

April 1977

WELL DONE GEORGINA!

Competing in the Trials for the British Junior Team for the European Junior Championships in July, **Georgina** made sure of selection for the two Butterfly events. She achieved this by being the fastest junior in the 200 FLY, 2.18.85, incidentally finishing 3rd in the Senior race and yet another club record. She went on to win the Junior final, 1.04.69, and earlier swam a respectable 5.10.66 400 I.M.

Gemma Hindson swam a long-course F/S p.b. of 1.00.73 and a p.b. of 1.05.97 saw her take 6th place in the Junior FLY final.

SWIMMING COSTUMES - GIRLS

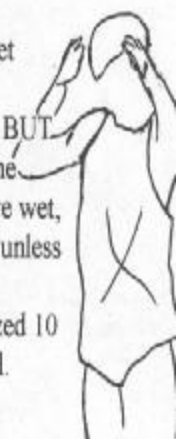


Some of our younger girls continue to swim in sacks. Costumes which are too big let water in on a dive, and act as a drag, slowing you down.

It does not matter how large a training costume is, or how many of them you wear, **BUT** for racing you need a tight costume. When it is dry you should just be able to pull the straps up to your ears. Any further and it is too big. Costumes stretch when they are wet, and ones which seem to fit when you try them on will wrinkle at the front and back unless they are small enough.

Most of our senior swimmers wear 28" or 30", even those who are tall. Average sized 10 and 11 year olds should be in 26" for racing then 28" until they are at least 5' 4" tall.

If in doubt, **ask SAM.**



1st/2nd Feb. '97 Bilston Meet - Wolverhampton (25m.)

Yet another visit to Wolverhampton resulted in many p.b.s and a crop of Midlands times. The Meet was well attended, with strong contingents from Millfield and other Western District clubs. With age groups being combined in the longer races, it is difficult to list all those who won medals, but the fine times speak for themselves.

F/S **Gemma Hindson** and **Nicola Sheasby** took 1st and 2nd in the 100 F/S and **Gemma** in the 200 2.09.83; **Nicola** 2.15.01; **Kate Hindson** 1.04.98 and a NQT 2.17.29; **Lucy Lloyd-Roach** 1.05.78 and 2.21.80; **Ruth Fraser** 2.23.68; **Jon Sheasby**, 1st, 2.19.54. BK **Lucy** 1.12.49 and 2.35.58; **Kate** 1.17.95.

FLY **Gemma**, 2nd, 1.06.58 and 1st, 2.28.57; **Nicola** 1.11.57; **Lucy** 1.11.03 and 2.37.89, getting closer to National times; **Kate** 1.15.71; **Sally Jones** 1.17.47; **Pam Schofield** 1.14.04 and 2.46.87. **Jon** 1.11.38, but he must get into his stroke quicker; **Jon Baker**, 1st NQT 27.02.

BR **Jo Potter**, 3rd, 2.45.82, getting back to form; **Gemma** 2.49.52; **Kate** 2.57.46; **Jon Sheasby** 3.05.38 and 1.25.63; **David Woodhall** 1.12.19; **Nicola** 1.19.18.

1.2.97 Phoenix Youth S.C. Trophy Gala - Cheslyn Hay (25m.)

Perry Beeches 246, Phoenix 161, Luton 156, C/Hill 139, Walsall 138, Leic. Neptunes 57

Once again we were missing some regular team members for this trophy gala. Two were at an Open Meet and several were ill - so we had to be content with 4th place. Please make sure you have a copy of the fixture list and keep the 3 rounds of the Diddy League, April 12th, May 10th and June 21st, free if you are likely to be needed. The 9 yr. boys are still very weak, and we were not able to field a full team at this gala, thus throwing away valuable points. PLEASE do keep looking for boys born in 1988.

Good swims came from: F/S Heather Tirenay 37.52, Carl Reed 33.72, Matthew Tipping 18.67. BK Tessa Loftus 22.99, Matthew 20.78, BR Fleur Green 48.96, Laura Heeley 2.02.30, Alistair McKenzie 21.81 (one of our two winners).

Our only other winner was Timothy Sheasby in the 10 yr F/S, but he then proceeded to throw away 2 backstroke races through a combination of lack of application and complacency. He is too good a swimmer to let the Club and himself down like that.

A.L.

15.2.97 Glenthorne Trophy Gala - Cheslyn Hay (25m.)

C/Hill 252, Chase 238, Lichfield 214, Wombourne 145, Solihull C 126, Stafford Apex 118

The organisation of this gala left much to be desired, but not so our team performance with 24 wins from 53 events. However, our starts and finishes were not generally good enough and the swimmers need to prepare for their races properly and not play at the end of the pool.

Five swimmers won two events: Hannah Freeman, 23.61 BR and 21.86 BK; Michael Bourne, 16.89 F/S and 19.81 FLY; Tim Sheasby 15.01 F/S and 18.22 FLY; Warren Jones 28.65 F/S and 37.73 BR; Chris Hutton, 26.70 F/S and 30.00 FLY. The Mixed 13/U won both their relays.

N.S.

15th/17th Feb. 97 High Wycombe Meet (50m.)

A small group of members went to this Meet to take the opportunity of early-season long course swims. Gemma Hindson, I.M. 2.30.94 1st; sister Kate's swims included, I.M. 2.39.84, 800 F/S 9.49.95, 400 F/S 4.47.10; Lucy Lloyd-Roach 200 FLY 2.39.43, 50 FLY 33.23, 200 I.M. 2.42.38; Ruth Fraser F/S 1.07.23; Ewan Martin BR 36.37 - he needs long course swims; Jon Sheasby F/S 1.04.95 1st, BR 1.28.37 3rd, FLY 1.14.06 2nd, I.M. 2.41.71 1st; sister Nicola F/S 1.03.44 2nd, BR 1.22.14 2nd, I.M. 2.39.82.

8.2.97 Inter-Club - Stechford (25m.)

Solihull 239, Perry Beeches 235, C/Hill 224, Solihull B 138, Tamworth 94, Wombourne 81

This was a closely fought gala with some fine performances from our team, although the loss of 7 points through disqualifications did not help our cause.

F/S Sophie Mayor 37.02; **Nicola Sheasby** 1.01.97 - now competing with far greater determination; **Robert Delves** 1.01.02 - thank goodness he did that 40 minutes training the other week; **Darren Dyke**, not as fit as he would like to be, 55.99, still producing that mastery on start and turns.

BR Kate Hindson 1.23.20; **Mike Hoare**, back in harness for this stroke, and although grumbling somewhat about a rugby injury, swam a gutsy 1.13.85.

FLY Lucy Lloyd-Roach, maintaining her improvement, 1.12.02; **Jo Potter** 1.12.63;

Warren Jones a p.b. of 1.10.69; **Jon Baker** 1.01.25 - a sub 60s. is his IF he can subject himself to a month's concentrated training; **Laura Heeley** 46.70; **Tim Sheasby** 39.65.

Our Open **F/S** teams both won decisively: **Nicola, Jo Potter, Pam Schofield, Ruth Fraser, Jon, Ed Clayton, Mike and Darren**. The final race, the mixed **F/S** cannon, perhaps, the most exciting race with a 'fresh' **Chris Hutton** anchoring us to a fingernail first place.

21st/23rd Feb. 97 Leeds Multi-Nation Meet (50m.)

Georgina Lee: 200 **FLY**, 3rd 2.22.22 (ht 2.21.79); **FLY** 4th 1.05.04; 200 **F/S** 6th B final 2.11.25.

Gemma Hindson: 200 **FLY**, 8th 2.28.95 (ht 2.25.97); 200 **F/S** 7th B final 2.11.58. **FLY** 1.07.56.

County Championships 1st/6th/22nd March 97 - Coventry (50m.)

Our total of individual medals was slightly down on last year, and we again had 15 teams winning medals. Especially interesting is the fact that we won the **F/S** team races in 5 of the 6 female age groups. It looked as if our Men would not maintain their usual high standard in the team races, but the inclusion of **Darren Dyke** and **Kevin Woodward** enabled us to place first in the **F/S** and a close second in the Medley.

We had good representation in the individual events, and it was pleasing to see several swimmers who, although not qualifying for finals, succeeded in winning their heats.

County Championships

Individual Results

	GOLD	SILVER	BRONZE
10/12 F/S BR I.M. FLY	J.Sheasby 1.04.10 J.Sheasby 1.29.12 J.Sheasby 2.41.93		J.Sheasby 1.13.40
13/14 F/S BK FLY I.M.	K.Hindson 1.05.63	L.Lloyd-Roach 1.13.14 L.Lloyd-Roach 1.12.41	K.Hindson 2.40.46
15/16 F/S BK FLY I.M. BR	G.Lee 1.05.95 G.Lee 3.31.42	G.Hindson 1.02.42 G.Hindson 1.07.06	N.Sheasby 1.02.45 G.Lee 1.13.09 N.Sheasby 1.22.15
17/18 BR FLY F/S I.M.	J.Baker 1.01.43 J.Potter 1.13.84	J.Potter 1.20.97 P.Schofield 1.14.36 J.Baker 57.60	D.Woodhall 1.14.96 J.Potter 2.37.10
OPEN 50 F/S 200 F/S 800 F/S BR 50 FLY FLY 200 FLY 400 I.M.	G.Lee 28.78 G.Lee 2.11.96 J.Baker 27.18 G.Lee 30.37 G.Lee 1.06.68 G.Lee 5.16.41	J.Baker 26.14 J.Potter 1.20.84 G.Hindson 2.29.18	N.Sheasby 28.90 K.Hindson 9.39.00 G.Lee 2.30.63

County Championships

Team Results

TEAMS	F/S	MEDLEY
Male 10/12 OPEN JUNIOR	SILVER 2.11.80 GOLD 1.43.66	SILVER 2.28.28 SILVER 1.58.02 BRONZE 2.08.87
Female 13/14 15/16 JUNIOR 17/18 OPEN	GOLD 2.02.20 GOLD 1.57.74 GOLD 1.57.90 GOLD 2.00.29 GOLD 1.55.83	GOLD 2.17.35 SILVER 2.13.18 SILVER 2.12.99 SILVER 2.17.05 SILVER 2.10.93

COST OF TEAM ENTRIES - £168.00

15.3.97 Junior Gala - Rugby (33¹ m.)

Solihull 231, Rugby 216, C/Hill 191, Fox Hollies 114

This was another useful gala, and there were some good swims. The 10yr. old boys continue to shine, especially **Tim Sheasby**, who won 3 individual events including the 11 yr. **FLY**. **Michael Bourne** also made further **FLY** progress.

Other winners were **Jon Sheasby**, **F/S**; **Emily Paterson**, **BR**; the girls 11 yr. Medley Relay and both 10 yr. boys relays. **Carl Reed** has finally learnt to start, but still spends too long on the turns, looking round at the opposition. He is, however, beginning to show signs of maturity about his swimming.

The team was generally well-behaved, and the only disqualification came from a girl starting in the water who thought she had been told to go when she hadn't.

DO NOT BRING GLASS BOTTLES ONTO THE POOLSIDE

A.L.

29th/30th March '97 Portsmouth Northsea Meet (25m.)

Kate Hindson travelled to Portsmouth in search of good times, and came back with many of them, including: **F/S** 1.04.42, 400 4.40.08, 200 **BR** 2.55.41, 200 **FLY** 2.41.61, and **I.M.** 2.37.72 and 5.36.54 - a most worthwhile visit.

13.4.97 Salopia Meet - Wolverhampton (25m.)

A lot of success for our small party; **Jon Sheasby** getting the Top male swimmer award. Some of the good efforts: **Lucy Lloyd-Roach**, **FLY** 1.12.16 - 3rd, **I.M.** 2.39.68, **F/S** 1.05.16, **BK** 1.12.66; but, best of all - 200 **F/S** 2.16.09 - 3rd; **Chris Hutton**, **BR** 1.19.88, **FLY** 59.49. **The Sheasbys**: **Nicola**, **F/S** 1.02.32 - 1st, **I.M.** 2.35.80, **FLY** 1.12.82; **Jon**, **F/S** 1.02.13 - 1st, 2.16.94 - 1st, **FLY** 1.12.71; **Tim**, **BK** 1.25.68 - 2nd, **FLY** 1.35.16 - 2nd, **F/S** 1.15.49 - 1st.

12.4.97 Junior League 1st Round - Walsall (36²₃ yds.)

Haden Hill A 232, Braunstone 153, C/Hill 139, Walsall 130, Bromsgrove 128, Brierley Hill 115

With a depleted team, we were pleased to come third in this important first round gala. The date had been well publicised months in advance, and it was consequently most disappointing that several swimmers were unavailable. They could usefully study **Ewan Martin**, who forwent his other club's championship gala (where he was sure to win medals) to swim for Camp Hill. Newcomer **Kerry Wyse** coped well with 2 individual events plus several relays; **Hannah Massey** swam valiantly despite a severe headache and our 9 yr. boys, mostly new, gained 3 useful points. It was a pity that the referee saw fit to disqualify one for "pulling on the lane ropes" when his goggles were obviously so full of water that he was unable to see where he was going and zigzagged from rope-to-rope for the entire length.

The team was well behaved, except for litter left on the floor: if you bring sweets, etc., **TAKE THE WRAPPERS HOME** if there is no bin.

A.L.