

RUISLIP & NORTHWOOD S. C.

MASTERS

NEWSLETTER 11

(AUGUST 1995)

Editor: Liz Smart

A WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

Summer holidays are with us again and I hope all of you have a great time. Once again to allow "time off" to our coaches and to allow all of us to enjoy long weekends of fun, Friday, Saturday and Sunday training sessions have been suspended for the month of August only.

Some of you may have noticed a "new swimmer" attending Wednesday and Saturday sessions - yes, it is Ron, our Sunday, Tuesday and Thursday coach. Ron has now retired from his daytime job and I hope you will all join me in wishing him a long, active and happy retirement.

Lastly, I would like to welcome all new members and look forward to seeing you at as many sessions as possible.

FUN RELAYS

ANOTHER WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

On June 24th our second Club Fun Gala was held, with a slight difference from our annual Gala. Firstly it was all relays and secondly there was a Bar-B-Que afterwards.

After much secret planning the format of the Gala and evening afterwards was decided upon, teams picked and Bar-B-Q cooks press-ganged to attend and cook - many thanks to them all. The time of the Gala was fast approaching, swimmers' names ticked off and teams published. Several swimmers arrived in the "nick of time" which did not allow time for team tactics to be planned. I would like to thank Michael, Jamie and Kerry for joining in and helping to make the Gala most enjoyable for all those who took part.

N.B. If you forgot to hand in the £3.00 for the Bar-B-Que could you please give it to Lyn when you next see her. Thanks.

TEAM ONE REPORT

by Deryk Allsopp

On paper the teams looked fairly even, but as soon as I saw the members of teams line up, I realised that several teams were more powerful than others and particularly mine (!). My team members decided that we should try in the skill events and not the power ones. We did fairly well in the TYRE race, BREASTSTROKE CHAIN, HOOPS & BATON races and decided to rest in the more conventional FREESTYLE, BREASTSTROKE and MEDLEY relays.

Although we did not win, the whole team enjoyed themselves and I would like to thank all my team members (Jill, Enid, Kerry, Jennifer & Joe) for putting in 100% effort, despite half-drowning in the HOOP race and nearly strangling themselves during the critical change-overs in the WET T. SHIRT race!!

We look forward to the next one!!?

TEAM TWO REPORT

by Liz Smart

Teresa's team. After a quick correction on the wipe board (Teresa's name does not have an H) it was a quick discussion on tactics. Hmm! Well, why don't you, you and you go up that end and we'll stay this end?! So with Teresa, Geoff and Ray setting up camp at the north end of the pool, Liz, Julia and Young Jamie set their gaze at the order of the relays.

Fortunately it started with FREESTYLE. Close right through to the finish with Teresa's Team just pipped at the post by Bernie's Team. Glory was to yet to come. HOOPS next. Ours kept turning sideways but it must have been the same for the rest. It was all good practice for our 'piece de resistance' - the BREASTSTROKE race. Don't ever let it be said by Julia and Geoff that they can't do breaststroke! When the chips were down they hit the water with a gush and got those legs moving in all sorts of directions. Our secret weapons - Jamie Dines and Ray gave us the lead we needed and the victory was ours!!

We gave the other teams a chance with the BATON race. Not even the sharp wrench of the baton from my clasp by Teresa at three metres out could make up those precious metres. No, we would have to wait to rise again to dizzy heights with the BACKSTROKE - a mere prelude to the WET T. SHIRT relay race. Our T. Shirt was much wetter and therefore heavier than all the others. It ballooned out and nearly suffocated us, our poor tired bodies shattered from the Herculean labour. Yes, we had to let our rivals beat us - to allow them into a false sense of security - while we planned our counter attack.

SPLASH! Julia hit the tyre and momentarily disappeared under the surface. What was the best tactic? On top of the tyre? Through the tyre? Underneath the tyre? Julia's hand slipped onto the lane rope for support At this stage we needed all the help we could get!! Then came the final onslaught. A BREASTSTROKE TRAIN. Now, who could have come up with an idea like that?? A round of applause to all first leg swimmers - Deryk, Teresa, Simon and Bernie - who pulled their teams along for five or so lengths. Not even a final spurt of front crawl could get Simon's team in front and the glory went to Bernie's consortium, with us a 'creditable second'.

Fun. Hilarious at times. Tough at others. But definitely to be repeated at a later date.

The food and conviviality afterwards was good fun too!!

TEAM THREE REPORT

by Graham Smart

Well there has to be one team - yes it was team 3, and I was in it. What am I talking about? We were the only team without the aid of an under aged pocket rocket. Yes there we were, all regular members of the Ron and Reg survival club, looking at the three other teams with their 'foreign' imports.

No matter, what we lacked in age we made up with style, grace, humility, charm and good looks - and that was only our team captain Simon!

All teams are only as good as their backbone, and we were fortunate enough to have Joanne and Jerry. Months of grooming doing Reg's 100m reps has brought Jerry on to become an accomplished four stroke swimmer. Months of talking to Christine has certainly taught Joanne about 'baby stuff'.

Sandra, who couldn't wait for the wet T-shirt race (and they won, ed.), revealed to Simon before the start that she would not be up to her usual standard as she was "peaking her training for the Middlesex".

Without question the highlight of our performance, was Dave Still's effort in the Tyre Race. Entering the water a third of a length down on Liz in the next lane, Dave simply exploded down that 25m leaving Simon with a comfortable lead to claim first place. To pick up that ground on a lane 2 swimmer has shown the potential of Mr Still. Another man for your relays Ron - but what about the tyre?

POINTS OF NOTE FOR THE ORGANISERS NEXT SUMMER

1. Don't invite Deryk, Teresa, Bernie, Jill, Julia, little Mike, Enid, little Jamie, Tony, little Kerry, Liz, Christine, Jennifer, Ray, Lyn, Joe, Geoff and Roy.
2. No more breaststroke.
3. Make the T-shirts tighter.
4. Base some of the races on style, grace, humility, charm and good looks.
5. Get big Al along.

TEAM FOUR REPORT

by Tony Robjant

NOBBLED: def; a deliberate and successful attempt to ruin the chances of more able opposition, (usually referred to as Team 4)

Bernie was there! Tony was there! Roy was there! Chris was there! Young Mike Smart was there!. Then he wasn't. Then he was again! Lyn was there! Then she wasn't. Then she was again! Tony, Mike and Chris were always there at one end but when they were there Bernie was always there at the other end with anybody else who happened to be there. Vicky wasn't there. Then she was there. Then Colin was there and Vicky wasn't there. Neither was Lyn, but when Lyn was there Vicky wasn't there and Colin wasn't there either.

Then we came second and we all had tea.

POINTS OF NOTE FOR THE ORGANISERS NEXT SUMMER

1. No more breaststroke.
2. Please sharpen all tyre valves before the event as I found it difficult to get my appendix fully cut through with the blunt one you gave me!
3. No more breaststroke.
4. We (Team 4 only) regard it as grossly prejudicial to our chances to give us a T. Shirt with only one arm-hole!
5. No more breaststroke
6. It was insulting to all members of our magnificent breaststroke train to suggest that Colin's arms and Bernie's legs were all that was working and that everyone else was asleep. Anyway, it was Bernie's arms and Colin's legs!
7. No more breaststroke.
8. It must always be understood that Team 4 members NEVER cheat and will ALWAYS, ALWAYS win unless all of the other teams cheat, i.e. Teams 1,2 and 3!

GB NATIONAL LONG COURSE CHAMPIONSHIPS

by Lesley Cordial

The Date : **Early June Nineteen Hundred and Ninety Five**
The Venue : **Somewhere in South London**
The Occasion : **The GB National Long Course Championships**

The chilling wind whistles down through the empty corridors. Overhead, the sky darkens and the first drops of rain can be heard as they rattle down onto the metal roof. The top of the cold, foreboding water ripples quietly as in small groups the few brave souls huddle together for warmth in preparation for the long wait

...Yep! We're back at Crystal Palace yet again!

This venue, at the beginning of yet another 'scorching' (!) June, is the setting for the Great Britain National Long Course Championships. This year the only 2 R & N souls brave enough (or stupid enough) to venture into this swimming 'paradise' are Teresa and my good self. Liz has let the side down (very convenient back injury if you ask me!), Karen is far away on much sunnier shores and just where are those men (wimps!) yet again!?

The day started well (I don't think) - a nice gentle 200m freestyle for both of us. Unfortunately, I think we both thought we should still be sound asleep (it was very early in the morning) as the times showed. Never mind - use it as a warm up - 200m isn't really my event - I'm saving it for later - get the picture?

The afternoon panned out pretty much to plan - eat huge hamburger with onions - fall asleep (managed to find somewhere out of the wind tunnel) - wake up just in time for my race - oooh! those nerves - splash! splash! splash! - Phew! thank **** that's over - oooh! look I've won and a PB too! - I knew I could do it (lie! lie!) - collapse in huge soggy heap to recover.

I have to admit to chickening out at this point and heading home to dry off/warm up - after the half mile swim back to the car (it rained a lot) leaving Teresa to do a rather splendid 800m in the evening to get silver.

Day 2

Day 2 dawned bright and clear (at least I won't have to do that half mile swim from car to pool this time).

For the first time, this competition decided to operate the new administration system which we are now starting to see more and more i.e. not having to post cards before the session starts. This really does work well as not only does this mean I get a longer kip between sessions but also I don't have to get there for the full warm-up - an absolute essential for those of us who are not "morning people" - Liz will vouch for this on my behalf!!

So, by the time I arrive to do a crafty couple of lengths in the diving pool, Teresa has already completed a rather nifty 400m.

The remainder of the day passes pretty much without incident (oh! apart from a couple of races every now and then of course). By the time Teresa and I reach the last race - the 50m free - we're pretty fed up. It's cold, we're tired and all we want to do is go home and curl up in front of the TV with a pizza! But like the true professionals that we are (ha! ha!) we put in that last little effort (very little) to achieve that last sprint. As far as I'm concerned it's OK. I've got 2nd, the time's bearable but the shoulders are starting to feel the strain - this is the start - they're complaining and as you may well know, by the following Thursday they've given up on me altogether!

Now, I'm not trying to put anybody off here but as anybody who has ever had the misfortune to swim with me here know, Crystal Palace is not exactly my favourite venue. However, prejudice aside, it is a

great opportunity to practice long course swimming and this is a very prestigious venue with a long swimming pedigree.

So, if you're feeling fit next year why not come along? You know the saying - the more the merrier - just don't forget your thermals!!

JENNY'S TRIP

On 26th July Jennifer is off on her hols. Where to, you may ask? Well, here is the itinerary.....

July 26 Depart for DENMARK

 Approx. a week each in DENMARK
 NORWAY
 SWEDEN
 FINLAND

Aug 24 HELSINKI to ST. PETERSBURG

Aug 26 ST. PETERSBURG to MOSCOW

Aug 28 Leave MOSCOW for BEIJING on the TRANS MONGOLIAN train
 stopping off at LAKE BAILIAL (2 nights) & ULAN BATAR (capital of
 Mongolia) (2 nights)

 BEIJING to CANTON

Sept 13 HONG KONG

Sept 18 Fly to INDONESIA

 approx. 17 days in SUMATRA
 10 days in JAVA
 14 days in BALI

Nov 1 BALI to DARWIN

 6 weeks in AUSTRALIA (approx. route - DARWIN to PERTH to ADELAIDE
 to MELBOURNE to SYDNEY)

Dec 12 SYDNEY to FIJI

Dec 17 FIJI to HOUSTON (to visit relatives)

Dec 22 Fly HOME for XMAS

PHEW!! Here's wishing her a very happy trip. We shall follow her progress throughout and look forward to her return.

THE FLYING FLOAT

Was it one of those amazing moments only a few 'chosen ones' see once in their lifetime, or the devious result of months of rigorous training? The end result is not in dispute. One of our more esteemed members recently suffered the unpleasant experience of being attacked by a high speed yellow and red Speedo kicking float. Fortunately there is no lasting physical mark at the point of impact, suffice to say that the shock damage has yet to be assessed.

An anonymous but reliable witness, who saw the whole event from backward arm swing to the point of impact, can no longer kick with quite the same vigour (although he is still the fastest kicker!). A belated gesture, perhaps in the form of a small box of chocolates left on the bonnet of a Renault Clio, may save the guilty from being revealed in the next newsletter.

ENID'S WALDORF SALAD

Due to extreme demand from those Fun Gala Bar-B-Que revellers I managed to track down Enid to ask her for her recipe for the delicious dish she provided. Pinning her down to details was not as easy as I had hoped. It appears that she neither weighs nor measures, but follows a rule of "a handful here - a dash there". During the course of our conversation the words "to taste" and "gawd, I don't know" and "I can't remember" cropped up again and again. Painstakingly I attempted to extract the truth and am (fairly) happy that the following recipe is as good as we are going to get!!!

- 1 head of celery
- 1/2 red dessert apples (Raeburn are good, apparently)
- Small tin of mandarin oranges (in natural juice)
- Raisins/sultanas
- Walnuts - pecans - sunflower seeds

Chop celery, apple & mandarins. Mix in nuts & seeds to taste. Stir in dressing made from mayonnaise, natural yoghurt & Heildeberg low calorie yoghurt salad dressing. (although apparently simple mayonnaise will do)

Any queries, just speak to the lady herself!!

THE MIDDLESEX

by Tony Robjant

No,

No,

No, dear reader, we're talking re-instated galas here not rampant transvestism in deepest Ruislip!
Hard Luck!

We're talking lane three Megaman! We're talking Mr.Serious Capability, we're talking the 'G' king!, Mr. Medals, Mr (can't do interviews now I'm in the next heat), Mr a,e,i,u,Ohhhh---'dea!!!!

Yes folks he won more gold than it would take to fill Tony Curtis' teeth. Enough silver to Hi-Ho anywhere he would wish to go, and enough bronze to start another age!

HE'S YOUR HERO AND MINE ----- MISTER O,O,O,O,O'DEA!!!!!!!!!!

(Actually, rumour has it he was just showing off in front of Karen !)

Another star performer (though admirably modest every time her name was mentioned) was our Sandra. PB'ing and medalling her way through four sessions of a tense, exciting and electric atmosphere at poolside. Yes!, Yes!!, Yes!!!, we're also talking atmosphere here folks. For those not fortunate to be present (that's you, Big A!!!!), the Middlesex atmosphere falls somewhere between that on the Moon, and the second house of the Eurovision Song Contest "Winning Songs from 1975 to 1985" show, staged on the beach at Bournemouth last January.

BUT!, the RNSC performances continued to shine through!

Like the first rays of sunshine on Wordsworth's daffodils -- like when Romeo finally makes it up to the ruddy balcony! -- like when Lassie makes it home again! -- or like when Big Al turns up for a gala!

Like Teresa's and Simon's outrageous acceleration during the first 25m of their respective freestyle relay races. Eat your heart out Ferrari!!

Graham Smart's fine 100m freestyle time.

Enid's commitment to the cause which frightened us all and landed her in hospital, I'm pleased to say temporarily.

Geoff's commitment ending in disaster when not allowed to swim due to administrative cock-up. (I think it had more to do with the accent, and a certain recent rugby result myself!).

Yours truly, showing his commitment by turning up for the first session even though he wasn't in it!!!! What d'ya mean silly fool's own mistake???

Lyn, having to place her used and abused body into the hands of 'Mashem Grabbit!'. Yes,yes,yes, we all saw how he battered, pummelled, punched and assaulted your poor person on the bottom benches!! What's that? Qualified masseur? Surely you're not trying that one on again Bernie!!?

For those that weren't there some fairly rare sights also took place like, Deryk not getting his usual gold for his 100m fly, Geoff being in position early for his relay, our number two swimmer not starting in first place behind Deryk's first 50 in a freestyle relay. Oh well, in the words of the song "E's are good" -- eh Deryk!. And of course -- No Lesley--very strange feeling!!

Good to see Chris back though, turning on the power again (50 free). Karen as well, complete with Antipodean primary costume, and Jo, always smiling whenever I looked, must be the weather!.

A must for next year's swimmers though ----- bring your own atmosphere!!!

Medals were good though!, weren't they?

LESSONS FROM MY FIRST GALA

by Graham Smart

Having been trained by my lane three heroes - Taylor, O'Dea, Dusheiko, Killick (can't believe that's her name) and Giddings I entered my first gala, the Middlesex Champs!

I saw, I studied, I noted and I admired. But I did learn a golden lesson that will knock off at least ten (yes at least ten) seconds next year that must be passed on.

It's not the taking part, or Reg's simulators. Forget Lesley's gym workouts, Ron's medleys, Deryk's Country Cake (the one with moist sultanas and a light sugar topping) and even Alan's sit-ups.

No, the secret, my friends, that I must share, came from no-one other than our very own prolific medal winner Sandra. Even with the computing power of this Intel based 486 processor I cannot find superlatives in the Spell Checker worthy of Sandra's performances.

The secret to Sandra's medal haul is Fuller's London Pride. Yes dear reader, the results speak for themselves. I had the pleasure of some personal advice "Oh, I always have a drink before I get here". (I have been told that even 'lane three Megaman! We're talking 'Mr.Serious Capability' O'Dea is prone to a little tippel!).

So get training folks, don't tell Ron or Reg, and see you at the Middlesex next year.

WANTED

A COMPETITION SECRETARY

(for want of a better phrase!)

Someone who is willing to help Ron organise the distribution & collection of gala/competition entry forms. Good interpersonal skills would be an advantage although full training will be given. A desire to work with people, a thickish skin and undying loyalty to the RNSC Masters' Cause are required for this challenging job.

If you think this is the job for you, don't hesitate. Further details are available on request.
Your CLUB needs YOU!!

CONGRATULATIONS

She did it again! After her successful swim in the RUISLIP JIVERS' Swimathon team in March, Sandra managed to collect over £150 in sponsorship money, earning herself a very impressive Swimathon kit bag in the process.

GUERNSEY

The provisional dates for this meet are March 29th, 30th & 31st 1996. There are a few of us already who have intimated that they are "probables" or "possibles" for this fun weekend away! Hopefully there will be more of you who would like to join us. I still have the Guernsey Savings Account open for anyone who would also like to spread the costs! (Ms. Cordial is still happily saving away and will definitely feel the benefit when the deposit is required just before Christmas!) There is the same exhausting, yet fulfilling(!), list of events but I did notice that they have included a 160 years+ relay age group this time - just for us!!!??

DATES FOR YOUR DIARIES

Now, how many times have you heard the phrases - "Oh, I would have entered, only I didn't know when it was!" or "I didn't even know there was going to be a gala/Bar-B-Q!"? Sound familiar? Now, hands up all those who actually make a note in their diaries or on their calendars when they read this *regular* column! As I suspected. We may have to resort to test papers in the future. Until then, be warned. You may be asked to name a date at any time. And woe betide anyone who does not get their entry form in on time for the MAIDENHEAD gala!!

- SEPT 16** **BARNET COPTHALL OPEN 50M SPRINT MEET**
(Closing date for entries: 4 Sept)
- SEPT 30** **SOUTHERN COUNTIES SHORT COURSE MASTERS**
(Venue: Barnet Copthall)
- OCT 1** **AYLESBURY & DISTRICT SC 1ST OPEN MASTERS MEET**
(Venue: Guttman Sports Centre, Stoke Mandeville)
- OCT 27-29** **ASA NATIONAL MASTERS CHAMPS**
(Venue: Ponds Forge, Sheffield)
- NOV 4** **BERKS & STH. BUCKS OPEN MASTERS MEET**
(Venue: Maidenhead)
- NOV 26 &
DEC 3** **BARNET COPTHALL OPEN 1500m FREESTYLE MEET**

RON'S TELEPHONE NUMBER

0181 - 903 8904

**PLEASE MAKE A NOTE OF THIS NUMBER
SO THAT YOU CAN LET RON KNOW IF
YOU ARE UNABLE TO SWIM AT THE
LAST MINUTE!**

MASTER PROFILE

As promised we are starting a new series of articles featuring **YOU!** Just by answering a few simple questions it is hoped that we shall learn more about the background and interests of our fellow swimmers. A different name will be drawn out of the hat each time. My thanks go to **CHRISTINE ROWLEY** for starting the ball rolling. I am sure you will all enjoy reading her answers and agree that she *hasn't* written too much!

Can you remember how old you were when you learnt to swim? Who taught you?

I was taken to Watford pool at the age of 5 or 6 and taught by my parents. I was always very keen and used to tell everyone I wanted to be a Channel swimmer when I grew up! (It's quite hard to get me in the sea without a wet suit now!)

Did you swim competitively as a youngster?

Yes. Having joined RNSC at 7 years old, I think I hit my peak at 10 and have been trying to get back to those times since then. In those days costumes lasted years (no they didn't - I kept growing out of them!), eyes were permanently red and streaming (pre-goggles) and the sprint at the end of the session was from the changing rooms up to the cafe at Highgrove pool (about a hundred steps?) for the compulsory packet of crisps.

What was your greatest achievements?

Winning the Under 10 years Middlesex Gold (which was announced at school assembly!!)

How did you first hear about the RNSC Masters' Section?

I could perhaps be one of the original members? I've been a member of RNSC for 29 years! I "retired" from competitive swimming at the age of 15 or 16 and joined the Lifesaving section. Under the coaching of our Ron, I reached the dizzy heights of the Distinction award (and here I am 20 years later and Ron is still sending me ploughing up and down the pool!) From Life saving I joined the Snorkelling section, got a liking for all that equipment and rubber(!) and became a qualified diver. After 10 years of diving all around the British Isles I finally hung up my fins. Whilst diving I kept up my fitness swimming in the Family Bathing section and the newly formed Masters section on Saturday mornings under Reg. (In those days I could kick faster than Keith!)

Have you ever competed for the Masters section? If so, which was the most enjoyable competition/gala?

I probably have as much or even more enthusiasm for galas now. They are enjoyable despite feeling nervous and sometimes doing disappointing times (or turns!). It's good to cheer someone on (despite the fact they can't possibly hear you), feel part of a team, doing a PB and yes - even winning a medal - all good fun.

What is your greatest achievement in the swimming pool - the one you feel happiest about?!

There have been lots of memorable events and personal achievements over the years. The Distinction was very memorable as was my first dive in the pool with scuba equipment and the first time I plucked up courage to jump off the 5m board at Highgrove!

Has anything ever stopped you from swimming?

Two little Rowleys in '91 and '94. Odd injuries from other sports. Forgetting my costume (on more than one occasion!). Hangovers, sloth and the usual excuses that come to us all from time to time!

And your favourite stroke is?

.....Front crawl and backstroke

And your least favourite stroke is?

.....Breaststroke and pulling!!

Do any other members of your family enjoy swimming?

The little Rowleys seem to be coming through a hydrophobic stage and have become confident non-swimmers. Hubby seems to be allergic to chlorine, which is just as well - who else would babysit?

What are your other interests (presuming you have any free time!)?

Any other sports I can squeeze in and around the family

Any other comments?

I can't imagine wanting to stop swimming but I have to be realistic - I'm never, ever going to be able to swim the channel!!

COMING UP NEXT TIME

Unfortunately we have had to go to print before receiving Big Al's reply, which apparently has got lost in the post. It is looking hopeful for next time though (!). There is also one amongst us (Alison) who has had the good fortune to have spent a week at Club La Santa, Lanzarote and now we shall have the good fortune of hearing about the trip. In addition to the regular features the next issue of your favourite newsletter will include (by popular demand):

"What the Men Discuss in Their Shower" Featuring Colin, Keith, Joe, Tony, Alan, Geoff, Deyrk, Simon and Graham.

"More Useful Swimming Tips" All you've ever wanted to know to make those old swim suits, goggles, flippers etc. useful household items.

RESULTS

READING 6TH OPEN MASTERS MEET MAY 13TH 1995

SIMON

200m Free	2.25.52	Bronze	50m Breast	38.66	
50m Free	29.21				

BOB

200m Free	3.58.73	Bronze	50m Fly	1.08.98	Gold
50m Back	1.11.39	Bronze PB	50m Free	47.73	

LESLEY

50m Back	35.12	PB	50m Free	28.21	Gold
200m Free	2.16.99	Gold	50m Fly	31.21	Gold

JENNIFER

50m Back	40.94		50m Free	34.00	
200m Free	2.54.81		50m Fly	42.02	

JOANNE

50m Back	40.67		50m Breast	45.23	
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TERESA

50m Back	41.02		50m Free	31.22	
200m Free	2.25.99	Bronze	50m Fly	35.21	
50m Breast	40.99	Bronze			

RELAYS

100m Mixed Free (Teresa, Bob, Lesley, Simon)	2.13.60
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GB MASTERS CHAMPS (CRYSTAL PALACE) 2-4 JUNE 1995

TERESA

50m Fly	35.53	PB *	50m Free	32.04	PB *
100m Free	1.09.20	PB *	200m Free	2.29.54	PB *
400m Free	5.12.37	PB *	800m Free	10.42.19	PB *

LESLEY

200m Free	2.23.4	Silver	100m Free	63.2	Gold PB *
100m Fly	70.3	Silver	50m Fly	31.2	Silver
50m Free	29.1	Silver			

(* Long course)

BARNET COPTHALL DISTANCE MEET 7&8 JULY**TERESA**

800m Free	10.32.47	Gold	400m Free	5.10.17	Silver
200m IM	2.51.68	Silver PB	200m Free	2.27.30	
100m Free	1.08.39				

MIDDLESEX CHAMPS 2&9 JULY**TERESA**

50m Free	31.66	Bronze	200m Free	2.26.42	Silver
100m IM	1.19.93	Silver	100m Fly	1.19.26	Silver

CHRIS

50m Free	32.07		100m Back	1.26.90	Bronze PB
100 IM	1.26.58	Bronze	50m Back	38.06	Gold
100m Free	1.13.65	Bronze PB			

SANDRA

50m Free	41.92		100m Brst	1.54.15	Gold
200m Free	3.32.82	Bronze PB	50m Fly	52.	Silver
50m Breast	52.98	Silver	100m IM	1.51.	Bronze
100m Free	1.37.64	Bronze			

DERYK

50m Free	28.09	Gold	100m IM	1.12.69	Gold
100m Free	1.04.09	Gold	100m Fly	1.11.78	Silver

JOE

50m Free	38.94	Silver	100m Brst	1.38.58	Gold PB
200m Free	3.25.43	Gold	200m Brst	3.47.39	Gold
50m Breast	42.90	Gold	100 IM	1.38.94	Gold
50m Back	50.	Silver	100 Free	1.32.60	Silver

RAY

50m Free	41.94		100 Brst	3.36.07	
200m Brst	4.07.14	Bronze	50m Breast	46.13	Bronze
100m IM	2.00.92	Silver	50m Back	53.65	Bronze
100m Free	1.40.08	Bronze			

BERNIE

100m IM	1.12.54	Bronze			
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SIMON

50m Free	29.5		200m Free	2.29.47	Gold
200m Brst	3.05.58	Gold	50m Breast	37.92	Bronze
100 Free	1.05.13				

GRAHAM

100m Free 1.18.59 PB

MIKE

50m Free 40.17 PB

RELAYS

200 yrs MEN'S Medley (Geoff, Joe, Tony & Ray)	2.38.96	BRONZE PB
200 yrs MEN'S Free (Ron H., Joe, Geoff & Deryk)	2.12.13	SILVER PB
160 yrs MEN'S Medley (Geoff, Joe, Bernie & Tony)	2.21.65	BRONZE PB
200 yrs MIXED Free (Sandra, Lyn, Ray & Joe)	2.48.89	SILVER
160 yrs MEN'S Free (Deryk, Graham, Tony & Geoff)	2.06.60	PB



Here it is - the long awaited, updated SMILEYS. This year we are recording long course PBs as well.
 Hint: If you have never competed in a 50m pool, get yourself entered in at least 10 events at next years Southern Counties Champs at Crystal Palace and you could walk away with the Smiley Face award!! (Just an idea!)

☺ Smiley Face Table ☺	
Lesley	☺☺☺
Julia	☺☺☺
Liz	☺☺☺
Enid	☺
Sandra	☺☺☺☺☺
Teresa	☺☺☺☺☺☺☺☺
Joe	☺☺☺☺☺
Ray	☺☺☺☺
Simon	☺
Roy	☺☺☺☺

An updated SMILEY FACE-RELAY-TABLE will appear in the next newsletter.