



Eindhoven Sunday 1st - Friday 6th September. The City of Norwich SC European Masters squad had

Phill Moulson kicked us off in the Mens 800m FS with a great swim that saw him climb the seedings to a fantastic 6th place and our first “diploma” of the championships (awarded for top 8 finishes).

Day 2 meant an early start for Lynne Meale – a 200m IM at 9am on a Monday isn’t everyone’s idea of fun but a 3sec PB, an East Region record and a Gold medal certainly left her smiling.... **a European Champion for the City of Norwich Masters squad!**

The team were on a roll and Catherine Markwell continued the success with a great 400m FS swim, placing 9th and setting a new East Region record. Jo Johnson then swam close to her PB to finish 13th, several places above her original seed. Phill was then back in the pool to do what he would describe as a sprint.....his 400m FS ended in a great 8th place finish.

Day 3 was going to be a busy one and Phill was on the starting blocks again but this time for the 200m FS – another good swim and a rankings climb up to 11th place. In the same event, David Webster swam a PB to claim a great 14th place finish and, in the Womens 200m FS, Jo Johnson swam a fantastic race to take 8th place and another diploma.

The 50m BR produced some great results for the team – Chris Trueman sprinted his way to a PB and a top 20 place, Adam Korn started his championships with a great swim and top 30 place and Lynne swam her second PB of the week, claiming a new East Region record and a close-fought Silver medal.

Phill was now on his 4th swim of the meet and close to his PB in the Mens 100m Fly, whereas Debbie Matless was just beginning her campaign in the Womens 100m Fly, taking a great 11th place and breaking the East Region record in the process. The day was finishing with the Womens 4x50m FS relay and anticipation was high.....the ladies (Lynne, Debbie, Jo & Catherine) swam even quicker than they did at Plymouth just 8 weeks earlier, breaking their own British Record and taking an impressive 4th place. It had been a long day at the pool but what a productive one!

Day 4 arrived and this time it was Debbie who was swimming early – 200m Fly and a well-deserved 14th place, followed by Dave with a great 50m BK swim, earning him a PB and a 13th place finish.

The Womens 100m BR was even more closely-fought than the 50m, with Lynne claiming 5th place, a PB and a new East region record. Chris then swam a strong 100m BR, building well on his 50m from the previous day, before Adam blew his PB apart to claim a new East Region 100m BR record. The day finished with a great Mixed 4x50m Medley relay swim from the team of Dave, Adam, Lynne & Jo – it was a new team combination but it worked well and a 6th place and new East Region record was the result. An early end to the day meant that it was time to “swim down”.....back at Centre Parcs on the flumes and slides! A well-earned bit of down-time for the team.

It obviously worked as Day 5 kicked off with fantastic swims for Dave and Adam in their 200m BK. Both swam awesome PBs and Dave claimed a top 10 finish whilst Adam took another East Region record. The Mens 50m Fly saw Chris' last swim of the meet and it was a great sprint to a 14th place finish. The same event for the Women proved to be a tight race and really close finish seeing Debbie finish strongly and take a great 4th place.

Then came the 100m FS and, in the Mens event, a swim that can only be described as awesome by Dave – the magic sub-60secs and a massive climb in the seedings to 13th. Debbie then claimed her second diploma of the meet by swimming to 8th place in the Womens event. Jo was clearly on form for the whole meet as she missed her PB in the same event by the smallest of margins and took a great 14th, whilst Catherine swam home to a 15th place.

The Mixed 4x50m FS relay saw another team change that paid off as Lynne, Phill, Jo & Dave climbed the rankings to a 7th place finish and another East Region record.

The final day and sprinters were out in force. Catherine was back in the pool for her final event, swimming a great 50m FS and Jo finished her week in style with a on-PB swim in the same event....the only problem was that she had former Olympic Champion Inge De Bruin to contend with in her age group! The Mens 100m BK then saw the championships conclude with a flurry as both Dave and Adam swam tremendous PBs to claim top 10 and top 20 places respectively.

The Championships were over but what the City of Norwich Masters team had achieved was remarkable..... A European Champion and Gold medal, a Silver medal, 11 Top 8 finishes, a British Record, 9 East Region individual records, 3 East Region relay records and endless PBs. The week was the epitome of what Masters Swimming is all about – fun, friendship and outstanding competition in a facility that was nothing short of inspiring. A massive well done to the whole team and a heart-felt thank you to Pat Stebbings for his time, enthusiasm and help – here's to a successful swimming future to both the City of Norwich swimmers and to Pat, whichever roads that might be on.

The European Masters Team were:

Jo Johnson

Catherine Markwell  
Debbie Matless  
Lynne Meale

Phill Moulson  
Chris Trueman  
Adam Korn  
Dave Webster

