



Kent Masters Newsletter

Issue 5

May 2019

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The Swim England South East Region long course championship on the 19th and 20th of January at K2 in Crawley saw two British records. Read the report on page 2.

Pictured at the top is the Kent Masters Green and White teams which took on Sussex. Story on page 2 and 3.

Who's off to the 18th FINA World Masters Championship in Gwangju South Korea? Find out page 4.

Good luck to competitors in the Kent Longer Event Championships at Erith on 19th of May. Don't forget to enter the Kent Sprints and relays as entries close Saturday 16th June. **Entries are open.** All the details can be found on twitter, Facebook or the website <https://www.kentswimming.org/page-masters.html>

Kent Swimming President John Handley presents Glen Isaacs Kent Masters Manager the Curran Grimson shield at the Kent v Sussex gala

KCASA Annual President's Dinner

The Annual County dinner will be held 21st June 2019 at the Phoenix Restaurant, Lewisham Way London SE13 1UT. Please email your reservation request to Norma Nyaulingo at norma.nyaulingo@kentswimming.org. You can book a whole table for your club!

More inside!

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Kent v Sussex Duel in the Pool

More than 130 master swimmers from Sussex and Kent converged on Tunbridge Wells in an inter-county clash on the 30th March.

The 2nd annual Kent versus Sussex Masters swimming challenge resulted in a win for both sides, with Kent winning the "A" division. Both counties had two teams; Kent Green versus Sussex Gold; and Kent White versus Sussex Blue. Kent Green won 76 to 68 and Sussex Blue was won scoring 74 to 67.

Swimmers aged 18 to 73 from 28 clubs from Kent and Sussex took part in the duel in the pool at the Tunbridge Wells Sports Centre, Kent.

It was a close competition; at times the scores were level over the 49 events. The unique programme of mostly relays combines different age groups.

Both Swim England County Presidents were on hand; Kent's John Handley presented the shields to the winning captains while Sussex President Hilary Brown was competing.

The competition this year in recognition of the 150th Anniversary of the ASA saw the introduction of a time handicap 50m Freestyle race, once popular form of racing. Swimmers are set off by the referee a few seconds behind each other based on their personal best recorded times and then have to chase the first swimmer down.



Two new British Records at SER

Two British Masters records were set at the South East Region Long Course Championships in January. Brian Hunt of RTW Masters and John Tennant from Saxon Crown both set records.

Brian Hunt swam 100m Backstroke in the 70 to 74 age band in a record breaking 1:24.91. While John Tennant set the record in the 200m Freestyle 80 to 84 years in 3:12.98.

New club Kent Weald Swim Squad dominated the Competition winning 77 medals from a total of 170. RTW Masters picked up 40 medals with Sevenoaks collecting 16.

Fred Parker, 71 from Kent Weald won gold in the 200m Breaststroke and broke the Kent Record by 30 seconds.

Around 470 swimmers more than 90 clubs competed at the 50m pool at K2 Crawley.

Kent Weald Masters Manager Glen Isaacs said "KWSS is quickly establishing itself as a fun club that helps you achieve your swimming goals. The camaraderie of a big team of like-minded athletes helps to ensure you can succeed."



Kent Weald Swim Squad Men's relay team ranked 3rd in the World

Kent Weald Swim Squad's 200+ men's medley relay team is now ranked 3rd in the world. Jonathan Exall, Grant Cooper, Philip Bradley and Alan Burrows won an astonishing three gold medals and two silver medals at the Swim England Masters Nationals Championship at Sheffield in October last year.

They are 3rd in the Men's Relay 400m Medley Age 200 – 239 in a time of 4:33.15 and 4th in the Men's Relay 800m Free in 9:08.80. Congratulations and in the words of Alan Burrows "not a bad job for four old bullets from Kent"!

cont.

Kent Green won the Sussex Curran-Gimson Shield and Sussex Blue won the Kent Robinson-Meek Shield.

"What a fantastic night of Masters swimming," declared Kent Masters Manager Glen Isaacs.

"The event was fast moving, very close throughout and fought out to the very end.

"Swimmers who are champions, improvers, and team players all turned out to create a great atmosphere. It is so inspiring to see swimmers at 18 years old pushing hard, and those who are 70 years plus competing with the same determination."

"The event started with a pennant exchange and finished with some new stories from both teams. Well done to all of those who took part, and thank you to our friends in Sussex."

William Long, Sussex Masters Manager, commented that the event has grown in popularity since the inaugural competition last year "it's a format that seems to somehow really capture the spirit of masters swimming involving close hard-fought competition amongst all the different ages but competed for with great camaraderie and friendship between swimmers and the two Counties".



Erith wins the Frank Rider

By Mark Russell

The annual Frank Rider masters gala, hosted by Erith and District Swimming Club was, as always, fiercely contested. Much to my surprise, in March we were hosting the 10th edition and without the support of the Kent, Essex and Surrey swimming community we certainly wouldn't have reached that milestone. So a big thank you to everyone. Frank will be looking on a very happy man!

As in previous years we employed a handicap system based upon last year's points. For those who may be unaware the 33 events consist of 25m and 50m swims which are aimed at encouraging Masters swimmers to "get out there" and compete.

Despite the largest handicap 6 times champions Romford quickly ate up the deficit putting pressure on the early leaders Erith. Saxon Crown and Kent Weald completed the line-up and battled it out in midfield for much of the gala. Fortunately, or unfortunately depending on who you swim for, a number of disqualifications cost Romford leaving Erith to hold on and claim their first title in 8 years. Hooray says me!

Last year's winners Kent Weald came in an impressive second with Saxon Crown slipping behind Romford to 4th place overall in the last event.

Afterwards, the Running Horses pub was crowded and it's good to see swimmers from all clubs socialising with their hard earned favourite tippie in hand.

We look forward to March 2020. If your swimming club would like to be involved and would like more information please feel free to contact me. Or if you don't feel that your club has enough Masters but you would like to join in, again please contact us as we can absolutely accommodate this.

Kent swimmers at the Worlds

The 18th FINA World Masters Championships 2019 takes place 5th to 18th August in Gwangju South Korea. Kaira Redman from Kent Weald Swim Squad and Dover Lifeguards is competing. She recently collected 5 Kent Records for the Women's Long Course 400m IM, 800m Free, 50m Fly, 100m Fly and 200m Fly. (Pictured below left). Sam Petter from Kent Weald Swim Squad and the Tonbridge Swimming Club is also competing after last year's Worlds in Budapest. Sam says "I really enjoy the travel aspect and it's good fun competing on a world stage. It's not as scary as it sounds!" Entries close 24th June 2019.



HELP YOUR RACE PREPARATION

Swim South East Masters Development Day is on Saturday 8th of June but limited to 30 places. See <https://www.southeastswimming.org/masters-development-day-08-june-2019/>

2019 Calendar

Sunday 19 th May 2019	EDSC Masters Meet & KCASA Masters Long Events Crook Log Sports Centre, Bexleyheath DA7 4HH
Friday 14 th -Sunday 16 th June 2019	British Swimming Masters Long Course Champs Wales National Pool, Swansea SA2 8QG
Saturday 8 th June 2019	SER Development Day at ACS Cobham
Sunday 30 th June 2019	KCASA Masters Swimming Short Dist. & Relays Champs Medway Park, Gillingham ME7 1HF
Monday 5 th -Sunday 18 th August 2019	18 th FINA World Masters Championships 2019 Gwangju, South Korea
Saturday 5 th October 2019	SER Short Course Open Masters at the Spectrum Guildford
Friday 25 th to 27 th October 2019	SE Open Masters Championships at Sheffield
Sunday 10 th November 2019	Inter County Competition
Saturday 18 th to 19 th January 2020	SER Long Course Open Masters at K2 Crawley

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