

# **RUISLIP & NORTHWOOD S.C.**

## **MASTERS**

### **NEWSLETTER 4**

**(JUNE 1994)**

**Editor: L. Smart**

#### **LETTER FROM READING**

**by A. Robjant**

#### **IMPORTANT NOTE TO ALL READERS:**

Do NOT misplace this newsletter. It contains an important warning that you'll need to bear in mind every twelve months!

**"JOHN JEFFREYS IS NOT A FOOTBALL FAN!"**

He invariably organises his gala at Reading to be held on CUP FINAL DAY! It has also been scientifically proven that, no matter how you try, it's impossible NOT to learn what the score was before the gala ends. Some prat will always oblige!

Having found the pool ( I didn't manage even that much last year so I took some help with me this time), we were all surprised at the number of entries, given the special nature of the day and unfortunately also by the standard of the opposition.

Not exactly the club's greatest swimmer, even I was a little disappointed to be rated only tenth by entry time in each of my entered events. Even at Guernsey you could swim for the club points if not a medal - but today -- well, TENTH!?

I decided to go for the style points!

Keith soon cheered me up by confirming his starting position in his 50m Freestyle - 23rd fastest!

RNSC impressed again with our banner, supporters' club (Mums, Dads, Lovers 'n' Bruvers) and a professional film crew (Liz's Dad) to record the brighter moments.

On the entries front some sterling efforts were made. An encouragingly large female and male entry for the 200m freestyle, Liz's first competitive backstroke entry, Lesley B's first appearance for 14 years in competition (sounds like I'm not the only one who has trouble finding the pools!) and a comeback after a 2-3 year break by Keith. Another important first - Ann Morrow swam in her first competition.

The day itself is a long one, starting midday'ish and finishing 9.00 pm'ish with a break in the middle for lunch (if you remembered it!)

A new British and Commonwealth record was set, Bob did a great 50m Butterfly, we had some really narrow misses (notably the Men's 160yr Freestyle relay - the closest yours truly got to a medal on the day).

Trevor just missed getting under 40 secs in the 50m Breast - so he had another go in the 50m Free and did it! This effort unfortunately led to him becoming completely deranged for the rest of the day, at one point turning up for the second leg of the Medley relay, still in T-shirt, goggle-less and with Geoff half way down the backstroke leg!

You cannot imagine my total horror, dear reader, at being approx. 9 seconds away from having to do the breaststroke leg in a relay.

I had it all worked out. Swim the breaststroke (after a fashion!), get out, run back down again, shave off the beard and then do the freestyle, hoping that no one notices or recognises me!!!! Do it for the club etc., etc....., but then up came Trevor, surprising everyone, particularly Geoff, by diving straight in and getting on with it – unfortunately while Geoff still had the last four metres to swim. No medal -- but a new club record for distance diving and style marks for the Evil Kneival impression!

Talking of relays - congrats to Ann Morrow. First competition and a Gold in the Senior Amateur Medley relay. What's that? No other competitors? Well that's because they'd all heard we had a GREAT newcomer in the team dear reader!

Other notable performances came from the 160 yrs Free Relay team who missed their heat due to extra 'land training' - i.e. running three times round the pool trying to find out where the hell we were, which heat and lane we were in and where Geoff was. Geoff was so laid back all day he nearly swam in his T. shirt and trainers and always took a pillow to the blocks with him for those last extra relaxation opportunities!

Talking of which, a fine sight of total dedication to duty has been immortalised on camera. We call it the:

#### **Psycho-Neuroreversed-Motorsuspended-Astral-Concentrative Technique**

This newly developed training method was seen being perfectly performed synchronously by Keith, Lesley C., Michelle and Joe. Unfortunately Lesley gave the game away by snoring!

Our lady amateurs kept turning up on the blocks for inter-club races. Karen, Michelle and Sarah must have been getting a bit sick of the sight of each other but it was nice to hear the club name being announced so often. Michelle spoilt any excitement there might have been, however, by always letting her older sister win!

Liz swam her first competitive backstroke race well, despite pausing at the end of the first 25m and completing the first chapter of her forthcoming book 'How to relax during the backstroke turn'. She came back at the end of the 50m so hard however that she nearly wrecked the timing board. Perhaps she thought it was 20m down and 30m back. It's different when you're staring at the ceiling all that time, isn't it Liz?

Actually when Liz was on the blocks the fire alarm bell accidentally went off. Given that this 'alarm' gave out a sound more like wet chips frying, rather than anything timpanic (good word that one, eh readers?!), Liz was probably completely put off and totally disorientated. A distinct look of 'where's me chips?' was spotted by several RNSC members at the end of the first 25m.

Finally and seriously though folks, congratulations are particularly in order to Keith, the star of the day. Keith manage a PB in every event entered despite the possible de motivation of being 'seeded' 23rd in his age group! Well done that man!

Perhaps next year John Jeffreys might do us all a favour and organise the gala on something like Test Match day, particularly it it's women's cricket!

\*\*\*\*\*

FOOTNOTE (from Liz)

With 20 RNSC swimmers, it must have been our best attended meet so far and the final team placings put us a creditable fourth, only 18 points behind the eventual winners SAMS (Swindon, I think!)

<b><u>TEAM POSITIONS:</u></b>	1. SAMS	89
	2. Bracknell	85
	3. Haywards Heath	81
	4. RNSC	71

Unfortunately our Senior Amateurs were unable to score towards the Masters' competition, but it looks promising for the 'rematch' in November at the Berks & S. Bucks Championship. Our large number of relay teams meant that each master swimmer contributed to the final score in some way and a total of 19 medals were won (6 GOLD, 7 SILVER & 6 BRONZE). The results appear at the end of the newsletter.

## **CONGRATULATIONS**

**by A. Robjant**

To Sarah . Boldly going from lane 2 at the RNSC all the way to Sheffield to compete in the British National Police Championships, Sarah comes back to us with two GOLDS. One gained from the 4x50m Medley relay (Sarah led with the Backstroke leaving the rest little to do!), the other from the 4x50m Freestyle relay. Sarah was also a finalist in the 100m Backstroke but generously let some of the others get medals as well!

## **CONGRATULATIONS**

Also to Teresa, who competed in the 7th Suffolk Masters Sprint Meet at Stowmarket on 28 May. She brought home a silver medal in the 50m Breaststroke in a personal best time of 40.53. Further results appear at the end of the newsletter.

## **FORTHCOMING EVENTS**

<b>JUNE 17 -18</b>	<b>BARNET COPTHALL MASTERS OPEN DISTANCE MEET</b>
<b>SEPT 10</b>	<b>BARNET COPTHALL MASTERS OPEN 50M SPRINT MEET</b> (Closing date for entries: 15 August 1994)
<b>SEPT 24</b>	<b>SOUTHERN COUNTIES SHORT COURSE MASTERS MEET</b> (Venue: Barnet Copthall Pool. Closing date: 15 July 1994)
<b>OCT 1</b>	<b>OTTER MASTERS OPEN MEET</b> (Venue: Queen Mother Sports Centre, Vauxhall Bridge Rd.)
<b>OCT 14-16</b>	<b>ASA NATIONAL MASTERS CHAMPIONSHIPS</b> (Venue: Ponds Forge, Sheffield. Closing date: 15 Sept 1994)
<b>NOV 5</b>	<b>BERKS &amp; SOUTH BUCKS SENIORS &amp; MASTERS OPEN MEET</b> (Venue: Magnet Leisure Centre, Maidenhead)
<b>MAR 24-26 1995</b>	<b>FOURTH GUERNSEY MASTERS MEET (provisional date)</b>

## **NATIONAL MASTERS CHAMPIONSHIPS - SHEFFIELD**

Last October a small RNSC contingent (Joanne, Teresa, Lesley and myself) attended the Nationals at Ponds Forge International Sports Centre in Sheffield. The chances are that a few of us might go again this year and we were wondering whether there were any others in the club who might wish to join in the fun.

Yes, it does sound a daunting prospect, but, as I was assured by Lesley last year, the competition is no harder than, say, the Southern champs which we swam at last September. And yes, the chances are that we "also swams" will be ranked in the earlier heats, but you get lost in the crowd and it never appears busier than the Reading galas!

Ponds Forge Pool is indeed an impressive sight. I will never forget my first view of the pools from the gallery. They seemed to stretch for miles, as there is a 25m diving pool beyond the 10 lane 50m racing pool. Don't be put off! The large pool is split into two and the men's and women's competitions swum concurrently. The electronic timing is excellent and an electronic scoreboard gives you up-to-date information including names of competitors. They even have poolside massage (!) by physiotherapists.

It's a competition in which to treat yourself. You can enter only the events you wish and the chances are that you will come home with at least one PB. We all did last year - even Lesley.

### **GUERNSEY 1995**

As promised in the last newsletter, a savings account has now been opened to give you all the opportunity to save towards the Fourth Guernsey Masters Meet to be held 24-26 March 1995. Both Enid and I will be delighted to take your contributions (for which receipts will be issued!) starting from .....NOW! We are also able to offer you the facility of a standing order should any of you prefer. We look forward to hearing from you!

### **CLUB T. SHIRTS & SWEAT SHIRTS**

Due to popular demand the Club is intending to place a further order for T. shirts and sweat Shirts. Now is your chance to own one of these coveted items. Made of good quality material they are a 'must' for galas and training and would look good on any beach in the Mediterranean! T. shirts are priced at £7.00 and sweat shirts at £14.00. They both come in medium, large and extra large. Should you wish to place an order (and who could resist?), please complete an order form (available poolside) and give to Lyn. Sorry, only cash can be accepted.

### **NEW MEMBERS**

Welcome to the following new members:

Keith Perry

Lisa Maynard

Gillian Haxell

REMINDER - RNSC is always ready to welcome new members. Should any of you wish to bring along a prospective member please check with the committee first. The guest will also need to bring along a £3.00 swimming fee, but this will be deducted from the swimming levy should they decide to join us (and how could they resist?!)

Oh, and if any of you want to know who is on the committee, it is as follows:-

Chairman	Deryk Allsopp
Secretary	Lynda Allsopp
Membership Sec.	Enid Freshwater
Treasurer	Jane Hickson
Coaches	Ron Gilder
	Reg Jewit

### **BT SWIMATHON**

Further congratulations go to Sandra who managed to collect over £100 in sponsorship money and who has been rewarded by the organisers with a very fetching towel. News from Jill, who is still collecting, is that she may also be entitled to a towel. Well done!

## "SUGGESTION BOX" ☺

1. Tony has had a good idea for another Club 'Social Activity' - A WATER POLO 'FUN' EVENT, based on several randomly selected teams and a round-robin competition. He suggests the "usual stuffing afterwards"(!) perhaps even on the grass outside(?). What does everyone else think? Please pass on your opinions.
2. How about a 'Correspondent' from each lane? Due to the drastically hard training sessions and the mad dash for the showers there is hardly any time to catch up with any juicy gossip. New people in different lanes can have joined for weeks before you even get to know their names, let alone that they are related to the person you have been swimming behind for the past 6 months! I would really welcome any contributions and I'm sure everyone else would appreciate the information.
3. Another suggestion has been some sort of 'social event' to celebrate Xmas/New Year - preferably *out of the water!!!* We would probably need to do something about it quite soon so feedback, ideas, opinions etc. etc. are required. This is *your* chance to put in your two penny-worth!!

## WARMING UP

As promised last month we have an article on Warming Up, passed to me by Reg who thought it might be interesting and useful to all of us! It was in fact written by Dave Austen in 1986 and originally intended for the younger members of Ruislip & Northwood S.C. Some of you "originals" may have already read it!! I have had to edit some of the text so that it may be more relevant to us more mature people.

### "WHY WARM UP?"

It prepares the body for the higher than normal level of activity and by using slow, easy pace of the activity we are going to train or compete in, the body adjusts itself.

### ADJUST TO WHAT?

Well, to start with, we have about six hundred muscles in the body, most of which are attached to the skeleton. When needed, and on a signal from the brain, they will shorten, causing the skeleton to bend and move at our joints or shorten and squeeze our heart, causing blood to be pumped around the body or move food we have eaten down our throats and around our tummies (!) and the stuff we don't want out of our bodies. So everything we do uses three different types of muscles every minute of the day and night.

Muscles do all these things by contractions (i.e. getting shorter). They get shorter by using energy which is stored in the muscle. As the energy is used it is restored by using another substance called glycogen, another name for glucose.

The glycogen is carried there by the blood from the food we eat. When the muscle is full and can store no more the blood carries the extra and stacks it around our liver where it can be collected quickly once the body starts to work at a harder pace.

When we start swimming energy stores in the muscle start to get used. At the same time the brain signals the heart to pump faster and the blood moves around the body at a faster rate and in a slightly different way to normal. The blood moves around a system called the circulating system which carries things to and from places in the body.

As the big muscles of the legs, arms, back and chest start to work, the blood is busy delivering oxygen from the lungs, glycogen from the pile near the liver, more fuel called Free Fatty Acids, water and proteins for rebuilding the tiny cells all over the body. It also collects waste products that collect in the muscle or exhaust stuff that comes from the oxygen 'burning' with the glucose to reform the muscle energy. Our body either breathes out carbon dioxide or the blood carries the 'exhaust' from

muscles that are full up with waste to muscles that are not fully working and can spare the time to turn it back into fuel again which again is carried back to working muscles.

The slight difference in the way the blood flows is due to the fact that the swimmer's muscles are now beginning to work very hard. They need more blood to move the oxygen, glucose etc. into the working muscles and with all this extra going in it makes more exhaust waste to come out and be taken away. In the areas that are not working very hard the body slows down the blood by narrowing the pipes and opens up the pipes to the working areas so that more blood can carry to and from.

This large volume of blood moving in and out and about starts to make us feel warmer and deep inside our swimming muscles it is getting hotter. This in turn warms up the tendons which tie our muscles to the skeleton and the ligaments which hold the skeleton in place so that they work more smoothly. The hinges, or joints, have little sacks filled with fluid to prevent the bone ends from rubbing together. These get warmer and allow the joints to move more easily (especially the knee in breast stroke and the shoulder in back stroke).

As the blood gets warmer it transfers this warmth all over the body making everything warm and smooth-working. This enables us to stretch a bit further and move the muscles that much more quickly. Injury by stretching a 'cold' muscle, tendon or ligament doesn't occur so easily. Having warmed up we can do our number one stroke a lot faster and easier, do that fast stretching dive, do that fast turn and be able to stretch away quickly.

Everything about your swimming will be better.

What's that you say? "What about being puffed out before my race?" If you have done a good warm up and the body is prepared you will not be puffed out but you will be if you do not do a good warm up.

It is also essential to cool down after a strenuous session. It is unwise to just stop. Having set the body up as described, it needs time to return to normal. It must adapt. The muscles which have been accepting and passing large volumes of blood cannot stop the incoming volume because the pipes are enlarged. The muscle force is not sufficient to move the blood out of the muscle and this may cause stiffness, soreness or possible cramps. Stiffness can be prevented by continuing to move gently in a rhythmic fashion until the body attains a near resting state.

Hot showers or baths will aid recovery.

In time warm ups should be suited to the individual and the event they are entering - so think about it.

In training sessions let's see everybody there on time and ready to take part in a full warm up. You're the one to suffer if you don't.

Have a good swim"

DAVE AUSTEN

8 DECEMBER 1986

# READING 5TH OPEN MASTERS MEET

## KEITH

200M Free	2.32.20	PB	50m Breast	39.84	PB
50m Fly	34.69	PB	50m Free	30.70	PB

## TONY

200m Free	2.45.72		50m Fly	36.13	
50m Free	32.46				

## RAY

200m Free	3.47.19		50m Breast	47.98	
50m Back	52.51		50m Free	41.81	

## BOB

200m Free	3.48.08		50m Breast	58.16	Silver
50m Fly	1.09.49		50m Free	46.96	

## TREVOR

50m Breast	40.32		50m Free	39.74	PB (Breast)
------------	-------	--	----------	-------	-------------

## DERYK

50m Breast	39.22		50m Fly	31.28	Gold
50m Back	37.19	Bronze	50m Free	28.36	Gold

## JOE

50m Breast	43.72		50m fly	41.95	
50m Free	39.29	PB			

## GEOFF

50m Back	40.81		50m Free	32.19	
----------	-------	--	----------	-------	--

## TERESA

50m Back	40.28		50m Free	31.03	
200m Free	2.23.29	Bronze PB	50m Fly	36.21	
50m Breast	41.66	Bronze			

## LESLEY

50M Back	37.23		50m Free	28.91	Gold
50m Fly	32.00	Silver			

## LES B.

50m Back	41.76		50m Free	33.71	
----------	-------	--	----------	-------	--

LIZ

50m Back	47.55		50m Free	32.64	Bronze PB
50m Fly	41.19	PB	50m Breast	41.70	Silver

MARLEN

50m Back	1.06.46		50m Free	55.53	
50m Breast	56.46	Silver			

LYN

50m Free	43.22		200m Free	4.03.31	PB
----------	-------	--	-----------	---------	----

SANDRA

50m Free	41.55		200m Free	3.41.19	PB
----------	-------	--	-----------	---------	----

ENID

50m Free	50.57		50m Breast	54.87	Bronze
----------	-------	--	------------	-------	--------

SARAH

50m Back	36.66	Gold	50m Free	32.12	Silver
50m Fly	36.24	Silver	50m Breast	43.42	Silver

KAREN

50m Free	31.18	Gold PB	50m Fly	35.31	Gold PB
50m Breast	40.18	Gold PB			

MICHELE

50m Free	32.50	Bronze PB	50m Fly	37.72	Bronze PB
----------	-------	-----------	---------	-------	-----------

**RELAYS**

MIXED 100 yrs Free	(Deryk, Teresa, Keith & Lesley C.)	Silver	55.21
SENIOR Ladies Medley	(Sarah, Karen, Michelle & Ann)	Gold	1.12.86
LADIES 120yrs Free	(Teresa, Liz, Les B. & Lesley C)	Silver	58.28
SENIOR Ladies Free	(Sarah, Ann, Michelle & Karen)	Gold	1.02.74

**7TH SUFFOLK MASTERS****28 MAY 1994**TERESA

50m Breast	40.53	Silver PB	50m Free	31.25	
100m IM	1.20.62		50m Fly	35.83	PB
50m Back	40.50				