

MARCH 1994

THANK YOU

1. Graham Darbyshire for having provided the Newsletter for the past year.
2. Martin Loftus for taking on this backroom task.

CONGRATULATIONS

To Graig & Fabienne Norrey on the birth of their daughter Annabelle.

WE ENJOYED

The engagement party of Martin & Vickie. Good to see Martin back in the water again, and showing that he has lost none of his speed in relays at Coventry recently.

MEMBERSHIP & A.S.A. REGISTRATION

These payments are due shortly. Please make Polly Sheasby's task easier by dealing with them promptly. Polly has taken over the role of Club Secretary from Anne Bourne whose very demanding job has left her little time for swimming activities. THANK YOU, Anne, for having been our Secretary for many years, and we hope that the time will come when you will be able to come on the bathside again.

TAKING PART IN A RACE - DO'S & DON'TS

With the approach of the County events, it is appropriate to remind you of certain important points.

1. Arrive at the pool in plenty of time for your warm-up. It is difficult to swim well if you have been rushing and arrive to see everyone getting out of the water for the start of the gala.
2. When you are standing behind your block, waiting for the starter's orders, you should be concentrating absolutely on the race to come. **DO NOT** talk to anyone, wave to parents, or look along the other competitors deciding whom you can beat and who may beat you. You must not let your thoughts wander, "I hope I'll get a new costume today", "I'll go upstairs straight after this race and get some food". It is so easy to lose concentration, especially if the start should be delayed at all. I have known international swimmers, after their race, say "I was not mentally prepared, I could swim it again now and do better". So, REMEMBER, concentrate from the time when you are waiting for the starter until you have FINISHED the race.

QUALIFYING TIMES - MIDLAND DISTRICT AGE GROUP

I estimate that 11 swimmers have, so far, qualifying times for 47 events, and I hope that we can increase this number during the County Championships.

FINANCE

An active club requires money if it is to function satisfactorily eg. Team entries to the County events alone have cost us £216.00. The main source of our expenditure, however, is on pool hire. This will shortly cost more, and I estimate that the charge per session will

have to be £1.00 to cover the increase. Notice of this will appear in due course. You will still be getting good value, and subscriptions remain at the rate which has applied for several years.

COMPETITION RESULTS

22nd January 1994 - Haden Hill Relay Gala (25m)

Haden Hill 168, Kidlington 140, Stourport 98, C/Hill 88

With several swimmers away at the Wolverhampton Meet, the odds were against us at this diddy gala, although we could have looked for 3rd place but for 6 disqualifications. The crowded, somewhat claustrophobic, pool provided a useful 'learning situation' for our youngest swimmers - not to mention their supporters, and was not typical of the average gala.

22nd/23rd January 1994 - Wolverhampton Meet (25m)

This was our best Meet to-date for P.B.'s. Two long, arduous days, but what did that matter when we had such good results in this Meet involving 51 clubs. Medals were awarded to the first three in all events for ages 11-16 and open.

Gemma Hindson raced a total of 72 lengths : F/S 1st 1.06.65, 200 1st, 400 2nd 5.03.80, BK 2nd 1.18.79, 200 1st 2.44.30 (splits 82 & 82), FLY 1st in 100 & 200, I.M. 1st.
Jo Potter, BR 3rd 1.20.65, 200 2nd 2.53.50, I.M. 2.39.22. Stephen Tomlinson, BK 2nd in 100 & 200. Georgina Lee, FLY 3rd 1.13.06 (NQT), 200 2nd and other good efforts including BK 1.19.29. Damien Freeman, BR 3rd 1.26.07: he is a good competitor, but will find it increasingly difficult to improve unless he can at least treble his one session per week.

Michelle Jennings, F/S 1.03.86; we have waited a long time for this Michelle now you must look for still better. Adam Edwards, BK 1st, F/S 3rd 58.69. Ian Potter, FLY 3rd. Jonathan Baker, some good results now that he is finding out about training, F/S 2nd 57.75, 200 2nd, FLY 2nd, 200 3rd, BR 2nd 1.16.51, I.M. 2.27.98. Lucy Lloyd Roach, F/S 3rd 1.16.63, BK 1.29.45, FLY 1.33.20, I.M. 3rd 3.12.63. Other good swims, F/S Hannah Loftus 1.15.19, Katie Brooks 1.06.60, Ruth Fraser 1.17.28, Sharon Morris 1.04.14, BK Nadia Rahman 1.24.10, Katie 1.22.53, BR Hannah 1.31.96.

29th January 1994 - Cheltenham (33¹/₃m.)

C/Hill 214, Cheltenham 181, Droitwich 114, Cheltenham B 105, C/Hill B 95

This was an easy win, but it was of value to be able to use 2 lanes and we had many good swims : Paul Bicknell, FLY 126.95; Ian Potter, F/S 1.08.72; Damien Freeman, BR 1.24.45. Emerging talent was shown by Sally Jones, BK 1.07.95 and in FLY Kate Hindson 1.02.41; William Baker 1.09.35; Nadia Rahman 1.33.61.

12th February 1994 - East Midland League - Coventry (50m.)

Coventry 238, Perry Beeches 237, Northampton 217, C/Hill 130, Stourbridge 116, Braunston 110.

Our first long course competition for some months was faced with some trepidation by bleary eyed seniors (Sharon's birthday celebration) and alarmed 11 years. However, we coped well and our final placing was the best that we could have hoped for with this draw. Most of our swims were 'standard', but Georgina Lee's FLY, 1.13.48, was a fine

effort, as were Lucy Lloyd-Roach's F/S & FLY, 36.49 & 40.49; Damien Freeman's BR, 1.25.98 and Jo Potter's BR, 1.23.48, but why did she spend so much time looking around? There were some good relay splits, F/S Katie Brooks 29.91; Shelley Taylor 29.10, with our ladies 6x50 averaging 30 secs. Martin Atkins returned to the fray with a 26.00 F/S and a 27.26 FLY. Well done James Venables for volunteering to tackle 50m. FLY and thanks to Thomas Massey for turning out at very short notice.

Clay Cross (25m.)

Matlock 219, Sherwood 219, C/Hill 161, Daventry 155, Leicester 138, Chesterfield 129.

This was a good result for our team, which was not at full strength, and the margin over Daventry would have been even closer had they not been disqualified in the final race. Good swims : two 'firsts' for Russel Turner; I.M. Jamie Hamer 1.06.38; Simon Delves, BK 1.11.33, returning to previous form; Michelle Wilson, F/S 1.09.69; Sally Millard, BR 1.24.25. Peter Badham, in his first race for the club in a long time, F/S 1.00.66. Team discipline was good, and Team Manager Judy Green drew the Lucozade prize, a shell-suit, which has been awarded to Michelle. Many thanks to team members who turned out at short notice.

5th/6th February 1994 - Bilston Meet - Wolverhampton (25m.)

This was our third visit to the Wolverhampton hothouse this year. We returned home exhausted but delighted with continuing good results from this venue. The Meet was well supported, with large contingents from Millfield, Milton Keynes and Lincoln. Three swimmers achieved National Qualifying Times: GEORGINA LEE, 200 FLY 2.38.37; DAMIEN FREEMAN, 100 BR 1.23.77 and GEMMA HINDSON, F/S 1.05.64.

Midland times were swum by Jo Potter, BR 1.20.54, I.M. 5.29.95; Lucy Lloyd-Roach, BK 1.25.45 & F/S 1.15.47; Georgina, F/S 1.06.14; Katie Brooks F/S 1.06.29; Michelle Jennings, 400 F/S 4.55.57; Kesree Finnegan, F/S 1.04.82 & 200 BR 3.01.02.

Other good swims: Hannah Loftus, F/S 1.14.58 & BK 1.23.46; Stephen Tomlinson, BK 1.01.59; Jo, F/S 1.07.21; Gemma, 400 F/S 5.01.56 & 200 BR 3.11.27. I have listed performances rather than medals although we did have a good share of those.

19th February 1994 - Lichfield (25m.)

Phoenix 261, C/Hill 196, Chase 188, Tamworth 180, Lichfield 104

With only ten girls (no 13 yrs) and fourteen boys and lots of effort our team set off steadily, and by event 10 lay fourth. Girls captain Hannah Loftus won the 13yr BR in 42.03 and sister Fiona came 2nd in the 10yr BK, 49.25. With boys captain Ian Potter winning the 13 yr F/S 31.57; William Baker 2nd 10yr F/S 38.00 and Jade Finnegan 2nd 12yr FLY 38.66, we climbed to 3rd place at event 36. After wins in the 11yr BR for Louise Morgan 45.72 and James Venables 46.01, our final relay teams pulled out all stops with our 13yr F/S team and 11 yr girls medley team winning their events to earn a very good second place overall.

Our ten girls recorded 23 P.B.'s and the boys 21 P.B.'s. Emma Raine and Fiona swam 5 times each in the 10 yr group, while Laura Payne and Jade did 7 events each and Hannah had 9 swims to merit special mentions. Robert Delves also enjoyed 7 swims, including 3 excellent individual swims of great effort and determination.

A very good team effort - well done! N.S.

19th/20th February 1994 - High Wycombe Meet (50m.)

An early start, 6.00a.m. in most cases, saw us arrive for warm-up at 8.00. The Meet attracted large teams from Killerwhales, Reading and other southern clubs, so it offered strong competition.

Michael Hoare was our first competitor with a 5.09.91, a sound swim which he had not been eagerly anticipating. Gemma Hindson was placed 3rd in the FLY, 1.18.09; Jonathan Baker was 4th in the F/S, 59.47. Following the session, we went to our hotel to check-in & rest, but it was not to be for the rooms were not ready. However, it was possible to relax in the foyer and this provided a break from the pool.

In the afternoon, Gemma was 3rd in the BK, 1.19.88 (39.83/40.05); Georgina Lee 6th in the 200 FLY, 2.43.63; Jo Potter 6th in the 200 I.M., 2.41.95. This was followed by a successful check-in at the hotel and food, TV and rest. Jo had our first swim in the evening session and produced a very sound and well balanced 400 I.M., 5.31.36. Swimming so well, it was a pity that she had not also entered the following day's BR events. Gemma was 2nd in the 200 I.M., 2.47.76; Michael 6th in the FLY; Georgina 4th in the FLY.

Breakfast at 7.30 on Sunday morning saw Jonathan appearing at 7.50 and starting the 'Man Sized English Breakfast' as we finished our Continentals. One could not help feeling, when he appeared at the pool, 20 minutes before his race - event 1, 200 FLY - that the race had been 2nd in his order of priorities. Gemma was 2nd in a hard-fought F/S final, 1.06.72 and Lucy Lloyd-Roach swam a good 1.16.62.

Our success in the final session came in BR, with Damien Freeman, 2nd 1.25.88; Hannah Loftus & Gemma 5th & 6th, 1.32.20 & 1.32.21, while Georgina swam a good BK, 1.20.25 (39.68/40.57).

The weekend had provided valuable long course experience, and the facilities at the pool combined with the friendly atmosphere made it a relaxing occasion, despite the early travel and the hard races.

26th February 1994 - Diddy Relay Gala - Bromsgrove (27¹/₂ yds.)

Bromsgrove 160, Witney 157, C/Hill 152, Orion 134, Wombourne 65, Dursley 64

Relay galas always provide plenty of action for the participants, and this one, as shown by the closeness of the final points, was no exception. We had many good splits, with the 12yr girls winning all their races and the 9 yr boys showing good form, although one of them will have to control his tendency to keep disappearing. Team behaviour was good. We had few disqualifications - but still too many. You must remain in the water at the end of your race until told to get out, otherwise you will be disqualified.

FIXTURES

March 12th - East Midlands League.

March 13th - Wolverhampton Meet (entries made).

March 19th - Warwickshire Championships (entries made).

March 26th - Leic. Knighton Fields (11,12,13,15,17, & open).

March 26th - Brierley Hill - Diddy Gala.