



Cardiff Masters Swimming Club, Newsletter: July 2005

Dear All,

It's been over six months since the last newsletter so I guess we're about due for another. There been loads of things going on, so take the chance to catch up, and take a look at what's going to be happening in the next few months.

Gala News

Welsh Capital Masters 2005

This years Welsh Capital Masters, which is co-hosted by ourselves and CLAMS, took place on 9th April, with 21 members of our club turning out to swim and many others coming to help out.

The club came away with 69 medals from the gala, which is excellent, with some great swimming and a few nail biting finishes. Anna Walker came away with two Welsh records in the 200m Individual Medley and 100m breaststroke.

Several members of the club joined us for the reception after the event, where exhausted swimmers had the chance to relax after a hard, but immensely enjoyable day.



Exhausted swimmers take the chance to earn back the calories!

Lots of people deserve special thanks for all the work they put into the event, in terms of organising, judging, providing equipment, organising relays and much more.



Cork Open Masters 2005

On the May bank holiday, 19 members of the club packed their swimming kits and headed over to Ireland for the Cork Open Masters meet. This is a bi-annual swimming event, which we regularly attend.

However, the numbers we took this year helped make this a very memorable trip, and some of these memories revolved around the swimming.

At the final tally, Cardiff Masters came third overall in the event, bringing home 34 medals. Club members also came away with four Irish all comers records, with Anna Walker breaking the Welsh record she set at the Capital Masters for the 100m breaststroke. Our women's medley team also enjoyed a fantastic race, touching for gold only moments before the Cork Masters team. Well done to Kate, Hannah, Jane and Vicki!

Many of these impressive performances would not have been the same with the very vocal group of

Cardiff swimmers stood at the end of the lanes, shouting their encouragement.

On the social side, we enjoyed trips to local pubs and a few restaurants who coped admirably with our demanding request: "table for 19, please"! On the last night, the club attended a dinner dance arranged by the gala organisers, which was a great end to a fantastic weekend!

Thanks also need to be heaped in abundance on Terry who organised the trip, arranging for flights and accommodation and making the trip as hassle free as possible.



Clearly organising of the event has taken its toll on Terry.

Welsh Open

At the same time as many of our swimmers were in Cork, three of our club members were taking part in the Welsh Open long course gala in Swansea.

Sian Jenkins, Colin Knowles and Ann Wardell represented our club, entering 10 events and coming away with 10 medals.

Welsh Closed

The Welsh closed in November of 2004, saw 14 members of our club representing us in Abertillery. The event saw many first time competitors from our club, all of whom enjoyed a successful event.

Other Galas

Colin Knowles and Ann Wardell continue to represent the club at many other galas around the country. Since our last newsletter both have attended the Southern Counties Masters in January and the ASA Masters in October, as well as many of the galas already mentioned. Colin has also taken part in the Leamington Masters in April and the Wolverhampton Masters in June.

As ever, these two continue to come away from these events with a medal for nearly every event they enter! Ann had an excellent weekend at the Southern Counties Masters winning four medals and achieving 3 Welsh records!

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 Nationals a weekend gala to be held in Sheffield in October 2005.

Welsh Closed this year's gala is being hosted by Cardiff and will be held at the Welsh Institute of Sport in early November 2005.

Welsh Open to be held in early March 2006.

Welsh Capital Masters our own gala which will be held a little later than usual next year, on May 13th 2006.

Guernsey the club hopes to arrange another weekend away next year, this time to Guernsey. The gala is held on 25th and 26th of March 2006 and we'll let you have more details soon.

Other Swimming News

Special Training Session

A different kind of training session took place at UWIC on the 24th June. Nine of our swimmers, under our coach's watchful eye took part in a session to measure their performance in terms of time and strokes.

All those who took part came away with a set of stats about how fast they can swim each stroke over a set distance, how fast they can turn, heart-rate and other information all of which they can use to measure how their performance improves over time.

We hope to hold more sessions like these in the future, so that those who took part in this first session can see how they've improved and other swimmers can gauge their own performance.

Special thanks should go to Terry and to Nick who both gave up their morning to come and oversee, organise and measure the swimmers' results.

Swansea 50m Training

A number of our club members have been taking trips up to Swansea's 50-meter pool on the occasional Saturday to engage in some more training.

Training in the longer pool is very different from our regular sessions, but well worth the effort. If you're interested in joining us on our next trip to Swansea then let Terry or one of the committee members know.

Club Socials

Christmas Dinner

The 2004 Christmas Dinner was the most successful in recent memory (and perhaps ever!) with forty members and their guests enjoying good food and a great after-dinner speech.

Anticipating an easy target for newsletter wit, The Editors had looked forward to the start of the speech with great relish but were pleasantly surprised to be woken up ten minutes later by the clapping... Anyway, with 'Old Boy' members (sorry Dave!) coming from as far afield as Hereford, Gloucester and even France, and with even more members turning up afterwards, the event has almost outgrown the venue and the search is already on for somewhere to hold the 2005 dinner.

Those of you who carried on the party afterwards at some dreadful establishment of ill-repute will doubtless be relieved to hear that the Editors have received confirmation from the 2005 event organiser that the new venue will NOT be Bar Cuba.



As Terry and Tristan have a heated argument, Gareth decides whether to pour beer over Martin's head!!

This year's Christmas dinner will be on December 9th 2005, so make a note now!

Club Bowling

A more recent event, some of our members went to try a different sport from swimming when we

went down to Cardiff Bay for some ten-pin bowling.

As ever, Richard and Terry had a hard-fought contest, only to find at the end that Neil, in the other lane had already beaten them both on the first game. Richard went on to win the second game.

Everyone had a great night, although we all missed a certain member of the club who refused to come down with us after leaving with the bowling shoes still on her feet after our last visit.

Forthcoming Events ...

Club BBQ

You might have noticed (or you might not) that the great British summer has finally arrived. To celebrate the arrival of all this sun, the club will be holding a barbeque event on Saturday 13th August. Our Coach and Chair, Terry, will be hosting the gathering at his home.

The last few years' barbeques have been really great events, which we usually follow with a trip into town.

It would be great to see as many of you as possible at one of the social highlights of the club's calendar, so please let Terry know if you can come.



Other News

Dragon Mark

Cardiff Masters club was recently awarded the Dragon Mark award by WASA.

Dragon Mark is an accreditation award for the organisation and management of the club. This has been awarded to the club based on the hard work of the committee over the last few years and many other members of the club who have supported the hard work that has been put into it.

Thank you all!!

New Committee

Since the last newsletter there's been a bit of a committee re-shuffle, with some old faces departing and some fresh faces to try and fill their shoes.

Richard Lawford announced he was standing down as Chair at the Christmas Dinner. Richard has been chair of the club for several years and has put a great deal of time into making the club what it is today. However, Richard continues to be an active member of the club, especially helping to arrange our socials like the recent ten-pin bowling and the Christmas Dinner. Many thanks from everyone for all the hard work you've put into the club over the years, Richard.

Terry has moved from being just Coach, to being Chair as well! Martin has now stepped up to the role of Vice-Chair.

For a full committee list see the contact details at the end of the newsletter.

The committee is always grateful for any and all help from club members. If anyone is interested in taking a role on the committee, or just helping out a little bit then they should come and see one of the committee members. We turn no one away.

Congratulations!

Congratulations to Elaine who gave birth to her first baby daughter earlier this year. Many of you will have met our newest member at the Capital Masters earlier this year.

Congratulations to Anthony who has also recently had a new addition to the family.

Already both are known to be taking a healthy interest in swimming.

And Finally ...

Don't forget about the club barbeque on the 13th August. We want to see as many of you as possible at this event.

I hope you all have a fantastic summer and of course continue to spend lots of it swimming with the club – especially any hoping to take part in the Olympic Games 2012!

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.

cardiff.masters.committee2004@ntlworld.com

Secretary: Anthony Raven

Phone: 029 2086 0570

cardiff.masters.secretary@ntlworld.com

Chairman/Coach: Terry John

Phone: 07710 648958

Treasurer: Elaine Harrison

Phone: 029 2038 7608

Vice-Chair: Martin Neal

Phone: 07817 185408

martin.neal@lineone.net

Welfare Officer: Janet Smith

Phone: 029 2062 1643

jmp.smith@virgin.net

If you want to send an email to all members please send it to Ant on the above address for forwarding.

