



Kent v Sussex Masters Cup 2019

Official Programme

Saturday 30 March 2019

Tunbridge Wells Sports Centre, St Johns Road, Tunbridge Wells TN4 9TX

5.30pm to 8.15pm

Followed by Drinks

Kent and Sussex ASAs are affiliated to Swim England and Swim England South East



**Swim
England**

**150
YEARS
1869-2019**



INTRODUCTION AND WELCOME

Welcome to the 2nd Kent v Sussex Masters Cup 2019 which is being held at the Tunbridge Wells Sports Centre. The popularity of masters swimming has grown enormously since the first competitions were held back in the 1980s. As the Masters managers for Kent and Sussex we are passionate about increasing masters participation in our growing national and international sport. Swimming is perhaps unique as a sport in providing people of all ages, backgrounds and abilities opportunities to train and compete at all levels and enjoy the social side of the sport and we want this event to reflect those unique qualities.

The aim of the Kent v Sussex Masters Cup is to encourage participation in masters swimming in both Kent and Sussex as well as the South East. While the competition provides an opportunity to compete together as Counties it also provides an opportunity to meet and socialise and renew friendships.

The programme for this 2nd competition is, as you will see, different in many ways from other swimming competitions with different age groups and events which we hope everyone will enjoy. As in the inaugural competition in 2018 there will in 2019 be two Kent teams and two Sussex teams competing for the two Kent v Sussex Masters shields. What is not different is the hard fought but friendly competition which is a distinguishing feature of masters swimming.

In recognition that 2019 is the 150th Anniversary of the Amateur Swimming Association (ASA), having been formed in 1869, we have also added a new time handicap event (Event 38) which although rarely seen now was very common in competitions during the early years of the ASA.

Of course, the success of masters swimming is often due to key individuals that have generously given their time and commitment to driving forward masters swimming. To recognise the contribution of these individuals the two Kent v Sussex Masters shields are named after two Kent swimmers and two Sussex swimmers that have in their own ways contributed a great deal to the sport. Details of these individuals are set out at the end of this programme. We would also like in particular to thank **Trixie Nisbet** from Lewes SC who has greatly assisted in organising this competition and all the officials listed in this programme and many volunteers that have volunteered their time and without which this competition would not be possible.

We very much hope the Kent v Sussex Masters Cup will prove popular and continue to be run as an annual competition and so strengthen swimming ties between the two Counties. Together we can help build the sport, provide exciting competitions and social opportunities for all masters and officials and so enjoy the sport to the full !!



William Long - Sussex Masters Manager



Glen Isaacs - Kent Masters Manager



ACKNOWLEDGEMENTS

Kent ASA and Sussex ASA would like to thank the many people and organisations that have given their time to make this competition possible including:

Kent, Sussex and South East Region Representatives

Mr John Handley – President, Kent ASA

Mrs Hilary Brown – President, Sussex ASA

Mr Geoff Stokes – Masters Manager, South East Region

Officials

Mrs Fiona Wood (Referee) – Sussex ASA

Mr Mark Lehmann (Scorer) – Kent ASA

Mr John King (Announcer) – Kent ASA

Mr Brian Deval – Sussex ASA

Mrs Michelle Ellis – Kent ASA

Mr Rob Nisbet – Sussex ASA

Mrs Samantha Williams – Kent ASA

Mr Ben Stevens – Sussex ASA

Mrs Tracey Isaacs – Kent ASA

Mrs Della Oatley – Sussex ASA

Mr Bill Geake – Kent ASA

Mr Chris Grose – Sussex ASA

Mr Chris Browning – Sussex ASA

Oliver Isaacs (Youth Volunteer) – Kent ASA

Jody Onslow (Youth Volunteer) – Sussex ASA

Harri Isaacs (Youth Volunteer) – Kent ASA

Team Managers

Kent – John Exall, Sevenoaks SC and Katie Isaacs, Black Lion SC

Sussex – Mrs Trixie Nisbet, Lewes SC

Pool Operator

Fusion Lifestyle, Tunbridge Wells Sports Centre



Kent v Sussex

Masters Cup 2019

Programme of Events

1. Warm Up

Men's & Women's Warm Up Aged 50+ - 5.30pm to 5.45pm

Men's Warm Up Aged under 50 - 5.45pm to 6.00pm

Women's Warm Up Aged under 50 - 6.00pm to 6.15pm

2. Exchange of Pennants – Kent and Sussex Captains to exchange pennants – 6.10pm

3. Start of Events – 6.15pm

No.	Event	M/F/Mixed and Age Groups
1	4 x 25m Butterfly	Mixed 60+ 50+ 40+ 30+
2	4 x 50m Butterfly	Male 18+ 30+ 40+ 50+
3	4 x 50m Butterfly	Female 18+ 30+ 40+ 50+
4	4 x 50m Freestyle	Male 18+ 30+ 40+ 50+
5	4 x 50m Freestyle	Female 18+ 30+ 40+ 50+
6	75m+25m Backstroke + Freestyle	Male 18+ 60+
7	75m+25m Backstroke + Freestyle	Female 18+ 60+
8	50m+50m Breaststroke	Male 30+ 40+
9	50m+50m Breaststroke	Female 30+ 40+
10	50m+50m Butterfly	Male 18+ 50+
11	50m+50m Butterfly	Female 18+ 50+
12	50m+50m Freestyle	Mixed 18+ 18+
13	4 x 25m Breaststroke	Mixed 60+ 50+ 40+ 30+
14	4 x 50m Breaststroke	Male 18+ 30+ 40+ 50+
15	4 x 50m Breaststroke	Female 18+ 30+ 40+ 50+
16	75m+25m Freestyle	Male 18+ 60+
17	75m+25m Freestyle	Female 18+ 60+
18	50m+50m Backstroke + Freestyle	Male 30+ 40+
19	50m+50m Backstroke + Freestyle	Female 30+ 40+
20	50m+50m Breaststroke	Male 18+ 50+
21	50m+50m Breaststroke	Female 18+ 50+
22	50m+50m Butterfly	Mixed 18+ 18+
23	4 x 25m Medley	Mixed 60+ 50+ 40+ 30+



24	4 x 50m Medley	Male 18+ 30+ 40+ 50+
25	4 x 50m Medley	Female 18+ 30+ 40+ 50+
26	75m+25m Butterfly	Male 18+ 60+
27	75m+25m Butterfly	Female 18+ 60+
28	50m+50m Freestyle	Male 30+ 40+
29	50m+50m Freestyle	Female 30+ 40+
30	50m+50m Backstroke + Freestyle	Male 50+ 18+
31	50m+50m Backstroke + Freestyle	Female 50+ 18+
32	50m+50m Breaststroke	Mixed 18+ 18+
33	4 x 25m Freestyle	Mixed 60+ 50+ 40+ 30+
34	4 x 50m Freestyle	Male 18+ 30+ 40+ 50+
35	4 x 50m Freestyle	Female 18+ 30+ 40+ 50+
36	50m Freestyle	Female 70+ Individual POINTS TO TEAM A
37	50m Freestyle	Male 70+ Individual POINTS TO TEAM A
38	50m Freestyle Time Handicap Event	Mixed M30+ W40+ M50+ POINTS TO TEAM B
39	50m+50m Backstroke + Freestyle	Male 40+ 18+
40	50m+50m Backstroke + Freestyle	Female 40+ 18+
41	75m+25m Breaststroke	Male 18+ 60+
42	75m+25m Breaststroke	Female 18+ 60+
43	50m+50m Butterfly	Male 30+ 40+
44	50m+50m Butterfly	Female 30+ 40+
45	50m+50m Freestyle	Male 18+ 50+
46	50m+50m Freestyle	Female 18+ 50+
47	50m + 50m Backstroke + Freestyle	Male 60+ 30+
48	50m + 50m Backstroke + Freestyle	Female 60+ 30+
49	10 x 25m Freestyle Squad	Mixed 18+ 30+ 40+ 50+ 60+

4. Finish of Events – approximately 8.15pm

5. Presentations of Kent v Sussex Shields followed by drinks – 8.15pm

After the competition drinks will be held at a nearby pub (details to be announced). All officials, swimmers and supporters are invited.



Kent v Sussex Masters Cup 2019



Rules

Under ASA Laws and Regulations and FINA Technical Rules of Swimming

1. For the 2019 Kent v Sussex Masters Cup there will be two Kent teams and two Sussex teams. The two Kent Teams will be known as Kent White and Kent Green. The two Sussex Teams will be known as Sussex Gold and Sussex Blue.
2. Kent Green will compete against Sussex Gold for the perpetual Sussex Curran-Gimson Shield and Kent White and Sussex Blue will compete for the perpetual Kent Robinson-Meek Shield. There will be no medals awarded.
3. The Kent v Sussex Masters Cup is an invitational only closed event and those selected to swim in either a Kent or Sussex Team should be members of a Kent or Sussex club affiliated to Swim England South East.
4. Each team will swim the 49 events as listed in the Official Programme with 2 points being awarded for 1st place and 1 point awarded for 2nd place and no points awarded for a disqualification (except for Events 36 and 37).
5. Events 36 (Female 70+) and Event 37 (Male 70+) will be swum as individual events with points being awarded per swimmer as follows – 2 points for 1st place, 2 points for 2nd place. Points awarded to Kent swimmers in Events 36 and 37 will be awarded to Kent White and points awarded to Sussex swimmers in Events 36 and 37 will be awarded to Sussex Gold. Event 38 is a time handicap event and each swimmer will start according to a whistle from the Referee as instructed by the Referee before Event 38.
6. A swimmer which swims in a Kent Team may not also swim an event in another Kent Team and a swimmer which swims in a Sussex Team may not also swim an event in another Sussex Team.
7. A swimmer in an age group may swim in a younger age group but cannot swim in an older age group. Swimmers must be aged 18 or over as at 31 December in the year of the competition. The age groups for each event are as shown in the Official Programme and the events may be male, female or mixed as shown in the Official Programme.
8. At the end of the competition the total points awarded will be added up and the team with the most points out of Kent Green and Sussex Gold will be the winner of the Sussex Curran-Gimson Shield and the team with the most points out of Kent White and Sussex Blue will be the winner of the Kent Robinson-Meek Shield. In the event of a tie the Shield will be awarded jointly to the two teams that have equal points.

IMPORTANT SAFETY INFORMATION: Swimmers not confident in diving in at the shallow end should start in the water.



The Kent v Sussex Masters Cup

Biographies

The Sussex Curran Gimson Masters Shield

Vera Curran (nee Tanner)

Vera was born in 1906 in Eastbourne and swam for Eastbourne Swimming Club. Vera held the Swimming Championship of Sussex every year between 1919 and 1928 – that is from the ages of 13 to 22 ! In 1924 Vera was selected to represent Great Britain in the Olympics in Paris where Vera won a silver medal in the 4 x 100m Freestyle relay and was 5th in the individual 100m Freestyle. In 1925 Vera assisted the American swimmer Gertrude Ederle, in her cross channel swim attempt which Miss Ederle achieved the following year to become the first woman to ever swim the Channel. In 1928 Vera was selected for the GB team at the Olympics in Amsterdam and again won a silver medal in the 4 x 100m freestyle and was 6th in the 400m freestyle. In December 1941 Vera was incarcerated at the Stanley Internment Camp on the fall of Hong Kong. On liberation on 30 August 1945 following four years of captivity Vera is reported to have swam alone for nearly two miles out of the mine filled Hong Kong harbour to direct minesweepers and the British Pacific Fleet to the prisoners. Vera died aged 64 in 1971. Sussex salutes Vera – a swimming champion and a true champion of life !!



Anthony Gimson

Anthony was brought up in Watford which in the 1940s had the only indoor pool in Hertfordshire and joined Watford Swimming Club in 1949. At aged 14 Anthony joined the Merchant Navy and then became a member of crew onboard the Queen Mary where Anthony became the Champion of the North Atlantic at the annual seamen's championships held in New York. After leaving the sea in 1961 Anthony played water polo for over 20 years until in October 1983 he took part in one of the first Masters Nationals held in Nuneaton. In 1988 Anthony organised the first Sussex Masters Championships held in Eastbourne which he continued to organise as Sussex Masters Secretary for over 20 years. In 2000 Anthony proposed and helped organise the first National Inter-Counties competition which has been very popular and successful ever since. Anthony is a holder of numerous national masters records and has been a key figure in the development and growth of masters swimming in Sussex, the South East and in the UK.





The Kent Robinson Meek Masters Shield

Shelley Robinson

Shelley was always sporty and could see no reason to be stuck in a swimming pool. However, when Shelley's daughters joined Sevenoaks SC in the early 1980s her teaching/coaching/tutoring career started as a result. After a few years Shelley started swimming with the 'water polo lane' and entered her first competition when she was 39. Shelley learnt to swim butterfly at the age of 42 and then regularly swam the 100m Butterfly at masters events and entered the World Championships in Sheffield in 1996. Over the years Shelley has had a range of swimming ups and down: managing only 135m of a 200m fly swim before almost chocking to death, collecting a bucket-full of medals of various colours, having surgery for two shoulder impingements and a torn rotator cuff; but also setting a number of Kent County masters records and finding her niche as a 200m backstroker. Shelley was for ten years Kent's Masters Manager and has also been Kent ASA President and South East Region President. Currently, Shelley is Kent ASA's Rural Secretary as well as representative on the Swim England Masters Working Group, a keen open water swimmer, sprint triathlete and now knocking out 100s of fly again as well as setting lifetime PBs.



Antony Meek

Tony joined Plaistow Swimming Club in 1964 aged 14 and did more water polo than swimming although Tony did win the Essex men's 100m free aged 18. Tony went to the University of Manchester Institute of Science and Technology from 1968 to 1971 swimming and playing water polo. The University won team relay gold medals at the British University competitions and Tony won a 200m free individual gold at the UAU competition. At water polo, Tony represented Great Britain at the World Student Games in 1970 and the full Great Britain team in 1972 at the qualifying tournament for the Olympics in Munich and later in 1973 at the World Games in Belgrade. Tony played water polo for 25 years for London Polytechnic which during the 1970's won both the premier league and knockout cup numerous times. Tony attended the World Masters at Sheffield in 1996 and joined Maidstone Swimming Club and then Sevenoaks Swimming Club where Tony still competes as a masters' swimmer and has achieved numerous Kent records.

