Wiltshire Masters Newsletter 12

December 2018

**Headline**

**Andy Harris has taken over the role of Wiltshire Masters Secretary which is a great relief – well done and many thanks.**

**Mark Robertson is standing down as organiser of the Wiltshire team for masters inter county competition and Matt Cruse has kindly taken on the role - welcome.**

**National Result of inter-counties**

|  |  |  |
| --- | --- | --- |
| Position | Team | Points |
| 1 | Yorkshire | 1604 |
| 2 | Warwickshire | 1561 |
| 3 | Devon | 1542 |
| 4 | Hampshire | 1423 |
| 5 | Berks & South Bucks | 1365 |
| 6 | Sussex | 1317 |
| 7 | Cheshire | 1300 |
| 8 | Middlesex | 1242 |
| 9 | Gloucs | 1158 |
| 10 | Kent | 1155 |
| 11 | Essex | 1143 |
| 12 | Surrey | 1081 |
| 13 | Notts | 1027 |
| 14 | Dorset | 1002 |
| 15 | Norfolk | 998 |
| 16 | Cornwall | 953 |
| 17 | Bedfordshire | 948 |
| 18 | Wiltshire | 868 |
| 19 | Herts | 775 |
| 20 | Suffolk | 756 |
| 21 | Staffs | 752 |
| 22 | Somerset | 653 |
| 23 | Leics | 646 |
| 24 | Worcs | 562 |
| 25 | Shropshire | 543 |
| 26 | Northants | 518 |
| 27 | Cumbria | 401 |
| 28 | Oxford & North Bucks | 341 |

**In 2017 we came 26th with 556 points partly due to Cat 1 swimmers being ruled ineligible. The most events done by one of our swimmers was 12 !! – many thanks Rebecca and apologies for getting that wrong in the last newsletter.**

**2018 Winners of Wiltshire Cups**

Team winner of the year : Swindon Dolphin

Head Cup Relay winners : Swindon Dolphin

|  |  |
| --- | --- |
| Women Individual under 40 | Rebecca Smith |
| Women Individual 40 & over | Jane Snedden |
| Men Individual under 40 | Jon Audis |
| Men Individual 40 & over | Nick Hudson |

Well done all of you

**Decathlon results**

Although the year is not quite finished I have put the current situation in here as this is my final newsletter. Not likely to be much change as few competitions in December.

The top four Wiltshire teams in this National event are

|  |  |  |
| --- | --- | --- |
|  | **Team** | **Position** |
| *Ladies* | Swindon Dolphin ASC | 83 |
|  | Chippenham ASC | 97 |
| *Total 432* | Bradford on Avon | 129 |
| *teams* | Warminster & District ASC | 134 |
|  |  |  |
|  | **Team** | **Position** |
| *Men* | Swindon Dolphin ASC | 12 |
|  | Chippenham ASC | 65 |
| *Total 493* | Warminster & District ASC | 67 |
| *teams* | Corsham A.S.C. | 125 |

The individual points for those with more than 2,500 points

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Points** | **Events** |  | **Name** | **Points** | **Events** |
| Rebecca Smith | 4373 | 9 |  | Jonathan Audis | 5191 | 9 |
| Nicola Harris | 3587 | 6 |  | Nigel Masters | 4506 | 9 |
| Jane Snedden | 3260 | 9 |  | Peter Seward | 3922 | 9 |
| Carrie Power | 2828 | 10 |  | Stuart Gibbs | 3890 | 10 |
| Laura Atkinson | 2824 | 7 |  | Liam Jefferies | 3766 | 7 |
| Kirsty Penberthy | 2639 | 7 |  | Daniel Pickup | 3520 | 9 |
| Charlotte Pitts | 2565 | 6 |  | Matthew Cruse | 3452 | 10 |
| Lynne Blunden | 2536 | 7 |  | Simon Mullinger | 3152 | 7 |
| Heather Rogers | 2530 | 10 |  | Chandler Saer | 3096 | 7 |
|  |  |  |  | Robert Langan | 2672 | 7 |
|  |  |  |  | Chris Jessup | 2525 | 10 |

If you think you should appear here but do not, it may be I have missed you as it is a lengthy process to get the information but it may also because you are a Cat 1 swimmer. Only Cat 2 swimmers get put into the Decathlon (and can swim in competitions outside Wiltshire)

**Reminder of MASTERS DEVELOPMENT DAY Sunday 13th January 2019**8.45am - 5.00pm University of Bath

Claverton Down Bath BA2 7AY

Places are limited to 36 and will be given on first come first served basis. Book early to avoid disappointment! **So far only 12 applications which is not enough to make it viable.**

The programme includes presentations by :   
Dr Karen Howells CPsychol Sports Psychologist “Using psychological skills to build confidence”   
Jane Asher BEM Masters Multi World Record Holder “Designing your training to suit you and your needs”   
Sharon Lock Swim England National Masters & Open Water Officer “An introduction to open water swimming” “Plus Masters Q & A “   
Ian Woollard Barnet Copthall Masters Coach will lead two pool sessions In addition there will be a yoga/strength and conditioning class Q & A session

Application forms from the Regional office Tel: 01823 666792 Cost: £25

**County gala dates for 2019**

**23rd March** at Swindon Link Centre. Warm up 5:30 , for 6pm start.

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

**1st June** at Trowbridge Sports Centre. Warm up 5:30 , for 6pm start.

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

**5th October** at Five Rivers Sports Centre Salisbury. Warm up 6:30 for 7pm

Unless can book earlier time.

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

Please note that in 2020 the first gala will be at Trowbridge and the second at Swindon because of Swindon pool availability.

Hope you have enjoyed this newsletter and my previous ones. Hope to see many of you at future galas and good luck to all of you

Chris Jessup