

**Masters' Productions welcomes you back
with a fun-filled, bumper issue!**

MASTER NEWS

Issue 30

DECEMBER
1998

Welcome
Back to all our
readers! It's been
a long six months
since the last
newsletter. Sorry!

We have got a
fun-packed issue
to make up for it.

Thanks, as ever,
to all those who
have contributed
this time, namely
Tony R., Karen,
Colin, Greg, Bob,
Marlen, Mike and
our Master Profile
subject - Keith!

A special 'Thank
you' goes out to
our coaches, Ron,
Reg and Tony.
We wish them all
a very Happy
Xmas and all the
best for the New
Year!

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Battle lines drawn at Maidenhead pool!

Defending their title was always going to be difficult this year. With so many holes appearing in their swimming ranks since 1997 and with the normal run of injuries, last minute illnesses and people 'hiding' Ruislip did exceptionally well to field a team of 21.

They were missing more than a couple of 'Big Guns', however, and in the end it was just too close for comfort.

The news of their defeat, by the smallest of margins, wafted over the loud speaker as the weary band bathed their tired bodies.

As they re-grouped in the foyer, it was hard to lift their spirits. A culmination of events had lead to a (very good) second place; they would have to get Bracknell back next year.

But the day's exploits had been far from a disgrace, with many medals won and many PBs set. And the RNSC team spirit and camaraderie shone through as it always does on these occasions.

(see update on Page 11)

Missiles fly at the Xmas Do!

Fifty one of Ruislip Masters' swimmers and partners met at the Bushey Golf Club on Saturday 5th to celebrate the end of a year and the start of the festive season.

Apart from the waitress from hell, AKA 'Grumpy Guts', and a few late comers (!), the evening got off to a grand start with the merry band helping themselves to the starter buffet table. Seated at six round tables, the swimmers were able to socialise comfortably.

Renewed acquaintances were made. Julia, having recently taken up her post at Holloway, was let out for the night and Ann Smeed made her annual appearance with husband Joe.

It was not until the main course had been served that the missiles started to fly. Nobody knows who launched the first assault, although later reports lay it firmly on the shoulders of Mr. D. Allsopp. Initial projectiles took the form of rolled up serviettes, but it was not long before more sophisticated 'weaponry' was being developed.

Used Xmas cracker components and paper napkins soaked in wine (for extra weight) soon gave way to intricate paper darts fashioned out of the menu and wine lists. A 'stealth bomber' was produced on Table 11, which dazzled the party as it floated effortlessly and landed in Deryk's face!

Normally reserved characters found themselves designing aeroplanes out of cracker prizes, with plastic rings and paper clips winging their way through the air.



"Heads down, another one from Dunci!"

Dancing brought the rowdy proceedings to a halt at 10 o'clock and the Ruislip contingent took up their normal positions of either propping up the bar,

dancing away or putting the world to rights at the tables.

Home time at 1.00 am and those still there bid their extended farewells before stepping out into the frosty car park. Vicky's Roy won the prize for the biggest paper aeroplane out of a paper table cloth. Some say that Swimmer Roy's had broken the world record and was still flying!

A word (or three) from your Competition Secretary

by Karen O'Dea

It appears that I have now resumed my role as Competition Secretary!

A couple of months back now, I returned home one evening, having missed a training session, to find a rather large envelope staring at me. "Oh no", I thought, "Is this what I think it is?"

Inside were all the names and addresses of you fellow swimmers with a little note from Liz "Thought it was about time I passed these back to you". Low and behold and a few days later another envelope arrived in the post. Inside were a couple of Amersham entry forms and yes, attached to them was another note from Liz saying, "These came through my letter box - thought you'd better have them now" and with a few

subtle hints here and there, I somehow got the feeling that Liz was telling me I could have my job back, that she now felt she had fulfilled her task of being Competition Secretary and literally "please, please, please could you take it back now". Well, who can blame her - now she knows just what I'm up against!!!! No really Liz, thanks very much for taking over in my absence.

I'd actually forgotten what it was all about until I started arranging Maidenhead. Then the memories, followed by the swearing and cursing all started flooding back - oh joy!!

Anyway, now that I've composed myself, I'd like to inform you of some of the forthcoming events, which I would very much like to sort out before Christmas.

AMERSHAM - Sunday, 7th February 1999

Most of you by now should be aware of the above gala and I have entry forms. Please, if you haven't returned your form to me and you are going to swim, could you either post me your form as soon as possible, as I am going to send them off very soon, or send your own form off directly to the organiser but telephone me and let me know that you are swimming so we can organise the relays and can include you (they are only 2.5m relays). I really would like to get this sorted before Christmas because as some of you may remember, due to over subscription, unfortunately we missed out on this gala this year.

GUERNSEY - 26th-28th March 1999

As with Amersham, most of you should also know about this event too. I have had a few deposits returned but if you definitely want to go please, please get your £40 deposit to me as soon as possible and let me know when you want to return - either Sunday evening or Monday morning. Some of us are taking a day trip to Jersey on the Monday and are returning on Tuesday. If you would like to know more, get in touch - I have the details.

Due to this gala being held on the weekend of the start of the Easter school holidays, I really would like to get flights and accommodation arranged before Christmas, so would be really grateful if you could let me have your deposits **NOW**. For those of you who have already given me your deposits, I will let you know details of flights etc. as soon as I have it all organised.

NOTE FOR YOUR DIARIES: Bracknell Gala - 6th March '99

MAIDENHEAD THANK YOUs

KAREN - for being back at the helm as Comp Sec, organising the team and entering all 6 events

GILLY - for staying on for the IM in the evening, although her lift had arrived to whisk her off to a firework party elsewhere!

GILLY'S FRIENDS - for staying to watch Gilly swim the aforementioned IM

LESLEY C - for her poolside 'lessons' on relaxation. Now a seasoned competition-goer she takes it all in her stride (or stroke).

VICTORIA - for her debut swim for RNSC Masters and being the friendliest spectator. A few more events to be entered next time, though!

SARAH - for entering, and swimming, five events, although her back was really sore.

CHRISTINE - for swimming, and still being 'Mum' for the day.

WILLIAM & MATTHEW - for behaving so well!

JANE - for turning up for the evening session when she would have probably preferred to stay at home in the warm and for entering everything she possibly could in that session.

GRAEME - for *offering* to swim when he knew he was going to be back in the country and for teaching William and Matthew new tricks on their yo yo.

DANNY - for agreeing to swim in five events and PBing in four of them!

CHRIS - for his full quota of events (6) and for not strangling Liz who had (apparently) persuaded him to enter them all!

JOE - another one who had entered five events and swam in all of them, not to mention countless relays

NIKE - for his quick sting in the afternoon session, winning silver and bronze medals

BOB - TY TY TY TY TY TY for all the swims and congratulations on the three silvers

GREG & COLIN - for confusing the officials, entertaining the club with their sibling rivalry and injecting a bit of competitive spirit into the proceedings.

KEITH - for more calming influence, but **NOT** for mentioning Liz's dodgy relay changeover of June 1994 to those who had not heard about it (and NOT for reminding those who had almost forgotten about it!)

TONY F. - for not letting his genuine shock at his 50m Freestyle time (first time he had swum that slow since he was 7 years old - or something!) disrupt his preparation for the other events.

TONY R. - for his classy exhibition of fly swimming and his PW in the 50m Free!

COLIN G. - for giving up his Saturday and amassing lots of points for the club. Shame about the 100m IM though

REG, RON & SHEILA - for their support and organisational and time keeping skills.

JENNIFER - for also giving up her Saturday to swim in the relays and for showing us her Greek homework!

MARLEN - for being such a good supporter. 'Bout time you got back in the water now, eh Marlen?

NEWS 'N' STUFF

Congratulations... to Annette & Marcus on the birth of their baby daughter, Laura, who was born on 23rd July. It's about time she paid us a visit!

Best of luck..... to Julia (& Barry) who have recently moved from Ruilsip to Shepperton. A fine excuse not to come training, but perhaps a little too drastic!

Congratulations... also to Julia on becoming an Assistant Warden of Holloway Prison. Now does she have some tales to tell!

Welcome..... to Eileen, Victoria and Chris, our latest new members - well new since the last newsletter anyway (!).

An invitation..... to everyone who would like to go out for a drink after training on the last Sunday before Christmas (20th December). Watch out for details on the notice board!

A 'Get Better Soon' to our Membership Secretary, Gill, who apparently had an argument with a wash basin whilst she was on holiday in Miami. More details from the horse's mouth!

Remember..... that training stops on Tuesday 22nd and resumes on Saturday 4th January 1999.

A day out at the seaside for the Ruilsip 3!

by Colin George

Some of you may recall the article, which appeared after last year's event. Well, for those who don't, I did suggest this race being an ideal challenge for those bored with short-course galas and training in the MT pool. So, were there any takers?!

Yes. Keith gamely decided to give it a go and certainly proved an accomplished sea-swimmer. Perhaps it was that swimcap or those swims across the bay while on holiday in Spain? Let me tell you how it happened.....

We (Greg, Keith and myself) met at Boscombe Pier around 11h 30 where we paid the £5 entry fee and were issued with nametags and a red swimcap - for easier identification during and after the swim. Keith had brought along a relic of a swimcap (like something his grandmother must have worn) and wisely so. This stippled, insulated hat proved extremely useful in sea around 16°C. Doesn't sound too cold, but consider that some of us would spend a very long time in these conditions.

After briefly discussing the weather, which quite literally wasn't looking too hot (the air temp was a mild 21°C) and the sea conditions which were also looking decidedly choppy, we rather reluctantly put our togs onto the trolley.

I then realised that I was either going to walk the 1.4 miles to Bournemouth Pier in my skimpy Speedos, or swim it - what a choice! So we headed onto the beach along with about 250 other swimmers, many of whom were wearing wetsuits.

Then Keith spotted some veterans lathering up with what looked like lard and I decided that the water was perhaps colder than I thought. Too late now, the lifeguards were giving us the preliminary safety instructions and I found myself listening intently.

On the mayor's instruction, we took to the swell at around 12 noon. This was clearly not going to be plain-sailing like last year's swim. For some reason my goggles kept getting waterlogged (maybe it was that 4 ft swell breaking across my back). I also seemed to be swimming in zigzags (no black line to guide you here).

After a gruelling 40 minutes, which felt more like an hour, I beached myself to discover that not only Keith, but my brother too, had beaten me to the line. They both looked surprised to see me emerge from the waves looking like someone who'd just fought 10 rounds with Mike Tyson.

My eyes were all puffed up from the salt water that had leaked in, my face was blue and I was shivering uncontrollably. Are these the first signs of hypothermia?! I quickly found some hot tea which I proceeded to slop all over myself and slowly started thawing out in the weak English sun.

For the record (which is unofficial as no places or times are given), Keith finished near the front. Actually in the top 10 - not bad for a novice. Greg was a couple of minutes behind and me, well enough said.

Next year will be better. Put it this way, it couldn't be much worse. I still would encourage any of crazy enough to give this a go. It's great fun!

Pool ban on crocs

(My thanks to Mike Goddard, who passed on this article.)

Councillors have banned a swimming coach from using a crocodile to encourage his young pupils to swim faster. Mark Davies, who teaches

swimmers aged seven to 20 at Darwin in Australia's Northern Territory, had planned to use a reptile - drugged and with its jaws wired shut - from a local crocodile park.

"Public swimming pools are

for people, not for crocodiles," said a spokesman for Darwin city council.

"And we do not condone the stress to a crocodile that must ensue from being put in chlorinated water."

Middlesex '98 - a gala for chickens!

by Tony Robjant

Personally I think the Middlesex ASA have a second agenda here folks! There is fairly obviously some aggrieved official somewhere who is insanely jealous of places such as:-

Scunthorpe - "It's about as much fun as a night out in" or Battersea - "About as welcome as a Siamese in Dogs Home" or Manchester - "You've got more chance of getting a suntan in"

What this poor unfortunate ASA guy is after is the same sort of fame I think - something along the lines of: "You get more people going to the Middlesex Masters than"!

Yes folks, it happened again!! More lanes than swimmers; more officials than competitors. We still had some fingers and toes left on the RNSC team when trying to count the number of competitors.

A.M.: To sum up even I won the 50m Fly!!!

All that training? Another 'miracle cure' on the gammy knee? Superior mental attitude and preparation??? Just a superb performance on the day then???? No, you were right with your first guess No other 'B's swim it!!!!!!

As for the other swimmers: Tony F. did a Mark Spitz and went Gold digging (he was already a double Middlesex champ within the first 40 minutes!!).

Lesley C. came out with the usual goods. Greg thrashes Colin (hope that's the right way round, guys!) in the 50m Free, stomping out a 29.59 secs. Sandra lets the competition know who's boss and starts collecting metal. Colin Giddings slaughters his entry times in Free and Backstroke. Chris Rowley stunningly misses the end of the pool on her backstroke turn!!! (Shows us poor pathetics even the best make a pig's ear of things every now and then!)

TWO RNSC DEBUTS are made by Chris Smith and Diane Williamson (at last). Diane gets excellently off the blocks and swims a good 50m Breast for starters and Chris get Bronze in his 50m Free. It's thirty years since he last swam competitively, folks. That's before most of our As and Bs were born!

Good to see Sarah at the gala - and good to remember Enid Freshwater (proudly displayed in the Middlesex Records table in the programme). And a mention for our Karen who ignores the crowds, the apparent strengths of the competition alongside, keeps totally focused on the task and stomps in a 1:15 something in the 100m IM.

LUNCH: Bodies being temples of course, we head up to the gourmet citadel of sensible eating for competitive sportspeople -

The Gurnell Pool Snack Bar.

Yours truly goes for the Blueberry Muffin and the large blue Slushpuppy! What else! Other more sensible individuals head for bananas with chips and the refillable teas.

Lesley C. crashed out, horizontally speaking, and supplements the diet with some volts, courtesy of her external stimulation pain relief machine. She should have said - Jason and I could have told her some jokes!

P.M.: Lots more swimming and lots more medals, including a silver for Chris. That's one medal for each fifteen years then, Chris! Loads of relays all going smoothly - hope everybody's paid Karen.

Now the best bit: I get changed early and head up to the bar, which I'm told is open (to get change for the Pepsi machine!!) and start chatting to the barman as the place is now really empty. He agrees that it 'must have been a naff gala then' and tells me that even some birthday party arranged at the pool didn't turn up, or went off in a huff when they saw us lot were using the main pool, or something, and all the food was left over. Well Two pints of lager and a bucket of chicken then please, landlord!

'Yeah, all right then I'll get you some plates' MEGA - MEGA - MEGA. Trays full of wings and drumsticks appear - what do they do with 200 chicken boobs!! (A small, feathered prize will be awarded to the most entertaining suggestion received by the editor!)

Looks of varying levels of disbelief on the faces of RNSC members as they turn up to FREE NOSH. The more RNSC arriving, the more NOSH appears - including whole salads, French bread and yet more chicken etc!

Faces worthy of particular mention include Lesley C. and Colin George, also Christine for her impression of a naughty six year old when scoffing her xth chicken leg and asking the barman for a plate!

When we're fully stuffed we stuff the medals back into the pockets and head for home. Was it 4 or 5 golds in the end Tony?

P.S. Just a thought going home as I drive past the KFC in Ruilisp. There must have been more chickens attending the Middlesex Masters than swimmers!!!

Roll on Dublin!!!!!!

A 'twin' event

by Greg George

As the name implies. Duathlon involves two disciplines: swimming and running in this case.

For most, the idea of just completing a swim is enough exercise, never mind having to put on a pair of shorts and go running afterwards!

Colin and I were "invited" by a friend to enter the Crowborough Leisure Centre Duathlon, part of a series of triathlon events over the last few months in Sussex.

The long course duathlon consisted of an 800m swim in an indoor pool followed immediately by a 5 mile (8km) run.

Despite not being permitted to tumble, we put in reasonable performances in the swim.

The worst was still to come: a 1 mile climb up the road at the start of the run had me asking myself what I was trying to prove!

In the end I finished 1st in the Senior Men's in a time of 43.04 (swim 12:37 and run 30:27) and Colin finished second in 43.42 (swim 12:57 and run 30:45).

It was a pleasing performance considering my last triathlon was a year or two ago!

If anyone is interested in the 1999 Triathlon series organised by Wealden District Council, I have a contact name and address.

RESULTS

	800m Swim	8Km Run	Total time
Greg	12.37	30.27	43.04
Colin	12.57	30.45	43.42

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

I learnt to swim after joining RNSC Family Bathing section which at the time was on a Friday evening at Highgrove Pool. I must have been about 8 or 9 at the time.

What is your earliest swimming memory?

I remember on one occasion our teacher throwing his car keys into the pool in an attempt to get us to put our faces in the water - the idea being that he would not be able to go home until we had retrieved his keys from the bottom of the pool. I seem to remember it worked!

Did you swim competitively as a youngster?

Although I have been a regular swimmer since those days I was never very interested in swimming competitively for the club. However I have swum for RNSC on a few occasions when they have been short of swimmers.

Did you participate in any other sports?

In my time with the club I have also been a member of the Life Saving Section, and this has probably seen my best achievements to date, having passed all awards up to and including the Distinction. I still remember the Silver Cross award, which was carried out at Hillingdon Sailing Base on a cold and wet Saturday. I must like the cold water having also volunteered to do the Bournemouth Pier to Pier in July of this year with Colin and Greg!

How did you first hear about the RNSC Masters Section and how long have you been swimming with them?

Whilst swimming with Life Saving I also swum on a Saturday morning with Family Bathing which at this time was a 2 hour session. The first hour being for general swimming and a chat and in the second hour Reg ran a stroke improvement lane, which later expanded to 2 lanes.

At the time the number of swimmers with Life Saving was dwindling and Ron

MASTER PROFILE

KEITH GILDER

introduced 2 lanes of competitive training on a Tuesday evening. This has now evolved to the current ten 2 hour sessions per week - or does it just feel like that sometimes? So I've been with the Masters since the start.

What do you enjoy most about the club?

Whilst the club is competitive, and the number of team trophies that we have won over the years is evidence of this, there is still room for all ages and abilities and I think this is what appeals to a lot of members, combined with the good spirit.

Have you ever competed for them?

I've competed on many occasions for the Masters, the most memorable being the first time that we won the team trophy at Reading. It was totally unexpected. All the galas that we go to are enjoyable, so if you haven't entered before, why not give it a go? You will enjoy plenty of encouragement from other club members. And your favourite stroke is

My favourite stroke is anything other than backstroke and front crawl catchup where I seem to go from first to last in the space of 5 m!

As most of you will know my favourite stroke is anything other than Backstroke and Front Crawl catch-up where I seem to go from first to last in the space of 5 metres. If anyone has any idea where I am going wrong, then please let me know!

Do any other members of your family enjoy swimming?

Both of my sisters have swum competitively in their time and have threatened to make comebacks on several occasions. My dad had also been involved in swimming for more years than he would probably care to remember. Both Christopher and Chloe, my children, are happy splashing about in the water, although not yet old enough to join the Masters - after all, I'm not as old as I sometimes feel.

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

At present most of my spare time is spend decorating and gardening. I do enjoy it. Really!

The Grand Craik Gala (Well I think that's how you spell it!)

Subtitle: 'It's the place just behind tractors

HELLO-DARE TOO-BEE-SHURE N'ALL-N'ALL-N'ALL

No.....you're quite wrong dear reader.....admittedly Colin and I were in Dublin for over four daysbut..... by midday Friday..... it did actually happen.....once.....

A taxi driver, taken by surprise as he let one passenger out of his cab, and quickly realising another had got straight in on the other side, turned round and DID utter those magnificent words entrenched deep in the annals of Irish Literature.....HELLO-DARE!!!

THURSDAY NIGHT: Unbelievable! A 731,six seats wide..... brand new (5 months old) plane! We'd come a long way from the early days of Guernsey!

Colin and I quickly get all of the Irish jokes out of the system remembering Dave Dines' little slip in the Irish restaurant at Guernsey last year. We further agree NO reference is to be made about the consistency of the clouds and only standard milk-shakes are to be orderedetc etc.

Then we're there - foreign swimmers in a strange land. I step up to the hire car desk and out it comes!

"HELLO-D....." I quickly snap my teeth shut and three little letters and small drop of blood spill into the beard!

It's a Nissan Micra folks-(16v)- and yes it can go fifty in first gear!

We find Dublin. We find the Guesthouse. We get unpacked. It's late, 11'ish I think, but we haven't eaten since brekky so Colin decides we should walk into Dublin, see the sights, and eat. 'Ed's Diner' provides (after midnight folks!) burgers of various kinds (homemade and not bad - remember there are no mad cows in Ireland) and great mix of fifties thru' nineties music.

Walking thru' Dublin at about 2 in the morning tho' was not something I'd recommend - definitely dodgy. We crack and grab one of many taxis to take us the last mile. "That'll be four punts lads"Punts? What the warm Guinness is a Punt?

FRIDAY: Up far too early!

"Full English breakfast for me please.....oh shit!"

Down to downtown Dublin....and a first Guinness

Some things are quite pricey in Dublin - transport, accommodation and unfortunately Guinness, at an average two pounds-40p. We see some nice things to buy tho' and yours truly resists a superb looking suit for FOUR hundred and fifty big ones! We decide to try and find the pool ready for tomorrow.

After a while we discover it's actually IN the airport. Quite a nice pool, obviously a refurb jobby, but well done in a sort of Roman-tiled-style with big marble columns etc. A bit thin - looks like it could only have three or maybe four racing lanes tho'.....bummer! In we go and Colin's off....preparing for his medals! (I find all the creamy foam on top a little tricky.....and you can't see anything in all that black water!).

We find the clubhouse later that night (miles away) and start to meet some other swimmers. The Irish lot are really friendly (including the officials), some fairly loud Scots (are there any other types?), some bronzed, rich Italians (down girls!), some Welsh lot from ARFON (Anglesey I think), whose English is worse than the Italians(I), some Frenchies and a smattering of others.

Can't believe it,..... that swiss lot Asvalt Ush-wim...or whatever.....AREN'T here!

Stunningly, but unfortunately right near the end of this welcome to Dublin intro sessioneveryone gets offered FREE GUINNESS TICKETS!!!! Unfortunately by this time we're too wrecked and decline, like gentlemen.

SATURDAY MORNING: SWIMTIME!!!!

Up at 7 o'clock !!! (That's not Irish by the way.....that's just how you tell the time!)

NO BREKKY!! Swimming starts at 8 - that's EIGHT in the morning, Lesley!! Traditional Irish force 3 thousand mph gale gets us there in rapid quick time. Colin gets three swims and walks away with two golds and a silver! I somehow scrape a bronze in the 50m Fly, dying miserably over the last 8 metres!

Stunningly, I notice that there has been six swimmers in the last two men's heats of the 100m Free that get under 1 min, with the winner getting under 55secs!

The best looking Italian (easy girls, easy), does a Friday session jobby in the 50m Fly! He goes up the first 25m with just one quick breath before his turn, and back again with just one more breath about half way down!!!! Oh Well. Back to the training!!!

For lunch (there's no card system - brilliant, so we have some time to kill before Colin's next race), we decide to see something other than Dublin and head out to a little fishing village called Skerries. Two Irishmen (did I get that right?) are windsurfing across a big harbour in the gale, doing at least 1000mph and taking off regularly!!

Visit Shananigans pub in Skerries for fish soup - brilliant - and on the way spot the most magnificent sign:- "TOXIC FISH FOR SALE" (I'm still working on this one folks!) but unfortunately have the benefit of an English education which is obviously holding me back!) Maybe Colin's photograph will clarify!!

As we're driving back to the pool I spot another good one at the END of a big dual carriageway, facing AWAY from the direction of traffic- "WRONG WAY---TURN ROUND (Perhaps all our lady drivers could help me out on that one!)

The Grand Craik Gala (continued)

SATURDAY AFTERNOON: Colin won more medals.....I didn't.....Nuff said.

SATURDAY EVENING: Aer Lingus laid on a 'do' for everybody with buffet nosh, disco andFREE GUINNESS again!

We unfortunately sat at the back and felt somewhat out of things for most of the time until Colin cracked and bounded over to the Welsh lot from Arfon.

A good do nevertheless. The Welsh behaved themselves. The Italians behaved themselves bad news eh girls?) and even the SCOTS behaved themselves, but now for the English!!!

I'm not sure what the S.P.E.N.C.E.R. in SPENCER SWIMMING CLUB stands for but the whole of Dublin is now sure it's something to do with sexual deviancel! The sights included:-

- The group groping of nether parts belonging to some female called MAZ.....
- The lifting, by males, of lower female clothing above the shoulders.....
- and the piece de resistance (no bloody accents on my PC) - the complete removal of some blokes kit on the dance floor.....

Thank God OUT TO SWIM weren't there - that's what I say!!!!!!!

SUNDAY MORNING: Late start 12:00 (presumably to let people recover from the Spencer lot!!)

Colin gets another silver. We disappear at lunch time and achieve two things:

- We discover that not all the Irish countryside is green and lovely. Stay away from a place called Tagghart if you can folks!!
- We screw up the start time of the afternoon session and Colin misses his 100 I.M.!!

No no, now come on, you all know how much training the laddo's been putting in lately.....he was extremely PISSED OFF!! Makes up for it by winning his fifth medal in the backstroke!!

AND IT'S ALL OVER.....BAR THE PISS UP!!

BUT WHAT'S THIS? STOP PRESS. A FREE FULL MASSAGE FOR ALL SWIMMERS STILL HERE

If this sounds bloody great after a hard gala's swimming to you dear reader, you'd be quite wrong!!!

IT WAS AT LEAST TEN TIMES BETTER THAN THAT!

Apparently there's a training college not a million miles away and they enjoy coming for long periods of practice. OH JOY, JOY, AND THRICE JOY. You were right Ron, it's all worth it in the long run!!

Duly pummelled..... we float to door. We say some goodbyes to some new friends, particularly the two lady officials who looked after us, and to two guys from Wigan who may be coming to Guernsey after our tales. These fellas had size forty six shoes (possibly forty-seven!) and this was their second gala I think!! They were really long distance swimmers.....and I mean long!! Their previous idea of fun is to swim Lake Windermere.....TWICE!!! That is 11 MILES folks!!!!!!

SUNDAY NIGHT: It's Sunday night right? Gala's gone home right? It's a Catholic country right? Church and stuff? It's passed nine o'clock right? So you're spot on folks.....

THE PLACE IS ABSOLUTELY BUZZING!!!!

More Guinness? At last we find a real traditional Irish food restaurant. It's fully booked 'til 10:30, so we'll have to book for after that!!!!

We dive into Eamon's Bar. Eamon has a big one! There are two big bars on the ground floor and a large disco bar downstairs. (I think there's a restaurant upstairs too, but we were well passed it by then).

We head downstairs and give a challenge to two rickety bar stools. When our ancient iris's have at last widened enough to be able to see anything, we discover we've raised the average age in the place by a number of decades!

Still, what becomes increasingly obvious folks as we go on, and is later confirmed by my daughter's visit to Dublin one week later, is that the people of Dublin themselves are very ageless. They're all extremely friendly across the age divides. I find this is really nice, especially for a couple of old duffers like us!

They start playing some really great music, so great, I decide to ask around to find out what it is. This soon creates conversation. It isn't that often some beaten up old wrecks, swilling the Guinness and stinking of Chlorine, lean across the bar and ask about the music! I discover it's by a French band called AIR. Great stuff.

On stage there's a band's equipment, drums, amps, guitars, mikes, all in a neat line. It's late, and it looks so neat it's not obvious if anybody is going to use them tonight. So I ask what time the band's coming on. I get a typical Dublin answer summing up the whole place. "Anytime dey like"!!!!

I start getting friendly with a Belgian Au Pair called Ceban (possibly!), but decide to curtail this activity when some little guy in her group of pals, (with scars all over his face), comes up and introduces himself as 'SEAN', known in all the bars and clubs as 'The Duke'!!!

The Grand Craik Gala (continued)

Out for some nosh! We hit the Irish Food restaurant and tear into two Irish Stews (for starters), followed up by two enormous 'BOXTYS', which is like an Irish pancake stuffed with chicken, salmon, fennel, sorrel? and other odds and sods - bloody marvellous. If you ever want to find this place just ask for the restaurant behind the tractors. Only the Irish could get three clapped out 1950's tractors, stick them on top of one another, and call it art!!!! (Actually I've got a few old lawnmowers they could have cheap!)

Quick taxi.....bloody expensive AGAIN! And back for some z'ds.

MONDAY: A very lazy start, huge brekky (for medicinal purposes), and we're off to 'The Guinness Hopstore'. We thought this would be just a souvenir shop but it turns out to be two hours of exhibitions and interesting old adverts, explanations of how they make 'black wine' AND a shop.

I invest in Guinness trousers, Guinness T-shirt, Guinness badges, Guinness pencils, and Guinness key-rings. Well they might go bust any minute!

Did you know though that Guinness might well be made of Irish water, BUT, they use English (or sometimes American) hops??? I knew ole Blighty would be in there somewhere!!!!

We have a Guinness.

In the afternoon we discover Old Mother Redcap's Market (Who?). This place is really good, full of interesting things to buy and amazingly cheap. We end up buying a few Irish cushions etc, an old Guinness bottle and a hand-drill??? (as you would) and head off for tea.

I start to get flashes of 'Last of the Summer Wine's' old Auntie Wainright's shop across my eyes, but these quickly go when I look at the bargains we've bought!! Unfortunately, we can't find the car, get lost, and discover several superb locations for a possible 'Trainspotting' follow-up, or some dodgy Channel Four documentaries.

So pleased to eventually find the car we set off too quickly and end up God knows where - but at least we're in the car! We recover and take it a bit easier that night just settling for the demon drink and the food!

TUESDAY: That's it then, some people are on the pitch etc etc.....

We go into town and mosey around. More shopping (more boring this time - Irish tablecloths and sensible souvenirs). I manage to buy the AIR CD tho' so it's not all bad! I start thinking I'm really going to miss shop assistants saying 'Good Morning' to you as you walk into the shop and 'Bye now, see you again' when you leave, even when you don't buy anything. Or chatting, for minutes on end with them about whether or not it's your first visit, your family, their family, the swimming gala and how 'they think they might know an old school friend who used to swim for Aer Lingus - did we see her at the gala then, tall women.... huge shoulders...probably got a big bum now!'

My middle daughter Katy is thinking of applying to Trinity College Dublin this year. Good decision Katy!

Colin spots a Hostel (looks like a four star hotel to me!!) right on the river in the middle of Dublin. Rooms from 10-25 punts a night. I quickly book the last for Katy to come over for a weekend and have a look. Theory is she'll love the place and keep working like buggery to get in!!!

We have a few more G's and jump on the plane. The first couple of days we weren't really sure if we liked Dublin. It is a funny sort of place and quite rough in places. I think the thing is, it IS different, especially for a Capital city. It takes a while to get used to, but the friendliness of the place cuts right to you in the end and you come away keen to go back, anytime!

PS:

They hold these championships in Dublin and Cork on alternate years. So nobody will be going to Dublin next year.....however.....Cork is closer isn't it?

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

How do you count? by Liz Smart

How are you coping without the clock? How do you count the rest interval of 10 or 15 secs? A snap survey of some willing Ruislip Masters revealed the following methods:-

- "Balancing the Timex on the side of the pool" (difficult to see, with steamy goggles)
- "One elephant, two elephants, three elephants" (useful at beginning of session and when trying

ing to remind oneself to go on a diet)

- "One Mississippi, two Mississippi, three Mississippi etc." (very useful for stretching out the rest period, especially when one's tongue gets tied over the second set of s's)
- "One (deep breath), two (deep breath), three (deep breath) etc." (may give bystander's cause for concern)
- "Waiting for the next lane to go

first" (Yes - as long as they aren't waiting for *you*!)

- "Estimation - I just *fee*/when it's the right time" (HMMMMM!)
- "Wait for Ron to say 'I think you should have gone by now'"

Hopefully the clock will be back soon. Trouble is then we shall probably have a shock when we see how *slowly* we have been swimming!

Schneller Anzug - 'the quick cossie'

by Bob Rogers & Marlen Jones
(translation)

Mit einem technischen Kniff machte sich US-Schwimmerin Jenny Thompson, Letzte Woche Gewinnerin mehrerer Goldmedaillen, das Wasser gefügig. Bei den Schwimmweltmeisterschaften in Perth trug sie einen Spezialbadeanzug, auf dessen Rückenteil 5 Zentimeter lange und 2.5 Millimeter hohe Silikon-Wüluste V-förmig angebracht sind. Das von dem Kanadier John Waring entwickelte Schwimmtextil verhindert die Bildung winziger Strudel, die normalerweise am Gesäß entstehen und an der Rückseite der Beine für Reibungsverluste sorgen. Der Schnellschwimmanzug war zunächst - bei Windgeschwindigkeiten von 90 km/h - im Windkanal der Carleton University in Ottawa, danach im Wasserbecken getestet worden. Ergebnis: Die Silikon-Spoiler ermöglichten durch den verminderten Wasserwiderstand einen Zeitgewinn von einer halben Sekunde auf einer Strecke von 100 Metern.



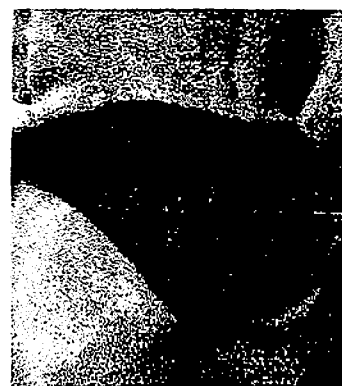
When Marlen and I go on holiday, she takes the opportunity to do a little reading. Der Spiegel yielded this little gem:

With the help of technical advance, enabling her to flow through the water better, swimmer Jenny Thompson won several Gold medals at the World Swimming Masters Champs in Perth, wearing a special costume with 5cm by 2.5 mm silicon embossed chevrons on the back.

This costume material was developed by Canadian, John Waring, to prevent

formation of tiny whirlpools which normally occur in the seat area and on the backs of the legs and cause drag.

The speed costume was tested in a wind tunnel at a wind speed of 90 kph at Carleton University in Ottawa and then tried out in a water test tank. Result: the 'silicon spoilers' made possible a reduction in water resistance, resulting in an improvement in time of half a second



**Die Silikon-Spoiler
New swimwear for RNSC
next year?!**

The Ruislip 5 improve on Maidenhead

hearsay gleaned by Liz Smart from karen O'Dea

Five of Ruislip's finest were called upon to represent their county only a week after taking part in the Maidenhead gala.

Karen, Christine, Lesley C., Tony F. and Colin Giddings all took part in the 12th Southern Counties Inter-County Masters meet, competing against seven other counties. Middlesex finished a disappointing 4th, having nearly won it last year, but our merry band all put in good performances, swimming in both individual and relay races.

In fact Colin had received his call up papers back in July when Middlesex team manager, Pat Arnell, had spotted him at the Middlesex championships. "Make sure Mr. Giddings keeps the 8th November free", she wrote on the result sheet that was sent to Ron.

Colin swam in two individual races (50m Fly & 50m Breast) and so many relay races that at one time he seemed to be climbing out of the pool in order to get right back on the blocks again!

Tony Fidler was pleased to clock a PB in the 50m Back after his slow time in the 50m Free at Maidenhead. He was also back under that 29 second mark in the individual freestyle event.

Lesley, who was competing in the 50m Backstroke for a change, spent the best part of the gala trying to find a replacement - to no avail! Her split in the 4 x 50m Freestyle relay was her best for "a long time", so she left on a very happy note.

"I didn't have one of my better days," said Christine when interviewed the next day, but had to ac-

knowledge that she was tired from the previous week and was also under pressure to swim in too many relays before her individual races.

Karen competed in the 50m Breaststroke and was "delighted to dip under the 40 seconds barrier once more, especially after my disappointing performance at Maidenhead".

Karen	25-34 yrs	50m Breast	39.41	6th
Christine	35-44 yrs	50m Free	32.30	7th
	35-44 yrs	50m Back	39.39	5th
Lesley C.	25-34 yrs	50m Back	35.39	5th
Tony F.	45-54 yrs	50m Free	28.92	4th
	45-54 yrs	50m Bk	36.07	7th
Colin	55-59 yrs	50m Fly	38.79	5th
	55-59 yrs	50m Breast	40.36	3rd

Team result - Middlesex 4th (265 points)

MIDDLESEX COUNTY ASA CHAMPS - 28TH JUNE 1998

	100m IM	50m Back	50m Breast	50m Fly	50m Free
Karen O'Dea (A)	1.15.98 Gold		39.52 Gold	34.28	30.58 Gold
Sarah Nicholson (A)	1.26.55 5th ☹	39.57 Silver ☹	46.20 5th ☹	39.52 5th ☹	34.73 6th ☹
Christine Rowley (C)	1.21.23 Silver ☹	37.21 Gold		36.75 Silver	32.07 Gold
Janice Richards (D)	1.35.69 4th		47.11 Bronze	42.32 Silver	
Sandra Taylor (E)	1.53.88 Bronze		54.99 Gold	58.23 Bronze	43.73 Bronze
Lesley Cordial (B)		34.70 Gold		32.31 Gold	28.92 Silver
Diane Williamson (B)			56.11 6th ☹		39.01 ☹
Andrew Brookes (B)	1.18.21 4th	33.08 Silver		32.99 Bronze	28.89 4th
Tony Fidler (E)	1.18.12 Gold	36.52 Gold			28.43 Gold
Joe O'Dea (G)	1.33.81 Gold	47.80 6th	42.65 Silver	40.21 Silver	40.34 6th
Colin Giddings (G)			40.97 Gold	37.74 Gold	35.70 Bronze ☹
Greg George (A)			38.93 4th	34.07 4th	29.59
Colin George (A)			39.33 6th ☹	36.08 6th ☹	31.13
Chris Smith (F)			41.70 Silver ☹		34.73 Bronze ☹
Tony Robjant (E)				36.77 Gold	32.85 4th
Jason Gould (B)			42.16 6th		31.23 ☹

RELAYS

	1st Leg/Back	2nd Leg/Breast	3rd Leg/Fly	4th/Front Crawl	
Ladies '100 yrs FREE	Karen 13.80	Chris 14.69	Sarah 14.84	Lesley C. 13.58	57.18 SILVER
Ladies' 100 yrs MEDLEY	Chris 17.17	Karen 18.22	Lesley C. 15.04	Sarah 15.03	1.05.63 SILVER
Ladies 160 yrs FREE	Chris 15.13	Janice 16.66	Lesley C. 13.66	Sandra 18.63	1.04.16 SILVER
Ladies 160 yrs MEDLEY	Chris 17.15	Janice 21.26	Lesley C. 14.61	Sandra 19.45	1.12.64 GOLD
Men's 100 yrs FREE	Andrew 12.99	Colin George 13.63	Greg 14.24	Tony F. 12.77	52.93 4th
Men's 100 yrs MEDLEY	Andrew 15.58	Colin George 18.43	Tony F. 14.25	Greg 13.41	1.01.93 5th
Men's 200 yrs FREE	Tony R. 14.91	Colin Giddings 15.79	Joe 16.64	Chris 15.75	1.03.13 BRONZE
Men's 200 yrs MEDLEY	Chris 19.03	Joe 18.69	Tony R. 15.58	Colin Giddings 15.63	1.09.01 4th
Mixed 100 yrs FREE	Andrew 12.99	Karen 14.05	Lesley C. 13.05	Tony F. 12.87	53.11 GOLD
Mixed 100 yrs MEDLEY	Andrew 15.58	Karen 18.43	Lesley C. 14.74	Tony F. 12.84	1.01.61 BRONZE
MIXED 160 yrs FREE	Sarah 15.35	Joe 17.50	Diane 16.62	Colin Giddings 15.75	1.05.36

**BERKS & S. BUCKS MASTERS OPEN MEET
MAIDENHEAD - Saturday 31st October 1998**

	50m Fly	50m Back	50m Brst	50m Free	200m Free	100m IM
Karen O'Dea (A)	34.96	39.09 4th	40.44 BRONZE	31.89	2.31.98 BRONZE	1.17.03 5th
Billy Stapleton (A)		39.90			2.52.55 6th ☹	1.27.82 ☹
Lesley Cordial (B)	32.78 SILVER	35.14 BRONZE		29.26 GOLD	2.25.44 GOLD	
Victoria Short (A)	35.30					
Sarah Nicholson (A)	39.78	39.69 6th	46.94 6th	35.03		1.28.43
Christine Rowley (C)	37.42 BRONZE	37.35 SILVER				
Jane Shekdar (E)			45.30 GOLD	39.18 SILVER		1.41.87 SILVER ☹
Liz Smart (C)			41.97 SILVER	35.19 SILVER		
Graeme Perry (A)			34.57 GOLD ☹			1.11.75 SILVER ☹
Danny Ayres (D)		40.82 BRONZE ☹	45.34	33.17 ☹	2.53.69 ☹	1.42.10 ☹
Chris Smith (F)	38.94 4th ☹	41.71 4th ☹	41.42 BRONZE ☹	36.02 6th	3.08.55 6th ☹	1.26.22 ☹
Joe O'Dea (G)	42.25 6th	49.09 4th	42.73 BRONZE	39.43 6th		1.34.51
Mike Goddard (H)			58.54 SILVER	41.74 5th		2.08.75 BRONZE
Bob Rogers (J)	1.10.15 SILVER	1.06.18 4th	1.01.30 SILVER	48.49 4th	4.04.39 4th	2.13.39 SILVER
Greg George (A)	34.02 4th		39.28 5th	29.63 6th	2.29.58 4th ☹	
Colin George (A)	36.38 6th		38.65 BRONZE ☹	30.18 ☹	2.31.91 5th	
Keith Gilder (C)			40.69 6th	31.24	2.36.63	
Tony Fidler (E)	34.73 BRONZE	36.98 BRONZE		29.36 SILVER		
Tony Robjant (E)	38.25 5th			35.31		
Colin Giddings (G)	37.85 BRONZE		40.33 GOLD		3.07.93 4th ☹	

STOP PRESS ~ Ruislip true victors at Maidenhead!

Following the disappointing Maidenhead result, coach Ron Gilder and Competition Secretary Karen O'dea have been able to scrutinise the published results, which were sent to them a week after the gala.

"It appears from my calculations that we did in fact get equal points with Bracknell, the eventual winners", said Coach Ron, "They made such a hash up with our entries for the relays so that points weren't allocated to us when they should have been".

Karen also went through the results one by one and her counting puts Ruislip ahead by *four* points.

Event organiser John Jeffreys was told of the mistake with Ruislip relay cards when the team arrived at the pool. He assured the team manager that he would sort it out with the computer but it appears that this was never done. In fact Ron had to inform them of one mistake in the results at the half time break.

John Jeffreys has since been informed of Ruislip's findings and has said that he will look into the matter. It may be that Ruislip will end up moral victors at the end of the day, but neither Ron nor Karen see much hope of the trophy being returned to RNSC.

"We shall just have to beat Bracknell fair and square on their own ground in March", said Karen.

Put the date in your diaries!

MAIDENHEAD RELAY RESULTS					
	1st Leg/Back	2nd Leg/Breast	3rd Leg/Fly	4th leg/Front Crawl	
Ladies 120 yrs FREE 'A'	Karen 31.57	Christine 32.29	Victoria 33.57	Lesley C. 28.97	2.06.37 SILVER
Ladies 120 yrs FREE 'B'	Sarah 34.02	Liz 35.40	Jennifer 34.62	Gilly 36.30	2.20.53 4th
Ladies 120 yrs MEDLEY	Sarah 39.33	Liz 42.00	Lesley C. 32.86	Karen 30.40	2.24.73 SILVER
Men's 120 yrs FREE	Tony F	Graeme	Greg 29.04	Colin George 28.94	1.56.10 GOLD
Men's 160 yrs FREE	Danny 33.64	Keith 31.00	Chris 34.84	Tony R. 34.22	2.14.58 SILVER
Men's 200 yrs FREE	Colin Giddings 36.00	Duncan 36.72	Bob 46.89	Joe 40.14	2.39.87 4th
Men's 160 yrs MEDLEY	Tony F. 37.01	Graeme 34.73	Keith 35.02	Chris 34.05	2.21.09 BRONZE
Men's 200 yrs MEDLEY	Danny 41.92	Joe 43.67	Tony R. 36.46	Colin Giddings 35.29	2.37.53 BRONZE
Mixed 100 yrs FREE 'A'	Karen 31.12	Lesley C. 30.10	Graeme 31.12	Tony F. 29.46	2.01.98 BRONZE
Mixed 100 yrs FREE 'B'	Christine 32.17	Colin George 29.22	Victoria 34.49	Greg 29.23	2.05.35 5th
Mixed 180 yrs FREE	Liz 35.57	Joe 39.92	Colin Giddings 35.26	Lesley C. 30.88	2.22.03 5th
Mixed 180 yrs FREE	Keith 31.30	Jane 38.24	Bob 45.56	Karen 31.00	2.26.19

SMILEY FACE TABLE 1998	
Colin George	☺☺☺☺☺☺ ☺☺
Chris Smith	☺☺☺☺☺☺ ☺
Sarah Nicholson	☺☺☺☺☺
Danny Ayres	☺☺☺☺
Gilly Stapleton	☺☺☺
Mike Goddard	☺☺
Jane Shekdar	☺☺
Graeme Perry	☺☺
Greg George	☺☺
Colin Giddings	☺☺
Christine Rowley	☺☺
Diane Williamson	☺☺
Andrew Brookes	☺☺
Lesley Cordial	☺
Tony Fidler	☺★★★★★

☺ = Lifetime PB
★ = Age group PB

WANTED - NEW SWIMMERS

Do you know anyone who can swim and who wants to keep fit?

Ruislip & Northwood Masters has places for new members and needs to fill the gaps left by those not enrolling again this year.*

No doubt you would agree that we are a very friendly club. We are extremely fortunate to have three excellent coaches who provide us with top training schedules on six sessions a week. Anybody who has tried to train/swim in a public pool will agree that there is nothing better than swimming in organised lanes. Nothing better than having the session set out for you and nothing better than the camaraderie offered by our cheerful lot!

Although there are those keen on competing, there is no obligation to take part in galas. All we ask is that they are competent swimmers (we can work on the strokes).

Swimming with Ruislip Masters offers excellent value for money and excellent value for health.

(* Fees for this year were calculated on the basis of 50 members. We are short of this and if we don't get in some new blood soon we run the risk of having to pay extra. Please keep you eyes and ears open for possible new members. Also, if you are a previous member who has not yet renewed your membership, please come back. We would love to see you again!)