

# 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 19<sup>th</sup> 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 |
|-------|--|--|--------|-----|------|
|-------|--|--|--------|-----|------|

### **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*

| <b>Swimmer</b>    | <b>Age</b> | <b>Points</b> | <b>Events</b> | <b>Club</b>      |
|-------------------|------------|---------------|---------------|------------------|
| 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*

| <b>Swimmer</b>             | <b>Age</b> | <b>Points</b> | <b>Events</b> | <b>Club</b>          |
|----------------------------|------------|---------------|---------------|----------------------|
| Jonathan Audis             | 37         | 5172          | 9             | Swindon Dolphin ASC  |
| Nick Hudson                | 51         | 4130          | 9             | Swindon Area Masters |
| Nigel Masters              | 46         | 3639          | 7             | Swindon Dolphin ASC  |
| <a href="#">Matt Cruse</a> | 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.

Chris Jessup

[Chris.jzp@outlook.com](mailto:Chris.jzp@outlook.com)