
R N S C M A S T E R S

NEWSLETTER 23

FEBRUARY 1997

Four golds for Rogers as Masters triumph

So 'blazed' the headlines in the Ruislip & Northwood Gazette in true recognition of our victory at Amersham SC's 4th Masters meet at Stoke Mandeville on Sunday, 2nd February.

"It was a very close-run competition, but the 20 Ruislip swimmers hung on to their early lead to win with a total of 176 points", it goes on to say and it wasn't until the dust had settled and we found out what the final points tally was did we realise exactly *how* close it had been.

You see we only had a few of our 'Big Guns' with us. Varying reasons abounded - we had a couple of sick notes, a smattering of holidays, a duathlon (!) and a gaggle of injuries which had prevented all our 'Super Soaker 2000s' from joining the clan. Although we numbered twenty, there were an awful lot of other 'water pistols' in ALL age groups, AND it was a ridiculously early start to a Sunday morning!!

So it came as rather a pleasant surprise to find that we were in fact in the lead at half time - only by 11 points, mind you, as Ian 'from Amersham' pointed out. How we got into that position we were never quite sure but a lot of those points were due to our Bob (he of the headlines) who had entered every single event and was definitely in the winning way.*

We hung on to this lead whilst the positions for second and third were fought out between clubs like Fox Hollies, Amersham and Forward Hillingdon and as the second bout of relays neared we suddenly started to feel the pressure. This wasn't Maidenhead

with our all-conquering relay teams. Although Ron had done an excellent job (as always) in moving the names and ages about we weren't confident that we could keep the opposition at bay.

It was at this point that Lesley B. began her campaign to find a replacement for her backstroke leg in the 160 years + Medley relay. Convinced that she wouldn't be fast enough she approached everyone she could in order to sculpt the best possible team. Christine was going to be 'far too knackered' from the 120 years+, Lesley C 'far too young' and any others 'far too incapable' (their words, not hers!). In the end her worries were unfounded as she impressed the crowd with half a length fly kick underwater and a hand-over in first position.

As the Ruislip contingent approached the crowded changing rooms for the final time that day to wash off the rigours of their exhaustive effort, they felt that the result was in the lap of the gods. Could they have done enough to keep the challengers from the trophy? That trophy they had just missed out on the year before. In the end the announcement came as a little trickle when an official, overhearing our 'did we/didn't we?'s, confirmed that he thought 'we had' and Coach Ron was pushed forward to accept the ENORMOUS cup on behalf of the club.

As the crowds dispersed we discovered that we had indeed won, by all of THREE points. Phew!

(* Bob won five golds in fact. You can never trust a newspaper reporter to check her facts!)

Sunday morning galas!

There is something about starting your Sunday morning with a splash in a swimming pool at the god-awful hour of 8.30 am and then being expected to move your arms and legs as fast as you can from one end of it to the other.

Different Ruislip & Northwood masters approach this problem in different ways. Sandra enters every single

event going so she is always on the move and not able to question her sanity (well, only before the 50m Fly perhaps!). Julia brings with her some suitable reading matter on 'Criminal Law' and studies between races. Geoff just knocks up a quick speech for a future seminar in some far-flung continent. And Lesley C. sleeps.

Joe 'smileys' again!

Joe O'Dea finally broke his 50m Breaststroke PB at Amersham after three long years of competition.

Daughter Karen said, "I told him - you'll just have to take the kitchen out more often!", divulging the secret training that Joe has been undergoing over the past few weeks. Joe's time of 41.34 smashed the last PB of 41.73 which was clocked at Basingstoke in March 1994. His Fly time of 39.74 was also impressive, under the 40 second barrier again and nearer to that elusive 38.75 he clocked all that time ago in 1993 at Reading. Could this be a sign for the future? "Well, we'll just have to wait and see, won't we?", said Joe when interviewed after the event.

Roger gives it his all!

Relative newcomer, Roger Bown (*not* Brown!), added another race to his porte-folio at Amersham by entering the 100m Individual Medley for the first time. "I'll just take it easy and use it as a warm up for the breaststroke," he confided to his fellow club members only minutes before the race, but when he hit the water his (mad) competitive streak forced him to really go for it. Impressive turns from fly to back and back to breast kept him in contention as the Ruislip team cheered him on from the balcony.

"I feel like death," he said when I spoke to him later. Not a bad description, but after fifty millilitres of Caledonian spring water and some useless advice, Roger was back in the water half an hour later to win a bronze in the 50m Breast.

Up, up and away!

This was Lesley C.'s first gala as a 'B'. This was good news for Karen, but not for Jennifer (who moves up with her) and not for Lesley B. (who has to wait another year until she can escape to the Cs). It was also a new age group for Ray who now gets away from Joe and Danny now leaves the Cs behind.

It would have been a new group for Bernie but he didn't get there and it will never be any good for Julia and me because we take Christine with us wherever we go!

Allister shines both gold and silver

Allister proved that you don't have to do all your training in the pool. Vaguely invisible since last April, it was good to see him back in the water competing for Ruislip again.

Allister won gold and silver in the 50m Back & 50m Fly, clocking PBs in both races. Bracknell awaits!

Age adjustments bring rewards and confusion

Amersham SC introduced new awards for 1st, 2nd & 3rd in 'age adjusted' individual events at their 4th Masters meet. Confused? We certainly were.

Billed as "an interesting experiment", Amersham went to some trouble to explain the formula by which they would be making the adjustments. By using a conversion factor, performances of swimmers in different age groups could be effectively compared for the same event.

For example: Ray clocks 48.76 for 50m Breast. When you multiply this time by 0.832 (age adjustment factor) you get a time of 40.57 which is a time you can compare more favourably with that of a 25 year old. Or something like that! Anyway, Lesley must have done well because she came away with a gold cup in the 'Age Adjusted' 50m Fly and a bronze cup in the 'AA' 50m Free. Well done that girl!!

Late arrivals snatch success!

The Ladies 120 years+ Freestyle team had a dramatic start to their event at Amersham. With only Christine in position poolside, the other three - Lesleys C and B and Karen were relaxing in the gallery. A FRANTIC ten second sprint down the stairs meant they just had enough time to get their hats and goggles on.

"I thought I was going to have to swim it on my own," said Christine.

Success in the form of the gold medal was their reward. Perhaps this is the best way to prepare!!

Out to lunch

Prize for the most impressive lunch goes, as usual, to Tony F. for his pasta salad. Other impressive entries came from Marlen who kept Jennifer and Bob well nourished and Julia, whose garlic ensemble looked very interesting. Christine and Liz were teased about their

sandwich quadrants and Lesley C. spurned the Mars bar for a coronation chicken sandwich (!)

Half time activities included spending Roger's money (always an interesting past-time) and completing Jason's entry form for Guernsey.

CHAIRMAN'S REPORT

by Deryk Allsopp

Welcome back to training after the Christmas break and congratulations to all those who kept the club's name in the forefront of Masters swimming by winning the trophy at the Amersham gala. This is our THIRD trophy.

Thank you for all your good wishes following my hospitalisation. I assure you all I am not now bionic, as I recently proved when my back gave way again!

Welcome to all new members. I hope you enjoy training with the club and will participate in galas and our social events.

Once again I remind you that this newsletter is for you, so if you feel the urge to put pen to paper, do so - any observation, snippet of information or gossip is welcome.

Keep up the training - there are more trophies to win out there!

ATTENTION LANE ONE

by Laraine Welch

Would the swimmers in Lane One please do me a favour? Could they look and see if Ian (with the green hat) has webbed feet. If he has, it all becomes clear, but if he hasn't could he please explain to me how he manages to beat Lane Four swimmers in legs only. We are kicking with all the effort we can muster WITH FTNS on and he seems to be cruising along without any effort at all. It's is a real mystery to me how he does it. Could he let us all into his secret?!!

LET'S GET QUIZZICAL!

For those who were unable to go to Ruislip Masters' Quiz Night last year you now have another chance. For those of you who did, you also have another chance because we're doing it again. Same place (Ickenham Bowls Club) on SATURDAY, 15th March at 7.30 pm.

As before, food will be provided (Fish/Chicken & chips). All you have to do is complete the 'form' at the back of this newsletter and hand it in to either Lesley B, Danny, Christine or Liz together with your money.

It was really good fun last year! Don't miss out this time!

A WORD FROM YOUR COMP SEC

by Karen O'Dea

Thanks, and well done, to everyone who entered Amersham - a surprising, but excellent result and a good way to start 1997 off. It's going to be a good year!!

Following that I can now tell you that I've got entry forms for the next gala which is being held at BRACKNELL, on SATURDAY 19TH APRIL. Yes, another Top Team Trophy gala, so we need as many entrants as possible. *We just* came second to the home team last year and it is well within our powers to make it trophy No. 4, to add to Reading, Maidenhead and Amersham!! It is also a good fast pool where many smiley faces were awarded last time. Forms will be available shortly so **KEEP THE DATE FREE!!**

A WORD ABOUT YOUR COMP SEC

by Liz Smart

It appears our Competition Secretary has the 'wanderlust' again and is apparently planning a trip around the world for 1998. I am assured this is not to get away from the unenviable task of organising the gala entries of the RNSC Masters but after the stick some of us give her I would not be at all surprised.

So - this is advance warning that there will a 'Situation Vacant', at least by the end of the year. Anybody interested? But in the meantime, be nice to Karen and get your entry forms back to her on time!

BRACKNELL MEET

19th APRIL 1997

MASTER PROFILE

DERYK ALLSOPP

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

I remember being taken by my dad to Seymour Hall Baths near Marylebone, every Saturday morning. In the winter months the small pool was open - 33 $\frac{1}{3}$ yards long, and in the summer the large pool, which seemed enormous, was open - 44 yards long. I was initially taught by a lady whose name I can't remember and then by a man called Bill Scutt who guided me through the early improver stage to club swimmer.

I remember "walking" through the water, moving my arms in what I thought was a "swimming stroke" and thinking my teacher couldn't see my feet on the bottom!

I think I was 7 years old when I finally swam my first few strokes with feet off the bottom and 8 years old when I passed my S.T.A. Junior Swimmer badge, which meant I had to go into the deep end. It was a long time afterwards that I ventured back into the deep end!

What is your earliest swimming memory?

Besides the above, I remember swimming in the sea at Frinton-on-Sea in Essex. My grandparents had a farm in Elmstead village near Colchester and every summer, when I was little, I spent most of the summer holiday "helping" my granddad with the harvest. On those long, hot summer Saturdays and Sundays, that we all fondly remember, we went to the beach, staying in those little wooden beach huts with only a Primus stove for a hot cup of tea after a swim in the sea and diving off a fixed platform about 20 yards out to sea.

Did you swim competitively as a youngster? If so, for which club?

Yes. After having learnt to swim and being fairly competent by the time I was eight, I was encouraged to join a club - Kingsbury Swimming Club - which used to meet and train every Friday night at Finchley Road Baths (now a Sainsburys) and later at Swiss Cottage Baths. I remember progressing quite quickly through the various groups in the small pool at Finchley Road Baths and eventually being allowed to join the "big people" in the large pool. It was one of those pools with the changing cubicles around the edge of the pool.

I remember swimming for the club in Winter League galas, traveling to such exotic places as Heston, Isleworth, Acton, Ealing (the pool behind the old town hall), Lime Grove (Shepherds Bush) and Marshall Street Baths (Soho). When Brent Sports Centre opened, the club took an additional night - Mondays - and yes, we did swim at Kingsbury open air pool every Sunday lunch time during the summer months (and you think Merchant Taylors is sometimes cold!)

What were your greatest achievements or moments of glory?

With Kingsbury Swimming Club I won a number of medals, both individual and team. There was a group of 4 or 5 of us who were the same age and formed a freestyle and medley team which won County Championship galas, Southern County medals, at all age levels, and in 1969, a bronze medal in the Open Medley Team Championship of Great Britain at the National Championships, which in those days was always held at Blackpool (long course, salt water pool).

My earliest memory of winning a medal was the Under 10 one length Backstroke (yes, Backstroke!) in the Middlesex Championships held at Marshall Street Baths. The majority of my medals at County and Southern County Championships were won in Frontcrawl races, ranging for 100m to 1,500m (or in the 1960s, 110 yards to 1,760 yards - 1 mile).

My greatest individual achievements were several, gaining a bronze medal in the Medley Team National Championships at Blackpool in 1969 and later the same week, making the National final in the 100 yards which was televised on the last Saturday night of the week long championships. A year later I was picked to represent Great Britain in the World Student Games, held in Turin, Italy in 1970.

Other memories include participating in the opening ceremonies of the "new" Swiss Cottage Baths (opened by the Queen), Brent Sports Centre and representing London in a gala against Edinburgh to open the Commonwealth Pool in that city.

Did you participate in any other sports? Any great achievements or moments of glory there?

After 1970 or 1971 I remained in "swimming circles" and joined Wembley Swimming Club. with whom I regained my Middlesex County 130 yards championship at Hornsey Road Baths and also continued to win medals in team events.

I was also drifting into Water Polo and joined Otter Swimming Club which used to swim at the Shell Centre. We played National League Polo which meant traveling around the country. I remember playing a match at Birkenhead late one Saturday afternoon in overcast weather conditions in an open air pool and playing at Crystal Palace, where the "pitch" was in the centre point which meant there was no standing up for a rest! After 2 or 3 years of this I drifted into swimming teaching and coaching and back into swimming and water polo in the early 1980s.

Before my swimming career really started I used to go skiing - in the days before the package tour. My parents took me and my sister six years running - Switzerland (twice), Austria (twice) and Norway (twice). I became quite proficient and won a number of downhill and slalom races against the local kids. If only I had kept it up

In the mid 1980s I took up windsurfing - my greatest achievement was learning how to keep on the board without falling off and being able to turn round to get back to the safety of dry land!

How did you first hear about the RNSC Masters section?

The Masters section grew out of the old Family Bathing section which used to meet at 8.00 am to 10.00 am every Saturday at Highgrove Baths. Reg Jewit used to invite, and gently persuade, some of those who attended to "train" instead of playing around. This used to take place from 9.00 am, so those in the know used to go swimming from 8.00 - 9.00 am!! This was around 1982/3 by which time I had competed in some Masters events. The earliest one I remember was run by Otter Swimming Club at Marshall Street Baths.

Bill Stokes knew Roger Uttley at Harrow Boys School and he managed to persuade the school to hire Ruislip & Northwood SC an hour on Thursday evenings, which was initially used by those more serious swimmers from the Family Bathing section. Spurred on by some success in Masters galas by myself, Amanda Heath and Graeme Nash, and the availability of Ron Gilder, I remember a meeting being held in the bar at Harrow School School Pool around 1987 out of which the Masters section was born. That meeting was attended by myself, Lyn, Ron, Mary Pethwick, Debbie Petwick, Rob Kirk and John Hggins.

A further night (Tuesdays) was obtained at Harrow School and following the opening of Merchant Taylors pool, the Thursday session was moved there. As more suitable times became available further nights were hired and eventually all activities of the Masters section were relocated at Merchant Taylors.

How long have you been swimming with them? What do you enjoy most about the club?

I have now been competing in Masters events since about 1980 and for RNSC Masters since its conception in about 1987. I have several memories of enjoyable galas - Guernsey and our wins at Reading and Maidenhead to name only a few. I enjoy the friendly atmosphere of the club, the commitment of members to make the club friendly and successful and the help members give to one another and particularly the help and guidance given by our coaches, Ron, Reg and Tony.

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

I look back to 1969/70 when I was part of a team that won a bronze medal in the National Championships and in the same week I qualified for the National 110 yards Freestyle final in which I came fifth. A year later I was picked for the World Student Games.

And your favourite stroke is? Frontcrawl

And your least favourite stroke.....? Backstroke (although I won my first Gold Medal on it!)

Do any other members of your family enjoy swimming? (If so, are they over 25 and when can they join?)

My wife Lyn, whom you all know, and she competes if she can't think of an excuse why not!

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

Teaching swimming for Lyn's Swimming School - Champions, starting DIY projects (who said anything about finishing them!) and going on holiday as often as possible!

Another article from our 'Tel of the Net'. Quite controversial, this one, so it will be interesting to hear some comments once you have read it. You WILL BE reading it, won't you?!

KICK BORED

by Terry Laughlin

It's a sure-fire applause winner in every adult swim camp I hold. We're talking about training aids - fins, paddles, buoys and the like - and I've just declared that most people would be better off if they never picked up a kickboard. Next thing I know, I'm looking into the kind of happy faces that must have greeted the Allies at Dunkirk. The liberation of the weak kickers, many of them triathletes and fitness swimmers. Kickboards, those tombstone-shaped foam slabs, are a common torture device self-inflicted by people willing to endure kicking laps like medicine in the mistaken belief that it will help them swim better. Their poor kick is holding them back, they reason, and they suppose that they need to strengthen their legs with those mind-numbing laps on the boards. No matter that when they grip the board and churn away they go nowhere - except for a few who travel backwards. They keep plugging grimly along, clinging to the hope that clinging to the board will eventually do them some good.

It probably won't, for two reasons. First, whether you swim every day or just when the weather's too lousy for running or cycling, chances are your kick isn't what's holding you back. Your hips and legs are dragging, and that's no good, but it's not your kick that's letting them sag. That's from poor balance, probably the most common and most easily corrected stroke error of them all. Instead of hours on the board, it's effectively fixed by redistributing your weight, making the front end of the body your "heavier" by leaning on your chest ("Pressing the T") while swimming. Like a seesaw, your rear end will ride up where it belongs. Even a weak kick, my students are delighted to discover, can't hold back a balanced body.

Where a stronger kick does come in handy is in gaining speed after you've improved your balance. This means not just muscle strength, but flexibility, something we all can use, whatever our sport. Many elite swimmers can sit on the deck, legs out in front and knees straight, and touch their toes to the floor in front of them. Most novice swimmers are lucky if they go half that far. Hyper-mobility (unusual ranges of flexibility) in any joint comes at the cost of diminished joint stability, and a highly flexible ankle on a runner is a sprain waiting to happen. So even though step one to kicking better is ankle stretching, don't overdo it if you run or play squash or tennis or basketball.

But what if you're concerned with leg strength in or out of the pool? That's step two, but again kick sets gripping the board aren't the answer even if swimming is your prime sport. For one thing, they throw your balance off. How can you lean on your chest and kick correctly while your arms are propped up on a board? Second, gripping the board freezes your hips. You can't rotate them and rhythmic hip and trunk rotation integrated with your arm stroke are where the power comes from in each stroke cycle. The kick is an integral part of that rolling action since it both provides the external torque for hip roll and acts to counter-balance trunk rotation. Kick on a board with hips locked in place and you lose the whole dynamic. The interaction of hip and leg muscles is changed enough that whatever leg strength you do gain is different from that which helps you swim faster.

The best way to put muscle in a weak kick? Fins, for two reasons. First, ankle flexibility. The extra pressure created by the blade as you kick down on each beat stretches the foot more than a "naked" kick. Second, improved leg strength. Again the blade gets the credit. The increased surface area of the blade puts a greater load on your leg muscles like a wet weight workout. Drilling with fins can work even better, since drills force you to use your legs more than you do when swimming. They'll not only get stronger but it will be strength you can use when swimming because the drill closely mimics the way the body moves in swimming. And you'll kill two birds with one stone because you'll be improving your stroke efficiency while strengthening your legs. Try kicking on your side with one arm extended out front. Roll and change arms several times each length. When kicking on your side, neither fin blade will break the surface, giving your legs a higher quality workout. You can get a similar effect by kicking underwater. The increased water pressure adds load to your leg muscles.

Finally, wear fins on some of your swimming sets. Most of us don't kick very much when we swim, and the farther we swim the less we kick. But when you wear fins, your kick improves enough to make kicking worth the effort and you end up using your legs more. Naturally this gives the highest transfer of strength because you're strengthening your legs exactly as you use them. And what kind of fins should you use? Many new swimmers and cross-trainers have been attracted to the new cut-off, so called "speed" fins or Zoomers. This fin works best for those who already have good ankle flexibility and a strong kick. Less skilled and less experienced swimmers and those who need to develop ankle flexibility and a stronger kick will do so much faster using a bladed fin. The extra surface area of a full blade is valuable. Of the bladed fins, my favourite is the Slim Fin. It gives your legs more of a boost, while reducing leg fatigue.

So, if all you want for your time today is a good leg workout, you'd be better off on an exercise bike. But if you're looking for strength that could help move you down the lane smoothly, where do kickboards fit in? In the pile on the deck.

RESULTS AMERSHAM 4TH MASTERS MEET

2nd FEBRUARY 1997

⊙ denotes a New Age group PB

⊙ denotes a life time Masters' PB

KAREN

200m Free 2.34.22 4th
 50m Back 38.62 4th
 50m Fly 34.63 BRONZE
 100m IM 1.17.39 4th
 50m Breast 40.33 4th
 50m Free 31.05 6th

SANDRA

200m Free 3.49.68
 50m Back 59.98
 50m Fly 55.98
 100m IM 1.54.63
 50m Breast 55.33
 50m Free 43.77

JOE

200m Free 3.19.72
 50m Back 50.29
 50m Fly 39.74
 100m IM 1.33.57
 50m Breast 41.34 ⊙ BRONZE
 50m Free 39.05

BOB (J)

200m Free 4.13.69 SILVER
 50m Back 1.05.22 ⊙ GOLD
 50m Fly 1.07.89 GOLD
 100m IM 2.18.97 GOLD
 50m Breast 59.43 GOLD
 50m Free 50.21 GOLD

RAY

(H)

200m Free 3.47.26 ⊙ 6th
 50m Back 58.00 ⊙
 100m IM 1.52.96 ⊙ SILVER
 50m Breast 48.76 ⊙ 4th
 50m Free 43.60 ⊙

MIKE

(H)

200m Free 3.37.99 ⊙ 4th
 50m Back 55.40 6th
 100m IM 2.07.17 BRONZE
 50m Breast 53.37 5th
 50m Free 41.87

LESLEY C.

(B)

200m Free 2.21.87 ⊙ SILVER
 50m Back 35.09 ⊙ SILVER
 50m Fly 31.63 ⊙ GOLD
 50m Free 28.94 ⊙ SILVER

JENNIFER

(B)

50m Back 41.07 ⊙
 50m Fly 42.41 ⊙
 100m IM 1.29.47 ⊙
 50m Free 35.40 ⊙

LIZ

(C)

200m Free 2.49.35 5th
 50m Fly 39.83 ⊙
 100m IM 1.28.79
 50m Breast 41.69 BRONZE
 50m Free 33.47

CHRIS

(C)

50m Back 36.61 GOLD
 50m Fly 36.86 6th
 100m IM 1.23.46
 50m Free 32.44 4th

LESLEY B.

(B)

200m Free 2.46.11 6th
 50m Free 34.27 6th

JULIA

(C)

200m Free 3.08.44
 50m Fly 44.57 ⊙

TONY F

(D)

50m Fly 33.90 4th
 100m IM 1.17.16 ⊙ BRONZE
 50m Free 28.52 SILVER

ALLISTER

(D)

50m Fly 30.10 ⊙ GOLD
 50m Back 35.22 ⊙ SILVER
 200m Free 2.35.48 4th

ROGER

(A)

50m Fly 33.28 6th
 100m IM 1.17.23 ⊙ 5th
 50m Breast 37.00 SILVER
 50m Free 28.95 6th

ROY

(F)

200m Free 3.23.31
 100m IM 1.42.51 6th
 50m Free 40.46

<u>DANNY</u>	(D)		<u>GEOFF</u>	(E)	
200m Free	2.57.90	☺	50m Back	41.15	4th
50m Free	33.30	☺	50m Free	32.27	4th
<u>JANICE</u>	(D)				
100m IM	1.35.66				
50m Breast	45.46	6th			

RELAYS

<u>120 yrs Medley</u> LADIES	Chris 17.32	Liz 19.01	Lesley C 14.70	Karen 14.18	1.05.39 SILVER
<u>120 yrs Free</u> LADIES	Karen 13.76	Chris 14.53	Lesley B 15.14	Lesley C 13.33	57.57 GOLD
<u>120yrs Medley</u> MEN	Geoff 18.64	Roger 16.22	Tony F 14.67	Jason 15.22	1.04.90
<u>120yrs Free</u> MEN	Tony F 12.84	Roger 13.26	Geoff 14.15	Allister 12.86	53.27 4th
<u>160 yrs Medley</u> LADIES	Lesley B 20.53	Janice 20.99	Julia 18.31	Sandra 18.92	1.18.84
<u>160 yrs Free</u> LADIES	Chris 14.81	Julia 16.50	Sandra 18.52	Liz 14.75	1.04.93 4th ☺
<u>160 yrs Medley</u> MEN	Geoff 18.28	Danny 20.40	Tony F 14.86	Jason 15.11	1.08.65 (Disq.l)
<u>160 yrs Free</u> MEN	Geoff 14.54	Jason 15.67	Danny 14.57	Tony F 12.48	57.26 ☺
<u>200 yrs Medley</u> MEN	Mike 24.60	Ray 22.61	Joe 17.69	Roy 18.12	1.23.15
<u>200 yrs Free</u> MEN	Joe 16.31	Mike 20.06	Ray 18.00	Roy 18.48	1.12.85

TOP CLUB RESULTS

1.	RUISLIP & NORTHWOOD	176
2.	AMERSHAM	173
3.	FOX HOLLIES	164
4.	FORWARD HILLINGDON	161
5.	RUGBY MASTERS	156
6.	CITY OF MILTON KEYNES	132

CLUB GALA

A provisional date of 12th April 1997 has been set for the 4th RNSC Masters Gala and entry forms will be appearing in the not so distant future.

Shorter races are promised for this year, with a smattering of "Fun Races" for everybody to enjoy (1). A post-gala supper and the traditional award ceremony will be held in the Tuck Shop across the car park.

Please keep this date free as this always proves to be a very enjoyable evening.

NEW YEAR - NEW TABLES!!

☺ Smiley Face Table 1997 ☺	
Tony F.	☺
Mike G.	☺
Joe	☺
Danny	☺☺
Lesley C	☺☺☺☺
Alistair	☺☺
Julia	☺
Liz	☺
Roger	☺☺
Ray	☺☺☺☺☺
Jennifer	☺☺☺☺
Bob	☺

☺ Smiley Face Relay Table 1997 ☺	
Christine	☺
Danny	☺
Julia	☺
Liz	☺
Sandra	☺
Geoff	☺
Jason	☺
Tony F	☺

ERRATUM

Apologies to Karen. Apparently I missed one of her smiley faces off the 1996 Smiley Face Table which she clocked at Maidenhead in the 50m Backstroke.

(She had far too many anyway!!)

ADVANCE WARNING!

CLUB GALA

12.4.97 Merchant Taylors

RNSC MASTERS

QUIZ NIGHT

WHERE? *SWAKELEYS BOWLS CLUB
MILTON ROAD
ICKENHAM*

WHEN? *SATURDAY 15TH MARCH
7.30 pm for 7.45 pm START*

HOW MUCH? *£ 5.00 per person to include
Fish/Chicken & chips supper*

Bar available

WHAT DO I HAVE TO DO? *Complete the slip at the bottom of
this page & return to Christine or
Lesley B. asap WITH MONEY!!*

.....✂.....

Please reserve me places for the Quiz Supper (@ £5.00 per person)

Names

.....

Contact number:

Please order the following food:-

	<u>no. req'd</u>
<i>Fish & Chips</i>
<i>Chicken & Chips</i>