



# Kent Masters Newsletter

Issue No.2

April 2017

Welcome to our 2<sup>nd</sup> newsletter! Unsurprisingly we look back over 2016...

On Saturday 25<sup>th</sup> June 2016 a freezing Dover Harbour was host to the Kent County Open Water Championships followed a day later by the indoor Kent County Masters Championships

The Kent Master's Committee comprises Glen Isaacs (Kent Masters Manager), Shelley Robinson (Kent Committee General Secretary and committee advisor), Shauna King (RTW Masters), David Staveley (Hythe Aqua), Cat Borrell (Gravesend & Northfleet) and Jenny Vick (Erith & District).

## Kent County Masters and Seniors Records 2016

Ladies – Long Course 26

Men – Long Course 17

Ladies – Short Course 13

Men – Short course 27

So that's a total of 83 records for 2016. 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://www.kentswimming.org/imgs/2016\\_championship\\_best\\_times415.pdf](http://www.kentswimming.org/imgs/2016_championship_best_times415.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 except the County Championships. You can find the application form by following this link:

[http://www.kentswimming.org/imgs/kent\\_swimming\\_record\\_application\\_form602.pdf](http://www.kentswimming.org/imgs/kent_swimming_record_application_form602.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 Rankings

You can find them here

<http://www.kentswimming.org/page-masters.html>

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

## KENT CHAMPIONSHIPS 2016: The year that was!

### 2016 KCASA Open Water Championships: Dover Harbour Saturday 25<sup>th</sup> June 2016

On what can only be described as a changeable weather day, 40 swimmers gathered on the stony beach in Dover Harbour and in conjunction with the ASA South East Region Open Water Series, Deal Triathlon Club have organised this 1km and 2km open water swim.

The 2km championship course was one lap, starting at the west wall. The swim to the east wall with the tide and wind behind was a breeze. However, the 1 km back was far more challenging in the Choppy water. The sea temperature of just 14°C caused its own problems!!

The county was represented by 17 swimmers from seven Kent clubs, John Burdett and Jenny Vick won the overall men and women Kent Masters Championship respectively, Erith & District SC won the Open Water Team.

Full results can be found at:

[http://www.kentswimming.org/imgs/2016\\_results717.pdf](http://www.kentswimming.org/imgs/2016_results717.pdf)



The **2017** KCASA Open Water Championships will be held in Surrey Quays on Sunday 2<sup>nd</sup> July 2017. Information and entry pack can be found at: [www.kentswimming.org/spage\\_open\\_water-championships.html](http://www.kentswimming.org/spage_open_water-championships.html)

## KCASA Masters & Seniors Swimming Championships 2016: Medway Park LC Sunday 26<sup>th</sup> June 2016

Our championships continue to grow in popularity, 162 swimmers entered and 23 individual event best performances were broken! The new record holders are Karia Redman, Lauren Willcox, Tracy Van Rooyen, Penny Stotesbury, Del Jenkins, Shelley Robinson, Sandra Vincent (2), Steve Earl (2), Kevin Arundell, Mariusz Barcikowski (2), Philip Bradley, Paul Reynolds, Mike Wake (5), Brian Hunt and Anthony Pates (2).

### CHAMPIONSHIP TOP CLUB 2016 RESULTS

1. RTW Masters	745
2. Erith & District	437
3. Black Lion	399
4. Orpington Ojays	211
5. Gravesend & Northfleet	199
6. Tonbridge	129
7. Sevenoaks	115
8. Saxon Crown	113
9. Dover Lifeguard	77
10. Bromley	54
11. Beachfield	48
12. City of Canterbury	32
13. Faversham	31
14. Hythe Aqua	30
15. Greenwich Royals	27
= Ashford Town	27
17. Sevenoaks Tri	23
18. Beckenham	21
19. Maidstone	20
20. Bexley	14
21. Folkestone	12

For the 8<sup>th</sup> year running RTW Masters won the top club!



The **2017** KCASA Masters & Seniors Championships will be held at Medway Park on Sunday 25<sup>th</sup> June 2017. In addition to the TOP CLUB Award, new for 2017 will be awards for TOP FEMALE SWIMMER. TOP MALE SWIMMER and MOST IMPROVED CLUB.

More information will be available soon on the Kent Swimming Website at:

[www.kentswimming.org/spage-masters-championships](http://www.kentswimming.org/spage-masters-championships)

After the competition finishes a barbeque for all competitors, friends and family will be held afterwards on the grass outside the pool!

**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!

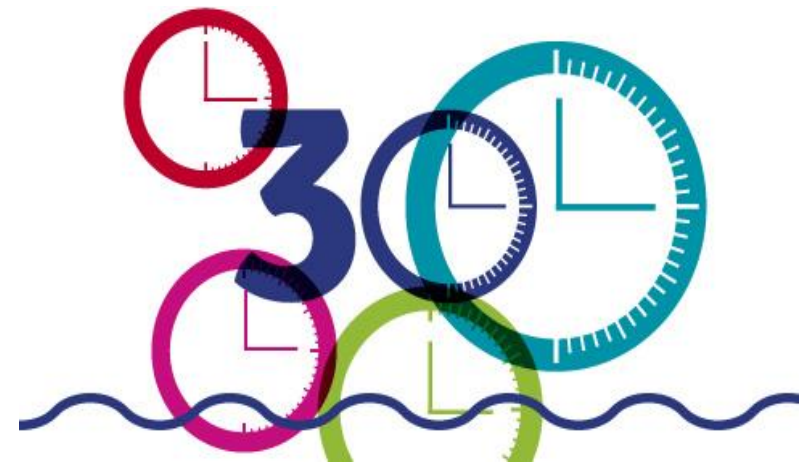
You don't have to be a member of the ASA to enter the T-30 Challenge – it's open to everyone living in Great Britain between 18 and 108 years old. You can compete in your local pool as an individual or as part of a team with your club mates, friends, family or colleagues.

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.....

## Del Jenkins

Age 50 years

4 times winner of the Kent Master s  
Decathlon Shield (Ladies)

Best Event: 100m Breaststroke

Best swimming memory: As a kid, all those Nationals trips to Blackpool. As an adult, (in no particular order) winning the 200+ mixed freestyle relay at the Nationals; doing 100m breaststroke in under 1.20 aged 46 (faster than as a kid) which put me Number 3 in the World; doing 5 EBP's in the Kents when I aged up (to 45-49 years).



Del started swimming with RTW Monson whilst at primary school, her first gala was aged 10 doing backstroke (now her most hated stroke!) and went to the Nationals 4 times as a teenager (100m & 200m breast). Del stopped competitive swimming after a back injury whilst at college. Fortunately Del has returned to swimming....

### ***What made you come back?***

DJ – “I got divorced and this was something I couldn’t do while I was married. My old coach was dying and he persuaded me to go back to the Masters section of my old club. I was going back to a place of safety, the same pool, same coach and I knew a lot of the swimmers – it was all very familiar.”

### ***Are you faster now than when you were younger?***

DJ – “Free – nowhere near, fly – much, breast - sometimes (Well have been, but still recovering from shoulder surgery, so not just at the minute).”

### ***What do you put this down to?***

DJ – “Motivation and application – I was never shouted at as a kid; I was a bit of a *non-person*”.

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

DJ – “Technique – if you have this right, it will all come back”

### ***What would you say to a youth swimmer to ensure they continue to swim?***

DJ – “Ask my son! (Tim is 16 – he plans to join Masters when he is 18, mainly because he knows quite a few swimmers through me. He suggests that youngsters would be more likely to join if their friends joined too)”.

## Frank Rider Trophy Club Gala 2017

This year's Frank Rider Masters Gala, hosted by Erith & District, proved to be another success with the added handicap system spicing things up. It was great to see a full Barbarians team (i.e. swimmers from a range of clubs) kindly put together by Shauna King of RTW and this is something we encourage for 2018. This annual pre-Easter event also had Romford SC and Saxon Crown/Hackney Masters in attendance and the usual combination of fun and competitive spirit was clearly in evidence. Despite Saxon Crown/ Hackney leading for most of the gala, Romford piped them to the post to win by 11 points and retain their title. Erith clearly need to tinker with the handicap system further if they are to have a chance of winning in the future (ha ha!). But all jokes aside it was great to see 70+ masters swimmers on a relaxed Sunday evening and as always we thank you for your support. Looking ahead if any other clubs from around the county would like to be involved, simply pass your email details to me at [wansuntroad@gmail.com](mailto:wansuntroad@gmail.com) and I'll include you in all future correspondence. Even if you only have 4 or 5 swimmers we are more than happy to squeeze you in, maybe even having 2 barbarian teams next year!

Thanks

Mark Russell, EDSC Masters

The winning team for 2017!

Romford Masters



## Dates for your diary...

### 2017

<b>Sunday 21<sup>st</sup> May 2017</b>	<b>Erith &amp; District SC Masters Meet 2017</b>	<b>Crook Log Leisure Centre, Bexleyheath.</b>
Friday 16 <sup>th</sup> -Sunday 18 <sup>th</sup> June 2017	British Swimming Masters Champs 2017	Aberdeen Sports Village Aquatics Centre, Aberdeen.
Sunday 25 <sup>th</sup> June 2017	Kent Masters Champs 2017	Medway Park Leisure Centre, Gillingham.
Sunday 2 <sup>nd</sup> July 2017	London Region Open Water Championships	Surrey Quays Watersports Centre, Rotherhithe.
Saturday 8 <sup>th</sup> July 2017	South East Region Open Water Championships	TBA
Saturday 8 <sup>th</sup> –Sunday 9 <sup>th</sup> July 2017	Barnet Copthall Masters Distance Meet	Barnet Copthall Leisure Centre, Hendon NW4 1PX
Saturday 22 <sup>nd</sup> July 2017	Rushmoor Royals Long Course Masters Meet	TBA
Saturday 30 <sup>th</sup> -Sunday 31 <sup>st</sup> July 2017	ASA National Open Water Festival 2017	Rother Valley Country Park, Sheffield.
Friday 27 <sup>th</sup> -Sunday 29 <sup>th</sup> October 2017	ASA National Masters Championships 2017	Ponds Forge, Sheffield.
Sunday 12 <sup>th</sup> November 2017	Masters Inter County Championships	Probably Fleet, Hampshire.

### 2018

Monday 3 <sup>rd</sup> -Saturday 8 <sup>th</sup> Sept 2018	LEN European Masters Swimming Champs 2018	Kranj, Slovenia
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For a full masters calendar see: <http://www.swimming.org/calendar/events-and-competitions/>