Also, to let you know that Kim is the winner of the bottle of Champagne - congratulations Kim.

Fred.

All change!

Swimmers at Wednesday's session may have noticed that the lanes have been switched, so that the "B" lanes are now nearest the spectator seating and the "C" lanes are by the board. This is to help our more senior swimmers access the steps and be better able to see the schedule written up on the board. Yes, change does feel funny, but your committee hopes it will help meet the needs of swimmers better into the future.

Club website

The club website is frequently updated with new information; please drop in regularly, at www.birminghammasters.co.uk. Our new webmaster, Peter Undery, is planning a design change soon, and sends out an appeal to anyone with experience in using Dreamweaver web-editing software, able to lend advice or assistance. Pete can be contacted at pundery@gmail.com.

Kit for sale

There's no better way to show your loyalty, support and pride in your club, than wearing BMSC-branded T-shirts, hoodies or hats. See Jim Hunt at most training sessions for the latest styles and sizes, or contact him at jimp.hunt@birmingham.gov.uk.

And finally...

They say Christmas comes earlier every year...well, why not, when it's as much fun as the BMSC Xmas "Do"?! The date is set - it's Saturday 26th November. Put it in your diaries now - a date not to be missed!