

Appendix 5 (A5) for Swimming Committee Meeting 15th Jan 2019

Report from CCASA Masters Rep. – Cathy Ralph for Swimming Committee 15th Jan 2019

The county masters gala scheduled for Sat 27th April, seems to be coming together and Simon Lewis has kindly offered to purchase medals with the county age group intermediate medals .

The date is on the masters SE calendar and I will hopefully receive an active link to take entries when Bernie has completed his gala on Saturday.

Jackie Hillieard sent me a further email on 9th Jan informing me the lack of funding to support the county masters has been cascaded to the regional board who are looking at funding issues.

See the report below for more information:

Report for Regional Masters Meeting Sunday 6th January Taunton

Cornwall county masters report 2018/19

County interclub gala 2018 Bodmin 28th April 2018.

The event was more successful than 2017 with an easier to use on line entry system supported by the Caradon team and Bernie Buck who also acted as announcer and general co-ordinator . St Austell club hosted the gala , as last years' winners and medals were awarded for the top 3 places in each event in each year group . 8 Cornish Clubs competed with the overall points total and Cornwall inter club trophy , being won back by Truro city swim Club. We included an additional 400IM in the programme at the request of a few swimmers seeking QTs for the British masters Champs in Plymouth later in the year . There were more swims this year with 260 events entered by 80 athletes (57 last year) . Even though this made a good income a lot of money was spent on the medals and I will review the award of medals this year 2019.

The date for 2019 has been fixed for Saturday 27th April at Bodmin Leisure centre . I have asked for the gala to be advertise don the masters calendar but it has not been posted yet . This may be due to the link to enter not being live- I will chase this in the next few weeks

British Masters Championships – Plymouth June 8th-10th 2018

26 swimmers representing the following Cornish Clubs swam at the British masters championships in June : Bude , Caradon, Carn Brea & Helston, Newquay, Truro City, and St Austell. Cornish swimmers were well represented on the podium gaining 10 gold , 20 silver and 20 bronze medals in the individual events and in the relays Caradon teams went on to get a further gold, 3 silver and 2 bronze positions. Swimmers representing Cornish Clubs smashed an amazing 44 county records.

European masters championships Slovenia , Kranj Mon 3rd Sept - Fri 7th Sept, Open Water event Sat 8th Sept

One swimmer, Peter Stephens (TCSC) gained a bronze medal in the 5k open water swim

National masters SC Championships – Sheffield 26th-28th October 2018

The following swimmers from Cornwall competed .Samantha Crosby Caradon, Paul Hatton, Caradon ,Mick Swift, Caradon, Vicki Buck , Caradon . Sheryl Taylor Newquay, Fran Baker , Launceston -swimming for Spencer, Peter Stephens, TCSC -swimming for Spencer, Graeme Milne TCSC, Sarah Quartermaine CB&H . 7 swimmers gained podium positions gaining 17 medals between them .

National Inter County competition Sunday November 18th 2018 at Millfield school pool, Somerset .

I was once again able to field a full team although I find each year it is increasingly difficult to round everyone up and get them to commit to a full day of competition ! The team performed well to take 4th place regionally with 215 points. National rankings placed Cornwall 16th out of 28 counties with 953 points. This is higher than 2017(20/28) 2016 (20/28),and 2015 (27/28) . Swimmers from Bude, Launceston, Newquay, Carn Brea and Helston, Caradon, Bude , St Ives, Wadebridge & Bodmin and Camelford swam in a team of 33 swimmers. With swimmers aged from 18 -71 years we were able to swim every event except the 280+ relay .

Finding adequate pool time to train continues to challenge and the availability of funding to support the development of masters training is elusive. On Sunday 28th October I hired TLC 2.30-4PM to host a county masters training session. This was well received and I would like to host further sessions but my attempts to secure funding to support pool hire and volunteer time have so far failed. Until there is financial help to assist in the running of such initiatives it is unlikely further support for masters swimming will evolve in mid county.

Having now completed my assistant coach qualification I try to coach the Truro City masters sessions on a Tuesday evening ,as often as possible . We can still only use 3 lanes once a week for one hour .

I am sorry I can not be with you on 6th Jan .

Catherine Ralph