



# Cardiff Masters Swimming Club

## Newsletter: March 2008

Dear All,

It's been over a year since our last newsletter – clearly I'm getting slack – but here it is at last. A lot's happened in that time, so I present the bumper Cardiff Masters Swimming Club newsletter.

### Cardiff International Swimming Pool

In January 2008 we moved. As with every time we move home it took a little while to get adjusted, having to wait for a little bit before all our furniture (in this case lane ropes) were unpacked and put in place.



The new 50m pool is already making a huge difference. You'll read below about a fantastic performance at the Welsh Open this year, no doubt helped by having time to train long course. After moving we have attracted lots of new members and it's been great to see so many new faces training with us. We hope you'll all join us on the next social, which we will be arranging soon.

Many swimmers are also known to be taking the opportunity to train at other times during the week and weekend.

This has become so popular we're even going to be putting on some extra long course training once a month. The first of these will be on Saturday 15<sup>th</sup> March at 3pm.

There will be further training on:

- April 26<sup>th</sup>
- June 14<sup>th</sup>
- July 12<sup>th</sup>
- August 16<sup>th</sup>

All at 3pm.

We hope everyone is really enjoying the new facilities and hope it continues to take us from strength to strength.

So impressed are we with the new pool that we're going to be moving the Capital Masters (our own gala) into the new pool on 10<sup>th</sup> May. This is the first long course gala we'll have hosted and the first national gala to be held in the new pool. We hope you'll all be there with us.

## Cardiff Masters heads to Prague

The Cardiff Masters On Tour event is now firmly entrenched in the club's calendar. Each year we find a gala that's a little bit further a field than our usual haunts and take as many swimmers as we can.

You can read a report of our 2007 trip to Glasgow below to see what we get up to.

In 2008 Cardiff Masters will be heading to Prague to enter their Masters gala. The gala itself is on the 17<sup>th</sup> and 18<sup>th</sup> of May, but to give us time to enjoy the city we'll be heading over on Thursday 15<sup>th</sup> and staying until the Monday (19<sup>th</sup> – although a few are staying a bit longer).



*Last Year's Neptune Cup in Prague.*

This promises to be a really enjoyable trip and a great gala including the "Crawl-O-Mania" (8 x 50m relay).

We've got a good group signed up already, but there's plenty of room for anyone else who wants to join us (you even get to buy a special 2008 on tour polo shirt – what more can you ask for?)

## Decathlon 2007

As Masters swimmers, we are accustomed to deciding to go to a competition, choosing a few events, competing as best we can, then anxiously looking at the scoreboard to see how we did.

Imagine our surprise, when a week or so before Xmas, we found out that we had all, individually and collectively, been in a competition that had run nearly twelve months, that we didn't even know we had entered!

This of course is the (age-adjusted) Decathlon. Entry is free, and all the results are produced using the ASA super-computer. We don't have to do anything except swim.

This is not the place to explain the rules, but the crucial results are that our top men were Michael Battersby with 3221 and Richard Lawford with 2901 points, whilst the top ladies were Heidi Arnot with 3268 and Anna Walker with 2805. As a club, we were 37 in the Ladies and 57 in the Men's.

But we should mention that none of our men did more than eight qualifying events, and none of the ladies more than six, and this was also the case with competitors from many other clubs, although some competitors clearly knew the rules ahead of time, and ensured they had ten events in the bag.

So in 2008, it would be good for each individual who competes to try and get those ten events, which probably will mean swimming some less favoured strokes on occasions, but this is indeed the aim of the ASA. So may we urge individuals to leave their comfort zones. It can only be good for them and for the club.

*(Ed. As a further incentive Mike Battersby's company will be sponsoring a club prize for 2008's decathlon.)*

## Gala News

### Welsh Open 2007

7 of our swimmers went over to Swansea in March 2007 for the Welsh Open, coming away with 8 medals in total. Everyone put in a good performance, including an impressive 200 IM by Chris.

We will be looking to put in a bigger entry in 2008, since rather than being the only long course event we do, it will be a warm up to our own gala in the new pool.

### Gloucester Masters 2007

(By Martin Neal)

We took the opportunity this year to head over the border to Gloucester for their annual gala. Despite having gone to school there this was my first chance to see their new pool and it's mighty impressive.

13 swimmers came up for the day's events which were well organised and saw everyone getting a free Gloucester Masters pen (so inspired were we by this free gift we copied them for our own Capital Masters) with their programme.

Overall we participated in 50 individual swims and 6 relays. Highlights included 5 Golds and a Welsh record from Anna Walker and an impressive debut swim from Graham Carr.

This was a really enjoyable gala within easy distance of Cardiff and we look forward to entering more of their competitions in future.

### Cardiff Masters On Tour:

#### Glasgow 2007

(By Terry John)

19 people met at Rhoose airport on 19<sup>th</sup> April ready to fly up to Glasgow, our numbers swelling to 24 upon arrival.

Mike and I decided to forego the very attractive option of a hotel breakfast as we had other

commitments. I'm reliably informed that Mrs Hitler was in charge of breakfast and woe betide anyone who used initiative to find their own seat and table!

The swimming was looming closer with the opening session containing the 800 FR. We consulted the Oracle - Mike Battersby's Glasgow Folder - which contained everything you ever needed to know about Glasgow and determined that bus no 240, leaving from 40 Union Street at 2.45pm with Fred driving would take us to the pool at Tollcross. Most of us ventured to the pool at this time to support the 3 intrepid nutters individuals who wanted to do this event. Elaine, Elsa and Emma (from Southampton but an honorary Cardiff master for the weekend) all performed extremely well in this arduous event. Emma gained a silver medal and Elsa a bronze.



The second session started with Vicki partaking in the iron man event of the 400 IM. She gained a gold medal in a very respectable time. Swims and medals came thick and fast in this session.

It was 9.30 on a Friday night and I hadn't had a pint. Most of the session had been spent discussing where to go for something to eat. We agreed on the only place that would take a booking for a table for 22 at 10pm. We rapidly convened in TGI Fridays for a very enjoyable meal and drink. After several drinks it took ten people to count out the collected money to ensure we met the £400 plus bill. Worryingly, it took

## Welsh Capital Masters 2007

(By Kate Williams)

Elaine about five attempts before she gave up and handed it to someone else. I say worrying, because not only is she the Club Treasurer, but she handed it to Kate and Anna – the joint world record holders for shopping,

Eva Braun was there to greet us at breakfast. We all behaved ourselves. Taxis took us to the pool for the Mixed Freestyle relays which were the first event of the day. This session saw yet more medals to add to the tally. The morning session ended with the Men's and Women's Medley relays – my third 50 Fly loomed. The men's Dream team of Trent, Rich, Geoff and Chris came away with an impressive gold, although I'm sure Mike was beginning to catch Trent after letting him build up an unassailable lead! The fourth and final session saw us come away with another hatful of medals

We finished as fourth best club behind Silver City (Aberdeen), Glasgow Nomads and Carlisle Masters. This was due to everyone who took part, but special mention must go to Trent who won 6 individual and 2 team golds and 1 team bronze. I must also make special mention to our guest swimmers who won a hatful of medals between them. Also to Carol, who travelled all the way to Glasgow and forgot to enter the competition – she did however swim impressively in the relays. Also a big thanks to the official photographer (Tanya) who took loads of good quality photos.

An early finish to the swimming gave us the opportunity to 'glam' ourselves up a bit for the evening entertainment – the Ceilidh. The Ceilidh was held in a small room in part of the University Buildings. After several speeches and awards the dancing commenced. Anna Stokes seemed to be leading the dancing (yes, she was there, no, she wasn't shopping), attracting the attentions of Glasgow's answer to Fred Astaire.

A thoroughly enjoyable trip.

Following the success of Glasgow it was our turn to host the annual Capital Masters. The competition was looking hot with 29 entries from our club.

The day consisted of a packed programme, starting with the 200IM. Trent set the precedent for the day, bringing home a stylish gold winning performance in his last competition with the club in this 1<sup>st</sup> event. There were plenty more medals and creditable performances to follow from all age groups in the club with many people entering the maximum 6 events.

Contesting for the medals in the men's 30-34 age group were Rich, Trent, Gareth, Geoff, and Paul. The boys provided some closely contested races which were entertaining to watch. Marie was on good form – clocking up a number of winning performances and very creditable times in several events. Heidi proved she is still our star female backstroke swimmer with gold medals in the 50m and 100m. Mike fought a couple of close breaststroke races to take the silver in both the 50m and 100m events.

As always the relay provided a combination of excitement, enthusiasm and ..... flyers (oh.. sorry Stephen!). After now trying to organise the relay teams for the afternoon (thanks for the delegation Terry!), I have realised it is far easier just to swim- so that's the last time I try and skive those!

The day was nicely rounded up with a very tasty Chinese in the Bay that accommodated all dietary needs (and served Magners- which is always a bonus!) with Swansea Masters. The night didn't end there, with most of us heading for further beers and banter into the night - and for the first time Heidi and Neil actually weren't the last to leave!!

Thanks to Terry and the committee for organising another great meet.

(Ed: *The 2008 Welsh Capital Masters is moving to its new home in the new International Pool. This will be a fantastic long course event which we hope will pull in swimmers from across the country and perhaps even further a field*)

### Sheffield ASA Nationals 2007

Once again a small group of swimmers from the club made the long trip north to compete in the ASA Nationals in Sheffield.

Highlights included Andrew Fawcett swimming as much butterfly and he could fit into the gala and a quick 100m freestyle sprint from Chris Mercer. The club managed to put in two relays teams as well over the weekend.

Ann Wardell came away with 3 bronze medals and Heidi Arnot came away with a Silver and Bronze medal from the event. Given the high competition at this event this is a brilliant achievement.

### Welsh Closed 2007

(By Kate Williams)

Cardiff Masters again led the way at the Welsh Closed Masters Competition in Wrexham with the most number of swimmers, most number of swims (team and Individual) and the most points to win the best club.

15 of us took the rainy trip up to Wrexham to compete in the Welsh Closed. Friday night was spent discussing with Terry in depth tactics and strategies for Saturdays swims (i.e.: eating curry and drinking beer).



Saturday brought some excellent performances from Cardiff Masters finishing top team on the day. Swimmers were encouraged to swim 6 events with places meaning points! Total points were then tallied at the end of the day to give the top swimmers in all age groups. The total end tally took us to 6 1st places, 5 2<sup>nd</sup> places, 1 3<sup>rd</sup> place and 1 4<sup>th</sup> place in respective age groups. Ann Wardell even managed to finish top of her age group without getting wet- surely that is a first!

Credible performances came from Malcolm in the butterfly, Heidi in the backstroke, Mike in the Breaststroke and Geoff winning all his events to collect all available points. I think Mikes swim was helped by his tactical sleep on the floor at lunchtime!

The day was finished with a night out in Wrexham to celebrate finishing top team again!

### Welsh Open 2008

(By Terry John)

16 members of Cardiff Masters entered and competed in the 2008 Welsh Open. This is held as a long course event over 3 days in Swansea.

Club members swam in 56 individual swims and 8 team swims gaining an impressive haul of 25 gold medals, 18 silver and 11 bronze.

We also gained an incredible 10 Welsh Records.

This has been our best turn out at this event for many years and there were some truly memorable performances.

The most notable performances came from Anna Walker and Andrew Fawcett.

Anna swam in 4 individual events (including the 200 and 400IM) and 2 relays, and not only did she claim 4 gold medals but she also walked away with 4 new Welsh Records. (Please note 2 of her records were held by a former Cardiff Master – Sarah – who now lives in Melbourne). Anna also picked up 2 relay gold.

Andrew swam in 11 (yes eleven) events (also including the 200 and 400IM, but also including the 100 and 200 Butterfly) and 4 relays. He walked away with 4 Gold, 6 silver and 1 bronze bagging 3 Welsh records in the process. He also picked up 3 relay gold and a share of a relay Welsh record (see below).

Congratulations to both of you.

Special mention must also go to Rhys Smith (making his debut as a Cardiff Master) who swam a magnificent 200 Fly (gold) and an impressive 200 FR (silver) in one of the most competitive age groups.

Mention must also go to Malcolm Wilson (2 gold and 1 silver) and Heidi Arnot (3 Gold) for setting new Welsh Records in the 200BK and 100FR respectively.

Other fantastic performances came from Mike Battersby (3 gold, 1 silver and 1 bronze), Elsa Stewart (1 gold, 3 silver and 1 bronze), Ann Wardell (1 gold, 2 silver and 2 bronze), Colin Knowles (2 silver and 1 bronze), Jane Jones (2 silver), Tony Davies (1 bronze), Elaine Harrison (1 bronze), Anne Frost (2 bronze), Chris mercer and Geoff Jones.

Even I swam. I entered the 400 FR. My plan was by entering I would force myself into doing some training. This was my first mistake. My second mistake was turning up to swim. I nearly died!!! 400 metres turned out to be 150 metres too long for me – the last three lengths were hell. But I finished, and as I was the only one in my age group for that event I won a gold medal – Hurray!!!

Our relay teams also performed well, winning 6 gold medals and 1 bronze and 1 disqualification (you know who you are!). The club also set 1 Welsh Record in the relays.

Many thanks to all who turned up to swim. You did yourselves and the club proud.

## Forthcoming Galas

### Gloucester

The closing date for this event is 15<sup>th</sup> March so get your entries in quick. Gloucester has a really good pool and last year's event was really good fun.

### Welsh Capital Masters 2008

We might have mentioned this a little bit throughout the newsletter, but in case you missed it then on 10<sup>th</sup> May 2008 the Welsh Capital Masters, the highlight of the swimming calendar is moving to its new home in Cardiff International Sports Village.

We need everyone to enter this gala to make the first long course gala we're hosting to be a really memorable and successful event.

## Social Events

### Surfing

We've tried water polo, we've taken you to skies in a glider and this year we decided to try our hands at surfing. In hindsight maybe if I'd worked more with my feet I might have had better luck!

### Club Barbeque

We've had two attempts this year to have a club barbeque. The first was rained off and the second was ... rained off! Not to be put off, though, we decided to carry on with the second attempt, only we did it down the pub – where else?

Several club members, including Sarah James on a visit home from Australia, met down in Cardiff Bay for some food, drink and a few vague attempts at dancing.

We live in hope that next year we have a summer, so that we can actually have a barbeque.

### Christmas Dinner 2007

The 2007 Christmas Dinner was held in Infusion down in Cardiff Bay. Despite a slow service (nothing to do with a bridge by me to the staff to ensure I arrived before they gave you a chance to eat my share, despite what you may have heard) everyone had a really great time.



The club proved once again it is going from strength to strength both in its swimming and its social life during this event. More swimmers are competing for the “most sessions in the year” award and we have a really great turn out both from the newer members and those who have been with us for many years.

Thanks to everyone for making this a good night.

## Other News

### New Committee

This year’s AGM saw a bit of a shake up in the committee so it’s time to announce who your new committee are:

Chair:	Martin Neal
Vice-Chair:	Bill Wilson
Secretary:	Andrew Fawcett
Treasurer:	Elaine Harrison
Coach:	Terry John
Welfare:	Kate Williams Tony Davis
Social:	Bruce Hewett

I’d like to thank all the committee members who have been serving us well over the years and I hope you’ll join me in welcoming the new members as we push on into an exciting 2008.

The committee are here to support both you and the club, so please let us know if there is anything you feel we can do to make Cardiff Masters even better (as if it could be).

### Trent and Tanya

If you’ve been keeping up in lane one over the last 18 months you’ll have found your fitness levels have increased 10-fold, because that means you’ve been keeping up with our Canadian visitor who’s been putting the rest of us to shame. If you haven’t been keeping up then it’s too late, because Trent has now returned home.

Among other less things, Trent recently got married to Tanya. Many of you will have met Tanya out with us on our various socials, or in Glasgow in April.

To both Mr and Mrs Peden we want to say it’s been a pleasure having you with us.

### New Polo Shirts

The team that went to the Glasgow competition earlier in the year were also privileged to be the first club members to wear the new club polo shirts, with the club logo embroidered onto the front.

Since then the first order of the new shirts has just been received and we’ll be looking to make more soon. However, if you can’t wait that long you are always welcome to go and buy one yourself.

YC Sports, 88-90 Crwys Road have the logo on file and can usually make individual garments up quite quickly. Just as for the Cardiff Masters Swimming Club logo, select your colours and you’re away.

### Absent Friends

Sadly, this year saw the passing of two of our friends.

Paul Sweeting has been a member of the club for several years, always a jovial, helpful friend to many of us. As well as a committed swimmer he also gave many of the us the chance to try something new and exciting when he took us gliding in 2004 (pictures on the web site). He was killed in an accident earlier in the year, leaving behind a fiancé and young son Rhys, also known to many in the club.

Mal Stewart passed away soon after returning from the Glasgow gala where he accompanied Elsa and became an integral part of the group. Our condolences to Elsa and Tom.

We are also aware of many others in the club who have lost close friends and family over the last few months and we want to take this chance to offer our condolences to you.

### And Finally ...

I hope you'll make our new committee members and new swimmers welcome as the club continues to become stronger.

*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.

**[committee2006@cardiffmasters.co.uk](mailto:committee2006@cardiffmasters.co.uk)**

Chairman: Martin Neal

Vice-Chair: Bill Wilson

Secretary: Andrew Fawcett  
[secretary@cardiffmasters.co.uk](mailto:secretary@cardiffmasters.co.uk)

Treasurer: Elaine Harrison

Coach: Terry John  
[coach@cardiffmasters.co.uk](mailto:coach@cardiffmasters.co.uk)

Welfare Officer: Kate Williams

Welfare Officer: Tony Davies

Social: Bruce Hewett

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

