

BIRMINGHAM MASTERS

March 2012 Newsletter

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

Swimming sessions survey feedback

Thank you again to everyone who took part in the Swimming Sessions Survey back in January. The numbers have been crunched, graphs and comments poured over, and the Committee chewed over a few ideas.

The survey gave the following interesting results:

- Only 4% of swimmers usually train all five sessions each week. In fact, 59% attend no more than two of our sessions a week on average!
- 73% of respondents asked if there could be more opportunities to train with the Club. Given that most people only train a couple of times a week, it is the timings of training sessions that may be the problem, rather than their frequency.
- Members welcomed the possibility of using Harborne Pool, but raised concerns about parking, space and the temperature of the water.

Therefore the Committee is researching being able to offer sessions at alternative times. These could be uncoached additional sessions at Harborne Pool in the early morning, and would be additional to the current schedule. More details on this to follow soon.

Free swimming in Birmingham Council pools

Birmingham City Council have a bewildering range of leisure cards, offering free or reduced sporting activities at various times and locations. The Passport to Leisure Card is only for certain concessionary groups, but gives half price swimming at all times and free swimming at certain times. The Leisure Card is available to anyone and essentially is a loyalty card, earning points for every pound you spend. Finally there's the Be Active Scheme, by which all Birmingham Council Tax payers can go swimming for free at off-peak times. For more information, including how to apply, go to:

<http://www.birmingham.gov.uk/leisurecard>

AGM

The Annual General Meeting will take place on Tuesday 15th May, from 7pm, finishing in time to get changed and ready for the usual swimming session that evening. Please do come along and get involved in the future of your Club.

KE Pool Closures and Parking restrictions

There will be no training at the King Edward Pool over the Easter Bank Holiday weekend, including the session on Friday 6th April and the session on Tuesday 10th April, and the two in between.

As previously notified, there will also be no training at the King Edward Pool on the following dates:

- Sunday 15th April (Gloucester targeted meet)
- Friday 27th April (school event)
- Friday 4th May (school event)
- Saturday 5th May (Long Course championships targeted meet)
- Sunday 6th May (Long Course championships targeted meet)
- Saturday 7th July (school event)
- Sunday 8th July (Bosworth targeted meet)

Currently we have not been notified of any upcoming dates on which parking is not permitted on the school drive.

Forthcoming Meets

Good luck to everyone taking part in the Royal Navy Open Meet on Sunday 25th March, the CABSC April Fool's Masters Competition on Sunday 1st April, or Gloucester Masters Meet on Sunday 15th April.

The Club is targeting the following meets...

British Gas Masters Long Course (Sheffield) – Friday 4th to Sunday 6th May 2012

Closing date: TBC

Web site for entries: TBC

Bosworth Open Water – Sunday 8th July 2012

Closing date: TBC

Web site for entries: www.westmidlandswimming.org.uk/

Midlands Championships (Leamington) – Friday 28th to Sunday 30th September 2012

Closing date: 3rd September 2012

Web site for entries: www.westmidlandswimming.org.uk/

Other galas, that many BMSC members may be interested in, are:

Great East Open Water Swim (Ipswich) – Saturday 16th June 2012

Closing date: TBC

Web site for entries: www.greatswim.org

Great Manchester Open Water Swim (Salford Quays) – Sunday 1st July 2012

Closing date: TBC

Web site for entries: www.greatswim.org

Etwall Eagles Meet (Derby) – A Saturday in late November

Closing date: TBC

Web site for entries: TBC

Details of meets around the country are available at:

www.swimming.org/britishswimming/calendar/view/list - just filter for Masters Competitions. Open Water events can be found at the website of the Long Distance Swimming Association, at www.bldsa.org.uk/ and there are further details on the "Great Swim" series of events at www.greatswim.org/.

If you are entering a meet, please inform Luke Swain (swainl@pbworld.com), Claire Potter (claire_j_potter@yahoo.com), or Sharon McLean (shazmclean@hotmail.com), who will arrange relays if there are enough swimmers available.

Olympic torch relay

The Torch relay is coming to Birmingham and a celebration is taking place which is ticket only. Registration is free and you are able to apply for up to four tickets at the website below. The event takes place in Cannon Hill Park on Saturday 30th June, from 1pm.

www.ticketmaster.co.uk/coca-colacelebrations

Curry nights

Members are invited to undo all the hard work with a trip to Bangla Lounge Indian restaurant. Two nights out are currently in the diary: Wednesday 21st March and Wednesday 18th April. These will both take place straight after those evenings' training sessions.

The Bangla Lounge is located at 152A High Street, Harborne, B17 9PN. They serve "exquisite Indian cuisine that is cooked with the freshest ingredients and infused

with authentic spices. Traditional cooking techniques are used to capture the true flavours of Pan Asian Cuisine."

Kit sales

Jim has had new deliveries of kit. There are new swim caps, sporting our latest sponsor's logo, for £5 each, or £6 with your name emblazoned upon it. Jim also has a range of t-shirts, hoodies and bags, in popular sizes. Jim can order personalised kit, unusual sizes and a range of different clothes, to individuals' orders. See Jim Hunt for more details, or email him at:

jim.p.hunt@birmingham.gov.uk

Go Ape with Birmingham Masters!

Come join BMSC monkeying around at GoApe in Cannock Chase, on **Saturday 26th May**. This is an adventure course set in the trees and is great entertainment for you and the family. Claire Potter has managed to negotiate us a massive 20% discount, so tickets would be £24. The course lasts 3-3.5 hours and would start at 11am, and afterwards we will have a BBQ (venue to be decided but probably Harborne area). All the family are welcome. Places will be reserved on a first come first served basis and will only be allocated to you with full payment. Please give money to Harriet by April 25th.

You can also find out more at <http://goape.co.uk/>

Big Splash Mile for Sport Relief

The registration period for the **Big Splash Mile for Sport Relief**, which will take place as part of the Swimathon Weekend, is now open. The event will take place from the 27th-29th April and will be the World's largest fundraising swim.

If you want to be part of the Big Splash, and raise money for Sport Relief, you can get involved by clicking here: <http://www.swimathon.org/>. Entry is £10.

Bracknell Masters Meet March 2011 - A competition report by Keith Ingram

Steve Langford, Jim Hunt and Keith and Jackie Ingram made the long trip to Bracknell. With the warm up starting at 12 pm going is easy. It is the return that is more difficult given that exiting the water at 8.15 pm makes for a late return. Steve and Jim compromised by swimming only the first session.

Steve started with a good 100m IM (4th) swim, just outside his best, but then did a 32.02 second 50m Backstroke (1st) for an excellent PB in lane 1. This was followed by a 100m Butterfly swim (3rd) that was a bit behind the best that Steve has achieved. Jim did PBs for 100m IM (7th) and 50m Freestyle (7th), so the season is going well. The 100m Butterfly (5th) that followed was a bit down on Jim's best.

Jackie had been suffering from a nasty cold, so her times were a bit down for 50m Backstroke (1st) and 100m Backstroke (2nd).

Keith entered six events, aimed at trying to repeat the Swimmer of the Meet achieved last year. The swims were a bit mixed though and a poor 100m IM was followed by a good 100m Breaststroke and a reasonable 50m Freestyle. The second session started with an excellent 50m Butterfly, a poor 50m Breaststroke and the 200m IM - always an event too far in this meet - was about what I expected. The overall age-related system resulted in 2nd place overall this year.

A quick exit from the water at 8.15pm, arrived at Wetherspoons just down the road at 8.35pm, steak and kidney pudding and a pint of real ale followed by a coffee, departed 9.15pm and then back via M40 to home at 11.30pm.

And finally...Recipe of the Month from Head Coach Andrew Fieldhouse

Not all burgers are bad for you! Andrew has selected a recipe for healthy lamb burgers this month, provided by Felicity Willis, a Performance Nutritionist, and designed specifically for swimmers.