

BIRMINGHAM MASTERS
November 2016 Newsletter
Edited by Steve Langford (steve.p.langford@gmail.com)

Coach's message

Hi all,

Well, as another year comes to a close, I just want to say how well you have swam in training over the last 12 months and taking advantage of the sessions laid on at other sites.

I also want to thank Pauline and Keith for all their efforts organising at the Nationals. This leads me to say how great it was for me to see you swim at Sheffield, and see you achieve new PBs and medals to boot! Fantastic! I hope that this may inspire some of you out there to "have a go" and surprise yourself!

If some of you feel that you want to tailor the training session to try and help you along on some event you are targeting, feel free to let me know - I'll try to work it in. So as 2016 closes, don't let your training slip... Christmas approaches, so even more reason to keep up the sessions... even if it's to get in that slinky size 8 dress, ladies! I'm looking forward to 2017... new 50m training!

All the best

Ian

Session restrictions

Parking on the school grounds is not permitted for the session on Sunday 4th December.

Swim training ceases (all venues) for the Xmas break, from Tuesday 20th December to Sunday 1st January inclusive.

Reminder of session times

Current sessions:

Tuesday	20.30-21.30	KES Boys' pool
Wednesday	21.00-22.00	Munrow Pool, at University of Birmingham
Thursday	20.45-21.45	Harborne Pool
Saturday	08.30-10.00	KES Boys' pool
Sunday	17.00-18.30	KES Boys' pool

(6 hours pool time)

The sessions at the Munrow and Harborne pools are not coached. Schedules will be distributed via email in advance.

From the opening of the new uni pool (9th January?):

Tuesday	20.30-21.30	KES Boys' pool
Wednesday	18.15-19.30	New Birmingham Uni pool @ 25m
Thursday	20.15-21.30	New Birmingham Uni pool @ 50m
Saturday	08.30-09.30	KES Boys' pool
Sunday	17.00-18.30	KES Boys' pool

(6 hours pool time)

Forthcoming Meets

Club Targeted Meets:

South Yorkshire (Sheffield) - Sunday 11th December 2016

Closing date: 13th November 2016

Website for entries: <http://www.swimming.org/asa/calendar/south-yorkshire-open-masters-2016>

Shrewsbury New Year Gala (Shrewsbury) - Saturday 7th January 2017

Closing date: 30th November 2016

Website for entries: <http://www.swimming.org/asa/calendar/shrewsbury-masters-new-year-gala-2017>

Staffordshire Masters (Stafford) - Saturday 18th March 2017

Closing date: 1st March 2017

Website for entries: <http://www.icklepeoplesoftware.co.uk/>

Gloucester (Gloucester) - to be confirmed - usually in April or May

Midlands Masters (Leamington Spa) - Saturday 13th and Sunday 14th May 2017

Midlands Open Water (to be confirmed) - to be confirmed - probably in July

Severn Mile Open Water (Shrewsbury) - to be confirmed - probably August

National Short Course Championships (Sheffield) - Friday 27th to Sunday 29th October 2017

South Yorkshire (Sheffield) - to be confirmed - usually early December

If you enter any of these meets, please email Keith Ingram (keith.ingram99@yahoo.co.uk) and Katie Walker-Stabeler (katiwalkersta@hotmail.co.uk), who are working out relay teams.

Other meets of interest:

Etwall Eagles Meet (Derby) - Saturday 26th November 2016

Closing date: Too late. Good luck if you're competing!

South East Region Long Course (K2, Crawley) - Saturday 21st and Sunday 22nd January 2017

Closing date: To be confirmed

Website for entries: To be confirmed

North West Sprint and Distance meet (Blackpool) - Sunday 19th February 2017

Closing date: To be confirmed

Website for entries: SwimNorthWest website from late December

Welsh Open Long Course (Swansea) - Saturday 4th + Sunday 5th March 2017

Closing date: To be confirmed

Website for entries: www.swimwales.org

Royal Navy Open (Millfield School, Somerset) - Sunday 12th March 2017

Closing date: 17th February 2017

Website for entries: <http://www.swimming.org/asa/calendar/16th-royal-navy-open-masters-meet-2017>

British Long Course Championships (Aberdeen) - Friday 16th to Sunday 18th June 2017

Arfon meet (North Wales) - to be confirmed - usually October

Etwall Eagles Meet (Derby) - to be confirmed - usually late November

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/.

2017 membership fees

Membership Secretary Alison McKenna (née Peakman) will be sending out emails to all members at the end of December, asking you to pay your club and ASA membership fees for 2017. We are freezing the club part of the fees at £55 for 2017, as long as you make your payment on time, by the end of January. We are newly introducing a reduced (£41) membership fee for full-time students, in recognition that they are often not in the region for a quarter of the year.

T30

Many swimmers have taken part in the ASA's T30 competition each year. This involves swimming as far as you can in 30 minutes, and comparing your distance to other swimmers nationally, as well as trying to beat your previous best. Arrange for a buddy to count your laps, and you can request a lane from Ian to try the T30 in most training sessions. However we are reserving the whole of the session on Sunday 18th December, for the T30. Pair up in advance or at the start of the session, so you can count and be counted in your laps.

Xmas party

Last chance to get your orders in! The annual BMSC Xmas party will take place on Saturday 26th November 2016, from 7pm, at Edgbaston Golf Course. It's posh frocks and black tie, a 3 course meal, awards and dancing. Tickets are £37 each. Please make cheques payable to "Birmingham Masters Swimming Club", or pay online, sort code 40-42-12, a/c number 12223325. Please email your menu choices to Harry Undery (harrymoss@yahoo.com) by 12th November.

Please bring a gift-wrapped raffle prize with you!

Kit sales

Jim is able to order all manner of kit, with the club logo emblazoned upon it. If you can imagine it, he can probably source it! Please speak to Jim for all your kit requirements. Email Jim with your request, he will email back with prices and details of the Club bank account, to which you should transfer the money. When the funds have cleared, Jim will order the kit, usually delivery time less than a week. Contact Jim at:

jim.p.hunt@birmingham.gov.uk

A message from Loz Miller - Orion Swimming Club

Dear Fellow swimmers (past and present),

Amazingly Orion Swimming Club was set up 50 years ago next year. Since that time 1000's of swimmers have learnt to swim, paced up and down and recorded swimming milestones whilst swimming under the Orion name.

Over the years Orion has stuck to its principles of providing a local club, run by the community for the community. Young people from age 4-18 have chased their dreams, laughed, cried and grimaced whilst parents have watched anxiously and proudly on.

To celebrate this achievement, of survival, successes and growth, the Club is looking to bring new and old members together with a celebration evening on September 9th 2017. We are also, with your help, planning a "mass relay" event and hoping to raise money for a swimming legacy for less advantaged kids in the area.

If you are interested in joining us then please keep an eye and "like" our facebook page-

<https://www.facebook.com/2017Orion50th>

Or if you want to be part of the planning email lozorionsc@gmail.com

Loz

Kindly sponsored by PTL

A huge thank you to our sponsors - Portable Toilets Ltd - who have been supporting the club for over 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>

Meet the Members

A new member in 2016 who has made quite the impression in the 'A' lanes, we introduce Michael...

Name:	Michael "Stig" Stirzaker (I had the name long before Clarkson stole it)
Age-group:	Category C
Swimming origins:	I've had a couple of squads as I was growing up - Wigan Wasps, Bolton Metro, City of Salford, Loughborough University
Proudest swimming moment:	Gold and Silver (50m and 100m Fly) for Juniors at the ASA Winter National Championships 1996 (a long time ago now!)
Sporting hero:	Alex Popov
Favourite drink:	I'm partial to a Frijj milkshake, preferably chocolate brownie
Claim to fame:	I once beat Ian Thorpe (albeit it was on 50m Fly, not 200m Free)
3 words:	Tall(ish) - Brilliant - Modest

This was the 25th time that this meet had been hosted at Sheffield in the Ponds Forge Swimming Pool. The meet was very much smaller in numbers in 1991 with no under 25s and there were only 4 x 50m relays for men and women with no mixed teams. We swam as Fox Hollies Masters with a team of seven men ranging in age from 45 to 70. The meet this year had more than twice as many swimmers and Birmingham Masters had a team of 25 men and women. Our age range now of 20 to 81 was considerably greater and we had a lot of new members swimming, essential when some of us are getting past our sell by date. The great difficulties thrust upon us by the reduced availability of the KES pool and brilliantly replaced by imaginative alternatives by a handful of our resourceful committee members is largely responsible for this new influx.

We did not have sufficient young male swimmers available at the same time over the weekend to do 72+ male relays but did construct three mixed 72+ teams with the invaluable help of Katie and Edmund. The mixed 4 x 50m Free team of Matthew James, Katie Walker-Stabeler, Anna McCall and Philip Harrington came 3rd and in Medley format with Alison replacing Anna to do Backstroke we placed 3rd again. Then on Sunday morning Matthew James, Katie Walker-Stabeler, Claire Hotchkiss and Sam Pearson wiped out their opposition to win the mixed 72+ 4 x 200m Freestyle relay. The male 280+ relay teams with various combinations involving Robert Cramb, Trevor Clark, Spyros Georgallides, Keith Ingram, John Tennant and Arthur Lowe won all four of the relay options swum, with ease. The mixed 280+ of Robert and Susan Cramb with Arthur Lowe and Elaine Bromwich won the 4 x 100m Freestyle relay and the 120+ Ladies Anna McCall, Alison Peakman, Diana Steele and Katie Walker-Stabeler took Bronze for 4 x 50m and 4 x 100m Freestyle relays. Better still Alison Peakman, Emma Johnson, Anna McCall and Katie Walker-Stabeler won the 4 x 100m Medley relay. This gave us a relay statistic of: swum 14 - won seven and came 3rd in four - which was an excellent achievement and 17 of our swimmers picked up at least one medal from the relays.

The new swimmers were pitted against very tough opposition in the lower age groups. Matthew James (23) produced a tremendous 400m I.M. of 4:39.46 to win against a good rival and finished 3rd in the 200m I.M. Second and third in the 200m and 100m Breaststrokes were also good, given the strength of the opposition. Carl Halford (23), Philip Harrington (25), Sam Pearson (20), Beth Masters (24) and Caroline Saxon (25) all did some good swims and will all move up through the ranks to get medals with more race practice. Edmund Salt (31) came for the Sunday events and produced a 3rd place for one of his prime events - the 800m Freestyle. Michael Stirzaker (37) produced a good 100m Butterfly of 1:01.01 for 3rd place and all of his other swims were far better than Leamington, demonstrating the importance of race practice. Stephen Langford (47), Trevor Clark (62) and Robert Cramb (63) are now in the mid to upper part of their age groups. Stephen was swimming best times for the year in most of his events and picking up decathlon points. Trevor with his wide range of events picked up Silvers in all three Medleys and a Bronze for the 800m Freestyle. Spyros Georgallides (51) produced superb times of 27.46 and 1:02.84 for 50m and

100m Butterfly respectively. This placed second in both, within an age group of outstanding Butterfly swimmers. John Tennant (77) was making a return to the Nationals after illness last year and placed 3rd in the 50m Freestyle and narrowly missed a podium finish at 100m Freestyle. Arthur Lowe (81) won the 50m and 100m Freestyle and all of the Backstroke events. Amongst the five Golds were British Records for 50m and 200m Backstroke. He was a willing horse and won five more Gold medals doing his part in five relays, netting 10 Golds in all. Old guys rule!

Elaine Bromwich (74) could not match Arthur but was a glutton for punishment, swimming all of the Freestyle and Breaststroke events. This produced a Gold for the 1500m Freestyle and four Silvers and three Bronze medals in the other eight swims. Suzanne Hurst (42) was not able to do her preferred events but nevertheless picked up a Bronze for the 50m Backstroke. Emma Johnson (39) is at the top end of her age group and following a good 200m Breaststroke in London has been targeting a sub three minute swim. Ian Bowley and I have provided input and Emma has delivered the sub three minute that has delighted us all for a 3rd place finish. Despite a back injury ahead of the meet, a similar target event the 200m Butterfly produced another good time and a Silver medal. This is a demonstration that a realistic target time can be achieved, by planning splits required, practising race pace, doing some competitions ahead of the important meet and getting input from the coach on technique starts and turns and putting in sufficient hard work. Alison McKenna (37) has had a busy year away from the pool but secured third places in all three Backstroke distances with the 31.85 50m swim being only marginally slower than the time achieved back in 2011. Anna McCall (35) has now been able to juggle the needs of a young family to make a welcome return to competition and has been able to do a good number of the club training sessions this year. Particularly good was the 1:01.71 100m Freestyle for Silver, a time that will be bettered with more race practice. The 50m Freestyle and the two shorter I.M. events, all produced excellent third places. Despite being in the last year of her age group, Claire Hotchkiss (29) won a Bronze medal for the 50m Backstroke event. However her first ever 400m I.M. was very good and indicates an event worth developing.

From a club perspective this was a very successful meet where we secured eight Gold, 13 Silver and 18 Bronze medals in the individual events, to add to the very successful relay results. The team appeared to enjoy the experience at the pool and the social activities also. Thanks are due to Pauline for organising the hotel, the meals and assisting with relays. Thanks also to Ian Bowley for his support and encouragement on the pool side. Last but not least, our Chairperson Susan Cramb swam and encouraged us all and was tickled pink by seeing her age given as 37 on the score board during the 200m Freestyle event.