

2014 highlights for the Masters' Squad

The full results for the 2014 season are in, and they show the year to be one of the club's most successful yet with the club establishing itself under Adam's coaching as one of the strongest masters clubs in the world.

2014 saw the men's squad win the national decathlon competition, with the women finishing in 37th position. The competition's entered by several hundred clubs each year. The Decathlon involves swimmers each racing 10 events over the year across all strokes plus the medley and a requirement for at least one distance freestyle event over 400 metres. Points are scored according to how fast a swimmer goes relative to the world record and adjusted for age, making the competition a true test of swimming ability and versatility irrespective of age. Respectively Dave Denny and Chris Aust placed 6th and 7th nationally in the individual competition - the full results and swimmers' times are available here:

<http://www.swimmingresults.org/mastersdata/decathlon/index.php?y=2014>

2014's UK success was matched by the club's international standings. Six COSC relay teams achieved top ten world rankings for their age brackets. The men's 4x200 freestyle relay team of Chris Aust, Nick Bridge, Matt Gomez and Dave Denny (combined age of swimmers 160 to 199) was world ranked number 1 with a British record time of 8:24.82. The same foursome was ranked 3rd in the 4x100 medley relay, and 5th in the 4x100 freestyle. The team of Felicity Hurst, Zsoka Nagy, Zsuzsa Felvegi and Kirsty Harvey was world ranked 9th in the 120 to 159 years 4x100 medley, with the team of Matt Everett, Marcos Vieira, Chris Johansen and Jonny Richards also placing 9th for the same event and age group for men. The mixed gender team for the 120 to 159 age group of Richards, Nagy, Felvegi and Vieira placed 4th in the 4x100 medley relay.

The squad saw individuals bag top ten world rankings for various events. Top of the pile was Zsoka Nagy, with a superb world ranking of number 1 in the women's 25 to 29 years 200 breast stroke (2:40.5), and a ranking of 4th in the 100 breast. Dave Denny was world ranked 2nd in the 35-39 1500 freestyle (17:05.4), with rankings of 3rd in the 800 freestyle, 9th in the 400 freestyle, and 7th in the 200 butterfly. Rounding the set of, Chris Aust took a world ranking of 6th in the 50m breast stroke (29.2). The full world rankings are here:

http://www.fina.org/H2O/index.php?option=com_wrapper&view=wrapper&Itemid=225

You might notice that those world rankings show a woman in the 100 to 105 year old age bracket competing in the 800 freestyle. Inspirational stuff, so if you want to give masters swimming a go, why not get in touch to see about a trial swim. The squad would love to hear from you!