

Although there are still a few important competitions to be held, we are now entering the period of winter training, where the emphasis will be on yardage rather than on speed. At the moment, the more miles you can swim in a week, the better. Such work, however, must be carried out with thought being devoted to the technique of the various strokes. The younger swimmers particularly should try to become efficient on the four strokes - and don't neglect that leg work !! Swimmers are made in the winter. Polo players, too, should be getting a few miles under their belts.

F.G.T.

RESULT.

12/9/70. v. Coalville. I have not got the points total, but this was a comfortable win.

Personal Bests:	100 yds.F/S.	Martin Hubbard.	55.8.
		Mike Fearon.	57.9.
	100 yds.BR.	Andrew Wolf.	75.6.

DIVISION 4 SCHOOLS.

19/9/70. Bramcote.

There was some very keen competition in this event. Warks.did not do too well, providing only eight swimmers for the team for the E.S.S.A. Championships at Plymouth at the end of the month. Of the eight, four are boys and Andrew Wolf (I.M) and Mike Fearon (Res.Boys' F/S Tm.) are to be congratulated on their selection.

WARKS. v. STAFFS. AGE-GROUP MATCH.

26/9/70. Bilston.

We provided eleven of the twenty-three members of the boys' team, and there were the following P.B. times:

David Johnson (73 yds BR. 61.7).

Andrew Wolf. (293 yds.I.M.) 3. 27.6.

There were also good efforts by:

David Wakeling (73 yds.F/S. 40.9. & 146 yds.I.M. 1.44.3.)

Nicky Green. (73 yds Fly. 50.9).

#### JUNIOR RECORDS.

110 yds. F/S. Martin Hubbard. 61.8. 110 yds BK. Peter Triance 71.0.  
110 yds. BR. Martin Hubbard. 78.2. 110 yds FLY. Martin Edwards. 68.2.  
220 yds. F/S. Gerry Bishop. 2.21.5.

Junior & Senior Records for 100 yds. next issue.

#### POLO.

September has not been too happy a month for our teams, the Juniors losing the matches with Heath Town and Aston, and beating Walsall; while the Seniors lost to Burton and City Police. Despite this, I am sure that Gordon is developing a very strong squad of players, and we are expecting big things of them in 1971. Two short tours are planned for the Seniors.

#### MONUMENT ROAD.

This session is going very well, and much of its success is due to the stimulating sessions taken by Jeff Beech. As its members progress to the B'ham Squad there will be room for some new faces, and I hope these will be forthcoming. The work is hard at first but it doesn't take long to get used to it, and this course is certainly raising our standard.

#### A BUSY SATURDAY.

Oct 3rd sees Martin Hubbard & Dave Niblett playing for Warks. Juniors against Essex. David Wakeling & Nicky Green swim for the Midlands Age-Group Team against Scotland & Wales, whilst the Club Team competes in a five Club Gala at Leamington.

#### DATES.

Friday 9th October. Jun.Polo v. Leamington (h).  
Sat. 10th October. Five Club Gala. Brierley Hill. to be confirmed.  
Monday, 12th October. B'ham Jun. 220 yds. Open 100 yds. Grove Lane.  
Friday. 16th October. U/16. W. Polo v. H.G.S.O.B. (a).  
Sat. 17th October. 'Diddy Gala' (8, 9, & 10 yrs). Livingstone Rd.  
Friday. 23rd October. v. Bradford Grammar (a). to be confirmed.  
Friday. 30th October. Inter-Club. Bilston.

#### DINNER/DANCE.

Tickets to be ordered from Mr. Niblett as soon as possible please, so he can estimate the number required.

#### MOTORWAY LEAGUE.

We meet Leeds Central in the first round - Nuneaton. January 9th.