

Editorial.

France, Norway and Italy...to name but three ! The Newsletter has often included the odd report from 'an overseas correspondent' but to have three in one letter is definitely a first ....well done girls for taking the name of Camp Hill to places far and wide.Keep up the good work, and keep those reports coming in !

Our man in Hongkong:

...is back and was at Coventry to encourage us in our E.M.L. final.Nice to have you back 'on the strength' Gilbert.

Club Records:

...these are for seniors and juniors(U/16 on the date of the swim.)Let's see how many can be lowered by the end of the year.

A REMINDER:...Club subscriptions are due from the beginning of April.

Ranking Lists.

...F.G.T would like to see ranking lists displayed from time to time.Would anyone like to VOLUNTEER to take this on ? Top 20 in F/S, 12 in the other strokes - information to be obtained from swimmers and gala results.

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PARIS.

My Paris trip was my first for the Welsh National Squad against top international competition.Any idea I had of winning medals,(if ever I had any), was soon dashed when the East German girl in the 100m BK heats,turned in a time of 63.86 secs.,to be fair she looked and sounded like a fella !!

Mr.Thain told me before I went that the level of swimming at this meet would be very high and how right he was.

Ladies.

100m BK	1.03.51
100m BR	1.09.90
100m FS.	55.73
100m Fly	1.00.94.

Men.

100m BK	56.07
100m BR	1.03.66
100m FS	49.87
100m Fly	55.19

I had thought I would be able to do some sight seeing, but I had not counted on our coach Bryn Williams who had set a very tight schedule of training and sleeping...the sight seeing being limited to glimpses of Paris through the windows of the coach,shuttling us between our sleeping quarters and the competition pool.

Nevertheless it was a marvellous experience and one I would not have missed.  
Heidi Perry.

English Youth Team - 3 Nations contest in Bergen,Norway - 31st Jan-1st Feb.

I arrived in London on Thursday to stay overnight ready for anticipated early departure direct to Bergen the next day.However,fog delayed take-off and we eventually left Heathrow at 5 pm.Unfortunately we went to Stockholm and our luggage went to Copenhagen ! The flight delay meant an overnight stay in Stockholm without pyjamas and it was a case of late to bed early to rise for a 5.30 am flight to Oslo and then onto Bergen.

We eventually arrived at Bergen with only half-an-hour to the start of the competition.The start of the gala was delayed to enable us to eat lunch (having had no breakfast !),change and warm up.

Despite the 'happenings' England romped to an easy victory. There were 4 English Junior records broken and I took first place in the 100m BR in a pleasing time of 1.14.9.

The journey home was happily less eventful but we had had an enjoyable and amusing weekend.

Jo Seymour.

### VIAREGGIO, ITALY.

My trip to Viareggio started early on a Thursday morning in February with pick up time in Cardiff being 5.30 am and no one managed to be late, not even me. Most of the team were used to an early start as their training usually starts every morning at 5.00 am. We were taken by coach to Heathrow where we boarded our plane and 2½ hours later we arrived in Pisa. We were greeted by hot, beautiful sunshine and after a short drive along the coast arrived at our hotel.

The pool was ½ an hour's walk away and we had to make our own way there, which for us girls was quite an experience. Friday afternoon saw the start of the swimming; the team did well, competition was tough, the good as always were very good, and thoughts of 'have I done enough work in training' kept crossing my mind. I hadn't because on Saturday morning I had my I.M. and the less said the better, or perhaps it was all due to the fantastic food, which I couldn't stop eating. Saturday afternoon was a little better when I did my fly, but still I had not managed to make a final. The Welsh squad joined forces with the French team and supported each other... the Italian's were a law unto themselves.

Sunday was my big race and I felt I swam it well, but with a disappointing result. Both Welsh and French observers placed me 1st, but they were not the judges and I came out 3rd... 61.2 being beaten by two Italian girls. Ah well, there's always next time. The afternoon saw the start of the festival in Pisa, and the carnival was in full swing until the early hours of Monday morning. What a weekend to pick to swim in Italy - it couldn't have been better, (sun... food... and a good welcome) or could it? Three gold medals in P.B.'s perhaps!! Yes, you've guessed it - more training.

(I would like to thank everyone for the get well cards and presents while I was in hospital.)

Jo Swift.

### MATCH REPORTS.

6/12/80 Welwyn - Hatfield Trophy.

C/Hill 93, Hatfield 130, Modernians 144, Junction 10 162, Leicester 167, Orion 200.

An unusual points system: 1 for 1st, 2 for 2nd etc., so that the team with the least points is the winner. Hatfield offered strong competition in the individual events but we were much stronger in the team races.

Good swims: Debbie Hadley BK 79.8; Steve Eggleton F/S 57.1 and Fly 64.0; Ruth Challinor BR 95.3.

13/12/80 W.M.L. Final.

Coventry 205; C/Hill 199; Cossacs 150; Radford 149; Stockport 144; Leander 119.

I felt that this was the one we would win but it was not to be, and with some of the team being far from well, we had to settle for a very close 2nd place. We held the lead until event 35 and did well to win 3 of the last 6 relays. Our many good swims included those by David Fagan F/S 63.5; Stephen Dunn BK 75.3; Andrew Small BK 63.8; Craig Norrey F/S 56.5 and two good wins by Debbie Hadley. A very disappointing result, but all due credit to the team for their sustained effort.

Luton 228, Leicester 196, Belgrave 166, C/Hill 'B' 153, Orion 132, Soundwell 83  
 Meanwhile our 'B' team was avoiding relegation, and we shall have 2 teams in the 1st Division again next October, so we shall have 60 or more swimmers competing at a high inter club level. I am of the opinion too, that our 'B' team should be in the top half of the league next time.

#### 14/12/80 Inter-League Diddy Gala.

Luton 195, Coventry 194, Noel St. 167, C/Hill 134, Northampton 126, Fleetwood 7

We played a minor role in what turned out to be a gripping contest between Luton and Coventry. Good swims by: Ruth Challinor BR 57.6 and Ian Saunders 57.8; Andrew Round Fly 51.2; Helen Sherrington F/S 25.3, Andrew Freeman 25.2, Alison Bees BR 31.0; Debbie Hadley F/S 43.9; Jonathan Robinson BK 49.9.

#### 10/1/81 E.M.L. Round 1.

C/Hill 234, Luton 200, Junction 10 151, Oxford 146, Belgrave 122, W'borough 109

A comfortable win in our first league gala of 1981 which was held at the 25m Wellingborough pool. Noteworthy swims: Alison Rickworth F/S 33.7; Johan Swift Fly 71.2; F/S 62.5; Hayley Bettinson F/S 62.2; Craig Norrey 55.5; Kingsley Walker Fly 37.6; Jonathan Robinson F/S 30.8.

#### 17/1/81...Derby Meet.

A small squad of C/Hill swimmers gave a good account of themselves at this event and came away with the overall Meet Trophy, while Joanne Seymour shared the Swimmer of the Meet Award. We had 19 finalists: 1st places: Joanne Seymour BR, Lido Badawy BK. 2nd places: Lido Fly 64.09; Paul Ford BK, Andrew Small BK, Heidi Perry BK. 3rd places: Joanne Fly 71.97, F/S 63.04, Paul BR 75.54, David Beavan BR, Kingsley Walker Fly 84.22, Alison Rickworth BK.

.....On the same day a club team made the arduous journey to Cheam to compete in the first round of the Swimming league, London, setting out at 1.30 p.m and returning at 12.30 a.m. !

Reading 218, Cheam 206, C/Hill 171, Isleworth 147, Thurrock 129, Ipswich 96.

#### 24/1/81 Rugby Trophy Gala.

Derby Phoenix 226, C/Hill 222, Wolverhampton 179, Rugby 148, Wellingborough 14, Stratford 116.

Our 2nd place in this trophy gala underlines the importance of detail in that but for a 'missed' swim and one disqualification it would have been a 1st place ! Good swims by Jonathan Robinson Fly 48.8; John Hatton BR 81.2, Elaine Gorrall BK 75.8, Andrew Beavan BK 64.5.

#### 24-25/1/81. Cardiff Meet.

David Beavan, Andrew Small, Lido Badawy, Hayley Bettinson, Heidi Perry, Joanne Seymour, Johan Swift, F.G.T.

We got off to a bad start with a train journey taking 40 minutes longer than anticipated, but our hotel, the Ellercliffe, proved to be a good choice with its games room, colour T.V. and good breakfasts, despite our having to wake the manager up on Sunday morning ! Memories of the Laurels(1977) have almost been erased !

The Meet was not so well supported this year, but there was still plenty of good opposition with strong squads from Cardiff, Manchester and Derby. The small entry gave plenty of time between the sessions and enabled Lido, Andrew and David to sample the culinary delights of the Wimpy Bar (flapjacks with maple syrup and ice cream and bananas) to the full.

#### Performances.

Hayley:	50m F/S 2nd 27.66, 100m 62.26
Johan:	F/S 61.97 Club Record; 200m 2.14.23
Joanne:	BR 2nd 75.43; 200 BR 3rd 2.45.32; F/S 62.10



Heidi: 200m BK 4th 2.29.45; 100m BK 68.72  
 Lido: Fly 63.81; 200m BK 2.23.90; 100m BK 65.54.  
 David: 200m BR 5th 2.38.03 5th (HT:2.35.09)  
 Andrew: 100m BK 4th 63.00... a misjudged turn lost Andrew 2nd place -  
 it won't happen again. (HT:62.62). 200m BK 2.19.01.

### 31/1/81.

A small team from the Club was placed 2nd in an Inter-Club gala at Wyndley. Good swims by Karen Fenton F/S 71.9; 2L Fly - Neil Cameron 52.1, Rachel Gore 50.1, Peter Smith 43.2; Jonathan Cox F/S 58.4. Some fast swims by Simon Mason and it was nice to see Gaynor Simper and Judith Robson in action again.

### 31/1/81

C/Hill 242 Oxford 228 Weston 198 Oxford B 147 Reading 113

An enjoyable gala with some exciting races in the 25yd pool at Temple Cowley with Mr. Robinson definitely showing himself to be our most enthusiastic supporter.

### 7/2/81 Round 2. London League.

C/Hill 227, Swiss Cottage 208, Cheam 189, Rushmoor 152, Walthamstow 112, Enfield 77.

The thought of sending a 'B' team on that long journey to Cheam again only 3 weeks after the last visit, plus the strength of the opposition led to our sending a strong team in the hope that a good gala would make up for the tedious journey. I'm sure it did; we don't often swim yards nowadays and the competition produced some impressive times. F/S Craig Norrey 50.8, Paul Ford 53.5, Hayley Bettinson 57.2, Johan Swift 58.1; Fly Glenn Moreton 55.7.

### 7/2/81 Diddy Gala Tewkesbury.

Brecon 201, C/Hill 172, Cardiff 163, Weston 152, Gloucester 148, Tewkesbury 117

A good effort by our team that was assembled at very short notice, and well done officials.

### 14/2/81 E.M.L. Round 2 Spalding.

C/Hill 225, Luton 186, South Lincs 150, Oxford 136, Harcourt 135, Halesowen 133

Following a 3 hour drive with a stop at Stamford we arrived in plenty of time for a warm-up in the attractive 25m pool. We were not at full strength but some confident swimming gave us a comfortable win. Noteworthy swims - BR - David Beavan 69.9 to our and his delight after several 70's in the past year and a half. Jo Seymour 74.4, Lesley Fenton 82.2, Robert Johnson 78.5; F/S Hayley Bettinson 62.0; BK Andrew Small 62.7, Heidi Perry 69.1, Paul Ford 66.4; Fly - Glenn Moreton 61.2, Hayley 69.6, Peter Smith 70.3. There were also a number of good 50m swims and relay splits, and it was pleasing to note a general improvement in turns.

### 21/2/81 High Wycombe Meet.

A small contingent from the club attended this meet which was on the same day as the Midland Short Course Championship. Pride of place to our 12/13 girls F/S Team... Rachel Gore, Vanessa Williams, Tara Finch and Debbie Fielding. Second qualifiers for the final, they just pipped J 10 to win the shield, clocking 2.06.9 with a storming last leg by Debbie. P.B's by Stephen Dunn 62.5, Peter Smith 62.6 and David Fagan 62.9, and good times by Helen Burgess 65.5 and sister Katherine 79.2, Alison Rickworth 77.9 and Vanessa Williams 67.6. The 50m pool provided good experience and they got back before the snow!

### Midland District Short Course Championships 1981 - Nuneaton.

This was our best Midland Short Course since 1976, resulting in 11 Club Records and 22 medals.

David Beavan got us off to a good start with a 69.63 which he lowered to 69.56 (Club Record) to take 3rd place in the BR, while Jonathan Beavan set a Club Junior Record of 72.40 and Paul Ford a P.B. of 73.75. Hayley Bettins then powered a 60.92 (Club Record) F/S with Jo Swift 61.36 and Jo Seymour 62.07 joining her in the final when we picked up 2 medals. Hayley came 2nd in 60.96, another good time, but a swim that looked harder and there is no doubt that when she can devote more time to training it will be faster and easier. Jo Swift took the 3rd Junior medal with 62.06.

Jo Seymour then swam a smooth 2.44.36 to take the Senior and Junior 200m BR while Glenn Moreton did a P.B. of 2.02.18 in the 200 F/S. A good morning's swimming and I enjoyed my lunch in anticipation of more to come. And it did. Craig Norrey 54.56 (Club Record) 3rd in Final 54.75, Paul Ford (Club Junior Record) 56.98, Jonathan Cox 57.29 (he'll be our next 54 man when he can hold that second 50). A Club Record of 2.25.84 when Jo Seymour put together a really good 200 IM win to warm her up for another record in the 400 F/S 4.34.71, 3rd Senior and Junior. Jonathan Beavan 2.34.56... 200m BR, 3rd Junior (Club Junior Record)... he really attacked this race, going through in the same time as his individual 100, and it was a pity that he wasn't in the to heat. David Beavan suffered an unkind disqualification for 'faulty leg kick' - his first and difficult to believe. To round off our afternoon the 2 Andrews - Beavan and Small - who had swum a comfortable heat took 1st and 3rd in the BK. Andrew B in 60.98 (Club Record) and Andrew S. in 61.60 - a well deserved performance after all the hard work that he has been putting in. Paul Ford added the 2nd Junior BK medal to his F/S one.

And so the evening session - Joanne continued her marathon with a BR heat and a 3rd Junior placing in the 200 F/S 2.12.48 (Club Record), while Jo Swift turned in a useful 2.13.38. Lesley Fenton maintained her steady progress by winning her BR heat in 82.20 (there's a lot to come there). Andrew B. took 3rd place in the 200 BK, 2.13.71 and Andrew S. swam a P.B. of 2.15. with Paul Ford getting the 3rd Junior place. A certain person with his arm in plaster could hardly contain himself by now! Little Lisa Capowell swam a business-like 200 Fly 2.35.79, with a split of 73+ - well done! Paul came in as 3rd reserve in the 200 IM and was rather naughty to take yet another junior medal, 3rd place, with a very sound swim of 2.23.75.

Glenn took it easy in the Fly heat and qualified 6th - don't do that again please. He made amends in the final with a 3rd place in 60.93 and Trevor Clark continued his come-back with a 61.47. Finally Joanne collected her last 2 medals with a first class 74.85 BR. Well done one and all!

#### 8/3/81 Junction Meet.

Once again the Junction 10 Meet with its 2 heats per event and declared winners was of a high standard, although the 2 sessions - from 11.00 warm-up to 7.15 close - provided a somewhat gruelling day.

Certainly for Debbie Hadley whose 5 races saw her take 2 firsts (BR 85.5, IM 1.44.57), a second (BK 78.38), a third (F/S 67.99) and a P.B. of 77.95 in the Fly. A series of excellent times, a picture and a table lamp for Debbie, while Jo Seymour had a camera, a rosebowl and a miniature horse (porcelain) for her first places: BR 77.98, IM 95.18, BR 78.01.

2nd place medals were won by Andrew Beavan BK 61.97 - an excellent swim, but he really must get those turns right - Jonathan Robinson BK 76.95. 3rd place medals - Lido Badawy BK; Hayley Bettinson F/S; Jonathan Beavan IM 1.31.46 and Paul Ford F/S 57.77. Paul will remember the day for a rather protracted start to the F/S and for his start-stop-start IM - moral: if in doubt keep going!

#### 28/2-1/3/81. Haden Hill Meet.

Our 37 competitors collected 38 medals and several prizes at this event at Halesowen and were easy winners of the overall Champion Club Trophy.

Trevor Clark cruised a comfortable 58.11 to win the Masters F/S (and a wrist-watch) while Joy Seymour took the Best Performance Trophy with a 76.78 BR. Lido emerged from his plaster to break the minute for the first time and to produce a N.O.T. of 63.62 in the Fly. We had at least 15 P.B.'s and it was most encouraging to see these over the 110 distance. Some of them: F/S Kingsley Walker 74.02, 'Robbo' 67.84. BR: Debbie Hadley 85.58, Lesley Fenton 83.27; Fly: Karen Fenton 80.54, Lisa Capewell 72.63 - 2nd - we all thought she'd won, but the time is the important thing. Can we do even better in the Dudley Metro and Orion Meets which are also at Halesowen?

On the same day.....

A team travelled to Oxford - Cardiff 252, Harcourt 222, Walthamstow 184, C/Hill 176, Kingsbury 141, Maindee 114. Good swims BR: Andrew Tout 84.7, Sue Denny 83.1. One criticism FINISHES WERE NOT GOOD.

A team travelled to Cheltenham - Gloucester 226, Cheltenham 225, C/Hill 168, Avon Neptunes 161, West Brom 115, Cheltenham 'B' 105. ...BR Ian Saunders 88.6, John Hatton 80.6 (& F/S 63.7) - a special mention for Judith Robson whose augmented training enabled her to swim 2 respectable 100's and 2 relays. (All F.G.T.)

14/3/81 E.M.L. Final.

Coventry 216, C/Hill 191½, Norwich 186, Radford 146, Luton 129½, Bramcote 96.

We expected Coventry to win (home advantage!) so our attention was focused on Norwich whom we felt would challenge us all the way - and so it proved.

We led after 1 event (thanks to a fine P.B. 2.28.0 IM from Joanne Seymour) but then that lead disappeared until event 38. It was a long, exciting but tough evening for the parents, sweating in the balcony as the powerful Norwich team kept in front - at one stage they were 12 points ahead and our 7th successive appearance in the League Final looked doubtful.

Good, solid performances kept us in touch. In some cases times were not important as individuals swam only fast enough to win (eg. Lido and Paul), conserving energy for later efforts. It is difficult to select individuals from a team effort but Joanne Seymour (P.B. 1.15.41 100BR - a N.T. in beating Pip Jones) and Lisa Capewell (13) (P.B. 1.12.60 100m Fly) produced particularly fine efforts and deserve special mention.

From event 38 we stayed in front of Norwich - but only just - never more than 7½ points. In the end we beat them by 5½ points (Coventry were allowed 1st place for staging the gala so well!). It had been a struggle throughout the evening and provided some marvellous entertainment which included 3 equal positions in very exciting races. But the overall impression was that our success was due to a real TEAM effort. Everyone played his/her part - not least those swimmers who were there to swim only 1 length of a relay. It was their efforts in support of the individuals that finally clinched our 'victory' and a place in the League Finals. Congratulations to all concerned and thank you for a splendid evening's competition.

(P.S. Mr. Thain was seen to be walking around the pool several times - it was generally agreed that his performance was the most energetic seen for some years.)

B.S.

...On the same day our 'B' Team was paying the penalty for our success in the 2nd Round of the London League by representing the Club in the Final Gala of that League. Needless to say we suffered one of our biggest hidings for a long time and can only praise the team for its fortitude in the circumstances. The Club is grateful to the 34 swimmers who represented us and enabled our 'A' Team to do its stuff at Coventry, thereby qualifying for the National Final - 1.45, Sunday 20th September at the Crystal Palace.

21/3/81 - Court 221, C/H 183, Wrexham 108, Telford 104, Triple S 91.

A very 'thin' team went to Telford for this match in the 20m pool and we had a number of useful times: John Hatton Fly 74.0, BR 79.8; David Fagan F/S 62.9; Elaine Gorroll BK 74.35; Alison Badham F/S 75.5.



# L U B R E C O R D S

<u>EVENT</u>	<u>MALE</u>		<u>FEMALE</u>	
	<u>SENIOR</u>	<u>JUNIOR</u>	<u>SENIOR</u>	<u>JUNIOR</u>
100 FREESTYLE	C. NORREY 54.56	P. FORD 56.98	H. BETTINGSON 60.92	J. SWIFT 61.2
200 "	S. EGGLETON 2.01.1	N. GREEN 2.05.4	J. SEYMOUR 2.12.48	
400 "	" 4.10.4		" 4.34.71	
1500/800	" 16.10.6		S. CHEESEROUGH 9.23.8	
100 BREASTROKE	D. BEAVON 69.56	J. BEAVON 72.40	J. SEYMOUR 74.4	
200 "	" 2.32.0	" 2.34.56	" 2.41.31	
100 BACKSTROKE	A. BEAVON 60.98	C. TAINTY 64.6	L. BEASLEY 68.6	
200 "	C. TAINTY 2.13.56	" 2.17.0	" 2.27.4	
100 BUTTERFLY	M. EDWARDS 58.9	M. EDWARDS 62.0	M. HAYWARD 68.30	
200 "	" 2.12.4	" 2.18.2	S. CHEESEROUGH 2.32.0	
200 I.M.	A. WOLF 2.16.3	P. FORD 2.23.75	J. SEYMOUR 2.25.84	
400 I.M.	" 4.43.0	A. WOLF 5.09.9	" 5.20.5	