

ACKNOWLEDGEMENTS

Thanks are due to Mr Bees for providing the Newsletter and for producing such a businesslike epistle from the 'rough copy' which he receives. There is no charge for the Newsletter, but if you wish to keep your copies together then a folder may be purchased at 10p.

Thanks also to Mrs Green for collating and producing our annual club membership roll.

OPEN MEETS

This edition contains reports on the Broadway and Oldbury Meets. I wrote earlier of the value of Meets in providing opportunities to obtain qualifying times and in providing swims on strokes which you do not often get in club matches. The Meets generally involve a long day out particularly for the parents but they are of considerable value in giving the swimmer experience to face similar long days at County, Midland or National Championships. It is not just the experience of swimming but also experiencing the warm up which often means a matter of making the best of a chaotic situation. There is also the fact of preparing mentally for the race. Do not look at the programme and come to the conclusion that "I won't come anywhere because there are so many in front of me". Rather look at it as an opportunity to swim a P.B. time and to beat some of those listed ahead of you.

Approach your race positively, for instance, do not wave at friends/parents as you stand at the start but concentrate on getting a good start and maintain that concentration through the swim, the turns and the finish.

There are other matters which you can gain experience and develop the best approach for yourself. Are your goggles correctly adjusted? Do you have a spare pair? Have you something to wear on your feet? Have you enough clothes to keep you warm? Have you brought your club top and club cap? Get to know when and how much to eat. Keep up your liquid intake so as to avoid getting dehydrated during the day. Learn to relax between races rather than trailing backwards and forwards and up and down stairs all the time. Instead of asking every 10 minutes when your next race is just relax and watch some races.

Take the opportunity to watch and study the best swimmers. If you are a breaststroker and a champion is swimming watch that swim to see what you can learn.

All these points and many more are part of the slow, gradual process of becoming the COMPLETE COMPETITOR who can plan the day, cope with the stress of competition and above all enjoy it.

Gerry T.

EAST MIDLAND LEAGUE ROUND 3 - 11TH MARCH 1989

C.Hill 'A' 226, Wisbech 219, Lincoln 168, Bramcote 164, Norwich 'B' 152, Bilston 117.

This was our best performance in the 3 rounds of the League and I estimate that we have probably finished 16th overall. That is an improvement on our W.M.L. result last December. We really must do better still in the next W.M.L. season.

Cont'd...

Our 15 year age group again obtained the lowest proportion of our points. This is due not so much to lack of strength but rather to our lack of members in this age group which necessitates swimming a number of 12/13 year olds against 14/15 year old opposition. WE (THAT MEANS EVERYONE) must look for recruits to balance our team by next September.

Well done the Women who scored 41 out of a possible 42 points. Some of the goods swims:-

Jo Seymour BR, 1.21.50 (she has promised to get back under 80 secs in the near future); David Tubbs BK 26.90; Cheryl Darcy F/S 22.70; Mostyn Richards 22.74; Carla Flynn FLY 1.12.43 and Rhoda 1.22.89; Adrian Lee FLY 1.22.34.

Cleethorpes 222, C Hill 'B' 173, Corby 170, Bromsgrove 169, Stafford Apex 166, Cambridge 145.

A good result in an exciting gala with only 7 points separating 2nd and 5th places. I estimate that we have probably finished in 8th place in the Division.

AGAIN, I must point to the low total of the 14/15's. 23 points from 12 events. This is not to criticise those who swam and did their best but to underline our need for recruits in that age group. As usual our Seniors were so good with the Men and the Women both scoring 39 out of a possible 42 points. Good swims:- Steve Eggleton, F/S 57.42; Tom Green BR, 1.31.45.

I was pleased to read the results on the Sunday but far from pleased when a number of the Senior swimmers spoke to me on the Monday about the objectionable behaviour of several of the boys 11/12 years. As a club, we have invariably had a good reputation at galas over many years and we cannot have this put at risk by a hooligan element.

Perhaps this ties up with my earlier remarks about gaining experience at swimming events but in any case I am advising all our Team Managers to send anyone who cannot behave to sit with their parents between swims. Failing that we shall swim a weaker but more socially acceptable team. Managing a league team is very hard work without having constantly to call swimmers to order.

BROADWAY MEET - 2ND DAY - 12TH MARCH 1989

Several improved times here with pride of place to Carla Flynn: 200 FLY 2.41.28 and 100 F/S 1.05.46. Good to see Carla's F/S time improving as that will help her FLY to come down also. Other P.B.'s: Rhoda Flynn FLY 1.22.28; Ben Darbyshire, FLY 1.27.72; Raymond Watson BK, 1.27.07; Adrian Lee FLY, 1.23.72 and BK 1.24.21.

Andrew Brown and Lydia Lee keep whittling away at the F/S with 1.07.08 and 1.08.80 respectively. Peter Groom is now getting under the minute regularly 59.82; he could improve so much more with more regular training and a more positive approach thereto. Pleasing to see Johnny Morris 23.41 and Michelle Jennings 23.26 both coming 3rd in the F/S finals.

18TH MARCH 1989 -V- BILSTON, HEATH, CHASE

With our 19+'s at a Masters Meet and our 13 and unders resting prior to the Oldbury Meet the following day, we sent rather a "thin" team to Cheslyn Hay. Although we finished 3rd a number of swims made the match well worthwhile. Aaron Taylor came back to form with a 1.12.20 FLY; Lucy Tubbs swam 100 BK three times, 1.19.51; 1.20.40; 1.19.69; Susan Humber BR, 1.30.10 and Meredydd Richards F/S, 1.11.88.

Oldbury Diddy Meet 19TH MARCH 1989

Lots of good results here:- Andrew Brown 2nd I.M. 1.44.87; Lydia Lee 3rd I.M. 1.49.27; 1st F/S 1.08.69; Michelle Jennings 4th 51.34; BR, Andrew and Lydia 1st places; Raymond Watson 3rd 1.33.45 - a good birthday swim; Sharon Morris 3rd 1.33.44.

P.B.'s:- Amy Waterhouse F/S 1.11.28, Tracey Collier 1.17.68 and FLY 1.26.38.

Our Mixed F/S Teams did well:- 13's 1st (Meredydd, Andrew, Lydia, Amy); 12's 2nd (Adrian, Raymond, Sharon, Tracey); 10's 3rd (Michelle, Joanne Potter, John Morris, Jonathan Baker).

The club finished 3rd in the overall points table but WHERE WERE THE 11 YRS?

MASTERS AND 19/24 AGE GROUP

There follows a report on a successful visit to Sharston Pool, Wythenshawe, Manchester in what I hope is only the first of many such outings with the growth in Masters events. We have already had a national reputation at Masters level having won the 25/30 yrs F/S Team at both the English and the British Championships and we now have the strength to enlarge on that reputation. Two newsletters ago I asked for a volunteer Masters Competition Secretary but am still waiting for someone to come forward. All teams have to be organised and this is as true of Masters as it is of Diddy & League Teams. Indeed 2 of those who should have known better failed to get their entries in on time whereas a Secretary would have submitted all entries. I won't mention their names but he who was the subject of my first "profile" and she who has recently graduated from an American University obviously need help!

MORNING TRAINING

For several weeks I have been taking morning training on Tuesdays and Fridays from 7.00 - 8.00. This has been attended regularly by Andrew Brown, Joseph Bunting, Ian Saunders and Kate Howarth. It is available to other club members (in term time) but with the following conditions:-

1. It is for those who are swimming seriously and entering Championships
2. It is an extra session NOT an alternative to other training sessions.
3. Attendance has to be REGULAR.

STOCKPORT OPEN MASTERS MEET

A crowd of Masters Swimmers plus a few supporters left for Wythenshawe, Manchester at 7.30am on Saturday 18th March. All of us in good spirits and out to show everyone that "the wrinklies" were far from past it. And that is exactly what they did! Ladies first:-

Jo Swift won our 1st Gold Medal in the 200 F/S for the 19/24 age group with a time of 2.13.97. She continued to swim well for the remainder of the day winning a total of 4 individual Gold Medals (and 2 Gold Medals in the relays) with excellent times of 1.08.39 100 FLY; 59.70 100 F/S; 13.04 25 F/S.

Deborah Bees just missed the medals in the 100 FLY but did a PB in the 100 F/S of 1.03.95 coming second to Jo.

Kate Howarth swam well in the 100 BK coming 1st with a time of 1.16.27. Well done Kate for missing the lane ropes! she also came 3rd in the 100 BR 1.25.81 and 2nd to Jo in the 25 F/S. In the 100 F/S she did a PB of 1.05.66.

These 3 ladies plus Jo Seymour won both medley and F/S relays. ,

Now for the Men:- (oldest age group first)

Dave Edwards was first to swim for the men. He won the 30/34 age group 100 BR in 1.13.32. In the afternoon he came 3rd in the 25 F/S with 12.08. He also won the 400 F/S in 4.36.47 and the 100 F/S in 56.31. He came 2nd to Paul Tainty in the FLY.

Paul Tainty was also in that age group (extra wrinkly wrinkles on his wrinkles!). He came 2nd in the 25 F/S with 11.94 and then progressed throughout the day to win the 100 FLY 1.02.74 and 3rd in the 100 F/S 56.91. There is life in the old man yet!

25/29 Age Group. Craig Norrey (who flew over from Switzerland the night before along with his Swiss Chocolates) was definitely in good form. The 100 BK was a very good race with Craig and Andy Small coming joint first in 1.04.02. Mind you, Alan Cooper posed a threat in the heat before with a 1.16.55. You should have seen the worry on Craig and Andy's face! Alan claims he was giving the others a chance!

Craig went on to win the 25 F/S in 11.54 and the 100 F/S in 53.62.

Andy Small won the 100 FLY in 1.01.64 - Looking Good!

Steve Eggleton did us proud in the 400 F/S winning his age group in 4.31.36. His last 50m was his 2nd fastest split allowing him to overtake the competitor in front. Obviously the killer instinct is still there!

Simon Garside came 3rd in the 25 F/S in 11.91. Anything over 25m is obviously too much for him!

19/24 Age Group. Martin Atkins wouldn't allow the older swimmers to get the better of him. He won the 25 F/S in 11.46 and in the afternoon went on to win the 100 FLY in a PB of 58.91.

Lido Badawy, also in fighting spirit, won the 100 BK in 1.06.81. He came 2nd to Martin in the 25 F/S with 11.64 and also got the Silver Medal in the 100 FLY with 1.02.45.

None of the 19/24 age group entered the 100 F/S obviously saving themselves for the relays!

The relays were particularly exciting with each team intent on beating the others' time. We had 3 teams to represent Camp Hill - 2 in the 24/44 age group and 1 in the 19/24 age group.

The Medley Relay was very close in times with Camphill consisting of Craig, Steve Eggleton, Paul Tainty and Simon Garside winning the age group in a time of 52.40.

The B Team Andy Simpson, Dave Edwards, Andy Small and Alan Cooper were a close 2nd in 52.82.

However our younger Masters (Martin, Steve Dunn, Lido and Robbo) managed to beat our older teams and win their age group in 52.54. A mere 0.58 seconds between all 3 teams.

Once again when it came to the F/S relay, they were all psyched up to beat each other with the 19/24 age group wondering if they would be able to hold off the "big boys" over a 25m relay. They had no worries!

With the A and B Teams swimming 1st they knew exactly what time they had to do.

The "A" Team won the gold medal in 46.09 but Motherwell crept inbetween and the "B" Team had to be content with a Bronze Medal with a time of 47.59.

Our 19/24 age group got in to show them how it should be done and did a fantastic time of 45.66. A special mention to Robbo who swept down the length in 11.04. Overall we had a very good gala. A pity there wasn't a trophy for the overall team winners in each age group as we would surely have won it for the 19/24, 25/29 and 30/34 age groups. Three cheers for the "wrinklies" ! with the medals for Camphill totalling 23 Golds, 8 Silver and 5 Bronze.

A.Beas

RANKING LIST BOYS 14/U 100M F/S

| | | |
|-----|--------------|---------|
| 1. | A.Brown | 1.07.08 |
| 2. | M.Weller | 1.07.27 |
| 3. | A.Taylor | 1.08.84 |
| 4. | A.Lee | 1.08.87 |
| 5. | B.Darbyshire | 1.10.80 |
| 6. | M.Richards | 1.11.88 |
| 7. | R.Watson | 1.13.71 |
| 8. | T.Green | 1.17.35 |
| 9. | A.Waterhouse | 1.17.81 |
| 10. | S.Delves | 1.18.63 |

SOME GENERAL NOTES

1. County Relays - we have entered 24 teams at a cost to the club of £96.00.
2. Stratford Meet - 1st July. I have sent for entry forms. Due in by 15th May - would a parent deal with these please?
3. Diddy League - Round One - Cannock - 15th April - BE PREPARED.

TEN YEARS AGO - SOME OF OUR WARWICKSHIRE RESULTS

Female 1st Places 11yrs. Debbie Fielding F/S 1.11.7 BK 1.24.2, BR 1.34.5 I.M. 2.56.8

12/13 yrs. Julie Moore BK 1.17.5; Sue Denny BR 1.26.6; Joe Swift F/S 1.07.3

14/15 yrs. Jo Seymour BR 1.18.5 (2nd Melanie Hayward 1.18.8)

16/17 yrs. Caroline Brown BR 1.25.9; Wendy Leach F/S 1.06.1

OP. Jo Seymour BR 1.21.0

Male 16/17. Andrew Davies F/S 56.4 FLY 1.01.6 (2nd Glen Moreton 1.02.1)

OP. Steve Eggleton 1500 F/S 17.27.1, 400 F/S 4.16.7 (2nd was Graham Brookhouse - 1988 Olympic medal pentathlon competitor).

Chris Tainty 100 F/S 56.0; 200 FLY 2.16.0; 400 I.M. 4.55.7

David Beavan 100 BR 1.14.4 200 BR 2.40.2