

## Masters Secretary's Report 2016

Another busy year for Norfolk masters, starting with the news that the annual open meet, held at the UEA Sportspark, was to be upgraded from a one session short course meet, to an all day, three session long course gala. The date of 7<sup>th</sup> May had already been brought forward by two weeks to avoid a clash with the European masters which were to be held in London's Olympic pool in late May. A frantic week was spent planning a programme and organising the on line entry system to get it on to the masters calendar by mid January. A further period of publicity and promotion followed and was rewarded with a high entry. Despite a severe shortage of officials on the day, the gala ran very smoothly, and there were two British and one World record broken! My grateful thanks go to all the Norfolk officials and helpers who gave up their time to make this gala such a success. The comments received afterwards were very positive about everything from the gala personnel to the canteen food, with the majority hoping it would be kept in the same format for next year. With that in mind we have booked the pool for Saturday 13<sup>th</sup> May 2017.

The GB Long Course Championships were also brought forward because of the Europeans and took place in Sheffield over the first weekend in April. There was a strong contingent of Norfolk swimmers who brought home an impressive total of 27 medals. Individual winners were Sophie Liddament (UEA, 18-24) in the 400m freestyle, who also picked up silver for 400m IM, 200m fly & 200m back. Katie Maloney (Norwich Swan, 18-24) gold for 200m butterfly, silver for 100m fly & 400m freestyle. Louise Bush (UEA, 25-29) 2 golds for 100m & 200m breaststroke and bronze for 50m breaststroke. Kate Warwick (EAST, 35-39) 2 golds in the 100m & 200m breaststroke. Pat Jackson (EAST, 65-69) 3 golds for 100m butterfly, 200m IM, 400m IM and silver for 50m fly. David Webster (EAST, 35-39) gold for 200m backstroke. Podium placings were also achieved by Sam Watts (EAST, 30-34), Phillip Moulson (EAST, 50-54), Catherine Markwell (EAST, 35-39), Lynne Meale (UEA, 35-39) and Debbie Matless (EAST, 50-54).

The LEN European Masters swimming championships took place at the London Aquatics Centre from 25<sup>th</sup> to 29<sup>th</sup> May. Over 10,000 competitors from 48 nations descended on the 2012 Olympic venue to battle it out for European medals. Although competitors were limited to a maximum of three individual events, there were still some very long queues, very short warm ups and almost half the events were held in the warm up pool rather than the iconic Olympic competition pool. Despite the difficulties some 44 Norfolk swimmers took up the challenge and Kate Warwick swam an amazing 200m breaststroke to win a bronze medal.

19 Norfolk swimmers were back in Sheffield in October for the ASA National Short Course Masters & Seniors Championships. The Ponds Forge pool has a reputation for being a 'fast pool' and didn't disappoint this time with 8 swimmers in the medals and 8 East Region records broken. Louise Bush continued her fantastic year with golds for 100m & 200m breaststroke and silver for the 50m. Pat Jackson who likes to swim some of the toughest distance events won gold in the 100m butterfly & 400m IM, and silver in the 200m IM & 800m freestyle. There was delight for Pat Jackson, David Coles, Josie Cresswell & Terry Thorne of EAST who won gold in the Mixed 240+ Medley Relay. Multiple podium placings were achieved by Catherine Markwell, Lynne Meale, Terry Thorne (EAST,65-69), Stuart Dyble (North Norfolk, 45-49), Melanie Holland (UEA, 40-44) and Sally Lelean (Diss Otters,65-69).

Last Sunday Norfolk retained their cup at the regional heat of the National Masters & Seniors Inter-counties competition. This was held again at Newmarket, but was only a 4 team gala after the withdrawal of Essex and Hertfordshire. Maximum points from Pat Jackson & Terry Thorne in the first two events gave Norfolk a flying start. They both made a clean sweep of all 4 of their individual swims as well as helping out in the relays. Further wins from Catherine Markwell (2), Lynne Meale (2), Will Appleby and Laura Marzolini, plus 3 relay victories, meant Norfolk never lost the lead. The final points score was as follows:-

Norfolk	321
Cambs	288
Beds	285
Suffolk	282

The National result is not yet available.

Sally Lelean  
Masters secretary