

Editorial.

The 'pathfinding' and successful trip to Dortmund was a notable first for the Club and a full report of our venture onto the Continent appears later in the letter.

This, coupled with a fine performance at the National Inter-League Cup Final, augurs well for the new season. Let us hope that we continue to touch the heights!

PLEASE NOTE.....

Commencing Sunday, 2nd. October it will cost 10p. to swim at the School Pool.

ESSA Championships, Coventry 28/29th. October.

Congratulations to the following members who have been selected to represent Division 6 Schools:

Sarah Cheesbrough...Intermediate 100m F/S and Relays.

Katie Long...Junior F/S Team.

Alyson Gibbons...Senior Reserve.

Rosalind Fox...Intermediate 100m Fly.

Glenn Moreton...Intermediate 100m Fly and Relays.

League Final.

Congratulations to everyone for a first class team-effort and many thanks to our enthusiastic band of supporters.

Water Polo.

Congratulations to our Junior Water Polo team on beating Port of Plymouth 12-5 recently in the ASA Junior Competition. Best wishes to the team in their next round semi-final match with Durham on October 1st.

FOT.

National Age Groups..Blackpool 1977.

After the success of 1976 there was an air of expectancy as we approached the age-groups this year. 1976 witnessed a considerable improvement in standards on a national level and it was fair to expect that this year the standard would have remained fairly static. Suffice to say that it did not and many swimmers were surprised by the sudden improvement.

Against this background most swimmers produced personal bests but this was often not enough to secure a final place. We had three individuals who gained places in the first eight. David Beavan came 7th in the 100m BR in, what was for him, the fair time of 73.8. A much better 200m saw him come home 6th. in 2.38.5 after qualifying as 4th. fastest with 2.38.8. Katie Long swam a very good 200 IM just missing the final with a 2.38.8 but she came 8th. in the BR final in 83.8 after an 83.5 in the heats. Sandra Richards came 8th. in the 16/17 800m F/S in 9.57.0.

There were many other good performances. Laura Barret with an excellent 200 IM in 2.40.0 and 100 BK 75.7 and a creditable 4.59.3 400 m F/S. She should place highly in a number of events next year. Joanne Seymour, again in the younger part of the age-group swam an excellent 84.7 (after a disproportionally slow first 50m) missing the final by just 1 second. She too should be close next year. In the same race Lizzie Richards did a determined 84.7 which, in the light of her problems finding rhythm in the previous weeks training, is highly creditable. Ros. Fox did an excellent 400 F/S 4.49.6 with an aggressive swim that gave her the lead throughout her race, her fly in 71.8 was also good. Alyson Gibbons swam 72.5 for her 100m BK and knocked 9 seconds off her 400m F/S time in 4.51. Sarah Cheesbrough swam a good 100 F/S in 64.2 with Joanne Swift returning a commendable 2.38.2 in the 11yr. girls 200 F/S... a p.b.

In the 11yr. Boys Paul Breese returned two very good swims in the 100 F/S (72.9) and the 200 F/S (2.37.3). Julian Swain swam a determined 73.2 in the 100m F/S and two good relay splits. Robert Johnson showed just what potential he has as a breaststroker with an excellent 91.0 in his event, in most other years this would have made the final. Paul Ford knocked 4 secs.

Graham Brockhouse earned two p.b.'s with a 69.5 and a 2.28.8 in the two BK races and looked potentially a very high-class backcrawl swimmer but the key to the realisation of his potential lies in a more determined approach to training. Chris Tainty can count himself unlucky... a severe bout of Flu' hit him mid-week and undoubtedly affected his swims. Who is to say what he would have achieved in his races had he been fully fit? Despite this setback he managed to produce a crop of highly respectable times.... 200 BK 2.18.7, 200 Fly 2.21.4 and 400 IM 5.02.6. His pre-national training suggested that on form he should have pushed the winner in the 200 BK, John Austin, hampered by an ear infection, swam 76.9 in his 100m BK, about his best time. John, however, was recognised in another way... he was the only member of the team to receive especially cut and shaped pieces of bread for his bacon sandwiches at breakfast.... such honour is worth recognition!

The relay teams all performed well but it was in this quarter that the greatest improvement occurred nationally. A reflection of this lies in the 11yrs. boys IM team. Our team of Paul Ford, Robert Johnson, Julian Swain and Paul Breese could only manage 6th. place in the time of 2.31.6.... one second faster than our bronze medal winning quartet of last year. In the 12/13yrs. teams our squad of Kate Long, Gaynor Simper, Lizzie Richards, Laura Barrett and Sue Moore came 6th. in the Medley and 8th. in the F/S.... their medley time would have been worth a medal last year. Our 14/15 yrs. boys made up for a disappointing IM swim by coming 7th. in the F/S final. Our 11yrs. Girls squad showed promise for the future by doing a 2.36.9 in the IM and a 2.19.2 in the F/S. The 11yrs. age-group in general shows great promise with Georgina Brown and Sue Denny available to swim again next year and an excellent 37.7 BK split by the, as yet, unexperienced Paul Ford ranked him with the quickest backstrokers in the relays. This potential did not fully blossom this year but hopefully the future should see Camp Hill's young swimmers in the forefront. Our thanks must go to Alan Dealey who rushed down to Blackpool to swim in place of the invalided Chris Tainty in the 16/17 year relays and performed creditably in the F/S team missing the final by a split second.

Certain observations can be made from Blackpool concerning critical elements of competition. In too many instances swimmers went to their race with the wrong mental attitude. Certain swimmers thought too much whilst others not enough. This comment is more applicable to the older swimmers than the younger ones who, in the main, attacked their races with a refreshing and determined enthusiasm.

Another observation, made by many spectators, was the lack of high quality turns that should arise from swimmers training daily in a 25m pool. Everyone should learn from Dave Beavan's technical excellence.... during the whole week there were few people who could match his turns or starts and his races demonstrated this. Many hours of thought and work earned him a well-deserved advantage. One final comment applies to some swimmers who approached their warm-ups with the idea that anything more than a few hundred metres was detrimental to their races. Whilst recognising that swimmers have their own ideas on race preparation I hope that a number of people will reassess their ideas on what can be a determining factor in success or failure.

All in all Blackpool was satisfactory but we had hoped for better. It should at least provide valuable experience especially for those such as Glenn Moreton and Gaynor Simper, both relatively inexperienced at this level and both of whom were capable of making finals. All the swimmers with serious intent will learn from the championships and will rethink their attitudes towards competition and training and will arrive at Coventry next year in search of medals.

Finally all swimmers will want to thank Anne for the tremendous amount of work she did for the Club in organizing and on the pool side and to Mr. Sharp who as usual stayed in Birmingham most of the week with the remainder of the team. Our thanks also to Mr. Richards whose help with transport in Blackpool saved many weary legs (especially mine!).

17/9/77. Invitation 'Diddy Gala'-Leicester.

Junction 10 193; Camp Hill 177; City of Liverpool 139; Knighton Fields 103; Progress (Manchester) 101; City of Coventry 76.

From the very first event the indications were that this gala would develop into a straight contest between Junction 10 and ourselves and throughout this proved to be true. After 8 events Junction 10 had a slender lead of one point but six wins from the next seven events increased this to 13 points. This proved to be decisive for, try as we did, we were unable to pull back from that onslaught. In the end the sixteen point winning margin for Junction 10 was a fair reflection of the evenings swimming. It must be pointed out that we gave away five points to the winners by not entering a team in the Over 40's relay (how does this enter into a Diddy Gala?).

An analysis of the results show that 32 out of the 38 Gala records were either bettered or equalled and nine of these by Camp Hill swimmers. Winning swims in new Gala Record times were recorded by S. Denny 96.4 BR, D. Fielding 22.9 F/S, J. Swift 53.5 Fly, G. Shipstone 24.9 Fly, P. Ford 83.4 BK, R. Johnstone 89.8 BR and P. Steele 30.8 BK.

MFC.

18/9/77. National Inter-League Cup Final.

The Inter-League Final is a very exciting affair, probably the best gala on the swimming gala and this year was no exception. It brings together the best eight swimming clubs in England and Wales. The final this year was held at the Empire Pool, Cardiff and so the scene was set for what was going to prove a marvellous afternoon's swimming.

Swimmers and swimmers met at Camp Hill School early Sunday morning. The weather was good and we were all in fine spirits although somewhat optimistic as to where we would be placed. Our journey down was very pleasant with a short stop at Monmouth where the strongest drink you could obtain was coffee! (I can never fathom out how Glenn Morcote can get excited on the bean!) And so we arrived at Cardiff....we all took our seats with pens and programmes at the ready.

The parade of the Clubs began and everyone looked very smart in their own club-colours. Each Club Captain was presented with a plaque to mark Jubilee year. The opposition was obviously going to be tough but it was not long before we registered our first win, shortly to be followed by another. We only had a small band of supporters but we were certainly the noisiest and our swimmers were certainly giving us something to shout about. By the half-way stage we were lying third, but still a long way to go. With a handful of races to go we had slipped a little but the battle was on for 4th and 5th places between Warrington Warriors and ourselves. After event 44 we were level on 195 points and on the penultimate race they had snatched a one point lead. So everything hinged on the last race. We had to finish one place ahead to draw, two places up we would win by one point and that is just what we did. The final score was Camp Hill 199, Warrington 198....but please not too many Gala's like this...It's bad for the blood pressure !!!

And so to the part where I feel rather like the best man at a wedding. I would like to start off by thanking Jill Swift who did a tremendous amount of work in organising this trip, to Gerry Thain and Fred Sharp for preparing the team so well and last but not least the spectators for their support (Weren't we great!). I haven't mentioned any individual swimmers by name although I know there were a number of p.b.'s swum that afternoon. As a team performance it was great.....Well done Camp Hill!

DA.

Dortmund Trip.

23/9/77.

Laden with duty free goods, 15 swimmers and FGT left on an aged British Airways plane to Dusseldorf. Despite various peoples attempts to open the windows and go to the outside toilets we all arrived in one piece at the German airport where we were met by a reception committee that loaded us onto a coach and drove off, on the wrong side of the road, to Dortmund.

By this time we were all suffering from hunger and so were delighted to have put before us a meal at our hosts Clubhouse in Dortmund. Sustenance arrived just in time to prevent Paul Tainty eating the beer mats. The afternoon was spent with our hosts and gave us the opportunity to relax after the mornings travelling and have a rest before the evening's swimming.

The swimming proved very enjoyable even if our hosts could not quite match us in strength. Although we beat SSK Horde - Dortmund by 226-178 many of the races were close and the Germans had a few very strong girls. Philip Baker joined the ranks of the 'retired returned' and won the 100m F/S in 56.9 with Sarah Cheesebrough winning the girls F/S in 63.5. Alyson Gibbons and Chris Tainty both won the BK swims in 73.3 and 66.0 respectively.

Another of the retired returns, Paul Tainty won the 100m Fly with Glenn Morston second. Paul did 63.5 and Glenn 65.2. In the BR events David Beavan beat the West German National Champion (of 1968) in 73.1 with Kate Long coming 2nd to one of Germany's best female BR's (of 1977) in 1.24.1. Carol Brown coming third in 1.24.7. In the IM Chris Tainty won easily with 2.22.3 and Carol Brown came 2nd. in the girls IM with 2.42.0.

The individuals were followed by 6x50 relays on each stroke and out of the 10 relays we won 7. The remainder of the evening was spent indulging in our favourite past-time of eating and in the words of one male swimmer 'The food was besting !'

Saturday 24/9/77.

In the morning we were taken on a bus journey around the city and surrounds and we all enjoyed the local sites and took the opportunity to do some shopping. Again the afternoon was spent with our hosts and people seem to have indulged in a variety of activities from getting quietly sozzled on the hosts Martini (mentioning no names) to frantic table-tennis games and trips up the local Post-Office tower.

The match that evening was against 3 other teams: our hosts SSK Horde, SG Iserlohn and TUS Do - Wellinghofen. Again we won by a fair margin but there were many strong performances from the Germans. Sarah could this time only manage 2nd. in the 100m F/S in 65.5 to the winners 64.2. Philip Baker again won the 100m F/S in 57.5... faster than the previous night's considering that this was a long course. Kate Long was also 2nd.. in 84.0 with David Beavan again emerging as a winner in 74.2. Generally the times were slightly slower than Friday night's but Paul Woodall managed to repeat his short course 71.1 in the longer pool and Chris Tainty swam a creditable 2.24.4 in the 200 IM. Whilst there was competition in the pool, the most fierce struggle was on the bath-sides where records were broken in the bartering and exchanging of T-shirts, trunks, costumes, hats etc. Even one distinguished English Team Manager (again mentioning no names) was forced into a swap for his shirt. In this competition I think we were victorious with Laura Barrett looking potentially good fodder for the stock exchange in future years.... her dealings were fast and profitable and she left Germany with a fuller bag than on her arrival.

From the scene of our victories we were taken to the SSK Horde Club house where we were treated to a most fabulous buffet, every conceivable type of meat and salad in huge quantities accompanied by as much beer or soft drinks as we could hold. After the meal a number of speeches and presentations were made with FGT giving one of his rare discourses which aroused much laughter... though perhaps some people were the worse for wear as they enthusiastically responded to the jokes of the Dortmund Team's Chairman which were in German ! From the meal the younger members of the team returned home to bed whilst the older swimmers had been invited to a party where even more beer was to flow. The party ended at around 2 a.m. so it was 2.30 before most people went to bed, the horrific thing being that we had to rise at 5 a.m. to head for Cologne and our plane.

At 6 a.m. innumerable bleary-eyed, hung over, bedraggled bodies assembled for the coach which was to take us to Cologne airport and even at that ungodly hour a few people had the heart to continue the market in clothes. 25 minutes late we left Dortmund and took the autobahn towards the French border. It was unfortunate that our previously arranged flight had been cancelled as it deprived us of the opportunity of half-a-days sight seeing. The flight back was on a Boeing 737 and took slightly longer than the outwards journey thus enabling some people to catch up on some much-wanted sleep.

Others appeared not to need the sleep and spent their time eating. Sarah must have set some sort of record with 3 breakfasts, one with her hosts, one consisting of sandwiches on the plane and one courtesy of the Luftwaffe. She obviously has a rubber lining to her stomach! On arriving at Heathrow we decided not to wait 5½ hours for a Birmingham connection and at high speed nipped across London by train and underground to Euston where we caught the 11.40 to Birmingham.

The weekend was a tremendous success due largely to the overwhelming friendliness and generosity of our hosts but also to the team spirit which was prevalent in the Camp Hill squad. The whole team.... Philip Baker, Paul and Chris Tainty, Glen Morston, Andy Coaton, Paul Woodall, David Beavan, Sarah Cheesbrough, Sandra Richards, Alyson Gibbons, Katie Long, Wandy Leach, Laura Barrett and myself would all like to thank FGT for the effort he put in with the organisation and I hope that next year we can put on a similar show for them when they visit us.

Such events as these are a just reward for the hard work put in by our swimmers and I hope it will act as an incentive to the younger members of the Club.

NG.

Guests