

CHRISTMAS BREAK

Last sessions - Wednesday 23 December

Start Back - Monday 4 January

This is a long break, so it is important that you work through to the 23rd, rather than easing off on the 19th and making the break even longer.

There will be additional sessions, Monday-Thursday, 4-7 January inclusive, 9.00 am to 10.30 am, open to all members.

FIXTURES - JANUARY-AUGUST

Ask for a copy of the list.

I feel that we are swimming well and looking forward to seeing the improvement maintained. Have a good Christmas, and don't forget those New Year resolutions: to train HARD AND REGULARLY and to swim FAST.

COMPETITION RESULTS

7 November 1992 - Coventry Junior Meet (50m)

A 7-hour meet, with a half-hour break in the middle - the usual lengthy day, but lots of PB's.

10 Yrs

Damien Freeman, BR 42.55, 1st, and 1.34.24, 2nd; Nicola Sheasby 45.77, 2nd, and 1.37.38, 1st, and a good F/S 36.66; Gemma Hindson, F/S, 1.16.77, 2nd, FLY, 1.31.04, 2nd; Robert Delves, once he got the soap out of his goggles, BR 47.78.

11 Yrs

Ian Potter, FLY, 37.09 - it was a pity that he became separated from his goggles during the 100.

12 Yrs

Katie Smith, FLY 36.39 and 1.31.97, F/S 32.79; Tamar Watts, FLY 1.32.71; Natalie Smith, IM, 3.02.76; Michelle Wilson, F/S 1.16.01.

13 Yrs

Michelle Jennings, F/S 31.25, 2nd and 1.07.15, 3rd, must keep her stroke long at the finish; Adam Edwards, BK 33.86, 3rd, and 1.13.86, 3rd, F/S 28.58, 2nd and 1.03.26, 2nd; Jonathan Baker, F/S 29.46, so nice to see him really sprinting. Jo Potter, BR 1.28.24.

14 Yrs

David Tubbs, F/S 28.79, 3rd, and 1.04.33, BK 34.63, 2nd, and 1.14.42, 2nd; Kesree Finnegan, F/S 31.53; Stephen Jones, BR 36.95.

14 November 1992 - West Midland League - Round II

Beechdale (25m)

Coventry 238, Radford 217, Walsall 173, C/Hill 161, Nottingham Northern 156, Orion 104.

Our late arrival through heavy rain with non-functioning windscreen wipers, despite Frank Cross's attempted repair, and involving a tour of Nottingham and heated discussion between our map readers and the driver, must have got the adrenalin going, because we swam very well.

Many good swims, including: F/S Rachel Nock, a PB 1.03.03; Adam Edwards 28.23; BR Sharon Morris, in most consistent form, 1.18.33 and 1.18.39; Jamie Hamer, a PB 1.15.27; BK Adam 33.47; Gemma Hindson 39.80; Lucy Hall 1.10.92; F/S FLY Jonathan Baker 31.85; Rachel 1.13.88; Jamie 1.08.61.

A good result and I do hope that we can get everyone who is selected to give the last round priority.

Loss on coach hire £63.00.

Derby (33 1/3m)

Chase 199, C/Hill 193, Derby Phoenix 183, Leighton Buzzard 176, Scunthrope 161, Luton 'B' 140

An excellent result, especially considering that we were lying 4th after 30 races. Good swims: F/S Emma McElwee 22.56; Joseph Huddleston 23.57; Kesree Finnegan 1.07.76; Andre Sheppard 59.85; BR Pam Schofield 57.93; Sally Millard 2 x 1.24 +; Stephen Jones 1.19.58; BK Kate Green 54.30; FLY Kesree 1.21.36; Lydia Lee 1.14.96; Raymond Watson 1.08.58; Katie Smith 51.00.

Thanks to Joseph Murray and Marc O'Connell for turning out at very late notice.

Behaviour on the bathside was a little short of our normal high standard.

We go into the last round needing a third place to get promotion - it's up to you!

15 November 1992 - Oldbury Junior Meet, Halesowen (36 Yds)

This was our best 'team performance' at a Meet for a long time, with many good times and PB's. It was especially pleasing as, although Halesowen may not be as attractive a venue as the more modern 25m pools, times set there do convert very well to long course.

F/S Gemma Hindson 48.75, 1st; Hannah Loftus 51.91; Nicola Sheasby 51.96; Katie Brooks 1.09.23, 1st - at last she has carried her sprint ability through to the 100 distance; Adam Edwards 1.03.42, 2nd; Michelle Jennings 1.07.36, 2nd.

BR Jo Potter 1.26.30, 1st; Michelle 1.26.99, 2nd; Pamela Schofield 1.29.32, 3rd; her first sub-90 swim; Damien Freeman 58.77, 1st; Nicola 1.01.81, 1st; Hannah 1.05.42.

BK Gemma 56.08, 2nd; Hannah 1.01.28; Nadia Rahman 1.01.52 - good turns would have seen them both under 60 secs; Adam 1.14.19, 2nd.

FLY Georgina Lee 1.24.21, 2nd - a whole 5 secs improvement; Gemma, in rampant form, 55.66, 1st; Katie Smith 1.28.21, gradually coming to terms with the 100 distance; Ian Potter 1.26.85, 2nd - also a big drop in his time; Jonathan Baker, 1.11.80, 2nd - but there is so much more there.

IM Jonathan 1.24.21, 2nd.

21 November 1992 - Inter-Club, Lichfield (25m)

Cheadle 207, C/Hill 197, Stourbridge 177, Lichfield 112

A close result that would have been still closer if one, who should have known better, had not thrown away 6 points with a faulty turn in a winning race.

Jonathan Baker came to life in the **BR** with an improvement of almost 5 secs, 1.20.96, while Sally Millard swam 1.22.76. Lydia Lee continues to race well with **F/S** 1.03.87 and **FLY** 1.13.71.

Other good swims: **BR** Hannah Loftus 45.14; James Westwood 46.57 - it will be faster when he decides to turn properly. **BK** Lucy Wood 38.97; Ian Potter 40.58 and **FLY** 38.06 - but still giving a yard away at the starts. **F/S** Gemma Hindson 33.57; Kesree Finnegan 1.07.76; Michelle Jennings 1.05.95; Chris Hutton 35.97.

Ben Darbyshire now not only trains in 2 trunks, but also competes in them - I hope this idea will not spread!

ESSA Championships (25m)

Good swims by Lucy Tubbs, BK 1.13.99 and Andrew Brown, BR 1.11.40.

Hereford Meet (25m)

Well done Richard Rivers: BK 1.09.32 and 1.09.72, F/S 27.52, 59.95, 2.10.68, 200 BK 2.31.11

8 November 1992 - Bristow Trophy, Bridgnorth (25m)

C/Hill 132, Leic Belgrave 106, Northgate 96, Haden Hill 84

I think our team was a little too strong for this event, but I'm sure that everyone enjoyed it and there were many good swims, including:

BR Stephen Jones 1.18.21, F/S Adam Edwards 1.03.15, BK Robert Delves 20.56; David Tubbs 1.12.82, FLY Rachel Nock 1.13.77

On the same day

Relay Gala - Stourport (25m)

Kidlington 129, Stourport 94, C/Hill 77, Fox Hollies 66

It was difficult to get a complete team for this gala, and I am grateful to those who turned out at short notice and to those who helped out with transport. It was still a worthwhile event with plenty of swims for everyone and some good relay splits.

BK Claire McLaughlin 38.76; Paul Bicknell 18.65, BR Tracey Collier 39.78; Russell Turner 40.92; Jamie Hamer 34.04, FLY Tracey 34.61; Russell 36.21; Ben Darbyshire 28.90, F/S Steven Fenton 30.35

I was pleased to receive Mr Stephens' comments that the behaviour was good and greatly assisted him in his task as Manager.

On the same weekend

Gloucester Grand Prix Meet (25m)

Darren Dyke was the most successful of our 3 competitors, taking 3rd place in the 50 F/S, 24.63, and 6th in the 100m, 53.10, equalling Steve Dunn's club record. Michael Hoare, fit but lacking real sharpness, swam a creditable 200 BR, 2.30.41 and repeated this in the consolation final. Stephen Tomlinson was close to his best in the 100 BK with a 1.04+.

FIXTURES - JANUARY

Sat 2nd Loughborough, 9-12 Yrs
Sat 9th East Midland League, 'A' Team Beechdale, 'B'
Team Nuneaton
Sun 10th Stourbridge Diddy Meet
Sat 16th Shrewsbury 11, 13, 15 OP
15th/17th Leicester Grand Prix Meet
Sat 23rd Haden Hill Relays, 9-12 Yrs
23rd/24th Derby Meet (entries made)
Sun 31st Dudley Meet