
RNSC MASTERS

NEWSLETTER 18

JUNE 1996

READING GALA

Tony Robjant

I JUST DON'T BELIEVE IT!

Every year these plonkers organise their gala on cup final day - you complain, they change it, and then they go and bring the bloody Cup Final one week further forward!! Surprisingly some swimmers did turn up -- but the number of officials present per swimmer was a little top heavy. Praise is due to the dedication of Deryk and Tony F turning up, fans to the last, Deryk being a Man U supporter since a lad (for some reason!)

On to the swimming --

First of all yours truly demonstrated the effects of a lack of training in the very first event. Swam a reasonably good first 100m then a lousy second 100m in the 200 free. Seems like the training books are right, you can get away with it for 50s and 100s, but no further! Fame was noticed for our young BOB, listed in the programme as being the 50m Butterfly H group record holder -- nice one BOB.

Ann Smeed turns up -- having done a yours truly and failing to find the place. What is it about this pool!?

Some notables of the day:-

The really bad news for yours truly - Deryk's getting better. Does a PB in the 200 free.

Some Whammo breaststroke in evidence. First 25m from Deryk; Danny and Michael every other stroke. Now that was worth seeing folks, same heat, adjacent lanes, perhaps the merest tinge of rivalry, and a little dirt under one fingernail decides it after 50m!!

Julia did a nice 200m free and Liz, ignoring everybody's advice, does a sensible (warm-up) 200 -- the first <200% swim from her this lifetime!

Bernie excited in the 50m back. As did Joe, who refused to use his right leg for some reason letting it dangle down along the bottom! -- No problem for Mr. Medals of course and psychologically brilliant for getting psyched up for the Middlesex sprints.

Ann Smeed stood in and did an impression of Lesley B in the 200 free, Lesley's neck having gone missing this week. Did really well. Must insist she enters more of the distance swims -- Guernsey 400m looks good next year Ann.

Late lunch break brought the bad news from the Pub -- Man Utd winning with five mins left! A fluky right foot volley from our favourite European!!! Lesley C does a wobbly and is rumoured to be feeling faint!! Could be bad news for the top team trophy -- for which we're in the lead by 17 points. Evening session destroyed by the terrible news from Wembley!

Cheered up slightly with the news of the possible trip to Lanzerote later this year -- sounds great if you can rustle up the dosh!

Some really hot 50m frees - that tumble turn 5m non-breathing trick really works!!

Lots of relays -- and the club's walking them -- get those blue and white ribbons on that cup!!

Lesley C gives her all in the last relay and goes very red, then chalk white, then green, then back to chalk white again. She picks up quickly enough tho' (must have been when it was mentioned that her Guernsey Kevin had been spotted in the diving pool!).

This gala could have been about Deryk's PB (you don't see many of those these days), but I think Tony F's performance takes pride of place.

PB 'ing all over the place, (nice one in the 50 Fly), he took over as the fastest club swimmer at the moment with an amazing 27.92 in the 50 Free. Well done matey -- you're getting younger every training session!

Liz sorted out the officials over the placing of the ladies 120 years medley relay, getting us back into Gold position (well, would *you* argue?), and it comes as no surprise to everybody there that we win the Reading Cup -- by a mile!!!

Great Cup -- Great Team.

On the way home most are able to stop for a Pizza, -- but most miss out on the HOT Devils choc fudge cake with the double ice cream -- MEGA!! -- should do that more often I reckon.

Onto the Middlesex sprints!

R&N OPEN BOWLING CHAMPIONSHIP 1996

Michael Hart

Our venue was Maidenhead, starting time 6.00 pm. On arrival we found Lesley C. and her friend Sue doing a good job propping up the bar (just for a change!).

Teams were decided over a quick drink - "Boys v Girls" - and the contest was ready to commence.

Game one. Graeme "The Bandit" Perry did a good job in humiliating us all by scoring an incredible 165 pts (wow)! The punctual Julia and Barry arrived to make the teams five against six in the girls' favour. Meanwhile the drinks and scores were increasing at an alarming rate. The second game gave the other Graham a chance to embarrass the rest of us. Graeme "The Bandit" Perry could not repeat his previous performance - the first game must have been a fluke!!!

Bowling can be quite a dangerous game. Quick reflexes are required especially when Michelle forgets which way she is throwing the ball. The Boys had finished two games, the Girls had just started their second. Far too much chatting going on as usual.

After the Boys convincing win it was time to use our brains in the Crystal Maze. The Crystal Maze is like the T.V. series, running around different zones solving puzzles and games. Evidently Danny was on a mission. I personally think he should have been disqualified for taking it too seriously. The cleverdick winners were: Lesley B (and her neck brace), Karen, Sue and Danny "The Determined".

Time for food. There is nothing like a three mile hike to give you a good appetite. Eventually we found a very pleasant Italian restaurant where pizza, pasta and wine were consumed in large volumes. A very democratic vote was taken to elect Lesley C as the new club social organiser (you lucky, lucky person).

Apart from the journey home in Danny's car boot and being concussed, the evening was a great success and hopefully will be repeated in the not too distant future.

CONGRATULATIONS!! - to Joanne & Andrew on the birth of their second son, *Alexander William*, born two weeks later than expected on the 6th May. We look forward to seeing you soon!!

SOUTHERN COUNTIES & GB MASTERS

by Teresa Skilton

After a number of requests from Liz, I have finally sat down to report on the Southern Counties held at Crystal Palace and the GB Masters held at Sheffield.

SOUTHERN COUNTIES

I was the only one attending from the club and I thought I was in for a rather lonely time at the event. However, it turned out that I was able to team up with the RAF Swimming Team coach. The day had not started very well for most people as we were stung for £2 to park at the Crystal Palace complex (because of another event also being held that day), another £3 was needed for the program and that was before we had even hit the water. With the World Masters coming up attendance was quite high especially in the A age group. My highest placing was 6th compared with winning the 400m the previous year. Times for the shorter distances were on a par with the previous year but my distance swims suffered (I miss all those distance sessions with Reg!). I tried 2 new events at long course during the competition, these being 200IM and 50m Breast and I was quite happy with my results. I managed to get under 3 minutes for the IM and swam 41.40 for the Breast. ☺☺

GB MASTERS

If I had thought that the Southern Counties was busy the GB Masters was even busier, since people were using the event to see what it was like to swim Ponds Forge as a 50m pool. Jerry and I had travelled up on the Thursday evening having just picked up our new car. The journey gave us a chance to give it a long run. We were staying at the Whitley Hall Hotel just outside Sheffield. We had to stay out of the city because most of the hotels were full due to the Embassy Snooker Tournament.

Thursday night was full of drama in the hotel. We moved room a couple of times until I found a room quiet enough for a light sleeper. Then we heard an hour long shouting match in the room opposite. It later emerged that a man had found out where his wife was staying after she had left him but to use the words of the hotel staff "it was not Mr. and Mrs. Smith, if you know what I mean!". To top things off the hotel had a pair of peacocks which had the freedom of the grounds and they liked to talk to each other all night from the roof of the hotel.

Breakfast was taken at a leisurely pace since the swimming did not start until lunchtime. Just in case, we gave ourselves a bit of extra time to get to the pool to park and this proved to be a wise move. The queue for the pool car park was long and going nowhere so we resorted to driving out to Meadowhall. We then went back to the pool by tram (thank goodness we have chosen accommodation for the World Masters on the tram route as I think parking is going to be a nightmare).

I swam the 1,500m (only 30 lengths instead of 60!) and got the silver medal. The time of 21.12.53 ☺ was reasonable but nothing special. It was then back to the hotel for dinner (I'd purposely not selected events in the evening) and an early night. Saturday morning came too soon but it was up for an early breakfast and down to the pool. By being early we were able to get into the pool car park. In the morning it was 200m freestyle followed by 100m freestyle and 100m breaststroke in the afternoon. The only surprise of the day was my 100m breaststroke. I managed to swim the long course 100m breaststroke faster than my short course 100m time. ☺

Sunday morning and another early start. First there was the gossip to catch up on regarding the 800m freestyle. It had been swum the night before with 2 swimmers per lane, to the disgust of many. There were many disagreements with the results and the organisers seem to have regretted the decision. I was only swimming in the morning and had the 400m freestyle and 50m fly to swim. The 400m freestyle turned out to be disastrous but I managed a PB in my 50m fly (35.05). ☺ It was then a quick dash down the M1 to London before the traffic became too heavy.

The standard of swimming at both events was very high and a large number of new World, European and British records were set. The World Masters promises to be very exciting.

FANCY A WEEK IN THE SUN (with some training if you like)?????????

Julia Killick

24th October (1 week)

CLUB LA SANTA - LANZAROTE - CANARY ISLANDS

*About 70 Masters swimmers will be converging in the sun at Club La Santa for the Masters Swim Week
Fancy joining them?????*

Club La Santa is a massive sports complex in Lanzarote with a 50 metre Olympic swimming pool (and a 'recreation' pool for relaxation!!) and during the Master Swim week Great Britain coaches Robin and Archie Brew will be taking those keen masters swimmers through a "Training Itinerary" that covers theory, practical and gym based training.

The "Training Itinerary" will be sent beforehand and you can join in as and when you so desire. In between times the windsurfing, mountain bikes, squash, tennis, badminton and a multitude of other facilities are included in the package price, for when you are fed up sitting on the beach.

The weather in Lanzarote at that time will be HOT and SUNNY and the pool complex is, of course, open air so the tanning time will not suffer.

SO HOW MUCH WILL IT COST FOR ALL THIS EXCITEMENT?

Between £329 - £349 depending on how many people we can get (£329 for an apartment for 10 people £349 for 6)

This includes self catering accommodation (without a sea view it costs more to see the sea!!) and to fill the apartment means some lucky souls will be on the front room sofa bed. BUT flights from Gatwick, transfers, the Masters Training Itinerary and all those wonderful facilities are included.

INTERESTED? There is a brochure to tempt you further if you want to drool ask Julia and let her know by 6th June if you are coming. We need to pay a £60 deposit to book so that leaves £13.50 per week to save before then (plus spending money)

A MESSAGE FROM YOUR COMP SEC

Karen O'Dea

Just a few notes about GALA FORMS

Having now had some experience of being Competition Secretary and subsequently feeling that I've aged about 10 years, I would just like to run through the procedures again to clarify a few points in order for me to stop tearing my hair out as galas approach. If you would all just abide by these few simple rules you will make my job nice 'n' easy (I wish!!!!!!)

1. When a gala form is given to you, please don't just leave it in the bottom of your bag - READ & DIGEST
2. If you are interested in swimming in the gala, then please let me have your completed entry form along with payment, preferably by cheque, as soon as possible.
3. If the case arises where you cannot get the form back to me but will be swimming, please, by all means send off your own form but please, please, please let me know so that we know we can include you in a relay, if necessary.
4. If you know that you are UNABLE to swim or if you really do not want to swim, please also let me know this as soon as possible. I promise I won't bite your head off!!
5. As most of you know galas are generally held over two sessions, either morning/afternoon or afternoon/evening. If you are only able to make one of the sessions, again please let me or Ron know.

6. If by misfortune you are unable to swim on the day of the gala please ring either myself or Ron so that we know not to expect you and can, if necessary, re-arrange any relays. Telephone nos. below:-

Ron 0181 903 8904
Karen 01895 672973

7. RELAYS - Unfortunately the club is no longer able to cover the full cost of relay entries. Please, therefore, bring some relay money along with you to the gala so that we can collect a nominal charge of 50p per relay.

SO TO SUM THINGS UP:

When you are given a gala form, please let me know either way whether you can or can't swim asap as it will save me making numerous phone calls to people who haven't given me an answer. Otherwise in future, if I don't get an answer you will not be included on my list and therefore will not be included in any relays.

Basically the above is for the benefit of Ron and myself when trying to arrange relay teams. I hope you can all understand that it is very difficult to put these together when we don't know who is and who isn't swimming right until the last minute. Therefore your co-operation with the above will be much appreciated. Thank you.

DATES FOR YOUR DIARIES

JULY 14	<i>Middlesex Masters</i>	(Venue: Gurnell. C/D 3 June)
JULY 19-20	<i>Barnet Distance Meet</i>	(Closing Date: 1 July)
SEPT 14	<i>Barnet Cophall Sprint Meet</i>	(Closing Date: 2 Sept)
SEPT 28-29	<i>Southern Counties Short Course</i>	(Venue: Barnet Cophall)
OCT 25-27	<i>ASA Masters Sprint Champs</i>	(Venue: Barnet Cophall)
NOV 2	<i>Berks & S. Bucks Masters Meet</i>	(Venue: MAIDENHEAD)

EXTRACT FROM "SIXTEEN GO AWAY TO READING"

Liz Smart

.... "Don't you dare overtake me!", said Liz jokingly to Lesley as they stood side by side on the blocks. Lesley was swimming last leg of the 120 years relay - Liz was swimming third leg in the 160 years. If it hadn't have been for Marlen and Enid there wouldn't have even been a team and she was eternally grateful. Relays were fun. Even if you knew that you were going to be lapped by a younger contingent!!

"Sorry Liz", said a little voice behind her as she hung on to the ropes at the end.
"You didn't overtake me did you?", Liz laughed. "Fraid so," said Lesley.

As Liz made her way over to the steps she heard Lesley's voice again. "Oh, s**t! I'm not supposed to get out yet!!" In the excitement Lesley had forgotten that she had to wait until all the swimmers had finished before leaving the pool. She hoped the officials had not seen her duck under the lane rope. It would not have done to be disqualified after all that.

"We didn't realise it was a Ruislip team!", said Tony and Deryk as they waited for their race on the poolside. "We were shouting at Lesley to catch you up and we didn't realise it was you lot until Enid dived in."
"Thanks mates!", said Julia as she joined the group, "and best of luck in *your* relay!"".....

SUMMER TRAINING - There will be no WEEKEND training during the month of August (i.e. NO Fridays, Saturdays nor Sundays). Therefore the last weekend session will be Sun 28 July and the first back will be Sunday 1st September. Happy holidays!!

RESULTS

READING 7TH MASTERS MEET

11 MAY 1996

<u>BERNIE</u> (C)						
200m Free	2.31.10		Bronze	50m Fly	30.40	Silver
50m Back	34.38		Gold	50m Free	28.86	
<u>DANIEL</u> (C)						
200m Free	3.04.33	☺		50m Breast	46.55	
50m Free	34.37					
<u>DERYK</u> (E)						
200m Free	2.19.53	☺	Gold	50m Breast	39.40	Bronze
50m Fly	31.04		Gold	50m Back	37.57	Bronze
50m Free	28.42		Gold			
<u>TONY R</u> (E)						
200m Free	2.44.92		Bronze	50m Fly	37.08	
50m Free	31.88					
<u>JOE</u> (G)						
200m Free	3.15.87	☺		50m Breast	41.73	Silver
50m Fly	40.77			50m Back	49.13	
50m Free	37.79					
<u>BOB</u> (J)						
200m Free	3.58.64		Silver	50m Breast	57.18	Bronze
50m Fly	1.06.08		Silver	50m Back	1.11.27	Gold
50m Free	47.16		Silver			
<u>MICHAEL</u> (B)						
50m Breast	46.33	☺		50m Back	45.32	
50m Free	36.78	☺				
<u>RON</u> (J)						
50m Breast	54.82		Silver	50m Free	51.38	☺ Bronze
<u>TONY F</u> (D)						
50m Fly	33.00	☺	Silver	50m Back	39.53	Gold
50m Free	27.92	☺	Gold			
<u>LESLEY C</u> (A)						
50m Back	34.14	☺	Gold	50m Free	28.29	☺ Gold
50m Fly	31.23		Gold			
<u>KAREN</u> (A)						
50m Back	38.11	☺		50m Free	30.65	☺ Silver
200m Free	2.27.98	☺	Bronze	50m Fly	34.34	Silver
50m Breast	39.44		Silver			

TERESA (A)

50m Back	40.36		50m Free	31.13	
200m Free	2.26.50	Gold	50m Fly	35.32	Bronze
50m Breast	40.51	☺			

ENID (H)

50m Back	57.72	Gold	50m Free	48.34	Gold
50m Breast	56.38	Silver			

JULIA (C)

200 Free	3.06.29	☺			
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ANN (B)

50m Free	36.02		200m Free	2.55.97	☺ Silver
50m Fly	38.85	Bronze	50m Breast	46.11	☺ Silver

LIZ (C)

50m Free	33.62	Bronze	200m Free	3.04.99	
50m Breast	41.51	Silver			

RELAYS

<u>120 yrs Free</u> LADIES	Karen 31.58	Teresa 31.54	Ann 34.75	Lesley C 28.34	2.06.34 GOLD
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<u>120 yrs Medley</u> LADIES	Karen 38.61	Teresa 40.26	Lesley C 31.42	Ann 35.55	2.25.93 GOLD
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<u>160 yrs Free</u> LADIES	Julia 38.56	Marlen 54.62	Liz 33.68	Enid 50.39	2.57.38 BRONZE
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<u>160 yrs Medley</u> LADIES	Marlen 1.04.63	Enid 57.47	Julia 45.55	Liz 35.45	3.23.10 SILVER
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<u>160 yrs Free</u> MEN	Deryk 28.78	Tony F 27.78	Tony R 32.18	Bernie 27.80	1.56.69 GOLD ☺
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<u>160 yrs Medley</u> MEN	Tony F 36.26	Deryk 37.96	Bernie 30.29	Tony R 32.14	2.16.80 GOLD ☺
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<u>200 yrs Free</u> MEN	Danny 34.28	Ron 49.06	Bob 46.86	Joe 39.91	2.50.27 BRONZE
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<u>200 yrs Medley</u> MEN	Michael 45.60	Ron 54.08	Joe 40.98	Bob 47.56	3.08.33 BRONZE
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<u>100 yrs Free</u> MIXED A	Karen 31.07	Tony F 28.51	Lesley C 32.38	Deryk 29.93	2.01.87 GOLD
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<u>100 yrs Free</u> MIXED B	Teresa 31.20	Tony R 31.77	Ann 35.00	Bernie 29.45	2.07.32 4th
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Smiley Face Table 1996	
Lesley B.	☺☺☺☺☺☺
Karen	☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺
Tony F.	☺☺☺☺☺☺
Enid	☺☺☺
Christine	☺☺☺☺☺☺
Lloyd	☺☺☺☺☺☺☺☺
Mike G.	☺☺☺☺☺☺☺☺
Roy	☺☺☺☺☺☺
Joe	☺☺☺☺☺☺☺☺
Maggie	☺
Ann	☺☺☺☺☺
Michael	☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺
Danny	☺☺☺☺☺☺☺☺
Lesley C	☺☺☺☺
Alistair	☺
Paul	☺☺
Teresa	☺☺☺☺☺☺
Ron G	☺
DERYK	☺
Julia	☺

☺ Smiley Face Relay Table 1996 ☺	
Karen	☺☺☺☺☺
Christine	☺☺☺☺☺☺
Liz	☺☺
Lesley C.	☺☺☺☺☺
Enid	☺
Lesley B.	☺☺☺☺
Ann	☺
Alistair	☺
Andrew	☺
Bernie	☺☺☺
Deryk	☺☺☺☺
Tony F.	☺☺☺☺
Keith	☺
Danny	☺
Tony R.	☺☺☺
Paul	☺
Lloyd	☺