

September 1994

**BACK AGAIN !**

Training has picked up again, following a good break, and I hope that you are all setting yourselves targets for the competitions to come.

**THE CLUB BANNER**

Many thanks to Jackie & Dave Jennings for providing the Club with a fine new banner.

**LEEDS RELAYS**

This has been an annual fixture for the Club since 1975. We have struggled with certain age groups in the past few years, but have always managed to produce a team, and have always been made welcome. This year, however, we have so few boys in the 12,13,14 yr. groups that I have, with great regret, declined the invitation to take part.

CAN EVERYONE TRY TO RECRUIT NEW MEMBERS IN THESE AGE GROUPS.

**MOTORISTS - SCHOOL GROUNDS**

Please be very careful - there was a near-accident recently. REMEMBER children may well be in the playground after school till quite late.

**RECOGNITION OF A GOOD PERFORMANCE**

Every gala report in the Club News draws attention to the 'good swims'. In the last issue, approximately 50 names were mentioned - was yours? If not - why not? Lets have some action.

**1st/5th August 1994 - NATIONAL AGE GROUP - COVENTRY (50m.)**

This was an exhausting week with much journeying to and from Coventry, although I did once travel via Euston for a change. Our competitors swam well, with **Jo Potter** in 9th place, narrowly missing a place in the final of the 15 yrs. 200 BR. **Gemma Hindson** maintained her steady improvement with a 2nd in the 400 F/S, 4.49.46, 3rd in the 100 F/S, 1.03.93 and 4th in the 200 I.M. , 2.37.72.

**Georgina Lee** swam p.b.'s of 2.38.82 and 5.34.12 in the I.M.s and her 6th place in the final of the 100 FLY, 1.10.11, augured well for her last race the 200 FLY where her really determined swim resulted in a win in 2.31.30 - our first winner since 1987. WELL DONE **GEORGINA!**

## NATIONAL AGE GROUP WINNERS

1971	<b>Martin Edwards</b>	100/200 FLY	16/17 yrs.
1978	<b>Jo Seymour</b>	100 BR	12/13 yrs.
1979	<b>Melanie Hayward</b>	100 BR	14/15 yrs.
1980	<b>Jo Seymour</b>	100 BR	14/15 yrs.
1981	<b>Lido Badawy</b>	100 FLY	14/15 yrs.
1982	<b>Jo Seymour</b>	100 BR	16/17 yrs.
1985	<b>James Bainbridge</b>	100 F/S	12yrs.
1987	<b>Ruth Knight</b>	200 F/S	15/16 yrs.
1994	<b>Georgina Lee</b>	200 FLY	13 yrs.

## COMMENT

Medals at the National Age Group are hard earned. Our two girls have worked throughout the year for their success, and I am CERTAIN that their regular twice weekly morning sessions of 3000m. plus have contributed to that success. I am sure that everyone prepared to make a similar effort would benefit from our early sessions.

## MYCIL DEVELOPMENT CLINICS

Following their results **Gemma** and **Georgina** have been invited to three National swimming development weekends and **Jonathan Baker** to a Midland District one.

## MATCH RESULTS

16.7.94 Two matches.

### **Bridgnorth (25m)**

Perry Beeches 173, Northgate 157, C/Hill 133

Our small team set out in good spirits to take on such strong opposition, and we produced many excellent swims and personal bests.

**Kesree Finnegan** was the star of our team, winning three individual events, F/S 1.04.55, FLY 1.12.66, BR 1.23.44 and with **Lisa Johnstone**, BK 40.30, **Sally Millard**, BR39.37, **Kesree**, FLY 32.59 and **Pam Schofield** F/S 29.60 winning the 16/U Medley Relay.

**Hannah Loftus** won the 12yr F/S, 33.78 and improved to 33.29 in the F/S Relay. **Dean Cross** stood out from our boys/men, winning the 16yr FLY 1.12.56 and he also swam a comfortable F/S, 1.04.78.

N.S.

### **Rugby (33<sup>1</sup>/<sub>3</sub> m.)**

Witney 268, C/Hill 265, Rugby 258, Warley 161

With such a close finish, our cause was not helped by four disqualifications, but the match produced the usual crop of good swims. **Sharon Morris**, returning to competition after about 3 months, had 3 good wins; **Stephen Tomlinson** swam a useful BK and **Mike Hoare** had another good FLY swim, 1.01.97. **Adam Edwards**, dragged from semi-retirement, valiantly tackled the FLY, I.M. and 4 relays. **Russel Turner** swam a good BK. There were signs of hope in the performances of our boys: **Damien Freeman** swam a BR p.b., 1.22.32, **James Venables**, 2 length BR 1.01.07 - he always finishes well, but must improve his start. **Paul Bicknell** had two good swims - if only he could train more. Our girls, as we expect, did well. **Jo Potter** swam another 1.18.+ BR and **Katie Brooks**, with the longest glide into a BK turn that I have seen this year, swam 1.23.18. Good swims by a somewhat bemused **Jonathan Sheasby** and a fast improving **Jennifer Pearce** and a good 'bleeding' for **Nicholas Pilsbury**. **Lucy Lloyd-Roach**, getting her stroke right, did a good 2 length FLY, 54.02.

### **3/9/94 Coventry 50m. Sprints**

As always, this Meet attracted a very big entry and our 5th place overall points ranking was evidence of a good effort by our small group of swimmers.

Our best swims came from **Damien Freeman**, BR 1st 38.65; **David Tubbs**, 2nd in F/S 26.91 and BK 32.50; **Nicola Sheasby**, F/S 3rd 31.35.

Others who received finalist awards: **Katie Smith**, **Pam Schofield** (3), **Nicola**, **David Woodall**, **Kesree Finnegan** (2), **Katie Brooks**, **Nadia Rahman**, **Hannah Loftus**.

Also worthy of mention: **Robert Delves**, F/S 33.48, BR 43.71, BK 42.40; **Lucy Lloyd-Roach**, FLY 38.54, F/S 34.43.

### **10/9/94 Two matches**

Swims for 57 of our members.

### **Relay Gala - Stratford (33<sup>1</sup>/<sub>3</sub> m)**

Kidlington & District 180, Witney 166, C/Hill 'B' 123, Evesham 122, Stratford 95.

Due to a shortage of swimmers we recorded no points in 12/U boys races, losing 8 points even if each team had finished last. As a result, the B team did very well to finish 3rd overall behind two very strong A teams.

Our 14 yr girls won three events. Medley **Kate Green**, **Zoe Hanson**, **Kate Smith**, **Michelle Wilson**.

F/S **Kate**, **Michelle**, **Pam Schofield**, **Kate Brooks**. BR. **Kate**, **Pam**, **Michelle**, **Zoe**.

We also won the girls F/S cannon with **Becky Hunt**, **Kate**, **Pam** and **Rachel Nock**.

Although we did not win any boy races, our 14/U boys coped well; made up with 12 yr boys, and also swimming in the 16's.

N.S.



**Diddy Gala - Walsall (36<sup>2</sup>, yds.)**

C/Hill 167, Walsall 139, Stafford Apex 136, Stourport 113, Triple S 84.

This gala, for the Walsall Observer Shield, was a useful start to the season for our younger swimmers and performances made an interesting comparison with those at the same pool in the third round of the Junior League in June.

Amongst our good swims: BK **Laura Payne** 58.89, **Christopher Gregory** 1.02.92, **Nadia Rahman** 53.60, **Jamie Sumner**, in his first gala for the Club, 27.90. BR **Louise Morgan** 1.02.96, **Damien Freeman** 52.69, **Kate Hindson** 29.70. F/S **Nicola Sheasby** 44.70, **Rachel McLaughlin** 23.78, **Robert Delves** 46.61.

**11/9/94 Triple S Meet - Stechford (25 m)**

Our best swim at this 'age on the day' Meet came from **Jo Potter**, 1st in the BR & I.M., brother **Ian** 2nd in the FLY, 1.17.11; **Damien Freeman**, 1st in BR 1.22.38; **Michelle Jennings**, 2nd in F/S 1.04.46. Other good swims: BR **David Woodall** 1.17.58; **James Venables** 1.37.49. **Robert Delves** 1.34.20 & I.M. 1.23.62; **Kate Hindson**, F/S 1.18.32; **Lucy Lloyd-Roach**, BK 1.24.10.

**17/9/94 Wyndley (33<sup>1</sup>, m.)**

Perry Beeches 172, C/Hill 159, Triple S 113, Northgate 99, Triple S 'B' 59.

This 'age on the day' gala made a welcome change and enabled some of our less experienced competitors to have some good swims. For some reason, known only to the organiser, all finishes were at the shallow end of the pool. No diving was allowed at this end, so the two length races had to be started in the water, along with relay take-overs at this end. Perhaps it was to save the timekeepers from having to do too much walking. Lots of good swims and relay splits. F/S **Jon Sheasby** 24.27, sister **Nicola**, much more competitive this weekend, 1.10.42 - so close to that sub-70s. barrier; **Chris Hutton** 1.12.40. BR **Jennifer Pearce** 29.71; **Nicola** 1.26.24; **Louise Morgan** 1.03.94. FLY **Ian Potter** 50.34; **Nadia Rahman** 55.90. BK **Rebecca Hunt** 26.40; **Hannah Loftus** 1.21.66; **Lucy Lloyd-Roach** 53.10; **Robert Delves** 54.59.

There was only one disqualification - although that is one too many - but it was disappointing that an older boy had to be told to remain in the water after finishing on two occasions. Good efforts by our four 9 year swimmers, **Louise Venables**, **Fiona Loftus**, **Jonathan Sheasby** and **Michael Rix**.