



**WELCOME** to this first Masters E newsletter. It is a trial version to both test the system and for me to gain experience of the process for its production.

Once it is up and running it can be produced as often as there is material of interest to Masters available for publication. A paper version of the newsletter will be posted to all Masters and Seniors

early in the New Year. This will include the calendar of events which contains all the Masters meet details sent to me. The meets are also on the British Swimming web site.

To date 388 people have registered to receive a copy of this E newsletter. There were over 8,000 copies of the paper newsletter distributed so your help in promoting this newsletter

amongst your colleagues would be appreciated. I know that those using AOL as their ISP have difficulty in registering for the newsletters on the web site. This is a know problem to which no solution is yet available from the web providers. It has been suggested to me that those using AOL create another email address from a different provider, "Yahoo" for example.

## Nuala's channel swim

In July, our ASA Life Long Participation Officer (LLPO) Nuala Muir-Cochrane achieved her ambition of swimming the English channel. A summary of this eventful day follows.

Nuala completed her English Channel swim in a time of 12 hours 55 minutes.

Nuala started her swim with the sound of a horn at 4.22am on Saturday 26th July 2008 from Samphire Hoe (between Dover and Folkestone). The support crews on the pilot boat were: her brother Ian; neighbour Ian; Dave Hobbs – her coach; Susan Maclean a fellow masters swimmer and support swimmer Chris Bumby also a fellow masters swimmer - as well as an official observer and two crew members.

The conditions were good with a gentle off shore breeze but this incredible endurance achievement was not without drama. The swell and wash was huge from passing ferries and huge cargo ships which would be best described as like watching a block of flats sail past you!

Sickness early into the swim had to be conquered. With just 2½ hours under her belt, Nuala was unable to keep any food or drink down, almost certainly meaning she would be unable to finish. Finally able to keep food down (such as bananas, sports gels and fruit in syrup), Nuala got into good form keeping up a strong stroke rate of between 58 and 60 strokes per minute throughout the whole swim.

Drinking and feeding were broken down into pre planned 30 minute sections, which served as good points of focus at low points, so Nuala was never allowed to think about the distance, but just the next 30 minutes.

For the last ½ mile, the pilot boat couldn't go in due to the depth of water. Nuala was then followed by a small dingy into the beach in



France. Once on shore she was swamped by a crowd of about 50 French tourists on the beach enjoying the sun, congratulating her and offering biscuits.

Once back on board and after congratulations and hugs from the crew and support crew all that remained was to head back to England.

Nuala was unable to keep any food or drink down for the return journey of 3 hours with several bouts of sea sickness. Upon arrival back in Folkestone harbour, she was greeted by a large group of friends and family, where champagne was sipped on the quay side.

Nuala has raised over £5000 for Mind – The Mental Health Charity.

For further details of the swim read the blog <http://swimnualaswim.blogspot.com/>.

## Zurich Masters Meet

The first Zurich International Masters Championships was held on 5-7th Sept 2008

A new long course meet has appeared on the international calendar this year. Run by Limmatt Sharks, a Zurich swimming club, this meet although small in numbers was well run. Swimmers came from the UK, Poland, USA, Germany, Russia, Spain, and of course Switzerland! Those of us from abroad were made

to feel very welcome and it was a pleasant surprise to receive an entry pack comprising hat, water bottle, programme, and Swiss chocolates.

The pool at Oerlikon, a suburb of Zurich, was very accessible by public transport and was a good venue with electronic timing, swim down pools, large changing rooms, lots of showers and an excellent restaurant serving a range of quality snacks and meals. The event ran smoothly and the results were posted up quickly and by the end of the meet were even posted on Limmat Sharks website. Medals had ribbons and were awarded to winners with hearty congratulations.

Records both national and world were set. Karlyn Pipes Neilsen (USA) set new world records in the 100 butterfly, 100 freestyle, and 400 freestyle.

Entries were limited to packages - so for a set price you could have 2 swims and one relay or 6 swims and 2 relays. This on reflection, may have deterred some from entering since swims were not transferable if you did not have enough swimmers for a relay team.

The event also included a Masters Freestyle Swimming Clinic run by Karlyn Pipes –Neilsen, which was excellent.

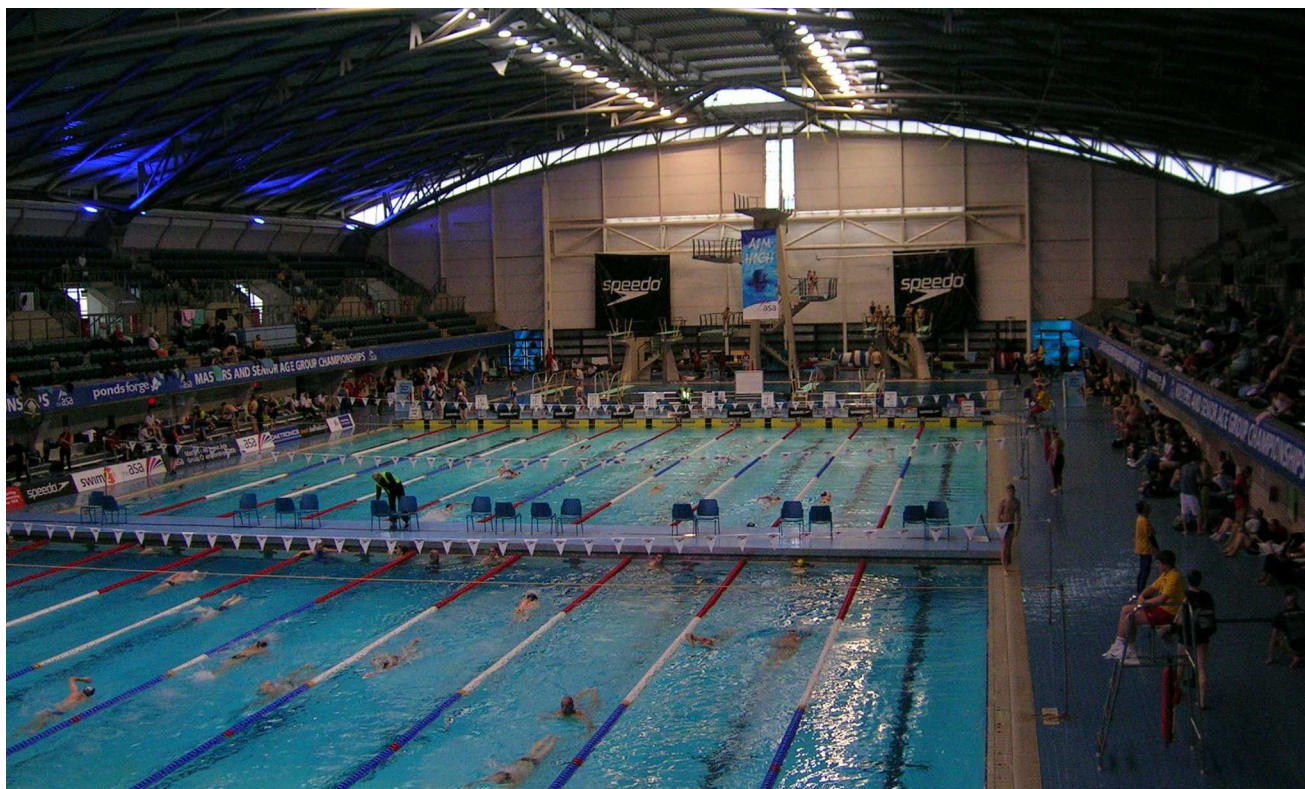
Limmat Sharks are planning to repeat this event next year over the weekend 6-8<sup>th</sup> September and if you are going to the Europeans as Karlyn said – “this is a good pre Europeans meet to enter so as to get some long course race practice and find out what may need tweaking!”

Written by Christine Goodair, of Kings Cormorants Swimming Club.

### **Graham Sykes**

It is with deep regret that I read on the British Swimming web site of the death of Graham on 26th November. My heartfelt sympathies go to his wife, Liz, and all the family. For details of Graham's swimming achievements see the news on the Masters section of the web site.

ASA Masters Nationals 24th to 26th October 2008  
The Ponds Forge Pool at Sheffield  
25m x 20 lanes.



If you have a report, an article or an item that would be of interest to Masters that would like to publish in the e-newsletter please send it to me at [geoff@masterswim.demon.co.uk](mailto:geoff@masterswim.demon.co.uk). I will use any material I feel is suitable and appropriate for publication. Commercial adverts will not be accepted and Masters Meet details will be placed in the Masters calendar.