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SWIM WALES

Number 4

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MASTERS NEWSLETTER

TRAINING DAY

Manchester Aquatic Centre

Saturday 25th February from 10.00am to noon

contact Christine Slater - Arfon Masters

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POSTAL SWIM 2011

Carmarthenshire Masters S.C. held the Postal Swim again this year from 1st July to 30th September. This event gives Masters Swimmers an opportunity to swim 800m or 1500m (or both) under competition conditions in their own pool. Times are sent in to Carmarthenshire Masters S.C. and the results are collated and circulated. Although no medals are awarded, this competition has become a charity event in which all entry fees are donated in memory of Elwyna Thomas, a former Carmarthenshire Masters swimmer who had always competed in the Postal Swim since joining the club. This year, entries were very low, but along with donations a sum of £75 has been handed to Macmillan Cancer Support. The results can be found on the Swim Wales website. An entry pack for the 2012 Postal Swim will be available on the Swim Wales site www.welshasa.co.uk in Spring 2012

Travelling Abroad

All swimmers must notify the Swim Wales Office of their intention to swim abroad, including Ireland. Swim Wales recommends that an International Permit be completed and returned to the Office prior to any arrangements to travel abroad. More information and forms are available from www.welshasa.co.uk in the About Us menu under the Policies Tab

If entering a competition as Nofio Cymru this will enable you to create relay teams

British Masters Decathlon

from www.swimming.org as at 1st December 2011

Allie Price - Cardiff Masters is 14th with 5381 points

Fiona Kinsella - Cardiff Masters is 29th with 4844 points

Stel Farrar - Arfon Masters is 75th with 3996 points

These are within the top 100 of the 1347 female competitors

James Arthur - Swansea Valley is 15th with 5332 points

Garfield Thomas - Bridgend County is 43rd with 4691 points

These are within the top 100 of the 1830 male competitors

Cardiff Masters Ladies (12th) with 14544 team points

Arfon Masters Ladies (37th) with 10576 team points

Cardiff Masters Men (60th) have 435 team points

Information from Swim Wales Office

Swimmers can only swim as Independent for one year however Swim Wales may reconsider

FORTHCOMING EVENTS

17th and 18th March 2012

British Gas Swim Wales Senior Age Group and Open Masters Championships (50m)

Wales National Pool, Swansea

information on www.welshasa.co.uk

4th - 6th May 2012

British Gas Masters and Senior Age Group Championships (50m)

Ponds Forge, Sheffield

information on www.swimming.org

12th May 2012

WELSH CAPITAL MASTERS (50m)

Cardiff International Pool

POSTPONED CHECK THE CARDIFF MASTERS WEB SITE

information on www.cardiffmasters.co.uk

3rd - 17th June 2012

14th FINA WORLD MASTERS CHAMPIONSHIPS (50m)

RICCIONI (Italy)

information on www.finamasters2011.org

1st July - 30th September 2012

CARMARTHENSHIRE MASTERS POSTAL SWIM 2012

delia.keen@googlemail.com

22nd - 23rd September (tbd) 2012

British Gas Swim Wales, Open Water Swim

Mumbles, Swansea

information will be on www.welshasa.co.uk

6th - 7th October 2012

ARFON MASTERS

26th Annual Gala Open Meet (25m)

Bangor Pool

information on www.arfonmasters.org.uk

26th - 28th October 2012

British Gas ASA Masters and Senior Age Group

Short Course Championships

Ponds Forge, Sheffield

information on www.swimming.org

British Gas Welsh Masters and Senior Age Group

Short Course Sprint Meet

date and venue tbd

information will be on www.welshasa.co.uk

1st week in September 2013

14th European Masters

Eindhoven, Holland

information on www.ecmasters2013.com

A REMINDER

Records must be claimed by the swimmer within 30 days of the event. Application form is on www.welshasa.co.uk

Late news Ferryside Inshore Lifeboat are running their Open Water Estuary Swim from Ferryside to Llansteffan and back on 11th August @1pm for details contact tina.swim@lycos.com

AWARD**Terry John Cardiff Masters who was awarded the Cherriman Award by British Swimming in 2009 will be presented with the trophy at the at the British Masters Championships in May**

The Vivienne and Leonard Cherriman Award is made annually by the British Swimming Board on the recommendation of the British Masters Committee to 'the person or organisation who or which has done the most to promote and foster the cause of Masters swimming in Great Britain. Please contact Leisa.forrest@welshasa.co.uk if you wish to nominate anyone for the 2012 award.

RECORDS

During the year Short course records have been set at the Hazlemere Masters, the Royal Navy Masters, the Scottish Masters, the Barnet Copthall and Arfon Masters and the ASA Masters, by Gareth Cocks(7) James Arthur (6), Gareth Fowler (2) and Baz Owen (1)
 Long Course records were set at Welsh Open Masters, Welsh Capital Masters and the British Masters by Gareth Cocks (2) David Morgan (2), Peter Beaumont (1), Jonathan Hopkins (4) James Arthur (3), Garfield Thomas (1) and Geoff Boddie (1)
 For the Ladies, however, Short Course records were set at the South West Region Masters, North West Region Masters Arfon Masters, the ASA Masters and Barnet Copthall Long Distance by Allie Price (3), Emma Davies (1), Helen Hughes (4) Sian Clement (1) and Margaret Weare (2)
 Long Course records were achieved at the Welsh Open Masters, the British Masters and the xiii European Masters by Allie Price (3) Helen Hughes (2) and Sian Clement (2). Three relay records were set at the Welsh Capital Masters Meet by Cardiff Masters Women and mixed teams. (Upto date records can be found on the Swim Wales Web Site)

OPEN WATER NEWS 2011

The season was notable for a Swim Wales first, namely the Dragon Swim at the end of September. This joint effort with Activity Wales proved to be successful and enjoyable by all who swam.
 The novelty of a Samba Band provided some unexpected atmosphere and encouragement to some good times around the 1500m course
 The sea at Mumbles was flat and easy to swim in so good for all level of experience from the Elite swimmers to the rest of us.
 It is definitely an event for putting in your calendar for 22nd Sept 2012
 Have a go and try a new swimming experience. Other events which involved Swim Wales Masters included the swims across the Menai Straits and Llyn Pardam. Arfon Masters have run the Straits swim for 12 years so their web site will keep you in touch.
 The British Masters Open Water Championships was held at Rother Valley Country Park, Sheffield. Gold medals went to Rhian Andrews and Tony Davies, Cardiff Masters and Lorraine Crook, Caldicot took a bronze in their different age groups
 (Report by Lorraine Crook (Lorraine@crook420636.wanadoo.co.uk))

25th Arfon Masters Celebratory Gala, Bangor Pool, 8th-9th Oct.

This was a fantastic celebration of 25 years of Arfon Masters galas. Around 130 swimmers competed with 32 Masters Clubs represented, including Otter, Shrewsbury, Etwall Eagles, Halton, Aerlingus from Dublin, Trafford Metro etc. so many thanks to all those for attending and hope you all had a great time. Norma Rowles, President of Swim Wales and a trained opera singer, and singers Mair Martin and Lynn Yule gave a stirring rendition of the Welsh National Anthem at the start of the proceedings. Many thanks to them.

Twenty one Arfon swimmers competed over the two days, including three new members competing for the first time. Helen Hughes and Baz Owen swam exceptionally well with Helen setting 4 new Welsh Records in her age group for 100m Backstroke, Butterfly Records in her age group for 100m, Backstroke, Butterfly, 200m and 400m Freestyle. Baz broke the 100m Breaststroke in the 80-84 age group. A British record was also set by David Warren from Otters in the 100m IM (40-44 age group). Otters brought a strong team up from London and won the trophy for the visiting club gaining most points, we would like to thank them for making the long trip north

For this special 25th gala we had invited Mark Foster to be guest of honour and we had disappointing news at lunch time when his agent called and cancelled his appearance due to illness. But the afternoon went ahead as planned and included the '25 Challenge' a fun event (not counting towards points) consisting of 25m sprint races in each of the four strokes. These were particularly popular and spot prizes were awarded by Norma.

Two other new events were introduced for 2011, 200m Freestyle on the Saturday and the distance events were extended on the Sunday morning to include a 400m Freestyle. The number of entrants for the distance events was twice that of the previous year and we will continue to run this extra session in 2012.

The evening presentations, food and Ceilidh took place at Hendre Hall, just outside Bangor. Over a hundred swimmers and guests partied to the early hours, again Otters lead the way with some fine dancing skills

Arfon Masters would like to thank all those who supported the gala particularly the sponsors and of course all the officials for giving up their free time and running the meet so efficiently
 Full results can be found on the Arfon Masters website www.arfonmasters.org.uk. The 2012 gala will be held on Saturday 6th and Sunday 7th October and will include the '25 Challenge' and the 400/800/1500m freestyle events. You can follow Arfon Masters on Facebook (search for Arfon Masters Swimming Club) and on Twitter @ArfonMastersSC.

(Report by Oggy East, Arfon Masters S.C.)

Helen Hughes entered Baz Owen in The Times Sternberg Award for the active over 70s, unfortunately he was not placed

AND LASTLY

Only swimmers who are Welsh qualified and Swim Wales Registered are eligible for Welsh National Masters Records. This also applies to Relay teams

