



# SWIM WALES

Powered by  
**British Gas**

Number 2

Summer 2010

## TRAINING DAYS

South Wales Nothing arranged at present	North Wales 26th September 2010 H2oZone, Pontins Prestatyn Coaches, Lesley Wilde Paul Griffiths Cost £10.00 1st come 1st served <i>inf on swim wales web site</i>
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## Open Water Swimming

Last year I expanded my experience by tackling some Open Water swims ready for the Sydney Harbour swim at the World Masters Games. I was nervous about the first one as I didn't fancy swimming in weed or being attacked by swans. Neither of which happened. Then there is the cold water; but then it wasn't cold. One lake was a balmy 26 ° and the coldest swim over the summer was Bournemouth in the sea at 19 °

Preparation is the key. Training in my local outdoor unheated pool to acclimatise down to lower temperatures, avoiding overheated pools. Lesson learnt; cool down the adrenaline rush at the beginning - there is a long way to go.

I have enjoyed the freedom of the outdoor swims which has provided a new focus for my swimming. Let's use the outdoor lidos for training (Bathurst Pool, Lydney has swimming only 10am - noon and 6 - 7pm).

Looking forward to the summer when the water warms up.

Lorraine Crook March 2010.

## MORE RECORDS

*In the last year*

*Allie Price - Cardiff Masters has achieved 14 records and  
Garfield Thomas - Bridgend - 15*

*British S.C. Records, Stel Farrar - Arfon 800 & 1500 Free  
Kathy Clapp (85-89) - Connahs Quay - 200IM*

## British Masters Decathlon

An annual competition in which swimmers accumulate points for up to 10 swims in the 18 different swimming events available  
More information on the British Swimming Web  
At the end of 2009 Cardiff Masters Men's Team were 7th and the Women's Team 15th out of 376  
In the Men's individual report James Arthur is 25th and Garfield Thomas 26th out of 1956  
In the Women's report Allie Price is 16th and Julie Crayford 24th out of 1409  
You will have to look for the rest!!!!

## FORTHCOMING EVENTS

**1st July - 30th September 2010**

Masters Postal Swim  
*contact delia\_k@fsmail.net*

**25th September 2010**

Arfon Masters Open Meet - Bangor  
closing date 21st August  
*contact www.arfonmasters.org.uk*

**29th - 31st October 2010**

A.S.A. Masters and Senior Age Group  
Short Course Championships  
Ponds Forge, Sheffield  
closing date - see British Swimming web site

**6th November 2010**

British Gas Welsh Masters and Senior Age Group  
Short Course Sprint Meet  
S.E.W. Regional Pool, Newport.  
*information on Swim Wales Web site*  
Closing date 4th October

**5th - 7th March 2011**

British Gas Swim Wales Masters and  
Senior Age Group Long Course Champs  
W.N.P. Swansea  
*information will be on Swim Wales Web Site*

**8th May 2011**

Cardiff Capital Masters & Senior Age Group  
Cardiff International Sports Village

**5th September 2011**

XIII European Championships  
Yalta - Ukraine

## Travelling Abroad

All swimmers must notify the Swim Wales Office of their intention to compete abroad, including Ireland.

Remember if entering a competition as Nofio Cymru, this will enable you to create relay teams.

**However a Code of Conduct may have to be signed**

## INTERNATIONAL PERMIT

Swim Wales recommends that an International Permit be completed and returned to the Swim Wales Office before any travel arrangements are made to go abroad, including Ireland

More information & forms on the Swm Wales Web Site in the About Us menu under the Policies tab

## KIT

A limited amount of kit **may** be available - depending on budget and participation in Swim Wales Events in the preceding year.

## AND LASTLY

Only Welsh qualified and Swim Wales Registered are eligible for Welsh National Records, even in a club team  
A swimmer can compete only once PER RELAY EVENT  
ie not in different age groups in separate heats in 400m relay

## RECORDS

**A REMINDER**

Records must be claimed by the Swimmer, within 30 days of the event (forms on the Web Site)

*Between 01/07/09 and 30/06/10  
109 records have been confirmed(119)*

## Long Course

European Champs - Cadiz - 09/09

Men 3 Women 3

World Masters Games - Sydney - 11/09

Women 2

S.E.Region L.C. Masters 01/10

Men 4

Welsh Open Masters & Senior Age 03/10

Men 12 Women 23

Welsh Capital Masters & Senior Age 05/10

Women 2

## Short Course

Barnet Cophthall Distance 07/09

Women 4

Arfon Masters 09/09

Women 4

S.W. Region Meet 09/09

Men 1 Women 1

A.S.A. Short Course 09/09

Women 1

Barnet Cophthall Sprint 09/09

Men 1

Gloucester Cty Champs 09/09

Men 1

British Gas Short Course 10/09

Men 11 Women 6

Swim Wales Short Course 11/09

Men 5 Women 6

Glasgow International 11/09

Men 6

Berks & S.Bucks 11/09

Men 2

South Yorkshire Open 12/09

Women 1

Shrewsbury Masters 01/10

Women 1

Stratford Masters 02/10

Women 3

Royal Navy Open 03/10

Men 4

Gloucester Masters 04/10

Men 1

PSUK Championships 04/10

Men 1

E & OE / SMR

# MASTERS NEWSLETTER