

# Beds ASA Masters Newsletter

October 2020

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## Introduction

Since the last newsletter I've found that my clothes have shrunk. Does that sound familiar?

Getting up early for that early morning swim, just to remember it's not on? Giving up on waving some lightweight free weights around at home alone? Even walking to the pool and looking at it shut up? These are common experiences for swimmer during lockdown.

This swimming newsletter provides mostly “non-swimming” information on the latest position on Masters swimming for swimmers affiliated to Bedfordshire clubs. Regrettably the Covid-19 pandemic has put an end to most competitions, but pools are gradually reopening, since the end of August, and training and club swimming is re-starting. Unfortunately, some pools have not re-opened and it is known that the Lewsey Park Pool in Luton is still closed. Previously used by Team Luton as one of their training pools, it is uncertain whether it will ever reopen. Nationally Swim England are requesting support from swimmers to get pools re-opened.

See:- <https://www.swimming.org/swimengland/open-pools-campaign-beginning-battle/>

## Swim England response to coronavirus outbreak

Swim England is continuing to both follow and contribute to Government and Public Health England guidance over staging events in the light of the coronavirus outbreak. They have produced “Return to the Pool Guidance” documents

See:- <https://www.swimming.org/swimengland/pool-return-guidance-documents/>

and are developing Plans to enable competitions in all disciplines to resume.

See:- <https://www.swimming.org/swimengland/plans-events-resumption/>

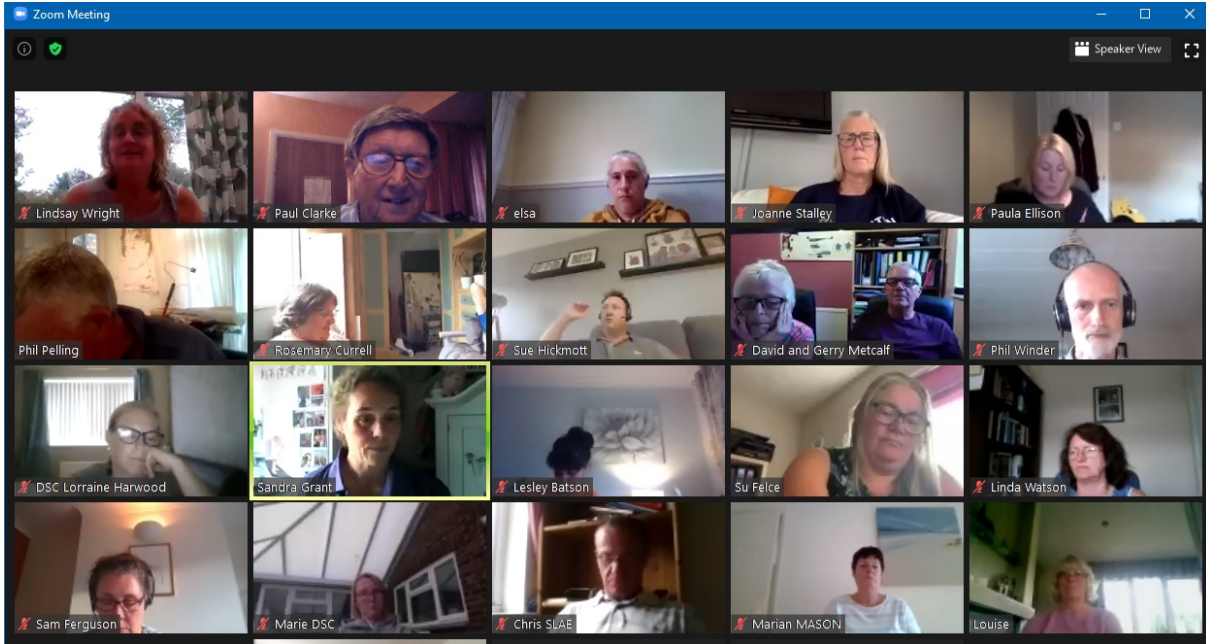
## Beds ASA Executive Committee Contacts

This section is intended to give you an idea of what goes on behind the splashing to ensure it continues throughout the county. The following picture shows the Beds ASA Executive Committee, who are all volunteers, at one of their monthly online meetings that have continued to meet throughout the Covid-19 pandemic, and even had an extra meeting in August because of the pandemic, which is traditionally a “month off” for swimming activities.. They are there to help you and can all be contacted by email at addresses shown on the county website.

See below or, for latest at:- <https://bedscountyasa.com/executive-committee/>

The minutes of the meetings are also online, so you can get details of the work going on. Mostly the committee are working on “Junior” swimming – things like the county championships, but

there is a little bit about Masters.



New faces appear at meetings, so I do not recognise all those present but have checked them from the minutes of the meeting.

#### Row1

Lindsay Wright – Team Luton SC representative

Paul Clarke – **Masters** Secretary, Bedfordshire Representative on East Region **Masters** Committee, Beavers Masters representative

Elsa Crick – Leighton Buzzard SC representative

Joanne Stalley – Age Group and Championship Secretary, East Region Welfare Officer, Modernian SC representative

Paula Ellison – Dunstable SC representative

#### Row2

Phil Pelling - Secretary, Bedfordshire Representative on East Region Management Board

Rosemary Currell – Past President, Dunstable SC representative

Mark Hickmott – Flitwick Dolphins SC representative

Gerry Metcalf – Past President, Past Treasurer, Member of East Region Management Board

David Metcalf – Past President, Vice Chairman of East Region Management Board, East Region Swimming Officials' Manager

Phil Winder – Past President and Secretary

#### Row3

Lorraine Harwood – Dunstable SC observer

Sandra Grant – President Elect, Disability Secretary, Open Water Representative, Flitwick Dolphins SC representative

Lesley Batson – Development, Putteridge SC representative

Sue Felce – President (Chairman), County Welfare Officer

Linda Watson – Modernian SC representative

Row4

Sam Ferguson – Central Beds SS representative

Marie Murray – Dunstable SC representative

Chris Haden - Competition Swimming Secretary, Putteridge SC representative

Marian Mason – Team Luton SC representative

Louise Mackie – East Region **Masters** Manager, Officials' Secretary

The current committee members (Nov 2019 to Nov 2020) contact details are

<b>Executive Officers</b>	<b>Name</b>	<b>Email contact address</b>
<b>President</b>	Mrs. Su Felce	president@bedscountyasa.com
<b>President Elect</b>	Mrs. Sandra Grant	secretary@bedscountyasa.com
<b>Secretary</b>	Mr. Phil Pelling	secretary@bedscountyasa.com treasurer@bedscountyasa.com
<b>Treasurer</b>	Mrs. Pat Dowsett	bedsasatreasurer@gmail.com

<b>County Secretary's</b>	<b>Name</b>	<b>Email contact address</b>
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**Any vacant post emails are diverted to the County Secretary**

<b>Age Group and Championship Secretary</b>	Mrs. Jo Stalley	county_championships_secretary@bedscountyasa.com
<b>Competition Swimming Secretary</b>	Mr. Chris Haden	competitions@bedscountyasa.com
<b>Development Secretary</b>	Mrs. Pat Dowsett	education@bedscountyasa.com
<b>Disability Secretary</b>	Mrs. Sandra Grant	disability@bedscountyasa.com
<b>Diving Secretary</b>	Mr. Jon Bush	diving@bedscountyasa.com
<b>Master's Secretary (Swimming)</b>	Mr. Paul Clarke	masters@bedscountyasa.com
<b>Officials' Secretary (Swimming)</b>	Mrs. Louise Mackie	officials@bedscountyasa.com
<b>Open Water Representative</b>	Mrs. Sandra Grant	openwater@bedscountyasa.com
<b>Synchro Secretary</b>	Ms. Jo McKeown	synchro@bedscountyasa.com
<b>Water Polo Secretary</b>	Vacant	secretary@bedscountyasa.com
<b>County Welfare Officer</b>	Mrs. Su Felce	welfare@bedscountyasa.com
<b>ASA East Region Representative</b>	Mr. Phil Pelling	bedsrep@eastswimming.org

### **Stronger Affiliation**

At the July meeting, an issue was raised about Stronger Affiliation (to Swim England) which some clubs were failing to meet. It was noted that some "Masters Only" clubs were encountering problems with meeting the evolving nature of swimming and the new Swim England 'Stronger Affiliation' process and requirements. This relates to Swim Mark and much of the requirements apply to clubs with junior swimmers, and consequently have been overlooked by the Masters Only clubs. The clubs are working on meeting the requirements by the end of the year. The Beds ASA offered help (contact the Secretary).

## The Most Common Cancer– Report by John Bellis

### Prostate Cancer by John Bellis

Those of you who know me, will know that I have Prostate Cancer.

I have just finished a twenty-day course of Radio Therapy at Churchill Hospital in Oxford, and six weeks down the line, you are required to have a blood test.

The Oncologist is pleased, and he thinks that it has been caught in time. Only further blood tests (I have my next one in three month's time) will let us know if I am clear.

I think that I am one of the lucky ones, as it was found at an early stage, due to me having regular blood tests for my PSA (prostate-specific antigen) number at my GP's surgery.

I asked for these blood tests about ten years ago, after one of my old school friends died of prostate cancer.

You can have an annual PSA blood test, and mine was found to be OK in the first instant. After a few years, it started to go slowly up, and my GP said the I should have a blood test every six months, and to keep a check on it.

As it continued to rise slowly, I was sent to Milton Keynes Hospital for a Biopsy, which confirmed that I had Prostate Cancer, but only very small. I was put on "Watch and Wait", with continued blood tests, and after another Biopsy, confirmed that it was still growing slowly, I was sent for my Radio Therapy treatment, which hopefully will be a success.

The reason that I am writing this, is to try and make people aware of Prostate Cancer, which has now overtaken Breast Cancer as the largest form of Cancer in the country. **PSA blood tests are available to any man aged 45 and older at your GP surgery**, and you should have these annually. So if you, your husband or partner, your father, father in law, or any of your friends fall into this age band, then get them to contact your surgery for a PSA blood test.

***Do not leave it for another day, do it now.***

My Brother in Law complained of back pain for years, and my sister nagged him for years to go and see his doctor about it, which he did not. When he eventually went to his doctor and had a blood test, his PSA number was off the scale. He had prostate cancer and it had spread into his bones, and he was riddled with it and was told that there was nothing that they could do for him.

He died last year.

If he had had a blood test when he first had back pains, he may still have been alive today.

### Competitions

Currently there are no Masters competitions in the Swim England Masters Calendar until April 2021.

#### Just Swim Challenge 30

Swim England organise the Just Swim Challenge 30, racing against the clock! How far can you swim in 30 minutes? You can enter as an individual or as a team of four. Results are recorded in each age group. You can do several swims and submit the one with the best distance. You may need someone, e.g. on the side of the pool, to time you and check your distance or use a "wearable" timer. Special rules apply for swims in open water. There are awards for the first three in each age group. You can check your distance against the archive of past results.

Full details are at <https://www.swimming.org/members/just-swim-challenge-30/>

I notice that the closing date is not given, and a message "This event is currently closed for any further submission" indicates either that it is completed or it may reopen later this year. If you wish to enter, you will need to check which.

### Out-of-Pool Activities

While competitions are at a standstill, there are other swimming-related activities, workshops and courses that may interest you.

Here are some listed on the East Region website

- **Technical Officials, Judge 1 Theory-** Now is an ideal time to make a start on the volunteering pathway for swimming, as it can be done online.
- **Club Matters workshops-** These assist in the governance of the club and cover a wide variety of themes including VAT advice, marketing, budgeting and more.
- **Curious Coaches' Club-** UK Coaching deliver an online meeting every Monday afternoon, with a variety of themes to engage coaches.
- **Free Resources-** Swim England YouTube learning videos covering tips and advice for multiple topics and disciplines including strength and conditioning exercises, psychology support, mental wellness awareness, nutrition, discipline specific workouts, and much more.
- **Regional Podcasts-** East Region Podcasts covering an array of subjects are available to listen to.
- **Coaches Forum-** A regular regional swimming coach forum via Zoom. If you are interested in attending, contact the Region.
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- **UK Coaching free E-learning courses-** a variety of E-learning opportunities include 'inspiring positive behaviour', 'How to Coach: Plan, Do, Review' and many more.
- 
- **Coaches Facebook Group-** A regional Swimming Coaches' Facebook network, to share positive ideas and best practices.

### New Records

No new short course or long course records have been set since the March Newsletter.

### Latest Ranking for Beds Masters Decathlon Challenge 2020

The pandemic has brought this competition to a standstill, with only 3 Months done and only sixteen Masters swim meets' results included. The problem is whether to cancel the competition or not. The rules do not say anything about these circumstances, so pending a decision the intermediate results are provided below.

Here are the scores for the year up to 26 April 2020 (latest results).

The top Beds women's ranking

Rank	Swimmer	Beds Club	Age	Points
1 (52)	Christine Ayers	South Beds	67	2840
2 (77)	Julie Moinet	South Beds	56	2525
3 (85)	Elizabeth Woolner	Flitwick	53	2465
4 (88)	Frances Merridan	South Beds	26	2450
5 (103)	Janet Masters	South Beds	80	2336
6 (106)	Jodie Armstrong	Team Luton	38	2311
7 (120)	Hayley Newman	Flitwick	32	2232
8 (150)	Lauren Grice	South Beds	21	2068

9 (252)	Kelly Cooke	Team Luton	44	1712
10 (270)	Carla King	South Beds	37	1655
11 (325)	Michelle Neal	Team Luton	40	1471
12 (365)	Heather Patrick	South Beds	58	1376

The top Beds women's team ranking is :-

Rank	Beds Club	Points
1 (14)	South Beds Masters Swimming Club	10151
2 (36)	Team Luton Swimming	6824
3 (68)	Flitwick Dolphins SC	4697

The top Beds men's ranking

Rank	Swimmer	Beds Club	Age	Points
1 (72)	David Cartledge	Modernian	60	2720
2 (89)	Paul Clarke	Beaver Mast	78	2602
3 (146)	Marcel Scholten	Modernian	54	2214
4 (162)	Ian Stoughton	Team Luton	61	2142
5 (289)	Malcolm Barton	Team Luton	65	1730
6 (326)	Samuel Fox	Flitwick	42	1609
7 (487)	Christopher Marshall	South Beds	64	1265
8 (489)	Peter Iles	South Beds	67	1264
9 (593)	Sam Bradley	Team Luton	27	1068
10 (759)	Colin Mayes	Team Luton	65	783

The top Beds men's teams are ranked

Rank	Beds Club	Points
1 (60)	Team Luton Swimming	5723
2 (83)	Modernian SC	4934
3 (91)	South Beds Masters Swimming Club	4653
4 (155)	Beavers Masters Bedford SC	2602
5-(216)	Flitwick Dolphins	1609

### Links

Beds County ASA Website Masters: <https://bedscountyasa.com/category/masters/>

East Region Website Masters: <https://www.eastswimming.org/masters/>

Swim England Masters Hub: <https://www.swimming.org/masters/>

Back copies of Beds ASA Masters Newsletters can be found at <https://bedscountyasa.com/406/>

And Earlier ones in the Archive at <http://www.swimsite.freeuk.com/beds/news/news.htm>

You can Subscribe to the Beds Masters Newsletters by email here:

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Paul Clarke

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