

Annual Report on Master Activities – 2016/2017

European Masters Championships – The Aquatic Centre, Queen Elizabeth Olympic Park, Stratford, London

The County performed extraordinarily well at this major, and wildly oversubscribed competition – over 10000 competitors from all over Europe. There were some major organisational issues, which have been detailed elsewhere, however, that is not to distract from the enjoyment and achievements of the county's swimmers, the highlight of which was Helen Kula-Przewanski's Gold Medal and British Record in the Women's 200 Backstroke (55-59 age group). Overall 6 medals were won as detailed in the following tables. Gloucester Masters had the greatest number of swimmers with 27 club members taking part.

Competitors	Gold	Silver	Bronze	Totals
31 Men			1	1
25 women	1	2	1	4
5 relays		1		1
Totals	1	3	2	6

Clubs	No of Swimmers		Relays
	Women	Men	
Bristol Central	1		
Bristol Masters	2	3	
Bristol North	3	3	
Cinderford	2		
City of Bristol		1	
GMSC	15	12	5
Sevenside		3	
Southwold		3	
Stroud Masters	2	3	
United Bristol		3	
Totals	25	31	5

The medal winners were

- Gold – Women's 200 Backstroke (55-59 age group) Helen Kula-Przewanski
- Silver - Mixed 240+ 4x50 Freestyle Relay (Helen Kula-Przewanski; Tony Cherrington; Sandra-Jane Jones; Colin Stephenson)
- Silver – Women's 100 Backstroke (55-59 age group) Helen Kula-Przewanski
- Silver – Women's 800 Freestyle (40-44 age group) Jessica Wooddisse
- Bronze – Women's 400m Freestyle (60-64 age group) Jayne Ball
- Bronze – Men's 100 Backstroke (30-34 age group) James Edmonds

South West Regional Competition

This long course meet was held at Millfield on September 25th. With 85 participants, it was less well attended than the same meet in 2015. This may be a slight fall out from the European Championships being the main focus for a significant proportion of Masters Swimmers.

Gloucestershire was represented by five teams; Bristol Henleaze, Bristol Masters, Bristol North, Gloucester Masters and Stroud, who between them achieved 30 age group wins.

Glos & Somerset Master Meet

A new date/location was secured and the event was held at Hutton Moor pool on October 16th. The meet went smoothly but, as with the South West Regional Competition, this meet was also less well attended than in previous years as we lost a lot of entries because of the need to change the event date.

However, all those that did attend enjoyed the swimming and several messages of thanks were received from grateful participants.

SC Nationals – Sheffield October 2016

As usual, these were held at Ponds Forge in Sheffield 28-30th October. However, in 2017 there is to be a change to the entry procedure requiring swimmers to have set an entry time (likely based around achieving 200 Decathlon points) in the previous 2 years. This change indicates the success of the meet in achieving capacity.

This year the county's Masters Swimmers were few and far between with only GMSC, Stroud and United Bristol fielding more than one swimmer.

Club	Number of swimmers
Bristol Central	1
Bristol North	1
City of Bristol	1
Gloucester Masters	21 + 4 relays
Stroud	3
United Bristol	7
University of Bristol	1

Many congratulations to the following swimmers achieved podium positions for their respective age-groups

Name	Club	Medals in	Age Group
Aimee Carter	GMSC	100m Br (G); 400m IM (G); 200m IM (S); 50m Br (B); 200m Fr (S)	Senior
Colin Stephenson		50m Fr (S); 100m Fr (S); 200m Fr (S)	55-59
Dave Granger		1500m Fr (S)	60-64
Gill Ferris		50m Br (B); 100m Br (B); 200m Br (B)	60-64
Helen Kula-Przewanski		50m Bk (G); 100m Bk (G); 200m Bk (G); 50m Fr (B); 100m Fr (S); 100m IM (S)	55-59
Jayne Ball		400m IM (S); 800m Fr (G)	60-64
Mikel Iriondo Anacabe		50m Bk (B); 100m Bk (S); 100m IM (S)	35-39

Oliver Wilkinson		400m Fr (B); 800m Fr (B); 1500m Fr (G);	40-44
Tony Cherrington		50m Fr (G); 100m Fr (G); 200m Fr (G); 400m Fr (S)	70-74
Gill Ferris, Anne Nicholls, Julie Britton, Jayne Ball		Women's 200m Medley Relay (G)	240-279
Sean Kinsey	Stroud Masters	400m Fr (S)	50-54
Jessica Wooddisse	Stroud Masters (swimming for Sub-160)	200m Fr (S); 400m Fr (G); 800m Fr (G); 1500m Fr (G)	40-44
Annie Brown	United Bristol	50m Fr (G); 50m Br (G); 50m Fly (S)	Senior
Callum Greenwood		50m Bk (G); 100m Bk (G); 200m Bk (S); 50m Fly (B); 100m IM (G)	Senior
James Edmonds		50m Bk (G); 100m Bk (G); 200m Bk (G); 100m IM (G)	30-34
Matthew Bray		50m Fr (G); 50m Fly (S); 100m Fly (B)	Senior
Chloe Souter	University of Bristol	100m Fly (B)	Senior

Masters Conference – Loughborough November 12th 2016

There were several interesting talks at this year's Conference covering a wide range of topics including the new masters framework for the next four years; racing starts; a review of the (often poor) experiences coming out of the European Championships; syncro for masters; open water swimming; osteopathy for masters swimmers; psychology for older swimmers and how to keep flexible.

Overall, this was a useful day and the insights into the debacle that was the European Masters Championships was illuminating principally because of the way that concerns of the Masters Community before, during and after the event were so badly dealt with in a cavalier and arrogant manner. Hopefully the lessons learnt from this 'experience' will be taken on board by LEN/FINA and lead to more enjoyable experiences in the future.

Intercounties – Dorchester November 20th

Despite having a weakened team through unavailability and late injuries, Gloucestershire performed reasonably well coming third behind a rejuvenated Devon team and the home team – Dorset. Nationally we ranked 16th which is significantly lower than our 2015 position of 10th.

A very, very big thank you is also due to Mike Aldridge and Jayne Ball who stepped into the breach to be our officials for the day. Their contribution is very much appreciated by the whole team and the County.

There will be a change to the format next year with the inclusion of Welsh/Scottish regions in the national programme. For the South West, this means that South Wales will compete in our regional competition and the event will have a permanent base at Millfield as it is centrally located and has sufficient lanes to allow all of the counties/regions to compete.

Masters Decathlon 2016

The ladies of Gloucester Masters excelled this year and were third in the women's competition. Congratulations to Helen Kula-Przewanski (5527pts); Aimee Carter (5463); Jayne Ball (5176); & Sandy Jones (4249). The ladies were 16th, 18th, 29th & 69th respectively in the individual rankings. The next highest ladies team from Gloucestershire was Bristol North who achieved a 60th place finish (out of 459 teams).

In the men's competition, Gloucester Masters were again the highest placed Gloucestershire club at 16th, with Bristol Henleaze in 70th place (out of 507 teams).

T30 event results - 2016

Several changes were made to the T30 this year. The competition now runs 1st Jan to 31st of December each year, so distances can be entered at any time. Due to the costs involved, medals are now only being awarded to the top three age adjusted distances (based on the respective age group records) in each category – men's, women's, women's team, men's team and mixed team. Gloucester Masters again excelled in the team events taking 1 gold, 3 silver and a bronze from the 9 sets of medals available – a strike rate of 56%. Oliver Wilkinson was the county's only recipient of a medal in the individual competition, taking an overall bronze medal.

South West Region – County Reps Meeting

This was held on February 5th 2017 in Taunton at the behest of the new Regional representative, Sue Haigh, and was the first such meeting since 2014.

All reps from the counties in the region were present together with Sharon Lock, Rob Margetts, Chris Tremellen and Sue Dors. Several areas were discussed at length but the following bullet points summarise the meeting:-

- SW are master champs to be relocated from Millfield (due to pool refurbishment) to Hutton Moor on September 24th. Future event format to be discussed following feedback from this event.
- Intercounty to be November 19th at Millfield
- Training development day June 11th at Mount Kelly
- Decathlon SW Region Winner – Simon Veale, Totnes

Bristol Master Meeting – Hengrove, Feb 21st

A meeting was called by the SW Club Development Officer (Emily Taylor) to all the Bristol Masters clubs to discuss options to better utilise the facilities at Hengrove for Masters Swimmers with respect to the upcoming changes to the pool timetable. From April 1st there will be 10 lanes from 9-10pm on Tuesdays (25m); 4 lanes from 8-9:30 on Wednesdays (25m); and the option for up to 6 lanes from 5:30-7:30 on Saturdays (50m). The consensus was that sessions should be open to drop ins from other clubs (at a price to be set) and that the Saturday LC session would be available for all the counties Masters swimmers at least once a month.

Emily would also look for a possible slot where we could hold this year's Gloucester & Somerset Masters meet. She would also ask if the pool management were open to the chance to host a future British Masters National Championships at the pool.

Royal Navy Meet – Millfield March 12th 2017

A very well attended meet with 13 competitors from Gloucestershire taking part.

Gloucester Masters Meet – April 23rd 2017

The GMSC meet was once again well attended and the visiting club award was won by Cardiff Masters.

World Masters Games, Auckland New Zealand

Gloucester Masters swimmer Tony Cherrington overcame the jet lag that saw him achieve a mere Bronze Medal in the 800 freestyle as he made it to the top step of the podium in the 75-79 age group 50m freestyle. Many congratulations.

UPCOMING EVENTS 2017/2018

South West Regional Masters Development Day

The South West Masters Officer, Sue Haigh has organised this event at the new 50m Mount Kelly pool in Tavistock on June 11th.

Four lanes in the pool have been booked and so the maximum number of places available will probably be 36. If there is a greater demand for more places then there could be an increase to five lanes but this will be dependent on the number of sign ups.

Whilst it is understood that Tavistock is not a good venue for those of you who will have to travel quite a way but it is hoped that in subsequent years the training day can be shared around the counties.

If club reps have swimmers interested, then please get in touch with me and I will pass on details to Sue.

British Masters Championships 2017

These are to be held in Aberdeen, June 16-18th 2017.

Details at <http://www.scottishswimming.com/news-events/events/2017/british-masters-and-senior-age-group-championships-2017/>

Fina World Master Championships, Budapest and Baltonfured, Hungary

Full schedule has been released and is available at <http://masters.fina-budapest2017.com/en/events>

In summary

- Open Water – 10-12 August, Lake Balton, Baltonfured, Hungary
- Swimming – 14-20 August, Budapest, Dagály Aquatics Complex & Margaret Island, Alfréd Hajós Complex
- Diving – 7-13 August, Budapest, Dagály Aquatics Complex
- Synchro – 7-13 August, Budapest, “City Park-known as Városliget”

Entries will close on May 29th.

Glos & Somerset Master Meet

The meet is usually held in the early part of September, but this year that may present a conflict with the SW Region meet which is now to be held on Sept 24th at Hutton Moor. BA to liaise with Somerset and South Wales reps to discuss options.

ASA National Championships – October 2017

The dates for this event have been announced and it will take place from 27th to 29th October 2017. Due to the continued success of this event there will be qualifying times put in place for the first time. Anyone not registering a qualifying time in the previous two years (based on times in the ASA database) will not be able to swim.

Brian Armstrong
Hon. Master Manager