



Kent Masters Newsletter

Issue 4

January 2019

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The 2019 Masters swimming Calendar begins with the Swim England South East Region long course championship on the 19th and 20th of January at K2 in Crawley. The event has seen unprecedented demand and for the first time closed seven weeks early. Our next newsletter will have all the highlights and look out for news on our Facebook, Instagram and twitter feeds @KentMastersSwim.

Pictured at the top is the Kent Masters Inter-County team that competed on the 18th November at the Haslemere Leisure Centre. The squad was made up from 14 clubs with 33 swimmers aged from 19 to 76 years. Read about it on page 4.

It's been a great year for Kent swimmers with higher than ever participation rates. Let's repeat it at the Kent v Sussex Challenge this March!

More inside!

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Sevenoak's Shelley Robinson in action at the Swim England Masters National Champs Page 2

Kent Distance entries are open

Entries are open for the EDSC Masters Meet 2019 which will take place at Crook Log Leisure Centre on Sunday the 19th May.

It will again incorporate the 2019 KCASA Masters Long Distance Championships. The Entry Pack is at http://www.edsc.org.uk/EDSC_Masters_Meet_Entry_Pack.pdf

Medal haul at Ponds Forge

Kent masters swimming clubs won 55 medals at the Swim England Masters National Championships at Sheffield in October 26 - 28.

Fifty-two swimmers from nine clubs won a total of 15 Gold, 21 Silver and 19 Bronze medals at the three day competition at the Ponds Forge 25m pool.

The Kent Weald Swim Squad relay teams proved highly successful with its 200+ years men's relay team of Grant Cooper, Philip Bradley, Jonathan Exall and Alan Burrows, winning gold in the 4 x 50m, 4 x 100m and 4 x 200m Freestyle events and silver in the 4 x 50m and 4 x 100m medley relays.

Kent Weald's 120+ mixed team of Stewart Grant, Mariusz Barcikowski, Emma Oliver and Kaira Redman won gold in the 4 x 200m Freestyle relay, silver 4 x 100m medley and bronze in 4 x 100m Freestyle events. On the final day of the competition Glen Isaacs replaced Barcikowski with the team winning a silver medal in the 4 x 50 Medley relay.

RTW Masters were also victorious in the relays with the team of Alice Houghton-Rose, Alison Wain, Della Jenkins and Elizabeth Price winning gold in the 160+ Women's 4 x 200m Freestyle relay. RTW Coach Ted Valder said it was "one of the best results I could ever hoped for. My thanks to a team who showed guts and determination and love for coach and club".



Kent Weald Swim Squad's 200+ men's relay team of Jonathan Exall, Grant Cooper, Philip Bradley and Alan Burrows won an astonishing three gold medals and two silver medals at the Nationals. Its 120+ mixed relay team of Mariusz Barcikowski, Kaira Redman, Emma Oliver and Stewart Grant won gold, silver and bronze.



Vestibulum vehicula purus sed urna.

Kent v Sussex Shields

The Kent v Sussex Masters Challenge Cup is on 30 March 2019. Don't miss out on a fantastic competitive evening. It's at the Tunbridge Wells swimming pool at St John's Road TN4 9TX. The two-hour competition finishing with drinks involves 45 events with a mix of relays and individual events. Around 60 swimmers from each County from ages 18 to 80+ compete in four lanes with 2 Kent teams and 2 Sussex teams. Kent White v Sussex Gold are contesting the Sussex Curran Gimson Shield. The Kent Green v Sussex Blue are competing for the Kent Robinson Meek Shield. There are 2 points for 1st place and 1 point for 2nd place with scoreboards showing cumulative scores after every race! Officials are needed too. Please may you confirm your ability to swim by sending an email to glenisaacs@kentswimming.org with 50m times for all strokes.



cont.

RTW Coach Ted Valder retires

Masters swimmers in Tunbridge Wells are preparing to say farewell to their long-time coach Ted Valder, after he recently announced his retirement after 45 years poolside.

Ted, 75, has led RTW Masters Swimming Club since its very first session in 2002. In 2018 the club celebrated winning the Kent County Masters Championships for a 10th-straight year - a feat that he has dreamed of achieving over the last few years. It is no surprise that, after seeing his ambitions realised, he decided to hang up his white board for the last time.

The club is now in the hands of Andrew Jessop, a young coach looking to kickstart his career. The two have been working in tandem for the past months and, when Ted says his goodbyes at the end of the month, Andrew takeovers the role of head coach.

In a statement issued by RTW Masters, the club expressed its immense gratitude for the time, effort and achievements of Ted, and said that, without him, the club would not be the force that it is.

Everybody at RTW Masters wishes Ted the very best in his retirement. He will be missed.

Alison Wain and Elizabeth Price also teamed up with James Pearson and Adrian Pinnington in the 200+ mixed 4 x 200m Freestyle relay to win Bronze.

In the 240+ 4 x 50m Medley relay, RTW Masters Brian Hunt, Michael Prime, Adrian Pinnington and Jim Pearson also won Bronze.

In the mixed 200+ 4 x 100m freestyle relay a new British record was set by Guildford City in a race where Erith and Districts team of Lisa Burdett, Anthony Ball, Jennifer Vick and Richard Wilding won Bronze.

There were excellent individual performances as well with Lauren Willcox from Saxon Crown winning gold in 200m Backstroke, 200m Freestyle, Silver in 400m Freestyle and 100m Backstroke and Bronze in the 50m and 100m Freestyle and 50m Backstroke.

Other outstanding individual medal winning performances were from RTW Masters's James Pearson, Hythe Aqua's Frederick Parker and David Staveley, Kent Weald's Emma Oliver, Kaira Redman, James Castle, Anne Raymond and Grant Cooper, Black Lion's Guy Armstrong, Sevenoaks Master's Shelley Robinson, Paul Webster from the City of Canterbury and Kevin Arundell from Gravesend & Northfleet.

Kent Masters Swimming representative Glen Isaacs was delighted in the medal haul.

"Masters Swimming in Kent continues to grow in popularity. We have more than 20 clubs around the county to help you enjoy the sport."

Nine of those clubs, Kent Weald Swim Squad, RTW Masters, Hythe Aqua, Erith & District, Saxon Crown, City of Canterbury, Sevenoaks Masters, Black Lion and Gravesend and Northfleet helped Kent win 20 more medals than last year.

**HAPPY NEW YEAR
EVERYONE**

Kent 10th in the Inter Counties

There were 28 Counties in the Inter-Counties Competition won by Yorkshire. Kent finished 10th overall battling it out in the highly competitive South East region which is made up of Kent, Surrey, Oxford and North Bucks, Hampshire, Sussex, Berks and South Bucks, plus Middlesex. Of those Counties five of them finished in the top 10 nationally. It's a very different competition with age group bands every 10 years. For the second year Kent finished in the top 10 and our team swam 27 events faster than in 2017. Whilst it is a team event there were some outstanding individuals. Congratulations to our top national performers Emma Oliver 1st, Brian Hunt 3rd and Lauren Willcox 3rd. The next competition will be held November 10.

NEED HELP WITH YOUR TURNS?

There are Kent only Development sessions at the London Aquatics Centre. Book your place by contacting glen.isaacs@kentswimming.org. Session 1 on 12th of January is a practice Starts, Turns and Speed session ahead of the SER Masters long course.

2019

Saturday 19th-Sunday 20th Jan 2019

Swim England South East Long Course Masters Champs
K2 Crawley, West Sussex RH11 9BQ

Sunday 10th March 2019

Frank Rider Cup Gala, 6pm for 6.30pm warm up start
Erith Leisure Centre, Avenue Road Erith Kent DA8 3AT

Saturday 30th March 2019

Kent v Sussex Masters Challenge Cup
Tunbridge Wells Sports Centre, TN4 9TX

13th April 2019

E. Invicta Masters Gala,
Canterbury

Sunday 19th May 2019

EDSC Masters Meet & KCASA Masters Long Distance
Crook Log Sports Centre, Bexleyheath DA7 4HH

Friday 14th-Sunday 16th June 2019

British Swimming Masters Long Course Champs
Wales National Pool, Swansea SA2 8QG

Sunday 30th June 2019

KCASA Masters Swimming Short Dist. & Relays Champs
Medway Park LC, Gillingham ME7 1HF

Monday 5th-Sunday 18th August 2019

18th FINA World Masters Championships 2019
Gwangju, South Korea

Sunday 10th November 2019

Inter County Competition

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

