



JUNE 1995

JOHN DOLMAN

I have just received the sad news that John Dolman has died. John coached at Camp Hill for several years and he produced Diddy Teams that won the Nuneaton League on three occasions. He was an inspiring and popular coach, and everyone was very sorry when he had to give up because of pressure of work. We offer our deepest sympathy to Susan, Dominique and Matthew.

A VERY BUSY TIME!

This issue reports on an impressive list of events in which our swimmers have competed during the past two months, ranging from Diddy to Masters and including County Championships, Meets, Inter-Club matches and Midland Relays.

We now approach the Midlands Age Group Competitions, where we have 13 competitors, and the season culminates in the National Age Group Competitions at Leeds with 6 Camp Hill swimmers having qualified.

REPRESENTATIVE HONOURS



Gemma Hindson

1. **GEMMA HINDSON** has had a well-deserved selection for the British Team for the European Youth Olympic Days at Bath, 9th/14th July. Eight girls, 12/13 yrs and eight boys 14/15 yrs, are in the Swimming Team, and Gemma will swim the 200 F/S and the F/S Relay.
2. **JO POTTER** was in the Midland District Team, female 16/over, male 18/over, that swam in Paris recently. Jo did well with personal best long-course times: 100 BR 1.19.70, 200 BR 2.48.59.
3. **LUCY LLOYD-ROACH, JONATHAN SHEASBY, GEMMA** and sister **KATE** represented Warwickshire at Leicester on 4th June.

CLUB RECORDS

Our records are by no means easy to lower, but I do think that it is about time that our male FLY ones were reduced. The 100 m. record was set by **Martin Edwards** in 1972, 58.90, and since then we have only had two swimmers under the minute: **Lido Badawy** who set our Junior Record of 59.50 in 1982 and **Martin Atkins**. Let's have some action!



Martin Edwards.



My Trip To Paris - Jo Potter

I arrived at the airport on Thursday afternoon to find most people already there. I didn't know anyone at first and felt very nervous, but as we got onto the plane I started to relax and chat to other people. The plane was very big, much bigger than the Guernsey plane I had been on a few weeks before. It was also very comfortable. The journey to Paris was very smooth. The airport was very big and we managed to get to the coach without getting lost.

It took about half an hour to get to our hotel which was called "le Cardinal". It was quite nice and there was a restaurant next door which came in very handy. The food was already set for us, some of the food I enjoyed, some of it I didn't. One time we had mussels for starters, YUK!, at least there was a basket of French bread nearby. The team meeting was held in the bar, and after we had un-packed we met there. The team manager told us basically what each would be swimming, what our training would consist of, and that we had to behave like a team. We were then presented with T-shirts, caps, a costume, a sweatshirt and numerous other things. A big pile formed at my feet, I was amazed.

On Thursday night the whole team were picked up by coach and taken to the Eiffel Tower. We then had a boat trip on the Seine passing lots of famous sights such as Notre-Dame. As it was evening, the sun was setting and with its red-pink sky, I could see why Paris was known as a romantic city. The next day we went back to the Eiffel Tower to have a team photo, guess who had to hold a copy of the Swimming Times!!

In the afternoon, we went to the pool for the first time for training. They had decorated the ceiling of the pool with gigantic coloured balloons. The backstrokers had a lot to look at while swimming! As in all 50m pools, the pool seemed to go on forever, but the training was an easy 2500m warm-up and then dive and turn practices. Friday night we relaxed and played a game of volley ball at the back of the hotel.

Saturday morning was breakfast and another training session. The competition started at 4 o'clock that afternoon. The atmosphere at the pool was very good as they had a small band playing, but I still felt very very nervous.

It was really interesting watching the other more experienced swimmers. I was very impressed with Kristing Eggerszegi's backstroke swim and the American Junior 4x100 freestyle team, who were fantastic.

After the competition had finished, which by now was Sunday, we got straight on the coach to go to the airport. Our plane was delayed because the weather was very bad and the runway was flooded, we eventually arrived at Birmingham Airport over an hour late. I had a brilliant time and this experience is something I will never forget. Our team swam very well and had many good performances. If anyone gets the chance to do anything like this in the future, I would really recommend it, because it's a great experience and you make lots of new friends.

J.P.

COUNTY RESULTS - A SUMMARY

Female Relay Results

10/12

Medley SILVER L.Payne, L.Morgan, L.Lloyd-Roach, R.Fraser 2.28.73
F/S BRONZE L.Payne, J.Pearce, L.Lloyd-Roach, R.Fraser 2.13.65

13/14

Medley SILVER G.Hindson, N.Sheasby, G.Lee, H.Loftus 2.19.54
FS SILVER G.Hindson, N.Sheasby, G.Lee, H.Loftus 2.02.99

15/16

F/S BRONZE M.Jennings, J.Potter, K.Brooks, P.Schofield 1.59.61

Jun.

Medley SILVER G.Hindson, J.Potter, G.Lee, M.Jennings 2.14.95
F/S SILVER P.Schofield, K.Brooks, G.Lee, M.Jennings 1.57.91

Open

Medley SILVER G.Lee, J.Potter, K.Finnegan, M.Jennings 2.14.80
F/S BRONZE P.Schofield, K.Brooks, M.Jennings, K.Finnegan 1.58.96

Male Relay Results

15/16

Medley SILVER A.Edwards, J.Baker, D.Cross, R.Turner 2.04.03
F/S SILVER A.Edwards, J.Baker, D.Cross, R.Turner 1.49.46

Jun.

Medley SILVER A.Edwards, J.Baker, D.Cross, R.Turner 2.04.33
F/S SILVER A.Edwards, J.Baker, D.Cross, R.Turner 1.48.48

Open

Medley SILVER S.Tomlinson, M.Hoare, B.Darbyshire, J.Baker 1.56.48
F/S BRONZE D.Tubbs, M.Hoare, B.Darbyshire, J.Baker

COST OF ENTRY FEES FOR RELAYS: £240.00

INDIVIDUAL RESULTS



Lucy Lloyd-Roach

10/12

FLY **L.Lloyd-Roach** 1.18.69

GOLD

SILVER

BRONZE

13/14



Georgina Lee

F/S **G.Lee** 1.03.17

G.Hindson 1.03.27

BK **G.Lee** 1.12.43

FLY **G.Lee** 1.09.74

BR

I.M. **G.Lee** 2.32.87

G.Hindson 1.13.81

G.Lee 1.24.69

15/16

F/S **J.Baker** 56.76

BR **J.Potter** 1.20.62

FLY

J.Baker 1.04.29

17/18

F/S **K.Finnegan** 1.04.39 **D.Tubbs** 59.01

BR **K.Finnegan** 1.27.80

FLY **K.Finnegan** 1.15.07

I.M. **K.Finnegan** 2.41.90

BK **D.Tubbs** 1.08.08

Open

50 F/S **J.Baker** 25.96

200 F/S **G.Hindson** 2.15.36

100 BR **J.Potter** 1.20.75

200 BR **J.Potter** 2.49.58

50 BK **S.Tomlinson** 30.41

100 BK **T.Clark** 1.07.95

200 BK **G.Lee** 2.33.56

S.Tomlinson 2.21.74

50 FLY **G.Lee** 31.79 **J.Baker** 27.48

100 FLY **G.Lee** 1.10.31 **K.Finnegan** 1.13.49

200 FLY **G.Lee** 2.34.97 **G.Hindson** 2.45.06

200 I.M. **G.Lee** 2.33.02

400 I.M. **J.Potter** 5.22.45

Our medal count was slightly up on last year in the individual events, and 15 teams had medals compared with 16 last year, with several 'near misses' in 4th place. There were many good efforts from those who did not get into finals and Georgina Lee was the County Female Junior Champion.

29th/30th April Birmingham Meet - Stechford (25m.)

We responded well to the strong opposition with a creditable number of medals and p.b.'s.

1st place

Jon Sheasby, F/S 1.13.29 - a most determined swim. **Jo Potter** 100/200 BR; **Lucy Lloyd-Roach** 100/200 FLY, the former a M.Q.T. **Georgina Lee**, 200 FLY 2.30.45.

2nd place

Georgina, 400 I.M. 5.20.70 & 800 F/S 9.46.07

3rd place

Jon Baker in a most exciting 100 F/S, leading until the last metre, 55.01; **James Venables** 200 BR 3.19.20.

Good swims - F/S: Ruth Fraser 1.08.56; **Pam Schofield** 1.03.95; **Georgina**, BK 1.10.58 & 200 F/S 2.15.04; **Jo** 200 F/S 2.18.45 & I.M. 2.33.58, **Damien Freeman**, BR 1.19.62 & 2.54.27; **Jon Sheasby**, BR 1.41.55; **Michelle Jennings**, 200 F/S 2.17.63; **Kate Hindson**, F/S 1.13.35; sister **Gemma** 200 F/S 2.14.72; 400 I.M. 5.25.32, 200 FLY 2.38.02.

Midland Masters - Leamington (25m.)

On the same weekend our small but select group of Masters were competing. **Hayley Bettinson** took gold in the 30/34 yrs. 50 F/S in a very respectable 29.08; I hope she will tackle the 100 also at her next Meet. Our men, **Trevor Clark**, **Paul Rogers**, **Mark Turner** and **Kevin Woodward**, were first in both relays: Medley 1.56.95, F/S 1.47.26. **Mark Turner** was 3rd in the 25/29 yrs. 50 BR, 34.43; **Paul Rogers**, 35/39 yrs, had a number of good swims including 100 BR, 2nd 1.15.30, 100 F/S 3rd 59.02, 50 BR 3rd 34.11, & 100 I.M. 3rd. **Trevor** had his customary clean sweep with 7 golds including FLY 1.03.50.

8.4.95 Nuneaton Junior League - Round 1 - (36², yds.)

Solihull & Cheadle 189, Bilston 173, Dove Valley 129, C/Hill 117, Bromsgrove 99

It was a pity that we were missing several key swimmers for this match, although, even at full strength we would probably not have managed higher than 4th place against the strong opposition.

Our 9yr. boys struggled heroically with the long pool, and **Richard Pilsbury** must have finished with wrinkled skin after swimming 6 races including two 10 yr. events owing to the non-arrival of a 10 yr. boy. His F/S swims were remarkably consistent with the final one 30.69. Our dearth of 9 yr. boys is still worrying. Other good swims: BK Christopher Gregory 59.26; **Sally Jones** 1.01.65. BR Jenna Barker 35.74; **Louise Morgan** 59.67; **James Venables** 59.02. FLY Claire Franklin 1.00.99; **William Barker** 1.03.92; **Lucy Lloyd-Roach** 49.37; **Warren Jones** 53.67 (again losing a race with his poor start); **Jon Sheasby** 28.37.

We had one disqualification - F/S kicking at the start of a BR length by a boy who should have known better, but who shall remain nameless because he otherwise swam well and also behaved himself.

22.4.95

David Woodall swam well at the Mendip Meet: BR 2.43.41 & 1.13.53 (a M.Q.T); F/S 1.01.85; FLY 1.11.36 & LM 2.31.23

Gemma Hindson did likewise at Leeds. F/S 1.03.55; 400 F/S 4.44.93; LM 2.35.12

Inter-Club Cheslyn Hay (25m)

Rugby 236, Leamington 165, Worcester 142, Tamworth 139, C/Hill 136, Darlaston 71

A useful gala although the hosts, Darlaston, must have been disappointed by the Rugby team which was far too strong for such an event. All events were 50 m. and **Katie Smith**, recovering from her ankle injury swam, 34.72 FLY; **Robert Delves** BR 38.74 - he should now look for a good 100 on this stroke. Likewise **Chris. Hutton**, F/S 29.89 should focus on an improved 100 now that his attitude to training is better.

8th/9th April - Leeds Masters Meet

Trevor Clark took gold in all of his 8 events in the 40/44 yrs group with a string of respectable times, including FLY 1.04.53. He even had the temerity to conclude his weekend with the 1500 m.!

29.4.95 - Sheffield Distance Meet (50m.)

An early start saw us at Sheffield for an 8.30 warm-up. **Georgina Lee** took gold in: 400 LM 5.24.18 & 200 FLY 2.30.74. **Gemma Hindson** gold in 200 F/S 2.16.06 and silver in 400 F/S.

The first weekend in May saw us in action at 4 venues

1. Dudley (25m.) - Diddy Match

Perry Beeches 175, Haden Hill 172, Stourbridge 145, C/Hill 62, Stourbridge Dolphins 56

Our team for this gala was very thin but it did offer useful competition for those who often only get relay swims. Pleasing to note a good 50 FLY by **Sally Jones**, 42.11 - if only she could back up her undoubted competitive spirit by working in training. **Ian Johnstone** showed his work on FLY is paying off with a time of 45.20.

2. Midland Championships - Coventry (50m.)

Two excellent swims by **Gemma Hindson** in the District Senior Championships: 200 F/S 2.14.89 and 400 I.M. 5.26.16.

3. Nuneaton 50m Sprints

FLY **Ben Darbyshire** 27.15 - 1st; **Kesree Finnegan** 32.26 - 1st; **Paul Bicknell** 31.88 - 3rd; **Jamie Sumner** 42.50; **Katie Smith** 34.02.

BK **Ben** 30.28 -3rd; **David Tubbs** 30.35; **Ian Johnstone** 44.26; **Sally Jones** 42.00; **Hannah Loftus** 37.34.

BR **Louise Morgan** 41.46; **James Venables** 42.16; **Louise Venables** 49.42; **Robert Delves** 39.34.

F/S **Ben** 25.30 - 2nd; **David** 25.37 - 3rd; **Sally** 35.22.

4. Guernsey Meet

As always, our representatives achieved lots of good times. They included:

Mike Hoare - he always does well at this competition and this year was no exception.

Mike's best efforts came in F/S, 50m 1st 25.59, 100m 2nd 56.62, 100 FLY 1st 1.01.78.

Jon Baker had an excellent Meet - if only he could transfer some of the effort that he puts into races to much of his training: 50 F/S 1st 25.33, 100 2nd 56.62, FLY 2nd 1.02.89, BK 1st 1.04.79 - a long awaited improvement, BR 1st 1.14.49.

Jo Potter: her best swims were in the 400 I.M. 5.17.30 2nd, 100 BK 1.16.55 and 400 F/S 4.50.50.

Pam Schofield: 50 F/S 3rd 28.90, 100 F/S 1.04.34.

Georgina Lee had many good efforts including: 400 I.M. 5.17.43 3rd, 100 BK 1.10.55 1st, 200 BK 2.30.85 2nd, 100 BR 1st 1.24.64, 200 FLY 2nd 2.28.43, 100 F/S 1st 1.03.07, 50 F/S 1st 29.02, and she won the overall award for her group.

Nicola Sheasby worked hard and her swims included 50 F/S 30.07, 100FLY 1.18.06.

Ruth Fraser: 50 F/S 2nd 31.65, 100 BR 3rd 1.33.54, F/S 1.10.60.

Warren Jones was 2nd in the 50 F/S 31.05 and in the 100 F/S 1.09.73. He showed basic speed in his other races, but still lacks stamina.

Lucy Lloyd-Roach was 2nd in the FLY, 1.20.32 and **Kate Hindson's** best swims were 400 F/S 5.25.76 and BR 1.34.97. **Jon Sheasby** swam well on the F/S, 34.04 and 1.14.19.

Ian Potter unfortunately suffered from the after-effects of a meal on the first evening and although he bravely swam some of his events, was unable to perform well.

BACK TO GUERNSEY

Our trip to Guernsey this year started with our flight from Birmingham Airport. Whilst we wanted to board some of those universal questions that never seem to have a satisfactory answer came to mind:

- *Are Guernsey flights continually shuffled from terminal to terminal or are we safegoing back to Eurohub next year?
- *Why do BA staff spend so much time allocating seats when everyone else realises that Camp Hill swimmers are going to exchange seats anyway?
- *When will Jonathan Baker have his first banana?
- *Will Lucy really enjoy the flight?
- *How did Ian Potter manage to keep his swimming bag at his feet during the flight when everyone else's bags were taken off them at the plane door?
- *Why did the swimmers forget the first rule of team travel - "Never refuse food, Mike will probably eat it"?
- *How does such a small plane get up into the air?

and most importantly,

- *What was in Ian's bag anyway?

Other questions arose immediately we landed in Guernsey:

- *Were they really going to trust Barry to drive a new minibus down the narrow lanes?
- *Were all the flags out just for us? (Apparently not - VE Day or something).

Friday evening, Saturday and Sunday morning were spent swimming and introducing new-comers to essential aspects of life in Guernsey. Time was spent by swimmers on the tombola stall and the air hockey table as well as in the pool whilst the adults split their time between viewing, the cafe and the bar. In the evenings we checked out the fish and chip shop and the pizza house near the harbour. Some of the team members were disappointed that the Warehouse had closed but they soon found an acceptable alternative.

Still the questions kept coming:

- *Why don't coffee bars open at 8.00am when you really need a coffee?
- *Was the hotel barman the same as last year or not?
- *What was Kate going to do with the seven cameras she won at tombola?
- *What would mini-bus journeys be like without Nicola's "Now 30" tape?
- *Did the content of Ian's bag have anything to do with his unfortunate illness and absence from much of the swimming?

Sunday afternoon was spent at the beach. At least the end of Sunday afternoon was spent there - the swimmers in the second bus felt that the first part was a mystery tour of Guernsey. This was made even more interesting by the habit of other drivers of stopping on main roads with no warning and for no obvious purpose - other than to see if Georgina was breakable.

Those questions kept coming:

- *What would we have looked like if Liz Lloyd-Roach hadn't remembered to bring sun protection for the whole team?
- *Shouldn't someone have told George that Liz had sun lotion so that she wouldn't have needed to dig herself into the sand to get away from the sun?
- *What would we have looked like if Jonathan Baker hadn't shown us how to curve the peaks of our new caps?
- *Was Polly hoping that we'd find Jonathan as quickly as we did?

Everyone decided to go out for a meal and then meet in the bar for a last drink. Mike made an early return because it seems that as soon as the swimmers reached their restaurant Ian realised that he'd left his bag in the hotel and decided that he needed to be re-united. As Mike returned to the restaurant he was undoubtedly thinking:

- *What is in that bag?
- *Who has eaten Ian's burger?
- *Who has had my drink whilst I've been away?

Rumour had it that Georgina might supply at least two of the answers!

And so we met for a last drink - or two - or three. Some people drifted off to bed. After half an hour or so people went to check that they were asleep. Fortunately Warren soon returned with the good news that his dad was sound asleep. As the morning wore on it was clear that the swimmers were getting anxious - wouldn't the adults ever leave? Sue Baker came to the rescue when she threatened that everyone who was staying up had to eat a Pot Noodle. All the adults disappeared.

Quite how everyone managed to gather for breakfast is unclear. There was some debate about who was actually awake - certainly Ruth gave a good impression of sleepwalking. The journey to the airport was interesting. We were accompanied by the Guernsey Army for part of the way and then sent down a diversion which led to another extended trip around the Guernsey countryside. The passengers in Barry's mini-bus went very quiet when it became clear that he was relying on Jonathan and Mike to navigate.

At the airport Jo remembered that there was one last activity to undertake - to buy Kinder eggs and then build the models. Everyone seemed to have got better at doing this and Mike didn't have to help as much. Once again Ian refused to let his bag go as hold luggage but on this flight we all showed that we had learnt at least one lesson during the weekend - we all passed our unwanted food to Mike.

As we touched down at Birmingham just two questions remained to be answered:

- *Who were the parents who embarrassed their off-spring by waving the plane in from the car park?

and

- *Can we persuade the team manager to take us again next year?

B.H.

13.5.95 Nuneaton Junior League - Round II - Cannock (33¹/₃ m.)

Perry Beeches 218, Bilston 188, Nuneaton 173, C/Hill 134, Stourport 98, Triple S 76.

This gala began late after a long wait in the foyer. Swimmers were not allowed to dive at the shallow end, although Cannock is a deck-level pool with no blocks at that end. Swimmers had to start in the water from a push-off. However, the team coped well with this arrangement, and we had no disqualifications.

Most of the 9yr. olds did well, especially **Sophia Mayor**, **Hannah Massey** and **Richard Pilsbury**. **James Paterson**, in his first club gala remained undaunted by the longer pool and returned the second fastest splits.

Karen Pigott swam 6 consistent races, as did **Jonathan Sheasby**. **Jennifer Pearce** swam 4 good close together races towards the end of the programme, but where was she on the Monday evening training session?

Other good swims: **Lucy Lloyd-Roach** FLY 49.84; **Warren Jones** FLY 51.12; **Kate Hindson** FLY 54.54; **Christopher Gregory** BK 55.75. It is good to report that the team was very well behaved.

However.....

With the Junior Team uncomfortably near the bottom of the League after Round I, this was a vital fixture in our fight to avoid relegation. It was thus more than usually disappointing that so many swimmers were unavailable. Dates of galas have been displayed on the notice board since Christmas, and you really should try to keep free important match dates. The last round is on the 17th June, and we shall need every swimmer who is selected to be available if we are not to find ourselves in Division II next season.

A.L.

14.5.95 Haden Hill Meet - Wolverhampton (25m)

This was to be our last visit to Wolverhampton for some time, and we came away with some good results, placing 2nd overall in the club competition and with **Gemma Hindson** collecting the 'Best Girl' trophy (won 3 times in years past by **Jo Seymour**). Her swims included: 200 BR 2.53.10 - 1st, 200 FLY 2.34.40 - 3rd, and 100 F/S 1.02.11 - 2nd.

The HDW format suited **Jon Baker** and he won the F/S and the FLY, 1.03.28, the latter after a hard-fought race. **Kesree Finnegan**, more adventurous in her programme of events, was a close 3rd in a tight F/S finish, 1.04.34, but why on earth was she breathing in only 3 strokes from the wall? **Kesree** also swam BR, 1.22.67, FLY 1.12.87 & 200 F/S 2.18.40. **Damien Freeman** swam good BR times, 1.19.28 & 2.52.50; **Kate Hindson**, sadly, just missed a Midland time in the FLY, 1.22.13 and swam a good LM, 2.57.30. **Lucy Lloyd-Roach** swam a spirited FLY to place 2nd and **Jo Potter** her best FLY, 1.13.41.

G.B. Masters - Well done Trevor.

That man **Trevor Clark** rounded off his season with 2 bronzes, 3 silvers and 2 golds at Crystal Palace. His first places were in the 50 F/S - a highly respectable 26.96, and in the 100 FLY, 1.02.82 **BRITISH & EUROPEAN RECORD** 40/44 yr. group.

20.5.95 Midland District Team Races - Coventry (50m)

Our teams performed well at this event with the following places:

Boys

15/16 F/S (8/24) 1.49.83 **Jon Baker, Dean Cross, Russel Turner, David Woodall**

15/16 Medley (11/24)

17/18 **Adrian Lee, Simon Delves, David Tubbs, Ben Darbyshire** made both finals: F/S (6/12), 1.46.80, Medley (7/12) 2.01.99.

Girls

One girls' team reached a final, 13/14 F/S, **Georgina Lee, Nicola Sheasby, Hannah Loftus, Gemma Hindson**, (7/31), 2.02.13, Medley (13/30).

The 15/16 team were first reserves, (9/18), Medley (12/19), while our 10/12 team were unlucky: 1st reserve F/S (9/29) and 2nd reserve Medley (10/28).

Cost of entries: £ 60.00.

27.5.95 Inter-Club Leicester (25m.)

Braunstone 152, C/Hill 146, Leic. Knighton Fields 109, Deepings 108

A close result in this trophy gala: it might have gone our way if we had not had to drop out of two team races with only two girls available in the 12/U group in this holiday week.

Good swims: BR James Venables 41.50; F/S Warren Jones 30.85, **Jenny Pearce** 34.33, **Michelle Jennings** 1.04.32; BK Kesree Finnegan 1.17.42, **Hannah Loftus** 36.43, **David Tubbs** 1.05.45; FLY Kesree 1.11.59, **Dean Cross** 1.11.02, **William Barker** 39.44, **Paul Bicknell** 31.40.

27th/28th May '95 Sheffield Meet (50m.)

SUCCESS AT SHEFFIELD

This 100m. Sprint Meet was supported by 84 clubs with a geographical spread from Torquay, Exeter, Norwich, Plymouth and many Midland and Northern areas. Setting out at 6.45 a.m. in heavy rain, we arrived for an 8.45 warm-up in the magnificent 10 lane pool. Others followed for the afternoon session, and we had one of our best set of swims from a small group for a long time.

Georgina Lee swam a good 2nd place in the FLY, 1.09.23 and emphasised her F/S improvement by taking the 50 F/S in lane 7 in 29.38.

Gemma Hindson swam 1.02.35 to win the F/S (split 29.71), and was 3rd in the 200 IM, 2.32.78.

Kate Hindson produced a 3 secs. improvement to place 5th in the BR, 1.32.49.

Lucy Lloyd-Roach swam a p.b. to finish 9th in the FLY heats, but, as 10 lanes were in use for the heats but only 8 for the finals, that left her as 1st reserve. It was her lucky day, however, for a withdrawal let her into the final where she finished 5th in 1.16.62 - a National Qualifying Time.

Nicola Sheasby showed what she is capable of by winning her F/S heat in 1.05.19, also a National Time, and placing 9th overall.

This was, altogether a most satisfactory day although the inability of a young swimmer to keep down her lunch with the ensuing stopping of the session for 40 minutes while the shallow end of the pool was meticulously vacuumed did extend it somewhat!



Nicola Sheasby