

July 1998

SUMMER BREAK

LAST SESSION: - Friday 24th July. BACK AGAIN: - Wednesday 2nd September.

REPRESENTATION

Congratulations to **Claire Duffy** and **Ed. Clayton** on their selection for the British Police Team for matches in Guernsey and Germany. Also to **Melanie Easter** selected for the British Team for the World Blind Sports in Madrid. Also to **Justine Clark**, **Tim & Jon Sheasby**, who swam in the 6 County age group match, **Tim** recording a good 50 FLY, 34.65.

A BUSY HOUR!

**Alex Knibbs** retained his title for the British One Hour Swim, 35/39 yrs, with a distance of 4,855 metres - an excellent effort.

RESULTS

9/11.4.98 Portsmouth Meet (25m.)

Jon Sheasby was the most successful of our 4 representatives, winning the FLY, 1.07.20, placing 2nd in the F/S, 59.42 & 2.09.36 and taking bronze in the 400 F/S, 4.37.17 and the 200 BR. Brother **Tim** was 3rd in the BK and BR, while sister **Leanne** swam some good times. **Lyndsey Wyse** had good swims on BR, FLY & 50 F/S.

18/19.4.98 Wolverhampton Meet (25m.)

Numerous good swims including:

F/S **Lyndsey Wyse** 1.02.14, now swimming much better. **Tim Sheasby**, 200 F/S 2.34.73.

BR **Jemma Wyse** 1.37.06, **Jo Potter** 2.44.64.

BK **Sally Jones** 1.13.75, **Leanne Sheasby** 1.18.24.

FLY **Ian Potter**, now extending the range of his events, 1.04.53 & 2.20.81; **Ewan Martin** 1.14.82; **Michael Bourne**, chipping away at his times, 1.31.18; **David Haynes**, 1.06.77, but in common with a few other of our competitors, he must swim faster in finals; **Lyndsey** 1.10.10; **Jo**, 1.12.28 - 1.10.00 by the year's end, please.

Luxembourg Junior Meet (50m.)

On the same weekend **Lucy Lloyd-Roach**, **Kate Hindson** and I travelled with the West of England Team to spend a demanding 2 days at this well-established Meet, which was attended by swimmers from all over Europe. Heats were combined, based on entry times, and finals decided in age groups. **Kate** swam 9 times, her best swims being in the 200 FLY 5th and the 400 F/S, 6th. **Lucy** swam 12 times, her efforts being in the 200 FLY where she took the silver medal, 2.28.67 and the 100 FLY 4th, 1.08.81. She was 7th in the 200 LM and 6th in the 200 BK.

The Meet was extremely busy with lengthy sessions and a crowded bathside (18 heats of male 200 F/S, 13 of 400 F/S). We had to be up by 6.30 a.m. and travel to and from the pool on the service bus. It was valuable experience for the girls, and, despite previous warnings, there was no problem in feeding them. Some of the more noteworthy winning times: 13 yr Girls, FLY 1.03.74, 200 BR 2.46.25, 400 F/S 4.28.07, 100 F/S 59.35 and 200 F/S 2.07.98.

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

A sizeable contingent entered this Meet which included 10 yr. races giving our supporters plenty to watch. I am certain that several of our younger swimmers should have entered. Best performances:

**Hannah Wear, Justine Clark and Matthew Green** did well in the 10 yr group and **James Sumner** excelled himself by winning 3 events, FLY 1.10.70, F/S 1.03.43, BK 1.14.03. **Jon Baker**, FLY 1.00.56, F/S 55.97. **Ewan Martin**, who is showing all-round improvement, F/S 1.06.75, BR 1.22.01, FLY 1.12.97. **Hannah Loftus**, BK 1.17.52; **Chris Gregory** 1.15.52; **Pam Schofield** FLY 1.13.11.

#### Leeds Masters (50m.)

The indestructible **Trevor Clark** won 3 golds and a silver - why don't more of our Masters enter this Meet?

#### The following day - Oswestry Meet - Wolverhampton (25m.)

**Lucy Lloyd-Roach** continued her improvement, winning the FLY in a National Q.T., 1.06.67. She was also 1st in the BK and took silver in the F/S, 1.01.71 and the LM, 2.32.08. Swimming in the 13/14 group, **Jon Sheasby's** improved attitude in training resulted in his winning the 200 F/S, 2.07.88, N.Q.T., placing 2nd in the F/S, 59.41 N.Q.T., 3rd in the LM and completing a respectable BK, 1.11.52.

**Kate Hindson** won the award for the top Female, winning the 200 F/S, 2.15.27, the LM and the BR, 1.21.55. **Tim Sheasby** gained a Midland Q.T. in 5 events. **Gemma Hindson** won her one event, the 200 LM in a good 2.26.47. **Sally Jones** and **Leanne Sheasby** qualified for the finals, but must then improve on their heat times. **Carl Reed** swam a good FLY, but he too must produce a faster final. **Laura Heeley** lowered her BR time to 1.40.27, if she can discipline her strokes she will improve in several events.

#### 2/4 May 1998 - Midland Long Course Championships - Coventry

**Georgina Lee** took 3 gold medals. 100/200 FLY and 400 LM, 5.00.45. She placed 2nd in the 400 F/S and 3rd in the 200 & 800, 9.02.91. **Gemma Hindson** was 2nd in the 50 FLY and 3rd in the 100, 1.06.66, & 200. **Lucy Lloyd-Roach** swam well to finish 4th in the FLY events with a p.b. of 1.07.84 in the 100m. **Jon Baker** was our other medallist, 2nd in the 50 FLY after scraping into the final in 8th place. New member **Hayden Wakeling** finished 6th in the F/S, showing his sprint ability over 80m., but needing to improve his stamina to finish better. Our Women's F/S Team finished 4th in a CLUB RECORD, 4.05.96, and our Medley Team also was 4th.

#### Spalding Meet

**Jon Sheasby** 1st, FLY 1.06.18, F/S 1st 58.99.

### Swindon Meet

**James Sumner** 1st 50 FLY 31.77, 2nd F/S 28.50, 3rd BK 33.85.

### 9.5.98 Round 2 Junior League - Nuneaton (36<sup>2</sup>, vds)

Solihull 211, Stafford Apex 189, C/Hill 159, Braunstone 137, Nuneaton 110, Oldbury 94.

This round was as encouraging as the previous one was depressing. The Team was at full strength, it behaved sensibly and swam with commitment and much greater success. The relays were pleasing: 11 yr boys won both, 11 yr girls 1st & 2nd (F/S); 10 yr boys 3rd in both; 9 yr girls 3rd & 2nd; 10 yr girls 2nd & 3rd (F/S).

There was a good sprinkling of p.b.'s the best of which were: FLY **Justine Clark** 25.97; **Laura Heeley** 57.37; **Kerry Wyse** 52.06. BR **Nikhil Khosla** 31.91 (but he lost his goggles in two other races and went very slowly as a result - get them properly organised for next time, **Nikhil**. BK **Sarah Paterson** 25.94 & 56.88; **Ronan Murphy** 29.88. F/S **Christopher Shipway** 30.16; **Matthew Parton** 23.61; **Stuart Tierney** 50.34; **Emily Paterson** 22.76 and **Scarlett Allen-Horton** 22.87.

Special compliments to 10 yr. **Matthew Green** who cheerfully agreed to swim a length of FLY at very short notice and for the first time, in a long pool, thereby gaining a valuable extra point.

Finally, thank you to everyone who rushed from the Open Meet at Stechford, and to all the taxi-driver parents.

A.L.

### 8th/10th May 1998 Midlands Masters - Leamington (25m.)

**Claire Duffey** 1st 200 BR, 2nd 100 BR & 400 F/S. **Kate Chase** 1 silver, 2 bronze. **Norman Stephens** 1st 50/100 F/S, 2nd 50/100 FLY; **Trevor Clark** 1st 50 F/S, 50/100 FLY, 100 LM, and two silvers. **Hayley Bettinson** - her late surge in training was just a little too late, but she did win the 50 F/S and 50 FLY. **Phil Baker** two silvers, **Barrie Cope** 1st 100 BR.

No wins in the relays this year, but 4 silvers: 160/189 yrs. Medley **Trevor, Phil, Alan Cooper** and **Paul Rogers**. Mixed Medley, **Trevor, Hayley, Phil** and **Kate**.

120/159 yrs. Mixed F/S, **Trevor, Hayley, Phil** and **Claire**.

120/159 yrs. Medley, **Hayley, Claire, Kate** and **Claire Brooks**.

**Paul Seymour, David Beavan** and **Kevin Woodward** made up our party.

Let's all go to the Wolverhampton Meet!

### G.B. Masters - Glasgow

**Trevor** went on to compete in the G.B. Masters and won 3 silver medals, 50/100 FLY 29.57/1.05.78, 50 BK and a bronze.

### Meanwhile - Birmingham Meet - Stechford (25m.)

We had several noteworthy efforts in this well organised local event. **Lucy Lloyd-Roach's** swims, 1st 200/100 FLY (1.06.28), 2nd LM 2.29.68, 2nd 100/200 BK 1.08.50/2.27.41 gained her the prize for her age group as did **Tim Sheasby's** swims. He worked hard to win 4 of his 5 events, only losing out on the FLY on the last 25m. His best swim was the F/S, 1.07.51. **Georgina Lee** emerged from her exam revision to swim an outstanding 400 F/S, 4.16.97 CLUB RECORD, as was her winning time in the 800 F/S, 8.48.35.

Other 'revisers': **Nicola Sheasby**, F/S 1.01.27, 3rd in a race won by **Gemma Hindson**, 59.53, who also won the 400 LM, 5.09.44, was 2nd to **Georgina** with a p.b. of 2.21.58 in the 200 FLY and 2nd in the 200 F/S. **Lyndsey Wyse** swam a FLY p.b. of 1.08.92 with sister **Jemma** doing a Midland Q.T. of 1.34.12 BR. Our other female finalists were **Laura Heeley**, FLY 1.29.58, **Sally Jones**, FLY, **Kate Hindson**, 400 F/S 3rd. **Rachel McLaughlin** and **Leanne Sheasby** swam best times. **Jon Sheasby** won the FLY, 1.06.35 and the 200 LM, 2.28.71 and was 2nd in the F/S, 58.29 and 2.07.87. **Ben Howell** qualified 6th in the F/S and swam a good final to take bronze, 58.03. **David Haynes** made the BK final and **Andrew Weedall**, BR 1.23.86 and **Michael Bourne**, FLY 1.26.96 had good swims.

### 16.5.98 Midland Age Group Teams

In order to qualify for the National Age Group Relays teams have to finish 1st or 2nd in the District Championships, and with 3 of last year's national silver medal winning team, 15/16 yr girls again still in the age group, we had high hopes of success. These were realised when **Lyndsey Wyse**, **Nicola Sheasby**, **Lucy Lloyd-Roach** and **Gemma Hindson** placed 2nd in the Medley Relay and did even better in the F/S, holding off a strong challenge from Nova to win in 1.54.47. The 17/18 girls **Pam Schofield**, **Katie Brooks**, **Claire McLaughlin** and **Georgina Lee** took silver medals in their F/S race, 1.57.42 and our 13/14 girls did well to place 5th and 7th in their finals.

We could only manage one team of boys and our 13/14 Team produced respectable swims to finish 17th and 18th out of 30 in their races.

### The following day Midland Age Group 50m. Sprints

**Tim Sheasby**, at last looking the complete Camp Hill swimmer in a club cap, won the F/S 31.11 and was 3rd in the FLY, brother **John** was 3rd in his F/S, **Ben Howell** qualified for 2 finals and **Jon Baker** won the FLY, 26.82. **Warren Jones** AT LAST reduced his FLY breathing to every 3 strokes BUT did not deprive himself of several glances across - however, his 3rd place, 29.38 was a good swim. **Lucy Lloyd-Roach** had good silvers in the BK & FLY, 31.40. **Leanne Sheasby** and **Sally Jones** finished 4th and 5th respectively in the FLY final. I hope they continue to push each other to still faster times.

### 25.5.98 Sheffield Grand Prix (50m.) Junior Meet (50m.)

We had some good long course swims at Sheffield, with **Jon Sheasby** taking 3 gold, F/S 1.00.44, FLY 1.07.96, LM 2.29.28. Sister **Leanne** won her first gold at an Open Meet, F/S 1.04.04 and continues to improve her FLY, 1.12.65. Brother **Tim** took bronze in the BK, 1.22.25 (Ht. 1.20.94), still needing to improve in finals. **Michael Bourne** swam a useful F/S 1.15.61 and **Laura Heeley**, BR 1.41.92, FLY 1.31.64.

### 29/31st May 1998 Sheffield Grand Prix

**Lucy Lloyd-Roach** and **Gemma Hindson** competed on one day and although not reaching finals, had the satisfaction of winning their respective heats of 200 BK & 200 F/S. **Georgina Lee**, having recovered from the disappointment of having to turn down trips to Vancouver and Athens (priority of school work) placed 2nd in the 200 FLY and 4th in the 100, with an overseas swimmer taking 3rd. This was the last of the British Grand Prix series and **Georgina** went home richer by £350.00.

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

Our results were somewhat disappointing, although it is encouraging to be able to mention 3 boys. **Ewan Martin**, IM 2.35.58, FLY 1.13.64; **James Sumner**, improving steadily, F/S 1.02.46 & 2.17.90, **Michael Bourne**, showing his preference for Short Course, FLY 1.27.75.

### Also on the same weekend - Braunstone Meet - St.Margarets (25m.)

A small select group, namely **Laura, Sophie, Charlotte Heeley, Andrew Vale, Edward & Hannah Freeman** entered and all had a successful day. **Edward, Andrew, Hannah and Sophie** achieved P.B.'s in all their races, even though **Edward** had to be dragged from the bar where he was watching the Grand Prix, for his BR race. **Charlotte** made her first ever final, finishing 6th in the 13 yr. BR, 43.46, but it was **Laura** who had the best day of all achieving Midland Q.T.'s (although as it was not a designated Meet they could not count) in 50 FLY and finishing joint first with her friend from Luton in the final, 37.17. She also swam F/S 34.91 and BR, 2nd 42.51.

J.F.

### 13.6.98 Inter-Club - Cossington (33<sup>1</sup>/<sub>3</sub> yds.)

C/Hill 158, Melton Mowbray 132, Peterborough 126, Melton B 62

The venue for this gala had to be changed, providing good experience for our officials, swimmers and spectators having a competition in such an ancient building. All the members of the small team were able to have plenty of races, and, apart from one crazy take-over, they did well. **Amy Few** and **Jamie Leresche** swam good races, as did **Sam Baker**, winner of the BR. **Ben Howell** won hard-fought BR and F/S races, and **Andrew Vale** had a respectable F/S win.

### 20.6.98 Junior League Round 3 - Tudor Grange (33<sup>1</sup>/<sub>3</sub> m.)

Perry Beeches 196, Solihull A 190, Haden Hill 157, Camp Hill 134, Newcastle 130, Broadway 90.

From a poor and shaky start, each round of the League has seen some improvement, with this gala being our best performance, in terms both of swimming and behaviour. The team was almost at full strength and everyone swam with determination thereby producing encouraging times.

The four 9 yr. girls all recorded F/S p.b.'s with the star being **Allyson Wickden** 23.67 & 23.86. Three of the 9 yr. boys followed suit. Other good F/S swims came from **Hannah Massey** 47.44 and **Alistair MacKenzie** 49.12. **Charlotte Parker** and **Lydia Bell** both knocked 1 sec. off one length BK to go 28.04 and 30.26 respectively. Our butterfly swimmers were in fine form: **Elizabeth Jones** 25.84; **Justine Clark** 24.70; **Matthew Green** 33.43 (a 6 sec. improvement, he was then very unlucky to be disqualified in the second race); **Laura Heeley** 23.70 and 54.69 (3 sec. better) and **Kerry Wyse** 49.87 (2.5 sec. better).

We must now aim to start next season where we leave this one. We are still in Div.1 but in the bottom half. We should be setting our sights much higher for 1999 and looking for a place in the final. Please look at your fixture list and make a note of dates. It is very depressing when swimmers are not available for important events.

We are hoping to organise some sessions for younger members on Saturday mornings so that they can get to know each other better, and improve their racing skills. Watch the board for information.

Finally, many thanks again to all parents who help at galas in whatever capacity. As everyone knows, we simply couldn't manage without them.

## **Officials' Exams: Timekeeper, Judge, Starter**

These take place on October 5th. A course is run for 5 or 6 weeks prior to that date, usually once a week at the BAI.

Are you tired of sitting in a hot spectators' gallery? You might prefer the Poolside!

Ask **Anne Lee** for details.