

LEICS ASA MASTERS Newsletter



Issue No. 6
December 2018

Fitness, friendship and fun!

Welcome all Leicestershire masters swimmers to this edition of the newsletter. Another year of competitive swimming is rapidly drawing to a close. It has been a very good year for masters in Leicestershire. It was lovely to see swimmers old and new taking part in all the competitions. May I take this opportunity to wish you all a Merry Christmas and a swimmingly Happy New Year.

David Strachan
Leicestershire Masters representative
email: david.strachan6@sky.com
Tel: 01858 433228
Mob: 07540 929133

LEICESTERSHIRE MASTERS OPEN MEET AND COUNTY CHAMPIONSHIPS

September saw our second LASA open masters meet incorporating the County Championships. This event reached new heights this year with more than 180 swimmers taking part. Once again thanks to the organisation and our wonderful officials the event drew great comments on social media. Once again we saw masters from all abilities taking part and the atmosphere on the poolside was exceptional. Thank you to everyone who helped organise, officiate and most of all to all the swimmers who helped make this a very special day. A special thank you to all the Braunstone leisure centre staff for giving us a wonderful arena to swim in. Thanks also to LASA for the support given to us without which we would not have been able to put on such a good show.

Over 114 county champions were crowned on the day, it was again nice to see that new names were added to the list of winners. We even had two British records broken. The gala was profitable and due to the success the pool has been booked for 22 September 2019. We look forward to seeing you all again next year



Braunstone Masters



Melton Masters

OPEN WATER

Sadly the Midland open water championships had to be cancelled. The water quality at the new venue did not meet the required standard. The event which had been growing in size over the years meant that the new venue was chosen mainly due to better facilities. At the present time it is not known whether the venue will be suitable for next years competition. Watch this space.

The National open water event also fell foul of the weather. High waves forced the event to be abandoned after only one race. After many complaints about the venue at Rotherham the 2019 championships will be held at Ferry Meadows, Peterborough. The date still to be announced.

NATIONAL CHAMPIONSHIPS

The National Long course championships took place at Plymouth. The swimmers who undertook this long journey south were not disappointed. Leicestershire now has six national champions. Elaine Seager, Emily Aust, Sarah Brooksbank and Hayley Bird (who won two events), plus the Loughborough relay squad also struck gold. Aimee Ramm swimming for GB Police also was on the golden trail with, including relays, five golds, one silver and two bronze medals.

The National Short course championships were held at Ponds Forge, Sheffield. Once again our swimmers put in some exceptional efforts. Elaine Seager won three golds and two silver medals. Aimee Ramm two golds and one silver. Lydia Anne Lock two silvers and one bronze. Hayley Bird one gold and one silver.

A further four silvers and five bronzes were also won by county masters. The Leicester Penguins relay squads won two silver and one bronze, setting four new east midland records. A total of ten individual East Midland records were set at the meet. The most successful EM team as far as records go.



Leicester Penguins ladies relay team.
Hayley Bird, Sarah Brooksbank,
Lydia Anne Lock and Emma Prusek



Leicester Penguins mixed relay squad.
Richard Stock, Hayley Bird,
Stephen Atherley and Lydia Anne Lock

LEICESTERSHIRE MASTERS ON FACEBOOK

Facebook provides us with a quick means of letting you all know what is going on. The number of page likes has nearly doubled in the last 18 months. Please keep an eye on this page for updates under Leicestershire masters swimming.

EAST MIDLAND DEVELOPMENT DAY 2019

The development day is to be held on Saturday 2 March 2019 at Loughborough. This event is highly recommended to masters of all abilities. Once again the lead coach will be Andi Manley who will give a talk on building a training programme and tapering. We then move to the netball court at Loughborough Uni for a session on Warm up exercises and how to prevent injuries lead by Aileen Campbell.

The afternoon session is in the Uni pool led by Andi Manley. Drills, starts and turns will be on the menu. This year the fining of starts was very well received and will be back due to popular demand. All the sets are done to suit the ability of the swimmer so no one will feel left behind or out of place. It really does cater for everyone from European champions to new masters.

Lunch is not provided so please bring your own. Gym kit will be required. Again feel free to join in, it will be good fun, they tell me. Cost will be £20 with a concession, £15 for the over 65s.

To book: https://asa.formstack.com/forms/east_midlands_masters_development_day

NATIONAL INTER COUNTY CHALLENGE

Our regional heat was held at Rugby in November. We finished in a creditable fourth place. There were some outstanding swims by our swimmers. When the results were collated nationally we finished in 23 place overall out of 28 competing counties. We finished with a total of 646 points, beating Northants 543 points, which kept our masters rep very happy. (He used to swim for two Northants clubs in his younger days.)



Barry Twigg, Linda Dootson and Elaine Seager showing team spirit at Rugby in November. 191 years of experience between them.

MIDLAND DISTRICT MASTERS CHAMPIONSHIPS 2019

The Midland district masters championships will be at Rugby on the 18/19 May 2019. One big change for 2019 is that Tony Ward, who has been lead director for the event for over thirty years has stepped down from the job. He has accepted a post with GB Para to oversee the preparations for the next Paralympics in Tokyo, so we wish him well in his new globetrotting position.

Due to the success of our masters meet David Strachan has been asked to take on the lead role. David has accepted the new challenge and looks forward to seeing more Leicestershire swimmers taking part in this event.

MASTERS SWIMMER OF THE YEAR 2018

The Masters swimmer of the year 2018 will be awarded to:

Ladies. Hayley Bird Leicester Penguins.

Men. William Sampson Melton Mowbray.

EAST MIDLAND OPEN MEETS

There are now three open meets in the East Midlands that we should be supporting. In March at Calverton, September at Leicester and in November at Etwall Eagles. Details below.

DATES FOR YOUR DIARY

2 March 2019	East Midland Development Day	Loughborough
24 March 2019	Calverton and Bingham open meet	Hucknall
5 May 2019	East Midland inter county challenge	Grantham
18/19 May 2019	Midland Masters Championships	Rugby
14/16 June 2019	National long course championships	Swansea
29 June 2019	Midland district long distance championships	Braunstone
July 2019	National open water festival	Ferry Meadows Peterborough
25 September 2019	LASA open meet /county champs	Braunstone
October 2019	National S/C championships	Sheffield
Nov 2019	Etwall Eagles open meet	Alfreton

Leicestershire Masters Representative:
David Strachan
email: david.strachan6@sky.com
Tel: 01858 433228
Mob: 07540 929133