

RUISLIP & NORTHWOODS C.

MASTERS

NEWSLETTER 7

(JANUARY 1995)

Editor: L. Smart

HAPPY NEW YEAR!

Welcome back and apologies for the delay in getting the latest newsletter out!! Hopefully it will have been worth waiting for. Yet again we have a letter from our chief correspondent, Mr. Robjant, who has reported on the award-winning performance at Maidenhead in November. He also has news on a couple of events for 1995. We have a very interesting article from Bob Rogers on 'Life in the Slow Lane' and gossip from the Club Dinner & Dance from Mr. Smart.

Our 'Dear Coach' column in the last newsletter prompted a couple of questions and we are grateful to Reg for his in depth answer to one of them. Next time we shall be able to include some more stuff on land training from information supplied by Ron. Keep those questions coming!!

Lots more inside and of course the long awaited update on the Smiley Face table. Our efforts at Maidenhead are well rewarded as we set club bests in twelve 4 x 50m relays.

LETTER FROM MAIDENHEAD (Berks & S. Bucks Champs)

Tony Robjant

WE WON THE CUP, WE WON THE CUP, E I + E O, WE WON THE CUP !!!!

"And it's John Jeffrey's striding into the pool arena with that magnificent solid silver trophy, looking for that superb winning team from north west London. If you listen carefully you might just be able to pick out his generously phrased words of congratulations. "RON RON where are you old bugger? This is for you, you won again!"

And of course the whole crowd is on it's feet.

Never before in the annals of swimming history has so much been won by not very many who looked so knackered!, They came, they saw, they conquered! They fought them in the sprints, they fought them in the medleys, and they fought them in the relays. They never surrendered. It was indeed a far better thing that they did than they had ever done before. They were not economical with the truth and et tu Brute!

ARE YOU GETTING THE PICTURE DEAR READER?

WE WON!!

And what's more -- I got a silver medal, that's M - E - D - A - L . Ok ok, for a bit of butterfly in the medley relay, but it was 50m!

Congrats to everybody. I understand copies of the picture taken will be made available.

Lets hit 'em again next year!

With such a terrific ending, to bore everyone with the details seems irrelevant, however some notable points:-

Your roving reporter, in his unending quest to get to the stories behind the leading sporting events, has discovered that this gala was held on the third anniversary, and so presumably to commemorate, the demise of that magnificently over-ambitious Masters Swimmer, Mr **ROBERT MAXWELL**, (Bob, to his friends - whoops! - to his mum rather), who without waiting for the A.S.A. officials to arrive, got straight on with his attempt to swim across the Mediterranean without breathing, a feat worthy of our complete respect, leaving aside the fact that he

was later to achieve eternal fame in another field of excellency (i.e. grand larceny!).

Presumably, before the start, when paying their respects in the usual way to such heroes, our team became so inspirationally inspired that winning the cup again was actually a mere formality. Certainly the amazing performances from some of our swimmers would seem to prove such.

Jennifer outdid her entry times again, Lesley gave it her all, a temporary swan song from Karen sent her off Down Under with a smile, Keith set himself a new standard for breaststroke, Trevor set a new world breast stroke arm pull R.P.M. record, Julia, Jo, Vicki, (hope I haven't left anybody out) and myself were entering at least one event for the first time and I don't think we have ever done so well in the relays - medals galore- a great turn out from the club, but I think for those there, there was definitely a confirmed star of the show.

You guessed it, Simon.

Simon's performances were basically amazing. Slightly short of manic, he just shot up and down that pool like a man possessed!

Our BIG guns were all firing, Derek and Bernie going well, (although there was some

negative talk about "when do I become an E" etc.), a welcome debut for the club by Alistair (he of very little training but very impressive style!) and another discovery was made on poolside. If you are ever in need of some muscular mending I can recommend Bernie's massage techniques! Also to be highly recommended was Leslie's rub-on anaesthetic gel stuff! Together they soon got rid of my upper thigh problem after the 200m freestyle. Actually, probably would have been equally successful the other way round!

No! Copies of the pictures will NOT be available soon!

Ron gave the Ladies relay organisation and whip to Sarah which caused a stir when they nearly prematured, as it were, in the wrong heat. Otherwise all went according to plan I think except for the cafe's raspberry Slush Puppy machine running out.

Liz of course was so overcome with the sheer emotion of it all that tears continued to pour down both cheeks all the way home, or was it my driving! There's obviously an opportunity for someone to develop comfortable, effective guaranteed-to-stay-on-when-starting-off-the-blocks, goggles. Anyway Sarah, who I am beginning to realise is full of hidden talents took us all to the best chip shop in Slough, or perhaps the World!, so Liz didn't suffer long.

ROLL ON NEXT YEAR!

Final team positions:-	Ruislip & Northwood	138
	Reading	108
	Bracknell	81
	Slough Dolphins	70
	Rushmoor Royals	69

Medals	Gold	Silver	Bronze	
Individual	12	11	14	
Relays	16	16	12	
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Total	28	27	26	81

BRITISH POLICE CHAMPS

Liz

Only a few days after Maidenhead, Sarah and Bernie, both representing the Met Police, flew over to Guernsey to take part in the British Police National Short Course Championships. Sarah did extremely well, winning golds in both the 50m and 100m Backstroke and bronzes in the 50m Breaststroke and 100m IM. Unfortunately we do not have Bernie's results as we go to print but we reckon he was probably equally successful!!

After a fairly lethargic response to start with, the Water Polo session that we had was well attended and well liked by all it seems.

I forget who won actually! but I'm sure we 'll all now be reminded!

Some skill was on show on the night, and after a few administrative hiccups the teams were picked and matched reasonably well (must remember to include myself in a team next time!!) It is fairly hard work once you get into it and with 'EXPERT' advice from Bernie, together with those subtle little skilful touches that he showed us -- like pulling your leg half off if you're likely to beat him to the ball!-- we should all be able to keep the fitness up AND get reasonably good.

It has been suggested that not only should we perhaps look around for some competition (!!) but we could also devote say one session a month, of the Friday 8.00 sessions, to water polo.

So we'll be giving this a try in the new year, starting Jan 27th. and then every last Friday in the month.

WATER POLO - A view from the "uninitiated"

Liz

I suppose I should have been a little worried that my husband arranged a babysitter so that he could also attend the first Water Polo 'Fun' Night. Alarm bells certainly started to ring when I stepped poolside to find Andrew there (didn't he realise it wasn't Wednesday?) along with about 12 other men. But when Bernie arrived with a large holdall and proceeded to don a pair of shiny PU coated anti-grab trunks (over his normal trunks, I hasten to add!!) I really did begin to feel that some people were taking this *very* seriously!!

Once the teams were selected we had trouble containing hysterics, mainly due to the sight of Deryk in a hat resembling a baby's bonnet!! Once you realised that everyone looked equally amusing and how necessary it was to be able to recognise a fellow team mate we were able to cope better! Cheered on by our 2.5 spectators (Marlen, Bob and Baby Sam) we soon got into the swing of things - sprinting for the ball and then not knowing what to do with it or hurtling after the ball only for the opposition to hurl it back immediately to the place from where you had just come!!! All good frustrating stuff.

It was excellent fun and suited all ages and standards. We hope to see some more of us there in the future.

SOUTHERN COUNTIES INTER COUNTY COMPETITION

Liz

I would like to have given you a full and informative story of our experience at Cophall on that Sunday early in November, complete with times, splits, races swam etc. etc. Truth is I can't really remember what happened!! We (that is Ray, Joe, Trevor, Karen, Lesley and myself) were all confused before we got there. We were even more confused when we had met up with our team captains on poolside. There were lots of races in strange age bands interspersed with many relays, but please don't ask me how any of us did!! The main thing was that we had been asked to represent our county and none of us let the side down.

One great disappointment was the T. shirts. Our excitement soon faded when we saw them - very large nylon things with mesh sleeves in the 'nice' bright Middx colours of sickly yellow and yukky red. We decided that they were not the sort of thing we would wish to wear after the event. Karen suggested they were the sort of thing one might wear to wash the car in. We all agreed they would be best suited to washing the car *with*!! (Personally I blame Ms. Cordial who has previous experience of these T. Shirts and who failed to warn us!???)

Anyway, we mustn't be too ungrateful or they might not ask us again. And it was quite nice change to meet up with other Middx swimmers and swim as team mates and not rivals.

BARNET COPTHALL OPEN 1,500M

Liz

Another long distance success for Teresa who swam in the Open 1,500m held at Cophthall. She swam the 60 lengths in 20 min 19.97 seconds. As the event was held over two weekends she had to wait to find out that she had in fact gained second place, both in her own age group and overall. It wasn't all plain sailing though. At about 200m to go her hat started to slip. She finally lost it with 75m left and the initial drag from her long flowing tresses practically stopped her. She said it was like dragging a weight behind her for the rest of the race!

PEGGY NASH MEMORIAL TROPHY GALA

Liz

A surprise outing for Lesley and Bernie in December helped the youngsters of RNSS retain the trophy for the Peggy Nash Memorial Gala. Both were asked to represent Ruislip & Northwood in Open fly and free relays and both put in stylish performances helping their teams to gain either first or second places.

CLUB DINNER & DANCE

Graham Smart

"Ladies and Gentlemen please be seated, your president awaits you".....well, it wasn't quite like that. The first club dinner and dance took place at the Master Brewer on 9th December 1994 and turned out to be a great success. The nervousness on arrival soon turned into excitement as one recognised familiar faces with their party clothes on (more becoming than Speedo). The girls certainly scored high on the dress front, but it was a close thing. Colin did the chaps proud turning out in matching dinner jacket and bow tie.

After comparisons of training diaries, muscle tone, suitable stimulants to move up to lane 2 and such like it was upstairs to the food. However, the first hurdle was the sitting plan. Yours truly found himself sitting between Liz (no chips?) and Kicker Keith - any undefended roast potatoes could be attacked from both sides! Keith unfortunately gave away a little lane 2 secret - copious amounts of food - and he can eat as quick as he swims! Super hero Ron Hardy dispelled the food theory, although I did notice from across the table a liking for the odd glass of wine. Frank Byrne also on table 6 seemed to be into this wine thing too - don't let his mild manner fool you, he can mix red and white! (Although it was noticed that he didn't make Reg's session next morning - where were you Frank?. Sorry Frank, should have stuck to white like Superman. He turned up and put us all to shame as usual). It was interesting to study close up Club Coach Ron and his wife. I've always suspected that Ron couldn't come up

with some of those sessions on his own! He seems such a nice chap.

Food over, music on. It was time for the girls led by Julia, Sandra and Liz to take to the floor, dis-engage hips and shoulders from the spine and let rip in full synchronisation to the beat. (Why is it that females have this ability to dis-engage every bone in their body on the dance floor, never miss a beat and re-assemble when its time for a drink or natter without fluttering an eye-lid?).

Having completed the 'warm-up' the DJ switched rhythm to 'jiving' and on to the floor, bow tie first, cruised a lane three mean machine - Colin. With a practised combination of Fred Astair grace, Iglesias (Julio) charm and Frank Bruno aggression Colin scooped up Julia. With an Ali shuffle lead, followed by an under-arm pull through, Colin launched himself and Julia into a demonstration of laid back, stylish floor play exhibiting perfect timing and a cool sophistication.

R&N were now up in force, Superman Ron H and his wife Jean brought grace to the occasion together with Frank and Angela Bryne. Tony and Barbara (there are two called Robjant!) cleared a path across the floor with a more aggressive/rhythmic arm waving, harmonious style. The O'Dea's (more of them later) joined forces together with Jean Morrow and hubby David showing a nice pair of heels with a particularly dainty hip roll from Jean!

In between the odd glass of wine and the odd tale (some in good taste) with Tony and Colin

I spotted some heavyweights on the floor. Ray and Brigitte Clarke were going some together with Enid and John Freshwater. This John Freshwater is something. Not only did he seem to dance all night, he was dancing with all sorts of women. Anyway he seemed to be enjoying himself (another on red wine eh?).

Following a breather, the familiar tone of 'Brown Sugar' filled the air with the effect of rousing Kicker Keith and Nicki. The Robjants, unable to hide former glories on the dance floor, also showed a bit of style to one of the 'Stones' more macho offerings. (I believe Joanne and Andrew (Holton of course!) even joined in, they were certainly seen on the floor during the course of the evening).

Exhausted but not down, weary legs (no pulling floats were aloud on the dance floor) were called to the conga. Only one person could possibly lead mere mortals with the appropriate authority and leadership. Yes, you guessed him, resplendent with that

Middlesex vest under the dress shirt, Joe O'Dea lead the floor with style, grace and some what horizontally!

As the evening drew to a close, Tony remarked that Bob and Marlen had slipped away and suggested a hot pursuit with a couple of bottles. However, with Jennifer and boyfriend still on white wine we decided to go home like good boys - there was still Reg's Saturday morning session merely hours away!

Like the club gala last year, all the people I spoke to hoped this is was to be the first of many annual club dinners. Club chocolate medals to Sandra and Julia who were the first and last to grace the dance floor. On behalf of all that attended, a big kiss and thank you to Tony for organising such a splendid event.

(PS Superman and a few others did turn up to Reg's session. May they be rewarded in heaven).

THANK YOU

Both Ron and Reg have asked me to print a big **THANK YOU** for their Christmas gifts and kind wishes. They were very much appreciated (as are Ron and Reg!!)

THE 1995 R.N.S.C CHOCOLATE GALA

Tony Robjant

We will be shortly planning the club gala for 1995.

Remember last years efforts? How could you forget!!? Well for their continued crimes against the world of galas the same crew have been made to put the 1995 gala together.

EVERYBODY WILL BE ENTERED IN THE RELAYS -- YOU CANNOT ESCAPE!

The successful mix of 'Traditional' events and surprise 'Fun' events will be there, though this time we'll mix them up a bit more.

The date is set for **SATURDAY 18 MARCH**, and I will soon be producing entry forms.

Lyn will be booking the Tuck shop on the side of the Quad car park for results presentations (Yes more chocky medals!), and the usual Performance Intensive Serious Swimming for Useless Prats session afterwards.

Liz has kindly volunteered to organise the 'goodies sweepstake' again.(not so many sausage rolls this year though, ed)

So folks, it's time to enter that event that previous embarrassment/lousy times/one-leg has prevented you from entering before, and to boldly go down those 25metres doing your stuff!

The gala will be handicapped within age groups based on the leading swimmers time for both 'Medals' at the end and for the heats themselves, so you can enter EVERYTHING!

GUERNSEY (MARCH 24-26)

Liz

Well the scene is set, the deposits have been paid and it only leaves the prospective participants to mull over the entry form and decide what events to do!! Thirteen of us are due to go this year: Lesley, Teresa, Enid, Sandra, Liz, Julia, Joanne and husband Andrew, Ray, Roy, Tony, Colin and Joe. Should prove to be an exciting weekend. If there are any of you who would like to join us there is probably still time. Just let me know!!

FORTHCOMING EVENTS

Liz

- JAN 21 CAMDEN SWISS COTTAGE MASTERS 5TH OPEN MEET
(Highgate School)
- JAN 27 WATER POLO (Merchant Taylors)
- FEB 5 2ND AMERSHAM OPEN MASTERS MEET
- FEB 24-25 SOUTHERN COUNTIES OPEN LONG COURSE MASTERS
- MAR 3-5 SWIMATHON
- MAR 18 CLUB GALA (Merchant Taylors 5.00pm ish)

LIFE IN THE SLOW LANE

Bob Rogers

You may ask yourself "What's life like in the slow lane?", "Is it any easier?", "Surely they can't suffer like we do?"

Of course we do. It's just a matter of degrees. You travel further in a training session than we do, but we end up aching just the same.

Will you ever know how we suffer? I doubt it. In the thirty years or so that it will take for you to reach our age you still won't be down to our level.

The difference is that you are REAL SWIMMERS. Whereas we have gradually progressed to our current standard via Survival Swimming, Life Saving or just trying to encourage our children, only to find that by the age of 8 and a half they are faster and have more stamina than us.

So what is a REAL SWIMMER then? Real swimmers start young. They have learnt things like tumble turns, backstroke catch-up, and butterfly so long ago that the agony of effort required to accomplish them has been

long forgotten and they have become second nature.

Taking all that into account it seems to be a miracle that any of us UNREAL SWIMMERS persevere at all. What keeps us going, week in week out, year in year out? We train, sometimes enter galas, always certain in the knowledge that it only needs a swimmer from way back to start competing again and all our hopes of that elusive gold medal are gone for another year.

Fear has a certain amount to do with it. We know that just a short lapse and we shall have gravitated into chairbound teleaddicts, and our finely honed bodies will degenerate into masses of lard.

Not just fear though. There is something we can do which is almost impossible for the REAL SWIMMER. "Get Off", you may say, but no there is one thing which we UNREAL SWIMMERS can achieve, albeit slowly (which is how we do most things). We can improve!

We may count ourselves fortunate that we did not reach our peak, swimmingwise, in our teens or twenties. Not for us the struggle to try

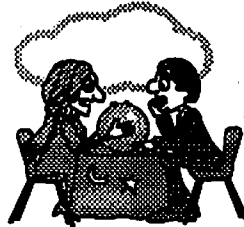
and maintain past levels of speed, PB's are within our grasp on a monthly basis. The wonderful thing is that the worse we are, when we start, the more improvement we can make.

Begin as most of us did, struggling to complete two lengths of breast stroke and before long, under Reg and Ron's watchful eyes, lengths of crawl, backstroke and even butterfly pass by with ease (Almost).

So here we are, the GUPPIES (Geriatric and Upwardly Mobile) floundering along, enjoying the camaraderie of our fellow swimmers (REAL and UNREAL) having a good time proving to ourselves that there's life in the old dog yet. And, of course, spurred on by watching you, hoping one day to come somewhere near your style, if not your stamina.

That's life in the slow lane.

Dear Coach



DEAR COACH,

WILL INCREASING MY ARM SPEED (FRONT CRAWL) MAKE ME SWIM FASTER? IF SO, HOW CAN I SPEED THEM UP?

Of the two questions, the first is easily answered with a yes, but it has to be assumed that your technique is right on and that you are fit enough to sustain the new high revving arms. I am afraid that age also has a bearing on it. You would be better off with a young heart and lungs to get the goodies to your muscles.

The second question, I'm afraid is not so readily answered except to say "a lot of hard work". So what is the work?

1. Check your arm action.

Hand entry into the water in front of your shoulders, fingers first with palms facing outward at 45° and with elbows held high. Take care not to over-reach, hand should be comfortably entered and pushed forward to the catch position underwater with minimum splash. Feather the hands in order to catch the water with a flat closed-fingered palm. You now pull your hand back in a sweeping path outwards and then inwards past your shoulder line, bending your elbow to push your hand back under your stomach and once again outwards to your hips where the arm recovery begins. Summary of arm action underwater would be to follow on 'S' path hand close to the chest and stomach. The 'S' path is used in order to keep hand in contact with still water.

Recovery is a narrow high elbow action where your upper arm carries your limp hand and forearm dangling from your elbow joint over the water and forward to its entry point. To enable you to recover your hand more easily over the water you will need to use a controlled body roll. Make this roll also around 45°. This can be said to get your shoulder behind your underwater power stroke and it will also greatly facilitate breathing. You may liken the crawl arm action as crawling through a low and narrow tunnel. The underwater path of the arms in crawl is very similar to fly. Fly has a wide arm recovery because it is a balanced stroke whereas crawl is unbalanced and thus has a narrow recovery to avoid hips swaying.

2. Check your shoulder mobility

To attain this rather narrow arm action we need flexibility in the shoulders and along with flexible shoulders it would be reasonable to expect that our stroke rate would increase. Think of it as 'oiling the joints'. It is possible to check our shoulder mobility and also to improve this with some land training. This takes the form of stretching exercises. Your skeleton alone is a very flexible structure, but it stiffens up when we add muscles to it, so we try and stretch them with exercises. We will also gain shoulder mobility with plenty of crawl swimming and crawl arm drills. These drills I will shortly be running through with you in the pool. So let's talk about land work.

In order to measure shoulder flexibility the following can be done, but carefully.

Swimmer A sits on the deck with his back straight and vertical. The legs are extended in front of the body, legs together and knees straight. The arms are held in front of the body at exactly shoulder height and with the palms facing one another. Swimmer B standing at back of swimmer A leans forward and with his hands pulls swimmer A arms palms to turn upward or downwards or the elbows to bend. He continues to pull taking particular care not to lower or raise the arms until the arms are as far backwards as they can get without causing undue pain. Swimmer A should resist the tendency to lean forward and to rotate his palms downward as the arms are moved backwards. He should also concentrate on keeping his back straight and not bending his knees. If the swimmer's arms can come within 6" of each other without too much effort on the part of swimmer B then swimmer A has normal flexibility. Should they touch or cross over then swimmer A has better than average mobility. (Note: Girls are usually more flexible than boys)

3. Stretching exercises.

- a) To improve flexibility, swimmers A and B proceed as aforesaid. After the arms are all the way back (without undue pain) the arms should be moved forward about 6" and then pulled back again in a steady oscillating manner 4 to 6 times. The arms should then be returned forward and the entire process repeated 5 to 10 times.
- b) Another shoulder exercise:- Swimmer A sits on the deck with his back straight and his hands interlaced behind his neck. Swimmer B stands behind swimmer A and grasps A's elbows with his palms facing backwards and places one of his knees against swimmer A's back. He then pulls the elbows backwards and slightly upwards until swimmer A feels some pain. When the arms are back they are bounced forward and backwards slightly 3 to 5 times. They are then moved forward before being returned to the stretching position again, and the stretching motion is repeated 5 to 10 times.
- c) You could also do some arm forward and backward windmilling as in butterfly 15 to 30 times each way and horizontal arm swinging as follows.
- d) Standing erect, the arms are held forward at shoulder height in front of the chest, palms facing one another. The arms are swung directly backwards on the horizontal plane as far as they will go with the elbows straight on the first swing. On the next swing the motion is the same but the elbows are bent to 90°. Repeat 15 to 30 times alternating straight and bent elbows.
- e) Yet another! Try standing erect with arms held at sides. The arms are swung forward and upward over the head with elbows straight and the hands grasping one another, palms facing forward. They are then bounced backwards twice and returned to the starting position. Repeat 15 to 30 times.

The exercises from windmilling to overhead stretching should be used before swimming the warm-up or galas. There are more stretching exercises for legs, stomach and ankles that you should have a go at.

RAY

200m Free	3.42.65	PB ☺	50m Back	51.15	PB ☺
100m IM	1.53.05		50m Free	42.04	
50m Breast	48.86				

BOB

200m Free	3.52.87		50m Fly	1.06.37	
100m IM	2.07.94	Bronze PB ☺	50m Free	45.35	
50m Breast	57.57	Silver			

RON

200m Free	3.19.69	Silver	50m Fly	40.76	Bronze
50m Back	45.59	Bronze	100m IM	1.40.90	Silver
50m Free	35.09	Silver			

ALISTAIR

50m Fly	30.18	Silver	50m Back	35.83	
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BERNIE

50m Fly	30.41	Bronze	50m Back	34.44	
100m IM	1.10.71	Silver	50m Free	29.96	Gold

COLIN

50m Fly	37.55	Bronze	100m IM	1.28.92	Silver	PB ☺
50m Breast	39.13	Gold				

JOE

50m Fly	41.16		100m IM	1.34.14	
50m Free	38.26	PB ☺	50m Breast	43.10	

GEOFF

50m Back	40.16		50m Free	32.35	
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KEITH

50m Free	31.13		50m Breast	39.80	PB ☺
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JENNIFER

100m IM	1.28.81	PB ☺	50m Free	34.95	
200m Free	2.53.93	PB ☺	50m Fly	42.29	
50m Back	40.57				

KAREN

100m IM	1.17.36	Bronze PB ☺	50m Free	30.72	
50m Breast	40.22		50m Fly	35.24	

LESLEY

100m IM	1.13.75	Gold PB ☺	50m Free	28.41	Gold
200m Free	2.18.29	Gold PB ☺	50m Fly	31.30	Gold
50m Back	35.84	Bronze PB ☺			

SANDRA

100m IM	1.41.97	PB ☺	50m Free	43.39	
200m Free	3.41.90		50m Breast	53.14	PB ☺

ENID

100m IM	2.11.58	PB ☺	50m Free	47.65	PB ☺
50m Breast	55.96	Bronze			

JOANNE

50m Free	36.92		50m Back	35.84	Bronze
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LIZ

50m Free	32.75	Silver	50m Breast	41.76	Bronze
50m Fly	43.34				

LYN

50M Free	44.23				
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MARLEN

50m Free	57.01	Bronze	50m Breast	58.39	Silver
50m Back	1.04.84	Bronze PB ☺			

SARAH

100m IM	1.22.57	Gold	50m Free	32.63	Bronze
50m Breast	43.27	Silver	200m Free	2.46.98	Gold
50m Fly	37.41	Gold	50m Back	38.05	Gold

VICKY

50m Back	1.02.55	PB ☺			
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MENS 200yrs Free (Colin, Joe, Trevor & Ron)	2.31.16	Gold	PB ☺
LADIES 200yrs Med (Vicky, Marlen, Sandra & Lyn)	3.40.04	Silver	PB ☺
MENS 160yrs Free (Tony, Trevor, Keith & Geoff)	2.11.10	4th	PB ☺
LADIES 160 yrs Medley (Jo, Enid, Julia & Sandra)	3.04.34		PB ☺
MENS 120yrs Free (Alistair, Deryk, Simon & Bernie)	1.51.91	Silver	PB ☺
LADIES 120yrs Medley (Karen, Liz, Lesley & Julia)	2.31.51	Bronze	
MIXED 100yrs Free (Karen, Deryk, Les & Alistair)	1.54.51	Gold	PB ☺
LADIES 200yrs Free (Julia, Enid, Marlen & Sandra)	3.03.30	4th	PB ☺
MENS 200yrs Medley (Ron, Joe, Keith & Ray)	2.55.40	Gold	PB ☺
LADIES 160yrs Free (Jennifer, Enid, Jo & Lyn)	2.50.77	Bronze	PB ☺
MENS 160 yrs Medley (Geoff, Trevor, Tony & Keith)	2.25.16	Silver	PB ☺
LADIES 120yrs Free (Karen, Liz, Julia & Lesley)	2.08.20	Silver	
MENS 120yrs Med (Bernie, Colin, Deryk & Simon)	2.13.11	Bronze	PB ☺
MIXED 180yrs Free (Ron, Liz, Lyn & Geoff)	2.20.43	Gold	PB ☺

☺ Smiley Faces ☺

☺ Smiley Face Table ☺	
Lesley Cordial	☺☺☺☺☺
Karen O'Dea	☺☺☺☺☺☺☺☺☺
Liz Smart	☺☺
Teresa	☺☺☺☺☺
Enid	☺☺
Simon	☺☺
Bob	☺☺
Ray	☺☺
Colin	☺
Joe O'Dea	☺
Keith	☺
Sandra	☺☺
Marlen	☺
Vicky	☺

☺ Smiley Face Relay Table ☺

☺ RelayTable ☺	
Lesley	☺☺☺
Karen	☺☺☺
Liz	☺☺☺
Simon	☺☺
Ray	☺
Colin	☺☺
Joe	☺☺
Keith	☺☺☺
Sandra	☺☺☺
Marlen	☺☺
Vicky	☺
Trevor	☺☺☺
Ron H	☺☺☺
Tony	☺☺
Geoff	☺☺☺
Allistair	☺☺
Deryk	☺☺☺
Bernie	☺☺
Lyn	☺☺☺
Joanne	☺☺
Julia	☺☺☺☺
Ray	☺
Jennifer	☺