

Back to Training

Our 7-week summer lay-off was longer than I wanted, but shorter than I feared, for replacing all the pipework in a swimming pool is a big undertaking, especially when the original plans are unavailable!

We have the pool and you have the training time and the coaching - the rest is up to you - no one can do it for you. I'm pleased with much of the work that is being done, but it is essential to work throughout the sessions and not piecemeal. You spend a lot of time at the pool and must try not to waste any of it. Anyone who watches a session can tell you who are the real grafters, who works for parts of the session, and who (less of these now, I'm glad to say) passes the time.

There are still certain elementary, basic points that require attention:-

1. Leaving the wall efficiently at the start of a swim;
2. Turning well;
3. Finishing strongly - ask someone to count the number of times that you glide in at the end of a swim, and do one press-up for every one at the end of the session;
4. Lane discipline - our lanes are 2 metres wide, and it should be possible to swim without interruption. Remember, as soon as you complete a swim, move out of the way of the person behind you.

We train to compete. Do things correctly in training and they will be automatic in competition.

Dates

I have most of next year's dates, and you may wish to know League and Warwickshire and Midland dates to enable you to keep them free. A fixture list will be available in December, but anyone is welcome to see the draft on request.

Backstroke Flags

Thanks are due to Speedo Limited for supplying these; they are in place for most sessions - make sure that you use them.

News of Members

Peter Bloomer has had to leave the club, because he can no longer get over here regularly. I have sent him our best wishes.

Debbie Bees is enjoying her world travels so much that she is staying on in Canada for some time.

Jo Seymour informs me that the wedding is booked for 30 January.

Club Costumes

Sam has asked me to point out that we do like to see our representatives in club kit. This is particularly desirable in relay races. Girls, please note.

Competition Results

11/07/92 - Rugby (33 1/3m)

C/Hill 288, Rugby 245, Peterborough 241, C/Hill 'B' 204

This 2-team match provided a useful close to our competitive season, with several good swims. Lucy Tubbs had 2 PB's BK 1.14.37 + F/S 1.04.32; Martin Atkins pulled off yet another of his 'paced' FLY wins, while Judy Logan, in a rare appearance, swam a creditable 1.04.15 F/S. Alison Bees resisted the opportunity to tackle 100m, but showed that she has retained her basic speed in the relays. Ben Darbyshire put it together much better for a 1.10.25 FLY and Katie Brooks swam her second 1.11.+ F/S.

Some good efforts over 2 lengths:

F/S Gemma Hindson 48.36, Natalie Smith 45.72
BR Damien Freeman 1.00.72, Hannah Loftus 1.07.14
BK Lucy Wood 53.28, Nadia Rahman 1.03.70
FLY Ian Potter 54.66, David Hutton 57.04

18/07/92 - Tamworth (25m)

Bilston 322, Rugby 234, Broadway 233, C/Hill 'B' 205, Burntwood 161, Tamworth 114

An enjoyable low-key fixture with lots of 50m races and 25m relays. Our very under age 'B' Team did well against the 'A' Teams of the other clubs. Our sole senior, Andre Sheppard, emerged from his jet lag to swim a lively 27.28 F/S and 36.84 BR. David Tubbs continued his improvement on BK, 33.87, and Jo Hutton swam consistently fast with 41.00 BR and 31.40 F/S being her best efforts. Katie Smith did a

good 37.80 FLY and Ian Potter, although continuing to handicap himself with his lethargic starts, swam very fast when he got going, BR 44.77, FLY 39.10. Suffering from the same handicap AND breathing every stroke, Duncan Adams did well to produce a 37.45 F/S. Stephen Fenton swam a 38.70 BR; Russel Turner showed that he is another one who cannot dive in the F/S relay, but his BK was good, 35.70. Clare McLaughlin, with a 40.80 BK, should soon break 40 seconds, and Emma McElwee did well with a 36.51 F/S.

Our 9's, with several of the regulars away, coped well with their races, Lucy Lloyd-Roach swimming 5 times. The boys got back into their relay takeover problem in one of their relays and the girls had what was, for them, an unusual DQ. Many thanks to Matthew Venables and Marie Foulston for turning out at very short notice.

05/09/92 - Coventry Sprints (50m)

As expected, our swimmers were a little rusty after the extended summer break, although Pamela Schofield did swim at BR PB of 40.72. Finalists were:

BR Pamela and Kate Green, Andrew Brown (3rd) and Jamie Hamer,

BK David and Lucy Tubbs.

13/09/92 - Triple S Meet, Stechford (25m)

Having been back in the water for only 1 week after a lay-off of 7 weeks, we expected fairly average swims and these were, indeed, forthcoming. Worth a mention, however, were: F/S - Mark Piggott and Katie Smith, both taking advantage of this 'age on the day' event, 1.12.56 and 1.12.25 respectively, Richard Rivers 59.77 and 59.97, Rachel Nock 1.04.40, Ben Darbyshire 1.00.50. BR - Damien Freeman 1.36.20, Jamie Hamer 1.16.67, Jonathan Baker 1.26.23, Sally Millard 1.24.83, Rachel 1.24.49. BK - Richard 1.10.59.

26/09/92 - Inter-Club, Stratford (33 1/3m)

C/Hill 'A' 227, Avon Neptunes 'A' 226, Orion 190, Avon Neptunes 'B' 114, C/Hill 'B' 113, Warley Wasps 92

An exciting match with Avon and ourselves level on points going into the final relay, which we just won. The Stratford atmosphere seems to suit our swimmers, who produced a crop of PB's. Ian Potter 47.17, Ben Darbyshire 59.60 - at last he produced that totally committed effort. I expect this soon to be followed by our other 15/16 year boys who are lurking around the minute. Katie Brooks, 1.10.66, gets closer to that sub 70 secs and Adam Edwards, 1.04.41, can look for a 62 - if he trains regularly. Jonathan Baker's PB in BR, 1.25.60, and FLY, 1.12.97, also point to much better times if, like Adam, he can find his way to the pool regularly - perhaps they could arrange to meet there!

BR Nicola Sheasby 1.01.51, Matthew Venables 32.86

F/S Ruth Fraser 23.49

FLY Leighton Smith 30.69, Georgina Lee 56.12, Gemma Hindson 57.12

F/S Ian Potter 47.17

03/10/92 - Inter-Club Walsall (36 2/3 Yds)

Walsall 152, Gloucester 128, C/Hill 126, Salopia 89.

A good match, but it was a pity that we won the male cannon, only to be disqualified for a bad takeover, thereby losing 4 points and 2nd place overall. Good Swims:

BK David Tubbs 1.15.00, and he must now extend his fast F/S relay splits up to the 100m distance.

FLY Jamie Hamer 1.10.06

F/S Katie Brooks 43.89

BR Sharon Morris 1.20.81 and 1.20.92, Mike Hoare 1.10.88, Andrew Brown 1.14.59.

04/10/92 - Leicester Meet (25m)

Several excellent swims made this long day well worth while. Undoubtedly, our 'Swimmer of the Meet' was Adam Edwards, who seemed to swim faster every time he entered the water.

Morning: BK 1.12.69 and 1.12.49 (4th), Afternoon: BR 1.26.15, Evening: F/S 1.03.17 and 1.02.95 (3rd) and, in the last race of the day, 50F/S, 28.41 (1st). Gemma Hindson swam in 3 finals: F/S 1st 33.68, FLY 3rd 38.93, BK 4th 41.72. Our other finalists were Nicola Sheasby, BR 43.88 (2nd), Damien Freeman 42.00 (3rd), Michelle Jenning F/S 1.06.62 (6th). Good swims from: Jo Potter, BR, 1.27.62, Katie Smith, FLY, 1.29.02, Hannah Loftus, BR, 46.65, Kate Green, BR, 1.30.75, Pamela Schofield, 1.30.84

10/10/92 - West Midland League Round I

Bedworth (25m)

Perry Beeches 249, Peterborough 201, Cossacs 168, C/Hill 156, Triple S 144, Knighton Fields 129

I had hoped for a 3rd place in this gala, but we could not quite make it. Two disqualifications cost us 4 points and the majority of our swims were standard rather than improving. Our good swims came from Lucy Wood, BK 38.21, Jonathan Baker, FLY 33.46, Sharon Morris, BR 1.19.51 and 1.18.81, Jamie Hamer, BR 1.16.14, Adam Edwards, BK 34.01,

while Katie Brook swam 5 good relays. We had 10 minutes interlude while the starting blocks were removed, having been judged dangerous. The ensuing starts on the deck level end made interesting watching.

Cannock (33 1/3m)

Chase 219, Oldbury 210, Fox Hollies 198, C/Hill 193, Lincoln Pentaqua 'B' 119, Trenton Dolphins 108

The start was delayed 25 minutes due to the late arrival of Lincoln, but it did result in our getting a better lane - lane 3 - rather than lane 6 which had originally been allocated to us. We had a number of PB's:

BK Emma McElwee 27.93, Kate Green 55.65, Russel Turner 51.24

BR Andrew Green 1.01.56, Sally Millard 1.24.42

F/S David Tubbs 1.04.10, Andre Sheppard is now a sub-60 freestyler - well done.

FLY Emma Hobbs 27.19 and Raymond Watson, 1.10.15, is approaching his best form.

17.10.92 - Kidlington (25m)

Kidlington 152.5, Milton Keynes 118, C/Hill 110, Stourport 92.5

An unexpectedly fast journey to Oxford left an hour spare for running races in the school playground. Fortunately, this left enough energy for some very good swims. The 9 and 10 years, in particular, were in excellent form:

F/S Ruth Fraser 37.79 - but what happened to the first length? Andrew Poole 39.91

BR Louise Morgan 51.15, Matthew Venables 53.00

BK Laura Payne 47.90

10 Yr Gemma Hindson, FLY, 38.27 and F/S 34.10

11 Yr Georgina Lee, FLY, 1.28.40, Ian Potter 1.28.77

12 Yr Andrew Green, BR, 1.37.39, David Hutton, BK, 1.32.74

Relay Sprints 25m

Lucy Lloyd-Roach 18.39, Robert Delves 16.68, Nicola Sheasby 16.89, Hannah Loftus 18.18, Nadia Rahman 18.98, James Venables 19.50; BR Robert 22.49, Nicola 20.38; FLY Robert 22.23, Damien Freeman 22.00, Gemma 16.89; BK Nadia 20.87; 50 F/S Katie Brooks 31.75

Loss on coach hire £71.00.

17/18 October 1992 - Midland Short Course - Wolverhampton

Our results:

BR Mike Hoare 32.32, 1.09.96 and 1.09.68, 2.32.00, Andrew Brown 1.14.01, Jamie Hamer 34.75

F/S Lucy Tubbs 29.97

Two good PB's from Stephen Tomlinson, BK, 1.04.58 and 2.19.96.

16/18 October 1992 - ASA Masters Nationals - Sheffield (25m)

Some excellent results here:

100 Yrs + 4 x 50 F/S

World record holders for 5 minutes!

3rd Place Darren Dyke, Craig Norrey, Kevin Woodward, Ian Meakin

Our team won their heat in a World Record time of 1.37.46, only to see it beaten by Barnet and Nova in the next heat.

120 Yrs + 4 x 50 F/S

2nd Place Paul Tainty, Trevor Clark, Darren Dyke, Craig Norrey 1.40.20

Apart from his 2 relay medals, Craig was most definitely our 'Man of the Meet':

100 F/S 30/35 Yrs - 1st 53.44 British Record, a PB at the age of 31; 50 BK - 1st 28.15; 100 FLY - 2nd 1.01.94; 50 F/S - 2nd 24.68

Darren swam another sub 2 minutes 200 F/S to take second place in the 25/30 yrs event, 1.58.47.

Evergreen Trevor Clark collected 3 individual medals: 100 IM - 1st 1.05.55; 200 IM - 2nd 2.29.35; 100 FLY - 3rd 1.03.91

Other good swims - Darren, F/S 53.06 and 24.55, Ian Meakin 54.57, Kevin Woodward FLY 26.79

Younger members please note these times and keep working.

25/10/92 - Leeds Relays (50m)

Leeds 312, Salford 201, Norwich Penguins 183.5, Coventry 179, Leicester 152, Bradford 150, York 141, C/Hill 83.5

I approached this, our main annual fixture, with apprehension. Despite early notice of the date, the pull of the half-term holiday was too strong and we were without 15 of the originally selected team - 2 due to illness. The problem was particularly acute in our 10 and 11 year groups and I was fortunate in being able to borrow 5 young swimmers from Triple S, who were a great help. Despite our placing 7th or 8th in most races, I was pleased with the attitude of our team and there were only 3 races where we really struggled.

Good splits:

F/S Jo Hutton 31.38, Natalie Smith 32.79, Gemma Hindson 34.10, Hannah Loftus 37.28, Robert Delves 39.28, Wayne Poole 33.81, Dean Cross 32.91, Andrew Brown 26.43, Russel Turner 31.81, Lydia Lee 29.09

BR Sharon Morris 38.28

BK David Tubbs 34.53, Ruth Payne 42.34

FLY Gemma 40.37, Martin Atkins 28.15, Jonathan Baker 32.79, Ben Darbyshire 30.08

I would expect next year's date to be 24 October. Here's hoping for a full team!

Fixtures

November 14 - WML at Nottingham and Derby
15 - Oldbury Diddy Meet
21 - Inter-Club, Lichfield
28 - Inter-Club, Northgate
28 - Relay Gala, Stourport

December 5 - Inter-Club, Triple S
5 - Inter-Club, Rugby