

June 2000

ACHIEVEMENTS

Water Polo

Oliver Goodwin and **Jon Sheasby** will be members of the Great Britain Junior Team in a tournament in Lisbon in July.

Success at Guernsey

Kate Chase and **Hayley Bettinson** did very well in the Guernsey Masters Meet. **Hayley** collected 5 Golds, including F/S 28.77 & 1.04.55, FLY 32.09, and **Kate** won 1 Gold & 4 Silvers.

Midland Records

Midland Records were taken by **Georgina Lee** in a 10 day period of travel and competition. She was close to her best in the first 3 Meets at Monaco, and, progressing to Barcelona, reduced her 200 FLY by 2 secs. to 2.12.6. Then on to Sheffield for the Grand Prix where she again swam 2.12.6 to take Gold, and reduced her 100 time to 1.01.40 placing 3rd of the G.B. competitors – both times setting new Midland records.

Claire Duffy is already one of the leading police swimmers, and she underlined this by several Golds in the Police Championships at Edinburgh, including a 200 F/S record, 2.25.02.

Synchro

“But we don’t do Synchro.” you may well exclaim. However, it is pleasing to note that **Gemma Millward** and **Mhaira Lang** who train with us once weekly to help stamina are members of the Great Britain Senior and Junior Squads respectively.

Officials are always required!

Why not think of becoming a Timekeeper, Starter or Judge. The exam is in November, following a short preparatory course in October. If you are interested, **Anne Lee** has entry forms and details.

COMPETITIONS

8.4.2000 Junior League – Coseley (36²/₃ yds.) - Round I

Coventry 175, Stafford Apex 174, Cheadle 162, Leicester Penguins 146, C/Hill 127, Redditch 115

Against strong opposition, the team swam well. Despite only finishing 5th, there were several encouraging swims, some excellent p.b.’s and no disqualifications.

Having only four 9 yr. boys in the Club is frustrating. It means that our lane is empty with a consequent loss of points if they are not all available, as happened here. It is said that a team is as strong as its reserves, and that is certainly true of us. Please keep looking for BOYS – there must be some out there somewhere!

Good p.b.’s included FLY: **Jodie Leresche** 25.07; **Hope Weaver** 59.62. BR: **Kirsty Rostill** 1.02.59, **Gemma Ramsden** 56.66. **Kofi Osei** continues to improve and is remarkably consistent considering his haphazard training schedule.

A.L.

15.4.2000 Junior Gala - Bridgnorth (25m.)

Bridgnorth 154, C/Hill 151, Dove Valley 111

Despite the last minute struggle to get a team together, this turned out to be a very competitive match, producing several improvements to our ranking lists, including: **BK Louisa Ball** 39.34; **Maria McGowan** 23.39; **Ellie Burke** 21.84; **Tom Lacey** 24.20. **F/S Ellie Coe** 19.57. **FLY Francesca Chase** 24.22. Many thanks to all who turned out at short notice.

22.4.2000 'Age on Day' Inter-Club at Cheslyn Hay (25m.)

Perry Beeches 218, Chase 193, C/Hill 172, Broadway 156, Chase B 80

Our team consisted of 7 boys and 5 girls, doing well to cover all but 4 of the 44 events in the four age groups gala. **Gemma Ramsden**, **Richard Baker** and **Daniel Greaves** all swam 7 times and **Hope Weaver** 9 times. **Hope** finished her races consistently well, with a good **BR** 49.59. Other good times: **Gemma**, **BR** 39.45; **Louisa Ball**, **F/S** 34.93; **James Fowler**, **BK** 23.72; **Richard**, **BR** 49.33; **Michael Bourne**, **BK** 34.83.

28th/30th April 2000 - A BUSY WEEKEND

Midland Masters, Leamington

Our annual visit to Leamington took place in sunshine as usual – the finest weekend of the year spent in the pool again. With a very hot and humid atmosphere, the Camp Hill team spent most of its time in the cooler locker area.

Newcomers **Paul Millington** and **Val Orchard** were swimming in their first individual competitions, whereas old-timer **Nick Green** QC was competing for the first time in over 20 years – good to see him back in the Camp Hill team. **Paul** and **Val** put in good performances on the 50s fly and freestyle, and breaststroke and freestyle respectively, while **Nick** entered 50 and 100 freestyle only and showed he had lost none of his sparkle, coming second in both.

For once our team was dominated by the females, both numerically and in terms of overall placings. Regular's **Hayley Bettinson** (in charge of the new masters' club uniform), **Claire Duffy** and **Kate Chase** were joined by **Jo Mason** on the comeback trail and persuaded **Lynn Clark** to enter some individuals as well as the relays. Together with **Anne Bourne** we had entered two women's relays in each event, whereas our men (**Hayden Wakeling**, **Nick Green** and **Trevor Clark** in the individuals plus support for the relays) only managed one.

The relays became quite fraught with one last minute withdrawal necessitating urgent phone calls – **Suzanne Linton** appeared with a costume and helped the 'young' mixed freestyle relay to a silver medal. Good performances from our 'regular' relay only swimmers (**Paul Rogers**, **Kevin Woodward** and **Norman Stephens**) all helped to the medal tally.

Final results:

Relays: 3 gold, 3 silver, 1 bronze.

Individuals: 24 gold, 6 silver, 9 bronze.

Club placings on points: Men third, women second, overall third (to FHM and Kenilworth).

Overall an enjoyable weekend as usual, with a few acquaintances renewed after many years.

Three general observations: we need more people to enter individuals to give us strength in depth for the relays; entries in events over 100 metres are still very much the exception (stamina work needed?); and the level of consistency over the weekend was very impressive, with most swimmers repeating 50s within half a second of each other each time (fitness levels seem good!). Let's hope we can increase the size of our squad next year and threaten Kenilworth for second placed club overall.

Then down an age group – Bath Grand Prix (50m.)

Our visit to this National Sports Centre, with its 50m. pool produced some good results after two 12 hour days (for the coach!). **Georgina Lee** placed 2nd in the 100m. and the 200m. **FLY** – the latter with a p.b. of 2.14.67. **Nicola Sheasby** was 2nd in the B final of the **BR**, but won the B final of the **F/S**, 1.00.68. Brother **Jon**, however, was the star of the show when he followed up a p.b. in the heat of the 15/16 yrs. **F/S**, 56.78 with, even better – an excellent 55.55 to win the final convincingly. He also swam 1.02.66, for 2nd place in the **FLY**. **Michael Bourne** and the **Heeley** twins had some good swims and **Gemma Ramsden** was 3rd in the 10/12 **BR**, 1.27.88.

Down another age group – Junior Gala – Bromsgrove (27¹/₂ yds.)

Orion 206, C/Hill 185, Bromsgrove 168, Triple S 161, Kidlington 118, Boldmere 52

This was an exciting gala, with many close races. Best swims included **Sam Baker**, 50 **BR** 40.98; **Justine Clark**, **FLY** 34.62 and **Charlotte Parker**, **BK** 38.99. **Danielle Bourne** acquitted herself very well in her first match for the Club.

6th/7th May 2000 Midland Long Course Championships

Georgina Lee won 4 Golds: 400 **F/S** 4.20.87 (2.09.22 / 2.11.65), 800 **F/S**, 100 and 200 **FLY**. She had to work in the former, 1.02.86, to hold off the challenge of international freestyler **Karen Pickering**, who although she rarely races **FLY** is no mean performer on the stroke. **Hayden Wakeling** and **Jon Sheasby** were 11th, 12th respectively in the **F/S**. **Ian Potter**, **Nicola Sheasby** and **Ewan Martin** had some good swims, and **Lucy Lloyd-Roach**, despite a poor showing on the 200 **FLY** swam well in the 100, 1.06.87, and in the 200 **BK**, 2.26.47.

6.05.2000 Enfield Meet (25m.)

Michael Bourne, **F/S** 1.07.48, **BK** 1.15.09, **FLY** 1.15.05. **Andrew Vale** 1.06.62.

12.05.2000 Coventry Meet

Our best swims came from **Justine Clark**, **F/S** 1.07.57 and **Michael Bourne**, **FLY** 1.17.28.

13.05.2000 Junior League - Round II - Worcester (25m.)

Perry Beeches 223, Walsall 155, Leic. Penguins 146, C/Hill 140, Worcester 128, Rugby 107

This was a gala that nearly did not happen. Shortly before the warm up the loud speaker system broke down. Without it there would have been no swimming: pre-gala announcements, especially those concerning safety must be made every time. The day was saved by the duty manager who persuaded the sergeant at the local police station to lend the police tannoy. A.S.A. law was thus complied with though the audibility of the announcing left much to be desired.

None of this affected the swimmers, however, and the gala was noisy and exciting. Our 12 yr. girls did particularly well, getting 1st in 4 events and 2nd in the other 2. **Justine Clark** and **Gemma Ramsden** recorded personal bests, and **Jaimee Leresche** has, at last, learned to

finish properly. Her sister, **Jodie** had a very successful evening, but now she too must cease finishing with her nose on the wall.

Other good swims: F/S **Lillie Gregg** 17.42; BK **Alex Evans** 20.61, **Daniel Greaves** 23.16 – despite slipping at the start. We had no disqualifications, and by finishing 4th kept alive our hopes of remaining in Division I.

A.I.

The same weekend - Haden Hill Meet – Wolverhampton (25m.)

This Meet, with all its events HDW gave swimmers the opportunity to compete in several races. **Jon Sheasby** took advantage of this with a series of good swims, including FLY 1.02.93, and 200 F/S 1.59.66. He also showed encouraging improvement on BK and BR. **Ewan Martin** also tackled a heavy programme with his best swims in the BR, 1.13.52, and FLY 1.05.67. **Andrew Weedall**, with a well paced F/S swim, 59.93, recorded his first sub-60 secs. **Michael Bourne** chipped a bit more off his FLY, 1.15.94 and **Kirsty Rostill**, goggleless, swam a good BR.

There were lots of good swims, including **Louisa Ball**, **Hollie Joyce**, **Gemma Ramsden**, **Andrew Vale**, **Gemma Fox**, **Ian McKenzie** and others. WELL DONE!

20th/21st May 2000 Midlands Relays and Age Group 50's

50's

We had 3 winners at this event, which is entered by competitors from all over the Midlands. **Justine Clark** underlined her F/S improvement with Gold, 30.77 (Ht. 30.61); **Lucy Lloyd-Roach** won the FLY with a determined swim, 30.45, and was 2nd in the BK, 32.18. **Jon Sheasby** won the F/S, 25.96, and was 3rd in the FLY, 28.70. **Nicola Sheasby** was 2nd in the F/S, 27.74.

Teams

Placings:

Boys

15/16 **Ewan Martin, James Sumner, Andrew Weedall, Jon Sheasby**

	Medley	F/S
	6/24	7/25

Girls

10/12	20/43	22/44
13/14	18/42	27/42
17/18	Lyndsey Wyse, Nicola Sheasby, Ruth Fraser, Lucy Lloyd-Roach	
	4/10	3/10

28th/29th May - City of B'ham Meet - Stechford (25m.)

We had a good entry for this event, and, although not gaining many medals, there were a number of p.b. swims.

F/S **Justine Clark** 1.05.98; **Gemma Ramsden** 1.06.63; **Gemma Fox** 1.11.03; **Louisa Ball** 1.11.62; **Richard Baker** 1.18.31; **Hope Weaver** 1.18.62.

BR **Jemma Wyse** 1.23.17; **James Fox** 1.22.63; **Andrew Weedall** 1.12.74.

BK **Richard** 1.30.31; **Hope** 1.27.21; **David Haynes** 1.03.90; **Justine** 1.17.53.

FLY **Andrew** 1.07.85; **Carl Reed** 1.08.84.

Cheslyn Hay (25m.) - Chase Meet

Kelly Thornton BR 1.30.67, FLY 1.22.74.

7.06.2000 Trophy Gala - Hinckley (25m.)

C/Hill A 148, Hinckley A 124, C/Hill B 95, Hinckley B 73

With the failure of the 3rd club to appear, this was turned into a 2-lane match in a relaxed atmosphere. Our best p.b. came from **Laura Heeley**, BR 1.22.62. Hopefully, this will encourage her to lower her times on the other strokes. Amongst the good swims were: **BR Ewan Martin**, 1.12.42; **James Fox**, 1.21.63 – greater concentration on his turns in training will get him under 80 secs.

FLY Michael Bourne, 32.88, a faster 100 must be round the corner; **Kerry Wyse**, 32.37; **Ellie Martin**, 1.17.87; **Hope Weaver**, 40.51.

BK Gemma Fox 1.17.26.

David Goodenough, in his second swim for the Club, did well in his BR race. Is that why he inadvertently swam BR in the 8 x 1 F/S Canon?

Ben Howell paced himself to 3 comfortable individual wins.

The same weekend

Coventry B Grade (50m.)

We were well represented at this long course Meet, with several good performances, especially on the F/S and BR, including:

F/S Ian Johnstone; **Louisa Ball**; **Charlotte Parker**, 33.44, **Lewis Hands**; **Emily Link**; **Lydia Bell**.

BR Kirsty Rostill, 44.60; **Kelly Thornton** 1.30.93.