

Wiltshire Masters Newsletter 3

October 2017

Introduction.

This is my fourth occasional newsletter. I would appreciate any comments, good or bad, on this newsletter and anything else to do with Masters & Seniors (18-24) swimming in Wiltshire.

Inter-county masters gala 2017 – Venue change.

Mark Robertson is organising the Wiltshire team for this year. The date of the event is 19th November and it takes place at Millfield now.

Wiltshire County Championships Results

We have now finished our 3 county championships meets.

Fourteen teams took part varying from those with over 20 competitors to those with only one. The overall team result is

- 1 Warminster & District 366
- 2 Salisbury Stingrays 324.5
- 3 Swindon Dolphins 224.5

Well done everyone and also all those who helped run the three meets.

The top 3 individual scores are shown below.

Place			Points	Age	Team
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Under 40 Ladies

1=	Smith,	Rebecca	24	38	Bradford on Avon
1=	Bremner,	Stephanie	24	23	Warminster & District
3	Hargreaves,	Beth	9	25	Warminster & District

40 and over Ladies

1	Hitchcock,	Muriel	18	79	Warminster & District
2	Snedden,	Jane	16	57	Warminster & District
3	Bennison,	Marianne	15	53	Swindon ASC

Under 40 Men

1	Phillips,	Anthony	23	31	Warminster & District
2	Thomas	Jack	19.5	26	Corsham
3	Alexander,	Doug	18	31	Swindon Dolphins

40 and over Men

1	Hudson,	Nick	39	51	Swindon Area Masters
2	Seward,	Peter	29	61	Marlborough Penguins
3=	Collings-Wells,	Will	28	57	Salisbury Stingrays
3=	Mullinger,	Simon	28	46	Warminster & District

2017 Decathlon update (as at mid October)

You can check your own position by going to,
<http://www.swimming.org/masters/british-swimming-masters-decathlon/>
and follow the links through to find your score.

Ladies

Swimmer	Age	Points	Events	Club
Rebecca Smith	38	2952	6	Bradford on Avon
Stephanie Bremner	23	2472	5	Warminster
Collette Fear	33	2313	5	Salisbury
Jane Snedden	57	2247	6	Warminster
Rebecca Austin	47	2001	8	Warminster
Beth Hargreaves	25	1842	5	Warminster
Carrie Power	29	1806	6	Durrington
Sarah Croager	20	1713	6	Salisbury

Men

Swimmer	Age	Points	Events	Club
Jonathan Audis	37	5172	9	Swindon Dolphin ASC
Nick Hudson	51	4130	9	Swindon Area Masters
Nigel Masters	46	3639	7	Swindon Dolphin ASC
Matt Cruse	27	3076	9	Chippenham
Anthony Phillips	31	2857	9	Warminster
Douglas Alexander	31	2827	9	Swindon Dolphin ASC
Simon Mullinger	46	2777	6	Warminster
Chris Jessup	71	2450	10	Salisbury
Konrad Adams	49	2415	7	Corsham
David Hayward	59	2320	10	Melksham
Mike Wood	42	2245	6	Melksham
Will Collings-Wells	57	2073	8	Salisbury

Let me know if I have missed anyone who has scores similar to above. I have tried to select the top scorers.

National Vintage Games

These took place on 2nd September at The University of Bath Sports Training Village.

One of our readers told me about this and I have mentioned it in case anyone likes the idea for next year. I had not heard of it before. Quote from website.

'The Games philosophy is simple: to provide an enriching sports experience for all members of the over-50s community, regardless of ability. It may have been a while since you ran, cycled or swam, but come and give one of these events (and others) a go. Engaging in sport can seem daunting as we get older, but The National Vintage Games seeks to create a relaxed, friendly environment; a place where people will feel respected and appreciated for their efforts. We all have a role to play here: a successful Games is one where you're helpful and encouraging to others.'

<https://nationalvintagegames.com/list-of-events/>

Development Day ?

Only one person has contacted me about this so I will shelve this idea for the moment.

Gala dates for 2018

3rd March at Swindon Link Centre. Warm up 5:30 , for 6pm start.

Events: 50m Back, 100m Fly, 25m Breast, 100 Free + relays.

2nd June at Trowbridge Sports Centre. Warm up 5:30 , for 6pm start.

Events: 100m Back, 50m Fly, 25m Free, 100 Breast + relays.

29th September at Five Rivers Sports Centre Salisbury. Warm up 6:30 for 7pm

Events: 100m IM, 50m Breast, 25m Fly, 25m Back, 50 Free + relays.

Brief items

- Salisbury won the Head Cup which is the 6x25m mixed relay held on the last evening.
- I recently attended the Annual Masters Swim England conference in Loughborough. More of that in the next newsletter.
- Recovery sandwich. Eating after exercise is vital – it is recommended you refuel between 15 to 30 minutes after training – and nothing is quicker and more versatile than a recovery sandwich. Carbohydrates to repair muscles and boost the immune system. Use whole wheat or whole grain bread, add salad, lean protein filling and a sprinkle of black pepper will raise your internal body temperature and speed up the fat burning process. See <http://www.swimming.org/masters/the-perfect-recovery-sandwich/>

Hope you enjoy this newsletter.

If you would like to add an article to a future newsletter, or if there is a topic you would like covered please let me know.

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