

October 1999

### BACK IN ACTION

Although we have only been back for 6 weeks, coverage of the events that have taken place, with the addition of July's reports is quite a lengthy task and it will, therefore, be a little brief.

### THEY ARE STILL PRETTY GOOD

**Chris Tainty**, now working in Berkley U.S.A., did a couple of sessions with us recently - still as good a worker as ever. It was also good to see **Chris Norrey**, over from Switzerland, in the water with his effortless style.

### PERSONAL BESTS

Thirty-eight year old **Craig** presented me with a list of his recent times, including F/S 54.75 and a very proud p.b. of 27.64 for 50 BK. Later in the evening I received another piece of paper detailing p.b. swims by 9 year old **Jodie Le Resche**, 50 F/S 38.14, 50 FLY 47.44 - personal bests, that's what it's all about!

### STILL TRAVELLING

**Georgina Lee's** efforts in the British Trials earned her a place in the Team for the European Championships at Istanbul where she finished a creditable 11th in the 200 FLY. She has now just completed a 3 week training cam at the Gold Coast.

**Melanie Easter**, competing in the European Paralympic Championships at Braunschweig, Germany, won 5 Golds and set 3 European Records. She is now at Training Camp - guess where - the Gold Coast!

### ALSO

**Trevor Clark** travelled to Innsbruck for the European Masters Championships returning with 3 medals - 50 BK Gold, 100 FLY Silver, and 50 FLY Bronze. **Craig Norrey**, representing Geneva, took 2 Bronzes. **Verity Green** overcame her disability to collect several medals in an international Meet in Germany.

### POOL HIRE

You do not pay anything for your coaching, but there is a charge of £1.00 towards pool hire. **Sam**, who does the register at most of the sessions, tells me that it is necessary to remind all swimmers to check in at the table when entering the building.

### COMPETITION RESULTS

#### 3rd/4th July '99 Midland Age Group - Coventry

**Gemma Hindson** took Gold in the 100/200 FLY 1.05.82/2.24.78 and the 400 I.M. & Bronze in the 200 F/S. **Lucy Lloyd-Roach** also won Gold in her age-group 100/200 FLY and Silver in the 100 BK. **Ian Potter** won Silver in the 200 FLY and **Jon Sheasby** won the F/S, 57.44. **Jon** and **Ewan Martin** were 5th & 6th respectively in the 200 I.M.

#### 9th/12th July '99

Our swimmers were competing on 4 fronts over the weekend.

1. In the National Championships at Sheffield, **Georgina Lee** gained Silver medals as the 2nd placed British swimmer in the 100/200 FLY and was 5th in the 50 FLY. Also swimming well on FLY, **Lucy Lloyd-Roach** and **Gemma Hindson** were 1st & 2nd reserves for the B final of the 200 m. **Lyndsey Wyse** and **Nicola Sheasby** joined **Georgina** and **Gemma** to win 2nd place in the 17/18 yr. Girls Relay Championship.

2. We had 32 representatives at the Avon Neptunes Meet, losing out on the 'Top Club' Trophy by a mere 2 points. Good swims by the **Paterson** twins, **Michael Bourne**, **James & Aaron Sumner**, **Ian Potter** and **Justine Clark**.

3. Yet another 34 club members competed in a relay gala at Lichfield, winning the Martin and Field Trophy on the final event. C/Hill 127, Etwall Eagles 125, Halesowen 119, Bedworth 99, Lichfield 86.

4. And OTHERS were having a good weekend at the Wolverhampton Masters Meet. **Jon Baker** had 2 wins in the 19/24 yr. Group, one of them over his ideal distance of 25 m. It was something of a benefit weekend for **Hayden Wakeling** who won all of his 7 events. **Trevor Clark** had 3 wins and **Martin Temple** a Bronze. New member **Paul Millington** celebrated by teaming up with **Hayden**, **Kate Chase & Hayley Bettinson** for bronzes in the Mixed Medley Relay.

#### 2nd/6th August '99 National Age - Group. Coventry

We only had 3 qualifiers and they swam what were generally standard performances. **Ewan Martin** swam a sound 400 IM, 5.17.40. **Jon Sheasby** was 6th in the FLY and did well to finish 4th in the F/S, 57.39 after squeezing into the final in lane 8. **Lucy Lloyd-Roach** was unable to reproduce her best form and was 7th in 100/200 FLY.

#### A FEW WEEKS REST AND THEN BACK TO IT

##### 4.9.99 Coventry 50's

As always, this event provided a useful return to competition at the start of another season. **Lucy Lloyd-Roach**, FLY 31.71, was our only winner, also taking 2nd in the BK. **Laura Heeley** was 3rd in the BR. **Alastair McKenzie** 2, **Trevor Clark** 2, **Michael Bourne** 3, **Justine Clark**, F/S 32.45 and **Ian Cooper** also collected medals as finalists. **Ian** and **Kelly Thronton**, FLY 38.21, will have been encouraged by their swims and **Andrew Vale** and **Alyson Wickden** had good F/S efforts.

##### 11.9.99 Inter-Club Trophy Gala - Burton (25 m.)

C/Hill 160, Etwall Eagles 136, Adnant 130

Taken on at 4 days notice, this 50 m. offered an opportunity to assess current form. Good results included: BR **Ben Howell** 33.15, **Emily Paterson** 40.75, **Justine Clark** 43.26. BK **Sarah Paterson** 36.94. FLY **James Sumner** 29.66.

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

We had a good turn out for this local 'age on day' Meet, ending the day with the 'Top Club Trophy' and with **Tim Sheasby** collecting the 'Top Boy' award. Sister **Nicola** won a number of Golds and achieved the long awaited sub 70 secs. FLY, 1.09.74. **Andrew Weedall** should be encouraged by his FLY, 1.13.27, BR 1.20.54 and F/S 1.03.78. **Jon Sheasby** swam a good FLY, 1.03.93, with **James Sumner** 2nd, 1.05.58. **James** also got closer to that sub-sixty F/S with 1.00.79. **Lucy Lloyd-Roach** won 4 events and **Emily Paterson** had a BR p.b. of 1.27.35.

Same Day, **Gemma Hindson**, representing Warwickshire, won the FLY in a County Match.

### AND

A further 7 swimmers were competing in the Thornbury Fast Water Meet at Weston Super Mare. **Kerry Wyse** was the most successful, winning 1 Silver and 2 Bronze, and receiving the 'Top Girl' award. **Alastair McKenzie** was in good form, and along with **Jaimee Le Resche**, **Andrea Cass**, **Andrew Vale** and **Sophie Heeley** achieved p.b. times. It was also requested that it be reported that, not to be out done, **Jim Wyse** had also set a personal best by total abstinence till 12.31 p.m.

### 25.8.99 Muriel Blaydon Trophy - Chase

C/Hill A 224, Broadway 212, Chase A 143, C/Hill B 134, Fox Hollies 124, Chase B 62

This was an easy win even though a few swimmers had difficulty in judging the approach to the turns in the Cheslyn Hay deck level pool. This is something that should not be overlooked in the warm-up.

Good swims: BK **Justine Clark** 38.45, **Leanne Sheasby** 1.15.23. **Ewan Martin** 1.08.51, **Clark Hands** 44.00. BR **Andrew Vale** 42.02, **Gemma Ramsden** 43.27. FLY **Kerry Wyse** 34.22. F/S **James Paterson** 32.47.

The following day a small group went to Sheffield for the 'teaspoon Gala', with **Michael Bourne** being the most successful, placing 2nd in the F/S and 3rd in the FLY.

### 2.10.99 Citizens Trophy - Worcester (25 m.)

C/Hill A 241, Worcester A 213, Wyre Forest A 203, C/Hill B 142, Wyre Forest B 124, Worcester B 83

We had 40 swimmers at Worcester for this Inter-Club gala, including **Martin Temple** who eventually appeared following an hour's tour of the Worcester roads. The programme, with 50 m. relays interspersed at regular intervals, rather than in blocks at the start and end of the gala, was attractive, and our winning of 11 of the 17 relays was a big factor in our victory. All individual events were over 100 m., and I was especially pleased with the efforts of our 11 yr. groups, **Elizabeth Jones**, **Gemma Ramsden**, **Justine Clark**, **Sam Baker**, **Clark Hands**, **Matthew Green** and the 2 nine years **Richard Baker** and **Hope Weaver**.

To mention but a few of the good swims:

BR **Gemma Ramsden** 1.32.79, **Jemma Wyse** 1.26.71;

FLY **Leanne Sheasby** 1.10.59, **Ian Potter** 1.01.77, **Justine Clark** 1.23.56.

F/S **Alastair McKenzie** 1.10.76, **Andrew Vale** 1.12.65, **Sarah Paterson** 1.12.45, **Kerry Wyse** 1.10.72.

This match, with 2 teams, and a diving pool in the way, was not an easy one to control, and it was disappointing to see stupid behaviour from some of the young swimmers.

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

Attended by 19 of our 10-13 year olds, this meet proved to be very successful with Camp Hill winning at least 1 medal in almost every event entered.

All the swimmers had a good day, were very well behaved poolside and cheered each other on enthusiastically. The successes were so numerous it would be impossible to name them all, suffice to say they won 28 medals between them and achieved 27 p.b.'s.

It was good to see **Andrew Vale** returning to form since his broken ankle gaining p.b.'s and medals in each of his three races. Also achieving p.b.'s in all their races were **Kirsty Rosthill**, **Jaimee Le Resche**, **Allyson Wicklen**, **Jemma Wyse** and **Alastair McKenzie**. **Gemma Ramsden** deserves a mention for her swimming of 4 p.b.'s winning 2 medals in the process while **Michael Bourne** and **Justine Clark** managed to lift a medal/trophy for every swim they did (5 each throughout the meet).

Well done to all of you and thank you for being a credit to Camp Hill throughout the day.

J.F.

### ON THE SAME DAY

**Hayden Wakeling** and 4 **Sheasbys** were in action at the Leicester Penguins Meet. Star of the group was **Nicola**, with 3 wins and a second, including another FLY p.b. of 1.08.93. **Jon** won Gold in the FLY, 1.03.40 and the F/S, 55.70, also a Silver and Bronze. **Leanne** took one Bronze and **Tim** 3 Bronzes. **Hayden** won Gold in the FLY, 59.33 and F/S 54.11.

### 7.10.99 West Midland League

#### At Rugby

Cheadle 214, C/Hill 206, Luton 172, Northgate 167, Phoenix 150, Rugby 141

Cheadle were worthy winners of this gala, although we did finish well being 17 points behind at event 38 and reducing the deficit to 8 points after the final event, 50.

Our seniors carried all before them, **Hayden Wakeling** winning 3 events including, F/S 54.46. **Ian Potter** another good FLY, 1.10.48, **David Woodhall**, BR 1.12.69 - thanks for coming up from Cambridge, **Gemma Hindson**, **Lucy Lloyd-Roach**, **Nicola Sheasby**, BR 1.16.75, F/S 1.00.54. Our 13's, who with one exception are all 12, found the going very hard in some cases equalling their best could only get 6th place.

The result shows the importance of the lower placings, 3rd rather than 4th, or 5th as opposed to 6th in three or four races can make all the difference to the final scores. It also underlines the necessity of everyone turning out for league fixtures - you take advantage of pool time, so you have a responsibility to support the Club on the few really important matches.

#### **ROUND TWO - 13th NOVEMBER.**

#### At Leamington

Cheltenham 247, Nuneaton 224, Bromsgrove 215, C/Hill B 158, Luton B 137

This was a tough one and we can expect a similar situation in the next round.

Good swims: **Jemma Wyse**, BR 1.28.32; **David Haynes**, FLY 1.05.70; **Sally Jones**, FLY 1.13.50. **Allyson Wicklen**, F/S 36.25; **Ruth Fraser**, F/S 1.06.29; **Andrew Weedall**, BR 1.19.24. Behaviour was good: I hope to strengthen the Team for the next round.