

Bedfordshire ASA Masters Club Details and Training Sessions

Last Revised: July 2021

WARNING - Due to the Covid-19 pandemic the training sessions listed here are subject to change at short notice. The latest information should be obtained from the contacts listed.

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:

Beavers are currently not swimming in the usual pool in Bedford because of the presence of the "Indian" Delta variant of Covid-19 in the town. Members are swimming individually in other pools outside of the town. There is a weekly "Beavers Coffee Morning" Zoom meeting on Thursdays.

In normal times we would be 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 Paul Clarke 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 ten Masters swimmers covering a range of ages and competitive ability. Longer standing members have been competitors at county and national competitions. Newer members are exceptional swimmers and auger well for the resurgence of the Masters section of the club. The coach is Doug Kerr.

Biggleswade Masters Training Sessions

Swim Training, covering stroke technique and interval training.

At Biggleswade Saxon Pool (25M):

* Friday 6.00am-7.30am

* Sunday 4.00pm-5.00pm

(Information from Joe Lound-Keast)

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 National 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

Masters squad members at Flitwick can only train twice per week at the moment but this will increase after restrictions are finished. One training session with Flitwick Dolphins is at Trinity Pool on Monday evenings.

Normally 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 and Liz Woolner)

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.

Masters/Seniors now have a new head coach, Laurence Mills, if anyone wants to get in touch please email him at headcoach@modernians.org.uk.

Modernain Masters Training Sessions

The training hours have also changed quite a bit due to Covid and are still temporary, again anyone interested should contact Laurence.

In normal times, 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.putterridgesc.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

Training is continuing almost back to the sessions prior to the pandemic. All Senior Age Group and Masters sessions are coached by head coach Lesley Batson. We cater for competitive and non-competitive swimmers including competing triathletes and open

water swimmers. Putteridge SC is also accredited to Triathlon England.
The age groups utilise all the sections from 18-24 through to the 60-64 swimmers.
The sessions are at Luton Inspire (configurable to 25M and 50M)
* Monday - Inspire 7.30pm - 9.00pm
* Tuesday - Inspire 8.30pm - 9.30pm
* Wednesday - Inspire 5.30am - 7.00am
* Thursday - Inspire 5.30am - 7am
* Saturday - Inspire 7am - 8am
* Sunday - Inspire 1pm - 2.30pm
(Information from Lesley Batson)

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 Wolverton leisure Centre (25M)
* Tuesday 8:15pm to 9:45pm. Club Sessions.
At Tiddenfoot Leisure Centre. Leighton Buzzard (25M).
* Wednesday 8.00pm to 9.00pm as part of a Swim Fit session
The session at Bletchley has been terminated.
Coached by South Beds Masters Coach
(Information from Coach Rory Kemp)

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, national swim meets and open water swimming whilst a number of members compete in triathlons. As at 2nd March 2020, nine of the men and seven of the ladies held 48 Beds County Short Course and 71 Long Course records between them, with eight swimmers winning medals at the National Championships in the past few years. Several current club swimmers have also won medals at World Championships.

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 currently has 4 sessions available to them. Once COVID restrictions are raised and Lewsey pool reopens this will increase to 6.

At Inspire

- * Tuesdays - 5:45am to 7:15am (25m)
- * Thursdays - 7:00pm to 8:30pm (25m)
- * Saturday - 08:00 to 09:00
- * Sunday - 08:00- 09:00

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

(Information from Jo Mitchinson Masters Rep)