

# BIRMINGHAM MASTERS

March 2015 Newsletter

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

## Coach's message

Hi all...

I was going to give you all a rallying call to get some extra sessions in, as we get closer to the Midlands Masters, but that seems to have been blown out the water!! The pool closure since last week has been a real blow as the numbers were up and this brings me on to keeping on top of your fitness...If you can get to any of the alternative sessions that the committee & I have arranged, this will go some way to keeping you fit or at least burn off some of the excess chocolate!! Even if you can't make these sessions, I will be happy to email any of you, if you want sets to work from, if you plan to swim at public sessions. Hopefully the problem at KES will be resolved soon...

A big thanks to the committee for their quick action in re-arranging alternative sessions.

Happy Easter... IAN

## Pool problems

First it got colder. Then the water level started falling. Now KES pool is little more than a damp hole in the ground. Engineers are investigating. It seems likely a pump failed, which led to the fall in temperature, but also probably fractured a pipe, causing the leak. This may take some time to fix, hindered by the school closure over Easter.

The committee have been investigating alternative pools. We have kindly had the invitation from Camp Hill Edwardians to join in with their training sessions on Wednesday and Thursday. These take place at King Edward VI Camp Hill School in Kings Heath (Vicarage Road, B14 7QJ). It's a 25m pool, with plenty of parking. Ian will be coaching. The main entrance to the school is gated, but the code is on the pillar. Follow the drive down and to the right, to find the pool. Currently we have arranged sessions for:

- Wednesday 1<sup>st</sup> April, 7:30pm to 9pm
- Thursday 2<sup>nd</sup> April, 7:30pm to 9pm

We also have secured the use of the whole pool at Harborne Leisure Centre on (Good) Friday 3<sup>rd</sup> April, 6:30pm to 7:30pm. Again, Ian will coach the session. However this session will only go ahead if there is enough interest from members. Please let

Caroline Swain know by Wednesday evening if you are going to the Harborne session on Friday - [carolinewilliams10@hotmail.com](mailto:carolinewilliams10@hotmail.com).

There is no payment for club members to take part in any of these sessions - they are covered by the monthly subscription.

We will also be looking to arrange further sessions to take place after the Easter weekend, as long as the KES pool is out of action.

## 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 team captains Katie Walker-Stabeler ([katiwalkersta@hotmail.co.uk](mailto:katiwalkersta@hotmail.co.uk)) and Mark Pitts ([markpitts13@gmail.com](mailto:markpitts13@gmail.com)), who will arrange relays if there are enough swimmers available.

**Gloucester (Gloucester) - Sunday 19<sup>th</sup> April 2015**

Closing date: You're too late! Good luck, team! We want that team trophy again this year!

**Midlands Championships (Leamington Spa) - Friday 15<sup>th</sup> to Sunday 17<sup>th</sup> May 2015**

Closing date: 18<sup>th</sup> April 2015

Website for entries: [www.icklepeoplesoftware.co.uk](http://www.icklepeoplesoftware.co.uk).

This is the biggest meet in the calendar for BMSC. On the Sunday afternoon, we always have a drink in the pub followed by a late lunch / early dinner. Highly recommended.

**British Long Course Championships (Manchester) - Friday 12<sup>th</sup> to Sunday 14<sup>th</sup> June 2015**

Closing date: 21<sup>st</sup> May 2015

Website for entries: [www.swimmingresults.org](http://www.swimmingresults.org)

Keith Ingram is competing in these championships and reports that getting convenient, inexpensive accommodation can be difficult. He recommends the Luther King House. Car parking is free and the cost of accommodation is very reasonable. They have double and twin rooms with en-suite for £101.37 for two nights and that can be less if people opt for shared bathroom facilities. A triple room with shared facilities is £104.50 for two nights (less than £35 each).

**National Short Course Championships (Sheffield) - Friday 23<sup>rd</sup> to Sunday 25<sup>th</sup> October 2015**

Closing date: TBC

Website for entries: TBC

Another major event for BMSC swimmers. Accommodation is co-ordinated centrally - further details to come in the summer.

## Open Water:

**Windermere Relay Swim** - We're not sure whether Diana is recommending this event, or warning everybody off. Ask her for further details ([diana.steele@talk21.com](mailto:diana.steele@talk21.com))

### **Severn Mile Swim (Shrewsbury) - August 2015**

Closing date: TBC

Website for entries: <http://severnmileswim.moonfruit.com/#>

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/](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/).

### Kindly sponsored by PTL

A huge thank you to our sponsors - Portable Toilets Ltd - who have been supporting the club for almost four years now. 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>

### Twitter, Facebook and the Web

There are now three ways to find out the latest BMSC news on the web (between highly informative newsletters, that is).

**Twitter:** Go to <https://twitter.com/birminghammast1> to find out the latest news about the club. You don't need to have a Twitter account to see this page, though if you do join, you can have the latest updates sent directly to your smart phone.

**Facebook:** Join the online Facebook community by requesting to become a member of Birmingham Masters Swimming Club Facebook group.

**Website:** Go to [www.birminghammasters.co.uk](http://www.birminghammasters.co.uk) for full details of the club, session times, previous newsletters and more.

### Kit sales

There will be forms appearing on the pool side soon, for you to order the new shorts, complete with the club logo, or personalised swim hats.

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

[jim.p.hunt@birmingham.gov.uk](mailto: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!

### T30 2014 National Results - a report from Pauline Cooke

A small but select group of swimmers took part in the T30 Challenge on 4<sup>th</sup> December 2014 and produced good results. Keith did a great job in persuading all but two of the swimmers to enter the ASA National Individual Competition, so he could enter four relay teams. As you can see by the results below, all four teams were placed 1<sup>st</sup>. Well done, Keith.

All the results can be seen on the British Swimming website under Masters Swimming and then the T30 Challenge.

#### INDIVIDUALS

Pauline Cooke	65-69	1675	2nd
Sue Cramb	60-65	1605	6th
Alison Peakman	35-39	2055	3rd
Laura Bayliss	25-29	2080	5th
Claire Hotchkiss	25-29	2115	4th
Katie Walker	25-29	2305	2nd

Stabeler

Graham Short	65-69	2025	1st
Robert Cramb	60-64	1830	6th
Lawrence Miller	45-49	1935	13th
Peter Undery	35-39	2170	3rd
Luke Swain	30-34	2175	4 <sup>th</sup>

#### TEAMS

Women	100+	Mixed	120+
Alison Peakman	<b>1ST</b> 2055	Peter Undery	<b>1ST</b> 2170
Laura Bayliss	2080	Luke Swain	2175
Claire Hotchkiss	2115	Claire Hotchkiss	2115
Katie Walker	<u>2305</u>	Katie Walker	<u>2305</u>
Stabeler		Stabeler	
	<b>8555</b>		<b>8765</b>

Men	200+	Mixed	240+
Graham Short	<b>1ST</b> 2025	Pauline Cooke	<b>1ST</b> 1675
Robert Cramb	1830	Sue Cramb	1605
Peter Undery	2170	Graham Short	2025
Luke Swain	<u>2175</u>	Lawrence Miller	<u>1935</u>
	<b>8200</b>		<b>7240</b>

## Meet the Members

Name: Alison "Ally" Peakman

Age-group: Category C

Swimming origins: I learned to swim at the age of two, as my parents owned a narrowboat and they made sure I learned in case I fell in the canal! After finishing council swim lessons, I joined Oldbury Swimming Club aged 7 and swam there competitively until I was 16. Some of those trophies still in the cabinet at Langley Swimming pool are from my 10-years-old winning relay teams! After this, I moved to Haden Hill Swimming Club until around 2012, swam with my university team at Oxford from 1998-2000, joined Birmingham Masters from around 2001, and swam with North Sydney Masters in Sydney whilst living overseas during 2004-2006. Whilst living in Australia, I also took up open water swimming and have continued to date, although it's a little tougher in the UK than on the Sydney beaches...

Proudest swimming moment: My childhood proudest moment is winning my first open meet race at the age 10 - two lengths backstroke at Halesowen. I remember vividly the massive pain coming down the final length and not being able to walk afterwards... My Masters proudest moment is the 2010 season, which I ended with British and European titles, a Bronze at the World Masters Championships in Sweden and seven Top Ten World rankings.

Sporting Hero: I met Roger Black a couple of years ago and his story of coming back from injury was really emotional and inspirational.

Favourite Drink: Custard (consumed in the Peakman-Mckenna household in such quantities that it could be a drink)

Fun fact: The first time I went to France was when I swam there in 2008, as part of the inaugural Oxford-Cambridge Cross Channel Varsity relay. I did the fourth 1 hour swim and was also the person to finish and climb out on the rocks on the 'other side'. It took nine and a half hours in total and was a draw.

3 words: Competitive, busy, thoughtful

Name: Adam "too many nicknames to mention but most revolve around the colour of my hair" Murcott

Age-group: Category B

Swimming origins: Broadway Swimming Club from knee high to 16

Proudest Swimming moment: Being team Captain when Broadway won the Diddy League.

Sporting Hero: Don't really have one

Favourite Drink: Really depends on the time and type of day I've had :)

Claim to fame: Making the news around the world after being "chosen" to operate a solely red-headed flight from Inverness to Amsterdam, celebrating the annual Redhead Days Festival in Breda.....never ever ever again

3 words: Lots Of Love