

RNSC MASTERS

NEWSLETTER 26 JUNE 1997

Victory snatched from Ruislip at the last moment

by Liz Smart

They went from a nicely rounded 19 to a slim-line 13 in two days as their normally robust team fell victim to illness, injury and work commitments. Lying in first place by only six points at the half way stage they knew that it was going to be extremely difficult to hang on to the trophy. In the end Reading snatched it from them by a paltry five points. Just one more first place, (or two fourths, or three fifths, or six sixths), and it would have been theirs!

Depleted, but not defeated, Ruislip swimmers know that they will get it back next time.

COACH Ron took time out at the beginning of the Sunday's session to praise the swimmers who competed at Reading. "Although we lost the trophy, those who were there should feel 10ft tall. They all swam really well".

He went on to describe how the debut competitors - Silvia, Greg and Colin - swam in relays they hadn't expected and how everyone was getting back on the blocks after their swims to make sure that all the relays were covered. He commended their good team spirit.

GREG's hat is more pinky than Colin's. Or is it the other way round? Colin has the black trunks, or are they blue? Having entered virtually the same entry times in their first gala it was going to be extremely difficult for the rest of the team to tell them apart. Thank god the heats were spear-headed so that they weren't actually next to each other! Just one glance at the results will tell you how difficult it was for Ron to separate them with the watch.

NO PROBS for Deryk. He took everything in his stride/stroke (as usual), winning three golds and (only slightly) regretting that he didn't enter the 200m Free.

READING SWIMSHOP is always good. Some people say that it is the only reason that they enter the gala and there is always a rush to get the warm up over and done with so that you can see what bargains they have on offer. It wasn't long before Leeley and Karen were encouraging Silvia to try a few coosies on and Liz was surreptitiously smuggling her purchase into her bag. This year, however, the men certainly had the edge. With bargains such as "Trunks for £4.95 - two for a fiver" our lads were off like a shot and sporting new coosies galore!!

NOW WHO could I be talking about? Not only did he win FIVE gold medals but he also clocked THREE PBs, thus proving that the loss of his green hat has not affected his swimming too much.

A ROUND OF applause for our "H"s - Ray & Mike - who came home with seven medals between them. Mike had a blinder in his 200m Freestyle race, knocking 16 seconds off his PB and clocking up two further PBs in his other races.

AND TALKING of PBs, our dear Karen was up to it again, shaving a few hundredths off here and there to clock another two!! Following this and further discussions about databases with both Ray and Ian, and that fact that I am now running out of pages in my purple book, I have now decided that the PBs book will have to be replaced by some sort of spreadsheet. All will be revealed at the next gala!

AND STILL TALKING about PBs, both Ron and I think that Reading diddled our Bob on his backstroke time. Ron clocked it at 56 something, the manual time was in the same region but the electronic timing had it at over 1 min. NEVER!! Bob reckons that he didn't hit the timing pad hard enough but all the same I have decided to give him the smiley anyway, not to mention the fact that he should have had the silver medal as well!!

I CAN'T GO without mentioning Lesley B's debut breaststroke race. Will she do it ever again? See Lesley for further details.

AND I CAN'T GO without mentioning Danny's MEDALS which he won in the 200m Free and 50m Back and wore throughout the day!!

BOY were we hungry when the gala was finally over! Having learnt that we did not require the armed guard to escort the trophy home after all, we hot-footed it back to Pizza Express in Ruislip. Pizza, garlic bread, dough balls, salad and a smattering of ice-cream for ten. What better way to round off the day? You should join us next time.

ANGUISH AT READING

By Liz Smart

"NO-O-O-O-O!", cried Joe. "Not me. It's Mike - I'm not old enough!"

"Yes, you and Mike, plus Karen and me", said Liz, taking a cautious step backwards.

"NO-O-O-O!", he repeated. "But I've just swum. Are you sure? Ask Ron."

Liz turned towards the gallery to check with their coach. She was certain that Joe was the fourth swimmer in their 180 yards relay but perhaps she had been mistaken. With so many relays, one after another, it was hard to remember what you were in, let alone with whom. As she approached the stairs she was met by a smiling Karen.

"Joe is in this relay, isn't he?", Liz asked her.

"Yes", came the reply and Joe's shoulders slumped another six inches.

"Are you OK? Is there anything you need?", asked Liz.

"Only another pair of arms", Joe mumbled as he turned towards the blocks.

MY FIRST GALA

by Gregory George

Despite plenty of encouragement from fellow club-members, it was with some trepidation that I decided to compete in my first gala. You may be wondering what the big deal is. However childhood experiences included being thrown in the deep end of the swimming pool at the age of 6 and being whacked with a flipper for being the last one out of the changing rooms at junior school swim sessions; the psychological implications of which are quite frightening to contemplate!

Well, I suppose it wasn't all that bad, having competed in triathlons and biathlons in South Africa. But the idea of standing (wobbling!) on those blocks under starter's orders wasn't really an ideal relaxing Saturday afternoon out!

After some expert navigation by Liz and Ray through Reading's notorious one-way system, we arrived in time for the warm-up. As everyone took to the water, those present anxiously counted the number of R&N participants, which totaled a mere 13! My first event was the 200m Free which went off well - especially because I

beat Colin! After the first event, I relaxed a bit more and enjoyed the next two: the 50m breaststroke and 50m fly.

"To tumble or not to tumble": that became the crucial question before the 50m free. In the end, I decided to tumble with disastrous effects!

At the half way stage R&N were ahead of Reading by 6 points. I thought we'd "pip them at the post", what with the likes of Ian and Karen's talent, and our good performances in the relays. Unfortunately, it wasn't to be.

Although it was a long day, the support and club spirit certainly made a difference. We were definitely one of the most vocal clubs there. I am looking forward to my next gala, but between now and then, there will have to be plenty of tumbling!

Post script: For those of you who have yet to compete in a gala - if you can survive one of Ron's sessions, you've got nothing to worry about!

SPOTTED! - Julia Killick was seen by one of our roving reporters undergoing secret training at the newly opened Harrow Leisure Centre at lunchtime on Thursday, 6th June. In the midst of her first year Law exams, Julia insisted that it was the first time she had been to the pool. Our reporter had to smile as Julia left the pool and made her way to the showers. It was the Harrow Schools Gala and the changing rooms were absolutely bursting with eleven and twelve year olds. Just Julia's cup of tea!!!

THERE'S ALWAYS ONE!

by Enid Freshwater

*I've asked three times to no avail
It might be quicker to ask a mail*

*There's not a form, nor fees to pay
It's only £8 for the ASA*

*All of you and also me
Have all paid up this little fee*

*I asked his wife and she said - NO
He pays his own - not with my dough*

*You've got it folks, it is a 'he'
Well, it couldn't really be a 'she'*

*So who is this man who doesn't pay
Though he's asked day after day?*

*He's big and tall and usually brown
The latter from some Spanish town*

*My heart, he'll plead when I get tough
The speed that beats makes the water rough*

*This man's initials are D and A
Molecular testing, I hear you say*

*The Chairman of our club - how posh
So come on Deryk, where's your DOSH!!!!?*

GINGERBREAD

(As promised in April's newsletter - Enid's recipe for Gingerbread)

4 ozs margarine)
6 ozs black treacle)
2 ozs golden syrup)

Melt together in a saucepan -
when combined remove from
heat then add

$\frac{1}{2}$ pint milk
2 large eggs - beaten

8 ozs plain flour)
4 ozs castor sugar)
1 tsp. mixed spice)
1 tsp. bicarbonate of soda)
2 tsps. ground ginger)

mix together in a bowl

Combine the liquid and the dry ingredients and mix well. Pour into a 7-8 inch tin, greased and lined.
Bake in oven (Gas Mk 3 / 325 °F / 160 °C) for 1½ hours approx. Make at least 2 days before required.

Whilst the elite of the Club were winning all the coasters in Guernsey, Julia and I entered the BT Swimathon on Saturday 22nd March.

We decided to get up early and get started before the crowds and were the first to arrive at the Harrow School Pool. As we had brought our own lap counter/time official (Barry), we donned our matching orange Swimathon caps and started straight away with me being the first swimmer. Having not swum for a couple of weeks, as I had just come back from my (one & only) skiing holiday of the year (!), I tried to pace myself and eventually completed my 100 lengths in 49 mins 20 secs.

Julia took over and was steaming up and down the pool, even doing tumble turns, so eager was she to go for breakfast. She was going so well we had

trouble stopping her after her 100 lengths which she completed in 43 minutes exactly.

Our total time of 1 hour 32 minutes 20 seconds beat our 1996 (team of 3) time by 15 seconds. Out of a total of 4,159 teams taking part in this year's Swimathon, our position was 215th. And in our team category of 2 swimmers, out of 885 teams, our position was 57th. We were helped by the fact that we had the lane to ourselves - all the other swimmers were children but even in their lanes there were only 2/3 having to share.

This year's Swimathon was in aid of The Prince's Trust. I raised £80 in sponsorship which my company matched pound for pound. Will we do it again next year? We'll just have to see!

CONGRATULATIONS!!

to Joanne & Andrew

on the birth of their son, Oliver

on 2nd May 1997

weighing in at 8 lbs 9 ozs

a brother for Sam & Alex

(looking forward to seeing you back at training soon!)

THE TRIALS OF LANE TWO

by Liz Smart

Nobody really understands the trials of swimming in Lane Two. Not that we are working harder than anyone else. On the contrary, if we can find a loophole, we use it. No, it's just that we seem to have so many ordeals to overcome.

Firstly, we seem to have a very regular six or seven swimmers. Woe betide if you arrive late as you might be refused admission. That's where the first problem starts because nobody wants to move up or down. Nothing personal I hasten to add - we love you all dearly - it's just that a) you swim the wrong way round and b) you go too bliming fast in Lane 1. We used to be able to tip Tony Fidler and Keith out into the top lane without a problem but something terrible must have happened because they won't budge nowadays. And once when Lesley B and Colin traversed over they couldn't talk for a week!!

Once you have your position guaranteed however the real problems begin. Did you know that we have a whirling vortex at the shallow end of Lane Two? Two vortices in fact, spouting and gyrating the water with such force that you can find yourself getting nowhere fast at the end of a length. People have been known to have been pushed backwards into the path of oncoming swimmers at a rate of knots!

If you survive the maelstrom and the next length is fly, pray that Mr. Allsopp is not in Lane One. As his eagle wings spread across the width of the lane the wash caused by his thunderous kick hits the wall and reverberates back into the paths of, you've guessed it, L2 swimmers. Many a time have L2 swimmers been found washed up on the lane ropes, unable to speak or breathe.

If the gale conditions don't get us then we have the ordeal of suffocation. As our lane is positioned just outside the entrance to the men's changing rooms we have the dubious pleasure of being gassed by the cricketers' expensive deodorant (at least that's what we think it is!) which wafts out menacingly in invisible clouds.

We have learnt to cope with our own "jacuzzi-style" kickers, aka Colin and Greg, who churn the water up to replicate the sea at Port Elizabeth, SA. We also follow a strict L2 etiquette and people have been banished for tickling toes. We can even suffer the horrendous sessions that our coaches throw at us. We were just wondering if these points I have just raised could be taken into account when you are devising the next session..... Thanks Ron!

A WORD FROM IAN (newly appointed to Social Committee)

Liz has been pestering me for about a month to write something for the R&N newsletter - Well here it is Liz and I hope you are satisfied !! I suppose it was about time, I have been a member for almost a year after all. For those who don't know me, I'm the one in lane 1 who used to wear the green lithium battery charged, sometimes solar powered, energy inducing, go faster swimming cap (Thanks for the idea Roger). Unfortunately it broke and I'm now back in the world of the mortals.

I have to say that since joining R&N I have been very impressed, with the friendly atmosphere, team spirit, the social bits and even the banter that goes on between lane 2 and everybody else. Out of the other 45 swimming clubs that I belong to, including Amersham whom R&N pipped at their home meet this year, R&N are the best crowd to train and swim open meets with (do I win £25?).

Now to the point of this article; at the last customary 'after open meet' Pizza nosh up, you know the one that got away - Reading, I elected myself to try and organise a bowling evening (not crown green). It was suggested that the best place would be Harrow Superbowl in North Harrow on a Saturday evening and then a bite to eat afterwards. I have Saturday the 12th July in mind starting at around 7pm. For those interested the price would be £7.77 per player, assuming 2 games were played and about six players per lane. If you are interested, please let me know soon because I won't book the lanes until there are enough numbers.

Happy Training.....

A last few words from me as your Competition Secretary

by Karen O'Dea

Now here's the boring part of the newsletter and you'll be pleased to know that this will be the last time you'll be hearing from me as your Competition Secretary as I'm stepping down to concentrate on my travel plans and somebody has very kindly said that they will take over this role until I return (that is if I decide to return - you never know!!). You may be asking who this very kind person is. All will be revealed when the next gala is due*.

Well, I'm afraid that I've got to have one last moan ☹ before I go - yes - about gala entries. Ron has decided that in future we will not chase people for their entries. If your entry isn't in by the deadline we will assume that you don't want to swim and we'll "make the best of what we've got" with regard to relays.

Thank you to all the people who are giving up their Sunday (22nd June) to swim in the Middlesex gala. After a lot of deliberating, cogitating and digesting - actually after hours of phone calls and chasing people up - we've managed to enter 14 out of a maximum 18 relays.

On another note, if anyone changes their address or telephone number, please let Enid, Ron or the new Comp Sec know so that records can be updated.

Many thanks to you all for your co-operation and putting up with my consistent moaning. ☺

(* Should this news prompt you to say "Oh, that's a shame, I quite fancied doing that", don't despair. Speak up now as this is not cast in stone!! - ed.)

DIARY DATES.....

SATURDAY 12TH JULY

**BOWLING NIGHT - NORTH HARROW SUPERBOWL
(SEE NEWSLETTER & IAN FOR DETAILS)**

**A SUNDAY IN AUGUST
(DATE TO BE CONFIRMED)**

**FUN DAY & BAR-B-QUE
(MERCHANT TAYLORS SCHOOL)**

SATURDAY 13TH SEPTEMBER

BARNET COPTHALL SPRINT MEET

FRI - SUN 24-26TH OCTOBER

ASA NATIONALS - PONDS FORGE

SATURDAY 1ST NOVEMBER

MAIDENHEAD (BERKS & S. BUCKS) MEET

MASTER PROFILE

JILL ANDERSON

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

After my parents took me to an open-air pool on our summer holidays and I screamed the place down, they enrolled me in lessons at Highgrove Pool. I think I was about 6 or 7 years of age and I can still remember my teacher's name - Reg Brunt.

What is your earliest swimming memory?

Some of my earliest swimming memories are of swimming in the sea at various English holiday resorts in the Isle of Wight and East Anglia. I was that keen that I'd even swim when it was raining. How I did it I'll never know - I won't get in without a wetsuit these days as it's far too cold!

Did you swim competitively as a youngster?

I started swimming competitively when I was around 9 or 10. There was a waiting list to get into both RNSC and Northolt SC so I joined Harrow & Wealdstone Swimming Club and swam in various galas for them until I was about 15 years of age.

What were your greatest achievements or moments of glory?

I won a few medals in Harrow Schools competitions but my greatest achievements would have to be various life-saving awards, particularly in open-water. Laraine and I took our Silver Cross together which involved open water work in the Serpentine!

Did you participate in any other sports?

I am prepared to give most things a try and so, over the years, my "adventures" have included horse-riding weekends (never again!), sub-aqua diving for 7 years, water-skiing, badminton and, when I lived in central London, cycling. Christine introduced me to snow-skiing in the early 1980s and I have been fortunate enough to ski most years since then. However I have just bought a new pair of ski boots and am having to learn how to ski all over again!

Any great achievements or moments of glory there?

No moments of glory in any of my sports but person achievements include:

- getting to the top of a drag lift without falling off (snow-skiing)*
- the first time I managed to get up on one ski after who knows how many attempts (water-skiing)*
- completing 99 open-water dives in some exciting locations such as Oban, Scilly Isles and Scapa Flow. (Perhaps I ought to go back to where it all started - Stoney Cove - for my 100th!!) - (diving joke!)*

How did you first hear about the RNSC Masters Section?

I used to swim regularly at Highgrove with the Family Bathing section on a Saturday morning and heard about Masters swimming from Marlene and others there. Can you believe I used to be in the top lane at Highgrove (of 3!) and was at one stage swimming in front of Keith!

How long have you been swimming with them?

Even when I lived in Central London, I used to swim at Highgrove twice a week and started at Merchant Taylors when I moved to Oxhey about 7 years ago.

What do you enjoy most about the club?

For me the most important thing about the club is the people, some of whom I have known for many years. I enjoy all the sessions I attend and try to come along as regularly as I can, as swimming is now my main form of exercise.

Have you ever competed for the Masters section? If so, which was the most enjoyable competition/gala?

Believe it or not, (Karen), I have swum competitively for the club at venues such as Milton Keynes and Reading. I much prefer the club fun galas. However, I still get extremely nervous before races even then.

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

Taking part in the club Swimathon team and improving on our time each year (even if it was only by 15 seconds this time). Also being able to swim 100m butterfly without stopping, albeit very slowly.

And your favourite stroke is?

I do not have a favourite stroke but my least favourite has to be backstroke.

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

My husband can swim but gets bored swimming up and down the pool for longer than five minutes. My Dad learnt to swim when he was 65 but lives a bit too far away to join us!

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

We have just move house to Northwood and most of our free time seems to be spent decorating and buying things for our new home. I also enjoy socialising with friends, particularly if it involves eating, and occasional visits to craft markets (Greenwich & Camden in particular).

EXERCISE: Making it STICK!

My thanks to Jennifer for passing on an article she read in an exercise and fitness magazine which concentrated on the research of a James Prochaska at the University of Rhode Island, USA. What he found out about 'the extinction of negative behaviour' has similarities, he suggests, with the 'acquisition and maintenance of exercise'. This may help you when you are encouraging a friend or relative to come down to the pool (or even enter galas, perhaps!). Use a bit of psychology!!

He identifies 7 stages of change:

1. **PRECONTEMPLATION** The person has no plans to change, and may justify this by saying that the risks of the new activity outweigh the benefits of the old activity.
2. **CONTEMPLATION** The person intends to make a change in the next 6 months. Prochaska says 'despite their intentions, we estimate that, on the average, individuals stay in this relatively stable stage for 2 years, telling themselves that some day they will change, but putting off change.'
3. **PREPARATION** In this stage people intend to take action in the next month or so. They know that the benefits of the activity outweigh the risks. They are more likely than the contemplators to move to the next stage.
4. **ACTION** They've turned up! However, Prochaska says this is the least stable of all the stages, and a person may relapse several times before moving forward.
5. **MAINTENANCE** This is the period from 6 months after the person has reached the first goal till there is very little likelihood of them returning to the previous level of inactivity.
6. **TERMINATION** There is absolutely no chance that the person will relapse to their former self. Although this is more appropriate for giving up smoking than for taking up exercise, as people 'must continue to work to maintain regular exercise.'



COMPETITIVE STARTS

Continuing with our article on competitive starts we now move on to the **PIKE START**.

This is the fastest known start in competitive swimming. Like the 'Hitch-kick' start, the take-off is at a slightly steeper angle than the grab start; the body appears to be straight but is still achieving height. In flight and at the apex of the parabola, the 'piking' of the body is created by the head and arm movements.

The main advantage of the pike dive is that it acquires greater height and distance off the block; this ensures that the weight of the body achieves angular entry to the water in a trajectory of maximum efficiency and therefore minimal resistance, enabling an extremely fast transition into the stroke. Movements of the head and arms in take-off and a flight are more aggressive than those associated with the grab start and are employed so as to gain maximum effect from the transfer of momentum to the body. Some swimmers maintain that if you swim 50s without a 'pike dive' start, you are bound to collect a pennant instead of a medal.

STANCE

The stance for the pike start is similar to that required in the 'grab start'. It is important that the swimmer does not angle forwards excessively on the block; if he does, he will find it very difficult to achieve sufficient velocity.

TAKE-OFF

A number of movements occur simultaneously in a well co-ordinated take-off. Firstly the head snaps forwards looking to the opposite end of the pool. The knees dip abruptly so as to maximise thrust, and the weight is transferred from the flat of the foot to the ball of the foot.

The hands release their hold on the block, they are thrust forwards, and then stopped and made to extend downwards at an angle towards the water; these simultaneous actions transfer momentum to the body and cause it to move rapidly outwards. The knees straighten and the body is propelled powerfully forwards and upwards.

FLIGHT

The body is launched out in a relatively high-angled semi-circular parabola. At the apex of its path, the body is straight and almost parallel to the surface of the water. The head moves rapidly downwards with the eyes looking at the surface of the water, and the arms then move back from the forward position; the combined influence of the head and arm movements adds momentum to the piking of the hips. The head moves in further, bringing the chin onto the chest with the eyes looking backwards and the back of the head tucked below the biceps. At this stage the arms, head and upper body are almost at right angles to the lower body, and the swimmer is committed to entry.

ENTRY

The entry sequence is the same as that of the grab start (see April's newsletter)



Fig 32a In the pike start, the toes grip the edge of the block and the hands touch the feet or the block between the feet, according to individual preference; the angle of the upper and lower leg is approximately 140 degrees.



Fig 32b In take-off the head moves forwards with the hands leaving their purchase on the block and the upper leg straightening to bring the body forwards.

Fig 32e The head moves rapidly downwards tucking in under the biceps. This movement coupled with the previous downwards movement of the arm causes a mid-air piking of the body.

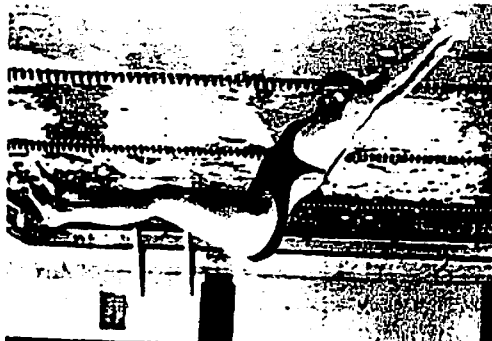


Fig 32g Having come into line, the legs now follow into the 'hole' in the water created by the arms and upper body. The feet are pointed to create maximum streamlining on entry.



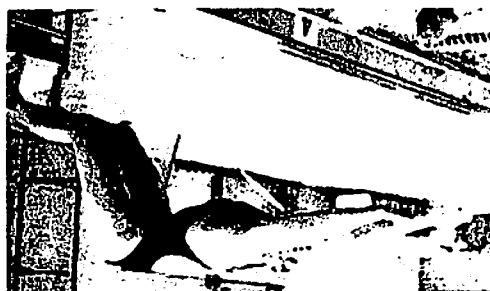
Fig 32d At the peak of the flight the body is straight and almost parallel to the water; the arms are dropped abruptly to a downward angle so as to transfer momentum to the bodyweight.



Fig 32f As the arms and head enter, both move upwards with some hip movement, and the legs come into line with the body.



Fig 32c The head continues to move aggressively forwards whilst the knees make a dipping movement to maximize thrust. The weight of the body is now transferred to the balls of the feet.



RESULTS - READING - SATURDAY 17TH MAY 1997

COLIN

(A)

200m Free	2.37.69	☺
50m Breast	41.15	☺
50m Fly	36.56	☺
50m Free	32.73	☺

IAN

(B)

200m Free	2.02.18	☺	GOLD
50m Breast	35.07	☺	GOLD
50m Fly	28.28		GOLD
50m Back	31.17	☺	GOLD
50m Free	25.86		GOLD

JOE

(G)

200m Free	3.10.55	☺	5th
50m Breast	41.71		BRONZE
50m Fly	40.60		4th
50m Free	37.47		

DERYK

(E)

50m Breast	40.20		GOLD
50m Fly	31.23		GOLD
50m Back	37.46		SILVER
50m Free	28.55		GOLD

KAREN

(A)

50m Back	37.48	☺	SILVER
50m Free	30.56	☺	SILVER
200m Free	2.29.59		SILVER
50m Fly	34.86		SILVER
50m Breast	39.77		4th

DANNY

(D)

200m Free	2.57.12	☺	SILVER
50m Back	42.06	☺	BRONZE
50m Free	33.46		4th

SILVIA

(A)

50m Free	34.21	☺
50m Breast	44.05	☺

GREG

(A)

200m Free	2.37.22	☺
50m Breast	41.38	☺
50m Fly	38.35	☺
50m Free	32.76	☺

BOB

(J)

200m Free	3.53.60		BRONZE
50m Breast	58.90		BRONZE
50m Fly	1.03.39	☺	BRONZE
50m Back	56.82	☺	BRONZE
50m Free	46.11		BRONZE

RAY

(H)

200m Free	3.53.60		BRONZE
50m Breast	48.44		GOLD
50m Back	55.81	☺	SILVER
50m Free	42.00	☺	SILVER

LESLEY B.

(B)

50m Back	42.57		
50m Free	32.93		5th
200m Free	2.42.09		SILVER
50m Breast	46.60	☺	4th

LIZ

(C)

50m Free	32.86		GOLD
200m Free	2.50.46		5th
50m Fly	40.37		4th
50m Breast	41.01		GOLD

MIKE

(H)

200m Free	3.21.27	☺	GOLD
50m Breast	52.13	☺	SILVER
50m Fly	1.10.29	☺	SILVER

(☺) = Lifetime PB ☺ = Age Group PB)

RELAYS (4 x 50m)

<u>120 yrs Medley</u> <u>LADIES</u>	Lesley B 42.10	Liz 40.80	Karen 34.30	Silvie 33.15	2.30.35 SILVER
<u>120 yrs Free</u> <u>LADIES</u>	Karen 30.58	Lesley B 33.50	Silvie 33.29	Liz 33.17	2.10.85 GOLD
<u>120 yrs Medley</u> <u>MEN</u>	Ian 31.14	Greg 38.53	Deryk	Colin	2.10.71 GOLD
<u>120 yrs Free</u> <u>MEN</u>	Ian 25.93	Colin 29.78	Greg 30.98	Deryk 27.75	1.54.44 GOLD
<u>160 yrs Medley</u> <u>MEN</u>	Danny 42.86	Ray	Joe	Bob	3.02.97
<u>200 yrs Free</u> <u>MEN</u>	Joe 37.85	Bob 46.19	Danny 33.42	Ray 41.40	2.38.86 GOLD
<u>100 yrs Free</u> <u>MIXED A</u>	Karen 30.34	Ian 25.53	Lesley B 32.61	Deryk 27.72	1.56.29 GOLD
<u>100 yrs Free</u> <u>MIXED B</u>	Liz 33.70	Colin 29.84	Silvie 34.73	Greg 30.65	2.08.52 5th
<u>180 yrs Free</u> <u>MIXED</u>	Karen 30.79	Mike 40.50	Liz 33.89	Joe 38.12	2.33.30 BRONZE

[illegible]

(☺ = Lifetime PB ☺ = Age Group PB)

☺ Smiley Face Relay Table 1997 ☺	
Christine	☺☺☺
Danny	☺☺
Julia	☺
Liz	☺☺☺
Sandra	☺
Geoff	☺
Jason	☺
Tony F	☺☺☺☺
Andrew	☺☺☺
Roger	☺☺☺
Ian	☺☺☺
Deryk	☺☺
Lesley C.	☺☺
Enid	☺☺
Keith	☺
Karen	☺
Marlen	☺
Maggie	☺

SKI '98

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 SNOWLINE CHALET HOLIDAYS
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 CHAMPOUSSIN (PORTES DU SOLEIL REGION)
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SPEAK TO DANNY FOR FURTHER INFO