

BIRMINGHAM MASTERS

November 2011 Newsletter

Edited by Steve Langford (stevelangford@blueyonder.co.uk)

World records tumble at Sheffield!

Check out our handsome World Record holders on the ASA website and read more about the hugely successful Nationals, in Keith's comprehensive report at the end of this newsletter.

<http://www.swimming.org/asa/news/clubs/world-records-fall-on-day-two-of-masters/11500/>

Flushed with success!

To promote the finances of the club, we have signed a sponsorship deal with Portable Toilets Ltd. If you are in need of a portaloos, these are the people to see, and don't forget to mention that you heard of them thanks to Birmingham Masters!

<http://www.portabletoiletslimited.com>

T-30 Challenge

The T-30 Challenge will take place on the Sundays 4th and 11th December. Please sign up on the lists on the poolside.

Open water swimming

More and more of our members are hearing the call of the wild and finding a taste for open water swimming. If you are interested in giving this a go, look out for the Bosworth Open Water Event, coming up in early summer and a popular one with many BMSC members. There are further events displayed on the website of the Long Distance Swimming Association, at <http://www.bldsa.org.uk/> or consider the "Great Swim" series of events, detailed at <http://www.greatswim.org/>.

Christmas is coming!

Preparations are well underway for this year's BMSC Xmas dinner. This will take place at Edgbaston Golf Club, on Saturday 26th November. Order forms were distributed last month and again last week. You can also now pay for tickets by bank transfer online.

For the event, we need your photographs, taken at swimming meets during this year. Please send your photos to Harriet Moss, at harrymoss@yahoo.com

KE Pool Closures and Parking restrictions

The following pool closures have all been previously advised by email:

- Saturday 19th November (school event)
- Friday 2nd December (school event)

Furthermore, as previously notified, there is no parking permitted on the school drive on the following dates:

- Tuesday 15th November
- Tuesday 29th November
- Friday 9th December – *you may park on the main drive, however, please be aware that there may be very limited spaces available as a number of staff will still be on the school site until very late into the evening*
- Tuesday 13th December
- Wednesday 14th December

When there is no parking on the school drive, members can park at:

- Sports hall
- Parking bays leading up the Chief Master's drive (but not in front of the CM's house and garage)
- Playing field off Bristol Road (please remember although it may look like the gate is closed, it is not)
- Birmingham University car park on Edgbaston Park Road (next to the Gun Barrels), Saturdays and Sundays and after 4pm Monday to Friday

Forthcoming Meets

We have a targeted meet coming up...

Shrewsbury Masters New Year Gala – Saturday 7th January 2012

Closing date: 1st December

Web site for entries: <http://www.shrewsburymasters.com/>

This gala is very popular with BMSC members, but be warned entries are by the first come, first served basis, with maximum entries of 180, or until 01/12/2011. A great way to fight the Xmas calories.

Bursaries towards coaching qualifications

As a Swim21 accredited club, we have access to bursaries towards members working towards coaching qualifications. If you would like to know more, please contact Paul Wolstenholme, at paul_swimmer@blueyonder.co.uk

Payments online

Ian Parker, our Club Treasurer, has set up the club's accounts, so that payments such as for the Xmas meal, or for membership, can now be done online.

Club website

The club website is frequently updated with new information; please drop in regularly, at www.birminghammasters.co.uk. All offers of help or useful suggestions are welcomed by our webmaster, Peter Undery, who can be contacted at pundery@gmail.com.

New kit bags looking good

The quality of the new kit bags has impressed, and many thanks to Jim Hunt for ensuring swimmers had these in time for Sheffield. He will be sending off further orders for bags, each bearing the club logo and the owner's name, soon, so take a look at the examples displayed on the poolside, and put your order on the sheet. Jim also has a range of BMSC-branded T-shirts, hoodies or hats. See him at most training sessions for the latest styles and sizes, or contact him at jimp.hunt@birmingham.gov.uk.

Future swimmers?

Congratulations go to Emma Johnson and husband Marc, on the birth of their daughter Amber, who joined the world on 30th September. Amber has already swum miles with Birmingham Masters, as Emma kept on training to just a couple of weeks before the due date. More impressively, your editor was at training just four days

before he became a dad, with the arrival of Jacob, on 24th October. Perhaps some friendly rivalry in the pool, to be passed on from parents to children?

Arfon Masters Meet in Bangor – October 2011 – A competition report by Keith Ingram

Fourteen of us made the trip to Bangor in North Wales for this meet and took the opportunity to enjoy a weekend break. Most of us stayed in homely inexpensive bed and breakfast accommodation just across the road from the pool. The evening meal together at the Boathouse was very enjoyable and set us all up for the swimming the following day.

This competition ahead of the Nationals provides useful race practice and Pauline Cooke, Susan Cramb and Elaine Fenton all swam one of their prime events, the 200m Freestyle, in good style and got in other swims that compared favourably with their entry times.

Robert Cramb beat his entry times for the 50m Fly and Free, and took a big slice off his 200m Freestyle time, which indicates that despite a modest amount of recent water time, the fitness levels are pretty high.

Trevor Clark had a modest program of four events, winning all of them in decent times.

Andy Hudson was suffering a leg muscle injury and pulled out after the 100m IM, where he nevertheless swam well within his entry time.

Colin Leiper was faced with a main rival Mark Jones and swam really well, beating his rival in the 50m Backstroke and the 100m IM. His other five swims were all inside his entry times and improved his score in the annual decathlon competition, so well done Colin.

Edmund Salt was intent on improving his decathlon score for the season and duly did that with five good swims.

Your reporter also produced four best times for the season and as a result of the combined efforts of Ed, Colin and Keith, Birmingham Masters are the current leading men's decathlon team.

Luke Swain shaded all of his entry times so is in good shape for Sheffield.

Caroline Williams produced an outstanding 200m IM of 2:36.79 to compare with her lifetime best in addition to being under her entry times in the other two swims.

Not to be outdone Diana Steele swam a very impressive 1:17.80 in the 100m Breaststroke and beat the entry times on her other three events.

Last but not least Katie Walker-Stabaler did three solid swims around her entry times.

We put in a 200+ relay team for both men and women. The ladies had an exciting race with Arfon Masters and were beaten into second place by a few hundredths of a second. The men had a comprehensive victory and set a new meet record.

We came very close to winning the best visiting club award which was won by a strong team from Otter.

Six masochists (Katie, Andy, Colin, Trevor, Susan and Pauline) swam the distance freestyle events the next day and apparently enjoyed the experience!

By all accounts the participants at this meet had a good time and it is to be hoped that we can repeat this next year.

Nationals in Sheffield - October 2011 - A competition report by Keith Ingram

There was a massive entry this year and this resulted in late 9pm finishes on both Friday and Saturday. Naturally the other effect was that it was very difficult to win medals but for those people who did, the achievement was that much more satisfying. The wide variety of relays attracted the attention of a lot of clubs and though we put 27 teams in the water, this was fewer than the teams entered by Coventry (30) and Otter (60)!

This year on the whole, I believe that we were better prepared than ever. Andrew Fieldhouse has always coached us well and culminated this with a good taper, but the process has moved on from last year. Throughout this year there has been more opportunity as individuals for event specific work, some speed work has remained during periods of heavy aerobic sets and the taper with lots of short distance sprint work from the blocks, contributed, I am sure, to a very successful meet at Sheffield. I hope that those people who fitted in a competition ahead of the Nationals felt that the racing practice gained has been beneficial.

The planning process involving swimmers responding to relays labelled with a letter on the programme worked very well again and Pauline Cooke and I were able to fine tune things between us to ensure that we had 27 committed teams. By contrast other clubs appeared to be rather disorganised as evidenced by a fair number of no shows in relay heats and teams nowhere near entry times. On the basis of entry times I calculated that we should win 6 gold, 6 silver and 6 bronze medals. The actual result was 12 GOLD, 5 SILVER and 1 BRONZE. In addition the squad of 280+ men comprising Graham Short, John Tennant, Mick Marshall, Alan Jackson and Keith Ingram took three British, three European and two World Records for the 4 x 100m Freestyle and Medley and the 4 x 200m Freestyle relays. Our younger ladies (Alison Peakman, Rachael Hares, Diana Steele and Caroline Williams) also got in on the act, when they chopped over 10.5 seconds off the existing 4 x 100m Freestyle relay record.

The tally for the individual medals was ten Gold, seven Silver and three Bronze. Whilst in previous years we may have exceeded this number, we have to take into account the tougher opposition, fewer older swimmers and quite a few swimmers doing fewer events to concentrate on relays. Bearing all that in mind the result was a very good one. The star turn was Arthur Lowe with three Gold and two Silver medals. However, our new member Spyros Georgallides produced two stunning Butterfly swims to win Gold and Silver medals in the 100m and 50m Butterfly events. These

swims in the face of outstanding opposition were of the highest quality and very exciting to watch. The huge vocal support for the 100m Butterfly swim defined how well our club swimmers bonded together and supported each other for the whole of the weekend. Only a missed third turn prevented Spyros winning a medal in the 100m Freestyle. Many swimmers produced excellent performances and typical of these were a 50m Butterfly swim well inside a personal best and a very good first ever 100m Butterfly swim by Harriet Moss. Suzanne Hurst was on the comeback trail and did an amazing negative split 100m Freestyle and then showed all the old fire in various relays through the weekend.

None of the above would have been possible without the commitment and support of 33 swimmers to the relays and their individual swims. Those of us who work in the background, including all of the club committee members, derive great satisfaction from a terrific overall result.