

## **Minutes of the ASA SW Region Masters subcommittee**

Held on 14 January at the Holiday Inn Taunton 10.30am

Those present:

Robert Margetts (RM) ASA SW Region Competition Sec  
Chris Tremellen (CT) ASA SW Regent Secretary  
Brian Armstrong (BA) Gloucestershire County Masters Rep  
Catherine Ralph (CR) Cornwall County Masters Rep  
Karen Yendole (KY) Dorset County Masters Rep  
Rosemary Johnson (RJ) Somerset County Masters Rep  
Sue Haigh (SH) Devon County and SW Region Masters Rep  
Sharon Lock (SL) ASA National Masters Swimming Officer  
Philippa O'Grady (PO)  
Adele Parham (AP)

1. Robert Margetts was invited to take chair which he accepted.

### **2. Apologies:**

Apologies were received from the Regional President Mr P Robbins

### **3. Matters arising:**

SH asked about receiving a generic email address but it was decided that this would not be forthcoming at the moment as in the past there have been problems with this.

### **4. Correspondence:**

There was discussion on emails received by SL RM SH and KY from Nigel Foster, a swimmer from Dorset, regarding the introduction of qualifying times for the British Masters this summer.

SH to reply to Nigel Foster.

There was also correspondence from KY and CR about the use of Cat 1 and Cat 2 in masters events. Problems were caused by the rule that swimmers in county teams must be Category 2. In order to put forward a full team swimmers from Dorset and Cornwall how to takeout temporary membership in order that they should be eligible to swim in their county teams. This has caused many problems. SL reported that Cornwall Kent and Dorset where are the three counties affected by this rule Clarification on Cat 1 and Cat 2 registration was given on this by SL.

## **5. Masters Development Day**

### **a) Report on 2017 Development Day**

SH reported that the SW Region Masters Development Day which was held the Mount Kelly swim centre on June 11 & was extremely successful.

The programme included two 90 minute swim sessions, a presentation by sports psychologist Dr Karen Howells and a Land Training session led by Nye Levett of NL Wellness. 27 Masters swimmers from the region took part and the feedback on the day and on the follow-up evaluation sheets was extremely positive. A full report appears on the Swim West website.

b) It was agreed that SH contact Bath Spa University and book the 50m pool, gym and lecture hall for 13th May.

## **6. Competitions**

### **a) Individual**

This event was held on 24th September at Horfield pool. RM reported that numbers of entrants were not good, however the total number of entrants were greater than in 2016.

2016 Men 49	West Region 42	Out of Region 7	Women 33	West Region 10	Out of Region
	Total 92				

2017 Men 66	West Region 47	Out of Region 19	Women 59	West Region 39	Out of Region 20
	Total 125				

However, considering the number of swimmers in the region the number of entries was still quite disappointing.

There was discussion on how to encourage larger numbers of masters to compete in their Regional competition.

This can be done by advertising the event on the National masters hub and for reps to encourage swimmers from their county to compete in this event.

The 2018 Regional competition will be held on Sunday 30th September at Hutton Moor. Entrants will need to be Category 2. It was agreed that this event should be advertised on the Masters Hub competition site and all Masters swimmers in the region to be encouraged to take part.

There was also suggestion that during the break between sessions the Region should offer 800m and 1500m swims to those who need to get times on the rankings. Timings for the programme were to be checked to see if it was possible for this to be offered.

### **b) Inter-County Team Championship**

The Regional leg of the National inter-county Championship it took place on 19th November at Millfield. The results were as follows:

1st Devon 355

2nd Gloucester 289  
3rd Dorset 246  
4th Wiltshire 188  
5th Cornwall 174  
6th Somerset 147

National positions:

Devon 4th 1547.5  
Gloucester 9th 1201  
Dorset 13th 1114.5  
Cornwall 19th 767.5  
Somerset 24th 622  
Wiltshire 26th 556

The 2018 Regional Inter County event will be held on 18 November at Millfield.  
Only Category 2 swimmers will be eligible at this stage. For this to change the Swimming Management group will have to make a rule change.

## COUNTY REPORTS

### CORNWALL CR

**County Interclub gala 2017 Bodmin 6<sup>th</sup> May 2017 .**

Initial efforts to combine this event with Devon failed. However with a change in the conditions of entry and early advertising, we hosted a successful gala at Bodmin pool in May 2017.

The event was run as an open gala with entries from throughout the UK . 9 Cornish Clubs competed with the overall points total and Cornwall inter club trophy being won by St Austell successfully taking the winning spot from Truro who had held it for a number of years . As last year, there was little recovery time between events but swimmers seemed to accommodate that into their event planning and entries. There were over 200 swims, from 57 swimmers and some profit made to the County .

The date this year has been fixed for Saturday 28<sup>th</sup> April at Bodmin Leisure centre . It is probable that a new system of entering will be used as last year's was problematic. When agreed on conditions of entry will be updated and the event advertised on the SE Masters Hub . It will once again be an open gala inviting entries from 16-17year olds+ .

Cornwall now boasts a world champion in Truro's Graeme Milne who Took the butterfly title in the World Championships held in Budapest in August.

Swimming in the British Championships in Aberdeen Graham also set a new LC British record of 29.64 for the 60/64 years 50m butterfly.

National Inter County competition Sunday November 19<sup>th</sup>

Cornwall achieved a full team once again to represent the county . A total of 34 swimmers from 18 to 70 years old swam , competing in 64 events including the 20 relays. Gaining points in almost every event, the swimmers enjoyed competing against rival SW counties of Devon , Dorset, Gloucestershire, Somerset and Wiltshire. In the SW gala Cornwall came 5<sup>th</sup> , scoring 174 points narrowly missing 4<sup>th</sup> place behind Wiltshire.

Nationally, with an overall score of 767 points, we were placed 19<sup>th</sup> out of 29 counties which was one place higher than last year .

In Cornwall, the interest for masters swimming still grows. However the insistence of Cat 2 membership and affiliation to an official swim Club , is a real threat to the expansion of interest. The Cornish team has always consisted of swimmers who are not affiliated to a swim Club - this is a fact for many reasons but living in a rural community, where many areas do not have Clubs or do not have opportunities for masters swimmers, is key . With the introduction of this rule, Cornwall are likely to lose availability of competitive masters swimmers . Finding adequate pool time to train a group of masters swimmers is still difficult and most sessions in which masters train seem to be either not coached or unofficially coached .

**WILTSHIRE CJ** (sent after meeting via email)

This is my first year as Wiltshire masters rep.

I have sent out 5 newsletters to the masters clubs in Wiltshire and have been trying to publicise the Decathlon system which does not seem to be well known.

The top 6-10 swimmers, both men & women and the top club teams in Wiltshire are highlighted.

It was disappointing to see that our results in the National Inter Counties table had lost a lot of points due to Cat 1 swimmers.

I attended the Masters conference at the end of September which was aimed at County Reps, and publicised quite a bit of this in one of the newsletters.

Wiltshire County Championships are spread over three evenings through the year and cover 25m, 50m 100m all strokes, 100IM and a lot of relays. Warminster won the overall title in 2017

The following swimmers from the County travelled to Sheffield to compete in the Swim England Nationals in Sheffield: Rebecca Smith Carrie Power, Joanne Blount, Jonathan Audis, Lauren Matthews , Nigel Masters, Sarah Forbes and Chris Jessup. Many came away with podium positions.

At least one swimmer travelled to Budapest for the World Masters Championships.

## DORSET KY

The Dorset county masters competition took place in July 2017. There were 70 swimmers competing representing 7 clubs in Dorset in a total of 258 swims. 16-17 year olds were invited to swim for the first time. Entries were about the same as in 2016. There were 41 championship best time set and the top club was Littledown Masters from Bournemouth. Sadly, the 2018 County Masters event to be held in March has been cancelled due to a Bournemouth Schools gala being booked on the same day which will lead to difficulties getting officials. It is hoped that it will be rearranged later in 2018.

Dorset finished 13th in the National Inter-County masters competition which was down a bit from 2015 and 2016 mainly due to the absence of 7 first choice swimmers. We also struggled to get a team due to the new rule of only allowing cat 2 swimmers. Dorset County funded the upgrade of 12 swimmers from cat 1 to temporary cat 2 without which we wouldn't have been able to field a team. We wait to see what will happen in 2018.

Dorset faces the problem that not many pools in the county have electronic timing which it is necessary for times to be accepted onto Masters rankings.

At the Swim England National Masters Championships Dave Hembrow from Littledown Masters set a new European record in the 70-74 years 1500m freestyle.

## SOMERSET RJ

RJ reported that the joint Somerset and Gloucestershire Championships were cancelled due to snow.

The Inter county result for Somerset was disappointing. There are a number of good Masters swimmers in the county but it is difficult to get involved in competing for the county. Somerset had no swimmer involved in the regional development day.

Rosemary reported that she would be stepping down from her role as County Rep and was hoping that Adele Parham and Philippa O'Grady (who attended the meeting) would be happy to take over as joint Somerset Reps . Adele and Philippa agreed and that they would be happy to work as joint County Reps if elected by the county when Rosemary stands down.

The committee thanked Rosemary for her many years of involvement and service to Masters swimming both as Regional and Somerset County Rep.

## DEVON SH

The Devon County championships in early September was better supported this year. The event was held as a short course event at the Plymouth Life Centre. The 2018 DC Masters will take place on 1st July at the Life Centre. This year, swimmers from adjoining counties, Cornwall, Somerset and Dorset will be invited!

There was no Devon County Masters coaching event held this year as the uptake was poor when it was first offered, so it was decided not to run it.

However quite a few swimmers from Devon attended the Regional event held in the Mount Kelly 50m pool. The day was well received by those who attended and feedback was good. Two swimmers from Devon attended the FINA World Championships Sue Haigh and Darren Beer, with Haigh taking three bronze medals and setting three British records in the 200 and 400 freestyle and the 100m fly.

Two swimmers from Devon braved the journey to Aberdeen for the British Masters LC Championships. Anne Humphries and Margaret Bickley picked up podium positions in all their events.

Devon was very well represented at the Swim England SC Nationals held in Sheffield in October.

Anne Humphries of Barnstable, David Smith of Devonport, Nye Levett & Warren Barrett from Exeter University, Darren Beer, Adele Parham & Alison Browning from Exmouth, Daniel John, Emma Bickley, Kalon Veale, Levin Veale, Simon Veale, Margaret Bickley and Tom Hughes of Totnes all took home National medals.

The Devon County team managed to win the Regional shield again and this year equalling their best position nationally & taking fourth-place only 1/2 points behind third position.

Throughout the year, two swimmers from the County set European and British records.

Simon Veale set a British record in the men's long course 200m IM and Sue Haigh set new British records in five SC and six LC events as well as setting European SC records in the 400m and 800m freestyle.

## GLOUCESTERSHIRE BA

**British Masters Championship - Aberdeen, 16-18 June 201** Despite the travelling distance, the County was strongly represented in Aberdeen by Gloucester Masters (five swimmers) and Stroud (under the Sub 160 banner - 2 swimmers) with a single swimmer from United Bristol.

Aimee Carter (GMSC) swept the board, achieving gold in all her six races. Colin Stephenson, Tony Cherrington (GMSC) and Phil Muspratt (United Bristol) each had two wins in their respective age groups. Jess Wooddisse and Mark Partridge both won three silvers each and Jayne Ball won two silvers and a bronze.

**SW Region Masters Open Meet - Horfield Sept 24<sup>th</sup>** Forty of the County's Masters swimmers from Bristol Henleaze, Bristol Masters, Bristol North, Bristol Penguins, Cheltenham, Gloucester Masters & Stroud took part. Don Leatherbarrow from Gloucester Masters providing the outstanding performance of the meet by taking wins in the six events he entered, with Bristol North's Rachel Curnock winning all five of her events.

**Masters National Championship - Sheffield 27<sup>th</sup>-29<sup>th</sup> October** The County's Masters were extremely successful once again with several swimmers coming away with multiple medals. Aimee Carter (GMSC) was again the pick of the ladies with five golds and a silver, and Tony Cherrington (GMSC) achieving four golds and a silver for the men.

**Master Intercounties - Millfield, November 19<sup>th</sup>** Team Glos. swam exceptionally well, taking some notable wins and eventually returned a creditable second place in the regional event to Devon. In the National arena, the County came 9<sup>th</sup> - which is a significant improvement from 16<sup>th</sup> in 2016 and even better than our 10<sup>th</sup> placing in 2015. Congratulations to all the swimmers.

**Gloucester & Somerset Masters Meet** To the great disappointment to all involved, this meet had to be cancelled at the last minute due to the adverse weather conditions on Sunday 10<sup>th</sup> December. Discussions are ongoing regarding a new date, but it is likely that we will not run two event this year.

### **Gloucester Masters Open Meet**

The date for this competition is April 22<sup>nd</sup> at GL1 and the schedule and entry forms will be released shortly.

## AOB

RM announced that the winner of the regional masters trophy four 2017 was Kalon Veale with 6240 points.

SL would like to attend County swimming meetings in the Region in order to talk to interested groups about the advantages of having groups of Masters swimmers in in local swimming clubs.

SL pointed out that there is a CPD on the Swim England website to advise about the masters coaching.

BA asked to look at dates for events to be organised in the region for 2019 to see if they could be spread throughout the year to encourage more entries.

KY asked if the masters hub could be made 'mobile friendly'. SL to organise.

SH ask County Reps to send results or articles to her so that they can be uploaded onto the SW Region masters page on the website.

As the British Masters Championships is be held in Plymouth in June SL asked those present to encourage officials and time keepers to volunteer to be involved in the event.

The meeting closed at 1:27pm