

## Gloucester Masters Swim Club Coaching Report 2019

In my 4<sup>th</sup> year as Head Coach of our Club, I am again pleased to report another record-breaking year for our swimmers with success in various aquatic disciplines across the UK and around the world in countries such as Russia, South Korea, and Australia. By the years end we had 2 World Champions, 5 National Champions, 10 Regional Champions and set 1 European, 9 British and 27 South West Regional records. Highlights of our main achievements are listed below:

### Pool Swimming Review

The Swim South East LC Masters kicked off the year on 19th January at Crawley. **Jayne Stephenson (65-69yrs)** was our sole competitor this year but did not disappoint winning 4 Gold medals and setting 2 British and Regional Records in the 200m IM 3:16.46 and 400m IM 7:02.13.

Next up, in early March was the annual Swim Wales Open LC Masters Meet in Swansea. Five Club swimmers made the trip to Swansea with **Don Leatherbarrow (80-84yrs)** and **Jayne Stephenson** leading the way with 3 Golds and a silver each. **Sue Hodge (65-69yrs)** won 2 golds, **John Anderson (60-65yrs)** 2 silvers and **Brian Armstrong (55-59yrs)** a bronze – his first National pool medal. Swim of the Meet was Jayne's time in the 1500m Free of 22:59.88 which established a new European, British and Regional Record. Don showed his versatility by setting British and Regional records at both ends of the spectrum in the 1500m Free 27:43.49 and the 50m Breaststroke 47.66, and Brian set a new Regional Record in the 1500m Free 22:51.82.

Our annual Open Meet took place on the 31<sup>st</sup> March and proved as popular as ever with 250 swimmers from 83 clubs competing in 897 swims. Highlights of the Meet were 6 British records set, including 2 by our own **Don Leatherbarrow** in 100m IM 1:36.43 and 100m Free 1:20.53 which were also Regional records. Don also set 5 new Meet records on the day. It was also great to see **Janet Gwilt (80-84yrs)** who has been a Club member since 1988 break a 14-year-old Meet record with a new 100m IM record of 2:41.72. **James Broady (25-29yrs)** set a new Regional and Meet record in the 50m Breaststroke 29.26 and a new Meet record in the 100m Breaststroke 1:05.21. Meet records were also set **Simon Wintle (50-54yrs)** in the 100m IM 1:08.36, **Sue Hodge** in the 50m Free 32.44 and **Jayne Stephenson** in the 100m IM 1:29.46. Special thanks to **Brian Jones** who again put in many hours leading up to the Meet to ensure its success, and a big thank you to all Club members who helped on the day.

The Gloucester & Somerset County Meet was held at Horfield on 15<sup>th</sup> May 2019. The event was a good opportunity to practice racing and swim qualifying times for events later in the year. We had 9 club swimmers compete and as competition was not particularly tough from 29 swims our swimmers won 26 Gold, 2 Silver and 1 Bronze. Thanks to **Brian Armstrong** who organised the event and **Pete Smith** and **Colin Stephenson** who did most of the results admin on the day.

This year's British Masters Championships (50m) were held in mid-June, again in Swansea. In total, we had 8 swimmers compete in 30 events, including our 3 associate members from Stroud SC. **Tony Cherrington (75-79yrs)** was our top medal winner with 4 Gold and 1 Silver, **Jayne Stephenson** won 2 Gold, 2 Silver and 1 Bronze and set another British and Regional Record in the 200m Free 2:44.37. **Sean Kinsey (55-59yrs)** won 2 Golds, **Don Leatherbarrow** won 1 Gold and 1 Silver, and **Jess Wooddise (40-44yrs)** won 1 Gold and 1 Bronze. **John Anderson (60-65yrs)** was in fine form winning 2 Silvers and his time in the 100m Free was only 0.6 seconds slower than he swam at the World Champs in Montreal in 2014!! **Mark Partridge (55-59yrs)** also won 2 Bronze and **Brian Armstrong** had 2 top eight finishes.

International highlight of the year was unquestionably The FINA 2019 World Masters Championships (50m) which took place at the start of August in Gwangju, South Korea. **Jayne Stephenson, Colin Stephenson** and **Tony Cherrington** were the three swimmers from our Club who made the long trip; unfortunately, Colin was still recovering from injury so acted as Coach for the week. **Jayne** was in golden form winning golds in the 100m Free 1:15.12 and 200m Free 2:44.81 and a silver in the 800m freestyle in 12:01.90. The 100m and 800m times were also Regional records. **Tony** swam well and won an individual bronze in the Open Water 3K (0:54.48) and won 4 Relay Golds swimming for Spencer SC in the 320-59yrs and 280-319yrs age groups.

This year's South West ASA Masters Championships (25m) took place on the last Sunday in September at Hutton Moor. Despite several club swimmers pulling out on the day due to illness, we were well represented by 13 swimmers who competed in 43 events. On the Ladies side **Sandy Jones (55-59yrs)** and **Jayne Stephenson** both won 4 Golds, and Jayne also set 3 Regional records in the 100m IM 1:31.01, 200m IM 3:13.45 and 200m Back 3:21.02. **Gill Ferris (65-69yrs)** returned to competition after injury with 3 Golds and 2 Regional records in the 100m Breaststroke 1:43.61 and 100m Backstroke 1:37.31. **Jane Brown (70-75yrs)** also swam well and won 2 Golds and **Anne Nicholls (60-64yrs)** added 2 Silvers to our tally. On the men's side **Brian Armstrong** had a busy day swimming in 6 events and winning 3 Golds and 3 Silvers. **Tony Cherrington** and **Don Leatherbarrow** both won 2 Golds each and **Nick**

**McDowall (65-69yrs)** won 2 Golds and Bronze. **David Evans (30-34yrs)** and **Pete Smith (45-49yrs)** both won a Gold and 2 Silvers. **John Shephard (65-69yrs)** won a Silver and Bronze and **Leigh Nelms (40-44yrs)** won a Silver.

Nine Club swimmers made the yearly trek to Sheffield at the end of October for the annual Swim England National Masters Championships (25m). **Jayne Stephenson** was again our top performer winning 3 Golds, 1 Silver, 1 Bronze and setting another British and Regional Record in the 1500m Free by over 20 seconds with a time of 22:28.25. Jayne also set Regional records in the 100m Free 1:14.20 and in the 100m IM 1:28.43. **Tony Cherrington** was in good form winning 2 Golds, 2 Silvers and set a Regional Record in the 50m Back 42.53. **Sean Kinsey** was not at his best due to illness but still managed 4 Silvers and to set a Regional record in the 800m Free 9:50.90. **Jess Woodisse** was our "Iron Lady" of the meet winning 3 Silvers and a Bronze and set Regional records in the 400m IM 5:35.19 and 1500m Free 18:50.02. **Simon Wintle (50-54yrs)** made a welcome return to National competition winning a Silver medal in the 400m IM with a 20 seconds season's best time and Regional record of 5:13.45. **Sandy Jones** won a bronze in the 100m Butterfly 1:21.50, **John Anderson** also won a Bronze in the 50m Free 30.03 and **Mark Partridge** had 3 top eight finishes and set a Regional record in the 100m Breaststroke with a 1:19.79. **Brian Armstrong** was again our busiest swimmer racing in 6 events with his highest finish being 5<sup>th</sup>.

The 2019 Inter-County Masters Competition was held on Remembrance Sunday at Millfield School and was the usual fun event. GMSC accounted for 22 of the 35 strong Gloucestershire Team including both Team Coaches. Overall we finished second on the day to a very strong Devon Team, and after the virtual gala we finished in 10<sup>th</sup> place nationally. **Gill Ferris** and **Simon Wintle** led the Team with 2 individual wins each and **Ollie Barnes, Sandy Jones, Otakar Klempt** and **Sue Hodge** won one event each. In winning his events Simon also set 2 Regional Records in the 50-54yrs 50m Backstroke 31.33 and 50m Breaststroke 33.00 and Gill set a Regional Record in the 65-69yrs 50m Breaststroke 46.97. Furthermore, Simon and Sue registered the fastest times Nationally in their respective 50m Backstroke and 50m Freestyle events.

The 2018 version of T30 competition proved more successful than the previous year with **James Broady (25-29yrs), Ollie Wilkinson (40-44yrs), Pete Smith (45-49yrs), Sean Kinsey (50-54yrs), Colin Stephenson (60-64yrs)** and **Tony Cherrington (75-79yrs)** all winning their age group. Colin also equalled the record distance for his age group of 2225m. Our Men's 160-199yrs, 240-279yrs and our Ladies 240-279yrs Teams also won their categories. In addition, our Mixed 240-279yrs and 280-319yrs Teams also won gold medals.

## Open Water Review

On 1<sup>st</sup> June 5 Club swimmers competed in the Big Cotswold 2K Swim at Lake 86. On a lovely sunny day **Hannah Paul** swam a 26:54, **Becky Harker** swam a 29:47 and **Tony Cherrington** swam a 30:10 and all won their Age groups, **Penny Hickson** swam a 39:32 to finish 2<sup>nd</sup> and **Brian Armstrong** swam a 30:52 to finish 5<sup>th</sup> in their respective age groups.

On 5<sup>th</sup> July **Alison Millward** swam the Jubilee River 10K near Eton and finished in a great time of 3.5hrs.

**Penny Hickson** had a busy summer swimming in the Great North Swim on 10<sup>th</sup> June and the Goodrington Sea Swim on the 7<sup>th</sup> July. Then on 16<sup>th</sup> July Penny teamed up with **Hannah Paul** and swam from Padstow to Rock raising money for the fantastic Marie Curie Charity.

On the 28<sup>th</sup> July **Ollie Wilkinson** competed in the 65th Magnetic Island to Townsville 8k ocean swim in his native North Queensland, Australia. Swimming with his twin Brother Matt, Ollie managed to complete the distance in just over 2hrs and finished a respectable 3<sup>rd</sup> overall and 1st in the 35-49 age group. And yes Ollie did beat his brother!!!

Back in the UK, Ollie teamed up with **Steve Taylor** at the end of August to compete in the 10.5 miles BLDSA Windermere Championship. A 1-2 for GMSC saw Ollie win in 4hrs 33mins and Steve come 2<sup>nd</sup> in 5hrs 27mins.

On 3<sup>rd</sup> September, **Tony Cherrington** and **Brian Armstrong** travelled to Nene Park, Peterborough to compete in the Swim England National Open Water National Masters Championships. Swimming in the 3K event Tony won another National age group title in 0:56.08 and Brian finished a respectable 4<sup>th</sup> in his age group in 0:52.50

In early September **Ollie Wilkinson** finished off his racing season with wins in the Llangorse Lake 6km swim in 1hr 11mins and the Brownsea Island swim race 6.5km in 1hr 20min

The Big Cotswold Swim 1 mile was held at the Waterland Outdoor Centre near Cirencester on the 14<sup>th</sup> September. In total 9 club swimmers competed and in their respective age groups there were Gold medals from **Tony Cherrington** 24:50 and **Penny Hickson** 32:08, Silver medals for **John Coe** 29:09 and **Becky Harker** 25:19 and a Bronze for **Simon Wintle** 22:55. In addition, **Brian Armstrong** finished 4<sup>th</sup> in 23:55, **Angela Phelps** finished 5<sup>th</sup> in 29:24 and **Tony Coleby** finished 10<sup>th</sup> 28:31.

On 12<sup>th</sup> October **Angela Phelps** swam in the 4K race at Llafranc in Spain, finishing 5<sup>th</sup> in the Ladies over 50yrs category, and 324<sup>th</sup> out of 500 in all categories in a time 2hrs 20mins 36 secs.

While on holiday in Dubai over half-term club sprinter **Ollie Barnes** turned his hand to open water and competed in the "King and Queen Pointe" 1 mile open water race. Ollie finished 1st in his age group and 3rd overall.

**Steve Taylor** however, was our busiest Open Water competitor this year. Swimming in the British Long Distance Swimming Association Grand Prix Steve travelled to twelve locations around the UK and raced an impressive total of 67.19 miles. Steve had wins at Wykeham, Torbay, Bala, Ullswater and Derwent and at seasons end Steve was crowned overall BLDSA Grand Prix Champion 2019.

### Other Members News

- In mid-March **John Coe (65-59yrs)** travelled to Murmansk in Russia as part of the GB Team to compete in the International Ice Swimming World Championships. Swimming in water that had a temperature of 0.0 degrees John had a great week and won 2 Silver medals in the 500m 9:24.01 and 1000m 19:41.81.
- **Janet Gwilt (80-84yrs)** continued her record setting ways from our Open Meet at the annual CSSC (Civil Service Sports Council) 2019 National Swimming Championships at Sheffield in early May. Janet won a total of 4 Gold medals and set a new record of 1:00.16 in the 50m Free.
- At the World Aquathlon in Pontevedra, Spain, **Sean Kinsey** won Gold and **Kate Nimmo** won Bronze.
- On 9<sup>th</sup> June **Leigh Nelmes** had a great day in Leeds finishing 9<sup>th</sup> in his age group in the World Triathlon Series.
- On a hot and sunny 1<sup>st</sup> July **Gail Marshall** completed the Cotswold 100k Ultra Challenge Walk in memory of a work colleague.
- On 16<sup>th</sup> July **Kate Nimmo** won the Upton Sprint Tri and posted the 3<sup>rd</sup> fastest swim overall.
- Saturday 27<sup>th</sup> July saw the Sandford Parks Lido hold its inaugural Marathon Swim. In the uniquely formatted 10K swim **Joe Berry** swam 2:31.08 and won the male event, **Brian Armstrong** swam 3:04.21 and was 3<sup>rd</sup> male and **Tony Cherrington** swam 3:56.38 for 15<sup>th</sup> male. In the 5K race **Kate Nimmo** won the event overall in 1:13.48 and **Simon Wintle** and **Duncan Rolley** won the 10K Team race in 2:29.51. In November, **Ollie Wilkinson** swam the 10K Marathon Swims event in London and posted the fastest time of 2019 with a 2:19.49.
- At the end of August **Kate Nimmo** competed in the World Sprint Triathlon Championships in Geneva and finished 12<sup>th</sup> overall.
- In early September, **Rich Searle (55-59yrs)** won the National Aquathlon in Arundul.
- This year's Lido Triathlon was held on 15<sup>th</sup> September. **Kate Nimmo** won the Supersprint event and in the Sprint event **Carol Woodward (40yrs+)** came first and **Alison Millward (40yrs+)** finished 7<sup>th</sup>.

### Club Awards 2019

- GMSC Male Swimmer of the Year - **Steve Taylor** – BLDSA Champion
- GMSC Female Swimmer of the Year - **Jayne Stephenson** – World Champion
- GMSC Improver of the Year - **Penny Nelms** – Penny joined us from a non-swimming background at the start of 2019 and has attended training regularly, worked on all aspects of training and is showing weekly improvement. Furthermore, she is hoping to take part in her first competition at our Open Meet in 2020.

Finally, I would like to take this opportunity to thank Tom Howells, Megan Hartery and Tony Davies who have helped with coaching duties during the year and I would also like to thank all Committee members who have worked tirelessly during the year to keep our Club moving forward. I would like to thank the staff at GL1 and the Sandford Parks Lido for their continued support during the year and I look forward to continuing to work with them in 2020.

**Simon K. Cooper**  
Head Coach GMSC  
November 2019