

MASTER NEWS

ISSUE 28

DECEMBER 1997

A WORD FROM YOUR CHAIRMAN

The end of another successful year is here. A year in which the club retained the S. Bucks & Berke Cup, won at Amersham and Pracknell and only narrowly failed to retain the trophy at Reading. The club came second overall in the Middlesex Championships and did well at Guernsey.

On behalf of all members I would like to thank our coaches, Ron, Reg and Tony for giving up their time. We, as swimmers, have the luxury of choosing which sessions to attend; our coaches are always there waiting for us.

Since the last newsletter we had an enjoyable AGM and Gains evening. See Page 4 for information on new committee members.

While on the subject of social matters I would like to thank Liz and Graham for compiling the newsletter and also to Karen for suggesting Bushey Golf Club as the venue for this year's most enjoyable Xmas dinner and dance, and to Christine, Liz and Graham for organising it.

Finally, Happy Christmas and have Great New Year. Deryk

Champions for the fifth time!

Take 25 relatively keen swimmers of various ages, shake about a bit and dip into water two or three times a week. Send them off down the M4 on a Saturday afternoon and what do you get? CHAMPIONS!

Ruislip's reputation had obviously gone before them and swimmers had come from miles around

For the fifth year running Ruislip and Northwood Masters came away with the Berks and S. Bucks ASA Masters Championship's trophy. So impressed (fed-up?) were the organisers with Ruislip's performance that they actually gave them a trophy they could keep forever. Aahhh!

Yet it was not without blood, sweat and tears that our intrepid band pulled off yet another victory. Just days before the meet they lost two of their swimmers when Tony Fidler was called overseas to rewire an airport and Enid Freshwater was laid low by a NASTY cold. What luck that Graeme's leave had been extended, enabling

him to help out with the relays. Finding someone to fit into Enid's swim cap was an impossible task however.

Ruislip's reputation had obviously gone before them and swimmers had come from miles around to hamper their quest for a fifth victory. Rivals, and lots of them, were spied all over in the bulging programme. Joe, Tony R. and Keith studied the form with a sinking feeling and Bob's expectations plummeted when he caught the arrival of Mr. Sopher from Acton.

Further concerns were raised when Ian, having flown home from Germany the night before, mentioned that he wasn't sure whether he had entered under Ruislip or Amersham. Yes, very amusing Ian!

So, there they were, five minutes before the off and a club record had already been broken. Everyone who was due to arrive was present and correct,



CAN WE GO FOR A PIZZA NOW?

decked out in appropriate attire and looking keen. Yes, even Bernie! And Alistair! Even Tony R. who had been at work at 6 o'clock that morning just so he could get to Maidenhead on time.

A few thank yous are always appropriate after galas and the first goes to Lesley C. who dragged herself onto the blocks for the 200m Freestyle when it was the last thing she felt like doing. For the points, you see. Likewise to Jason, who looked on death's door but who stayed all day to take part in the relays.

(Continued on page 2)

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The Freshwater Farewell

by Liz Smart

It was always going to be difficult, but when RNSC Masters heard of Enid's leaving date they thought they had got the ideal opportunity for a surprise Farewell Do. The club's AGM on November 8th would be just the right place to say their goodbyes, toast her good health etc. etc.

Problem no. 1. Enid couldn't make it on the 8th.

Never mind, they thought, let's make it the following week, on the 15th. Lyn suggested the club invite her to a (pretend) committee meeting at their house and then all jump out from behind the curtains! Liz was handed the task of letting everyone know the new plans whilst Lyn and Derek set off to Menorca to hunt down a nice piece of Lladro for the Freshwater dining room cabinet.

Problem no 2. How to publicise the event with Enid around and when nobody reads any notices anyway!?

Fortunately, Enid was also unable to attend many training

sessions that week. Liz printed off a small memo on fluorescent paper and cut it out with pinking shears. Hopefully the colour would grab their attention and the serrated edges nip their fingers so that they remembered to read it!

All seemed to be going well. When questioned people seemed to know when it was, what it was and where it was. Deryk and Lyn arrived home from their holidays with a lovely figurine and were able to display it at the AGM.

Problem no 3. Enid couldn't make the 15th either!!!!

Panic! A new date was set. More serrated edges, a different coloured paper and a few secret nods and winks.

Problem no 4. Would she turn up?

As the Ruislip and Northwood masters gathered in Lyn and Deryk's living room on Friday 14th, having care-

fully parked their cars three miles away, they all wondered whether she would call off at the last moment. Each time the doorbell rang, everyone fell silent. Each time it was yet another well-wisher and the conversation burst into life again.

Fifteen minutes after ETA, twenty five minutes after ETA. Where was she? Then, forty minutes past the hour of 8 o'clock Enid arrived. "Sorry I'm late". "That's OK, Gill isn't even here yet BUT everyone else is!!!"

A very pleasant evening was spent chatting and laughing. Enid was delighted with her gifts and good wishes from everyone. Many thanks to Deryk and Lyn for giving over their house for the festivities and to Ron's daughter, Susan, who made an excellent cake with rubber ring-clad swimmer complete with Middlesex swim cap!!

Farewell Enid. Don't forget us!!

MAIDENHEAD SWIMMING SHORTS

Deryk and Lyn had the most impressive sun tans!

Danny won a bronze and clocked two PBs

Janice swam in everything BUT the 50m Freestyle, but says she will do it next time!

This was Karen's last competition for a while.

Lesley B. seems to get fitter the less training she does!

Roy should bottle his calming influence.

Marlen gets the prize for the most patient spectator but is needed back in the water now!!

Joanne managed to finish her novel.

Liz collected all bar 75p of the relay money and made a complete nuisance of herself. As usual!

Thirteen met for pizza at the PIZZA EXPRESS in Ruislip at the end of the day. It really was worth it, just for that!



Champions for the fifth time!

(Continued from page 1)

Thanks also to Roger for getting back in the water to swim the 50m backstroke. A few frantic moments when they thought he might pass out or was it because he couldn't get any water out of Liz's drinking bottle?

The Rowley boys accompanied Mum and behaved so well throughout the day that even Julia would have

been impressed! Although planning to leave after the first session, Christine hung on for the IM and so that she could take the boys for a dip in the leisure pool. Other Ruislip swimmers used it as a warm down facility - such was the welcoming temperature!

A baptism of fire for Ruislip's debut makers - Gilly and Jane - was rewarded with PBs and medals gal-

lore. Jane managed a full set with one each of gold, silver and bronze whilst Gilly was just out of the medals in her 50m backstroke.

The next day Coach Ron extended his thanks to everyone who went to Maidenhead and enabled Ruislip to hold onto the trophy for yet another year.

(Results: Pages 8 & 10)

LOOKING BACK OVER 1997

Competition-wise, this year has been the most successful year in our really short time as a competitive masters club.

We entered six meets this year, three less than last year, and gained three firsts, two seconds and one third.

This speaks very highly of the commitment and spirit of everyone. We may not all be medal winners but everybody who takes part is part of the team and helps to win these trophies. To take part in these meets does take up a good part of the day. I would like to thank those who do commit themselves and even encourage a few more to have a go.

A word of thanks to Reg (who is progressing well) and Tony for their time on poolside. The training they provide is invaluable. Also to Karen, and now Liz, as without their help at meets I would be pulling the rest of my hair out!

Here's wishing you all a Happy Christmas and Healthy New Year.

Ron

RESULTS ROUND-UP ON PAGE 4

Five of Ruislip's finest get the call

by Chris Rowley

Early November, fresh from victory at Maidenhead, five of us had 'the calling' to swim for Middlesex in the Southern Inter Counties competition at Barnet.

I travelled there with Karen and together we managed to keep Enid's mind offswimming. We did have lots to chat about, her move, Karen's travels etc. In fact we were only just in time and I talked myself out of a warm up.

We arrived to find Lesley C. warming up and mingling with our team – not hard to miss as they were all sporting newly designed T shirts (very tasteful, if rather large!). Tony F. strolled in looking even more relaxed than usual due to a 5 am party. I expect it's all part of another experiment – you know, training/sleep/alcohol?

Middlesex had a large team with many familiar faces from Hillingdon, Swiss Cottage, Acton etc. We were up against seven counties: Sussex, Herts., Essex, Berks & S. Bucks, Kent, Surrey and Hants. We were drawn in Lane 3 and although we might not have known everyone in our team, we always knew that the swimmer in Lane 3 was ours, whatever the event, and this made for good team spirit.

Results were good from the RNSC contingent. Lesley swam a good time in the 50m fly, a sub 40 for Karen in the 50m Breast, almost a PB for me in the Back and Enid gained valuable points for her 3rd place in the 50m Breast.

Team events were of a high standard – again all RNSC swam good splits which all added to

the grand tally of points. At the end of the day we came 2nd behind Sussex by 15 points, which is nothing as you get a 9 point penalty for a disqualification and we had five!! (None of RNSC!). So hopes are high for next year – whoever swims!

The whole gala lasted only a couple of hours. I was physically, if not mentally, exhausted. Lesley was off training, Enid was making sounds about stopping for chips on the way home, but Karen and I didn't! Tony must have gone home for some sleep! We can all relax again – until the next time.....

50m Fly Les C 32.42 4th

50m Br Karen 39.44 4th

50m Bk Chris 35.87 2nd

50m Br Enid 57.96 4th

EXTRACT FROM 'TALES OF A FRIDAY NIGHT'

by W.E.T. Throo

When Liz comes poolside she is surprised to see Tony there. Only a few days ago he mentioned that he would be held up at work and that they were to get on with a few 25s and accelerations, if necessary. Deryk and Lyn are also there. Deryk is at the deep end, helping Tony with the ropes.

Liz nods to Lyn. "How are you?" she says. "Yea, fine," comes the reply.

"I didn't expect to see Tony here tonight. He said he was going to be late," Liz continues.

Meanwhile Deryk is making his way down the side of the pool. Out of the corner of her eye, Liz notices Tony pulling on the lane rope. Pulling, stretching, tugging. The rope is too short to clip into the ring. Liz and Lyn exchange more pleasantries as Tony hauls on the line. Then, suddenly, a shout is heard, followed by loud

splash and the three all turn around. Tony, still fully clothed, is up to his waist in water.

Minutes later Liz tries desperately to compose herself. Gasping laughter is heard coming from her lips.

"Do you have any spare clothes?" a sympathetic bystander asks Tony. More laughter from Liz as Tony shakes his head.

Masters enjoy fun night at AGM by Liz Smarty-Pants

An AGM with a difference! As promised RNSC's 1997 Annual General Meeting was an enjoyable, social event with good company, good ideas, good food and a few laughs!

Whipping through the agenda, those present were treated to reports from the Chairman Deryk, Club Coaches Ron and Tony and outgoing Comp Sec Karen.

Reports from absent friends, i.e. Treasurer Keith and Membership Sec Enid, were read out by Secretary Lyn, informing the club that we had enough money (but could always do with a bit more!) and that we had a few members (but could always do with a few more!).

Elections were also carried out. New Membership Sec Jill was voted in, as was Caretaker Comp Sec Liz, and a new Social Committee was created. The six-strong band of Danny & Lesley B, Christine, Liz & Graham and Tony R. will hopefully provide the club with an organised social calendar throughout the year.

With the official bits over,

Christine was despatched to pick up the fish and chips whilst the rest of the congregation turned their minds to solving the Baby Photo Competition which had been beautifully set out by Lesley B.

Great confusion reigned. Unfortunately the darling cherubs, so sweet and love-

Tony Robjant had others bending down and up with their heads against the wall!

able in their early years, were virtually impossible to recognise from their photos. Most people recognised themselves (!), Ron and Sheila recognised their own son but everyone was amazed at winner Tony's outstanding score of 11 out of 23!! Picks from teenage years were agreed for the next time!

After tea various unusual activities were started up in different parts of the room. Danny tried to get people to stretch out with a bottle to see how far they could get

before they collapsed (!) and Tony R had others bending down and up (or not as the case was!) with their heads against the wall. And then Lesley C., aided by three ladies, showed everyone how they could pick up a gentleman using only their forefingers. Really weird.

'Graham's Drawing Game' came next. Rather like Pictionary, but worse, they call it that because nobody else would come up with such obscure and frustrating things to draw. "Movement" was one (!), "Virus" another and how about "Processor"? United in their frustration the three teams still managed to draw their way through 20 words each and at the end spent ten minutes studying the weird scribbles on each team's scraps of paper!

The evening was rounded off with a grand game of Taboo with two teams of fourteen facing each other, taking it in turns to 'do the squeaker' and 'work the timer'.

Compulsory attendance required next year!

1997/8 COMMITTEE

| | |
|----------------|---------------|
| Chairman | Deryk Allsopp |
| Secretary | Lyn Allsopp |
| Membership Sec | Jill Kirner |
| Treasurer | Keith Gilder |
| Gala Secretary | Liz Smart |

SOCIAL COMMITTEE

(Liz & Graham, Tony R., Lesley B., Danny and Christine)

1997 RESULTS ROUND-UP

| | 1st | 2nd | 3rd | TOTAL |
|----------------|-----|-----|-----|-------|
| INDIVIDUAL | 96 | 75 | 61 | 232 |
| RELAYS | 15 | 10 | 13 | 38 |
| CLUB POSITIONS | 3 | 2 | 1 | 6 |

A guide to swimming in Greece

by Greg George

There are many stories from our adventures after 8 weeks of backpacking through France, Italy, Greece and Turkey, but to make this 'travel report' of general interest to swimmers, perhaps a comment or two on our experiences in Greece.

We island-hopped through the Cyclades – probably the more popular group of islands to the south-east of Athens. Our first stop was the island of Paros, not as touristed as Mykonos but certainly a popular and cheaper option. Early morning swims from near the port kicked off each day. We spent an afternoon at the well known Golden Beach – on the other side of the island – reputed for its wind-surfing and snorkelling with a wide stretch of shallow clear water.

Naousa, a small fishing village, is a 15 minute bus ride from the main port. Nearby are some excellent swimming spots. We even did a swim "island-hop" and returned to our spot on the beach to discover that Colin's daypack had been nicked!

The next island was Santorini. Although not the best for swimming, it had plenty to offer, with red volcanic ash beaches, hikes in the mountains nearby and sundowners* in picturesque cliff-side villages. On Naxos, the beaches at Agia Anna are excellent.

Our last two days in Greece were spent on Samos, which was very different to the previous islands we had visited, probably as a result of Turkish inhabitation/occupation in the past. This island is popular

amongst package holiday-makers, but we managed to find some less crowded beaches at Pythagorion and Kokari.

A few suggestions: to avoid the crowds, it may be advisable to island-hop in late August and September. We were there in early October when things really started to wind down. The fewer islands you visit, the more time you can spend on them. It all depends on the amount of time available. A visit just prior to a gala could afford you brilliant training opportunities. You can certainly "up" your mileage with a few long steady swims.

Finally, if you decide to go for a long swim, ensure someone is around to look after your belongings – even if the beach looks deserted!!

(*sundowners' - a South African term for 'evening drinks'. I like it - ed)

Lane Hopper

by Lyn Allsopp

*He is in Lane 6, spreading fear
Vicki cries, "Is he going to stay
here?"*

*I'm OK in Lane 5, all alone
I don't mind*

*warming up, I've done 200
turning at the wall, I do not tum-
ble,*

*just as well, I'm about to crumble.
He's out of Lane 6, he's in Lane 5
heading straight for me, I surface
dive*

avoid a head on crash.

*My stroke's gone to pot, splish,
splash*

*I gasp, I splutter, "did you see
that Ron?"*

*who turns to look, too late, he's
gone.*

*He's hurtling along Lane 4, to-
wards*

*an unsuspecting Mike, who now
has the look of a startled pike.*

*But not for long, he's soon gone,
he has made his way to Lane 3
"Just warming up," says he.*

*Who is this? Can you guess?
The clue is his initials: GS*

And now to the passing of wind

from Lyn's E Mail!

Everyone farts, admit it or not. Kings fart, queens fart. Edward Lear, the 19th Century English landscape painter, wrote affectionately of a favourite Duchess who gave enormous dinner parties attended by the cream of society.

One night she let out a ripper and quick as a flash she turned her gaze to her stoic butler, standing, as always, behind her.

"Hawkins!" she cried, "Stop that!"

"Certainly, your Grace", he replied with unhurried dignity, "Which way did it go?"

I first learnt to swim on holiday with my Mum and Dad when I was about 3. Every year on holiday I'd make a beeline for the deep end of the hotel swimming pool, only to find out that as I hadn't swum since last year's holiday I'd forgotten how to! Much to my parents' constant anguish I would proceed to spend the two weeks of the holiday sinking happily to the bottom of the pool and having to be "rescued" by my father.

For some strange reason the constant "drowning" never put me off. It's probably why my parents continue to come and support me at galas - they got so used to rescuing me they never got out of the habit and still feel the need to be "on hand" should I suddenly decide on the bottom of the pool rather than on the top of it.

I learnt to swim properly when I was about 8 through a proper instructor (took my time, didn't I?).

My second earliest memory is paddling around in my swan-shaped rubber ring!

My first earliest swimming memory is sinking, on holiday, but being totally relaxed about it. Strangely I have never felt the need to be on top of the water to enjoy swimming!

My second earliest memory is paddling around in my swan-shaped rubber ring!

I did swim competitively as a youngster from the age of 10 and for various clubs. The first club I joined was Northolt and then moved on to the Ealing Squad. At fourteen I joined Forward Hillingdon where I stayed until my retirement at the age of 20. Well, first retirement anyway!

My greatest achievement when I was young was breaking 70 for the first time on 100m Fly. It took 18 months of trying, but boy, oh boy was it worth it when I got there.

I have always loved sport and did the obligatory ballet, tap and gym lessons until I was ten. The Dance School I belonged to used to put on performances at old people's homes - particu-

MASTER PROFILE LESLEY CORDIAL

larly at Christmas - and I used to have a solo ballet performance. Our routine to 'Rudolf the Red Nosed Reindeer' was to die for!

I first heard about the RNSC Masters section through Alan

Taylor. I'd joined R&N Scuba Diving Club to fill the gap left by retiring from swimming. Alan, on seeing me swim, badgered, hounded and nagged me until, for sheer peace and quiet, I agreed to come along and suss out the joint. I did my first training session alongside Deryk and although exhausted at the end realised how much I missed swimming and, like they say, the rest is history!

I have been swimming with them for 7 years (but it feels like 70!). Friendship is the thing I enjoy most about the club. I like everyone's ability to enjoy the sport and for those who do attend galas, their ability to know when to be competitive and when to say "okay it went badly but it's only a race". As Liz knows only too well, it's taken me a while to learn this lesson.

What is my greatest achievement in the swimming pool - the one I feel happiest about? Completing anything over 100m? On a serious note, it would have to be making the National finals when I was a youngster and then, as a master, winning my first National event (50m Free at Crystal Palace, aged 25).

My favourite stroke is Butterfly. For some reason, (probably best not questioned!), I have always found this stroke easy. And I think everyone knows what my least favourite is - Sculling!

As for other members of my family, my Dad is a good swimmer and I'm pretty sure he's over 25. Given the number of galas he attends I keep trying to persuade him to bring his trunks along for a quick relay swim, but I'm not sure the club is ready for the spectacle yet!

If I ever do have any free time I enjoy sleeping and watching horror films!

XMAS FUN!

Great Xmas Do this year!! 49 of us. Food was really good, only mild complaint being the vegetables. Oh, and trying to break into the inner circle to serve yourself the starter! Mind you, when you got there, there was oodles of stuff!

Nice to see old faces again. Ann Smeed and Joe were there. Remember Ann? You know, she used to swim in Lane 3, aka 'Smiler.' Nice to see some new faces as well.

Jenny won £50 in the raffle. Very kindly bought us all some wine. Thanks Jennifer.

Venue was great. Plenty of room for people to do what they wanted - chat, dance, drink. Disco was good with music from the 60s, 70s, 80s and 90s. We all had a go at Saturday Night and danced to an extremely silly song where you had to pretend to be the Dambusters (amongst other things!)

Left at 1 o'clock. Graham tried to stop Jason and Roger driving away and I ended up with a large cone in my passenger seat!

I still wonder what time Joe O'Dea made it home. Or whether Toni decided not to come back for him after all!!

A Word from your TEMP Comp Sec

by Liz

AMERSHAM: By the time you read this you should have already received your Amersham form and passed it back to me. It may not be too late to do so if you haven't. The closing date for entries is 5th January 1998. Please, please enter - even if you aren't that keen. You will probably feel more like it nearer the time and the more people that come the more fun it can be. As mentioned in my little note - we won last year by one point. The year before we lost it by three! Pizza afterwards if you're lucky!!

RELAYS: As you already know, one of the things that caused Karen and Ron a lot of hassle was organising the relays and collecting the relay money. Fortunately we were able to discuss this at the AGM and, thanks to Roger's suggestion, we now have a solution. Once we have entered the teams we shall divide the cost between those who

are swimming and then collect this money in before the actual day. I hope that this sounds fair to you all. At least you won't have me pestering you just before you are about to swim just pestering you at training instead (but that's par for the course anyway!)

GUERNSEY (Friday 27th March - Sunday 29th March): The Guernsey forms have finally arrived!! Those who have been before will have already received theirs but I will have some copies for those of you who would like to join us for the first time. It is a really good weekend. It is not a holiday as such (just in case partners think you are off galivanting!) but you do get a chance to see the island and sample some of its hospitality. The swimming is fun too with the four sessions spread out over the weekend. Think about it, but please let me have the deposits back asap as we definitely don't want to miss out.

National Champion!

Lane 4 Swimmer Roy Wilson is National Champion again!

Roy flew his K777 design Living Room Stick (model aeroplane) at the British Indoor Nationals held over the weekend of 23-25 August in the enormous Hangar 1 at Cardington.

Despite the difficult conditions with wind blowing straight at the main door of the mighty airship hangar, Roy flew his plane for 11 minutes 32 secs to retain his national title.

Roy says the secret is in the winding up!

THE GIRLIES PRAYER

Our Marks

*Which art with Spencers
Hallowed be the Foodhall*

Thy Gucci watch

Thy Kookai bag

In Hermes

As it is in Harrods

Give us each day our Visa Gold

And forgive us our overdraft

*As we forgive those who stop
our Next Card*

*And lead us not into Dorothy
Perkins*

And deliver us from Top Shop

For thine is the Naff Naff, The

Cartier and the Versace

For Gaultier and Eternity

AMEX

(passed on from Lyn's E Mail!)

BACKSTROKE TURNS

Extract from MASTER SWIMMER which states FINA's clarification on backstroke turns.

The sole purpose of coming off the back onto the breast is to execute the turn and while some forward motion on the breast may naturally occur there must be an immediate single or double and simultaneous arm pull to initiate the turn and NO EXTENSION of the forward motion into a glide which delays that arm pull is allowed.

Likewise, once the arm pull has taken place it initiates the turn and there can be no glide thereafter which delays the turn.

Note a) It is the arm pull that initiates/starts the turn not the forward roll.

Note b) To avoid risk of disqualification coaches should advise swimmers to check their distance from the wall before turning onto the breast for the laws cannot compensate for misjudgement of distance from the wall before turning.

| 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 | ☺☺ |
| Chris | ☺☺☺ |
| Simon | ☺ |
| Colin | ☺☺☺☺ |
| Greg | ☺☺☺☺ |
| Silvie | ☺☺☺☺ |
| Jane | ☺☺ |
| Gilly | ☺☺☺ |
| Keith | ☺ |

| SMILEY RELAYS | |
|---------------|-------|
| Christine | ☺☺☺ |
| Danny | ☺☺ |
| Julia | ☺ |
| Liz | ☺☺☺ |
| Sandra | ☺ |
| Geoff | ☺ |
| Jason | ☺ |
| Tony F. | ☺☺☺☺ |
| Andrew | ☺☺☺ |
| Roger | ☺☺☺☺☺ |
| Ian | ☺☺☺☺☺ |
| Deryk | ☺☺ |
| Lesley C | ☺☺ |
| Enid | ☺☺ |
| Keith | ☺ |
| Karen | ☺ |
| Marlen | ☺ |
| Maggie | ☺ |
| Graeme | ☺☺ |
| Alistair | ☺☺ |

☺ = Lifetime PB

* = Age Group PB

Relay PBs are for the whole team's time - not individual splits!

It's Joke Time!

'BLONDES'

Eight very happy blondes walked into the neighbourhood bar, cheering "51 days, 51 days" and giving each other high fives. One of them called out to the bartender, "Whew, we are celebrating 51 days, give us a round of beer."

They laughed and cheered and drank with the conversation being peppered with comments about 51 days. Every once in a while one of them would call for another round of beer to celebrate 51 days.

As much as the bartender tried to piece together the importance of 51 days, he could not. Finally, as he brought these eight happy blondes their eighth round of beers he could not hold his curiosity any longer. He said, "what's this big deal about 51 days that has you out celebrating tonight?"

One of the blondes turned to him and said, "well, we got one of the jigsaw puzzles that said 2 to 4 years on the side of the box, and we were able to finish it in only 51 days."

(thanks again go to Lyn for passing on this little tale!)

Dear Readers,

Thank you to all those of you who have contributed to this month's newsletter. Only a week ago I had very few articles when, suddenly, they all started to flow in.

I apologise for the delay since the last edition. I think I was waiting for things to happen so that I could write about them.

Graham has 'rigged up' Microsoft Publisher '97 for me which we have on trial for 60 days. Only 39 days to go! It is really good fun - I feel a purchase coming on.

I haven't had enough time to 'edit' things as well as I should, but with Christmas on its way and holiday preparations looming I have been under a certain amount of pressure to complete it whatever!

We have had to say goodbye to Silvie this month as she is moving to a new job in Germany. She had hoped to come down again before she actually left but I think things overtook her. I know how she feels!!

Good luck to Karen who flies out at the end of this month. We all hope she enjoys her trip and returns fit, well and ready to compete at Reading!

Thank you to all this year's contributors. Please think of more things to write and pass on any ideas or suggestions for articles that you have. And thank you to those who have read this newsletter and not left it at the bottom of your swimming bag!!

Merry Xmas & a Happy New Year!!

Liz

P.S. Message from Tony R. and Lesley B.:

"Water Polo on Friday 19th December at 8.00 pm and Pizza/Drinks afterwards. Be there or be square!"

XMAS HOLIDAY DATES

Last session before Xmas: Tues 23rd Dec

First session of New Year: Sat 3rd Jan

| | 50m FLY | 50m BACK | 50m BREAST | 50m FREE | 100mIM | 200m FRE |
|------------------------|-------------------|-------------------|-------------------|-------------------|---------------------|-------------------|
| KAREN O'DEA (A) | 34.68 6th | 38.72 5th | 40.23 GOLD | 30.77 BRONZE | 1.16.93 4th | 2.32.73 5th |
| LESLEY C (B) | 32.66 SILVER | 34.68 GOLD | | 29.16 GOLD | 1.16.69 SILVER | 2.25.09 GOLD |
| LESLEY B (B) | | 42.96 | | 33.28 6th | 1.26.37 ☺ | 2.46.40 6th |
| LIZ SMART (C) | 43.63 6th | | 41.98 GOLD | 34.02 4th | 1.28.93 6th | 2.50.36 5th |
| JANICE RICHARDS (D) | 42.49 BRONZE | 48.08 5th | 48.31 6th | | 1.34.26 4th | 3.15.91 6th |
| CHRIS ROWLEY (C) | 36.16 GOLD | 35.80 GOLD ☺ | | | 1.23.66 BRONZE | |
| JANE SHEKDAR (E) | 49.36 SILVER ☺ | | 44.79 GOLD ☺ | 38.26 BRONZE ☺ | | |
| GILLY STAPLETON (A) | | 38.37 4th ☺ | | 36.13 ☺ | 1.28.07 ☺ | |
| JOANNE MARTIN (B) | 3.02.55 | | | 38.15 | | |
| IAN EMMETT (B) | 28.61 GOLD | 31.95 GOLD | 35.92 GOLD | 26.24 GOLD | 1.05.92 GOLD | 2.04.32 GOLD |
| BERNIE GRAVETT (D) | 31.39 BRONZE | 35.61 SILVER | | | 1.13.70 GOLD | |
| ALISTAIR ASHER (D) | 30.65 GOLD | 35.91 BRONZE | | 28.56 GOLD ☺ | 1.14.97 SILVER ☺ | |
| DERYK ALLSOPP (E) | 31.90 GOLD | | | 30.51 4th | 1.16.59 GOLD | 2.31.06 BRONZE |
| JOE O'DEA (G) | 40.21 5th | 49.46 6th | 43.68 4th | 40.09 | 1.36.13 4th | 3.21.00 6th |
| MIKE GODDARD (H) | | | | 40.77 BRONZE | | |
| BOB ROGERS (J) | 1.06.69 SILVER | 58.55 SILVER ☺ | 1.01.20 SILVER | 50.43 BRONZE | 2.11.46 SILVER | 4.02.88 SILVER |
| ROGER BOWN (A) | | 38.00 6th | 35.70 SILVER | 28.17 6th | | |
| JASON GOULD (A) | | | | 32.53 ☺ | | |
| KEITH GILDER (C) | | | 40.49 6th | 30.50 ☺ | | 2.31.91 |
| DANNY AYRES (C) | | 43.36 6th | | 33.13 5th | | 2.56.54 BRONZE |
| ROY WILSON (F) | | 51.94 5th | | 40.94 6th | | 3.29.14 5th |
| TONY ROBJANT | 36.50 | | 10 | 33.74 | | |