

October 1996

### **BACK IN THE SWIM**

We have already been back in the water for six weeks, and training is going well. The second sessions on Mondays and Fridays are full to bursting point, so we cannot increase the numbers. It would, in fact, be of help if a number could switch to Tuesday 6.30 or Wednesday 6.00, where there is room for more varied work. I would also ask those in all the Junior sessions to make an effort to arrive punctually. It is unfair on a coach who has arrived on time and got the lane working to have people trailing in asking what the work is. There are times when this is unavoidable, but we do seem to be blessed with a number of regular latecomers.

### **SELECTIONS**

**Georgina Lee** represented Great Britain in the European Junior Championships at Copenhagen in August, taking 7th place in the 200m. **FLY** and being a member of the 4th placed Medley Team. She has been selected for the England Junior Squad 1996/97 - well done George!

**Georgina** and **Lucy Lloyd-Roach** swam for Warwickshire recently in the Lombardian Trophy Gala. They will be joined by **Jo Potter** and **Gemma Hindson** in the County Team for the A.S.A. Inter-Counties Competition at Sheffield on the 19th October.

**Gemma Hindson** and **Jon Baker** have been selected for the Division 6 Team for the English Schools Championships at Luton.

### **TANNER TROPHY**

This year's recipient is **Jonathan Sheasby**, who has shown outstanding progress during the year.

### **THANK YOU PAUL!**

**Paul Morris** has given up his coaching on Tuesdays so as to devote more time to his football coaching. The Club is most grateful to him for all the work he has done on our behalf over several years.

### **WORLD MASTERS CHAMPION**

**Jo Minion** kept the Club's name to the fore with a win in the 50m. Breaststroke in the 30/35 yr. group at Sheffield.

### **COMPETITION REPORTS**

These go back to the end of June, but are included so that good performances are not overlooked.

#### **29.6.96 Inter-Club - Halesowen (36<sup>2</sup><sub>3</sub> vds.)**

C/Hill 213, Solihull 210, Brierley Hill 142, Triple S 140, Halesowen 119, Fox Hollies 71

This 'age on day' match resulted in a keen contest between Solihull and ourselves with the points level at event 30 of the 43 races. There were several good swims:

**F/S** Stuart Baker 24.10, James Sumner 46.01

**FLY** Warren Jones 48.10, Sally Jones 51.03, Ian Johnstone 52.51

**BR** Daniel Webster 57.95, Hannah Freeman 30.99

**BK** Neil Davies 52.68, Stephen Gregory 29.04

The team manager praised the enthusiasm of the team, especially Neil and Edward Freeman.

#### **29/30th June & 6/7th July '96 Midland A.S.A. Age Group - Coventry**

It was so good to see a **BOY** from Camp Hill on the rostrum. Jon Sheasby showed great maturity in all his races, winning the three **F/S** events, 1.05.70, 2.22.61 (both competition best times) and 5.05.52. He also took 2nd in the **FLY**, 1.15.33 and the **I.M.**, 2.49.78, placing 2nd overall in his age group.

**Gemma Hindson** won six events, **FLY** 1.09.85 and 2.30.01, **I.M.** 5.20.57, 400 **F/S** 4.39.03, 800 9.36.40, with her best swim in the 200 **F/S** 2.11.16. These results won her the prize for her group.

**Georgina Lee** was also the champion of her group, taking gold in the 200 **FLY** in a competition best time of 2.22.80, and in the **I.M.** 5.15.41. She also improved her **BK** times, 2.31.50 - 2nd and 1.10.44.

**Jo Potter** was 3rd in the 200 **BR**, 2.49.46. **Kate Hindson** swam several events, placing 5th in **FLY** & **BR**. **Ewan Martin** swam a good **F/S** of 1.13.81, as did **Lucy Lloyd-Roach**, 2.26.91. **Ruth Fraser** reaped the reward for better concentration in training with a **F/S** swim of 1.06.27.

**Kesree Finnegan** had some good races, including **FLY**, 1.11.83, but I felt that the cessation of a.m. training had taken the edge off her distance **F/S**.

#### 20.7.96 Inter-Club Wellington (25m.)

Broadway 241, Burntwood 233, C/Hill 212, Braunstone 143, Shrewsbury 140, Wellington 100

We came up against some surprisingly strong opposition in this end-of-season match, having to be content with third place. Many thanks to those who swam at short notice, and, as usual, some good swims to place on record.

**Warren Jones** and **Robert Delves** emerged from the cricket field, and showed that they have not forgotten how to compete. **Robert**: BK 35.43, BR 37.00. **Warren**: FLY 33.64, F/S 31.04.

There were a number of encouraging BK swims: **Lucy Lloyd-Roach** 37.27; **Hannah Loftus** 1.18.96; **Paul Bicknell** 1.14.59. **Lloyd Griffiths** had a good win in the F/S, 57.60.

#### 29th July/3rd August '96 National Age Group - Crystal Palace (50m.)

We only had three qualifiers this time, with the following results:

**Kate Hindson**, BR 1.26.00

**Gemma Hindson** was 6th in the F/S, 1.01.73, 5th in the 400 LM, 5.17.21 with her best swim in the 200 LM, when, having qualified 7th for the final, she swam a most determined race to take the bronze medal. Her swims gained her a place on the Swim 2000 scheme for a third year.

**Georgina Lee** took advantage of the long course pool to spend time preparing for the following week's European Junior Championships. She did, however, swim her two FLY events. In the 100 she was placed 4th taking the silver medal as the first two to finish were South Africans. In the 200, **Georgina** qualified fastest and won a very exciting final in a Competition best time of 2.20.22, with the South African girls 2nd and 3rd.

#### A few week's rest and then back to racing!

#### 7/9/96 Coventry 50m. Sprints

Trophies were awarded to the first three finalists. **Jon Baker** won the F/S, 25.98 and the FLY, 27.75 - he looked very good raising hopes that he may turn his attention to 100m events this season. **Nicola Sheasby** was 2nd in the F/S, 29.87, as was brother **Jonathan**, 30.10, and **Pam Schofield** was also 2nd with a brisk 29.88.

**Katie Brooks**, Sally Jones, 32.21, **Rachel McLaughlin**, 32.70; **Lucy Lloyd-Roach** and **Chris Hutton** had good FLY swims 33.52 and 32.07 respectively.

#### On the same day, at Burton (25m.)

Etwell Eagles 250, Avon Neptunes 242, Triple S 199, Wolverhampton 198, C/Hill 193, Leic. Knighton Fields 186

This first gala of the Autumn term clashed with the Coventry Sprints, so a number of regular team members were unavailable. As a result, people were often swimming up an age group (or two in the case of 12 yr **Neil Davies** who swam in both 16 yr relays) and **Paul Bicknell**, as our only 16 yr boy had a very busy evening indeed.

Of the eight swimmers in our 10 yr teams, six were still 9 yr olds, gaining valuable experience for the Junior League next spring. Despite being so under age, the girls relay teams finished 2nd and 3rd, which was most encouraging.

Good swims included **Robert Delves**, BR 36.49 1st; **Andrew Vale**, 22.55 & BK 21.23; **Hannah Freeman**, BK 21.71; **Jo Loder**, FLY 20.33; **Laura Heeley**, 22.73 and sister **Sophie**, F/S 18.45.

There were no disqualifications.

A.L.

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

This was a fairly relaxed 'age-on-day' event with awards to the first three in all events.

**Gold** **Gemma Hindson** had a clean sweep with five wins earning her the 'Swimmer of the Meet' award. **Jon Sheasby** F/S.

**Silver** **Jon**, FLY; sister **Nicola**, I.M. 1.13.32; **Lucy Lloyd-Roach**, FLY.

**Bronze** **Jon**, I.M. - very lucky in that the only people who did not spot his BK to BR turn were the judges; **Nicola** F/S, **Ruth** F/S 1.06.97; **Pam Schofield** F/S.

**Chris Gregory**, with a respectable BK, 1.22.65, showed that he is now able to tackle 100s.

#### 21.9.96 Relay Trophy Gala - Solihull (33<sup>1</sup>/<sub>3</sub> m.)

C/Hill 167, Solihull 159, Solihull B 95, Knighton Fields 80

As usual, we had a good struggle with old rivals Solihull. We were in front throughout the gala, but Solihull were always in close contention, indeed, had not their B team beaten their A team on three occasions, the result would have been even closer. There were many good swims, especially from our 15 yr boys, who won all their races. It was pleasing to have a full team attendance, and management was very easy.

#### 28.9.96 Wolverhampton Masters (25m.)

This proved to be a successful weekend for our masters, with all winning slate coasters to place under the goblets that they won on their last visit to Cork.

**Jo Minion** took 5 golds, **Hayley Bettinson** 4, and **Paul Rogers** 3. **Claire Duffy** had 3 silvers and our teams won 7 of the 11 relays entered. A good effort, especially as I managed to get 12 swimmers there for the team, including **Anne Bourne**, and I hope **Barrie Cope** has recovered.



### 28.9.96 Trophy Gala - Cheadle (36<sup>2</sup>, m.)

C/Hill 233, Cheadle 226, Radford 202, Etwell Eagles 174, Bicester 150

This was a satisfying win early in the season. We were second to Cheadle throughout the evening until event 43, when we drew level. Thereafter we won 5 of the remaining 7 relays to clinch the match. There were no outstanding swims, but several happenings of note:

1. **David Woodhall** has finally learnt to dive and come up in front.
2. **Chris Hutton** did 38+ two or three times for 2 lengths, but could only manage 1.03.11 for 100m.
3. **James Venables** can do reasonable BK when he has to.
4. **Paul Bicknell** swam one perfect length of butterfly and finished correctly on a full stroke.
5. **Warren Jones** wore a club cap.
6. It was noticeable that the club still has strength in depth when it comes to the relays.
7. And, best of all, **Timothy Sheasby** behaved well all evening.

A.L.

### 5.10.96 Inter-Club Dudley (25m.)

Perry Beeches 204, Solihull 149, Stourbridge 148, Cheadle 143, C/Hill 87

As shown by the results, we were overwhelmed in this 'age-on-day' Diddy match. Everyone tried very hard, but the competition was much too strong, showing that we will be struggling in matches for this group in 1997.

It was depressing to see 12 yr old swimmers, who must know better, breathing every stroke in a 25m. front crawl swim - you should breathe at the end of the length or at most, once only.

**Kate Hindson** travelled to Harlow in search of distance events and had some good results, including a bronze in the 400m. F/S.

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

Our team of 10 swimmers did well to finish 4th out of the 25 clubs competing in this Meet. **Kate Hindson** got us off to a good start with a win in the 200 I.M., 2.43.55 and was 2nd in the BR, 1.26.16. *She also won some paint brushes in the tombola.* **Jon Sheasby** set 'competition bests' in the 50 F/S, 29.75 and the 100m. I.M., 1.18.35. **Lucy Lloyd-Roach** was our other winner with a 1.14.74 FLY, also swimming a best F/S time of 1.07.83. **Sally Jones** had some respectable swims, but still runs out of steam on the final length. **Ian Johnstone** tried very hard, including good times of 2.55.00, I.M. and 1.12.91, F/S. **Ewan Martin** sprinted well, F/S 33.70, BK 39.68 and **Ruth Fraser** swam her best F/S, 1.05.72. **Hannah Massey** swam BK, 44.15 and F/S 38.58, but dodged the FLY 'to conserve her strength'! **Stuart Baker** improved his times with F/S 37.80 and BR 48.30. **Carl Reed** swam a useful FLY, 38.87 and did a F/S 'display race' with his goggles in his hand instead of in the correct place.

### 12.10.96 West Midland League - Coventry (50m.)

Coventry 255<sup>1</sup>/<sub>2</sub>, Perry Beeches 234<sup>1</sup>/<sub>2</sub>, C/Hill 203, Bilston 149, Triple S 118, Fox Hollies 83

We had anticipated a 3rd place with this difficult draw, and our fully committed team excelled itself, achieving a high score and giving the leaders a hard fight.

**Gemma Hindson** got us off to a good start with 3rd in the Open I.M., 2.30.48, and this was followed by several good relay efforts. The 11/U boys, **Tim** and **Jon Sheasby**, **Ewan Martin** and **Carl Reed** won the F/S in 2.13.06, and our 15/U girls, **Nicola Sheasby**, **Georgina Lee**, **Gemma** and **Ruth Fraser** had a convincing win, 1.57.29.

Some of the many good swims:

**BR** **Kate Hindson** 1.25.62; **James Venables**, coming of age as a swimmer, 1.22.18 - when he learns to dive he will be even better. **Jo Potter** 1.21.84; **Nicola** 1.21.07 - is this the sign of great things to come? **Rob Delves** 1.21.45; **Ewan** 44.04.

**F/S** **Gemma** 1.02.03; **Chris Hutton** 1.02.93; **Ruth** 1.06.70; **Georgina** 1.01.82; **Jon** 30.58.

**FLY** **Lucy Lloyd-Roach** 1.16.17; **Warren Jones** 1.16.38 - a gutsy effort, but doesn't he love to look everywhere! **Georgina** 1.06.45 followed six races later by 1.06.76 showing that she has retained her fitness.

**BK** **Lucy** 1.18.27.

**Rounds 2 and 3: 9th November and 7th December - KEEP THEM FREE.**

### Bromsgrove (27<sup>1</sup>/<sub>2</sub> yds.)

Falcon 342, Redditch 228, Brierley Hill 166, C/Hill B 136, Stourport 135, Chase 135

As the gala progressed, we seemed destined for 6th place, but, with the two senior relays to go we rallied, and with two second places nudged ahead of Chase and Stourport by one point, to gain 3 valuable league points.

Good swims:

**BR** Our only winner, **Mark Fisher** 46.72; **David Beavan** - his first club swim for 16? years 1.18.60. **James Raine** 1.21.24, he also swam a good F/S, 1.03.69 - another one of our boys who is cautious about revealing his real ability.

**BK** **Hannah Loftus** 1.18.+; **F/S** **Katie Brooks** 1.05+; **FLY** **Carol Pestridge** 46.72, and, last but not least, **Ian Johnstone**, **F/S** 1.11.52 and **FLY** 1.20.57.