



Annual Newsletter – 2020

WELCOME

Hello everyone and a special welcome to new members. This newsletter is to tell you about the coming year with STAM and a look back over the last year. The club continues to maintain a good level of members - currently at 81 swimmers. For new members who would like to try a competition but are nervous about it or have no idea what their times are - have a chat with your coach Josie and she will help you.

DATES FOR DIARIES 2020

STAM's events

Sat 23 May	Herts Masters, Westminster Lodge, St Albans
Sat June 6	STAM Social Triathlon at Caddington
Sun August 23	Picnic in Verulam park
Sun Nov 22	Sunday walk and lunch

National and open events

Sun 19 April	Newmarket Seniors and Masters Meet
Fri/Sat/Sun 24-26 Apr	National Long Course Masters, Ponds Forge, Sheffield
Sun 24 May – Sun 7 Jun	European Masters Champs, Budapest, Hungary
Sat/Sun July TBC	Barnet Cophall Distance Open Meet
Sun Jul TBC	East Region Open Water Champs, Norwich
Sat 5 Sep	National Open Water Champs, Nene Park, Peterborough
Sun Sep TBC	Barnet Cophall Sprint Open Meet
Sun Sep TBC	East Region Seniors & Masters Meet, Newmarket
Fri/Sat/Sun 23-25 Oct	National Masters, Ponds Forge Sheffield
Sat/Sun Nov TBC	Barnet Cophall Open Meet 1500m

If you see an open meet you would like to enter, contact Craig Kirkland craig@stamsc.co.uk who will put you in touch with anyone else who is thinking of entering.

What's happened since our last newsletter

Herts Masters - Sat 9 March 2019

Success for the STAM squad at this year's competition winning back the trophy with 44 gold medals, 31 silver and 14 bronze. Ten clubs from around Hertfordshire competed to be overall Swim England county champions. STAM have now won the competition 11 times since 2006.





The final positions and points were:

- 1 St Albans Masters 679
- 2 Potters Bar 306
- 3 Hemel Hempstead 243
- 4 Hartham Masters 188
- 5 Hatfield 71
- 6 Stevenage 71
- 7 Bushey 63
- 8 Hitchin 39
- 9 Ware 34
- 9 Hoddesdon 16

Herts Master results here <https://www.swimherts.org/masters/masters-results/>

For the first time, this year's competition on Sat 23 May, is being held at Westminster Lodge. A key competition in the Hertfordshire master's diaries, it is an opportunity to get your times registered with Swim England - a requirement if you want to enter any national events.

STAM Social Triathlon - Sat 8 June 2019



Neil and Fi were the hosts for last year's Social Triathlon. As usual this fun day started with a swim round Denham lake followed by breakfast at Durran's Café just up the road. Then off to Bricket Wood to pick up bikes at Neil and Fi's for a 16 mile ride through the local countryside – stopping off at the De Havilland Aircraft Museum for refreshments. The bike

ride came back to Neil and Fi's for a buffet lunch which was then burnt off (a bit) by a 6 mile walk along some lovely local footpaths. Back at base we held STAM's AGM while the BBQ's were warming up, then somehow more food and drink was demolished.

So for the newbies who might be put off by the word 'triathlon' - you can see that this is very much a social event, open to members, their friends and family.



We have spare wetsuits and bikes for those who need them, along with lots of advice and helpers for anyone who needs a bit of encouragement or a puncture repaired. You can dip in and out of any of the days events.

Saturday 6 June is the date for this year's social tri and the location is Sarah and Craig's place in Caddington. More details will be sent out to everyone nearer the time.



CoStA Masters most improved swimmer awards - June 2019

The male and female awards this year went to one of our couples – Pieter and Branwen Lommelen. Branwen, a CoStA coach, delivered a 50m free in a draw dropping 27.7 seconds at the Herts Masters competition in March, winning the whole event. She introduced husband Pieter into swimming a few years ago, and since joining CoStA Masters last year he has progressed in leaps and bounds and earned the male trophy for most improved swimmer. This year's Herts Masters was his first competition and a highlight of the gala was to see Branwen on the blocks yelling and waving at Pieter swimming towards her on his breaststroke leg in the mixed medley relay.



For those of you who couldn't work out who the amorous couple were in the Dec 2019 water polo photo – it's Pieter and Branwen!

Farewell but not goodbye to Liz and David



We celebrated all that Liz and David have done for STAM with a special coffee and cake night. It was an opportunity to say thank you and wish them well as they were soon to move to Kent and a new life. Liz and David have contributed a huge amount to the club as swimmers, officials and hosts to many STAM social events. They remain in contact and join us for social events when they can. We are hoping to also meet up with them at Heron Lake when the open water season starts again.

Aylesbury Gala Saturday 13 July 2019

From thinking we wouldn't be able to get a team together, 17 STAM swimmers made a gutsy challenge in this hard-fought, relay-based competition. Many swam their events back-to-back. As usual South Beds were strong in both numbers and age groups and put out two teams. The final results were South Beds 154 pts 1st, Amersham 117 pts 2nd, Aylesbury 112 pts 3rd, STAM 68 pts 4th, Bicester 62 pts 5th, South Beds 41 pts 6th.



It was an opportunity for some of our swimmers to compete for the first time. This gala runs every two years so the next one will be in 2021. Thanks go to Vicky Platt for organising



everyone and also to Liz and Dave for officiating on STAM's behalf as timekeepers. In fine STAM tradition 10 STAMers then went to the Peking Inn after the competition to re-fuel.

National Masters and Senior Age Group Championships October 2019

Success at Ponds Forge, Sheffield for 4 of our top male swimmers who entered 5 relay events, and brought home 2 Gold medals each from the 4x50 and 4x100 free, as well as 2 Bronze medals each from the 4x100 medley and 4x200 free. They just missed out on a medal coming 4th in the 4x50m medley. Duncan Beveridge came over from Bermuda to join Brian McShea, Neil Culley and Martin Scott to make up the team in the men's 240+ age group. Well done to them all.



This year's competition is on Fri/Sat/Sun 23-25 Oct 2020 at Ponds Forge, Sheffield. You will need to have a Swim England registered time for the events you wish to enter. Entering the Herts Masters competition on the 23 May will give you those times.

Some of our masters enter regional, national and other open meet competitions throughout the year – if you would like to be included, or know of an event which might interest others, please contact Craig Kirkland craig@stamsc.co.uk

STAM Distance Challenge – 2019/20

2 Mar 2020		Days In Year So Far:		154						
		Daily Basis			Actual Entered Basis					
	Target	Actual	Target	Diff	%Diff	Weeks	Actual	Target	Diff	%Diff
Paul Cuthbert	300	122	127	-5	-4%	20	122	115	7	6%
Gary Edwards	156	71	66	5	7%	22	71	66	5	7%
Anne Marie Hensman	150	55	63	-9	-14%	18	55	52	3	5%
Ian Hitchen	104	53	44	9	20%	22	53	44	9	20%
David Jennings	364	129	154	-25	-16%	21	129	147	-18	-12%
Juli Jessen	275	114	116	-3	-2%	19	114	100	13	13%
Sarah Jewkes	401	127	170	-43	-25%	22	127	170	-43	-25%
Matt Kirby	250	101	106	-5	-5%	22	101	106	-5	-5%
Craig Kirkland	400	140	169	-29	-17%	22	140	169	-29	-17%
Frances Kirkland	70	13	30	-17	-66%	22	13	30	-17	-66%
Vicky Gunn	100	34	42	-8	-20%	21	34	40	-6	-18%
Pieter Lommelen	150	85	63	22	35%	22	85	63	22	35%
Matt Richardson	300	91	127	-36	-29%	21	91	121	-31	-25%
Richard Sumner	83	52	35	17	47%	21	52	34	18	54%
Joseph Young	225	86	95	-9	-9%	20	86	87	0	0%
Robyn Young	300	96	127	-31	-24%	20	96	115	-19	-17%
	3103	1,187	1,313	-126	-10%		1,187	1,258	-71	

This year's challenge started later in the year so that it didn't end around Christmas and New Year when everyone is at their least enthusiastic. 16 swimmers are taking part in the challenge which started in October 2019 and ends in September 2020. It's a good motivator and you set your own target.



STAM Social Walk - Sun 24 Nov 2019



A dull misty day didn't deter 15 of us on the annual STAM Sunday lunch walk which took us across the fields and tracks around Redbourne. Three walkers decided the full 12 mile route was just a bit too far and took a detour via the Hub in Redbourne for coffee and cake. We all dropped in to the Checquers Inn for lunch before walking on back to the starting point outside The White Horse pub in Harpenden. Thanks go to Paul and Jacqui



Duffy for organising everything and testing the route.

STAM Open Water



With 4 or 5 lakes within 30-40 minutes' drive of St Albans, and various morning and evening times when they are open, it's nice to know when other STAMers are going so you can share the experience and socialise - so please let us know if you are planning a swim. Any new members or those new to open water swimming are welcome and there will always be someone to help you feel safe and confident in that first swim.

If you would like to be added to the open water 'WhatsApp' group, or would like more info on what open water events we are aiming for this year – contact Vicky Gunn vicky@stamsc.co.uk



In 2019 many of our regular open water swimmers entered events around the country - 9 entered the river Arun 3.8k swim, and 5 went to Wales for the Big Welsh Swim 9k, 6k and 3k in Lyn Padarn. Both included camping and enjoying the outdoors.

We also had a successful season in the Swim England open water events with Craig Kirkland winning a Silver medal at the National Open Water Champs at Peterborough on Sun 1st September.



Visit this website for a full list of most open water events <http://outdoorswims.co.uk/>



STAM CHRISTMAS MEAL – Fri 31 January 2020

The Crown on the Hatfield road in St Albans saw over 30 swimmers enjoy an evening of food and fun – all managed by our social experts Paul and Jackie Duffy. A great opportunity to get together socially out of swimming gear, have a chat, and take part in a 3 team quiz.



The quiz had a really close finish and had to have a decider question for two of the teams! The question was “how many pubs are there in St Albans?” The answer was an amazing 95, and the closest winning team were ‘The Christmas Fairy’ team, pictured on the left, captained by Sarah Moore. Pictured right were the team captains entering into the spirit of Christmas, or just the spirit! Thanks go to Luke and Lisa for helping Paul hold the quiz.



T-SHIRTS, HATS & HOODIES



These have proved to be very successful and a must for all fashion conscious swimmers. If you are ordering for the first time - be aware that the sizes come up small so it is a good idea to order 1 or 2 sizes larger than you would normally, and if you can, try on someone else's to see how it fits. Cost £25



A choice of 2 styles - the luxurious and warm STAM hoodie is perfect for keeping you warm. If you wish to see one 'up close and personal', they are modelled at most COSTA training nights by one or more STAMers Cost £25, or £28 for a zip up hoodie.



Green hats are intended for use in open water, yellow hats for pool, but both can be worn everywhere!

Cost is £6.50. Sarah Jewkes normally carries hats in her bag at training.



The STAM bobble hat perfect for putting on after an early morning open water swim - or any time it's a bit cooler. Cost £14



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Contact sarah@stamsc.co.uk if you would like to order anything from the STAM kit range. More details on the Kit page at www.stamsc.co.uk.



YOUR COMMITTEE

As well as seeing us down at training and many of the social events, contacting your committee could not be any easier:

Craig Kirkland	Chairman	craig@stamsc.co.uk
Vicky Platt	Treasurer	treasurer@stamsc.co.uk
Frances Kirkland	Club Secretary	frances@stamsc.co.uk
Sarah Jewkes	Membership, Kit	sarah@stamsc.co.uk
Vicky Gunn	Open Water	vicky@stamsc.co.uk
Matt Richardson	Website and social media	webmaster@stamsc.co.uk
Paul Duffy	Social activities	paul@stamsc.co.uk

Wishing you all a successful and enjoyable year's swimming and for anything else you decide to do.

**The Committee,
St Albans Masters Swimming Club**