

A New National Long Distance Relay Record

By Greta van Meeteren

For those of us with "virtually no red fibers" in their bodies, otherwise known as "fast twitch fibers", there is long distance swimming, a sport I personally greatly enjoy.

We compete in the Postal National Championships and some of us in open water championships. I documented the results of the long distance events in several 2013 newsletters.

When you compete in these events, you can form a cumulative relay with swimmers from your own club (in our case NCMS) in your own age group. As with SCY relays, the age group you compete in is determined by the age of the youngest swimmer.

In the 65+ age group there was a 2007 record, swum by the St. Pete Masters, of 9:21:17.14. In 2013 the NCMS quartet of Camille Klotz, Greta van Meeteren, Bob Husson and Hans van Meeteren broke that record with a total time of 8:11:56.48, a drop of more than an hour. All four swimmers belong to the Twin Rivers YMCA Masters of New Bern.

They added the record to their national championship in the 5K relay, also swum in 2013.



Left to right: Camille Klotz, Hans van Meeteren, Greta van Meeteren, Bob Husson.