

March 1999

### CONGRATULATIONS

1. To **Polly Sheasby** on her election to the governing body of Midlands swimming, the Midland District Executive.
2. To **Georgina Lee** on her sharing of the trophy for the 'Warwickshire Swimmer of the Year' with her British team mate **Adam Whitehead**.
3. To **David Woodhall** on the re-award of his Blue for his swim in the Varsity match, 100 BR. Long Course 1.11.84 and his relay split 1.10.30.

### A MOST UNUSUAL RESULT

Ex-member **Ed. Clayton**, now returned to Lancashire and swimming for his old club Wigan, reached 4 finals in the Leeds Grand Prix, but will not forget his result in the 200 F/S. He and two other competitors all tied with the same time for third place, costing the organisers three times the allotted prize money of £10.

### TRY NOT TO RACE WEARING A SACK!

The aim when racing is to swim as fast as you can, and this is not achieved by your wearing an ill-fitting costume which fills up with water and slows you down. Your competition costume is a second skin, and should feel like it. Recently two boys, who shall be nameless, were discovered racing in two pairs of trunks. When training it does not matter, but remember **SECOND SKIN COSTUMES FOR YOUR RACES**.

### RESULTS

#### 10.1.99 Stourbridge Crystal Meet

This was to be the first of three consecutive weekends at Wolverhampton for some of us. We had 20 representatives, and, although we managed few first places, we did have a number of P.B.'s. Our finalists were: **Justine Clark**, F/S 3rd, 33.39, FLY 5th 39.48; BK 4th **Tim Sheasby**, F/S 1st, FLY 3rd; **Michael Bourne** FLY 4th; **Emily Paterson** BR 4th; **Alastair McKenzie** BR 5th; **Kerry Wyse** BR 4th 39.78; **Laura Heeley** BR 6th; **Sarah Paterson** BK. Good swims also from **Alyson Wicklen**, **Kate Parton**, **Kirsty Rostill**, **Aaron Sumner**, **Alex Evans** and **Peter Knight**.

#### 16/17th Jan. Wolverhampton Meet (second week!)

We won a fair number of medals and had a good crop of best times. **Ewan Martin** achieved Midland Qualifying Times on LM, 2.31.47 and 5,22.15; **Ian Potter** on LM 2.22.31 and FLY and he swam a very good 200 F/S 2.03.54. **Carl Reed** had 3 best times, and **Michael Bourne** won medals on 100/200 FLY and 200 F/S. How nice to be noting success by our boys for a change. **Jo Potter** showed that she can still race a

good 200 BR, 2.45.45; **Lucy Lloyd-Roach** swam a National Time on BK, 2.25.60 and a good F/S 1.02.41. **Georgina Lee** had 4 wins, including F/S 59.36, while **Gemma Hindson** took the 100/200 FLY. Other best times from **Hannah Wear**, BR 1.37.37; **Laura Heeley**, FLY 1.25.71 and **Kerry Wyse** 1.16.45.

### 23rd/24th Jan. 99 Brierley Hill Meet (third week!)

There was a good turn-out for this Meet with the following rewarding swims:

**Warren Jones** F/S 26.77 (2nd) & 59.55, BR 1.16.57. **Ewan Martin** BR 1.18.65, BK 1.12.91. **Lyndsey Wyse**, FLY 1.12.40; sister **Kerry**, F/S 31.87. **Michael Bourne**, BK 1.22.12; **James Sumner** FLY 1.08.72; **Carl Reed**, FLY 1.13.86 in his heat. This was followed by his kicking a ball about for an hour before his final when he swam 4 secs. slower - I wonder why? Two good wins for **Jon Sheasby** 100/200 F/S.

### Also on 24th - County Match - Milton Keynes

We had 4 representatives: **Georgina Lee**, **Lucy Lloyd-Roach**, **Kate Hindson** and **Ruth Fraser**, with **Lucy** and **Georgina** winning their events and with Warwickshire winning the match.

### Sjaelland Meet - Copenhagen (50m.)

**Gemma Hindson** was a member of the Midland District Team, and she swam several races, reaching 3 finals, with her best effort in the 200 FLY where she was 4th in a best time of 2.23.62. **Kate Hindson** representing Camp Hill also swam a best 200 FLY time in the Junior Final, 2.35.39 (5th). **Lucy Lloyd-Roach** took the silver medal in that race, 2.25.08 and was 4th in the 100 FLY, 1.06.47.

### 6.2.99 Inter-Club - Stechford (25m.)

C/Hill 283, Haden Hill 218, Solihull 203, Coalville 136, Redditch 135, Solihull B 102

Our Open & 15/U groups had things all their own way in this well run trophy gala (the starter could not be blamed for the malfunctioning of the Solihull loaned gun).

Our younger groups had to work to gain points, but there were encouraging swims from **Peter Knight**, **Sam Baker**, **Charlotte Parker** and **Matthew Green** who all finished their races strongly. **Jemma Wyse**, BR 1.29.87, dipped below 90 secs. for the first time - she can further improve with a faster first 50. **Kate Hindson** had a pleasing F/S, 1.02.80, and **Jon Sheasby** brought his BR down to 1.15.24. **James Sumner** is developing into a good all rounder with BK, 1.10.41 & FLY 1.08.13. **Kerry Wyse** swam a much better F/S in the relay, 30.80, while **Ian Potter** again produced a good 100 FLY and can improve again when his approach to the wall is on the stroke.

### 13.2.99 Worcester Challenge Trophy - Halesowen 36<sup>2</sup>, yds.

Haden Hill 237, Worcester A 167, C/Hill 156, Witney 146, Bromsgrove 116, Worcester B 50

This gala followed the standard Junior (Diddy) League programme and produced some exceedingly good swims.

Most notable were the 9/U girls, **Hope Weaver**, **Sarah Thornton**, **Jodie Leresche** and **Emily Link**, who won both their relays in fine style.

Individual high performances included **Justine Clark**, FLY 58.11 and F/S 48.63; **Andrew Vale** (who seems to have grown several inches over Christmas, and is also showing encouraging signs of maturity) F/S 46.53 (1st); **Clark Hands**, FLY 28.80 (the best of his many good swims - he will have slept well on Saturday night). **Sam Baker**, BR 28.71 and 1.04.63 (despite having carried his goggles most of the way). **Sarah Thornton**, BR 32.45 (but she must watch her take-overs), sister **Kelly**, BR 27.98, having finally learnt to keep her head still while swimming, also 2 much improved F/S lengths.

On the minus side, we were lucky to get away with 3 obvious flyers. It is NO GOOD winning a race if you (or worse still, your team) are disqualified because you went too soon.

Make sure you have noted the dates of the Junior League in case you are selected:  
**April 10th; May 8th; June 19th**

A.L.

### 13th/15th Feb. '99 High Wycombe Meet (50m.) 'She's in the Money'

**Gemma Hindson** returned from this Meet £120 richer, the reward for 3 wins (one of them a well paced 400 LM), 1 second and 2 third places. **Lucy Lloyd-Roach** also showed a profit with £40 for winning the 200 FLY, 2.25.40 and £10 for 3rd place in the 100 BK. **Nicola Sheasby** overcame her customary diffidence with a number of determined swims, F/S 2nd 1.01.37 (£20) and 26.27 3rd (£10) - also FLY 1.10.34 - will she get that sub 70 secs. before **Leanne**?

**Kate Hindson** swam a good FLY 1.11.57, for 3rd in the 15/16 Group.

**Jon Sheasby** won the F/S in a best time, 57.54 and was 2nd in the LM, 2.26.41. He also swam 2.06. + twice in the Men's 200 F/S. **Ewan Martin** had good swims in FLY and LM, 2.33.85, and **Ben Howell**, despite interrupting his weekend by returning for a soccer match, swam well including F/S 57.85, missing 3rd by .02 and 2nd by .05. We finished a creditable 3rd in the overall points total. Our 5 young age groupers who competed will have gained valuable long course experience in the approach to the County Championships at Coventry.

### 20th/21st Feb. '99 Leeds Grand Prix

**Georgina Lee** was a convincing winner of the 100 and 200 FLY and returned home with £80 prize money. In the Age Group events **Jon Sheasby** was 2nd in the 100/200 F/S, and he won the FLY in a P.B. of 1.04.12. Brother **Tim** was 3rd in the BK, and he and **Michael Bourne** had good swims in the FLY. **Ewan Martin**, nursing a bad arm, still swam well, his best effort being in the BR, 1.20.81.