

November 1995

## COMPETITION

This issue is devoted entirely to our performances during the past 10 weeks. Study your progress, and that of others. If you are not mentioned go for that good swim so that it can be recognised in print. It does not need to be a winning swim, but will show that you are listening, working hard and getting better.

I have to say that I am far from happy with the attitude to training of several of our boys, indeed, I cannot recall it ever being so poor. Naturally it is reflected in poor competition performances. I have no criticism of the effort put into races, but I am dismayed by your preparation. THINK ABOUT IT!

### 2.9.95 Coventry Sprints (50m.)

Our small team did well to finish fourth in the top club points total. FLY was our most successful stroke: **Jon Baker**, 27.46 1st; **Warren Jones**, 34.46 1st - a very determined effort right from the starting signal - in future he must maintain this approach to all his races; **Lucy Lloyd-Roach**, 35.94 - doing very well after surfacing in 8th place following a wasteful start; **Kesree Finnegan**, 33.37 3rd; **Paul Bicknell**, 32.02 4th - after this he should be looking for a sub 70 s. 100m. F/S **Jon**, 25.69 1st; **Pam Schofield**, 30.03 3rd; **Nicola Sheasby**, 30.26 3rd. BR **Robert Delves**, 39.77; **Nicola**, 40.15. BK **Stephen Tomlinson**, 30.37 1st.

Good swims from **Ian Johnstone** and **Jon Sheasby** in the 10/12 yr events: **Jonathan's** rankings in the 10 yr. group, BR 3rd, FLY & F/S 1st, BK 2nd, promises well for the future.

### 10.9.95 Triple S Meet - Stechford (25m.)

This 'Age on the day' Meet was just right for **Jon Baker**, who shared the top boy prize, winning 4 of his 5 events and recording some good times: FLY 1.02.66, BK 1.05.56, IM 1.04.67, BR 1.13.28. Medals were awarded to the first 3 places, and we collected 28 of them - too many to list - and won the 'Top Club' trophy. Good performances included BR **Jo Potter**, 1.18.35, **Georgina Lee**, 1.23.03; **Gemma Hindson**, who collected the top girl prize, 1.23.84; **Kate Hindson**, 1.32.77 F/S **Pam Schofield**, 1.04.97; **Katie Smith** 1.08.88; **Kesree Finnegan**, 1.04.07. BK **Stephen Tomlinson**, 1.01.81; **David Tubbs**, 1.06.38. Especially pleasing were the swims by **Nicola Sheasby**, 2nd in the F/S, 1.04.41 and BR 1.23.84, 3rd in the IM.

16.9.95 Inter - Club - Stratford (33<sup>1</sup>/<sub>3</sub> m.)

C/Hill 261, Perry Beeches 207, Radford 199, Avon Neptunes 199

In retrospect, our team was too strong for this gala, with Perry Beeches obviously having selected a below-strength team. Nevertheless, it was a worthwhile exercise. Our girls, several of whom came over from Cheslyn Hay after the Divisional Schools' Trials that afternoon, as usual did well, and it was pleasing to see really good swims from our boys. *James Raine* BR ~~David Woodhall~~ 1.22.96 in the afternoon - now he has to aim for 80 secs; **Robert Delves** 1.25.36 - looking very good. **FLY William Barker** 25.45; **Paul Bicknell** - at last putting it together - 1.13.46. **F/S A** stronger looking **Chris Hutton** 1.06.76.

23.9.95 Relay Trophy Gala - Tudor Grange (33<sup>1</sup>/<sub>3</sub> m.)

C/Hill 174, Stourbridge 165, Solihull 134, Braunstone 126, Oldbury 90

This was an exciting gala, with the outcome uncertain until the last race, the 16 x 1 length **F/S**, which we won convincingly.

Amongst the many good swims was a 21.29 **BR** by **Paul Rogers** and a 19+ **BK** by **Stephen Tomlinson**. Our strong Men's team won all their events, as did our somewhat younger women. The fact that 7 men were prepared to turn out for, in some cases only 2 or 3 races was most encouraging. The girls dominated their races, but the boys also made a significant contribution in a match where every point was vital. **Robert Delves** did well in a demanding load of 9 races, almost as much as he manages in some training sessions, and **Jon Sheasby** coped with 8 races - well done everyone!

30.9.95 Sergio Tacchina Trophy Gala - Cheslyn Hay (25 m.)

C/Hill 191, Salopia 175, Triple S 166, Phoenix 141, Walsall 109

We took the lead at event 8, and gradually increased it despite a strong late challenge from Salopia.

**Michael Holmes** produced our most pleasing swim with a p.b. of 5 secs. in the **FLY**, 1.09.85. Other improved swims: **Warren Jones**, **FLY** 34.23; **Robert Delves**, **BK** 36.72; **Jo Potter**, **BK** 1.16.12; **Sally Jones**, **BK** 42.25; **James Sumner**, 41.85; **Nicola Sheasby**, **F/S** 29.46 and a relay split of 13.00. The relaxed occasion produced many good efforts despite activities earlier in the day and the fact that several were recovering from various ailments.

#### 8.10.95 Haden Hill Diddy Meet - Wolverhampton (25m.)

Medals were awarded to the first 8 in all events.

1st **Gemma Hindson** - a clean sweep in her 5 events, with a **BR** p.b. of 1.22.47. **Kate Hindson**, **BR** 42.27.

2nd **Lucy Lloyd-Roach**, **FLY**; 3rd **Kate** 100m. **LM**

Other placings: **Lucy**, **BK** 1.19.01; **Warren Jones** **FLY** & **F/S**; **Sally Jones**, **F/S** 33.57; **Robert Delves** and **Ruth Fraser** **F/S**; **Kate**, **FLY**; **James Venables**, **BR**; **Hannah Loftus**, **BK**.

Good swims: **William Barker**, **F/S** 34.04; **Ian Johnstone** 34.93 & **BR** 45.75; **Kate**, **BK** 40.96; **Jamie Sumner** 41.50 - but he must kick all the way.

#### 14.11.95 W.M.L Round 1 - Stechford (25m.)

Coventry 231, Solihull 199, C/Hill 191, Cheadle 165, Stourbridge 157, Orion 99

The performance of our almost full strength team in this first round, although encouraging in many aspects, underlined the fact that only a 100% effort and 100% concentration in the next round will enable us to qualify for the final.

It was a gala of conflicting fortunes: after 13 events we were a comfortable 2nd to Coventry and 8 points ahead of Solihull, but by event 40 we had crashed to 22 points behind Solihull. The gap was too great to be closed, but our relay teams responded well to leave us within 8 points of Solihull at the end.

Several good swims included: **BK Sally Jones** 39.71; **James Sumner** 39.45 - both now with a more positive approach to their training. **FLY Warren Jones** 33.51; **Gemma Hindson** 33.09, **Mike Hoare** 1.01.98. The girls dominated their **F/S** relays, 15/16 **Pam Schofield**, **Georgina Lee**, **Katie Brooks**, **Gemma** - average 29 secs. 13/14 **Nicola Sheasby**, **Gemma**, **Ruth Fraser**, **Katie Hemmings** - average 30.5 secs and the 11/U team, **Sally**, **Kate Hindson**, **Claire Franklin**, **Rachel McLaughlin**, winning both their events. Our 6 x 2 length **F/S** Men and Women averaged 25.5 & 29.5 respectively, with fresh swimmers **Martin Atkins**, **Adrian Lee** and **Ben Darbyshire** strengthening the Men.

#### 14.10.95 W.M.L - Wolverhampton (25m.)

Brierley Hill 229, Derby 'B' 216, C/Hill 'B' 189, Heath Town 148, Kidderminster 147, Bedworth 107

An unexpectedly strong Brierley Hill team romped away with this gala and we had to be content with 3rd place. Our good swims included: **BR David Woodhall** 1.13.82. **F/S Neil Davies** 34.32; **Michelle Wilson** 1.07.56; **Chris Hutton** 1.07.05. **BK Neil** 40.53; **Hannah Loftus** 37.90; **Charlie Griffiths** 1.12.59. **FLY Fleur Green** 47.70; **Carl Reed** 44.83. Relays: **Fiona Loftus** 16.95; **Claire McLaughlin** 30.92; **Hannah** 31.50; **Trevor Clark** 26.08; **Hayley Bettinson** 29.87; **Sally Millard**, **BR** 39.76.

### 21.10.95 National Inter Counties - Sheffield

Warwickshire took 4th place out of 29 counties competing. We had 6 swimmers in the team: **Kesree Finegan, Jo Potter, Jon Baker, Nicola Sheasby, Georgina Lee** and **Gemma Hindson** who was 3rd in the F/S 1.01.08 and swam a p.b. of 1.10.60 in the FLY.

### 21.10.95 Inter Club Haden Hill (25m.)

Haden Hill 222, C/Hill 169, Solihull 145, Haden Hill 'B' 113, Leic. Belgrave 112

An enjoyable gala with the conditions improved by the 'mixed' relays resulting in smaller club teams and a crowded bathside rather than the usual very crowded Haden Heath surrounds. Good swims included: FLY **Jon Sheasby** 40.49. F/S **David Woodhall** 1.01.90; **Ruth Fraser** 1.09.14; **Fleur Green** 41.23. BK **Lucy Lloyd-Roach** 38.83; **Michael Holmes** 1.15.81. **Jo Minion** outshone the opposition to win FLY, BR and BK.

### Weekend of 28/29 October '95

This was a highly busy weekend involving all our competition groups with a Diddy Gala, the English Schools Championships at Ipswich and the National Masters at Sheffield.

### Diddy Gala - Stechford (25m.)

Solihull 212, C/Hill 177, Perry Beeches 130, Halesowen 105, Solihull 'B' 89

Lots of encouraging performances here. Two good wins each for **Kate Hindson** and **Warren Jones** and some pleasing debuts from recently joined members, also many good relay swims.

BK **Sally Jones** 40.90; **James Sumner** 38.85 - his legs are beginning to work; **Lucy Lloyd-Roach** 37.72; **Georgina Cross** 22.56 - but she must learn to finish; **Matthew Tipping** 22.82. F/S **Jon Sheasby** 15.16; **Richard Pilsbury** 19.83; **Ruth Fraser** 31.09; **Rachel McLaughlin** 34.30. BR **Louise Venables** 22.95; brother **James**, having consumed his sandwiches, an excellent 40.30; **Mark Fisher**, having overcome his 'first gala' nerves - 22.74.

There are still too many minus club caps.

### English Schools

We had 6 representatives in the Division 6 Team at Ipswich: **Kesree Finnegan, Michelle Jennings, Jon Baker, Jo Potter, Georgina Lee** and **Gemma Hindson**.

**Gemma** was 2nd in the I.M. and there were good times from **Georgina**, I.M. 2.27.56; **Michelle**, F/S 1.03.16 and **Jon**, F/S 56.01.

#### National Masters - Sheffield

**Trevor Clark** collected his usual crop of medals 40/44 yrs., 1 bronze, 3 silver and 2 gold, I.M. 1.05.67, FLY 1.03.35. **Hayley Bettinson** took gold in the 30/34 yrs., F/S 1.05.62 and bronze in the 50m. 29.20.

Other good swims: FLY Hayley 32.49; **Suzanne Linton** 33.90. BR Paul Rogers 35/39 yrs. 33.85 & 2.48.13.

Can we have more entrants next year.

#### 4.11.95 Once again a busy weekend with competitors at 3 venues

##### Coventry Junior Meet (50m.)

This was a highly competitive Meet with several teams from the West and strong teams from Llanelli and Swansea, in addition to Midland clubs. Medals were at a premium with 3 per event.

Our best swims: BR Kate Hindson 1.33.97; **Nicola Sheasby** 1.28.01 (2nd); brother **Jon** 1.39.68; 50 BR Jon 45.64; **Nicola** 40.14 (2nd). FLY Lucy Lloyd-Roach 1.17.99 (1st); **Warren Jones** 1.22.79; 50 FLY Sally Jones 39.34; **Warren** 33.96; **Paul Bicknell** 31.30. F/S Lucy 1.12.17; **Nicola** 1.06.53 (1st); 50m. **Sally** 34.01; **Nicola** 29.93 (2nd), 200 I.M. Kate 2.56.15.

##### Inter-Club - Cheslyn Hay (25m.)

Bilston 215, Oldbury, C/Hill 147, Chase 140

We were somewhat 'stretched' for swimmers at this match, but it did provide some good swims. FLY Kate Smith 33.82; **Dean Cross** 30.20; **Pam Schofield** 34.20; **Carl Reed** 42.58; **Claire Franklin** 40.80. BR Dean 37.02. F/S Thomas Massey 40.72; **Jenny Pearce** 33.47.

There were a number of encouraging 25m times from our younger swimmers.

##### Midland District Short Course - Mansfield (25m.)

In general, our competitors swam below their best, fading in the later stages of their races although trying hard. Our best swims came from **Jo Potter**, 200 BR 2.48.43 (5th Junior) & 400 I.M. 5.21.64. **Gemma Hindson**, 400 I.M. 5.13.79 (7th Junior) & **Georgina Lee** 5.11.02 (4th Junior).

**Georgina** continued to swim very competitively on FLY, finishing 3rd to 2 international swimmers in the 200m., 2.24.58 & the 100m., 1.06.62, collecting 2 senior bronze and 2 junior gold medals. It was good to have teams competing again after a lapse of several years, and to have **Jo Minion** swimming in both with a creditable 1.11.01 BK, also producing a good 28.73 in the individual 50 F/S.

### 11.11.95 W.M.L. Round II - Rugby (33<sup>1</sup>/<sub>3</sub> m.)

Rugby 229, Mansfield 218, C/Hill 198, Tewkesbury 178, Perry Beeches 'B' 131, Witney 96

This was a keenly contested match with Rugby in the lead throughout. Mansfield were 15 points ahead of us at the halfway stage, and we were unable to close the gap despite doing well in the final block of relays. Our girls, with **Jo Minion** winning the first event, won eight races (**Georgina Lee** 3) and 4 relays. Our boys had one 2nd place (**Jon Baker**), but all tried hard. The fact we only had 2 boys in the 12/13 group and 3 in the 14/15 group made their task all the more difficult.

Good swims: **F/S Michelle Jennings** 1.04.17; **Nicola Sheasby** 41.64; **Rachel McLaughlin** 21.37. **FLY Gemma Hindson** 47.29; **Warren Jones** 48.03 - but he is capable of much faster. Lying 8th in the League, we have the 3rd round at Halesowen on December 9th - NO WITHDRAWALS, PLEASE.

### Tamworth (25m.)

Treonte Long Eaton 201, C/Hill 'B' 190, Stourbridge 'B' 187, Tamworth 175, Calverton 159, Matlock 127

A good team effort and several interesting swims: **BK Hannah Loftus** 1.17.82; sister **Fiona** 43.33; **Ian Johnstone** 43.31. **F/S Hannah** 31.94; **Fiona** 37.91. **FLY Kesree Finnegan** 1.11.36; **Carl Reed** 42.25; **Paul Bicknell** 1.13.90. **BR Michelle Wilson** 1.29.75.

Our Open men and women gained almost maximum points with little trouble. Three disqualifications did not help our cause, but we managed to secure 2nd place by 3 points - all due credit to those who turned out at very short notice to get vital points. Placed 5th in the Division, we compete in the top gala at Derby on December 9th, with the first 4 clubs to be promoted - NO WITHDRAWALS, PLEASE!