

CAMP HILL NEWS

TARGETS

I hope you have all had a good break from swimming and are now keen to get back into it. You should be setting yourself realistic targets for the new season, and be prepared to work hard and regularly to achieve them. Competition swimming gives you the opportunity to measure your progress, so make sure that you do compete regularly to put yourself to the test. This does not mean that you should feel bound to enter every meet that comes along; on the other hand, do enter some of them.

COMMUNICATION

May I again stress the importance of keeping in touch with the programme by studying the noticeboard regularly. Also, ask yourself if you are communicating with me enough. I need to know of any problems you may have with your training and am only too pleased to discuss your targets and your events with you.

Gerry T.

EVENTS - SEPTEMBER

1st/2nd	Midland Masters - Entries made
8th	Coventry Sprints - Entries made
8th	Diddy League Final
15th	Relay Gala - Stratford
16th	Oldbury "B" Grade - Entries made
22nd	Walsall 10-13 years
29th	Loughborough 9-12 years
30th	Dudley Distance Meet

TANNER TROPHY

A perpetual trophy which is held for one year by the Club's "most improved" young swimmer. This year it is shared by Jo Potter and Jonathan Baker - Well done!

COMPETITION REPORTS

9/6/90 - Stratford Meet (33 1/3m)

As usual at this meet, it was hard to win medals, but our small contingent came away with a good haul. Mike Hoare, now collecting medals on freestyle as well, 1st F/S and BR, 57.5 and 1.10.14; Lydia Lee showed little effect of her lay-off, F/S 3rd, 1.05.07; whereas Andrew Brown did, F/S 5th and BR 2nd, 1.18.85. The following received finalist awards: Kate Green BR 4th 1.03.82; Mark Wickson BK 5th 1.05.30; Jonathan Baker FLY 4th, BK 6th (Ht 1.24.95) F/S 5th 1.11.75; Adam Edwards BK 5th 1.24.18, FLY 6th; Sally Millard BR 4th 1.30.28.

A number of P.B.'s: Jo Potter BK 1.28.90; Claire Busby FLY 1.03.63; Liz Green F/S 1.11.12; Richard Rivers F/S 1.08.27; Raymond Watson FLY 1.17.22 and then he went on to win the balloon guessing competition to collect a tracksuit!

9/6/90 - Coventry "B" Meet (50m)

A number of P.B.'s for our very small group: Peter Bloomer BR 1.42.61, F/S 36.12, BK 43.01 and 1.32.36; Kesree Finnegan BR 1.42.05, F/S 1.23.63.

I was sorry that we did not have more entries. We train to compete, otherwise there is little point in doing 3 to 4 sessions a week. If you are not getting selected for the club teams, "B" grade meets provide the opportunity to swim against others of the same standard and to measure your progress. I understand that we also suffered a parking ticket, but won the raffle.

16/6/90 - Round III Diddy League - Nuneaton (36 2/3yds)

Stourbridge 214, Camp Hill 166, Orion 148, Bedworth 138, Nuneaton 136, Loughborough 94.

A most satisfying result: we held 2nd place throughout the gala. At first Nuneaton provided a strong challenge, but by event 34, Orion were within 6 points of overtaking us. We then finished well to be a clear 2nd behind the very strong Stourbridge team.

Our best swims came from: Ben Hobbs F/S 22.76, Jo Potter FLY 56.11, F/S 47.56; Sally Millard BR 56.33; Jonathan Baker FLY 52.08; Laura Flynn FLY 27.49; Adam Edwards F/S 46.80.

It was our strength in the relays, however which was the main factor in our performance, taking 1st place five times, and 2nd nine times and collecting 88 points from the 19 team races. Well done everyone! We have qualified for 6th place in the final on 8th September - let's see if we can move up a couple of places.

Midland District Senior Championships and Yorkshire Bank Junior Championships - 23rd/24th June, 30th June/1 July - Coventry (50m)

An encouraging improvement on last year's effort with 7 medals and 18 P.B.'s.

Medals

Mike Hoare 200 BR 2nd, Club Record 2.34.01, 100 - 2nd, 50 - 3rd;
Andrew Brown 200 BR 3rd 2.47.98 - P.B., 100 - 3rd, 50 - 3rd;
Lydia Lee 200 BR 2nd 2.57.62 N.Q.T.

Narrowly missing out on medals in 4th places: Adam Edwards BK 38.07, Flora Lee BR 1.35.66 and our Men's Medley Team who lost 3rd place to Coventry by 8/100th of a second, with Steve Dunn in the anchor leg 56.7 showing definite signs of a return to form.

Our P.B.'s included: Jo Potter I.M. 3.04.25; Amy Waterhouse and Jonathan Baker FLY 33.93 and 36.34; Jonathan F/S 1.12.04; Sharon Morris F/S 1.07.84 BR 1.25.83; Simon Delves and Adam Edwards F/S 30.06 and 32.71; Martin Atkins on limited training was 5th and 7th in the Men's 50 and 100 FLY and it was a coincidence that 3 of our breaststrokes, Flora, Sally and Sharon were all placed 8th in their group in the 50m. No mean performance when one considers the size of the Midlands which is one of the largest of the 5 A.S.A. districts.

7/7/90 - Trophy Gala - Rugby (33 1/3m)

Camp Hill 250, Rugby 224, Stratford 189, Coseley 166, Rugby "B" 75

A gala with many "standard" swims and a number of P.B.'s. Our "evergreen" seniors showed their class with a series of good swims including Martin Atkins FLY 1.00.52; Steve Dunn F/S 57.37 and Heidi Perry BK 1.12.37. Jamie Hamer, in his first swim for Camp Hill, clocked a useful 1.25.49 BR while Sharon Morris set a P.B. of 1.24.61. Other P.B.'s from Jo Potter Fly 55.63; Flora Lee BR 59.81; Ben Hobbs followed a good F/S 22.17 with a "back to form" BK 26.68. A good "first swim" from Katie Brooks F/S 24.44. The replica trophy goes to Jonathan Baker for yet another 2 good match swims.

7/7/90 - Diddy Match - Halesowen (36 2/3yds)

Walsall 198, Halesowen 161, Broadway 142, Stourport 137, Worcester 131, Camp Hill 125.

With half the regular Diddy team swimming at Rugby and several others away, here was an opportunity for some new swimmers (and officials!). Against strong opposition we did well to come last by only 6 points, and there were several good swims.

9 year olds: Emma McElvee BK 1st 31.39; Edward Bissenden BR 35.02, FLY 30.82 and Stephen Fall (having decided to concentrate) F/S 25.97. The girls' team, minus Lisa Darcy, won the medley relay and both teams were 2nd in the F/S relay. This augurs well for the Diddy final where there are trophies for the four 9 year relays.

Good swims for "first timers": Natalie Smith BK 30.28, F/S 24.03; Katie Smith FLY 28.62, F/S 25.68 and Samantha Waring BK 30.37, F/S 25.94. Mary Speculand did 3 separate BR swims, virtually identical, 31.63, 31.71, 31.73 - if only everyone was so consistent!

Dean Cross swam a 59.65 FLY and Sally Millard again did sub-90 secs BR.

A.L.

14/7/90 - Inter Club Match - Stourport (25m)

Camp Hill 202, Stourport 194, Burntwood 160, Pershore 144, Rugby 111.

We sent a "B" team to this match and this provided a close contest with a number of P.B.'s: Raymond Watson BR 41.04; Meredydd Richards BK 1.19.60; Sally Millard F/S 34.65; Simon Delves F/S 30.12; Julia Cree BR 1.25.78; Ben Hobbs BK 43.37. Our 4 nine year olds, Georgina Lee, Emma Hobbs, Edward Bissenden and Stephen Fall swam well and Mark Worrall can now aim for a fast BR swim by the end of the year.

20/21 July - Welsh Championships - Cardiff (50m)

Despite the poor presentation of the Championships our journey was well worthwhile. Michael Hoare rounded off his season with 3rd place medals in the 100 1.10.21 and the 200 BR 2.33.10 CLUB RECORD. Andrew Brown could not get going in his 100 BR, but with a faster first 50 in the 200 set a P.B. of 2.47.40.

30 July - 4 August - National Age Group - Leeds

Our two qualifiers were both on breaststroke. Lydia Lee swam 2.59.~~74~~ for the 200 - her 2nd best time. Andrew Brown swam a P.B. in the 200 - 2.46.80 (1.19.27) and his 2nd best time in the 100 - 1.16.04 (35.63).

This event is at Coventry next year and I estimate that we have 10 swimmers who are capable of qualifying.

CAMP HILL - 1976

Midland Short Course: Sara Cheesbrough's Club 800m Record of 9.23.8 (3rd) still stands and she also took silver in 200 and 400 F/S. Andrew Wolf had to concede 1st place to Barry Prime (Modernians) in the 400 F/S and I.M. but turned the tables in the 200 I.M.. We had 5 qualifiers for the National Short Course with Andrew 3rd in the Junior 400 I.M. and Chris Tainty Junior Back champion and 3rd in the 100.

One of the highlights of the year was our hosting of the Czech national team on their way home from Edinburgh. An exciting match was held at the school pool with leading swimmers from the area competing. At the end of the post-match discotheque I informed our swimmers' hosts that the Czechs had to be brought back for a 5.30 am departure! Andrew Wolf was one of a group of 4 English swimmers whom I took to Kharkov for the U.S.S.R. winter championships. Our u/16 water polo team were runners-up in the national club tournament.

National Age Group: Finalists 11 year girls: Laura Barrett 200 F/S 2nd 2.25.75; I.M. - 4th 2.46.29; 100 BK - 2nd 1.18.30; 100 F/S - 3rd 1.08.61. John Austin 11 year boys F/S - 6th 1.09.65; Chris Tainty 16/17 200 BK - 6th. Ten teams made finals with the eleven year girls 2nd and 3rd; boys 3rd in both relays; girls 12/13 F/S 2nd; boys 16/17 Medley 3rd.

In view of those team results, it came as no surprise when we won the overall trophy at the Coventry 50m Sprint Meet.

We were 2nd to Coventry in the W.M.L. and to Southampton in the London league and 6th in the National league final.