



# SWIM WALES

## MASTERS NEWSLETTER 3

### TRAINING DAYS

Training Day at Wales National Pool, Swansea

21st May from 11.30 to 3.30  
cost £10.00

Talk by Bud McAllister Middle distance Coach.

Information on Swim Wales web Site.

### Swim Wales Awards

The winner of the Masters Swimmer award was Baz Owen (Arfon Masters).

Baz has been swimming with the club since the 1990s. He has competed in Welsh Championships and International events in Sheffield, Munich, Christchurch NZ, Stanford USA, Perth Au. and Gothenburg. Baz has appeared on the BBC News and the One Show. He is a wonderful advertisement for the sport of swimming.

Over the years he has held and still holds Welsh Records for breaststroke and butterfly for the 70 to 84 age groups. The runner-up was Tony Summers (City of Newport) who has been swimming competitively for many years and in 1948 swam in the Olympic Games for GB. He too still competes in Welsh Championships and holds Welsh records from 65-69 through to 85-89 and a British record 85-89 age group in Backstroke

### Travelling Abroad?

All swimmers must notify the Swim Wales office of their intention to swim abroad,

including Ireland (north and south). Swim Wales recommends that an International Permit be completed and returned to the office prior to completing any travel arrangements. More information and forms from [www.welshasa.co.uk](http://www.welshasa.co.uk) in the "about us" menu under the "policies" tab. Remember if you enter a competition under the "Nofio Cymru" banner, this will enable you to create relay teams, even if you swim at different clubs.

### British Masters Decathlon

Taken from [www.swimming.org](http://www.swimming.org) as at 1 February 2011

Allie Price Cardiff Masters is 10th with 5778 points

Julie Crayford CLAMS is 33rd with 5066 points

Fiona Kinsella Cardiff Masters is 34th with 5031 points

Stel Farrar Arfon Masters is 72nd with 4210 points

These are within the top 100.

There are 1394 female competitors.

Garfield Thomas Bridgend is 25th with 5387 points

James Arthur Swansea Valley is 26th with 5336 points

Jonathan Hopkins Welsh Indy is 70th with 4595 pts

David Burchell, Mold is 85th with 4407 points

These are all within the top 100.

There are 1889 male competitors.

Top Welsh team positions are, Cardiff Masters Ladies(11th) with 16553 points

Cardiff Masters Men (34rd) have 13200 points



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### Forthcoming events

#### **4th - 6th March 2011**

British Gas Swim Wales Masters and Senior Age Group Long Course Champs W.N.P. Swansea

information can be found on Swim Wales Web Site

#### **7th May 2011**

Welsh Capital Masters & Senior Age Group, Cardiff International Pool

Information can be found on

#### **17th - 19th June 2011**

British Gas Masters and Senior Age Group Championship

John Charles Centre for Sport, Leeds.

information on [www.swimming.org](http://www.swimming.org)

#### **1st July - 30th September 2011**

Carmarthenshire Masters Postal Swim

[delia.keen@googlemail.com](mailto:delia.keen@googlemail.com)

#### **6th August 2011**

British Gas Swim Wales, Open Water Swim, Mumbles, Swansea

Information will be on

[www.welshasa.co.uk](http://www.welshasa.co.uk)

#### **5th - 9th September 2011**

European Masters Championships Swimming, Open Water and Synchronised Swimming, Diving Yalta, Ukraine

Information can be found on

<http://yalta2011.org>

A limited amount of kit may be available - depending on budget and your having participated in Swim Wales Events in the preceding twelve months.

#### **9th- 10th October 2011**

25th Annual Gala Open Meet

Bangor Pool

(guest appearance Mark Foster)

information will be on

[www.arfonmasters.org.uk](http://www.arfonmasters.org.uk)

#### **29th - 31st October 2011**

A.S.A. Masters and Senior Age Group Short Course Championships

Ponds Forge, Sheffield

closing date - see [www.swimming.org](http://www.swimming.org)

#### **5th November 2011**

British Gas Welsh Masters and Senior Age Group

Short Course Sprint Meet venue tbd

information will be on

[www.welshasa.co.uk](http://www.welshasa.co.uk)

Closing date 3rd October

### Information from Swim Wales office

Swimmers are reminded that under current rules, they can swim as an independent for only one year.

### Records

Please remember you must claim records within 30 days of the event (forms on Swim Wales web site).

To claim a Welsh National Record (including club teams,) all must be Welsh qualified and registered to Swim Wales. Remember, swimmers can compete only once PER RELAY EVENT

#### New records July - December 2010

Long course - none

Short course (F - female, M - male)

N W Region, Blackpool, July - 2 M

Barnett Coptall, Sept - 1 F

Glocester & Somerset, Sept - 1 F

Arfon Masters, Sept - 5 F, 3 M

SouthWest Region, Sept - 1 F

British Gas Sheffield, Oct 9 F, 7 M, relay 1 F

Swim Wales Sprint, Nov 5 F, 4 M

South Yorks (Rotherham), Nov 4 F

Barnett Coptall 1500m, Nov 2 F

Records are on the Swim Wales web site and updated regularly.

### More on records

Swimmers with multiple records in the last 6 months

12 - Allie Price, Cardiff Masters

5 - Helen Hughes, Arfon Masters

4 - Sarah Vale, Llantrisant

3 - Margaret Weare, Caldicot

1 - Rhian Andrews, Ceri Thomas, Stel Farrar and Julie Crayford

6 - Jonathan Hopkins - Welsh Indy and Garfield Thomas - Bridgend,

4 - David Burchell, Mold

1 - Geoff Boddie - Holywell/Brit.Police