

Bedfordshire ASA Masters Club Details and Training Sessions

Last Revised: April 2018

Notes:

- 1) In this document, the term "Masters" is used to include "Senior" swimmers aged 18-24 as well as those in the 25+ years Masters categories
- 2) The contact email address is the person who can advise on all aspects of the club including membership and subscriptions as well as Masters swimming
- 3) The clubs are categorised as (a) Masters Only (b) Clubs with a masters section – often including Masters training sessions and coach and (c) Swimming Clubs and Masters swim where its most appropriate – often in a lane with junior swimmers of similar speed.

Beaver Masters (Bedford)

Type of Provision: Masters Only Club

Disciplines: Swimming, Open Water, Tri-athlete

Contact Email: pam-j-russell@hotmail.co.uk

Web Site: www.swimsite.freeuk.com/beavers

Description

Beaver Masters is a small "Masters Only" Swimming Club catering for Adult Swimmers. Activities include; pool lane swimming and Masters Competition Swimming. Currently there are about half a dozen swimmers who regularly train with the club.

It is assumed that new members will already know how to swim and can join in sessions of lane swimming that last for about an hour. We try to keep swimmers of similar ability in a lane. Currently we do not provide coaching. Members join for recreational swimming, competitive swimming where Category 2 membership is required for insurance purposes, or to benefit other water-based activities. Pat Reynolds is an ER record breaker in backstroke and freestyle.

Beaver Masters Training Sessions

At the Bedford Sixth Form College/Trinity Arts pool in Bedford (in public sessions) (25M).

* Monday to Friday 6:30am to 8:30am.

* Sunday mornings 9am to 10:30am, which is the one we all try to make.

(Information from Pam Russell and the Club Web Site)

Biggleswade SC

Type of Provision: Club with a Masters Section

Disciplines: Swimming, Open Water, Water Polo

Contact Email: admin@biggleswadesc.org

Web Site: <http://www.biggleswadesc.org/>

Description

There are about a dozen competing Masters who did well at the Bracknell Masters Meet and made a good contribution to the County team at the Inter-County competition. Louise Jarvis was an ER record breaker at the ER Champs. The coach is Doug Kerr.

Biggleswade Masters Training Sessions

Swim Training, covering stroke technique and interval training.

At RAF Henlow Swimming Pool (25M):

* Wednesday 6.30pm-8.00pm

At Biggleswade Saxon Pool (25M):

* Friday 6.00am-7.30am

* Sunday 5.30pm-6.30pm

(Information from Louise Jarvis)

Flitwick Dolphins SC

Type of Provision: Club with a Masters Section

Disciplines: Swimming, Open Water, Tri-athlete

Contact Email: secretary@flitwickdolphins.org.uk

Web Site: www.flitwickdolphins.org.uk

Description

There were five Masters swimmers competing in the ER Open Water and six in the ER Masters Champs. In the ASA Masters Liz Woolner won 3 Golds, she also holds several ER Records as does Ian Murray who also competed in the World Champs (Montreal, Canada).

Flitwick Masters Training Sessions

The Masters / Swimfit sessions (25M) are :-

- * Wednesday 9.00pm to 10.00pm
- * Sunday 7.00am to 9.00am
- * Friday 6.00am to 7.30am (subject to lane space)

Masters swimmers may also be invited to join the 16+ Squad if they are of a sufficiently high standard. (Information from Ian Murray)

Modernian SC

Type of Provision: SC and Masters swim where its most appropriate

Disciplines: Swimming

Contact Email: secretary@modernians.org.uk

Web Site: www.modernians.org.uk

Description

There isn't a dedicated Masters squad. There are a small number of high quality men Masters, including Marcel Scholten and David Cartledge who are leading the County decathlon for the fourth year. Masters train with the Senior Squad and new members should also contact Jo Stalley the Chairperson and Balázs Sasvári our Head Coach

Modernian Masters Training Sessions

Marcel trains with the Senior Squad in **some** of their sessions. David trains on his own at the local gym. Senior squad training sessions are at Bedford Modern School (BMS) 25M, Robinson Pool and Trinity Arts and Leisure Pool (TAL) and Bedford School (BS):

- * Monday 5.45pm-6.45pm (Strength and Conditioning)
- * Monday 6.45pm- 8.45pm (BMS)
- * Tuesday 6.15am-7.45am (TAL)
- * Tuesday 7.30pm- 9.00pm (BMS)
- * Wednesday 6.30pm-7.45pm (Strength and Conditioning)
- * Wednesday 7.45pm-9.00pm (BMS)
- * Thursday 6.00pm-7.15pm (Strength and Conditioning)
- * Thursday 7.15pm-9.00pm (BMS)
- * Friday 6.00pm-9.00pm (Robinson Pool)
- * Sunday 9.00am-11.00am (BMS)
- * Sunday 8.00am-10.00am (Luton Inspire - by invitation)
- * Sunday 4.45pm-5.45pm (BS)
- * Sunday 6.00pm-7.30pm (BS)

(Information from Marcel Scholten and the Modernian SC Website)

Putteridge SC (Luton)

Type of provision: Club with a Masters Section

Disciplines: Swimming, Open Water, Tri-athlete

Contact Email: : lesleybatson66@yahoo.com

Web Site: : www.putteridgesc.co.uk

Description

All Senior Age Group and Masters sessions are coached by Lesley Batson and we have now reached 50 members in total. We cater for competitive swimmers which is approximately 2/3 of them and includes an actively competing Triathlete Section that represented GB in 2015 and is also accredited to Triathlon England and Modern Pentathlon England

Their age groups utilise all the sections from 18-24 through to the 60-64 swimmers. The club fielded strong teams at the ER and National Champs and have a good open water team that includes Hannah Bennett who recently completed a solo channel swim. Lawrence Palmer was a British Seniors record breaker at the National Champs. Lewis King is the leading Decathlon all-rounder.

Report by Lesley Batson

Putteridge Masters (25+) and Seniors (18-24) Training Sessions

At Inspire (configurable to 25M and 50M)

* Tuesday – Inspire (25M) 5.45am – 7.15am

* Tuesday – Lea manor (25M) 7.30pm – 8.30pm

* Tuesday – Inspire (25M) 8.30pm – 10pm

* Thursday – Inspire (50M) 5.45am – 7.15am

* Thursday – Lea Manor (25M) 7pm – 8pm

* Saturday – Inspire (50M) 7am – 8am

* Saturday – Lea Manor (25M) 3.15pm – 4.15pm

* Sunday – Lea Manor (25M) 1pm – 2pm

(Information from Lesley Batson and the Putteridge SC Web Site)

South Beds Masters SC

Type of provision: Masters Only Club

Disciplines: Swimming, Tri-athlete

Contact Email: john.bellis123@btinternet.com

Web Site: : www.southbedsmasters.co.uk

Description

The club has a strong social activity and includes tri-athletes who compete in Masters events as well as competition swimmers. The club fielded strong teams at the ER and National Champs. The ladies team is particularly strong and led the National Decathlon competition for a short time during the year. Christine Ayres was a multiple ER record breaker and achieved a top ten position at the World Masters Champs (Montreal, Canada).

South Beds Masters Training Sessions

At Bletchley leisure Centre (25M)

* Monday 7.30pm to 9.30pm. Club Sessions.

At Tiddenfoot Leisure Centre. Leighton Buzzard (25M).

* Wednesday 8.00pm to 9.00pm as part of a Swim Fit session

Coached by South Beds Masters Coach John Bellis

(Information from John Bellis)

Team Luton SC

Type of provision: Club with a Masters Section

Disciplines: Swimming, Open Water

Contact Email: masters@teamluton.com

Web Site: www.teamluton.com

Description

Team Luton has over thirty Masters members aged between 18 and 65 years. Two thirds of them compete in local, regional and national swim meets, seven (so far) have braved the stimulating temperatures and challenges of open water swimming whilst four members compete in triathlons.

As at 1st November 2017, nine of the men and four of the ladies held 38 Beds County Short Course and 47 Long Course records between them, with five of the men and two of the ladies having won medals at the 2017 GB or Swim England Masters Championships. Given the strength in depth and ability, the Club's men finished 10th in the 2017 GB Team Decathlon competition. The Ladies finished just outside the top 100 despite their season being cut short by a series of injuries and illness.

Friendly banter is a regular feature of the squad's training sessions held at times that are the envy of many other Masters clubs. Coaches Pauline Harrington, a former World Masters champion, and Jane Cattle offer stroke technique suggestions to all.

Team Luton Masters Squad Training Sessions

The club's dedicated Masters squad has six training sessions each week.

At Inspire (configurable to 25m and 50m)

* Tuesdays - 5:45am to 7:15am (25m)

* Wednesdays - 5:45am to 7:15am (50m)

* Thursdays - 7:00pm to 8:30pm (25m)

At Lewsey Park Pool (25M)

* Wednesdays - 7:25pm to 8:25pm

* Saturdays - 8:00am to 9:00am

* Sundays – 7:00am to 8:00am

A number of the competitive swimmers also meet and train at quieter times in public lanes.

(Information from Alastair Gibb)