

BIRMINGHAM MASTERS

November 2012 Newsletter

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

Your new Coach

Regular swimmers will be delighted to hear that Ian Bowley has agreed to take on the coaching role in the long-term, having coached several sessions since the summer. He comes with a wealth of experience and new ideas. Here is a short message from him...

"I would like to thank the Club for giving me this great opportunity to advance my coaching and hopefully help to improve and motivate the Club's swimmers. I feel that with the wealth of swim knowledge the Club has, that working together we can take the Club forward.

The feedback I have received has been positive, with the sessions I have taken so far. I like to give feedback to all the swimmers and I hope this will help, also with the gentle reminders of the basics that we sometimes forget! The short- or medium-term focus is to try and get more swimmers in the pool and to work with the ones we have, to see how I can tailor more sessions to suit their needs. Our long-term goal is to develop an annual programme for the Club's swimmers, covering sessions, workload and targets, to help build a strong and successful Club.

Thanks again

Ian"

KE Pool Closures and Parking restrictions

Swim sessions will pause for the consumption of large quantities of turkey, stuffing and sherry, between the dates of Thursday 20th December 2012 and Tuesday 1st January 2013 inclusive.

There will also be no swimming session on Saturday 5th January 2013, as the club is targeting the Shrewsbury New Year Meet that day.

A reminder that there are no swimming sessions on the following dates, as previously notified:

- Saturday 17th November KES event
- Friday 7th December KES event
- Sunday 9th December KES event
- Saturday 12th January KES event

Also as previously notified, you are requested not to park on the main drive on the following dates:

- Sunday 18th November
- Tuesday 20th November
- Wednesday 21st November
- Saturday 24th November
- Wednesday 28th November
- Friday 30th November
- Saturday 19th January 2013
- Tuesday 22nd January 2013

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

Redecoration to changing rooms

The changing rooms in the swimming pool are currently undergoing some refurbishment. The rooms will be decorated and the bench legs repaired. Each changing room will take one week and the work will start on Monday 12th November, with the boys' changing room. The girls' room follows during the week beginning Monday 19th November. Whilst the work is being completed please use the Masters' changing room.

Forthcoming Meets

The Club is targeting the Shrewsbury New Year Meet on Saturday 5th January 2013 - we have a trophy to defend! Further details are available at:

<http://www.swimming.org/britishswimming/calendar/event/shrewsbury-masters-new-year-gala-2013>

The deadline is 1st December 2012, or sooner if the event fills up, which has happened in the past! This is a targeted meet, so there will be no training that morning.

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

South East Region Long Course Meet (K2, Crawley) – Saturday 9th and Sunday 10th February 2013

Closing date: 21st January 2013

Web site for entries:

<http://www.swimming.org/britishswimming/calendar/event/south-east-region-long-course-masters-and-seniors-open-meet-2013>

North West Masters Distance Meet (Blackpool) – Saturday 23rd February 2013

Closing date: TBC

Web site for entries:

<http://www.swimming.org/britishswimming/calendar/event/north-west-masters-distance-seniors-masters-2013>

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) or Claire Potter (claire_j_potter@yahoo.com), who will arrange relays if there are enough swimmers available.

Kit sales

Jim has secured a supplier of some very smart T- and polo shirts, produced in Neoteric textured fabric, which gives great wickability, for comfort on the poolside. More info on the Neoteric range can be found at <http://www.justcoolbyawdis.com/>. Also look at the entire range that Jim can order at www.joolz.eu, and let Jim know your requirements. He can do bulk or individual orders, with the club logo. You can email Jim at:

jim.p.hunt@birmingham.gov.uk

Please note that Jim will not be able to give out any kit without receiving the money upfront – even just a hat at a swimming meet. No money – no kit!

Christmas Dinner

As the days are getting colder and the nights are drawing in, the smell of Christmas is definitely in the air!

This year BMSC is holding its annual dinner and awards party at Harborne Hall Hotel, Old Church Road, Harborne, B17 0BE. This hotel is just off Harborne Park Road (the site where VSO used to be).

There will be fun, games, dancing, a raffle and of course Christmas dinner! All for the bargain price of £29 per person. Bring your partners and families - it's a great way for them to meet all the people you spend all this time with! Dress code is jackets and party dresses; start time is 7pm.

Please get your tickets by 24th November from Harry, Diana, Suzy or Caroline and let us know at the time if you have any dietary requirements. We ask all coming to bring a wrapped prize for the raffle (usually the sillier the better!) The hotel serves beer and some basic wine. We are looking into providing some tasty wine just for us so watch this space on the details!

Also if you have any good photos of meets or socials, please give them to Harry, Diana, Suzy or Caroline. You can email them to Harry at harrymoss@yahoo.com or put them on a CD or stick for us (we will give them back!)

See you there!!

Newsletter mailing list

To respect the privacy of members, the newsletter will in future be sent out "BCC", so that each recipient does not receive the email addresses of everyone else in the group. If you have a message you wish to send out to all the membership, please email Steve at stevelangford@blueyonder.co.uk, who will then forward the message to everyone in the club database. Please do not use the member lists from previous months, as it contains people whose email addresses have changed or who have left the club.

Sponsorship

We are keen to develop further sponsorship. If you know any company that wants to become an official sponsor of Birmingham Masters Swimming Club, please direct them to Sue Cramb (suecramb@hotmail.com). For as little as £50, Sue is able to negotiate a package including advertising space on the website and in the newsletters.

Sue has secured a fantastic sponsorship deal once again with PTL - Portable Toilets Ltd. Please do consider them for your portaloos - and mention that you heard of them thanks to Birmingham Masters Swimming Club!

The fact that this meet had been moved from April to September could have caused us to have fewer swimmers but this was not the case and 28 out of the 31 who had entered individual events competed. The statistics for the individual events are:- 30 Gold, 21 Silver and 12 Bronze.

Elaine Bromwich 70-74 had made a return to competition this year and won all three Breaststroke events in times that are closing in on the British Record. Kim Allen 35-39 did a very good 400 metres Freestyle just under her entry time in 5:20.34. Laura Bayliss 25-29 went out very hard in the 400 metres Free and this had an adverse effect on the second half of the race, but this is to be applauded because it is part of the process of discovering the optimum pace. Her excellent 2:22.19 1st in the 200 metres Freestyle and the 1st in the 50 metres Backstroke were just rewards for some gutsy swimming. Katie Walker-Stabeler 18-24 won the 400 metres Freestyle in 4:58.04 but faced heavy opposition in her other events. Harriet Undery completely demolished her 3:20.00 entry time in the 200 metres I.M. with an excellent 2:11.37 and then earned Silver in the 200 metres Freestyle with an excellent 2:47.00. Diana Steele was the ladies' star performer, winning all three I.M. events and the two shorter Breaststroke events all in excellent times.

Ken Williams 75-79 won the 50, 100 and 200 metre Freestyle events. He was disappointed with the first two swims entirely compromised by the shallow end turn. A strategy of safe turns in the 200 metre Freestyle, resulted in a well earned British Record. Jim Hunt 50-54 secured 2nd place finishes in the two shorter Breaststroke events and exploited the principle that the tough events have a low entry and gained 3rd place in the 200 metres Butterfly and 400 metres I.M. Steve Langford 40-44 produced three seasons best times with two other near misses and collected three medals - 200 and 50 metres Backstroke 1st and 2nd respectively and 100 metre I.M. 3rd. Luke Swain 25-29 did all of the Freestyle distances and achieved 3rd in the 100 metre Freestyle and 2nd in the other three. Edmund Salt 25-29 won all three of his events namely:- 400 metres Freestyle and 100 metres Butterfly and I.M. Peter Undery also won the 100 metre Butterfly and I.M. events and placed second in the two longer Breaststroke distances.

We entered 21 relay teams and then suffered a number of drop outs along the way. Inevitably this caused us to drop a relay and caused us to have some weaker teams. On the credit side reserve swimmers were able to participate and share some of the success. We won 12 relays, were 2nd in two and also picked up a Bronze, which was an excellent overall result.

Our ladies appear to be making this a family event with babies and toddlers much in evidence and lunch time frolics down the slides for the older children. Much of this and some of the swimming action was captured by Claire Potter on film, sent by email and posted on Facebook. There were large numbers of great photographs and on behalf of everyone thank you. There was a good turnout on Sunday afternoon at the Newbould Arms, following which a substantial number of us enjoyed a meal at Ask. Special thanks are due to Pauline Cooke for the invaluable help in mustering everyone for the start of the relays and to Harriet for organising our booking at Ask.

We were rather down on numbers (22) this year, probably due to the proximity of the re-arranged Midland Masters Swimming Championship a month earlier.

A longer than usual Friday session started with a morning 1500 metre Freestyle, where James Flack and Luke Swain produced good swims, well under their entry times to secure 4th and 5th places respectively.

The star of the weekend was Elaine Bromwich (70-74) who won all three Breaststroke events, with British Records in the two longer distances and added four Silvers for 50, 100, 200 and 400 metres Freestyle. She filled up the rest of her time participating in five relays and looking after her 96 year old mother! There was nothing I could do to match this, but did manage to win the 100 metre Breaststroke with Silvers in the other two distances and win the 400 metre I.M. with 2nd at 100 and 3rd at 200 metres. Trevor Clark won the 200 metre Backstroke and Butterfly, placed 2nd in 100 and 200 metre I.M. and 3rd in the 800 metre Freestyle. Diana Steele focused her attention on the three I.M. races and produced three excellent season's best times, to win Silver for the 200 and 400 metre distances and a Bronze at 100 metres. She also added a Silver, for 50 metres Breaststroke. Rachael Hares also won Silver for 400 metres I.M. and a Bronze for 200 metres Breaststroke. Graham Short came specifically for the 400 metre I.M. and narrowly missed winning it, settling for 2nd place. Katie Walker-Stabeler produced an excellent 200 metre Freestyle and was delighted with her second place. Caroline Williams won a hard earned Bronze medal for 200 metres Backstroke in a very tough age group.

We entered 16 relays, finishing with four 1st places, six 2nd places and one 3rd. It was pleasing to see that our take-overs were generally much sharper than they were at the Midland Masters four weeks earlier and this made a positive contribution in the races where things were close. There was some very determined swimming also and I was particularly impressed by the 50 metre Butterfly leg by both Susan and Robert Cramb and the 100 Breaststroke leg by Claire Potter. The 72+ ladies 4 x 200 Freestyle team broke the British Record but were pushed into 4th place by two super Loughborough teams and Camden Swiss Cottage. They fought back from this to get a very special 3rd place in the 4x100 metre Medley relay with some really dynamic swimming, pushing Camden Swiss Cottage into 4th place.

The small group enjoyed a nice evening meal on Friday at Mamas and Leonies organised by Harriet and an enjoyable evening meal at our hotel courtesy of Pauline. A potential heart-stopping moment was experienced by Pauline when she discovered that the Bristol Hotel had gone into liquidation since last year, but luckily this has re-emerged as 'The Metropolitan'. A special vote of thanks to Pauline, who, as well as organising the hotel arrangements and meal, also whipped us into shape for the relays.

Some of our swimmers at Sheffield this year were puzzled by the modified time and associated FINA points that appeared beside the time that they had achieved. The FINA points table that many swimmers will have come across as age group swimmers has been in operation for a large number of years. New tables are produced each year for men and women with separate tables for long course (50 metre pools) and short course (25 metre pools) swims. The base of 1000 points for each event is the appropriate latest ratified world record. This allows swimmers who do different strokes to decide which of their times is objectively better.

Masters have the additional handicap of advancing years and a formula was devised in Sweden to adjust times achieved downwards to compare their performance directly with those of the young stars. The formula uses 25 year old and younger as the base and at this age the factor is 1. By way of example that changes progressively to about 0.7 by age 70.

For the last few years a Decathlon Competition has been running where each year, points achieved by masters swimmers in swimming meets up and down the country are entered into a data base. Everyone is ranked on the basis of total points achieved (time x factor = points) in their best ten swims taken from six categories: Butterfly, Backstroke, Breaststroke and Freestyle (each at the distances of 50, 100 and 200 metres); Freestyle distance (400, 800 and 1500 metres); and I.M. (100, 200 and 400 metres). The total is the best swims from the six categories, plus second-best swims from four of them.

To find out where you stand in all of this, go to ASA swimming, click on Masters, click on Decathlon and 2012 results:

<http://www.swimmingresults.org/mastersdata/decathlon/2012/index.php>.

Click on either men or women results to see every result for the year. Look at where our club stands for both men and women and you might also find best swims by event interesting. A more detailed description of the formula is also available on the site for those interested.