

JULY 1994

SUMMER BREAK

Our final session for this season will be on Saturday 23rd July. There will be some training the following week, but that will only be for the 6 swimmers who have qualified for the National Age Group. We start back on Wednesday 31st August.

WE ARE LOSING MONEY

Since the raising of the cost of a swim to £1.00, due to the increase in the pool hire charge, we have lost an average of £29.00 per week. Numbers have dropped in the past few weeks, and we must aim for regular attendance and payment when we start back at the end of August. Many clubs operate a system whereby payment is made to cover a certain number of sessions per week whether the swimmer attends or not and we do not wish to be forced to adopt that.

ERRATUM

Jo Potter was listed as 3rd in the Warks, 200 BR, whereas she was the winner.

OMISSION

Gemma Hindson's performances in the County events won her the trophy for the 'Female age-grouper of the year' - well done!

ANOTHER WEDDING

The Club has lost its most eligible bachelor: Paul Seymour and Alison were married on 4th June and we wish them a long and happy life together.

COUNTY REPRESENTATION

Georgina Lee took first place in a County Age Group Gala at Leicester, 100m. FLY in 1.10.75, and Lucy Lloyd-Roach swam well in the relays.

GOGGLES

Proper adjustment of the nose-piece is essential both for comfort and as a watertight seal. To avoid water leaks, slide the lens closer together or further apart, one notch at a time, until you get a perfect fit.

When removing goggles always hold the eye pieces and slide the goggles over the head - DO NOT pull them away from your face, as they may spring back and hurt your eyes. If you use anti-fog goggles do not rub the inside of the lens with your fingers because this wears through the anti-fog skin, a quick rinse in the pool will suffice.

Always take at least two pairs of your favourite goggles to galas. Try not to borrow or lend goggles: your own goggles will have moulded to your face and may not suit another swimmer.

SAM

COMPETITION RESULTS

21.5.94 Midland District Relays - Coventry (50m.)

Six of our ten teams reached the finals of their events, and although lowly placed in the finals, this represented our best performance in this tough event which is open to clubs from the 15 Midlands counties, for a number of years.

Boys

| | | | |
|-------|--|------|---------------|
| 15/16 | D.Tubbs, J.Baker, R.Turner, A.Edwards | F/S | 1.48.55 - 7th |
| | D.Tubbs, D.Woodhall, J.Baker, A.Edwards | Med. | 2.03.78 - 8th |

Girls

| | | | |
|-------|---|------|---------------|
| 11/12 | N.Rahman, H.Loftus, N.Sheasby, G.Hindson | Med. | 2.27.72 - 6th |
| | R.Fraser, H.Loftus, N.Sheasby, G.Hindson | F/S | 2.10.55 - 5th |
| 13/14 | N.Smith, K.Brooks, P.Schofield, K.Green | F/S | 2.02.78 - 7th |
| 15/16 | M.Jennings, J.Potter, K.Finnegan, J.Hutton | F/S | 2.03.78 - 7th |

28/29th May '94 Leeds Age-Group Meet (50m.)

The number of entries for this Meet, because of the clash with a similar event at the more attractive venue of Sheffield, must have been disappointing for the organisers. We had opted for Leeds because of the opportunity to swim 200's and 400's in addition to the usual 100's and the competition was good enough to make it a most worthwhile trip.

Our best swims

Jonathan Baker, F/S 58.59, 2nd; **Jo Potter**, BR 1.22.00, 3rd and 2.53.74, 3rd; **Damien Freeman**, BR 1.25.70, 3rd; **Michelle Jennings**, F/S 1.04.07, 3rd. **Gemma Hindson** 1st in 400 F/S 4.51.14, 1.M. 2.37.68, FLY 1.14.66, 2nd in BR 1.28.69 and F/S 1.05.24, 3rd in BK 1.16.21 returning from Leeds festooned in winner's holdalls; **Georgina Lee** an excellent 200 FLY, 2.34.76, 2nd, and a National Qualifying Time in the 400 LM. 5.39.40; **Nicola Sheasby** BR 1.31.53; **Hannah Loftus**, F/S 1.14.60; **Michelle**, 400 F/S 4.51.78.

2nd/5th June '94 Guernsey Meet (25m.)

The party met at Birmingham Airport on the eve of the D-Day celebrations, and as Gerry organised us into our family units it was clear that our mission had been as meticulously planned as the original - 2 of our members even had appropriate headware. An army is said to march on its stomach. Swimmers obviously fly on theirs - or so it seemed as egg sandwich after egg sandwich was passed down the plane towards Pam, Nicola, Ben and Mike. Some must have come from the other passengers on the plane.

Once we had arrived in Guernsey, Transport Command (Hal Baker) took over. He somehow acquired a minibus and used his skills to fit in all the passengers and their luggage (aren't armies supposed to travel light?). Having billeted ourselves in our rooms, Gerry asked for a reconnaissance party to examine and report back on the shops in St Peter's Port. Polly and Nicola snapped to attention and stepped forward - so did everyone else.

Later we had a chance to examine the pool. Unfortunately, we arrived too early and so had to find some boring things to do - 10 Pin Bowling, Air Hockey, Eating, Drinking, talking to the barmaid etc. Kate decided that, being the youngest, she ought to show the others how to play 10 Pin. This was a good move as it obviously became essential for a series of replays throughout the weekend so that the older ones could get their revenge.

The next day was a rest day. Our leader nearly let us down as he made us get out of the minibus just as the first rain of the day fell. He was quite right - it was only a shower. He was also wrong - it wasn't light rain - it was very heavy. When the sun returned it was time for PT on the beach. Ben showed us what a fine athlete he is as he led the charge into the sea. He also confused the rest by turning round and running out even faster. Then ball games - Gerry demonstrated the finer points of the half volley to Gemma who

queried whether it was always necessary to break the bat with this shot. Gerry's response was lost on the wind.

In the afternoon there was an enforced rest followed by action at the pool. Then it was that perennial problem - where to eat? Again there was no shortage of volunteers, but Adam, Jonathan and Mike seemed to be setting the pace.

The following morning saw Barry and Sue given the key roles of ensuring the swimmers got down to breakfast. Sue did her floor; Barry locked himself into his room and had 15 minutes of panic trying to work out why he could not get out. Deep breathing, kicking and pushing the door were all tried and escape eventually resulted - after everyone else was up and at breakfast.

The final morning demonstrated all the skills which our C.O. had instilled into us over the weekend:

Competitiveness - Kate and Mike had to play one last Air Hockey game.

Initiative - spotting that the Harlow team had spaces in their van and, if we hitched a lift, we could save a taxi fare.

Teamwork - Pam, Nicola and Gemma combining well to take a photo of Ben - much against his will.

Attention to detail - demonstrated by Mike's mastery of the intricacies of building the models found in Kinder eggs.

It was with a great sense of achievement that our small group stepped onto the tarmac at the airport. We had overcome all the odds. We had succeeded in demonstrating all the qualities needed for a mission of this type. As Mike said - "Nothing will ever worry us again." Then the Air Hostess pointed to the Dinky Toy that Manx Airlines called a plane!

B.H.

Our performances

Mike - He always swims well at Guernsey - it must be the air. P.B's in the 200 F/S, 2.03.77; 200 FLY, 2.15.72 (3rd). He should have won the BR after leading all the way and losing 1st place by a hundredth of second, but with his best time for a long time, 1.09.53. He won the 100 FLY in an excellent P.B. of 1.00.65.

Jonathan - 1st in the FLY, 1.04.64 and the 50 F/S, 26.28. Jon did enough in his other events to be overall points winner in the 15/16 group.

Adam - Yet again he showed his ability in a P.B. and National Qualifying Time in winning the BK, 1.04.48, and was 3rd in the 50 F/S, 26.64, but lack of stamina affected his other results.

Gemma - 1st in FLY, F/S, 1.03.41, I.M., all in Meet records and in the BR, and as group winner increasing her stock of holdalls and towels, etc.

Nicola - She is producing some useful times: F/S 1.12.47, I.M. 3.02.07, BR 1.27.30.

Pam - Her best swims were in the F/S, 30.30 and 1.07.78, but she needs to work out a satisfactory breathing pattern for her 100 F/S.

Kate - Her best swims were in the F/S, 1.19.37, and I.M., 3.13.99.

11.6.94 Coventry 'B' Grades (50m.)

Our six swimmers enjoyed a very successful afternoon, winning two events, two seconds and a third, with every swim a P.B.

Dean Cross - 50 F/S, 29.28 1st, 100 FLY, 1.10.30 3rd; **Lisa Johnstone** - BK 1.19.97 1st; **Charlie Griffiths** - BK 1.16.55 2nd, 200 I.M. 2.41.85 2nd; **Kate Hindson** - I.M. 3.15.03; **Clare McLaughlin** - BK 1.24.16; sister **Rachel** - 50 F/S 37.35.

Despite the arrival of further competitors we had no wins in the second session, but there were some good swims: **Rachel** - F/S 1.24.28; **Clare** - BK 38.77; **Kate** - FLY 41.47 3rd; **Ian Johnstone** - F/S 1.22.42 3rd; **Dean** - 50 FLY 33.00 3rd; **Alex Clark** - F/S 1.23.43; **Matthew Millard** - BK 48.71; **Rebecca Hunt** - BK 45.36; **Jennifer Pearce** - BK 46.43; **Sally Jones** - BK 46.66; **Emma Raine** - F/S 1.31.15.

N.S.

I cannot stress too much how useful this event is for those who do not qualify for the harder Meets - lots of entries next time, please.

11.6.94 Stourport (25m.)

Haden Hill 209, C/Hill 193, Belper 118, Stourport 115, Ledbury 95

A useful match with several good swims. Especially: **James Raine** - BR 1.31.14; **Jo Potter** - BR 1.18.48; **Georgina Lee** - BK 1.14.07; **David Tubbs** - F/S 57.67.

Also: F/S **Chris Hutton** - 31.99; BK **Nadia Rahman** - 39.24; **Robert Delves** - 40.50; **Gemma Hindson** - 1.12.52; **Ian Potter** - 1.21.46; **FLY Nadia** - 39.65; **Joseph Huddlestone** - 41.96.

18.6.94 Nuneaton Junior League - 3rd Round Walsall (36² yds.)

Bilston 209, C/Hill 156, Bromsgrove 147, Orion 144, Walsall 143, Hinckley 90

This important last round of the League was a big improvement on the previous two. The boys especially showed a much greater determination and were noticeably better behaved. Three boys were disqualified for faulty strokes, after making valiant efforts in their races - doubtless correct decisions, but we felt that they were somewhat harsh. (Conversely, Jonathan Sheasby was not disqualified on a backstroke length in which he swam into the lane rope, thought he had finished - appeared to turn over and put his feet down and then finished the race.)

The other disqualification was a 'flyer' by a 9yr old boy who has done it more than once previously. He must cease pestering the team manager about going home and concentrate on the task in hand.

The 10 yr boys swam close to their best, and **Tom Jeffries**, now making much more effort, took 2¹/₂ secs. off his F/S time.

The most improved 11 yr swimmer was **Christopher Gregory** who successfully negotiated a backstroke turn in his first 2 length race and also took 2 secs. off the BK and F/S one length times.

The 12 yr girls bowed out with a fine flourish winning all 4 individuals, both relays and contributing to winning the girls 8x1 cannon.

Well done everyone - we are safe from relegation this year.

A.L.

4th/5th June '94 G.B. Masters - Leeds (50m.)

Our sole representative, **Trevor Clark**, competing in the 40-44 yr. group, demonstrated his versatility with the following results: FLY, 1.04.25 1st., 50 28.98 1st., 200 2.29.60 1st., 50 BK 2nd., F/S 59.88 1st., 50 27.37 2nd, 50 BR 35.89 3rd.

25.6.94 Hinckley (25m.)

Triple S 223, Coalville 193, Hinckley 189, C/Hill 'B', 162, Market Harborough 155, Lutterworth 71

The early start and poor organisation at this gala did not suit our early swimmers, but as the latecomers arrived, between 6.00 and 6.30, we recorded some good swims. Most swimmers competed on their second or third strokes, and **Hannah Loftus** on her fourth (I.M.) and fifth (FLY) strokes. Our five winners were **Rachel McLaughlin**, F/S 38.38; **Stuart Pigott**, BR 46.85; **Paul Bicknell**, FLY 37.03; **Simon Delves**, BR 1.16.86 and 15/U Medley Team, 1.04.38, who were disqualified from the F/S team because the last swimmer left the water before being released by the referee.

Other swims of note: **Clare Franklin**, FLY 45.97; **Rebecca Hunt**, F/S 37.55; **Claire McLaughlin**, BK 1.23.62; **Stuart**, F/S 38.59; **Chris Hutton**, F/S 32.48; **Charlie Griffiths**, BK 1.12.45; **Raymond Watson**, FLY 1.06.63. Relay splits: **Pam Schofield** 13.46, **Hannah** 14.84.

N.S.

25th/26th June & 2nd/3rd July '94 Midland District Age Group - Coventry (50m.)

Five of our competitors came away with medals from this prestigious event.

Jo Potter, 200 BR 2.51.75 - 2nd, 100 BR 1.20.52 - 3rd, and good efforts in 50 BR, 36.76, and the I.M.'s, 2.36.67 and 5.30.18.

Georgina Lee, 400 I.M. 5.36.17 - 1st, 200 FLY 2.33.07 - 1st, 100 FLY 1.11.82 - 3rd, 50 FLY 32.83 - 3rd. Also P.B.'s in F/S, 1.05.87 and 30.60 and BK, 1.15.75. Her fifth place in the points for her age group would have been raised to third had she not missed a swim in the F/S final due to a recording error, which was not rectified before her departure home.

Gemma Hindson, 1st in FLY 1.13.85, 200 F/S 2.18.37, 100 F/S 1.04.67, 400 F/S 4.53.79, and 200 I.M. 2.37.04 - a clear winner of the Speedo prize for the highest points total in her group.

Jonathan Baker took one medal - 2nd in the 50 FLY, 28.61, and had good swims in the 100, 1.05.94 and in F/S, 26.45 (National Qualifying Time) and 58.66.

Adam Edwards did very well to take 2nd in the 50 BK, 31.08.

Other good swims: **Ruth Fraser**, F/S 1.13.95; **Pam Schofield**, F/S 30.69; **Damien Freeman**, BR 38.27. It was pity that a number of our qualifiers did not compete.

FIXTURES

Sept. 3rd - Coventry 50m. Sprints - Entries due in before we close for the summer break.

Sept. 11th - Triple S Meet. - Entries due in by 23rd July

STOP PRESS

9.7.94 Stratford Meet (33rd, m.)

Our final Meet of the season, and our swimmers treated our supporters to a load of outstanding swims.

10 yrs. **William Barker** proved himself to be a determined competitor with his 1st in the F/S, 50.04, and **Ian Johnstone** did well in the BK, 1.02.42, although it is difficult to pick out his tiny frame when he swims without his club cap. **Kate Hindson**, hopefully has learned not to look around in BR races, but her 3 other swims all collected medals.

11 yrs. P.B.'s by **Ruth Fraser**, F/S 1.12.16 and **Lucy Lloyd Roach**, BK 1.24.77, FLY 1.31.27.

12 yrs. **Gemma Hindson** won her 4 events, with **Nicola Sheasby** offering the greatest threat in a hard-fought BR final, 1.27.09 and 1.27.16, well done both girls. **Damien Freeman** had an easy win in the BR: it's a pity he won't venture into other events.

Nadia Rahman swam a good BK, 1.24.02, and her two FLY swims showed that she has now increased her repertoire to 3 strokes.

13/14 yrs. **Ian Potter** swam with his usual determination, F/S 1.07.32, and **Pam Schofield** had another good F/S swim, 1.05.98. **Georgina Lee** demonstrated excellent finishing ability in her events, BK 1.15.53, FLY 1.10.53, BR 1.25.91, and a storming F/S 1.03.41.

15/16 yrs. **Jo Potter** maintained her BR progress with a 1.18.09 and **Michelle Jennings** swam 2 good, and what, for her is more important, 2 consistent F/S finals, 1.03.77 and 1.03.39. **Jonathan Baker** also shone on F/S, 57.86 and FLY, 1.03.39. **David Tubbs's** swims augur well for next season, with a 58.26 F/S and a 1.08.64 BK.

Open Our solitary competitor, **Mike Hoare**, swam another good FLY race, 1.01.60.

We retained the top club trophy and will probably defend it on the 8th July 1995.

CLUB RECORDS

Set in both long and short course pools
Juniors - U/16 on the date of the swim

MALE

| | Senior | | Junior | |
|------------|-------------|----------|----------|---------|
| 100m. F/S | D.Dyke | 52.08 | S.Dunn | 54.88 |
| 200m. F/S | D.Dyke | 1.58.47 | S.Dunn | 2.03.84 |
| 400m. F/S | S.Eggleton | 4.10.40 | J.Atkins | 4.33.35 |
| 1500m. F/S | S.Eggleton | 16.11.77 | | |
| 100m. BR | M.Hoare | 1.07.73 | F.Ford | 1.10.76 |
| 200m. BR | M.Hoare | 2.27.92 | J.Beavon | 2.34.56 |
| 100m. BK | S.Tomlinson | 1.00.47 | M.Atkins | 1.02.20 |
| 200m. BK | S.Tomlinson | 2.10.85 | C.Tainty | 2.17.00 |
| 100m. FLY | M.Edwards | 58.90 | L.Badawy | 59.50 |
| 200m. FLY | M.Edwards | 2.12.40 | L.Badawy | 2.14.31 |
| 200m. I.M. | S.Eggleton | 2.14.52 | F.Ford | 2.16.83 |
| 400m. I.M. | A.Wolf | 4.43.00 | A.Wolf | 5.09.40 |

FEMALE

| | Senior | | Junior | |
|------------|-----------|---------|---------------|---------|
| 100m. F/S | J.Swift | 59.00 | R.Knight | 1.00.50 |
| 200m. F/S | | | R.Knight | 2.07.85 |
| 400m. F/S | | | R.Knight | 4.30.82 |
| 800m. F/S | | | S.Checsbrough | 9.23.80 |
| 100m. BR | J.Seymour | 1.11.82 | J.Seymour | 1.13.05 |
| 200m. BR | J.Seymour | 2.33.90 | J.Seymour | 2.41.31 |
| 100m. BK | | | L.Beasley | 1.08.60 |
| 200m. BK | H.Perry | 2.25.25 | L.Beasley | 2.27.40 |
| 100m. FLY | | | A.Young | 1.06.03 |
| 200m. FLY | | | R.Knight | 2.27.57 |
| 200m. I.M. | J.Seymour | 2.18.38 | J.Seymour | 2.25.84 |
| 400m. I.M. | J.Seymour | 5.05.08 | A.Young | 5.09.08 |

CAMP HILL EDS. S.C. 1994

| DATE | A. S. A. & MEETS | 'A' | 'B' | MASTERS | DIDDY |
|----------|--------------------|---------------------------|----------------------------|---------|--------------------------|
| SEPT | | | | | |
| AT 3RD | COV. SPRINTS | | | | |
| UN 4TH | | | | | |
| AT 10TH | | | STRATFORD RLYS. (11-0P) | | |
| JUN 11TH | TRIPLE 'S' MT. | | | | |
| SAT 17TH | DIV 6 SCHOOLS | | | | TRIPLE 'S' (9-12 yrs) |
| JUN 18TH | | | | | |
| SAT 24TH | | SOLIHULL RLYS. (11-0P) | | | |
| JUN 25TH | | | | | |
| OCT | | | | | |
| SAT 1ST | | | | | |
| JUN 2ND | LEICS PENG'NS MT | | | | |
| SAT 8TH | | W.M.L. | W.M.L. | | |
| JUN 9TH | | | | | |
| SAT 15TH | MIDLAND | | CHASE | A.S.A. | |
| SUN 16TH | SH'T COURSE | | | MASTERS | |
| SAT 22ND | | | | | |
| SUN 23RD | | LEEDS RLYS ? | | | |
| SAT 29TH | | | | | |
| SUN 30TH | | | | | |
| NOV | | | | | |
| SAT 5TH | COV J'NR MEET | | | | |
| SUN 6TH | INTER-COUNTIES | | | | |
| SAT 12TH | | W.M.L. | W.M.L. | | |
| SUN 13TH | | | | | |
| SAT 19TH | HEREFORD / LEICS | | | | |
| SUN 20TH | MT / MT | | | | |
| SAT 26TH | ASA INTER DISTRICT | | | | |
| SUN 27TH | | | | | |
| DEC | | | | | |
| SAT 3RD | | W.M.L. | W.M.L. | | |
| SUN 4TH | | | | | |
| SAT 10TH | | | | | |
| SUN 11TH | | | | | |
| SAT 17TH | | HADEN HILL (11-0P) | | | |
| SUN 18TH | | | | | |