

ASA Masters Championships

by
Vicki White

On Friday 28th October 2005 Colin Knowles, Ann Wardell, Melanie Trickett, Anna Walker and myself travelled up to Sheffield to take part in the ASA National Masters Championships.



This was a hugely popular event and competition was fierce with a total of one World, 13 European, 61 British and several Welsh records being set across the 3 days.

It may have taken nearly 5, very dull hours to get there but Ponds Forge is a fantastic pool, which has been host to many international events, and is known to be fast.....we were all willing for it to be fast this weekend!!

The pool is split into two 25 meter pools with the girls down one end and the boys at the other. This is a great way to get the events moving quickly but it does mean that you don't get to see any action from the pool. Thankfully we had Ann to remind us when Colin was swimming!

Some great characters enter this meet every year including CLAMS swimmer Viv Batten, who had enough stories to keep us amused for the whole weekend, and Willy van Rysel, who is just an inspiration at 92 to still be swimming!

Friday 28th October

Anna swam in the 200m Breaststroke and did a new masters pb (we decided that pb's start again when your a master) of 2:53.80 and finished in 4th position.

Down at the men's pool Colin was also competing in the 200m Breast, coming back from illness, Colin touched in a very creditable time of 4:54.25. Though ever the competitor Colin wasn't happy and was looking to his other events to make his mark!

I swam in the 50m Butterfly and was pleased with my time of 31.77 and finished 7th. Need to work harder if I want to make the top three next year as the winning time was 28secs!!!

Saturday 29th October

I personally was not looking forward to this day. Due to the wisdom of our esteemed coach Terry, I thought it would be a good idea to enter the 200m Backstroke (no Welsh Record) and 400m Freestyle (should be an easy record to break). The thought of 'why did I enter these events' was crossing my mind frequently!

The 200m Backstroke was first and I swam an ok time of 2:48 finishing 5th overall and setting a new Welsh Record.

The 400m Freestyle was probably my worst event of the meet, about 300 meters too far! Halfway through I realised that I should have gone to all the training sessions before the meet

(rather than watch Trinny and Susannah on TV!) and finished in a disappointing 5.24, which was however well inside the old Welsh record. However, Anna also competed in the 400m Freestyle and did an amazing time of 4.54 finishing 4th and therefore smashing my Welsh record to pieces. Anna had time for a quick swim down and then she was back in the pool for the 100m Breaststroke which she finished in 1.19.94

Mel swam two events on the Saturday, the 50m and 100m Freestyle and did really well coming in under both her entry times – fantastic considering she was so poorly she had lost her voice and was sounding more like Mel Gibson!

Down in the men's pool Colin competed in the 50m Breaststroke, in the morning, finishing 4th in a 51.18 and in the 100m Breaststroke, in the afternoon, again finishing 4th in a time of 2.03.88.

The best swim of the day had to go to Ann who, competing in the 65-70yr age group, came 2nd in the 50m Breaststroke. She also competed in the 50m and 100m Freestyle – though a little off her best she thoroughly enjoyed her swims.

Sunday 30th October

Last day of competition and we were looking to swim well. Anna and myself were feeling particularly sluggish and wanted a good swim to go home with.

First up was Anna in the 200m Individual Medley. This was a tough event with many people in her age group enter with similar times, she needed to beat at least 3 of the people in her heat who were in the same age group. I was scared at half way as she was lying in last position but thankfully she has an amazingly quick breaststroke and managed to fight her way up the field to finish 2nd (2.37.46) and winning a silver medal!!

Next up was myself in the 100m Butterfly, I was slightly nervous as my arms had been tying up badly - even in warm up! I had entered a slow time (a tactic I use which means if I swim badly no one will notice!!) so I knew that I should be ahead of the field. I went out comfortably but tied up very badly in the final 5 meters (ok Terry I will train more from now on!) but I was pleased to see that I finished in a time of 1.12.29. Definite room for improvement - roll on Guernsey!

The last session saw Ann and Anna swimming in the 200m Freestyle and 100m Individual Medley. Ann was first to compete and finished in a good time of 4.32.87. Anna was next and swam a very fast time of 1.13.

Other fantastic swims that caught my eye were the world record swim from Judy Hattle in the 45-49yr old age group. She did a 1.07 for 100m Butterfly!! amazing! Jane Asher in the 70-74 was on form again beating swimmers that were 10 years younger!

The weekend was great fun, the events were run quickly and smoothly and there is a real atmosphere around the pool especially during the relays. It is truly amazing watching some of the older swimmers breaking European and world records.

A worthwhile meet that I think we all should do next year!!!

Club Performance;

5 swimmers

Vicki White, Colin Knowles, Anna Walker, Ann Wardell, Melanie Trickett

19 individual swims

3 Welsh Records, 2 Silver Medals

Individual Performance:

Vicki White – 1 Welsh record

Anna Walker - 2 Welsh Records and 1 silver medal

Ann Wardell - 1 silver medal

Colin Knowles	200	BR	04:54.25	
Colin Knowles	100	BR	02:03.88	
Colin Knowles	50	BR	00:51.18	
Anna Walker	200	BR	02:53.80	Welsh Record
Anna Walker	50	BR	00:37.01	
Anna Walker	400	FR	04:56.71	Welsh Record
Anna Walker	100	BR	01:19.94	
Anna Walker	200	IM	02:37.46	2nd
Anna Walker	100	IM	01:13.13	
Ann Wardell	50	BR	01:01.54	2nd
Ann Wardell	100	FR	02:09.96	
Ann Wardell	50	FR	00:52.92	
Ann Wardell	200	FR	04:32.37	
Vicki White	50	Fly	00:31.77	
Vicki White	200	BK	02:48.84	Welsh Record
Vicki White	400	FR	05:24.40	
Vicki White	100	Fly	01:12.29	
Mel Trickett	100	FR	01:07.77	
Mel Trickett	50	FR	00:30.62	