



Kent Masters Newsletter

Issue No.1

June 2016

Kent Masters has a committee! After many years of chasing us, Shelley Robinson would like to take a step back and following much cajoling from her; a committee was formed earlier this year. We all owe Shelley a vote of thanks for all her hard work over the years.

The new committee comprises Glen Isaacs (Kent Masters Manager), Shelley Robinson (KCASA Management Committee Liaison), Shauna King, David Staveley, Cat Borrell and Jenny Vick.

Our first initiative is this newsletter!! Many of you will either know or know of a member of the committee so please feel free to contact us with your views and ideas to promote masters swimming in Kent. Connectivity is key!

Kent County Masters and Seniors Records

We are delighted to see so many records being broken. So far in 2016 the number of records broken stands at:

Ladies – Long Course 10 Men – Long Course 16

Ladies – Short Course 4 Men – Short course 4

So that's 34 records year to date... Well Done Kent Masters!

Things you should know about our records

- 1) We hold separate records for Long and Short Course pools
- 2) The County records are different from the County Championship records where they can only be beaten on the day of the championship- (EBP – Event Best Performances) - You can find this within the programme or using the link below.
 - a. http://kentswimming.org/imgs/2015_championship_best_times754.pdf
 - b. These are awarded automatically – you do not need to apply for them.
- 3) County Records need to be claimed and within 30 days of your swim. You should do this after any Masters Gala expect the County Championships. You can find the application by following this link:

http://kentswimming.org/imgs/2015_championship_best_times754.pdf



The Masters Hub is a web site for Masters Swimmers

This is where you can find up to date information about Masters swimming in addition to our own Kent Swimming Web Site.

Event Calendar

The Decathlon

Masters News

Masters Ranks

You can find them here

<http://www.swimming.org/masters/>

<http://kentswimming.org/>

British Swimming Masters Decathlon is a true test of versatility over the course of the season.



Swimmers' performances from Masters Competitions throughout the year are assigned points and each English, Scottish and Welsh swimmer is awarded an overall tally based on their top point's scores from 10 of the 18 individual events. All swims from Masters Competitions in the British Swimming Masters Rankings database are automatically entered into the competition.

There is no entry fee or registration required.

There is no age group split in the Masters Decathlon; instead points are adjusted depending on age to ensure a fair comparison.

Prizes are on offer for the top individual swimmers as well as the top club

Please contact [ASA Masters Officer Sharon Lock](#) with any questions about the Decathlon.

For more details visit: <https://www.swimmingresults.org/mastersdata/decathlon/index.php?y=2016>

T-30 Challenge is a unique and simple event which determines just one thing – who can swim the furthest in 30 minutes!

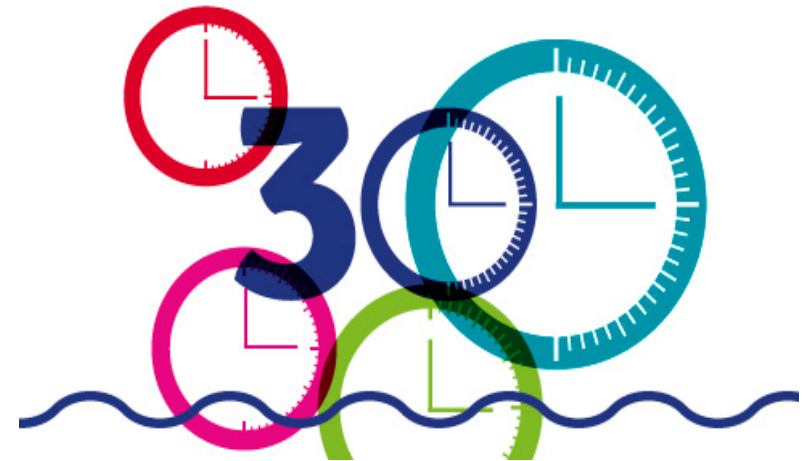
You don't have to be a member of the ASA to enter the T-30 Challenge – it's open to everyone living in Great Britain between 18 and 108 years old. You can compete in your local pool as an individual or as part of a team with your club mates, friends, family or colleagues.

You could become a national champion for 2016 or compare your achievement against other swimmers in your age group. Whether you're trying to beat your own PB, be the best in your county or even the country, it's the perfect event for setting yourself a quick-swim challenge.

Entries for the 2016 T-30 Challenge opened on Friday 29 April and close at midnight on 31 December 2016. Everything you need to enter will be found below.

[Entry Pack](#) – the entry pack contains full entry information. Please download and read this if you are interested in entering the T-30 Challenge 2016.

<http://www.swimming.org/masters/t-30-swimming-challenge/>



5 minutes with.....

Alison Heasman

Age 45 years

Para Swimmer SB12 and National Gold Medal Winner!

Best Event: 100m Breaststroke

Best swimming memory: Winning Gold at the British Para Swimming Championships in Manchester and becoming SB12 National Champion 2014 & 2015. Also finding myself in 2nd place on the Para Swimming Event Rankings for both 50m & 100m Breaststroke short course and in 3rd place for the 100m Breaststroke long course.



Alison is a Para Swimmer in the SB12 category, and has entered a multitude of national events and continues to improve, having won the National Championships in 2014 & 2015, So I asked her...

What does swimming mean to you?

AH – “Swimming for me is my outlet to continue in life, it provides me with the ability to exist. I am able to forget everything when in the pool and just focus on the job in hand, moving through the water. Psychologically it is healing and has provided me with a passion to succeed. I joined BLSC 3 years ago after I lost my sight (you don’t need sight to have vision!). I continue to set new PBs and gain new County Para Records.”

How do you set your goals?

AH – “Generally I focus on a long term goal, although I realise that this might not be the most effective method of goal setting, I find that it ensures I am always working towards something and don’t lose any motivation whilst training.”

What advice do you have for others who want to improve their swimming?

AH – “Keep focused and determined and you will succeed. Have fun, and just keep swimming!”

Being a blind swimmer, are there many hurdles or barriers to overcome?

AH – “Yes lots, but the main hurdle for me was overcoming fear, I count strokes so I know where the end of the pool is and after EVERY dive, feel a sense of achievement as it is a leap of faith – literally!”

Lastly, what about the future?

AH – “The image in my head of me succeeding provides me with the motivation to persevere. After my shoulder surgery I intend to compete in different strokes and hopefully remain injury free. I know that I have a huge disadvantage when swimming with Masters, but I want to be seen for my ability not disability, so I push myself that bit more. “

Frank Rider Trophy Club Gala 2016

Erith & District Swimming Club Masters "Frank Rider" Gala 2016 - for the 7th year running we were delighted to be joined by a host of masters swimmers and teams from Kent and further afield. This is a rare chance for clubs to swim as a team in a short (c90 mins) gala format. As always the informal focus is on "taking part" and "giving new masters swimmers a first competitive swim". This year's new gala format included a number of 25m (yes, just 1 length!) races which proved very popular and equally awkward to place judge. A big thank you to everyone who supported us again and through gritted teeth I'm delighted to say that defending champions Romford SC once again successfully defended their trophy. They won by 12 points from 2nd placed Tonbridge Barbarians - a collection of different swimmers from different teams put together very kindly by Keith Roshier and co. I mention Keith's super efforts specifically because if you feel that you would like to take part, but just don't have the number of swimmers for a full team, we will welcome you with open arms. Be you 1 swimmer, 3 or 5, Keith or I would be delighted to hear from you - maybe we could secure 2 full Barbarian teams next year?

This season opener usually takes part in late March, just before Easter, and most importantly the local pub continues to be impressed with the extra 70 people we attract for them on a usually quiet Sunday evening. Cost I hear you say? Well start saving now, we politely ask for £1 each from all swimmers to help towards costs.... and hey that gets you a finger buffet in the pub as well. What's not to like!

See you all in March 2017? and let's see if someone new can take the prized trophy!!

Dates for your diary...

Friday 28 th October 2016 – Sunday 30 th October 2016	ASA National Masters and Senior Age Group Championships	Ponds Forge, Sheffield.
Sunday 20 th November 2016	ASA Inter County Competition	The Leys, Oxford.
Sunday 26 th March 2017	Frank Rider Trophy Club Gala	Erith Leisure Centre, Erith.

For a full masters calendar see: <http://www.swimming.org/asa/calendar/filter/masters/page/P16>