

# CAMP HILL NEWS

## **B**EST WISHES FOR THE FUTURE

To Vickie and Martin Atkins who were married on 22nd July, an enjoyable occasion at which many of our older members were present. Who is next?

### SELECTION

Following their success at the National Age Group, **Georgina Lee** and **Gemma Hindson** have again been invited to attend the National 'Swim 2000' scheme; a well-deserved reward for their hard work during the year.



**Georgina Lee**



**Gemma Hindson**

## COMPETITION RESULTS

### 27/5/95 Junior Trophy Gala - Shrewsbury (33', m.)

C/Hill 226, Walsall 220, Shrewsbury 182

Although there were only three teams competing, this was a very exciting and enjoyable contest. Several of the relays were won on the touch and Walsall and Camp Hill had equal points with five events to go. The final cannon looked a lost cause after 4 legs, but the determined efforts of **Sally Jones** (21.72), **Ruth Fraser** (20.26), **James Sumner** (21.72) and **Warren Jones** (19.72) saw us home with a 2 sec. lead. **Warren** swam well all evening, but he needs to make a serious effort to master bilateral breathing so that he can see the lanes to his left in a freestyle race.

Other good F/S times included **Sarah Taylor** (25.19), **Carl Reed** (24.50), **Jenna Baker** (31.44), **Lucy Lloyd-Roach** (21.24), **Rachel McLaughlin** (47.01). **Lucy** set a best Fly time of 48.83, and we had no disqualifications.

A.L.

### 10.6.95 Junior League Round III - Walsall (36<sup>2</sup><sub>3</sub> yds.)

Haden Hill 215, Rugby 200, Stourbridge 175, C/Hill 121, Stourport 92, Orion 89

It was most disappointing to find, yet again, that several selected swimmers were unavailable for this important gala. Such a lack of commitment lets the Club down badly. In fact, we have escaped relegation, but only by the narrowest of margins.

With a depleted team, we did well to come 4th and there were some excellent swims. Probably the best was **James Venables**, BR 56.18, finishing strongly to win. Other good efforts included **Kate Hindson**, BR 56.1.01.88; **Jonathan Sheasby**, F/S 47.57; **Jenny Pearce**, BR 1.02.62. Relay splits: BK **Georgina Cross** 32.25 (having slipped at the start); **James Paterson** 32.61; F/S **Sarah Taylor** 26.68; **Richard Pilsbury** 28.56; **Jenny** 20.64.

A.L.

### 24.6.95 Hinckley (25m.)

Braunstone 234, Phoenix 186, Coalville 172, Hinckley 146, C/Hill 'B' 146, Wombourne 125

Unable to field a full team, we had to miss out five events, but some good performances made the gala worthwhile for us. **Katie Smith**, F/S 1.08.29, FLY 1.17.80. showed that she has fully recovered from her ankle injury. BR **David Woodhall** 1.14.31; **Ian Johnstone** 47.72; **Robert Delves** 1.30.02. FLY **Jonathan Hall** 42.82; **Paul Bicknell** 1.14.54 - leading into the turns but not out of them! BK **Charlie Griffiths** 1.12.41; **Robert** 37.66 - both can aim for still better.

#### 24.6.95 Midland District Age Group - Coventry (50m.)

**Jo Potter:** 100 BR 5th, 200 BR 3rd 2.50.77, she needs to be more aggressive on that first length.

**Lucy Lloyd-Roach:** FLY 5th in a closely fought race, less than a second behind 2nd place.

**Kate Hindson:** I.M. 8th 2.57.70; 200 F/S, 7th 2.37.04; 400 F/S 6th 5.22.73 - a well paced swim 2.40.07/2.42.66.

**Kesree Finnegan:** 200 F/S, 2nd 2.17.78; 100 F/S 5th 1.04.87.

**Jonathan Baker:** F/S 57.87. He swam well and turned terribly to turn - last out!

**Gemma Hindson:** A varied set of results, with a very good 400 I.M., 5.22.88 1st; 200 I.M. 3rd; 100 BK 8th; 200 BK 2.36.74 3rd; and two excellent F/S swims; 400, 1st 4.36.87 (2.16.07) and 800 1st, 9.42.89 (4.47.13).

**Georgina Lee:** A long course p.b. in the FLY, 1.08.75 2nd; 200 BK 2.32.48 3rd; 100 BK 1.12.68 6th; 200 I.M. 4th. A negative swim in the 800m., 9.58.13 2nd (5.00.06/4.55.11). An even swim in the 400 F/S, 4.46.70 4th (2.23.28/2.23.42). Both swims were proof of good stamina, but also indicate the need for a more determined approach to the first half of her races.

#### The following weekend

An outstanding swim from **Georgina**, 200 FLY 2.26.12 - 1st. This was a Club senior and junior record. 200 F/S 2.17.71 - 4th; 50 FLY, 31.82 - 3rd; 50 BK, 34.55 - 6th.

**Nicola Sheasby** maintained her F/S form, 1.06.30 - 8th, and **Ruth Fraser** swam a p.b. of 1.09.28, looking to win her heat when 10 metres from the finish, but fading to 8th. If **Ruth** wants to realise her potential she needs to adopt a more consistent effort in training. Her 50 F/S was good, 30.98 - 6th.

**Kate** swam a good BR 1.33.70, but must maintain her stroke rate. **Gemma** produced a very good 200 FLY, 2.35.16 - 2nd and excellent F/S, 200 2.12.41 - 1st, 100 1.03.05 - 2nd. **Jo**, with problems on the first half of the I.M., was 8th in the 200 and 6th in the 400, 5.23.91. **Pam Schofield** and **Katie Brooks** were unlucky to be 1st and 2nd reserve for the 50 F/S. **David Tubbs** sprinted well on the 50 BK, 31.67 - 3rd, and **Jonathan** was 1st in the 50 FLY, 28.01 and 3rd in the F/S 26.19. **Kesree** had another good weekend, I.M. 4th 2.37.58, 400 F/S 1st 4.47.91 and 50 FLY 2nd 32.00.

Our performance as a Club was very pleasing, and **Gemma** and **Georgina** won the best performance awards in their age groups.

#### Avon Neptunes Meet (33<sup>1</sup>/<sub>2</sub>m)

This was, once more, something of a benefit event for us with the collection of many medals and the retention of the 'Top Club' Trophy for another year.

Our good swims included:

BR: **Jonathan Sheasby** 1.04.06; **Jo Potter** 1.18.74; **James Venables** 1.28.18; **Ian Johnstone** 1.41.49; **David Woodhall** 1.14.61.

**FLY:** Kesree Finnegan 1.11.25; Mike Hoare 1.02.25; Lucy Lloyd-Roach 1.17.89; Jonathan Baker 1.02.76; Jo 1.14.02; Pippa Clark 24.72.

**BK:** Stephen Tomlinson, a strong swim. 1.03.29; David Tubbs, in atonement for a useless F/S, 1.06.93; Hannah Loftus 1.18.90.

**F/S:** Georgina Lee 1.02.74 and 1.02.93; Sally Jones, 1.18.25, showing the benefit of an improved attitude to training, but she must maintain this if she is going to cope with two races. That also applies to Jamie Sumner, 1.16.37, and Ian, 1.17.86; Ruth Fraser 1.08.43; Warren Jones 1.10.24; Jonathan 46.63; Hannah Payne 55.64; Carl Reed 53.76; Michelle Jennings a good 1.04.03 after a long lay-off.

### Success for Katie

Katie Smith did well at the Exeter Meet with 2nd in the 50 FLY and 3rd in the F/S.

### 15.7.95 Rugby (33<sup>1</sup>, m.)

Rugby 274, C/Hill 251, Haden Hill 246, Witney 217

This was a closely fought gala which produced several good efforts.

**FLY:** Gemma Hindson 1.12.84; Kesree Finnegan 1.10.65.

**F/S:** Nicola Sheasby 1.05.90; Chris Hutton 1.07.22; David Tubbs 58.52; Pam Schofield: 1.05.14.

**BR:** Jenny Pearce 1.02.03

**BK:** Georgina Lee 1.12.83.

### National Age Group - Leeds (50m.)

For young swimmers, the National Age Group Competitions represent the culmination of the year's training and competition: it is an occasion at which they hope to achieve p.b.s and even medals. **GEORGINA LEE** did just that. An outstanding swim of 2.24.95 in the 200 FLY gave her a clear victory having gone into the lead after the first 100 (1.08.54), lowering her junior/senior Club Record. Two days earlier she had an excellent swim to take third (second English girl) in the FLY, 1.06.95, and, at the start of the week she was 7th in the 400 LM.

**Gemma Hindson**, not to be outdone, won 3 medals: 400 LM, 3rd 5.16.94, 200 LM, 2nd 2.30.30 - two very good p.b. efforts and 200 F/S, 2nd 2.12.20.

**Jo Potter**, our other finalist, was 7th in the 200 BR, 2.49.25.

Swimmers in finals gain points in the club totals, and, after the individual events, our place in the female competition was 12/62 with Coventry being the only Midlands club ahead of us. WELL DONE GIRLS.

At midday on Saturday 9th July, I arrived at the Hilton Hotel in Bath, to assemble with the rest of the Great Britain team taking part in the European Youth Olympic Days. About 2,500 young sports people from 47 European countries would be competing between 11th and 14th July in the EYOD, which were introduced in 1989 and are held every other year. Ten sports are represented: Athletics, Basketball, Cycling, Gymnastics, Handball, Hockey, Judo, Swimming, Tennis and Volleyball.

The GB team members were all kitted out with identical blue tracksuits, shorts, T-shirts, a bag, socks and trainers, as well as an S2000 and caps for members of the swimming team.

After a buffet lunch, we were transported by coach to the campus of Bath University, which had been transformed into the 'Olympic Village' and where all the teams were staying. We were paired off into rooms and, after unpacking, the swimming team met for a briefing session. After being introduced to the team manager and coaches, we were told what training our coaches had set out for us and given more details about the week ahead.

The team (eight 13 - yr girls and eight 15 - yr boys) were then taken by minibus to the pool where we did some general training to get used to it. By this time, we were all starving and so meal tickets were distributed. Without these and your identity card, it was impossible to get anywhere on the campus or, more importantly, to get any food!

The following day, after a further training session, the whole of the GB team was given a talk by Paul Bush, the overall team manager (official title - Chef de Mission), on team spirit and not collapsing under pressure. A talk by David Wilkie, who won an Olympic gold medal in 1976 for the 200m breaststroke, then followed.

Towards the middle of the day, the foreign competitors started arriving, including a Bosnian team who had had a four-day journey to get there, risking their lives in the process. They had been unable to bring their equipment with them, and so had to rely on donations from local people.

The swimming competition began on Monday, and we qualified for the final in each of the seven events, including the 4 x 100m freestyle relay in which I was a member of the team. All members of the GB swimming team, including those not competing that day, came to support their team-mates in the finals sessions. They had managed to obtain from somewhere a supply of Union Jack flags and bowler hats, adding to what was already a fantastic atmosphere. The extra support obviously helped because that first day the GB team won gold medals in six out of the seven events.

As soon as the last national anthem had been played, we all rushed back to the Olympic Village to prepare for the opening ceremony (most of the other sports didn't start competing until the Tuesday).

The opening ceremony started with a parade of all the competitors behind their respective national banners through the streets of Bath. Being the home team, we were cheered all the way to the arena and this, for most of us, was one of the highlights of the week.

Taking part in the opening ceremony were celebrities such as Michael Ball, Anthea Turner and Andi Peters. A particular favourite with the crowd were our Eurovision Song Contest representatives, Love City Groove. The significance of the event was brought home to us by the presence of Princess Anne, and also Juan Samaranch, President of the International Olympic Committee.

The Olympic flag was carried into the arena by former British Olympic gold medalists, including Roger Bannister, Sabastian Coe and Adrian Moorhouse. Towards the end of the ceremony, the Olympic flame was lit by Linford Christie from the torch that had been brought all the way from Mount Olympus in Athens by a relay of runners. On the last leg of its journey to the Olympic arena, it was brought by boat up the river in Bath by gold-medal rower, Steve Redgrave.

Monday's success was to be followed over the next few days with many P.B.s achieved and medals won by the GB swimming team. By the end of the week, we had won fourteen golds, four silvers and two bronze - a total of twenty medals out of a possible twenty-six. We therefore had something to celebrate at the closing ceremony which was a much more light-hearted affair than the opening ceremony. One member of our swimming team was even asked for her autograph!

Afterwards, we all went to a disco and barbecue back at the village before the eight female members of the swimming team decided to squash into one room for the last night (having complained bitterly that the rooms weren't even big enough to house two people at the beginning of the week!).

We departed after breakfast on Friday morning. It had been a brilliant experience, and a week that I will remember for the rest of my life.

Gemma

As mentioned above, the British Girls dominated their section of the competition and Gemma played her part by winning the 200 F/S, 2.08.60 and being a member of the winning F/S Relay Team.

F.G.T.