

February 1998

### AN ENJOYABLE OCCASION

Many thanks to **Polly Sheasby** for her organisation of the Christmas 'social' at Moseley Rugby Club - it produced some inventive fancy dress and was enjoyed by everyone.

### TROPHY CONTROLLER

Sometimes we have to search around to locate a trophy which was won a year previously, so, to avoid such embarrassment, we are going to have a Trophy Controller. If you want something done, ask a busy person, so Polly has agreed to deal with this. In future, anyone who collects a team trophy must inform her so that she can deal with the engraving and be aware of its whereabouts. This does not apply to individual trophies.

### CLUB SUBSCRIPTIONS & A.S.A. REGISTRATION

These will soon be due and the above 'busy person' will be collecting them. PLEASE MAKE HER TASK EASY.

### CONGRATULATIONS

To **Georgina Lee**, selected for the England Squad following her excellent swims at the G.B. Winter Championships in December. She will be competing in Meets at Imperia and Paris at the end of March.

### IS THIS A NEW EXCUSE?

One of our 5 p.m. female swimmers, having missed 14 lengths, "My hair fell out of my cap."

### COUNTY REPRESENTATION

**Jon Baker, Lucy Lloyd-Roach, Sally Jones, Georgina Lee and Kate Hindson** were in the winning team at a County Match at Milton Keynes. Our efforts included a p.b. from Lucy, ~~BK~~ 1.08.34.

*FLY*

### HER THIRD VISIT TO GENEVA

**Gemma Hindson** was brought into the Midland District Team for this Meet following the withdrawal of one of the swimmers. Having swum there twice under the auspices of Camp Hill, she now represented the Midlands and did well, winning both the 15/16 FLY events in 1.06.49 and 2.28.00.

## SATURDAY A.M. SESSION

The attendance at these sessions is poor. Throughout the week in the junior sessions the training available is very limited in its nature because of the number of swimmers in the lanes. On Saturdays there is space to enable work on technique and the moulding of the strokes over longer swims.

### 6.12.97 Round III West Midland League - Coventry 50m.

Coventry 228, Perry Beeches 214, Derby 184, C/Hill 141, Haden Hill & Newcastle 138

This was our most important gala of the year, and we went to Coventry none too confident of finishing any better than 6th out of the 6 competing clubs. We were at full strength apart from 2 unavailable swimmers, and every effort had been made to assemble our strongest possible team on the day. I am especially grateful to **David Woodhall** who travelled up from Cambridge and **Kevin Woodward** who turned out yet again for the Open Relays. **Georgina Lee** got us off to a good start with a convincing win in the 200 LM, and after 34 events we were in 4th place. Then 2 disqualifications threw away 5 points and appeared to have settled our fate, as after event 42 we were equal 6th with Haden Hill. However, some spirited relay swims, including a gain of 2 places by **Robert Delves** saw us finishing in a very gratifying 4th place both in the gala and in the league table. Everyone tried very hard with the usual number of good swims including a FLY P.B. of 1.14.45 by **Leanne Sheasby** - a reward for her application in training.

### Luton - 33<sup>1</sup>/<sub>3</sub> m.

Luton B 241, C/Hill B 236, Enderby 180, Mansfield B 169, Warley Wasps 150

Our small team travelled to Luton again, somewhat apprehensive but determined not to finish last. Luton won the first 4 events, where we had beaten them in the last round, as the absence of regular swimmers affected our points scoring. We had several good individual performances, especially **Heather Tierney** ( deputising for another absentee and an ill second choice), 1.19.37 F/S. **Ian Johnstone** was a double winner, 1.19.91 FLY, 1.10.11 F/S, while **Jon Martin** won the F/S, 1.06.58, and, deputising for another sick swimmer swam 1.29.78 BR.

Our Men performed well winning 5 Open events, **Trevor Clark** 1.10.23 BK; **Phil Baker** 1.07.55 FLY; **Chris Hutton** 59.61 F/S, as well as two clear relay victories. **Laura Heeley** showed renewed discipline to win the F/S, 23.27 and place second in the FLY, 26.16.

We had 3 victories in the girls 15/U group, **Hannah Loftus**, BK 1.19.69; **Lorraine Petridge**, BR 1.30.16 and **Ruth Fraser**, F/S 1.06.71 but were unable to win the relays. **Pam Schofield** again won the FLY, 1.13.80, and also improved on BR, 1.28.47, and helped our Ladies F/S team to an easy victory. Our only other win was in the 13/U boys Medley Relay. So many of our swimmers lost time in their relay take-overs by remaining static prior to the incoming swimmer touching. Stay alert, watch, anticipate and SAVE TIME. Practice properly when you train. **Ian Johnstone** won the Mars bar and **Heather Tierney** and **Nicholas Greene** the Achievers Cups.

N.S.

## AND SO TO 1998

### Ridgewood Shipping Trophy Relay Gala - Wolverhampton - 25m.

Perry Beeches A 275, Haden Hill 244, Cheadle 174, Gloucester 172, Camp Hill 166, Redditch 123, Oldbury 108, Perry Beeches B 89

This was a well organised and most enjoyable gala. It gave our new 9 yr. olds their first chance to race for the Club, and they all coped very well with a crowded bathside, and starts in the water. Outstanding were: **Alyson Wicklen**, BK 22.63, F/S 18.70 and **Kate Parton**, FLY 21.43.

The Christmas break must have done us good as there were p.b.'s in abundance. The best being: **Kerry Wyse**, BR 18.41 & 41.32; **Hannah Massey**, F/S 33.04; **Charlotte Parker**, BK 20.51; **Scarlett Allen-Horton**, BK 42.92.

We had no disqualifications. Generally the team was well behaved, but some 11 yr. boys need to listen to instructions and to TRY HARDER.

A.L.

### 11/14th Dec. 1997 Great Britain Winter Championships - Sheffield - 50m.

**Gemma Hindson**: FLY 1.06.94 and F/S 1.00.80.

**Georgina Lee**: *TWO CLUB RECORDS* and *Warwickshire Senior Records*. FLY - 3rd 1.03.28, 200 FLY - a P.B. of 2.16.70 in the heat, and again in the FINAL, 2.15.89, 2nd. F/S 1.00.08.

### 10.1.98 Northampton Distance Meet - Corby - 25m.

Our swims at this meet were generally 'standard', perhaps not surprising at this time of the year. **Gemma Hindson** collected a number of medals including, 200 FLY 2.28.71, and **Lucy Lloyd-Roach** was 2nd in her group, 200 FLY 2.31.40, F/S 1.03.41 and BK 1.10.60.

### An Inter-Club at Rugby (25m.) on the same day

Haden-Hill 276, Broadway 231, Rugby 209, C/Hill 202, Stourport 126, Leamington 103

This was the longest gala most of us had ever attended, finishing just after 9.20. There were too many gaps between races and far too many false starts. With other events at Corby and Wolverhampton on the same weekend, we had a depleted team which produced mainly 'standard' swims with a few highlights: BR **Alastair McKenzie** 1.38.20; **Kerry Wyse** 1.34.72; **Amy Lee** 1.31.57; **Lorraine Pestridge** 1.28.61. BK: **Kerry** 1.30.27; **Tim Sheasby** 1.24.55.

FLY: **Ewan Martin** 1.17.08 - despite hitting every turn badly. **Michael Bourne** 38.65.

**David Woodhall** did sterling work, swimming the 200 I.M. & 100 FLY before producing a solid 1.13.03 BR. **James Venables** arrived midway through his F/S relay and still managed to make the block for the final leg. One backstroke swimmer missed the wall by what the judge described as 25 cm., thereby disqualifying our team and losing 5 points. The juniors found the evening very long and resorted to playing in the

showers. which did little for their race preparation. The length of the gala, however, did not excuse the rubbish left where we had been sitting, especially as there was a large bin just there. USE THE BIN OR TAKE YOUR RUBBISH HOME.

A.L.

### 11.1.98 Stourbridge Diddy Meet - Wolverhampton (25m.)

Eighteen swimmers took part in this popular high level 50m. Sprint Meet with many good results. **Jon Sheasby** won silver in the 200 I.M. 2.31.96, the FLY 31.79 and the F/S 28.07. **Kerry Wyse** BR, bronze 40.27 - a most aggressive swim. **Tim Sheasby** reached 5 finals his best effort being the BR, 44.02. Our other finalists: **Michael Bourne**, FLY 39.26; **Ewan Martin**, BR 39.13 & I.M.; **Justine Clark**, F/S 36.29 - a 3 secs. improvement; **Alastair McKenzie**, BR 45.29.

Other good swims: **Laura Heeley**, FLY 41.59. **Laura**, **Jemma Wyse** and **Emily Paterson** placed 11th, 12th & 13th with good BR swims. **Carl Reed**, FLY 34.73 must now get under 80 sec. for the 100m.

Two of our backstrokers crashed into the wall on their turn, losing valuable time. They had counted their strokes, but were swimming faster than they realised. Once you have mastered the technique of a turn you must practice at speed.

### 17/18th January 1998 - Wolverhampton Meet (25.)

This was another successful weekend at Wolverhampton for our swimmers.

**Georgina Lee** tackled 11 events, winning 10 of them, her best effort being the 200 BK, 2.22.57 *Club Record*.

**Gemma Hindson** and sister **Kate** each had 5 wins, **Gemma** controlling the F/S to win in 1.00.69. **Kate** had several good swims, but I was most impressed with her 2nd place in the FLY 1.12.83. This was won by **Sally Jones** 1.12.41 - let's hope they can push each other to sub 70 secs. in the near future. **Lucy Lloyd-Roach** won the 15 yr. 200 BK in a N.Q.T of 2.27.25, while her I.M. improved to 2.32.38. **Nicola Sheasby** interrupted her heavy examination revision to take 3rd in the F/S, 1.01.60. The girls, as usual, stole the limelight, but there were a number of encouraging swims from the boys. **Jon Sheasby** won the 200 F/S, 2.11.75 & the FLY 1.09.28, while brother **Tim** had several medals including 200 F/S, 2.35.04 - what a difference when he applies his mind to what he is doing. **Ewan Martin** swam a good 400 I.M., 2nd 5.46.46 and **Jon Baker** showed that he can still swim F/S, 55.95 3rd.

**Ian Potter** broke the minute for the first time, 59.14 and I'm sure he will soon improve on that. **Michael Bourne** swam 1.14.96 - Midland Q.Time, and proved to himself that he can swim 100 FLY, 1.35.78.

Our seniors were 2nd in their relay and the juniors 3rd - thanks to **Warren Jones** who turned out at very short notice and prior to another gala in the evening.

#### 24.1.98 Carn Brea Trophy - Worcester (25m.)

C/Hill 200, Stourbridge 175, Worcester 152, Stourport 74

This was an easy win in what was a very jumbled programme involving some 200's and 100m relays and a mish-mash of age groups. Several of our breaststrokes swam best times: **Warren Jones** 1.16.32; **Kerry Wyse** 1.32.97; **Ian Potter** 1.14.90; **Jemma Wyse** 1.39.58; **Jon Humphries** 1.43.01. **Jon Baker** ventured into unknown territory in a 200 F/S, 2.03.64 and there was a good FLY from **David Haynes**, 1.07.63.

#### 31st Jan./1st Feb. 1998 Bilston Meet - Wolverhampton (25m.)

We had 24 representatives at this Meet with several good swims including: **Gemma Hindson**, FLY 2.27.30; **Jon Baker**, FLY 26.83 & 1.01.47. **Lucy Lloyd-Roach**, FLY 1.08.86 & 2.27.07 and BK 2.27.07 (35.08, 37.08, 37.78, 37.26); **Sally Jones**, FLY 32.85, 1.11.82, 2.39.81 & F/S 1.05.06; **Lyndsey Wyse**, FLY 32.03, but why did she enter so many events with fairly short intervals? **Nicola Sheasby**, nursing a sore shoulder, 2nd in the F/S 1.01.63; brother **Jon**, who was more committed on this occasion, FLY 1.08.38 & F/S 1.00.67, but why did he swim the 50 FLY & F/S when they were so close to the 100's? Also on FLY, **Pam Schofield** 33.12, and **Carl Reed** finally broke 80secs., 1.18.30 - now for 1.15.00. **Ian Potter**, steadily improving, F/S 59.10 & 2.08.90; **James Sumner**, BK 1.15.00; **Chris Hutton** doing more swimming than in a week's training, his best effort being BR 35.31; **Kerry Wyse**, F/S 1.15.45; **Tim Sheasby** 1.11.53; **David Haynes**, FLY 1.07.06 - missing the final to watch Wolves, not that it did them much good - has he got his priorities right? **Alastair McKenzie**, BR 1.38.40.

#### 7.2.98 Senior Trophy Gala - Stechford (25m.)

C/Hill 242, Solihull 227, Coalville 165, Phoenix 161, Solihull B 141, Fox Hollies 88

We always have a good scrap with Solihull, and our somewhat slim team fought well to win this local match, with a number of our younger swimmers setting best times. **James Sumner**, F/S 1.03.74 - the swimmer inside him is gradually emerging; **Kate Hindson**, F/S 1.03.00 (straight from the English School's Relay Championships where she and **Rachel McLaughlin** were members of their school's 2nd placed F/S and 3rd placed Medley Teams).

There were several good BR swims: **Kate** 1.21.10; **Ian Potter** 1.14.59; **Warren Jones** 1.17.92 - it's a wonder his neck doesn't ache with all that looking around. His FLY also was good, 1.08.81 and he is working much harder in his races. Our 11yr. BR swimmers achieved consecutive wins; **Jemma Wyse** 44.62 & **Alastair McKenzie** 45.66, in fact the 11yrs., as a group swam well, F/S **Stuart Tierney** 37.08; **Justine Clark** 36.55. **Georgina Lee** had to work hard to win the F/S, 59.87 and she set a CLUB RECORD in the BK, 1.07.46. New recruit **Hayden Wakeling** swam a pleasing 59.59 FLY and an easy 1.02.81 BK. Good swims from our Men's Medley Team: **Hayden** 28.83, **Ian** 33.97, **Kevin Woodward** 2.78, **Chris Hutton** 26.54. **Hayden** and **Kevin** followed that up with F/S Relay splits of 24.72 & 25.40. Such efforts are a valuable example to the rest of the team and they show that swimming does not have to end at 18 or even 30 years.