

# BIRMINGHAM MASTERS

January 2017 Newsletter

Edited by Steve Langford ([steve.p.langford@gmail.com](mailto:steve.p.langford@gmail.com))

## Coach's message

Hi all,

As we start another year, I hope that some of you, who don't normally think about entering competitions, may consider some of them this year. It's a great way to put all that training to the test!

Also feel free to talk to me if there is anything that I can adapt in the sessions to suit your needs.

Talking of sessions.... some of you turn up a little late and are missing some of the warm up... then get in and start from the beginning! While I accept you may be late, please do try and make the warm up, and if you are late, ask where we are in the warm up, so that we can fit you in smoothly.

All the best

Ian

## Your club needs you

BMSC is a members' club, run by its members. The committee is elected at the AGM and we are always looking for fresh ideas and people keen to get involved. With the exciting development of the new 50m pool and plans to put on a Birmingham Masters gala there in 2018, this is a great time to get involved!

If you are interested in joining the committee, speak to any committee member - our mug shots are on the board.

## 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.

We currently have no opening date for the new University pool. They have promised us a month's notice, and we've heard nothing yet. When those sessions are up and running:

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

(6 hours pool time)

### Forthcoming Meets

#### Club Targeted Meets:

**Staffordshire Masters (Stafford)** - Saturday 18<sup>th</sup> March 2017

Closing date: 1<sup>st</sup> March 2017

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

**Gloucester (Gloucester)** - Sunday 23<sup>rd</sup> April 2017

Closing date: 26<sup>th</sup> March 2017

Website for entries: [www.gloucestermasters.com](http://www.gloucestermasters.com)

**Midlands Masters (Leamington Spa)** - Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> May 2017

Closing date: 1<sup>st</sup> May 2017

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

**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 27<sup>th</sup> to Sunday 29<sup>th</sup> 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](mailto:keith.ingram99@yahoo.co.uk)) and Katie Walker-Stabeler ([katiwalkersta@hotmail.co.uk](mailto:katiwalkersta@hotmail.co.uk)), who are working out relay teams.

## Other meets of interest:

**North West Sprint and Distance meet (Blackpool)** - Sunday 19<sup>th</sup> February 2017

Closing date: 1<sup>st</sup> February 2017

Website for entries: <http://www.swimming.org/NorthWest/disciplines/asa-north-west-region-masters-championships/>

**Welsh Open Long Course (Swansea)** - Saturday 4<sup>th</sup> + Sunday 5<sup>th</sup> March 2017

Closing date: 1<sup>st</sup> February 2017

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

**Royal Navy Open (Millfield School, Somerset)** - Sunday 12<sup>th</sup> March 2017

Closing date: 17<sup>th</sup> February 2017

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

**British Long Course Championships (Aberdeen)** - Friday 16<sup>th</sup> to Sunday 18<sup>th</sup> 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/](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/).

## 2017 membership fees

You should have received an email at the beginning of January, asking for your membership subs for this year. Please make sure you pay online following the instructions and get the completed form back to our Membership Secretary Alison McKenna (née Peakman).

The club part of the fees has been frozen at £55 for 2017, as long as you make your payment on time, by the end of January. We have newly introduced 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

Well done to everyone who took part in the T30 in December. You can read about the results in the national competition at <http://www.swimming.org/masters/results-2016-t30-challenge/>

The T30 for 2017 can be swum at any point in the year. We will arrange some focus sessions where swimming the T30 will be encouraged. If you are interested, please let coach Ian know.

## Annual awards ceremony at the Xmas party

Huge thanks to the organising team who put on another fantastic Xmas party, this season at the Edgbaston Golf Club. The traditional Xmas meal, games and disco were accompanied by the annual awards ceremony, and the following were presented:

Swimmer of the Year:	Arthur Lowe
Most improved swimmer:	Emma Johnson
Club person of the year:	Ed Salt
Comeback of the year:	Anna McCall
Swim of the year:	Matthew James
Lifetime member:	Pauline Cooke

## 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](mailto:jim.p.hunt@birmingham.gov.uk)

## 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 brace of bros for this month's *Meet the Members*...

Name: Graham "G" Harrington

Age-group: Category X

Swimming origins: I started with Warley Wasps, who I still play water polo with, then moved to Halesowen, Stourbridge and dabbled at University.

Proudest swimming moment: When I finally broke 24 seconds on 50 frontcrawl, albeit in a relay.

Sporting hero: Francesco Totti - sporting loyalty personified.

Favourite drink: As a New Year's Resolution, I'm drinking a lot of water, but I enjoy a beer of a weekend to wind down.

Claim to fame: GB junior water polo player and senior Welsh international.

3 words: Horizontally laid back

Name: Phil Harrington

Age-group: Category A

Swimming origins: Warley Wasps, Halesowen, Stourbridge, University of Birmingham, Oldbury.

Proudest swimming moment: Winning team Silver at BUCS team champs at university.

Sporting hero: Michael Phelps.

Favourite drink: The Plough's draught Pilsner.

Claim to fame: Graham and I both went to the same primary school as Frank Skinner.

3 words: Faster than Graham

## Shrewsbury New Year meet - a report by Keith Ingram

This meet in early January comes rather too close to comfort following Christmas excesses. The format of doing one distance on each of the four strokes and a 100m I.M. for points favours the all-round swimmers who gravitate to the shorter distances. Only seven Birmingham Masters Swimmers participated so we did not have a realistic chance of being best visiting club, but came a creditable 7th out of the 36 clubs there.

Katie Walker-Stabeler (25-29) won all five of her races, to record a maximum 25 points and win her age group in style, with most of the times being quicker than her entry times. Alison McKenna (35-39) was pushed into second place in the 25m Butterfly but crucially consigned her main rival into second place in the 50m Free and 100m I.M. - the latter being a very good 1:12.61 effort. Overall first therefore, with 23 points. Elaine Fenton (60-64) did four good swims, inside her entry times, to record three third places and one fifth.

Joshua Sutherland was doing his first Masters Meet against seven other (18-24) group swimmers and was a bit outclassed, mainly due to lack of competition practice. There were many positive aspects and work on starts and turns will reduce times by a lot in the future. Steve Langford was fighting it out in a group of 12 in the 45-49 category and finished overall 4<sup>th</sup>, despite being towards the top end of the age group. The format means that a different choice of distance can make all of the difference and if only Steve had done the 100m instead of 50m Back, he would have been second equal. Clive Whittaker (65-69) swam 25m Backstroke and 50m Freestyle well within his entry times for two 2nd places and contributed six points to the club score. The opposition in my age group was rather light weight and given that none of them could swim Butterfly I had a ten point start and thus got maximum points and first place. The object for me was to get some idea how much I have slowed down and to re-group. There were no real surprises and I will have to get used to watching everyone else doing good swims whilst I perform rather more modestly.

Everyone seemed to have a good day at a very well run and friendly meet.