

July 2000

### TIME FOR A BREAK

Training ceases on Saturday 22<sup>nd</sup> July, and recommences on Wednesday 30<sup>th</sup> August. Make the most of the rest and give a little thought to setting your targets for the coming season.

Entries for Div.6 Schools, Coventry 50's and the Triple S Meet have to be handed in before we finish.

### VERY MANY THANKS

To Sam who is retiring after having run the Club shop for over 10 years. We owe a great debt of gratitude to Sam for his efforts during that time, especially in dealing with difficult sizes/customers, and not least for the regular contributions he has raised for Club funds.

### VERY MANY THANKS

To Martin Loftus, also retiring, who has provided the Club Newsletter for the past 6 years, deciphering my ghastly typing and producing a highly professional document.

### COMPETITIONS

#### June 2000 – Great Britain Masters Championships – Crystal Palace (50m.)

Our sole contender, **Trevor Clark**, once more kept the Club's name to the fore with a string of successes in the 45/49 years age group. **Trevor** took Gold in **FLY**, **BK**, 31.94, and **F/S** 1.01.10, plus 4 Silvers – a good weekend's work. Interesting also to note ex-member **Simon Garside** collecting several medals in the 40/44 group.

#### 10.6.2000 Inter-Club – Melton Mowbray (25m.)

C/Hill 213, Loughborough 155, Melton Mowbray 133, Market Harborough 129, Arnold 96

Everyone enjoyed this match in the attractive pool on the edge of a park. As I feared, our team was too strong, winning 31 of 49 events, but our competitors enjoyed the 50m. events. There were many good times, including: **Sam Baker**, **F/S** 32.44; **Nicola Sheasby**, **BR** 34.70; sister **Leanne**, **FLY** 32.44 – I do hope that she will train regularly in the new season; **Ian Potter**, **FLY** 28.19 – what a reliable representative he has been over the past 7 years; **Laura Heeley**, **BR** 38.76 (I am still hopeful); **Justine Clark**, **FLY** 34.69; **Ben Howell**, **F/S** 26.14 – many good swims will be required from him during the next two years. The kneeling start displayed by **Kerry Wyse** is unlikely to become a technical improvement.

#### Father's Day – Inter-County Match

Despite team shortages due to other commitments, and the fact that it was Father's Day – plus the hottest day of the year so far, some of the older Warwickshire swimmers – Masters to the initiated (that's over 25 years old) competed at Womborne in the annual Inter-County event organised by Staffordshire. The team was drawn from members of FHM Masters (Birmingham), Kenilworth Masters, Rugby and Camp Hill Edwardians, twelve men and women good and true, would that it could have been twelve more.

All the teams suffered from the choice of date, which meant more races than normal for all, even the daunting task of starting against **Nick Gillingham**, when giving away 15 years. The fact that he had set a new British Breaststroke record for the 25+ age group, in a solo effort

just three races before, was no comfort whatsoever. First up on the blocks was the 100+ aggregate age group relay, where we came fourth. That set the tone for much of the gala, which ended with Warwickshire in fourth place overall. Yorkshire finished clear winners by over 40 points from Staffordshire, the home team. Derbyshire followed with 141 points with Warwickshire on 124 points. However, no one gave up.

**Rachel Rowan** (Rugby 25+ years) answered with a second in the Butterfly and later with first in the Backstroke. Not leaving it there, she also came second in her Freestyle and Individual Medley events – busy girl! Complementing her, **Trevor Clark** (Camp Hill Edwardians 45+ years) got second in his Backstroke and Butterfly races, plus first in the Individual Medley and Freestyle. **Hayley Bettinson** (Camp Hill 35+) easily won her Butterfly race, two whole seconds clear and emphasised the point by winning her Freestyle race. **Arthur Lowe** (Camp Hill 65+) won both his Backstroke and Freestyle races. It was a close thing on the Backstroke, less than a tenth of a second, or just a bit more than hand's length.

There is a second round on Sunday the 12<sup>th</sup> November in Grantham – a popular pool. Plans are already being made to send a bigger team, with prospective members being told to reserve the date. Watch this space- they intend to improve on this result!

### 17.6.2000 Round III Junior League – Wolverhampton

Phoenix Youth 213, Stafford Apex 164, Cheadle 158, Walsall 150, C/Hill 132, Redditch 90

Fifth place was the best result that we could have hoped for in this unfortunately strong draw for the final round of the league. Our team, although below full strength, duly achieved this target. There were a number of good swims, but praise is due to all of the team members who gave of their best whatever their place in their races. Some of the good swims: **BR Sam Baker** 39.39; **BK Alex Evans** 43.00; **F/S Jodie Leresche** 16.82; **Gemma Ramsden** 30.94; **FLY Justine Clark** 33.50. Good relay splits: **Michael Angelides** 17.58; **James Fowler** 18.18; **Lillie Gregg** 17.85; **Emily Link** 17.80 – she can do still faster with a better start. Thanks to **David Bourne** for turning out to judge, and to **Richard Baker**, who swam in a carrier!

Final league result: we finished last in the 1<sup>st</sup> Division with Worcester. Relegation, in such cases is decided by a count back on the number of races won over the 3 rounds, which placed us well above Worcester. So, we live to fight another day – just!

### 24<sup>th</sup>/25<sup>th</sup> June & 1<sup>st</sup>/2<sup>nd</sup> July – Midlands Age Group Championships – Coventry

Two exhausting weekends, but several pleasing results. **Jon Sheasby** was a treble winner. 100/200 **F/S** & 200 **I.M.**, and he was 3<sup>rd</sup> in the **FLY**, 1.02.64. **Lucy Lloyd-Roach** won the **BK**, 1.07.61, was 2<sup>nd</sup> in the 200 **BK** & 3<sup>rd</sup> in the **FLY**, 1.06.05. **Georgina Lee** only swam 2 events, as part of her preparation for the Trials, winning the 400 **F/S** & the 100 **FLY** in Competition Best Times. **Ian Potter** was 7<sup>th</sup> in the **FLY**, 1.02.53, and **Ewan Martin** 3<sup>rd</sup> in the 200 **I.M.** Both **Justine Clark** and **Gemma Ramsden** made the final of the 100 **F/S**, with the former achieving N.Q.T. **Nicola Sheasby** was 3<sup>rd</sup> in the **F/S** and **Andrew Weedall** and **James Fox** will benefit from the long course experience.

### 25.06.2000 Ickle People Meet – Wolverhampton

We pocketed a lot of medals at this Junior event, with **Michael Bourne**, **Andrew Vale**, **Louisa Ball**, **Kelly Thornton** and **Laura Heeley**, **BR** 1.23.59, being the chief beneficiaries. A number of the younger swimmers took the opportunity to compete over the 100m distance, with good results. **F/S Kirsty Rostill**, 1.19.05; **Hope Weaver** 1.20.44. **FLY Jodie Leresche** 1.45.88; **Hope (50)** 39.54. **BR Kirsty** 1.37.81; **Sarah 'look around' Thornton** 1.47.17; **BK Hope** 1.29.00.