

Last month I wrote about the importance of yardage in winter training. Many of you are attending swimming courses and are following a concentrated training programme, but just as many of you are only having one or two sessions a week of organised swimming. I would like you to pay a couple of additional visits a week to the baths on your own to help your training. Why not go to the bath for half an hour after school, and see how many lengths you can swim in that time? Now that winter is approaching there are less people playing in the water, and it is much easier to swim lengths in a public session - work on the four strokes, do plenty of medleys, some legs on front and back - swim single lengths on butterfly, walking back till you can increase it to 10 x 1½ lengths and then to 10 x 2 lengths. Try it and let me know how you get on.

F.G.T.

#### RESULTS.

3/10/70. "Courier Trophy Gala" v. Leamington, Cambridge, Leicester, Rugby.

A good 'team' effort gained us a comfortable win. Good times by: Andrew Wolf, 100 yd.BK. 64.5. Frank Smith, 66 yd Fly. 49.6.

10/10/70. v. Brierley Hill & Burntwood.

This match, which was won fairly easily, gave several of our team an opportunity to turn in good performances:

33 yds.BK. Mark Shimell. 27.5. 33 yds BK. Andrew Smith. 25.5.  
100 yds.FLY.Nicky Green. 72.4. 100 yds.BK. Richard Sheasby 69.1.

17/10/70. "Biddy Gala". Three Spires, Leamington, Northfield, Halesowen.

A most enjoyable event, especially after the rather tedious Inter-District Gala at Coventry earlier in the day. We won a close contest by 7 points. "We are the diddy men" - Simon Cull, Andrew Reeve, Roger Green, Michael Laverty, Andrew Smith, Timothy Welch, Michael Sheasby, Paul Rogers, Paul McKenzie and Anthony Dealey. This competition for the 'Piranha Trophy' will be held in November next year, and we shall need some recruits for the eight year group by then.

23/10/70. v. Bradford Grammar School.

We took a strong club team to this match, which we lost on the final event. Good performances by: Paul Rogers, 4 x 25 yds.I.M. 81.5. David Brook & Martin Hubbard, 100 yds.BK. 74.4. and 70.6. We look forward to the return match next year.

30/10/70. v. Bilston.

A close match, but our girls managed to turn it into a win. Good performance: 36 yds BK. Simon Cull 28.8. 36 yds F/S Nigel Baker.

OTHER TIMES:

Yes, it's developig into a bit of a list, but we should also take note of Nicky'Green's 110 yds.FLY first place v. Wales, Scotland, - 79.9; of Andrew Wolf's string of good I.M. swims v. Kent in the County Jun.Championship, and in the E.S.S.A Champs. at Plymouth - 4th in the Intermediate Final. A good 220 yds FLY swim by Martin Edwards at Coventry too - 2m.33.0. if my memory serves me correctly.

WATER POLE.

Congratulations to Dave Niblett and Martin Hubbard on their nationalmedals as members of the Warks. Junior Team that beat Lancashire in the Inter-County Final at Worthing.

League fixtures are now complete, the Seniors having avoided relegation, and the Juniors finishing 2nd and retaining the Team Race Trophy. This depended on a swim-off v. Leamington, and our representatives - Steve Hayes, David Wakeling, Martin Hubbard, Mike Fearon and Andrew Wolf did well to win after a tiring journey from Bradford earlier in the day.

Two league results:

v. Willenhall: won 7-6. v. Leamington Jun. won 11-2.

1971 is going to be 'our year' for Polo, and Gordon has a series of Senior, Junior and U/16 games arranged for the close season (also one U/14 game).

THE SPONSORED SWIM.

A big THANK YOU to Mr. Hartland for his organisation of this project, and to all of you who took part. The final total was £184. 5. 6d. A donation of £50 has been made to the Swimming Pool Fund, and the remaining £134. 5. 6d has restored our sagging club funds to a very healthy position.

CLUB VESTS - Martin Hubbard has ordered some more.

SWIMMING TIMES. - I shall be taking orders for the 1971 issues during the next few weeks - 12 issues for 17/-.

DINNER DANCE - Tickets from Mr.Niblett - five weeks to go.

SWIMMERS DIARY - details from Martin Hubbard.

OUR FIRSTCLUB XMAS CARD. More about this project next month. Price 6d each. details from Mrs.Hobbs, who hopes to have a supply of cards by Nov.13th.

FIXTURES.

- Friday. 6th November. School v. Ealing G.S. Swimming/Polo. (h).
- Saturday. 7th November. Relay Gala v. Leamington & Polo v. L'ton. Jun.  
Moseley Rd. 5.45.
- Tuesday. 10th November. Leander Gala. Schoolboys 100 yds. Men's 220 yds.
- Fr. Sat. Sun. 13th - 15th November. Senior Polo Tournament.
- Friday. 20th November. Polo U/16. v. Coventry Juniors (h).
- Saturday. 21st November. Swimming Inter-Club. 'B' Team. Kings Heath Baths.  
6.00 - 8.00.
- " " " Water Polo Tournament - Nechells.
- Thursday. 26th November. Polo v. Halesowen (a).
- Saturday. 28th November. Club Invitation Gala -v- Southampton, Soundwell.  
Southwark, and Cardiff. Otters - Stechford.  
5.30 - 9.00.  
followed by Polo v. Warley.

This is our main home Gala of the year - please support it - tickets on sale soon. There is room for 500 at Stechford, so bring your friends!