

RUISLIP & NORTHWOOD S.C.

MASTERS

NEWSLETTER 9

(APRIL 1995)

Editor: L. Smart

A WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

Another very successful Club Gala was held on Saturday, 18 March. I would like to thank Tony on behalf of all those who competed, for organising the event and dreaming up the "Fun Races". I hope Lesley remembered the Olympic Ideal....'that it is not the winning that matters, it's the taking part'.... or words to that effect as she struggled to scull for one length. It gives us all hope.

The raffle was very successful also and Club funds received a welcome boost. Thank you to all those who gave prizes, even if you won what you brought!

I would like to remind all Club members that the Club Gala is in-house only, is handicapped and is for all of you, not just those who regularly take part in Masters events. You may meet the other half of the members who attend those training sessions you don't! It was good to see Jerry Skilton, John Cozens, Graham Smart and Eve Carter taking part, the only four non-regular gala-goers to do so, and they all won medals!!

I look forward to seeing a full house next time!!

'AI' MISSES THE BIG ONE

by Graham Smart

Big 'AI', Alan Taylor, missed this year's club champs on 18th March. Expectations were high leading up to the championships that a 'breakthrough' was planned for several events. A punishing training schedule over the last six months included 10,000-14,000m weekly swims, sorties into lane two and distance training at Highgrove Pool.

Comments such as "This is tough boys", "Christine's going well", "The 20 lengths in warm up was hard" and "I'm knackered" lead to speculation that Alan's training was at last showing signs of success. "Just stroking" behind the flyers when in lane two, and punishingly short recovery times (minimum 5 sec off Reg's or Ron's times) when in lane three increased speculation.

Final confirmation started four weeks before the big day. An article in the Harrow Observer dated 2nd March 1995 reported £8,000 damage to the Debenhams store in

Harrow. Big 'AI' brought down the sprinkler system whilst doing pull ups in the men's changing room. Alan stated that his arm got caught whilst trying on a size 38" roll neck, however bruises on both hands gave the game away.

A visit to the Edgware magistrates court on 2nd March was necessary following confusion in the WH Smiths store at Brent Cross on 27th February. Shoppers objected to Alan's insistence that the stairs connecting the ground and first floor could not be used whilst he was running up and down them during his 600 step work out. Police had to be called in after queues stretched from Smiths to Dixons. The manager of the store was quoted, "I agreed at first as I thought the novelty would bring in customers. However, Mr Taylor's insistence that he would not make the attempt without having a pulling float between his legs resulted in an unacceptable long time to complete the task".

Those studying form leading up to the club champs noted that Alan attended the final two Friday night 'Tony' sessions. Apparently during one of Tony's sprint sessions, designed to push the body to maximum pulse output, Alan could not raise his pulse much above 'normal'. Obviously the man's athletic condition was near Olympian level.

So what happened? Where was 'Al'?

Excuses were offered by those jealous of Big Al's commitment to his punishing training regime.

"He probably burnt his racing trunks Saturday morning through having his iron on the 'cotton' setting".

"He bottled out when he heard that Joe O'Dea was swimming in his Middlesex vest".

"Even at this peak he couldn't beat 60".

No, none of this was true. When questioned Sunday night Al revealed all!

See the next R&N newsletter. Why did 'Big Al' not attend the club champs?

THE RUISLIP DERBY'

by Liz Smart

At the Club Gala, Mr. Tony Robjant said that, after the success of the Boot Hill Classic race last year, (the one where you were required to make your way down the pool feet first!), it had been decided to run the event at every Club champs from then on!!!

I DON'T REMEMBER AGREEING TO HAVING THIS EVENT EACH AND EVERY YEAR!!

Do you?? I remember saying how HARD it was - how good Jennifer looked - how I never wanted to do it again.....

Having suffered again this year and discovering the existence of my rhomboids (that bit between your shoulder blades and spine which, I am told by Christine, you would only use sculling feet first down a swimming pool!) another decision has been made. This year, time should be set aside to practise the synchronised swimming technique. There are among us certain individuals who have the knowledge - Jennifer Jones and Vicky Laver, to name but two - and who will hopefully train us in this skill.

So, Mr. Robjant, you will have to think up some other horrible race for us next year. Which, I have no doubt, you already have!!

ANOTHER CLUB GALA

by Deryk Allsop

Following the success of the Club Gals on March 18th, it is proposed to hold another in the summer.

The proposed date is Saturday, 24 June when a Fun Gala only will be held (no Fly races or 100m Front Crawl races) followed by a Bar-B-Q. Please let Lyn or Deryk know if this date is not OK, as it can be re-scheduled. Please read the Notice Boards - in foyer and Ron's portable.

WEEKEND AT BEAU SEJOUR - PART 3

by Liz Smart

SYNOPSIS

Fourteen members of the Ruislip & Northwood Masters Swimming Club are attending the Fourth Open International Masters Meet at Guernsey on the last weekend of March 1995.

CHIEF CHARACTERS

ANTHONY ROBJANT - Ruislip's chief roving reporter, Tony will be struck a blow by the fickle hand of fate just hours before departure. Victim to the bureaucracy of the ASA he will have to cancel his trip at the last moment and, with it, his chance for a medal in the 100m Fly.

JULIA KILLICK - Full time local council manager, part time magistrate and serious shopper, Julia has ulterior motives for her weekend away. Although entered for four swimming events, she intends to slip away at the earliest opportunity to snap up the bargains offered by the duty free island. Latent skills in ordering food and wine will soon become apparent as the weekend unfolds.

JOE O'DEA(R) - Lean and mean. This is Joe's first year in the G age group and he intends to put his name on the map. Joe will be the eventual winner of 5 bronze medals, earning him the nickname 'Mr Bronze' to match his all-over suntan!

RAY CLARKE - A seasoned traveller, this is Ray's third trip to Guernsey. Having entered the most events, he calmly rues the fact that Mr. O'Dea(r) has moved into his age group this year and is grateful for having avoided him in the 200m Backstroke event. Ray's note pad will provide vital information on the swimming form of the Ruislip members as he assumes the role of chief splits time-keeper.

SANDRA TAYLOR - This will also be Sandra's third trip to the island. Her cheerful disposition, (shelved for a few moments before the 400m Freestyle), will encourage the other team members to relax. Due to share with Mrs. Freshwater, the rest of the group will be amazed at the amount of laughter emanating from their room! Sandra will be rewarded with many PBs during the course of the weekend and will soon forget the fact that she was cajoled into entering the 100m Breaststroke!

ENID FRESHWATER - Enid brings with her many injuries which she will overcome to compete in four events. Prone to collapsing into an occasional fit of giggles she will later turn down Mr Morgan's offer of a trip to the local night club. Although also encouraged to enter a long breaststroke race she does not appear to bear a grudge.

SIMON MORGAN - A late entrant, Simon does not realise that he could have done more events. Prone to sudden disappearances, he does however bring with him his calming influence and shows a latent skill in caring for infants. For Simon, this trip to Guernsey is an eye-opener and he will later declare that his fellow travellers were not as he had first expected. When pressed he will refuse to go into any detail.

JOANNE MARTIN - Formerly Holton, Joanne will show immense juggling skills on the Friday night when she manages to swim in three events whilst caring for her 9 month old son, Sam. Fortunately she will find someone to hold him when she is actually in the water! Her relief, on the later arrival of her husband, Andrew, will be almost tangible. Joanne's former glory as a backstroker will be rekindled and her maternal flair admired by all the group.

ANDREW MARTIN - Andrew's hope of a few games of tennis will be dashed as soon as he arrives at the Beau Sejour Leisure Centre and is met by his wife and son. He will later scare the living daylights out of four of the group by threatening to video the freestyle relay! Immense patience and calmness are his key points.

SAMUEL MARTIN - Son of Joanne and Andrew. Samuel will behave extremely well during the course of the weekend and will gain admiration from all swimmers at the competition. He will also display an unusual knack of falling asleep in his highchair and staying asleep during the convivial events.

ROY WILSON - This will be Roy's very first swimming competition. As front seat passenger in Car No.1 he will assume the role of chief navigator for Mrs. Skilton and will thus provide his fellow passengers with an interesting tour of the island(!) Paternal skills will also be apparent pool-side.

TERESA SKILTON - Chief pilot of Car No 1, Teresa's knowledge of the island, gained on previous reconnaissance's, is invaluable. She will direct the group to many lesser known places of interest. Her mission will be to return with the heaviest and most uncomfortable item in the form of a lamp! In the pool she will again display her strength in eight events, grateful that Ms. Cordial has not also entered the 100m Backstroke!

LESLEY CORDIAL - This will be Lesley's second trip to Guernsey after a year's break. Bringing with her a plethora of stylish swimwear she will amaze the group with her 'display' in all her swimming events with a special appearance in the 200m Fly. Unfortunately she will be unable to make breakfast on either morning.

ELIZABETH SMART - Known as Liz, this character will bring with her to the island a knee injury which will force her to withdraw from the 100m and 200m Breaststroke. Occasionally prone to being a bit of a bossy boots she will continue to encourage *others* to swim in these particular races!

JOHN JEFFRIES - Normally the enemy from Reading, John will be called upon by the club to make up a team for the 200 years + relays. Rewards in the form of two third places will be gratefully received by the swimmers, although they will secretly pity the fact that only posh rosettes are to be given to first places.

LOCATIONS

AIRPORTS (HEATHROW & GUERNSEY) - Both locations will have ample shopping facilities (cf. Julia). The initial scene at Heathrow will be particularly exciting as each character arrives. Guernsey will have the additional benefit of a florist so that the male characters can purchase freesias for their wives on the way home.

'LA TRELADE' HOTEL - Set in beautiful grounds, La Trelade will provide the characters with a comfortable 'pied-a-terre' to which the younger members of the group will return to relax before the Saturday night session. It will also provide a base camp where club strategies may be discussed, but not necessarily adhered to!

BEAU SEJOUR LEISURE CENTRE - Only five minutes away from the hotel if driven there in break-neck speed by Ms Cordial or three quarters of an hour if caught in the Duchess of Kent's entourage, the Beau Sejour swimming pool is modern and comfortable. The 6 lane pool is surrounded by a green carpet and occasional chairs are scattered about to provide seating for the swimmers. Ruislip and Northwood will occupy a small corner, next to the Swiss team, Sihlfisch Adliswil, who will provide X-rated entertainment when changing for their races!

Medals for the winners will be in the form of Guernsey coinage - £2 for gold, 50p for silver and a choice between 20p and 2p or 10p and 2p for bronze. By the end of the weekend Lesley will have enough for a round of drinks. The other characters will not be so lucky.

Four acts will take place at this location and will concentrate on action and excitement. Those characters not swimming will take up their positions on the poolside and will be required to shout encouragement and share time-keeping duties. Long discussions over back stroke turns, disqualifications and dining out will take place at every opportunity.

Scenes in the form of swimming races will be fast and furious. After a sluggish start on the Friday night the referee will demand 'over-the-top' starting and the pace will increase accordingly. Ruislip swimmers will be in the pool 75 times over the course of the weekend although scenes will be cut down when there are two or more swimming at the same time. Julia will shoot her scenes early and has entered slow times to ensure her place in one of the early heats. She has adopted a formula of 30 seconds per length plus 10 secs for each additional pound in weight and missed training session over the past 6 months.

Tragic moments will come in the form of cruel disqualifications and late posting of cards. A particularly harrowing scene will be when Simon, delirious from two lengths of fly and two lengths of backstroke will miss his cue for the breaststroke. Teresa will be unable to contain her anguish and will exclaim "But I went *through* the turns with him in the warm-up!!!!!!!" Further tragedy will be improvised by Enid in the 200m Breaststroke. Lesley will also provide a worrying moment in the 200m Fly (a particularly horrific scene, especially for those watching) when she will seem to pass out at 100m. These scenes are guaranteed to have the audience on the edge of its seat.

THE WATERFRONT RESTAURANT - Two scenes will be shot here on the Friday and Saturday nights. It had been hoped to change the location on the second night. In fact Simon will be sent out on the Saturday afternoon to investigate an advert for 'The Old Bordello Restaurant' and his delayed return will cause concern for the remaining club members.

On Friday Lesley and Julia will incite envy in their friends when ordering the 'Pic 'n' Mix' platter, but on the whole the atmosphere will be jolly. The conversation will soon degenerate in direct line with the amount of wine drunk. Sandra and Enid will be unable to contain themselves ably supported by cameo roles from Lesley and Julia. By Saturday the conversation will have progressed to favourite film stars with the male characters also encouraged to profess their pin-ups!! An element of science fiction will be introduced with a theory of "endomorphines" and their ability to jeopardise the club's races!

COPPER TEA ROOM - Only one scene to take place at this location - this being on the Saturday afternoon. A quaint tea room situated by the 'Cup and Saucer Castle'. Fortunately Teresa will find the way there although Roy will offer red herrings on route. Joe will choose a very large slab of carrot cake which he will display to the team and certain characters will be unable to resist purchasing a similar item. Simon will disappear once again. Teresa and Enid will be tempted by the brass and copper shop at the back. Teresa, unable to resist, will purchase the afore-mentioned lamp, whilst Enid will fight off the desire to buy a beautiful clock. Lesley is to escape with only a small brass eagle and Liz a letter opener.

BEACHES - Bravery to the elements is to be portrayed by nine of the characters. As Lesley, Liz, Teresa and Simon slope off to the hotel to rest, the others will make plans to tour the island. Fleecing the four of their outer wear the intrepid explorers will head for the beaches. Small shells will be collected and hidden in pockets to be discovered at a later scene.

DUKE OF RICHMOND HOTEL - The grand finale is to take place on the Sunday after the last pool scene. Sam will display his impeccable manners and be silent throughout the whole proceedings. A fine meal will be served, a few jokes shared and good speeches given. By the time of this scene the characters will already be discussing their return to the Guernsey Meet in 1996.

CAR - Action in the form of a high speed car chase will take place on the Sunday afternoon. Teresa, in the lead Escort, will try to shake off the other two. A particularly hair-raising scene will be shot on a hair-pin bend and Andrew will finally be dropped a few miles from the airport. There is a happy ending, however. It will transpire that Andrew and his crew will have stopped off for refreshment at a little old tea room much to the envy of the other characters who will be waiting anxiously at the airport.

DO NOT MISS THE SEQUEL - BEAU SEJOUR - PART 4

COMING TO A POOL IN GUERNSEY IN MARCH 1996

THOUGHTS OF A LANE ONE SWIMMER

by Deryk Allsop

The water feels cold again. How can they dive straight in and survive? It's Alan Taylor, Heather Steadman and Ron Hardy warming up, even before the warm up has began. Another one has dived in, over in Lane 4, or is it 5? There's a swimmer in Lane 2. It's Teresa. How can she enjoy this cold water? It's 5 minutes after the hour, about 5 minutes of the warm up left. Where are the other swimmers in Lane 1? The water still feels cold on my foot. I suppose I had better get in. Keith is still stretching his legs on poolside ready for the kicking. The water is up to my waist, now chest. Oh well, this is it. The same bits of debris lie on the pool floor as yesterday, or was it the day before?

The warm up is over, twenty or so swimmers have mysteriously appeared ready for item 2 of the schedule. Keith is miles ahead again. How do his legs work? The Flipper People should be doing 3 length swims, not 2 length swims. Lesley's arrived, only 45 minutes of the session left. Lesley had better lead now, then Simon, then Andrew, then Graeme, then me or shall I let Bernie go in front? Bernie wants to lead the whole lane!! Well for two repetition swims only. What can I do to make time go faster? Swim faster? That means more rest. I'll try but my body won't respond. I'll try and stop Lesley lapping me. Another successful set done as I push off for the last two lengths of 200m swim just before Lesley finishes, followed closely by Simon. Andrew is now getting fitter and can finish a complete set within the allocated times.

Full stroke again - I'll see what's going on in the other lanes. Liz's arm pull on front crawl still looks dodgy, but she is now tumbling occasionally. Keith is now tumbling regularly. There was time I could gain on the turn what I lost on the swim. I thought this was full stroke; Alan seems to be still pulling. Mr. Colin "Power Bar" Giddings has started again. He must be doing these 50m swims on 45 secs. Lane 1 beckons for him soon. Joanne's chatting again - to anyone who is standing still. There they go, the ladies from the higher numbered lanes, disappearing into the changing room for a shower. That means there's at least 10 minutes to go.

Sprints now. Andrew and Bernie now lead the lane, Graeme's got out, Simon's suffering, Lesley's now warmed up and I'm knackered. Teresa, still leading Lane 2. She should be in Lane 1. These lane need re-organising! Was that Frank disappearing round the corner with his float and flippers under his arm? - all of Lane 6 has now disappeared. Only Gill, John, Sandra and Ray remain beyond Lane 3. Mr. Joe "Bronze" O'Dea is still hanging on in Lane 3 with Alan, Graham S. and Julie praying Mr Power Bar stops soon for a rest.

The big hand is now at the top of the clock - another enjoyable session over. "Thanks coach" (why do we say that?) I won't wear my T-shirt saying "I led Lane One - (Lesley was absent)"

Matching Trunks!

It seems there may be a thing about matching trunks within the club. Certain people noticed that on Tuesday 28th March Graham and Joe were resplendent in matching Speedo trunks. Not only that, Keith and Simon also appeared in a different matching pair! Is there something going on in the top three lanes? If it's kinky I want to know!

Duckybe

Swimming News - Tips and Bits for all Abilities

For those into land training and who travel to work by tube try holding your breath between stations. Start off with the Central line and progress through the Piccadilly and onto the Metropolitan line. If you can hold your breath between Wembley Park and Finchley Road you're ready for Tony's Friday night bash!

Old car tyres make wonderful training aids. Put an old 155/13 over the upper arms and ask an assistant to wedge into place. Then go to the pool and amaze yourself how difficult it is to apply these modern tight fitting swimsuits. Once in the water the inability to use the arms will help develop those much needed push offs with the legs and neck stretches necessary to produce championship winning times.

I find warming my swimming costume in the oven at gas mark 5 for 40 minutes before training knocks seconds off my butterfly reps. Try it.....

If you ever wonder what to think of during Reg's 20 X 100m reps try Sony's new solar powered Walkman. Lowering your goggle straps to cover the ears will keep the Walkman's earplugs firmly in place. Tumble turns in lane six are mandatory in order to power the device from the sun's rays through the windows.

The 1995 European safety legislation mandate for future European swimming championships stipulates that all competitors wear cycle type safety helmets to ANSI3006.8 standard in all events where tumble turns may take place. French commissioner Philippe Everone said to this reporter "Following trials last year, all competitors in future championships will have to wear hard helmets due to the possibility of unacceptable head injuries".

Don't discard those old swimsuits. Male suits can be used as waterpolo hats, female suits as containers for house plants. Fill your old costume with suitable compost and create wonderful spreads with Azaleas, Petunias and Busy Lizzy. It will make a feature in any lounge.

Hand paddles are great for gardening. They can be put to use in the garden throughout the seasons. During the winter months frozen lawns can be broken up by applying a continuous chopping action to the top soil. An added benefit is an increase in both the anterior deltoids, triceps and trapezius muscle groups.

Spring becomes a joy when hand paddles can be used for dead heading and pruning.

Summer sunshine can be harnessed to the full by placing tin foil over the paddles and directing the sun rays onto your favourite shub. It is amazing the wild life that will settle around you as you stand motionless for hours on end.

Autumn lawns are covered in dead leaves that have to be cleared. Hand paddles become useful scoops in skilful hands.

Secure your own ASA approved multi purpose hand paddles. Would you be seen without them?

Back Numbers of Your Favourite Newsletter

The image shows eight overlapping boxes representing newsletter back numbers. Each box contains the text "Ruislip & Northwood S.C. Masters Newsletter" and a specific issue title. Issues 1, 2, 3, 4, 7, and 8 are available, while issues 5 and 6 are marked "SOLD OUT".

- No. 1:** INTRODU... (partially obscured)
- No. 2:** CLUB GALA
- No. 3:** 1994 GUER... (partially obscured)
- No. 4:** (partially obscured)
- No. 5:** A LETTER FROM SUMMER (SOLD OUT)
- No. 6:** LETTER FROM SOUTHERN (SOLD OUT)
- No. 7:** HAPPY NEW YEAR
- No. 8:** CAMDEN SWISS COTTAGE

The following backnumbers are available from the editor: 1, 3, 4, 5, 7, 8.

Please add P&P at the following rate: UK 23p per newsletter Europe: 46p per newsletter Rest of World: £1-20p per newsletter

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I enclose my cheque / postal order for the sum of £..... made payable to the Editor, R&N Masters, Pinner, Middx.

A FINAL WORD FROM YOUR CHAIRMAN

by Deryk Allsop

This club is your club and can only be as good as you all want it to be. There are 51 members, only half of which attend any one session. There must be many members who don't know who you are.

This club can only survive with all of your help and not just those same few members who regularly put lane ropes in, put up the flags, get out floats and, then after Ron and Reg have driven us through another hour of pain, agony, enjoyment, put them all away again. Every little bit of help is appreciated.

Whilst it is known that several of you only swim to keep fit, it would be great to see more of you competing in galas - if only in one event or a relay or preferably both.....

As we are defending the South Bucks and Berks Masters Trophy for the second year running in November, all able bodied swimmers will be expected to compete. So try out the next gala and particularly our next Fun Club Gala to be held on June 24th.

DATES FOR YOUR DIARIES

by Liz Smart

A whole host of events are due to take place in the next few months. Why not pick up your calendar/diary NOW and write these dates down in RED INK!!

MAY 13 **READING** (6th Open Masters Meet)
(Closing date for entries: 13 APRIL)

JUNE 2-4 **GB MASTERS CHAMPS - CRYSTAL PALACE**
(Do not be put off by title - it will just be the same swimmers you meet everywhere else, just doing a few longer races)

JUNE 24 **CLUB FUN GALA & BAR-B-QUE - MERCHANT TAYLORS SCHOOL**

JULY 2 & 9 **MIDDLESEX MASTERS - GURNELL POOL, EALING**
(Closing date for entries: Midnight 5 JUNE)
(A welcome return for this popular champs. Yet again, do not be put off by the title. This is a really 'friendly' competition, with a good range of events. An ideal opportunity to launch yourself into the gala-world! Senior amateurs welcome too)

OCT 1 **AYLESBURY & DISTRICT SC 1ST OPEN MASTERS MEET**
- GUTTMAN SPORTS CENTRE, STOKE MANDEVILLE

NOV 4 **MAIDENHEAD** (Berks & S. Bucks 6th Open Masters Meet)
(It may seem a long way away, but it has rapidly become one of the most important date on the RNSC Masters' calendar!! Your relay team needs you!!)

RESULTS

GUERNSEY 4TH OPEN MASTERS MEET

LESLEY

400m Free	4.51.87	Gold	PB ☺	200m Free	2.19.57	Gold
100m Free	1.03.34	Gold		50m Free	28.79	Gold
200m Fly	2.42.03	Gold		100m Fly	1.11.01	Gold
50m Fly	31.71	Gold		100m IM	1.16.66	Gold
50m Back	36.08	Gold				

JULIA

400m Free	6.26.81		PB ☺	200m Free	3.08.26	PB ☺
100m Free	1.23.32		PB ☺	50m Free	37.66	

LIZ

400m Free	6.12.30		PB ☺	50m Free	33.46	
50m Breast	41.97	Silver		100m IM	1.30.08	
200m Back	3.37.56		PB ☺	100m Back	1.53.83	PB ☺

ENID

50m Free	48.94			200m Brst	4.33.20	PB ☺
100m Brst	2.03.94	Bronze		50m Breast	55.14	

SANDRA

400m Free	7.37.90		PB ☺	100m Free	1.37.01	PB ☺
50m Free	42.21			100m Brst	1.53.00	PB ☺
50m Breast	53.04			100m IM	1.49.88	PB ☺

TERESA

400m Free	5.06.31	Silver		200m Free	2.25.36	Silver
100m Free	1.07.88			50m Free	31.14	Bronze
50m Breast	41.67	Silver		50m Fly	34.91	PB ☺
100m IM	1.19.23	Silver	PB ☺	100m Back	1.26.44	Gold

JOANNE

400m Free	6.07.16	Silver		200m Free	2.57.21	Bronze
50m Free	35.88			50m Fly	41.08	
100m IM	1.31.59	Bronze		200m Back	3.12.51	Silver
100m Back	1.26.47	Silver		50m Back	40.16	Bronze

JOE

200m Free	3.21.90	Bronze		100m Free	1.29.39	Bronze PB ☺
50m Free	38.64	Bronze	PB ☺	200m Brst	3.30.17	PB ☺
100m Brst	1.39.00		PB ☺	50m Breast	42.73	Bronze
100m IM	1.35.18			50m Back	50.40	Bronze PB ☺

RAY

200m Free	3.34.73		100 Free	1.34.47	PB ☺
50m Free	41.08		200m Brst	3.58.10	PB ☺
100m Brst	1.50.83		50m Breast	48.72	
100m IM	1.51.12		200m Back	4.26.08	Bronze PB ☺
100m Back	2.02.33	Bronze	50m Back	53.15	

ROY

50m Free	42.34	PB ☺	50m Breast	50.37	PB ☺
100m Back	1.59.27	PB ☺	50m Back	51.68	PB ☺

SIMON

100m Free	1.05.57		50m Breast	38.33	Bronze
200m IM		PB ☺			

RELAYS

LADIES 4 x 50m 120 yrs+ Medley (Joanne, Teresa, Lesley & Liz)	2.25.66	Gold
LADIES 4 x 50m 120 yrs+ Free (Joanne, Teresa, Liz & Lesley)	2.08.83	Third
MENS 4 x 50m 120 yrs+ Medley (Jo, Roy, Ray & Simon)	2.51.90	
MENS 4 x 50m 200 yrs+ Medley (Roy, Ray, Jo & John)	2.59.40	Third
MENS 4 x 50m 200 yrs+ Free (Roy, Ray, Jo & John)	2.37.71	Third

☺ Smiley Face Table ☺

Following the memorable award ceremony for the 'Smiley' face winners at the club gala, we are starting fresh Smiley face tables for the new club year (yes campers, last year's efforts cannot be carried over).

The club Chairman is currently ratifying the R&N club year, that starts and finishes with the club gala, with the ASA.

☺ Smiley Face Table ☺	
Lesley	☺
Julia	☺☺☺
Liz	☺☺☺
Enid	☺
Sandra	☺☺☺☺
Teresa	☺☺
Joe (call him Mr Bronze)	☺☺☺☺☺
Ray	☺☺☺☺
Simon	☺
Roy	☺☺☺☺