

Evesham Swimming Club Coach and Masters Swimmer Dave Granger shows that you're never too old to get the medals.

Swim Wales Open Masters & Senior Age Groups Championships

Friday 4th March 1500 meters long course

Having had a good winter's training and a steady build of my weekly swims, it was off to Swansea for the first test as to how my swimming has been going and to see if there has been any improvement. Having not done any real specific training for 1500 it would be a good test to see if all the long training has paid off.



My submitted time was 22:30. I was in heat 4 of 5, bit of a wait so plenty of time for stretching and a good warm up. Lined up for my start in lane 4, middle of the pool, had a good dive start straight into my rhythm and steady pace. 60 lengths to go, don't go out too fast, keep calm and in control. Looking around, me and lane 8 were pulling away from the rest of the field and had a nice lead with 10 laps to go. Time to keep the focus and keep hold of the water and push to the finish. With 100 meters to go I could see the big score board and was leading in a time of 20;20. Big push on the last 100 and I had a finish time of 21:55

So pleased with a new Personal Best time by 40 sec and finished 1st in my age group and a gold medal!

2swim4 Life is my next big event on 30 April, when I will swim a charity event in Guildford, Surrey's 50 meter lido, where every swimmer must swim a mile on the hour every hour for 24 hours. This is an event that is good preparation for my English Channel attempt on 7th of July.

If you are interested in joining our Masters training session, please contact Jill Biddle on 07837088326 or headcoach.esc@btinternet.com. We have two Masters Squads - 16 to 18 year olds for the swimmers that want to still train but are not competing, and 19 plus for fitness and competition training.