

R U I S L I P & N O R T H W O O D S . C .

M A S T E R S

N E W S L E T T E R 1 ( F E B ' 9 4 )

INTRODUCTION

At last year's AGM (Nov 1993) it was decided that it might be interesting and useful if we were to have a newsletter so that everyone in the club could be kept up to date on the various activities, news, forthcoming events etc. I volunteered! Having said that, if you do have any news that might be useful to others, please pass it on - along with any feedback on this first effort. Thanks.

I apologise for the lack of "fancy format" but unfortunately I don't have access to a posh word processing package!

Liz

RESULTS ROUND-UP 1993

<u>MEDALS</u>	<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>
INDIVIDUAL	39	39	35
RELAYS	3	6	8 (+ 2 position only)

TOTAL - 182

1st in the Inter-Services Open Water Long Distance Race was Teresa Skilton (RAF)

Lesley Cordial won Silver in 50m Fly at Great Britain short course Championships at Sheffield (October).

Greatest Club achievement was winning the cup for top club at the Berks & South Bucks ASA Open Meeting (Reading - November).

I realise that these results only scratch the surface of the achievements in 1993, but hope to report fully on 1994 as the year unfolds. Ron has a list of our PBs for 1993 on the notice board and our thanks to him for all the times he has supported us at galas.

FORTHCOMING EVENTS

- SUNDAY 6 MARCH - BASINGSTOKE MASTERS FAST WATER MEET
- SATURDAY 19 MARCH - CLUB GALA (Merchant Taylors)
- FRI-SUN 25-27 MARCH - GUERNSEY 3RD OPEN MASTERS MEET
- SATURDAY 14 MAY - READING 5TH OPEN MASTERS MEET
- FRI-SUN 3-5 JUNE - GB OPEN MASTERS CHAMPS (LEEDS)
- FRI-SUN 17-19 JUNE - BARNET COPTHALL MSTRS. DISTANCE MEET

## CLUB GALA

Another idea (re-)hatched at the AGM was a Club Gala. The unenviable task of organising this went to Tony Robjant and Lesley Cordial. A date has been set ( Saturday 19 March) and further information will be available shortly.

## TRAINING TIMES

Sunday 7 - 8  
Tuesday 9 - 10  
Wednesday 8.30 - 9.30  
Thursday 8 - 9  
Saturday 8 - 9.15 (mornings!)

Please note that the Saturday morning session has been "slightly" extended this year.

Thanks to Ron and Reg for the time they give us. I think you would all agree that training would not be the same without them.

## MEMBERSHIP

At the AGM Mary Pethick stood down as Membership Secretary after 4 years. On behalf of the club I would like to thank her for all her hard work over those years in an especially difficult role. Enid Freshwater kindly agreed to take over the post and I am sure we shall be very supportive of her, i.e. pay up and on time!

On the subject of membership we are actively looking for new members and everyone is encouraged to boost the numbers in order to avoid increases in fees.

P.S. £5.00 club membership is now due. Please pay Enid before end of February. Thanks.

## CAMDEN SWISS COTTAGE MASTERS 4TH OPEN MEET - SAT 22 JANUARY 1994

Our first gala of the year saw a very healthy club turn-out of 14 swimmers, including 3 of our Senior Amateurs (19-25 yrs) and a couple of debut performances from Trevor Churchill and Bob Rogers. It was held at Highgate School Pool and was therefore a little cramped on poolside, but there was a spectator gallery ( of a sort) so we were able to congregate in between races.

We won a total of 8 golds, 10 silvers and 7 bronzes (individual) and 2 bronzes and 1 silver (relays).

It was a long day, but I think everyone would agree that it was an enjoyable and worthwhile experience (!) Our thanks to Mr. Cordial (Lesley's Dad) for taking our times and splits.

## RESULTS - RELAYS

LADIES 100 yrs+ Freestyle	(Teresa, Liz, Julia & Lesley)	BRONZE
LADIES 100 yrs+ Medley	(Teresa, Liz, Lesley & Sandra)	SILVER
MIXED 100 yrs+ Medley	(Teresa, David, Lesley & Tony)	BRONZE

The Mixed Medley Relay was an especially exciting race with Tony just snatching the bronze medal position at the very last moment!

RESULTS (CAMDEN SWISS COTTAGE)

LESLEY	50m Fly	32.50	Gold
	100m Fly	1.11.63	Gold
	50m Free	28.6	Gold
	100m Free	1.04.94	Gold
	200m Free	2.22.29	Gold
TERESA	50m Free	31.65	Silver
	100m Free	1.08.86	Silver
	200m Free	2.30.29	Silver
	50m Back	42.16	
	50m Breast	41.69	Silver
	I.M.	1.22.15	Silver
LIZ	50M Free	36.10	
	50m Breast	41.61	Bronze
	100m Breast	1.30.97	Silver
SANDRA	50m Free	43.75	
	50m Breast	54.11	
MARLEN	50m Free	55.43	Silver
	50m Breast	57.58	Gold
	50m Back	1.07.52	Silver
JULIA	100m Free	1.28.29	
	200m Free	3.11.97	
TONY	50m Free	33.26	
	100m Free	1.13.40	Bronze (PB)
	200m Free	2.59.74	
	50m Fly	37.00	(PB)
MIKE	50 Back	51.16	
	100m Back	1.56.04	
BOB	50m Free	46.28	Silver
	50m Breast	56.49	
DAVID	50m Free	34.70	
	50m Breast	42.11	
	100 Breast	1.34.39	
TREVOR	50m Breast	41.65	
	100m Breast	1.31.47	
KAREN	50m Free	31.56	Bronze
	100m Free	1.10.80	
	50m Breast	41.35	Bronze
	100m Breast	1.28.91	Silver
	I.M.	1.20.06	Bronze
SARAH	50 Free	32.30	
	100m Free	1.15.23	
	50 Back	38.09	Bronze
	100m Back	1.19.39	Gold
GRAEME	50m Breast	35.51	Gold
	I.M.	1.14.22	Bronze