



# Kent Masters Newsletter

Issue No.3

June 2018

**W**elcome to our 3rd newsletter! It has been a while since our last!

On Sunday 20<sup>th</sup> May 2018 the first ever Kent County Masters Championships for Long Distance events took place.

- 99 swimmers participated
- 34 records were set (subject to ratification)
- 157 Event Best Performances for 2018 (subject to ratification)
- 84 medals awarded
- £40 raised for charity

On Sunday 24<sup>th</sup> June 2018 the 2<sup>nd</sup> day of the Kent County Masters Championships for the short distance events and relays took place at Medway Park. Read on for the highlights of the day.

Things to 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. Check EBPs from 2017  
[http://www.kentswimming.org/imgs/2017\\_championship\\_best\\_times526.pdf](http://www.kentswimming.org/imgs/2017_championship_best_times526.pdf)
  - b. These are awarded automatically – you do not need to apply for them.
- 3) County Records need to be claimed and within 28 days of your swim. You should do this after any Masters Gala except the County Championships. You can find the records & application form by following this link:  
<http://www.kentswimming.org/spage-masters-records.html>



*The Masters Hub can be found at:  
<http://www.swimming.org/masters/>*

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 Rankings

***The Kent Master's Committee*** has been joined by Kirsty Alfredson from Tonbridge. The committee already comprises Glen Isaacs (Kent Masters Manager), Shelley Robinson (Kent Committee General Secretary and committee advisor), Shauna King (RTW Masters), David Staveley (Hythe Aqua) and Cat Borrell (Gravesend & Northfleet).

## 2017 KCASA Open Water Championships: Surrey Docks Sunday 2<sup>nd</sup> July 2017

On a beautiful day, just 11 Kent masters swimmers joined the youngsters at the Surrey Docks Watersports Centre. This year the swim was over a 3 kilometre course around the docks starting from a dive off the pontoon.

Erith & District Open Water Swimming Team

### Results: Men

#### **Age 35-44**

1 <sup>st</sup>	John Burdett	Erith & District
2 <sup>nd</sup>	Kirill Miryanov	Black Lion

#### **Age 45-54**

1 <sup>st</sup>	Richard Wilding	Erith & District
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#### **Age 55-64**

1 <sup>st</sup>	Bernie Stone	Royal Tunbridge Wells
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### Results: Ladies

#### **Age 35-44**

1 <sup>st</sup>	Sue Wilding	Erith & District
2 <sup>nd</sup>	Charlotte Fisher	Black Lion

#### **Age 45-54**

1 <sup>st</sup>	Lisa Corder	Erith & District
2 <sup>nd</sup>	Jenny Vick	Erith & District
3 <sup>rd</sup>	Kim Fenner	Royal Tunbridge Wells



The 2018 KCASA Open Water Championships will be held in Surrey Quays on Saturday 30<sup>th</sup> June 2018. The closing date has passed and all information can be found at: [http://www.kentswimming.org/page-open\\_water.html](http://www.kentswimming.org/page-open_water.html)



## KENT V SUSSEX MASTERS CHALLENGE CUP



Thank you to all the swimmers who took part in the **2018 Kent v Sussex Masters Challenge Cup** on 3 March 2018 at The Tunbridge Wells Sports Centre.

Thank you also to all the swimmers that sent back completed feedback which is extremely helpful in planning the 2019 competition. The vast majority rated the competition very highly and considered the format of Kent v Sussex being based on a series of relay races, mixing ages and genders worked very well and was exciting and fun. Swimmers enjoyed meeting other swimmers from both Counties and found the competition to be friendly and welcoming. Everyone seems keen to swim again in the Kent v Sussex Challenge Cup next year – which will be even better !!

It has been decided, based on the feedback, to hold the **2019 Kent v Sussex Masters Challenge Cup** at the Tunbridge Wells Sports Centre on Saturday 30 March 2019 from 5.00pm to 8.00pm followed by drinks which will likely be in the local pub across the road.

If you would like to provide any feedback, or help in organising the competition next year, please do not hesitate to let us know at any time.

Finally, a very, very big thank you to everyone that took part and assisted with the competition, including all the officials, announcer, scorers and poolside helpers from Kent and Sussex and also to **Kent Team Manager, Mr Ted Valder**, from RTW Masters, and **Sussex Team Manager, Mrs Trixie Nisbet**, from Lewes SC, whose assistance was instrumental in the success of the competition.

We hope to make the **2019 Kent v Sussex Masters Challenge Cup** even better by including good seating, a good PA system and hopefully timing pads. Please keep Saturday 30 March 2019 in your diary and we look forward to seeing many of you again next year!!

**Glen Isaacs – Kent Masters Manager and William Long – Sussex Masters Manager**

### *One of our NEW masters, Amy Farthing of Sevenoaks SC, tells us why she enjoys masters swimming...*

I have been in swimming for over 10 years. Naturally, I moved into masters swimming as soon as I turned 18. I was so excited to be part of this ever-growing aspect of swimming. I remember looking at the Kent Masters Website and twitter page and being intrigued by all the success the Kent swimmers have had. It's an amazing feeling finally being able to join in!

My first event as a masters swimmer was the Kent Masters Championships in June 2017. I have never been in such a good environment in swimming. It is so friendly but to say it wasn't competitive would be so wrong! I got to see and compete with old friends, no love lost there!

One of the best experiences I have come across is the Masters Inter-counties. The team spirit and confidence of the entire team is something I will never forget! Everyone cheering each other on regardless of age is something to behold!



## KCASA Masters & Seniors Swimming Championships 2018: Medway Park LC Sunday 24<sup>th</sup> June 2018

Our championships continue to grow in popularity, 175 swimmers entered and 32 individual event best performances were broken! The new record holders are Lauren Willcox (5), Liz Price (2), Tracy Stonehouse, Jenny Vick (2), Penny Stotesbury, Shelley Robinson, Kathy Anderson, Maureen Fakley, Jacob West (2), Ben Garfield, Ian Thwaites (3), Mariusz Barcikowski, Frederick Parker, Alan Burrows (5), Philip Bradley, Anthony Price, James Pearson (2) and Charles Stewart. 10 Relay event best performances

### CHAMPIONSHIP TOP CLUB 2018 RESULTS

1. RTW Masters	1145
2. Erith & District	661
3. Gravesend & Northfleet	399
4. Sevenoaks	308
5. Black Lion	241
6. Tonbridge	226
7. Hythe Aqua	180
8. Bromley	93
9. Saxon Crown	81
10. Dartford & District	44
11. Orpington Ojays	41
12. Maidstone	38
13. Greenwich Royals	36
14. Bexley Masters	33
14. Bexley	33
14. Folkestone	33
17. Dover Lifeguards	32
18. City of Canterbury	27
19. Thanet	23
20. Larkfield	17
20. Sevenoaks Tri	17
22. Beachfield	15
22. Beckenham	15



KCASA General Secretary Shelley Robinson presenting RTW Masters's Richard Gardner with the Top Sprint and Top Team Shields.



Ted Valder (RTW Coach) presenting Shelley Robinson of Sevenoaks the Best Improving Team award.

### Other Winners...

Best New/Small Team:	Saxon Crown
Top Swimmers:	Lauren Willcox (Saxon Crown) James Castle (Black Lion)
Top Swimmers 18-24 Years:	Lucy Marchant (Bromley)

More information will be available on the Kent Swimming Website at:  
[www.kentswimming.org/spage-masters-championships](http://www.kentswimming.org/spage-masters-championships)



**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: <http://www.swimming.org/masters/british-swimming-masters-decathlon/>

**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 2018 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.

Entry dates for the 2018 T-30 Challenge will be released later in the year. 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 2018.

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



## KENT DECATHLON WINNER OF 2017

### LAUREN WILLCOX

#### SAXON CROWN



Lauren began her swimming career as a child at Leatherhead swimming Club, and continued swimming at Coventry University. As a master, Lauren has swum for Saxon Crown and represented Kent in the Inter Counties.

Lauren finished 12<sup>th</sup> in the National Decathlon and top in Kent. Her total points score was 5,872 points over the 10 events.

Event	Time	Adj. Time	Points	Competition
<b>Group 1</b>				
50m Freestyle	28.39	27.48	605	British Masters & Senior Age Group Championships (16/06/17)
2 100m Freestyle	1:00.69	58.72	652	British Masters & Senior Age Group Championships (16/06/17)
1 200m Freestyle	2:08.73	2:05.01	696	Swim England Masters National Championships (27/10/17)
<b>Group 2</b>				
1 400m Freestyle	4:39.73	4:36.29	612	Erith Masters Meet (21/05/17)
2 800m Freestyle	9:58.02	9:39.06	567	British Masters & Senior Age Group Championships (16/06/17)
1500m Freestyle				
<b>Group 3</b>				
2 50m Backstroke	31.55	31.11	562	Swim England Masters National Championships (27/10/17)
100m Backstroke	1:06.65	1:06.71	561	Swim England Masters National Championships (27/10/17)
1 200m Backstroke	2:23.90	2:22.67	584	Swim England Masters National Championships (27/10/17)
<b>Group 4</b>				
50m Breaststroke	38.22	36.99	472	Bracknell Masters 2017 (4/03/17)
1 100m Breaststroke	1:20.05	1:16.94	493	Berks & South Bucks (10/09/17)
200m Breaststroke				
<b>Group 5</b>				
50m Butterfly	30.41	30.40	516	Swim England Masters National Championships (27/10/17)
1 100m Butterfly	1:06.65	1:04.46	608	Swim England Masters National Championships (27/10/17)
200m Butterfly				
<b>Group 6</b>				
1 100m Ind. Medley	1:09.29	1:08.82	558	Berks & South Bucks (10/09/17)
2 200m Ind. Medley	2:32.97	2:29.62	540	SER Long Course Masters 2017 (21/01/17)

## Frank Rider Trophy Club Gala - Sunday 18<sup>th</sup> March 2018

On a very snowy March evening Erith & District Masters once again hosted their annual Frank Rider gala – aimed at encouraging new Masters to “have a go” in a relaxed and fun environment. This year we welcomed teams from Romford, Hackney, Saxon Crown and a Kent Barbarians select. In order to make the event as interesting and competitive as possible we had introduced a handicap system in 2017, based upon previous years points, and this year was no exception (apologies to Romford the reigning champions for the largest points handicap of course!). This year's vintage was another blessed with plenty of exciting racing, some friendly poolside banter, and another super competitive yet fun competition. Commiserations to our friends from Saxon Crown who lead for most of the way before being pipped at the post by the Kent Barbarians team, so many congratulations to them! Most importantly it was great to see about 80 or so master swimmers enjoying themselves the majority of which joined us afterwards for a warming beer and plenty of pub grub which is always laid on by our ever so welcoming local pub, the Running Horses in Erith High Street. Any other clubs in Kent who would like to be involved, or if you would like to be part of the Kent Barbarians (newly crowned champions!!) you are of course more than welcome and so keep an eye out for details of the next event in March 2019. In the meantime any other details can be gained from Mark Russell at Erith Masters - [wansuntroad@gmail.com](mailto:wansuntroad@gmail.com)

**Mark Russell, EDSC Masters**

### *Did you know?*

Kent swimmers can join the Kent Weald Swim Squad.

### *Why?*

So a group of like-minded individuals can join together to compete in relays at masters event at National and Regional level.

### *How?*

Go to <http://kentwealdswimsquad.co.uk/wss-masters> where you will find information and the membership form.

### *Cost?*

Free to join and £10 per annum payable on swimming your first relay.

### *Need to know more?*

Contact: Glen Isaacs: [glenisaacs@msn.com](mailto:glenisaacs@msn.com) or Keith Roshier: [chairman@tonbridgeswimmingclub.co.uk](mailto:chairman@tonbridgeswimmingclub.co.uk)  
Or John King: [johngking119@live.com](mailto:johngking119@live.com)



Kent Weald Swim Squad competed in the British Masters Championship held at Plymouth on 8-10 June. KWSS finished 12<sup>th</sup> out of more than 200 clubs. Pictured is the silver winning mixed 200 years relay team. Left to right is Sam Petter, Keith Roshier, Kirsty Alfredson and Glen Isaacs

## Dates for your diary...

### 2018

Saturday 7 <sup>th</sup> -Sunday 8 <sup>th</sup> July 2018	Barnet Copthall Masters Distance Meet	Barnet Copthall Pools, London NW4 1PX
Saturday 21 <sup>st</sup> July 2018	Swim England South East 2018 Open Water Champs	Chichester Watersports, Chichester PO18 ONX
Saturday 28 <sup>th</sup> July 2018	Rushmoor Royals Long Course Masters 2018	The Aldershot Garrison, GU11 2LQ
Sunday 29 <sup>th</sup> –Monday 30 <sup>th</sup> July 2018	Swim England National Open Water Festival 2018	Rother Valley Country Park, Sheffield S26 5PQ
Monday 3 <sup>rd</sup> -Saturday 8 <sup>th</sup> Sept 2018	LEN European Masters Swimming Champs 2018	Kranj, Slovenia
Sunday 23 <sup>rd</sup> September 2018	Barnet Copthall Masters Sprint Meet	Barnet Copthall Pools, London NW4 1PX
Saturday 6 <sup>th</sup> October 2018	Swim England South East Short Course Masters	Guildford Spectrum, Guildford GU1 1UP
Friday 26 <sup>th</sup> –Sunday 28 <sup>th</sup> October 2018	Swim England Masters National Champs (25m) 2018	Ponds Forge, Sheffield S1 2BP
Sunday 18 <sup>th</sup> November 2018	Masters Inter County Championships	Surrey
Saturday 24 <sup>th</sup> –Sunday 25 <sup>th</sup> Nov 2018	Barnet Copthall Masters 1500 Event	Barnet Copthall Pools, London NW4 1PX

### 2019

Saturday 19 <sup>th</sup> -Sunday 20 <sup>th</sup> Jan 2019	Swim England South East Long Course Masters Champs	K2 Crawley, West Sussex RH11 9BQ
Saturday 30 <sup>th</sup> March 2019	Kent v Sussex Masters Challenge Cup	Tunbridge Wells Sports Centre, TN4 9TX
Friday 14 <sup>th</sup> -Sunday 16 <sup>th</sup> June 2019	British Swimming Masters Long Course Champs	Wales National Pool, Swansea SA2 8QG
Sunday 19 <sup>th</sup> May 2019	EDSC Masters Meet & KCASA Masters Long Distance Championships – PROVISIONAL	Crook Log Sports Centre, Bexleyheath DA7 4HH
Sunday 30 <sup>th</sup> June 2019	KCASA Masters Swimming Short Dist. & Relays Champs	Medway Park LC, Gillingham ME7 1HF
Monday 5 <sup>th</sup> -Sunday 18 <sup>th</sup> August 2019	18 <sup>th</sup> FINA World Masters Championships 2019	Gwangju, South Korea

For a full masters calendar see: <http://www.swimming.org/calendar/disciplines/masters-swimming/>