



# Cardiff Masters Swimming Club, Newsletter: September 2006

Dear All,

**Wow what a busy six months we've had for the club! From travelling to galas, club socials abroad, training sessions with famous people, club socials at home and lots of competitions the club seems to be thriving. In case you missed anything, then here's your chance to catch up!**

## Gala News

### Guernsey 2006

(By Jane Fletcher)

'Tour Guernsey' was a great success this year. 20 people travelled from Cardiff (16 club members) to Bristol Airport and then onto St Peter Port for the 15th International Guernsey Masters Swim Meet.

We arrived in blistering sunshine and proceeded to the hotel where we met up with Vicky's mum. As tradition has it, we then threw our bags in our rooms and congregated in the bar. Being too late for lunch we strolled around St Peter Port until we found a place suitable for 21 for a liquid lunch.

The swimming went amazingly well. Several world records were set by Jane Asher. Club swimmers (whilst not setting any records) were also very impressive with gala debutantes Dan and Joanne performing extremely well.

Swim sessions were on the Friday evening, Saturday morning, Saturday evening and Sunday morning. The Friday session culminated in Vicky and her mum (Diane) doing the 400 Fr whilst the rest of us had gone on ahead to order their food (it obviously took 15 of us to be in the bar to look after their seats).

Saturday afternoon was free to enjoy a spot of sightseeing (in the rain). A 7a bus takes you all around the island in 1.5 hours for 50p – not bad value.

We obviously managed a lot of socialising with the hotel bar making record profits for the time of year; the food there was great.

The Sunday session finished with a lunch for 200 at a local hotel. Presentations and speeches were abundant. We finished with Tony's short cut home, which was very scenic and very long!

The island was lovely with many people taking a stroll round the harbour and taking in the sights, as we had a bit of welcome sunshine on the Sunday afternoon.



The flight home was a little bumpy but I think most people held onto their breakfast.

Definitely something we should all do again next year!!

For any Welfare issues within the club please contact Janet Smith or Clare Parry

## Welsh Open 2006

(By Heidi Arnot)

14 Cardiff Masters swimmers and 1 coach (Terry, not a bus) travelled to Sketty Pool, Swansea for the Welsh Open Masters on a blustery and sunny weekend. Sadly, Sally's 106 decided to die on the way to the pool, so the only lane Sally saw was the hard shoulder of the M4! She was missed by all.

The event was very exciting as world records fell with the presence of Willy van Rysel who set new records for her new age group of 90 – 95 years.

Alas, no world records for us, but our highlights included the 'oldies' (Heidy, Kate (!) Terry and Tony) winning gold in both the free and medley relays – of course secured by our coach with an excellent final leg in each.

Geoff swimming an all time best for the 50m free in 28.88sec (well done Geoff - a great swim) and me (Heidy) becoming an 'English' Welsh record holder in the 50m back – does that mean I follow in Vicki's footsteps and get leeks and a hat at the next Christmas do?!

In all, we gained 9 gold, 4 silver and 13 bronze medals.

Some swimmers gave a guest appearance; Tony assisted the 'oldies' in the relays (whilst 'watching' his son play hockey outside which was the real reason for his attendance).

Clare missed out on 2 relay gold medals after opting to swim for the youngsters in the relay races. Richard had a fine 4 hour round trip for a 50m fly sprint. Bill turned up for the 50m freestyle (bronze).

Vicki, still representing Cardiff Masters before she registers with Swansea Masters, again displayed a perfect 50m fly to win gold – she also got 2 silvers and a bronze. Elaine was very pleased with her 400m freestyle (with consistent 100m time-splits) and her 50 and 100 backstroke races to gain gold in all 3.

Jane Fletcher swam a fine 200 m breast in a PB (gold) and a bronze in the 50 free. Kate gained

silver for 50m breast and Anna Stokes a bronze in the 100m breaststroke. Paul Pycroft participating in the 'Iron Man' events of 200IM and 100 Fly amongst others gained himself a creditable silver and 2 bronzes.

Paul Sweeting and Colin clocked up the metres both entering 4 individual events, with Paul S. also swimming in the 'young' relay team events. Both Colin and Paul won bronzes for their 50m breast events and Paul, a bronze for his individual 100m breaststroke. Paul S. also won bronze in the freestyle and medley relay team events with Clare, Anna and Paul Pycroft.

I mentioned all I hope who attended – well done to everyone and I look forward to sharing more swimming at the next swim event.

## Capital Masters 2006 - 13-05-2006

This year we had the unenviable task of organising the gala ourselves – something which certainly scared the hell out of me! However, despite an early morning issue with the timing system the day was a great success.

Despite clashing with the FA cup final, being held in the stadium, the event was well attended. In total 23 club members competed in 81 individual swims and 18 relays, scooping 49 gold medals, 28 silver and 14 bronze. Well done to everyone who took part.

A huge thanks to everyone who contributed to making the day a success, whether that was helping with timing, selling programmes, providing medals or cheering the club on. Special thanks to Terry who contributed a lot of time and effort again to ensuring the event happened in the first place.

The Capital Masters gala 2007 will be held at the Welsh Institute of Sport on May 25<sup>th</sup>. We hope to see as many of you as possible there.

## World Life Saving 2006

(By Dave Cooper)

The 2006 World Lifesaving Championships were held in Victoria, Australia. The ocean events of this competition were located at the picturesque

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town of Lorne on the Great Ocean Road 2 hours south of Melbourne.

Two members of Cardiff Masters Swimming Club competed in this competition – Dave Cooper and Karen O'Donahue Harris. The races were competed for in very testing 4 – 5 foot surf.

Dave made it through to 2 finals. The surf ski (5.5m long similar to a kayak but designed for ocean use) and the Malibu (or paddle board) – 3m long surfboard designed to carry 2 people if necessary.



Karen fared much better. She gained 5<sup>th</sup> place in the Malibu. She came 2<sup>nd</sup> in the Iron Woman – a very tough event comprising of a 250-300m swim, 450-500m Malibu board paddle and a 600m ski paddle with 100m beach runs between each leg of the event. Her best result was the Surf Ski where she overcame a strong field of Australians to power home for 1<sup>st</sup> place and a well-deserved Gold medal

## **Forthcoming Galas**

There are several galas coming up over the next few months that the club hopes to send representative to, so take a note in your diaries for the following:

### **ASA Masters - 27-29<sup>th</sup> October**

The club is looking to take a group up to Sheffield at the end of October to take part in the ASA Masters competition.

Sheffield boast a fabulous pool and it should be a great trip. However, time is running out to enter this event, especially with having to book accommodation, so we need to know if you're attending ASAP.

### **Welsh Closed - 4<sup>th</sup> November**

The week following the ASA masters is the Welsh closed, and we are looking to send a team up to Ystrad, Rhondda to take part.

Entry forms for both these events have been e-mailed to all club members, but if you've missed out then let us know.

### **Other Galas**

While that will be all for this year, it's already time to start booking some dates in your diary for some of next year's events.

Welsh Open 2007 – 2<sup>nd</sup> to 4<sup>th</sup> March

Welsh Capital Masters 2007 – 12<sup>th</sup> May

Gloucester Masters 2007 – Date to be announced

## **Extra Training**

### **David Davies**

Everyone wants a brush with fame and Cardiff Masters swimming club was happy to oblige. During a two-hour training session at UWIC we were treated to a visit from David Davies, Commonwealth Gold medallist and Olympic Bronze medallist.

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David came round to provide advice to many of us individually, as well as giving demonstrations of starts, turns and stokes. He rounded off the session by answering any questions from the club. As an added bonus, all those attending walked away with a signed picture of David celebrating his gold medal win in Melbourne earlier in the year.



Many thanks to Penny for arranging this special training session and for David for giving up his time to help us out.

### Double Wednesdays

Not content with working hard for one hour every Wednesday, when the opportunity to double our training time came long we grabbed it firmly and so began a series of two-hour long training sessions every Wednesday evening.

These have proved to be a great success, giving us the chance to have training concentrating far more on stroke and technique than is possible in a one-hour session.

Our coach has even been spotted joining in as well – although he will insist this is just a rumour!

### Swansea 50m Pool

Even though we haven't been for a while (mainly since we have been enjoying our double Wednesday sessions) the club is still keen on taking anyone who is interested up to Swansea on the occasional Saturday for an extra hour in the 50m pool in Sketty.

As the summer draws sadly to a close and we return to a single hour again on Wednesdays, we may well take a few trips up there in the coming months. If anyone is interested, please let one of the committee members know.

## **Club Socials**

### Club Barbeque

July saw the annual club barbeque take over our coach's garden (except the people watching the World Cup in the living room).

As usual we were hosted to a fantastic mix of burgers, baps and kebabs during a pleasant summer evening with a chance to catch up with friends both old and new.

We even got the chance to view our very own DVD of the Welsh Closed from 2005.

The barbeque included a special presentation to our coach who was celebrating his 50<sup>th</sup> birthday, and 10 years coaching the club. The club, as it happens, is celebrating its 20<sup>th</sup> birthday this year as well.

### Other Socials

After the Capital Masters gala a group decided to head into town to enjoy the standard liquid recovery ritual for working hard on a Saturday. At some point during the evening it was suggested that we work off our training in a similar way again.

Not to pass up an opportunity the club swung rapidly into action and, five months later, we were seen taking up most of the seats in the brewery quarter in town one Friday evening.

Hopefully we'll be looking to continue this fine tradition we've started, and I'm sure we'll be hitting the bowling lanes again soon, too!

For any Welfare issues within the club please contact Janet Smith or Clare Parry

## Forthcoming Events ...

### Christmas Dinner 2006



This year's Christmas dinner will be held on Friday December 8<sup>th</sup> in Capsules again. As ever we'll be taking over the entire restaurant for an enjoyable night of food, toasts and speeches.

Details of times and costs will follow shortly, so mark it in your diary today!

## Other News

### Where will we go next?

Over the last few years we have had an annual trip away somewhere to enjoy a competition elsewhere. We're already considering what trip we'll be going to next year, so keep an eye on this space for more news on that front. Suggestions are welcome!

### And Finally ...

Thanks to everyone who has represented the club in our various galas over the past six months. Here's to another successful six months before the next newsletter.

Cheers!

*Martin*

### Contact Details

Please feel free to approach, phone or email any Committee Member if you have any questions, problems or suggestions. We are here to provide what the Club wants so we are always interested to hear what members have to say.

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If you want to send an email to all members please send it to one of the committee members to be distributed.

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