

BIRMINGHAM MASTERS

September 2014 Newsletter

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

Coach's message

Hi all... I would like to say a big "thanks" to all that have signed up to the new payment structure. I hope that this will encourage swimmers who tend to swim on a more infrequent basis to use the pool time available. This leads me on to the Nationals... I have noticed the numbers have increased in the last few weeks, which is good. And hopefully some of you will enter this meet? But failing this, there are other meets that could be equally as challenging - with all these extra sessions that you can do, let's put it to some good use!

All the best and keep up the good work... IAN

KE Pool Closures and Parking restrictions

Swimming sessions on the following dates have been cancelled by the school:

- Saturday 4th October - Open Morning
- Wednesday 15th October - Founders Day
- Saturday 15th November - Open Morning
- Sunday 16th November - CCF Scuba Event

There will be no training over the Xmas period Tuesday 23rd December 2014 until Sunday 4th January 2015, inclusive.

Parking on school site

There is no parking permitted on the main drive on the following date (however parking on the parade ground by the pool is still permitted):

- Sunday 7th December - KES Xmas concert

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 or the Parade Ground, 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, Saturdays and Sundays and after 4pm Monday to Friday

New appointments

At this year's AGM, new positions of Men's and Women's Team Captains were created, and Mark Pitts and Katie Walker-Stabeler were duly appointed to the two roles respectively. Their central task is to encourage members to compete in galas through the year and to co-ordinate aspects such as relays. Learn more about your new Team Captains in the "Meet the Captains" feature at the end of this newsletter.

We also have a new Welfare Officer, as Pauline Cooke has stepped down, after many years of fantastic service. Our sincere thanks to Pauline, while we welcome Caroline Swain to the role. Please contact Caroline (carolinewilliams10@hotmail.com) about any matter that is causing concern or distress, or with suggestions for improving the welfare of members of the club.

Forthcoming Meets

The Club is targeting the following meets next year and urge members to enter. We will seek to put together relay teams as well. If you are entering one of these meets, please inform our new team captains Katie Walker-Stabeler (katiwalkersta@hotmail.co.uk) and Mark Pitts (markpitts13@gmail.com), who will arrange relays if there are enough swimmers available.

Arfon Masters 28th Annual Gala (Llandudno) - Saturday 4th October 2014

Closing date: Although this officially passed on 5th September, the organisers have told us they are still accepting entries by email, and you can pay on the day.

Website for entries:

<http://www.swimming.org/britishswimming/calendar/arfon-masters-28th-annual-gala-2014>

This was a great event last year, with many Birmingham Masters swimmers attending. It is also ideally situated on the calendar as a warm up for the Nationals in Sheffield at the end of the month. The Arfon Gala is only a one-day meet, but manages to cover a wide range of events, including the 400m, 800m and 1500m Freestyle! Personally, I'll be entering the 25m Sprint Challenge. To make a very pleasant weekend of it, many members will be staying at one of the number of B&B's in Llandudno, within walking distance of the pool.

Short Course Nationals (Sheffield) - Friday 24th to Sunday 26th October 2014

Closing date: Wednesday 1st October, noon

Website for entries:

<http://www.swimming.org/britishswimming/calendar/british-gas-asa-national-masters-and-senior-age-group-championships-2014>

Accommodation: Pauline has once again arranged preferential rates at the hotel within walking distance of the pool. Please see separate emails regarding this, with booking form. Forms need to be returned to Pauline with payment by 23rd September.

Relays: Keith Ingram organises the relays for this gala. Please inform Keith (keith.ingram99@yahoo.co.uk) if you are available to swim in any of the relays, and if so, which ones.

Shrewsbury New Year Gala (Shrewsbury) - Saturday 10th January 2015

Closing date: 30th November 2014

Website for entries: <http://www.shrewsburymasters.com/galaDetails2015.asp>

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

Etwall Eagles 10th Open Meet (Derby) - Saturday 29th November 2014

Closing date: Friday 31st October 2014

Website for entries:

<http://www.swimming.org/britishswimming/calendar/etwall-eagles-10th-masters-open-meet-2014>

South Yorkshire Open Masters (Sheffield) - Sunday 14th December 2014

Closing date: Sunday 16th November 2014

Website for entries:

<http://www.swimming.org/britishswimming/calendar/south-yorkshire-open-masters-2014>

Details of meets around the country are available at:

<http://www.swimming.org/britishswimming/calendar/> .

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/.

New payment structure

The new structure is now in place. Thank you to everyone who set up their standing orders in time. This has now given the Club stability in income, allowing it to plan more effectively for the future. The Club shall also no longer cancel sessions when there are targeted meets. We hope it has also been an encouragement to swim more often, as members set themselves an "aspirational" number of swimming sessions each week. If you do exceed your paid-up number of sessions in a week, please remember to pay £5 in to the tin, and perhaps consider increasing your standing order for the following month. By attending more often, average fees can go as low as £1.57 per session! If anyone has queries about the system, please contact Club Treasurer Ian Parker (i.parker@blueyonder.co.uk)

New Inn meal

Andy Hudson has dropped anchor locally for a brief shore leave, so to catch up with all his news, members are invited to head off to the New Inn, on Vivian Road in Harbone, on Wednesday 24th September, at 8pm (following training). It's their famed £10 steak night. More details from Sue Cramb.

Website

The Club website has been updated. Please go to www.birminghammasters.co.uk and check out the changes.

Christmas Party

The annual Christmas shindig will take place on Saturday 29th November, at Edgbaston Golf Club. Reserve the date now. Further details to follow.

Kit sales

Our new kit is looking very stylish. We urge all swimmers to get a club t-shirt and to wear it at swim meets, for that impressive team look - particularly important at the upcoming Nationals.

Speak to Jim for further details, and for all your kit requirements:

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!

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!

Kenilworth Open Water Swim, Bosworth, August 2013 - a meet report from Jim Hunt

Held at Bosworth on 31/08/14

Distance 1600m

Leanne and myself were the only shows at the Kenilworth Masters Annual Open Water Meet. The water temperature was between 15 and 16 degrees, so, learning my lesson from the River Severn swim, I blew the dust off my wet suit and put it on.

Leanne likes to start up front while I like to hang back.

Leanne started off quite fast and it took me half way round before I caught her up and overtook her, which I was surprised to, but it was only when I spoke to her that I found out that the cold had got to her and the kelp weed was really thick. Indeed a friend of Leanne could only complete half of it due to these reasons.

Overall it was a great day out.

There were no age groups, so I came 6th and Leanne came 5th. It would be nice if we could target a few open water events next year.

FINA World Masters Swimming Championships, August 2014

- a meet report from Pauline Cooke et al

A small group of Birmingham Masters swimmers took part in the FINA World Masters Swimming Championships in Montreal 3rd August to 10th August. Although we all experienced a few organisational issues, everyone swam well with some good times and results. Montreal was a great place to visit with lots to see and good restaurants.

SWIMMERS REPORTS (details of times and positions are on the FINA website)

Report from Judy Wilson 70-74

100m Free was the first swim of the champs. I was so concerned about not going out on the first 50 too fast, I turned in 5th place and did a negative split, not to be recommended in a 100m race. Just scraped a win.

Pleased with the **50m and 100m Fly** (both 1st place and World Record) and after a day's rest did the long distance events and vowed never, ever to do the **200m Fly** (1st place) again and stick to sprints! Enjoyed the **400m Free** with a surprise win.

All swims were done without a warm up and I think Pauline and I did well in difficult conditions.

Report from Pauline Cooke 65-69

I had a great time in Montreal, especially supporting Judy to her five wins and two World Records! I did all the Freestyle events and was pleased with all my times which were an improvement on Swansea. I was pleased with 10th place and a medal in the **400m** and 13th in the **3K Open Water Swim** (only nutter to do it!) I appreciated Judy's support with all my swims, especially at the Open Water when we were there all day! Plenty of wine was drunk that evening!

Report from Elaine Bromwich 70-74

I was 2nd in **50m Breast** and 4th in **100m** and **200m Breast**. I enjoyed swimming in the temporary pool - the water felt good to swim in. In the main pool I felt as though I was overheating - it was too warm. It was disappointing not to be able to see our position at the temporary pool, as the score board did not work, so you did not get the elation at the end of the race if you were in a medal position. There were plenty of complaints about the temporary pool, but for me it was my mother not being able to see much swimming, after having paid \$45 for her to watch and the long walk.

Report from Anne Bourne 60-64

We had a great time in Montreal. As for my swims the **800m** in my age group was won in a World Record time, so I was delighted to get the Silver medal - my best ever position in a World Masters. In the **400m** it was a battle for the Bronze medal, which I just won by 0.02 secs!!!

After Montreal we went to the Atlantic Maritimes which was great fun.

Report from Trevor 60-64 & Justine Clarke 25-29

In terms of the event itself, Justine really enjoyed it, which is good as it was her first one. The swims were pretty good for Justine. She knocked over two seconds off her **100m Free** (6th out of 84 swimmers!) since Swansea and three or four off her **100m Fly**, having started training around May time. She died on the **200m Fly**, but this is relative and ten seconds sounds pretty good to me.

My swims were a bit more mixed. Having started off with a good **400m IM**, five seconds faster than Swansea and a reasonable **50m Fly**, it then went downhill. The **100m Fly** was a bit of a disaster - an eight second drop off. Having not trained Fly since my shoulder surgery about ten years ago, I am now paying the price. The **Backstrokes** were moderate. I am not a fan of open air Backstroke and though I didn't hit the rope as much as usual this time, I was looking for it on both events, which is obviously a bad example to set.

EVENT REPORT

Competition Facilities.

The pools were outdoors, situated in a park with the temporary pool being on Isle Notre Dame Island a 15 minutes walk from the main and warm up pools situated on St Helene Island. The men and women alternated days in the main and temporary pool. Though there were a number of issues with the temporary pool (distance from the warm up pool, no shade, no showers, only chemical toilets, unable to read the scoreboard and no catering!) the water felt great and we all enjoyed swimming in it.

General Organisation

Accreditation- was in a hotel in the city centre (taken by shuttle bus from the airport) very well organised and little waiting.

Transport Pass - a great plus at the Championships was that all competitors received a pass for nine days, which covered all the buses and metro services in and around Montreal and the shuttle buses to and from the airport.

Volunteers - lots of friendly helpful volunteers who all made us feel welcome, but sometimes difficult to get hold of someone to get specific information.

Results - the system of reporting was poor (though it did improve as the week went on) and they were very slow in putting them online or at the venue. Quite often you had no idea where you came until the next day. In the Open Water swim that I swam in on the Sunday, no results were available until the following Tuesday!

Presentations - there was very little information as to when presentations would take place and they could be hours after swimming or the next day. Judy, who won all five of her events, was not able to attend any of hers, because of the timing.

Meet the Captains

In this newsletter's "Meet the members", we focus on the new Team Captains, Katie and Mark. They will be encouraging members to compete in galas through the year and co-ordinating aspects such as relays.

Name:	Katie "Smiler" Walker-Stabaler
Age-group:	Category A - first year competing as a "proper" masters swimmer!
Swimming origins:	Kingston upon Hull Swimming Club until 2004
Proudest moment:	Being part of KUHSC's winning team at Speedo League Final 2002
Sporting Hero:	Sir Steve Redgrave
Favourite Drink:	Mojito
Fun fact:	I once did a charity hitchhike from Sheffield to Prague. It took me three and a half days, with three nights spent sleeping rough!
3 words:	Friendly Northern Smiler

Name:	Mark Pitts
Age-group:	Category F
Swimming origins:	I learnt to swim at Tiverton Road Baths in Selly Oak, around 1968ish, having lessons off a lady called Mrs Hayhurst, who was well known in the area as a good swimming teacher. I went on to be a member of Selly Oak Swimming Club (when they had one) for a short time before joining Bromsgrove Swimming Club around 1970/71. I stayed until 1974. I started back swimming on my own at a local pool around 1992, and joined Birmingham Masters (then Fox Hollies Masters) in 1999.
Proudest moment:	Being part of a British record breaking relay team in Cardiff, with John Tennant, Alan Jackson and Trevor Clark. When I got the certificate I put it in a frame, took down my daughter's picture and pointed it out at every opportunity, asking my children if they were going to vote for me in the BBC Sports Personality of the Year. I don't remember what they said, but children can be very rude. The one medal I'd hate to lose is a Bronze for 100m Backstroke, at Bromsgrove Swimming Club, cub gala. It has 1972 on the back, and was the first medal I ever won.
Sporting Hero:	Has to be Mark Spitz, I was 10 in 1972 when he won seven Golds at the Munich Olympics. I had the same trunks as worn by him. I even got told off at school by a new teacher, who thought I was being cheeky when she asked my name.
Favourite Drink:	Hot chocolate - sorry, very boring I know.
Fun fact:	The first time I went up in an aeroplane was 7 th February 1982; I was 19; it was a Cessna, a very small single engine plane. The first time I landed in an aeroplane was the end of July 1987, in a Jumbo jet at JFK airport, I was 25. Weird but true.
3 words:	Not sure - I've heard a lot of words used to describe me, not many that I could put in a newsletter though.