



## Results

### SER Masters Short Course Competition - 30/31 January 2009 - K2, Crawley

Event	Lesley Cameron (D)	Alison Hook (D)	Clare Finbow (D)	Karen Kelly-Green (E)	Lucy Dickson (F)	Shelley Robinson (G)
50 Back						0:54.90 (B)
100m Back		1:25.52 (B)				1:57.56 (S)
200m Back				3:20.?? (?)		4:??.?? (?)
50 Breast					0:45.57 (4) *	
100m Breast	1:34.20 (B)		1:33.88 (S)		1:44.35 (S) *	
200m Breast	3:22.44 (G)		3:26.85 (S)		3:55.63 (4) *	
50m Fly		0:37.41 (S)				0:58.33 (B)
100m Fly		1:31.75 (S) *				
50m Free						0:43.56 (5)
200m Free	2:47.65 (4) *					
400m Free						7:39.68 (G) *
200m IM		3:11.25 (G)				4:08.38 (G) *

Event	Indra Hidayat (C)	David Finbow (C)	Nigel Robson (D)	Mark Phillips (D)	Yon Marsh (F)	Stephen Rickards (F)	Tony Meek (H)
50 Back					0:42.13 (S)		0:39.64 (S) *
100m Back				1:15.78 (S)	1:30.02 (G)		
50 Breast						0:44.43 (7)	
100m Breast	1:26.24 (4)					1:43.73 (4)	
200m Breast						3:50.80 (4)	
50m Fly			0:34.76 (9)	0:32.93 (8)			0:32.08 (G) *
50m Free					0:32.24 (?)		0:30.66 (G) *
100m Free					1:11.29 (5)		1:07.12 (G) *
200m Free							2:34.58 (G) *
400m Free			5:24.54 (8)				5:53.91 (G) *
800m Free		13:15.??(?) *					
200m IM							3:02.91 (G) *

\* = SSC Masters Record

This competition was again well subscribed with around 400 competitors from all over the UK and Europe, including the thirteen above. We welcome novice SSC Masters competitors Indra and Alison, and welcome back Clare and David Finbow after a spell at another local (or rival) club and a baby-break! It has been a while since we have been able to field such a large Masters team, and you delivered performances to suit.



**Saturday's team which also included Tony Meek**

Day One began with four SSC competitors in the 100 Backstroke event. Yon swam a storming race to touch in gold-medal position in his age group, adding to our tally of two silvers and a bronze for the event.

Tony, moving up to the 60-64 age group stamped his mark on the 200 Free event, finishing in a time of 2:34.58 which gained him the first of his six gold medal and seven club records of the weekend. Lesley also produced a solid swim in the event, finishing in a time of 2:47.65 which was enough to break the existing club record by 11 seconds.

With five swimmers in the 100 Breaststroke, including novice Master Indra, SSC gained another three silver and bronze medals, together with the first of three club records for Lucy who had also just moved up an age group.

The 50 Fly events were always going to be competitive but Mark and Nigel still managed creditable 8<sup>th</sup> and 9<sup>th</sup> places out of 17 starters in the men's 40-44 age group, with less-competitive age groups producing a straight run of first, second and third place for Sevenoaks.

The first set of relays were hard fought with the Mens 200+ yrs Freestyle Relay team finishing in fourth place, and the Ladies 160+ yrs team of Lucy, Lesley, Alison and Clare battling away to finish in silver medal position – an excellent result.

The afternoon session started with the 400 Free event in which both Tony and Shelley finished in gold-medal position and both with new club records in their age groups (Shelley managed to cut 10 seconds off last year's time) – a fantastic start to the session. This was speedily followed by a gold, three silvers and a bronze in the next two events (200 Breaststroke and 50 Backstroke), with Clare and Lesley reversing their 100 Breaststroke positions.

The final relay of the day, the Mens 200+ yrs Medley Relay team of Tony, Stephen, Nigel and Yon swam a tremendous race, only to be pipped to gold by 4/100ths of a second by local rivals RTW Monson. This is a match that will need to be reswum at a later date!



**Sunday's team**

Day Two opened magnificently with a clean sweep of gold medals in the 200m Individual Medley by Alison (swimming in her first open Masters competition) and by Shelley and Tony who both also gained club records.

Medals continued to flow throughout the morning for the SSC swimmers as they went into the relay events. The size of the SSC contingent meant that they were able to enter two teams in each of the Mixed 200+yrs relay events which, with a total of six teams in each event, were unusually competitive for the age group. The Sevenoaks 'A' team finished in a creditable third place in both events, whilst the 'B' team finished 6<sup>th</sup> in the Free Relay and did well to pull up a place to 5<sup>th</sup> in the Medley Relay.

The final events included the 100 Fly (with Alison producing a lifetime best time!), the very competitive 50 Free, the 200 Backstroke in which Karen still managed a sound swim to finish in 2<sup>nd</sup> place despite returning from a week's skiing just 12 hours earlier, and finished with David's swim in the 800 Free event, back to competition after an eighteen-month break.

For Sevenoaks Swimming Club Masters this had been an exceptional weekend's competition with fourteen SSC Masters records either broken or set, and 11 gold, 11 silver and 5 bronze medals from a total of 40 individual starts.

Finally thank you to Nigel who still came on Sunday just for the relays despite looking pretty ill and most probably feeling even worse, and to Karen who refused to let a delayed flight back from a skiing holiday prevent her from being there on Sunday to make up the relay numbers as well, although I know she is kicking herself from dropping out of the 100 Fly as she would have been the only competitor in her age group and guaranteed a gold medal!

**Shelley Robinson**