
RNSC MASTERS

NEWSLETTER 25

APRIL 1997

THANKS again to all those who contributed to this month's newsletter. It has been a busy time, gala-wise, and we have reports on Guernsey, Bracknell and our own club gala held at Merchant Taylors to bring you up to date with the latest shenanigans. More 'lessons' on technique, this time we spotlight on starts, a holiday tale (always welcome!) and, most importantly, news on a skiing holiday in 1998. Next time we shall have another interview in our Master Profile series plus anything else you would like to send in. Everything always welcome!! Liz

THE GUERNSEY (Barbados) GALA

by Tony Robjant

FRIDAY

Just in case you are wondering.....I woke up singing that bloody song that we all got wrong in the quiz.....you know WHOOOAAA, I'M GOING TO BARBADOS....diddle diddle diddle diddle.....HEAVEN IN THE SUNSHINE.....etc etc etc.

Picked up by That Costume and Mrs 200%.....usual hike thru' Heathrow to the plane..... meeting Dave Dines who's been waiting down at the gate since 8 o'clock or something daft, looking REALLY relaxed, (too many Qwells I reckon!).

A mighty roar from our superthunderintergalactichyperwarp propellers and we're off! We pass directly over a house belonging to Mrs 200%'s second cousin three times removed who only has 8 external orifices or something! (stop counting them and continue reading!!). The sun is shining, the sky is blue, WHOOOAAA, I'M GOING TO BARBADOS.....and we're there!!!

WHAT!...NO STEEL BAND!!!?

Pick up the E-Type Fiesta with the go faster WHITE dials, (the influence that girl has!!) and it's off to La Trelade to play room lottery!

No great excitement there.....allegedly, and its down to the thriving metropolis of St. Peter's Port for a samie!

We meet up with Miss Guernsey Waitress 1997—Now I'm talking youth, beauty, charm, efficiency, goodwill, humour, a welcoming open heart, and cheering jolly banter.....all of which was missing..... thus earning her the title, announced by IAN, but unanimously agreed..... MRS CHARISMA PLUS.

Still Jason has a flash of inspirational genius and I join him in a large toasted banana sandwich!!!!!!

Quick trip into 'Marks and Spensives' for some joggers (forgot mine). GOD isn't the absence of VAT wonderful!?

Then it's off to the POOL...well actually once round the island by mistake first, then off to the POOL.

FREE CHOCY BAR in every RNSC gala party bag!! Brilliant!!

SWIMS?: Some good stuff here. DANNY PBs his 200 Free. Good to see Sarah swimming again. Yours truly gets knobbed by Guernsey swimming club building brick wall right across my lane after the first five lengths of my 200 Free!! (If they can't false start youthey get you somehow!!)

Jason completes his first Guernsey swim in the 50m Back....having learnt the backstroke turn some 20 mins earlier under Sarah's expert guidance.

LESLEY - GREAT NEWS.....KEVIN's HERE!!!

(Surprise and anticipation later turns to bitter disappointment as Kevin displays his Thai-ching....well ok, perhaps more his oriental clonk.....yes folks....sad but true....just as the possibility of renewed romance was thought to be in the air our poor Lesley and (embarrassingly for the poor girl) everybody else ...discover that Kevin is in fact..... a weirdo!!!)

But...back to the swimming.

Some bloke beats our IAN!!!.....Actually we hear later he's attempting a European record so Ian decides not to put him under too much pressure! (I've got that right haven't I Ian?)

MRS 200% falls asleep after the third turn in her 100m Breast! and PWs!

More memorables include Jason getting onto blocks without goggles...Shit....no goggles.....solution.....borrow somebody else's....Lesley's are handy....start 100m Breast...shit, goggles different size.....solution....slow down and put them back onto eyeballs at 22.5 mtrs.....shit, slipped again.....solution.....do it again at 35 mtrs.....How come my time was so naff coach??

Roger stomps down a 100m breast, accelerating down the last 25. Enid starts 'seeing' imaginary RNSC swimmers in all the races.....too many bananas I think.

Then, at last, we catch sight of this year's imaginative medal idea from Guernsey swimming club.....small square frisbies!!.....No no, tell a lie.....fetch toys for dog-exercising.....No, wrong again.....shrunk floor tiles!

Unbelievably somebody tries to tell us that after careful thought, much deliberation, and consultation with a leading off-shore marketing promotions company, Guernsey swimming club are awarding drink mats this year!!!

Slipped up this time Guernsey.....it's toilet dollies next year I guess!?

Sandra impresses all by digging deep into her 400m FREE when she's clearly not enjoying it, Liz and Lesley B produce a couple of goodfies and Lesley C breezes in a 4:52 I think, with a snooze between 5th and 8th lengths. I think that's only 15 secs off the UK Record Lesley (1992 Dianne Brades).

SATURDAY

Breakfast. Sad impressions of our former friends Ian, Roger, Jason and Joe arrive at brekkie looking REALLY rough.....something to do with alcohol I think....A heavy day's swimming for most of us.....the humans, formally known as Roger, Ian, Jason and Joe, turn up!!! Ian gets pipped on the 100 Free, Roger stomps down a 64 sec 100 Free and PBs the 50 Fly! Make mine a double! Liz PBs a magnificent 200 Breast and yours truly survives a 100 Free AND a 50 Fly.

Honours go to Dave Dines this morning tho'. In his own words "If you hear the starter buzzerI'm in the race". Amazes all with a sterling 50m Fly immediately after a 200m Breast!

LUNCH....and Karen reduces Liz's finger count by one deciding to test which is more painful - the cafe picture frame being dropped onto Liz's finger..... or not!?

We never find out the answer as Liz can't speak for some time!

Lounge around in the Hotel after lunch for most 'til it's time to swim again.

4:55. Probably a good idea to get Jason's cards posted at the pool for 5:00. Should get there in about 15 mins.....oh bugger!

MORE SWIMMING

Ian 'empties the bilges', (orally as it were), with perfect aim at the shallow end of his breaststroke. Roy gets within 1 sec of his 400m free time last year. Danny PBs his 400m (pushed by yours truly when 'he thought it was all over' - or something) and I think gets his first individual competitive medal..... WELL DONE THAT MAN.... Yours truly reaps the full benefit of training deficiency syndrome ... brick wall length 7..... barbed wire length 10.....mother-in-law cramps length 12!.. Last 100 was OK tho' stalking Danny!!

TELL YOU WHAT..... LET'S GO FOR A DRINK TONIGHT INSTEAD!!!

SUNDAY

Sarah arrived for breakfast - possibly!

Joe gets second non-de-swim, in celebration of both his breakfast and his breaststroke disqualification----'Ole Kipper Kick'

Dave wants to pick up some flowers on route to the pool but yours truly is enjoying the driving too much and grabbing roadside flowers at 75 mph proves too difficult!

No jive music for Enid and Sandra to entertain us by.....have to have a serious word with the organisers next year.

THEN WE ALL SWAM SOME MORE AND WENT TO LUNCH.

Great lunch.....

The best club trophy goes to Arsefart Grimbunch of Transylvania....again!

Guernsey was nearly as good as it always is ...if you get my drift....and it was certainly good to have the company of some of the newer club swimmers this year, but I was left with the feeling that it needed something extra special to remember it by this time.

SO.....

Ian and I agreed a pact with Sue All-in-one, or somebody, and two of her colleagues, and took a dip in the infamous sea-filled tidal pool.

It wasn't that bad....not that I've ever swum in anything colder...and the bad news is, of course, once you've swum out to the far sideyou've got to swim back!

However, one's body goes into self protection mode, instantly, and pulls all appendages as far into the torso as possible!! Yes, all 8! It does make it harder to swim with no arms or legs but it preserves heat!

The really hard part was trying to tell if you were dry after using the towel cos' you couldn't feel ANYTHING, the towel, your hands, or your body!! Weird!..... tho' not too dissimilar to Sarah's condition at breakfast, Sunday morning.

START SAVING FOR 1998.

WHOOOAAA....I'M GOING TO BARBADOS!!!

A QUICK WORD FROM YOUR COMP SEC

by Karen O'Dea

Firstly, thanks to everyone who attended the Bracknell gala on Saturday 19th April. What an excellent result - we even get to keep the trophy for ever and ever!

The next gala is at Reading on May 17th. We've got a team of 19 - let's hope it's enough to retain our trophy from last year.

Following Reading is the:-

Middlesex A.S.A. Masters Competition

to be held on Sunday 22nd June 1997

at Gurnell pool in Greenford

Now, don't be put off by the name "Middlesex". The gala only consists of 50 metres on each stroke, an IM and lots of relays (only 25m!). Entry forms are now available and I should be grateful if you could get them back to me by Sunday 18th May, so that Ron and I can sort out relay teams as I know everyone enjoys them, especially when they're only one length!

Just a quick reminder on behalf of Roger for those who went to Guernsey. As you may remember, he very kindly paid for the hire cars on his credit card and not everyone has paid him back yet. For those of you who haven't paid, the cost is £4.50. Thanks.

Lastly, I'm still looking for someone to take over my position as Competition Secretary, so if you feel you have the stamina to cope with this role, please let me know!!



When Danny and Lesley met Graham and Liz and went skiing together

Tentative arrangements were made in England before both parties left. Graham and Danny would both take their mobile phones and switch them on between the hours of seven and eight every night. With any luck they could spend a day's skiing together. After all, they were in neighbouring resorts and only three quarters of an hour away from each other by car (or Discovery)!

Soon after arrival at La Plagne Graham assumed the traditional mobile phone user pose (hand on hips, phone darting from outstretched palm to ear) and spouted traditional mobile phone user phrases ("I can't seem to get a signal" - "What's the number again?"). Liz was summoned to translate french recorded messages but wasn't able to offer any help. "It doesn't recognise the number you have dialed".

By Tuesday evening it didn't look like they were going to be able to arrange it. Graham was still trying various numbers with the mobile but was getting strange signals and bleeps. He had just sat down to a steaming plate of pasta, so lovingly prepared by Liz in the 3ft by 2ft studio kitchen, when a vaguely familiar tone rang through the air. The PHONE WAS RINGING!! Quick, find it, turn it on, "Who is it? Who is it?". It was DANNY! At last contact had been made. Could they come over on Thursday? Where should they meet? As if organising a bike ride along the Hillingdon Trail, arrangements were made to meet outside Graham and Liz's apartment between 8.30 and 9.00 am!!

Thursday dawned bright, with the spring sunshine peeping over the snow-clad mountains. More mobile phone contact was made as Graham directed Danny up the mountain road to the top of Belle Plagne and by 9.30 am they were on the slopes!!

Liz thought it was great because, at last, there was somebody to ski with (Lesley) who didn't want to keep looking for jumps and mogul fields. Lesley thought it was great because, at last, there was somebody to ski with (Liz) and they also had the luxury of stopping for lunch. The young Smarts, Mike and Ian, thought it was great because there was somebody (Danny) to take to all the jumps they'd found and Danny thought it was great because there was somebody (Graham, Mike & Ian) to go off exploring with. Graham thought it was great because Danny let him play with his carver skis and everyone thought it was *really* great because they were allowed to stop for refreshments in the afternoon!!

After a full day's skiing and having caught the last drag of the day, the weary band returned to the apartment where Liz and Lesley lovingly prepared pasta and salad in the 3ft by 2ft studio kitchen. It was here that serious (as opposed to "wouldn't it be good?") thoughts were voiced into the possibility of organising a Ruislip & Northwood Masters Skiing Holiday. Please turn to last page for further details!

THE EURO '97 GALA

By Liz Smart

Unfortunately this is going to sound a bit like an Oscar acceptance speech. Not because I am accepting anything, but because "I want to take this opportunity to thank a whole lot of people" for their help in making the 1997 Club Gala a success!!

Firstly I would like to sing the praises of my dearly beloved Graham who spent hours strapped to his lap top inputting, 'sorting', printing and sighing in order to produce all the paper work, quick results and ensure the smooth running of the gala. There were a few hairy moments in the Smart household when I thought he might 'resign' but he kept going.

Next, my thanks to Mr. Tony Robjant who thought up the idea of swimming two sets of 25 metres instead of the longer 50s and 100s and whose input into the 'Fun Events' was, as usual, legendary. Without his explanations the events would have been extremely difficult to understand - as opposed to just mind-boggling!

Thanks to Reg and Ron, our starter and referee, without whom the gala would have doubtlessly sunk into total chaos. And thanks to all the timekeepers - Terry Welch, John and Enid Freshwater (why wasn't she swimming?), Mr. Cordial (Lesley's dad), Pete (as in 'Jennifer and Pete'), and Tony Robjant who all had to put up with various types of abuse, such as ritual soakings and the repeated flashes of Danny's bottom (more of that later!).

Many thanks to Lesley B for the ploughman's supper and her advice on catering so that we didn't end up with tons of left-overs. Thanks to Christine for providing cakes even when she was unable to get there herself and thanks to our Enid, not only for that delicious gingerbread (recipe to appear in later issue), but also for all the time she spent decorating the Smiley Face biscuits.

Thanks to Danny for providing the clip boards at such short notice. Thanks to Keith for sorting out the times of the pool hire. Thanks to Deryk for making the award presentations. And thanks to everyone who came and took part. Without you it would never have taken place!

(OK, you can shut up now Liz)

As for the gala itself well, there were some definite notable moments, most of which occurred during the fun races, which are worthy of report.

This year's fun events were hatched in the main part by Tony and Graham in my front room. I do confess that I was present at the planning meeting but that my level of input was largely ignored in favour of the most outrageous suggestions that they could both come up with! A french theme was decided to celebrate the present Euro debate and each race would be swum in pairs.

'Le Salon d'exchange' was, basically, a chance for Tony to get his wardrobe wet. The instructions read "Swimmer 1 is wearing a T. shirt. Swimmer 2 is wearing track bottoms. On the whistle, they both swim to meet each other, exchange garments and both swim to finish". As if this wasn't bad enough, Tony then proceeded to add notes like: "Deep Water Change", "Out of depth" and "Shallow water finish" and positioned markers to direct us to the right place. I suppose it's easier when your finger isn't well and you are not allowed in the water (!).

What always amazes me at these fun galas is the extent to which our masters swimmers will plan, plot and devise the best possible way to execute the task in hand. Greg, (or was it Colin?), who was partnered with Sylvie, went to great lengths to concoct a strategy for swapping the clothes. From the poolside everyone watched in amazement as Sylvie was propelled upwards, like a synchronised swimmer, as Greg battled to help her into the trousers!!

Danny was disqualified for coming in with his T. shirt half-on, half-off and the eventual winners were Graeme and young Mike Smart, who had stepped in at the last moment to replace a sick Roy.

*Race no. 2 was 'Le Ballon Bloqué'. Again my instructions were amended by Mr. Robjant so that the most difficult route had to be taken. "Two swimmers start at the same time from either end of the pool. The shallow end starter has ball. They meet, link arms and proceed to propel ball back to shallow end. N.B. Swimmers are NOT allowed to touch ball with arms or legs!" So how the hell do they expect us to get the ***** ball to the end?*

I think this was where Danny first started to stuff the ball down his trunks.

Anyway, Lesley Cordial was disqualified for chucking the ball up the deep end, David and Janice lost lots of time when they had to retrieve the ball from another lane and the eventual winners of this torturous trial were in fact Danny and Karen!!

On to the third race which was called 'Vin de Ruislip 1997', - so called because it involved a bottle. This bottle, however, was plastic and contained little stones and little holes so that it would sink to the bottom of the pool. I know about the stones and the holes as I was the one who had to fill the bottles!

Instructions were getting a little more elaborate by this time. "Two swimmers - starting at the same time from either end of the pool. Deep end starter (Sw.1) swims over submerged bottle and swims towards shallow end. Shallow end starter (Sw. 2) starts in water with bucket (BUCKET?) and swims towards Sw.1. When they meet Sw.1 takes bucket and swims back to bottle, dives under WITH the bucket and picks up bottle. Sw.1 puts bottle in bucket and swims back to Sw. 2 who then finishes race at the shallow end by putting bucket on side." Confused? We certainly were - and I had been at the planning meeting!!

It is extremely difficult to dive under the surface with a bucket. Mr. Robjant obviously knew this although I suspect that he hasn't ever had the experience. Anyway, somehow everyone managed to complete this race and I don't think Danny tried to stuff the bucket down the back of his trunks The winners were Graeme and Mike (no cries of nepotism please!).

'Le Shuttle' was the final fun event and involved every single prop already used, i.e. T. shirt, bottle (filled with stones & little holes), bucket and ball. "Two swimmers at either end of pool. Sw.1 dives in (deep end) and swims with T. shirt to shallow end. Sw. 2 takes T. shirt AND bottle to deep end, picks up bucket and takes all THREE things back to shallow end. Sw 1., with ball, takes all FOUR things and finishes race at deep end with all four things and swimmer out of the water!!"

The good news was that there were no rules!!

So what is the best way to transport a T. shirt in the water? Tie it around your waist? Wear it? Stuff it up/down your costume? Well, whatever way possible was tried by the Ruislip masters. Problem with stuffing it up your costume was then trying to get it out again at the end of the length, as Jill soon discovered!

Carrying the bottle wasn't so easy either although Karen came up with the novel idea of positioning it like a pulling float.

The most popular way to carry the bucket appeared to be on the head, having already stuffed the T. shirt inside but nobody can better Danny's 'inspiration' of shoving the ball down the back of his trunks. Rather like a shark fin darting up the lane. Well, more like a camel's hump really. The winners of this particular ordeal were Roger and Laraine.

Afterwards we adjourned to the Tuck Shop for some food where awards and prizes were given out. We had race awards, fun event awards, PB awards and best swimmers awards. For those of you who may have missed the news, the awards for the 1996 best male and female swimmers went to Tony Fidler and Karen O'Dea, with the most improved swimmers being Lesley Burchett and Jason Gould.

GALA RESULTS

| | | Fly 1 | Fly 2 | Back 1 | Back 2 | Breast 1 | Breast 2 | Free 1 | Free2 |
|----------|------------|-------|-------|--------|--------|----------|----------|--------|-------|
| Jill | Anderson | 19.91 | 20.40 | 23.63 | 24.42 | 23.40 | 23.08 | 17.70 | 17.74 |
| Lesley | Burchett | 17.67 | 17.60 | 20.52 | 20.51 | 19.78 | 18.82 | 16.25 | 16.25 |
| Lesley | Cordial | 18.13 | 15.03 | 17.36 | 18.37 | 18.82 | 19.51 | 13.86 | 14.24 |
| Jennifer | Jones | 18.72 | 18.50 | 19.76 | 19.82 | 22.28 | 22.43 | 15.96 | 16.45 |
| Karen | O'Dea | 15.51 | 15.64 | 18.32 | 18.32 | 18.49 | 18.54 | 14.34 | 13.77 |
| Janice | Richards | 18.01 | 19.08 | 23.45 | 23.20 | 19.76 | 20.09 | 16.79 | 17.09 |
| Liz | Smart | 16.89 | 16.77 | 22.50 | 21.37 | 20.79 | 19.61 | 15.60 | 15.64 |
| Laraine | Welch | 22.77 | 22.60 | | | 23.87 | 25.61 | 18.72 | 18.99 |
| Silvia | Zurmuehlen | 17.69 | 17.03 | 20.18 | 20.77 | 20.79 | 20.65 | 15.42 | 15.63 |
| Deryk | Allsopp | 14.36 | 14.47 | 19.02 | 18.42 | 17.10 | 17.39 | 13.60 | 13.60 |
| Danny | Ayers | | 21.29 | 16.87 | 17.08 | | | 15.86 | 15.21 |
| Roger | Bown | 14.09 | 14.02 | 16.66 | 16.23 | 16.86 | 16.76 | 12.76 | 12.85 |
| David | Dines | 23.51 | 22.37 | 23.05 | 23.28 | 20.01 | 19.63 | 15.86 | 15.95 |
| Colin | George | 16.51 | 16.48 | 17.80 | 18.01 | 19.00 | 18.91 | 14.10 | 14.07 |
| Greg | George | 16.82 | 16.34 | 21.34 | 20.96 | 19.00 | 18.73 | 15.42 | 14.29 |
| Keith | Giddings | 18.36 | 19.08 | 21.75 | 20.42 | 18.13 | 18.11 | 14.76 | 14.45 |
| Mike | Goddard | 30.20 | 31.76 | 25.46 | 24.45 | 21.98 | 22.22 | 18.68 | 18.21 |
| Joe | O'Dea | 15.04 | 14.15 | 21.63 | 21.66 | 19.89 | 20.09 | 16.06 | 15.69 |
| Graeme | Perry | 15.09 | 14.90 | 16.95 | 16.90 | 15.76 | 15.64 | 12.50 | 12.51 |
| Bob | Rogers | 26.57 | 28.34 | 31.30 | 29.17 | 27.33 | 26.51 | 21.96 | 20.32 |

CONGRATULATIONS

By Graham Smart

Roy Wilson and his wife Gill are happy to announce a recent addition to their family. During March Roy and Gill took delivery of a Multimedia Pentium 166 MMX PC. The delivery was plain sailing after a stressful build up. Roy was there during the delivery - "I was really nervous. Adding to the family at this stage is unknown territory". Roy was glad of the breathing exercises he has been practising at Tony's Friday night sessions. "The breathing definitely helped. Once the delivery was over and we were¹ left on our own I was really happy. When I heard those first sounds coming out I knew everything would be fine". Roy has promised some articles in coming newsletters and may even bring the PC down to the pool for everybody to see when the weather warms up a little.

On behalf of the whole club - congratulations. May you both have many hours of happiness.



Ruislip add fourth trophy to their collection

by Liz Smart

NINETEEN swimmers, an eager coach, a smattering of supporters (including Sylvia, but she promises to be a swimmer at the next gala!), a freezing cold competition pool, a warm up pool, a swim shop and bananas. What more could you want from a gala? Ruislip & Northwood Masters were out in force again at BRACKNELL on Saturday 19th April to fight for the trophy that had eluded them the year before and were having a really good time in the process!!

With so many swimmers across all the age groups they always had something to watch and cheer. They did a lot of cheering, but at the weirdest of things. Like clapping every time Danny tumbled during his 100m Freestyle and bringing the roof down when Jason stayed on his blocks after a false start!!

ROGER had forgotten to post his cards in time for the evening session so was forced to swim in the second slowest heat for his 50m Breaststroke. Practically all of his Ruislip clubmates took up position at the end of the pool to encourage him. Their applause didn't seem to put him off as he clocked up another PB and eventually won the silver medal. He did a lot of PBs that day, knocking seconds off and prompting one Bracknell swimmer to ask what he was taking and could he have some too!

IT WAS ANDREW'S first gala since Amersham in February 1988! Fifteen months spent dodging Karen - how does he do it? Andrew's relaxed style is legendary, especially in backstroke, and was rewarded with two gold medals in the 50m and 100m races. Asked whether this was a serious return to competition, Mr. Brookes replied "Well, we shall have to see about that". Unfortunately he won't be able to compete at Reading as he will be in Mexico and Buffalo on business. It's OK for some!!

RUISLIP'S 'GOLDEN OLDIES' continue to haul in the points for the club and are still clocking PBs. Bob knocked an astounding 7.5 seconds off his 50m Backstroke time, his first under the minute. Citing Jennifer's cooking as the reason he then went on to win a second silver in the 50m Fly.

With her attempt to escape the gala with a doctor's note being thwarted, Enid's enthusiasm

blossomed as the gala progressed. Her attendance enabled Ruislip to honour their entries in the 160 and 200 years' relays. As kingpin and anchorman in the 160 years' medley relay, she brought the team home to a 'Silver Smiley' knocking 3 seconds off the previous club record.

Two silvers for Mike and a brief dip for Marlen in the 200 years Freestyle relay and the points were rolling in.

LET'S HEAR IT for the backstrokers! Golds went to our lady backstrokers in abundance with Lesley, Christine and Maggie totting up four between them.

IAN swam extremely fast in all six of his races, winning gold everytime. His arms went round at an incredible speed. He even clocked a PB in the 100m IM. BUT he wasn't wearing his green hat! He was wearing a Ruislip & Northwood navy blue job. What does this mean?! (That he's a very good swimmer perhaps?)

IT WAS Simon Hole's first competition for the club, but it surely won't be his last. 'Coached' in the finer art of gala protocol by Danny and Lesley, i.e. what to do with your card, what to do at the start, what to do at the finish, he then showed the club what he could do in the water and stormed away in the 50m Freestyle, clocking an excellent debut time of 36.20 secs.

LESLEY B. and Liz were yet again side by side in the 50m Freestyle. Some sort of arrangement will have to be made over their entries in future! A close race was swum with Lesley just getting her finger nails to the pad first and beating Liz by 2 hundredths of a second!

GOOD to see DERYK switched on and back in the winning way. His late start to the competition didn't put him off as he carried away two golds in the 50m Free and Fly.

RELAY MANIA. Ruislip & Northwood went mad in the relays, winning six outright and clocking amazing Pbs in 6. The Men's 120 years + (Ian, Roger, Tony F. and Andrew) knocked two seconds off the previous club record and zoomed under the 50 sec mark for the first time. A club record was also set in the 8 x 25m Cannon relay. Interviewed after the gala, all Ruislip swimmers agreed that it was SO nice to swim 25 metres!!

AND we won!

COMPETITIVE STARTS

Our thanks to Ron who has provided the information for this month's 'Technique Lesson'. Unfortunately Danny lent him his home video of the Worlds and Middx Champs and he has had ample opportunity to analyse the speed of our reactions off the blocks!! Working on the assumption that there is always room for improvement we shall be studying different types of competitive starts over the next four or five newsletters.

The book says "No matter which start a swimmer may decide upon or how difficult the technique associated with the start, the over-riding consideration will always be the speed of the individual's reflexes. Thus the swimmer must react instantly to the initial component of the signal which heralds the start. A swimmer with instantaneous reactions goes on the 'b' of the 'bang'." So there you have it! Now how to put it into practice. The first start on the blocks is:-

THE GRAB START

The grab start is so called because the swimmer crouches over the front edge of the starting block and takes a firm grip on it. The thumbs should 'support' the other fingers of each hand by gripping and not pressing down on the blocks; should the thumbs press down on the block they will act to balance the body. Assuming that the angle of the legs is correct between the upper and lower limb (approximately 140 degrees), this balancing action is unnecessary. Furthermore if the thumbs press down on the block they will also compromise the initial upward action of the arms in the 'take-off' stage.

During the 'take-off' phase in the grab start, the swimmer should theoretically pull on the block in an upward direction until the body is pulled forwards to a point of no return. However, swimmers now prefer to move the arms rapidly forwards and then stop them suddenly because the transfer of momentum assists the forward motion of the body so ensuring a fractionally faster start.

An efficient grab start will give an inclined velocity which is ample for the normal club swimmer. Once the techniques have been mastered and applied over a period of time, then the swimmer should progress to the pike start.

STANCE

The swimmer comes forwards from the 'ready' position and the toes grip the front edge of the block, hip-width apart. The hands grip the block either between or to the side of the feet; the thumbs give support alongside the first finger - they should not be placed on the top edge of the block. The head is lowered so the eyes look backwards. The angle between the upper and lower leg should be approximately 140 degrees: if it is as much as 180 degrees there is a tendency to topple forwards because the weight of the body is forwards; if the knee bend is too much, the arms will be used to anchor the body in position to stop it toppling backwards. Some swimmers position themselves in an excessively forward angle on the blocks, but this places an intolerable strain on muscle groups which as a consequence use vital reserves of energy before they are even in flight.

TAKE-OFF

When the signal to start is given the head should almost immediately move forwards in a combined movement with the hands which release their hold on the block and also thrust forwards. The weight of the body transfers from the flat sole to the ball of the foot. These simultaneous actions move the body outwards to a point of no return; the knees then straighten and propel the body forwards and upwards.

FLIGHT

The body is launched into a semi-circular path. The head moves rapidly downwards, the chin tucking into the chest, the eyes looking backwards. The arms are lowered from the forward angular position so the head is now pillowed between them for entry. Like this the body is now committed to the downwards phase of the parabola.

ENTRY

As the fingertips touch the surface of the water the arms angle forwards once again; this has a reverse piking effect on the hips so that the trailing legs come into line with the upper body. The fingertips

enter first, creating a 'hole' in the water through which the rest of the body may follow. As soon as the head has entered, it follows the path of the arm movement forwards and upwards, thus assisting the body to straighten and come into line. Experience alone teaches co-ordination and speed in these movements which are calculated so the body achieves, as quickly as possible, a path which is parallel to the surface of the water.

TRANSITION INTO THE STROKE

After a brief period of glide, the arms, head, body and legs are perfectly streamlined. The glide is held until the momentum of the entry diminishes to swimming speed. In front crawl the relative number of leg cycles to one arm stroke and the raising of the head takes the swimmer to the surface for the general stroke cycle.

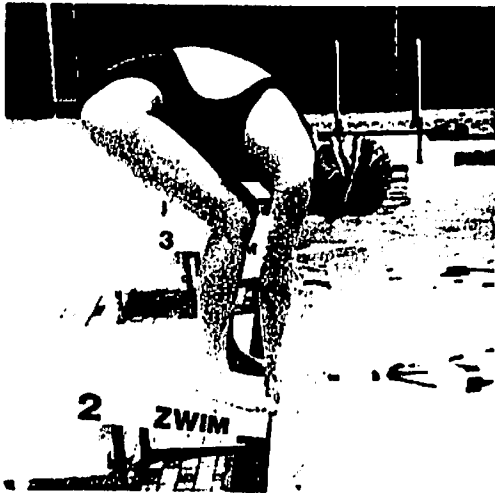


Fig 31a The toes are over the edge of the block with the feet hip-width apart. The hands grip the block inside/outside the feet. The upper leg is at an angle of 140 degrees to the lower leg.

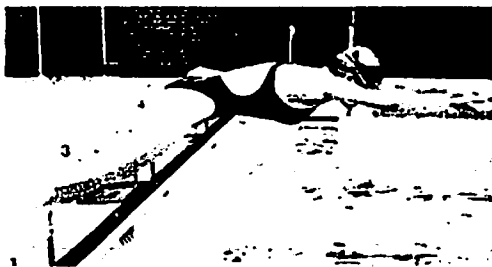


Fig 31b The head now moves forwards, followed by the hands as they extend ahead. As the weight of the body is transferred to the balls of the feet, the body is moved forwards to a point of no return.

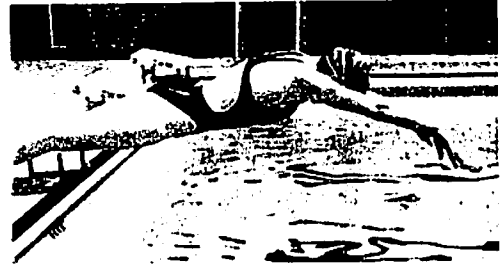


Fig 31c The body now launches into a semi-circular path with the head moving downwards from a forward-looking position. The body is stretched and streamlined.

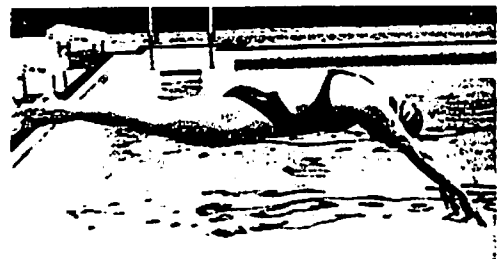


Fig 31d Both head and arms move downwards to form the forward angular position, the head pillowed between the biceps for entry. This movement commits the body to the downward arc of the parabola.

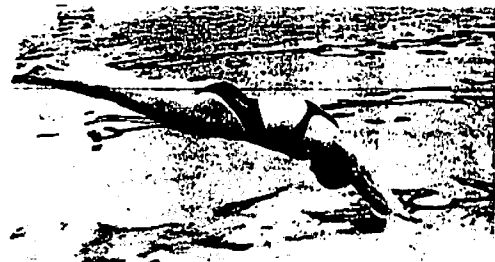


Fig 31e As the fingertips touch the surface of the water, the arms move forwards once more, thus creating a 'hole' through which the rest of the body follows.

GUERNSEY (21st-23rd MARCH 1997) (First 6 swimmers score) (☺ = lifetime PB. ☹ = age group PB)

| <u>RAY</u> | (H) | | |
|-------------|---------|---|--------|
| 200m Free | 3.37.86 | ☹ | SILVER |
| 50m Back | 57.50 | ☹ | BRONZE |
| 100m Breast | 1.53.19 | ☹ | 4th |
| 100m Free | 1.38.85 | ☹ | SILVER |
| 200m Back | 4.42.80 | ☹ | SILVER |
| 50m Breast | 51.07 | | 4th |
| 100m Back | 2.10.13 | ☹ | SILVER |
| 50m Free | 43.85 | | SILVER |
| 200m Breast | 4.05.62 | ☹ | 4th |

| <u>SARAH</u> | (A) | | |
|--------------|---------|---|-----|
| 50m Back | 39.44 | ☺ | 5th |
| 100m Breast | 1.43.31 | ☺ | 4th |
| 50m Fly | 40.31 | ☺ | |
| 100m IM | 1.30.34 | ☺ | 6th |
| 200m Back | 3.26.06 | ☺ | 4th |
| 50m Breast | 46.65 | ☺ | |
| 100m Back | 1.29.97 | ☺ | 5th |
| 50m Free | 34.81 | ☺ | |

| <u>DAVID</u> | (F) | | |
|--------------|---------|---|--------|
| 200m Free | 3.00.36 | | 6th |
| 50m Back | 50.67 | | |
| 100m Breast | 1.39.44 | | SILVER |
| 100m Free | 1.20.27 | | 6th |
| 200m Breast | 3.42.01 | | SILVER |
| 50m Breast | 43.85 | | SILVER |
| 50m Free | 34.16 | | 5th |
| 50m Fly | 1.01.45 | ☺ | |

| <u>IAN</u> | (B) | | |
|-------------|---------|--|--------|
| 200m Free | 2.04.45 | | GOLD |
| 100m Breast | 1.17.17 | | BRONZE |
| 100m Free | 56.71 | | GOLD |
| 50m Fly | 28.51 | | GOLD |
| 50m Breast | 36.21 | | SILVER |
| 100m Fly | 1.03.98 | | GOLD |
| 200m IM | 2.21.34 | | GOLD |
| 50m Free | 26.12 | | GOLD |

| <u>KAREN</u> | (A) | | |
|--------------|---------|---|--------|
| 100m Breast | 1.26.80 | | SILVER |
| 100m Free | 1.08.15 | | 4th |
| 50m Fly | 34.77 | | 4th |
| 100m IM | 1.17.95 | | 4th |
| 50m Breast | 39.59 | | BRONZE |
| 200m Free | 2.32.47 | | GOLD |
| 200m IM | 2.47.07 | ☺ | GOLD |
| 50m Free | 31.18 | | 5th |

| <u>JOE</u> | (G) | | |
|-------------|---------|---|--------|
| 200m Free | 3.13.77 | ☺ | SILVER |
| 100m Breast | 1.34.25 | | BRONZE |
| 100m Free | 1.26.38 | ☺ | BRONZE |
| 50m Fly | 41.05 | | BRONZE |
| 100m IM | 1.35.66 | | BRONZE |
| 50m Breast | 43.15 | | SILVER |
| 50m Free | 37.91 | | 4th |

| <u>LESLEY C.</u> | (B) | | |
|------------------|---------|---|------|
| 50m Back | 34.81 | ☹ | GOLD |
| 400m Free | 4.52.20 | ☹ | GOLD |
| 100m Free | 1.03.89 | ☹ | GOLD |
| 50m Fly | 32.08 | | GOLD |
| 100m Fly | 1.09.50 | ☹ | GOLD |
| 200m Free | 2.19.18 | ☹ | GOLD |
| 50m Free | 28.69 | ☹ | GOLD |

| <u>LIZ</u> | (C) | | |
|-------------|---------|---|--------|
| 100m Breast | 1.32.55 | | SILVER |
| 400m Free | 6.09.90 | ☺ | 4th |
| 200m Breast | 3.14.81 | ☺ | SILVER |
| 100m IM | 1.29.64 | | 4th |
| 50m Breast | 41.01 | | GOLD |
| 200m Free | 2.54.74 | | 5th |
| 50m Free | 33.56 | | SILVER |

| <u>ENID</u> | (H) | | |
|-------------|---------|---|--------|
| 50m Back | 56.18 | | GOLD |
| 100m Breast | 2.09.86 | | GOLD |
| 200m Breast | 4.42.37 | | GOLD |
| 100m IM | 2.10.03 | ☺ | BRONZE |
| 50m Breast | 57.99 | | SILVER |
| 50m Free | 50.84 | | 5th |

| <u>SANDRA</u> | (E) | | |
|---------------|---------|--|-----|
| 100m Breast | 1.58.54 | | 6th |
| 400m Free | 8.10.25 | | 6th |
| 100m Free | 1.37.13 | | |
| 50m Fly | 56.41 | | 4th |
| 100m IM | 1.52.34 | | 6th |
| 50m Breast | 54.60 | | 6th |
| 50m Free | 43.99 | | |
| 200m Free | 3.44.13 | | 6th |

| <u>ROGER</u> | (A) | | |
|--------------|---------|---|--------|
| 50m Back | 38.45 | ☺ | 4th |
| 100m Breast | 1.20.63 | ☺ | GOLD |
| 100m Free | 1.04.20 | ☺ | 4th |
| 50m Breast | 37.26 | | GOLD |
| 50m Free | 28.37 | ☺ | 4th |
| 50m Fly | 32.52 | ☺ | BRONZE |

| <u>TONY R.</u> | (E) | | |
|----------------|---------|--|-----|
| 200m Free | 2.52.75 | | 5th |
| 100m Free | 1.16.43 | | |
| 50m Fly | 37.61 | | 6th |
| 400m Free | 6.36.61 | | 6th |
| 50m Free | 32.66 | | |

| | | | |
|---------------------|------------|---|--------|
| <u>DANNY</u> | (D) | | |
| 200m Free | 2.57.75 | ☺ | 5th |
| 100m Free | 1.18.03 | ☺ | 6th |
| 400m Free | 6.36.30 | ☺ | BRONZE |
| 50m Free | 33.81 | | 5th |

| | | | |
|-------------------|------------|--|-----|
| <u>ROY</u> | (F) | | |
| 200m Free | 3.21.33 | | |
| 50m Back | 53.37 | | |
| 100m Free | 1.32.96 | | |
| 400m Free | 7.13.37 | | 5th |
| 50m Free | 41.34 | | |

| | | | |
|---------------------|------------|---|-----|
| <u>JASON</u> | (A) | | |
| 50m Back | 40.35 | ☺ | 6th |
| 100m Free | 1.18.29 | ☺ | |
| 50m Free | 32.74 | ☺ | |
| 100m Breast | 1.35.17 | ☺ | 4th |

| | | | |
|-------------------------|------------|---|--------|
| <u>LESLEY B.</u> | (B) | | |
| 400m Free | 5.49.59 | | 4th |
| 100m Free | 1.13.89 | ☺ | 4th |
| 100m IM | 1.26.92 | | 4th |
| 200m Free | 2.42.00 | | BRONZE |
| 50m Free | 32.81 | ☺ | BRONZE |

| | | | |
|-------------------|------------|--|-----|
| <u>RON</u> | (J) | | |
| 50m Breast | 57.97 | | 4th |

RELAYS (4 x 50m)

| | | | | | |
|-------------------------------------|----------------|----------------|-------------------|-------------------|-----------------|
| <u>120 yrs Medley LADIES</u> | Karen 38.84 | Liz 40.51 | Lesley C 31.40 | Lesley B 32.74 | 2.23.77 2nd |
| <u>120 yrs Free LADIES</u> | Karen 30.67 | Liz 33.24 | Lesley B 33.17 | Lesley C 28.40 | 2.05.62 GOLD |
| <u>160 yrs Medley MEN</u> | Ian 31.63 | Joe 42.66 | Roger 31.65 | Tony R. 32.21 | 2.18.32 3rd |
| <u>160 yrs Free MEN</u> | Ian 25.44 | Roger 28.32 | Joe 38.83 | Tony R. 32.33 | 2.05.12 3rd |
| <u>200 yrs Medley MEN</u> | Roy 52.72 | Ray 49.81 | David 52.08 | Danny 36.78 | 3.11.58 2nd |
| <u>200 yrs Free MEN</u> | Danny 33.37 | David 33.06 | Ray 44.21 | Roy 40.21 | 2.31.32 2nd |

BRACKNELL (19th APRIL 1997) (First 6 swimmers score)

| | | | | | | | |
|-------------------------|------------|---|--------|---------------------|------------|---|--------|
| <u>KAREN</u> | (A) | | | <u>IAN</u> | (B) | | |
| 100m IM | 1.15.81 | ☺ | BRONZE | 100m IM | 1.04.34 | ☺ | GOLD |
| 100m Free | 1.07.83 | | 4th | 100m Free | 55.80 | | GOLD |
| 50m Breast | 40.04 | | 4th | 100m Fly | 1.02.83 | | GOLD |
| 100m Breast | 1.26.19 | | BRONZE | 100m Breast | 1.18.32 | | GOLD |
| 50m Fly | 34.72 | | 4th | 50m Fly | 27.90 | | GOLD |
| 50m Free | 30.74 | | 4th | 50m Free | 25.74 | ☺ | GOLD |
| <u>BOB</u> | (J) | | | <u>CHRIS</u> | (C) | | |
| 100m IM | 2.03.93 | ☺ | 4th | 100m IM | 1.22.58 | | SILVER |
| 50m Back | 58.59 | ☺ | SILVER | 50m Back | 36.54 | | GOLD |
| 100m Free | 1.49.48 | | 4th | 100m Free | 1.12.10 | | SILVER |
| 50m Breast | 59.63 | | 4th | 50m Fly | 36.42 | | 4th |
| 50m Fly | 1.05.99 | | SILVER | 100m Back | 1.20.95 | ☺ | GOLD |
| 50m Free | 46.76 | | 4th | 50m Free | 32.12 | | GOLD |
| <u>LESLEY B.</u> | (B) | | | <u>ENID</u> | (H) | | |
| 100m IM | 1.26.89 | | | 100m IM | 2.07.43 | ☺ | 5th |
| 50m Back | 42.61 | | | 50m Back | 58.71 | | SILVER |
| 100m Free | 1.14.61 | | | 50m Breast | 57.26 | | BRONZE |
| 100m Back | 1.33.10 | ☺ | 4th | 100m Breast | 2.13.71 | | SILVER |
| 50m Free | 33.19 | | | 50m Free | 50.86 | | 5th |

| | | | | | | | |
|---------------|------------|---|--------|------------------|------------|---|--------|
| JOE | (G) | | | LESLEY C. | (B) | | |
| 100m IM | 1.31.83 | | BRONZE | 50m Back | 34.39 | ☉ | GOLD |
| 100m Free | 1.25.64 | ☉ | 5th | 100m Free | 1.04.25 | | SILVER |
| 50m Breast | 43.05 | | 4th | 100m Fly | 1.09.03 | ☉ | GOLD |
| 100m Breast | 1.34.11 | | 4th | 50m Fly | 31.48 | ☉ | BRONZE |
| 50m Fly | 41.55 | | 5th | 50m Free | 28.75 | | SILVER |
| ROGER | (A) | | | TONY F. | (D) | | |
| 100m IM | 1.14.53 | ☉ | 6th | 100m IM | 1.16.80 | ☉ | SILVER |
| 50m Breast | 35.03 | ☉ | SILVER | 100m Free | 1.03.27 | ☉ | BRONZE |
| 100m Breast | 1.18.64 | ☉ | SILVER | 50m Fly | 33.64 | | BRONZE |
| 50m Free | 28.12 | ☉ | BRONZE | 50m Free | 28.33 | | SILVER |
| ANDREW | (B) | | | LIZ | (C) | | |
| 50m Back | 32.20 | | GOLD | 100m Free | 1.17.13 | | 4th |
| 100m Free | 1.03.06 | | SILVER | 50m Breast | 40.53 | | GOLD |
| 100m Back | 1.11.55 | | GOLD | 100m Breast | 1.30.32 | | GOLD |
| 50m Free | 28.51 | | BRONZE | 50m Free | 33.21 | | BRONZE |
| KEITH | (C) | | | MIKE | (H) | | |
| 100m Free | 1.10.79 | | | 100m Free | 1.31.18 | ☉ | SILVER |
| 50m Breast | 40.93 | | GOLD | 50m Back | 53.80 | | 4th |
| 100m Fly | 1.22.09 | | 4th | 50m Breast | 52.19 | ☉ | SILVER |
| 100m Breast | 1.29.53 | | GOLD | | | | |
| 50m Fly | 36.03 | | 6th | MAGGIE | (E) | | |
| 50m Free | 31.47 | | | 50m Back | 46.74 | | GOLD |
| DANNY | (D) | | | 100m Free | 1.48.48 | ☉ | 4th |
| 100m Free | 1.16.65 | ☉ | | 50m Breast | 51.87 | ☉ | BRONZE |
| 50m Free | 34.20 | | | JASON | (A) | | |
| DERYK | (E) | | | 50m Breast | 41.76 | ☉ | |
| 50m Fly | 31.92 | | GOLD | 50m Free | 32.61 | ☉ | |
| 50m Free | 28.78 | | GOLD | SIMON | (C) | | |
| | | | | 50m Free | 36.20 | ☉ | |

BRACKNELL 4 x 25m

| | | | | | |
|---------------------------------|--------------------|--------------------|--------------------|-------------------|---------------------|
| <u>120 yrs Medley</u> LADIES | Christine 17.35 | Karen 18.63 | Lesley C 14.50 | Lesley B 14.97 | 1.05.62 GOLD |
| <u>120 yrs Free</u> LADIES | Karen 13.28 | Christine 14.72 | Liz 14.71 | Lesley C 13.76 | 57.46 GOLD |
| <u>120 yrs Medley</u> MEN | Andrew 15.62 | Roger 16.37 | Ian 12.63 | Deryk 12.88 | 57.53 GOLD ☉ |
| <u>120 yrs Free</u> MEN | Ian 11.93 | Roger 12.54 | Tony F. 12.53 | Andrew 12.39 | 49.83 GOLD ☉ |
| <u>160 yrs Medley</u> LADIES | Christine 17.08 | Liz 19.10 | Lesley C. 15.11 | Enid 21.13 | 1.12.73 SILVER ☉ |
| <u>160 yrs Free</u> LADIES | Lesley B. 15.54 | Enid 20.85 | Maggie 20.73 | Liz 15.15 | |
| <u>160 yrs Medley</u> MEN | Tony F. 17.31 | Keith 18.81 | Deryk 13.86 | Danny 15.57 | 1.05.80 |

| | | | | | |
|---------------------------------------|---------------------------------|--------------------------------|------------------------------------|--|---------------------|
| <u>160 yrs Free</u> <u>MEN</u> | Deryk 13.28 | Keith 14.44 | Danny 14.74 | Tony F. 12.63 | 55.34 BRONZE ☺ |
| <u>200 yrs Free</u> <u>LADIES</u> | Karen 13.96 | Marlen 21.63 | Enid 21.63 | Maggie 20.82 | 1.20.39 BRONZE ☺ |
| <u>200 yrs Medley</u> <u>MEN</u> | Tony F. 17.31 | Bob 24.44 | Joe 19.04 | Simon 15.71 | |
| <u>200 yrs Free</u> <u>MEN</u> | Mike 18.55 | Jason 14.79 | Bob 19.20 | Joe 16.67 | 1.09.40 |
| <u>240 yrs Mixed</u> <u>CANNON</u> | Ian 12.08 Andrew 12.87 | Karen 14.04 Liz 14.88 | Roger 12.78 Tony F. 12.77 | Christine 14.63 Lesley C. 13.52 | 1.47.64 GOLD ☺ |

| ☺ Smiley Face Table 1997 ☺ | |
|----------------------------|---------------------|
| Tony F. | ☺☺☺ |
| Mike G. | ☺☺☺ |
| Joe | ☺☺☺☺ |
| Danny | ☺☺☺☺☺☺ |
| Lesley C | ☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺ |
| Alistair | ☺☺ |
| Julia | ☺ |
| Liz | ☺☺☺ |
| Roger | ☺☺☺☺☺☺☺☺☺☺☺☺ |
| Ray | ☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺ |
| Jennifer | ☺☺☺☺ |
| Bob | ☺☺☺ |
| Sarah | ☺☺☺☺☺☺☺☺☺ |
| David | ☺ |
| Karen | ☺☺ |
| Enid | ☺☺ |
| Jason | ☺☺☺☺☺ |
| Lesley B. | ☺☺☺ |
| Ian | ☺ |
| Maggie | ☺☺ |
| Christine | ☺ |
| Simon | ☺ |

| ☺ Smiley Face Relay Table 1997 ☺ | |
|----------------------------------|------|
| Christine | ☺☺☺ |
| Danny | ☺☺ |
| Julia | ☺ |
| Liz | ☺☺☺ |
| Sandra | ☺ |
| Geoff | ☺ |
| Jason | ☺ |
| Tony F | ☺☺☺☺ |
| Andrew | ☺☺☺ |
| Roger | ☺☺☺ |
| Ian | ☺☺☺ |
| Deryk | ☺☺ |
| Lesley C. | ☺☺ |
| Enid | ☺☺ |
| Keith | ☺ |
| Karen | ☺ |
| Marlen | ☺ |
| Maggie | ☺ |



Ski '98



Yes, at last we have done it. Or rather Danny and Lesley have. There will be a Masters ski week in Switzerland starting 17th January 1998.

Fancy a week's skiing?

Danny has secured us a very good deal with Snowline Chalet Holidays - they will throw in lift passes absolutely FREE!! Anyone who has skied before knows that this can be worth about £130 per person!

The 2 chalets - which can sleep up to 23 people between them - are in the resort of CHAMPOUSSIN on the edge of the PORTES DU SOLEIL region.

More information and prices will be available in 2-3 weeks time, but in the meantime there are a few brochures floating about. Have a browse and prepare to book your annual leave!

Here are just a few quotes from those brochures to whet your appetite:-



"The day begins with breakfast of fruit juice, cereals, yogurts, eggs, sometimes croissants or pain au chocolat, bread and jams, tea and fresh coffee. While you are out skiing, the staff will have cleaned the chalet and made tidy your beds. They will also have laid out fresh homemade cake, bread with jams, tea and coffee for your return from skiing. First one home puts the kettle on! Make sure that you do not forget to leave room for one of the highlights of the day later in the evening, a three course meal with unlimited wine until fresh coffee....."



"THE PORTES DU SOLEIL is the largest linked ski area in the world. Many ski areas make claim to this title but which of them can boast 700 km of picturesque tree-clad piste and 15 ski resorts in two countries, to say nothing of an exhaustive uplift system with 230 lifts."



"CHAMPOUSSIN is a purpost built collection of traditional Swiss chalets in the shadow of the spectacular Dents du Midi mountain range. The serene village sits at 1650m in a sunny south facing bowl with the most spectacular views. Champoussin is an intimate resort to relax, where you ski to your back door and are only a short walk to all amenities....."



Some families and young'uns are already booked, so 'come on down' and join us. Haven't skied before? Can't ski? Well who can?

We will have all ages and abilities, from those who have never seen real snow (let alone a pair of skies) to those have many stories and broken bones!

