

# BIRMINGHAM MASTERS

May 2012 Newsletter

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

## AGM

Thank you to everyone who attended the Annual General Meeting, last Tuesday (15<sup>th</sup> May). Our distinguished Chairman, Sue Cramb, delivered an informative and entertaining report on the preceding year, which she summarised as "New arrivals, matching up, and setting records". There does seem to be more than the usual numbers of babies born this year, along with wedding bells ringing for a number of couples. British, European and World records have tumbled over the last twelve months, under the onslaught of BMSC swimmers young and old. Sue also recalled new innovations this year, such as online payments, a rearrangement of the lanes, the Wednesday sprint lane, PTL sponsorship and new kit bags. Finally Sue thanked everyone individually who has given their time, effort and dedication to the Club - a very long list indeed.

Reports were received from the Treasurer, Ian Parker, and from the Membership Secretary, Keith Ingram. To summarise these two reports in one sentence - All is well in the Club.

Elections took place to the committee, and your servants for the coming year are:

Chairman	Sue Cramb
Secretary	John Tennant
Treasurer	Ian Parker
Membership Secretary	Keith Ingram
Committee members	Suzie Hurst Jim Hunt (kit) Harriet Moss (social secretary) Peter Undery (website) Paul Wolstenholme (coaching) Steve Langford (newsletter) Diana Steele Luke Swain Caroline Williams - newly elected
Welfare Officer	Pauline Cooke
Independent examiner (non-committee)	Terri Halstead

## Harborne Pool sessions

Sue is now putting together the final details for BMSC "casual" sessions at Harborne Pool. Once finalised, there will be a lane set aside every Thursday morning between 6am and 9am, for BMSC members and any member of the public we can entice to join

us. There will be printed sets kept behind the desk, for the first person to arrive and set out on the poolside, and the intention is that at the top of each hour, the swimmers will commence the set. As soon as the programme goes live, we will inform you by email and with a notice on the poolside.

### KE Pool Closures and Parking restrictions

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

- Friday 1<sup>st</sup> June Floor refurbishment in pool building
- Tuesday 5<sup>th</sup> June The Queen's diamond Jubilee Holiday
- Saturday 7<sup>th</sup> July KES Speech and Sports Day
- Sunday 8<sup>th</sup> July Bosworth Open swim meet
- Tuesday 28<sup>th</sup> August KES Concessionary Day
- Friday 28<sup>th</sup> to Sunday 30<sup>th</sup> September Midlands Championships meet
- Saturday 6<sup>th</sup> October KES Open Morning
- Wednesday 10<sup>th</sup> October KES Founders Day
- Saturday 17<sup>th</sup> November KES Open Morning

Also previously notified, we have been advised by the school that there is no parking permitted on the school drive on the following dates:

- Saturday 16th June
- Sunday 17th June
- Tuesday 19th June
- Friday 22nd June
- Wednesday 27th June
- Wednesday 4th July

#### Parking on school site

The Chief Master has specifically stated that under no circumstances should any person park their vehicle on the double yellow lines throughout the site, at the Ruddock Performing Arts Centre and most definitely not on the grass verges.

When no parking is allowed on the main school drive, club members may 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, Edgbaston Park Road (next to the Gun Barrels), Saturdays and Sundays and after 4pm Monday to Friday

## Forthcoming Meets

The Club is targeting the following meets...

**Bosworth Open Water** – Sunday 8<sup>th</sup> July 2012

Closing date: 25<sup>th</sup> June 2012

Web site for entries: [www.westmidlandswimming.org.uk/](http://www.westmidlandswimming.org.uk/)

**Midlands Championships (Leamington)** – Friday 28<sup>th</sup> to Sunday 30<sup>th</sup> September 2012

Closing date: 3<sup>rd</sup> September 2012

Web site for entries: [www.westmidlandswimming.org.uk/](http://www.westmidlandswimming.org.uk/)

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

**Great East Open Water Swim (Ipswich)** – Saturday 16<sup>th</sup> June 2012

Closing date: TBC

Web site for entries: [www.greatswim.org](http://www.greatswim.org)

**Great Manchester Open Water Swim (Salford Quays)** – Sunday 1<sup>st</sup> July 2012

Closing date: TBC

Web site for entries: [www.greatswim.org](http://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](http://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/](http://www.bldsa.org.uk/) and there are further details on the "Great Swim" series of events at [www.greatswim.org/](http://www.greatswim.org/).

If you are entering a meet, please inform Luke Swain ([swainl@pbworld.com](mailto:swainl@pbworld.com)) or Claire Potter ([claire\\_j\\_potter@yahoo.com](mailto:claire_j_potter@yahoo.com)), who will arrange relays if there are enough swimmers available.

## BMSC Bank Account

As you know we have the facility to receive electronic payments and a number of you are using this. Could you please ensure that when making a payment you use the narrative box to give an indication of what the payment relates to, e.g. kit, subs etc. This enables our Treasurer to properly account for monies received.

## Kit sales

Swimmers are looking smart in the new swim caps, sporting our latest sponsor's logo. These hats cost £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](mailto:jim.p.hunt@birmingham.gov.uk)

## Go Ape with Birmingham Masters!

We are sure you will have a fantastic time at GoApe on Saturday 26<sup>th</sup> May. All the tickets have now been snapped up, but the fun will continue afterwards, with a BBQ at Harriet and Peter's new house, from 5pm, to which all club members are welcome – please contact Harry for further details.

## Wedding Bells - An announcement from Arthur Lowe

After 22 years Marion and I have decided to get married, on June 29th in Shipston on Stour. I know standards are slipping in the UK, and we decided not to add to the decline. We are getting married, so that any children we have are not born out of wedlock. Apologies to BMSC for no invitations, as immediate family numbers 40 and we are both poor pensioners. The Queen wanted to be present but we had to tell her, sadly, that we couldn't afford her. Being a "nice" lady she understood and only asked if there was any cake left over, could she have a piece? We said she can attend the Christening and will let her know. Very best wishes to everyone (who knows me) at BMSC. Sincerely Arthur

## Gloucester Masters Meet April 2011 - A competition report by Keith Ingram

We took a good number of swimmers to this targeted meet in order to defend the Best Visiting Club Award, won last year. It was announced at the beginning of the meet that there was a record turn out so we faced a challenge. Jackie Ingram won both her Backstroke events and Sue Griffith picked up two Bronze and one Silver medal for 50m Backstroke, 100m I.M. and 50m Freestyle respectively, in times that have moved on from her first meet in Shrewsbury. Susan Cramb ran into the heaviest possible opposition in her age group, but responded with some excellent personal best times. Kate Chase won Gold for 50m Butterfly and Breaststroke, Silver for 100m Breaststroke and 400m Freestyle and Bronze for 200m Freestyle. Alison Peakman won the 50m Butterfly, Backstroke and Freestyle and added 100m Backstroke and I.M., an impressive haul. Claire Potter, though short of water time, secured Silver

medals for 50 and 100m Breaststroke and 100m Butterfly for valuable points. Caroline Williams was delighted to lower her 100m Butterfly PB to 1:12.85 for Gold and added Gold for 100 and 400m Freestyle also. Diana Steele won both Breaststroke events and added the 100m Butterfly and 200m Freestyle and rounded off with a second place in the 100m Freestyle. Laura Bayliss is on the comeback trail and did some good swims, securing Silver for the two Backstroke distances and Bronze for 50 and 400m Freestyle. Katie Walker-Stabeler won both the 400 and 200m Freestyle and would have been well under five minutes for the 400 but for miscounting the lengths!

John Tennant won the 200m Freestyle and finished third behind two of the star Front crawl swimmers in the age group in the 400 and 50m Freestyle. Keith Ingram suffered the same fate in the 100m Freestyle but dominated the two Breaststroke distances and the 100m I.M. Robert Cramb secured four Silver medals in 50m Butterfly, 50m Freestyle, 100m Freestyle and 100 I.M. Mark Pitts and Jim Hunt were unfortunate to find themselves in a tough age group and swam well to finish just outside the medals. Francis Stanley also found himself with heavy opposition and was outside the medals, but did a creditable 28.72 for his 50m Freestyle.

Despite the opposition we retained the Top visiting club trophy easily, so job well done.

### British Masters Long Course Championships, Sheffield, May 2012 - A competition report by Keith Ingram

Whilst we did not get anything like the numbers of swimmers to this meet as we do for the Short Course Championships, 20 participants (including the four people who came up just for the relays) was a big improvement on anything previously. Despite a few setbacks we were incredibly successful and everyone got at least one Gold medal, either individually or as part of a relay, apart from Clive Whittaker who did two excellent swims in the 200 and 400m Freestyle, narrowly missing a medal in the 400m. Sixteen swimmers will also eventually get a British Record certificate and it is nice to have this fact recorded in the Record Section of the ASA site.

We put twelve teams into the water out of the fourteen entered, achieving Gold in eleven and Bronze in one.

The three 4 x 100m Freestyle teams all broke the British Record :-

- Female 100-119 team of Alison Peakman, Rachael Hares, Sharon McLean and Diana Steele
- Male 240-279 team of Mark Pitts, Alan Jackson, Ken Williams and Spyros Georgallides
- Male 280-319 team of John Tennant, Keith Ingram, Arthur Lowe and Trevor Clarke

The Female 4 x 100m Medley team of Alison Peakman, Rachael Hares, Diana Steele and Katie Walker-Stabeler produced a really stunning performance to knock 12 seconds off the existing record.

The Male 280-319 team followed this with a British, European and World Record that was 8.5 seconds quicker than the existing mark.

Our most successful individual swimmer was Ken Williams, who won the 75-79 age group 50, 100 and 200m Freestyle events. The 50 and 200m times were British Records and the time of 32.42 seconds for the shorter distance beat the 32.92 seconds set in 1997 by a 1948 Olympian, the late Jack Hale. Keith Ingram won the three Breaststroke and two I.M. events in respectable times. If we had a Masochist of the Meet Award this would go to Trevor Clark who did nine events! Placing 1st in 50m Backstroke and 200m I.M., 2nd in 50m Breaststroke, 100m Backstroke, 100 and 200m Butterfly and 3rd in 50m Freestyle, 200m Breaststroke and 50m Butterfly. Runner-up in the masochist stakes was Steve Langford who swam eight events, most notable of which was a Gold and Silver for 100 and 200m Backstroke respectively. Inspired by the spirit of masochism our mature sprinter, John Tennant took leave of his senses and did the 1500m - an excellent swim produced a Silver medal. I am not sure whether his complaints of pain in his lateral muscles were real or whether this was just an excuse to enjoy the attention by a nice looking masseuse. He claimed to have benefitted from the treatment! Mark Pitts did four swims, the best of which was a first outing at 200m I.M. with which he was pleased. Spyros is a tour de force at Butterfly and won the 50m distance with a time of 27.92 seconds, but just lost out in the 100m distance, fading in the last few metres.

Our come back girl was Elaine Bromwich (70-74) who won all three Breaststroke events in times close to her entry times. Kate Chase has moved up an age group to join some very hot opposition, but nevertheless came 2<sup>nd</sup> in 200m Freestyle and 3<sup>rd</sup> in 50 and 400m Freestyle and 200m I.M. It was good to have Hayley Bettinson back competing after a bit of a break and although she is at the top of age group she won both the 50m Freestyle and Butterfly events. Alison Peakman finished second to someone at the bottom of the age group in all three Backstroke events in respectable times. Diana Steele was just outside the medals in all three of her events but made a huge contribution in the relays. Rachael Hares won the two longer Breaststroke events in good style. There was no mistake with the counting this time for Katie and two very determined swims resulted in 2<sup>nd</sup> places in the 200 and 400m Freestyle events.

The collective result of everyone's efforts secured us joint first for the Best Club Award so we share the Coupar Trophy with Otter Swimming Club. My impression of the weekend was that everyone enjoyed the experience of a fantastic club performance and will be up for the next targeted meet together with other club members who missed out on this.

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

Two tasty dishes to tempt you this month - fancy a lamb and lentil pie for dinner, followed with wholemeal sultana and seed scones for that mid-afternoon snack? Attached are the perfect recipes for healthy, yet tasty, food.