

R U I S L I P & N O R T H W O O D S . C .
M A S T E R S
N E W S L E T T E R 2 (M A R ' 9 4)

CLUB GALA

SATURDAY 19 MARCH 1994 - 5.00 PM - MERCHANT TAYLORS POOL

By now you should have all received your entry form for the above event. In fact, you should have already returned them! If, by chance, you havn't, please get them back to Ron, Tony or Leslie as soon as possible as there is a fair bit of calculation to be done before the big night.

We have the pool booked from 5.00 pm until 8.30 pm. We then have use of the Tuck Shop (across the Car Park) until 10.30 pm. Tony has already mentioned food and drink and in order to help with this big decision we thought we would give out suggestions of what to bring. This would also avoid the risk of repetition (i.e. 60 portions of cold sausages and nothing else!) Watch out for more details nearer the time!

Unfortunately we shall be unable to award the sort of medals to which you may, or may not, have become accustomed. Nevertheless there will be "rewards" of a kind and we are sure you will not be disappointed!

Family and friends are more than welcome and if any of them would be willing to help out in a more official capacity please say.

READING GALA SATURDAY 14 MAY 1994

Forms for this gala are now available from Ron. Please send your entry form individually to avoid delay but advise Ron when you have so that he can work out the relay teams. Last year a few club members were disappointed to be turned down from this gala due to over-subscription. Apparently we were one of the last clubs to send any entries in.

I think most swimmers would agree that this is a good gala - especially for those who may wish to embark on competition (or even return to). It's large enough to be just one of a crowd but also friendly enough not to feel out of your depth!? There is also a good swim shop!

TRAINING

Some bad news, I'm afraid! Unfortunately Ron is only going to be able to manage every other Tuesday and Thursday night from now on. He has however promised to provide schedules for those nights he cannot be with us and his Sunday sessions remain the same. Reg has also said he may be able to pop down occasionally on the Thursday and Deryk has threatened to keep us in check for the Tuesday!

I think it only right to thank both Ron and Reg again for all the time they give us.

SATURDAY TRAINING

There is still plenty of room for anyone would like to join the session on Saturday mornings! If the early start of 8 o'clock puts you off a little, you are more than welcome to join the session later as Reg usually has enough to keep us going until 9.30am! There is no better way to start the weekend. You certainly feel virtuous for the whole day afterwards. Why not come along and try it ???

NOTICEBOARD

Please keep your eyes on the Noticeboard outside the changing rooms for information concerning the Club. There may also be "goodies" to pick up from the table!

FORTHCOMING EVENTS

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| <u>SUNDAY 6 MARCH</u> | - BASINGSTOKE MASTERS FAST WATER MEET
(Good luck to our Men's Breaststroke Relay Team!) |
| <u>SUNDAY 6 MARCH</u> | - SWIMATHON
(Good luck to our Master's team of Julia, Sandra, Gill, Liz and possibly Michelle. Sponsors always welcome, even after the event!) |
| <u>FRI-SUN 25-27 MARCH</u> | - GUERNSEY 3RD OPEN MASTERS MEET
(Team:- Ron, Ray, Bob, Tony, Sandra Marlen, Teresa & Liz) |
| <u>SATURDAY 14 MAY</u> | - READING 5TH OPEN MASTERS MEET
(Senior amateurs welcome) |
| <u>FRI-SUN 3-5 JUNE</u> | - GB OPEN MASTERS CHAMPS (LEEDS) |
| <u>FRI-SUN 17-19 JUNE</u> | - BARNET COPTHALL MSTRS. DISTANCE MEET |
| <u>FRI-SUN 14-16 OCT</u> | - ASA NATIONAL MSTRS. CHAMPS (SHEFFIELD) |
| <u>SATURDAY 5 NOV</u> | - BERKS & S.BUCKS MSTRS. MEET (MAIDENHEAD)
(Senior amateurs welcome) |

AMERSHAM FIRST OPEN MASTERS MEET - SUNDAY 6 FEBRUARY 1994

Amersham SC's first gala, at the Guttman Sports Centre, Stoke Mandeville was well run and well attended. Being that little bit further north it had attracted teams from further up the country and consequently the competition was harder. A total of 12 Ruislip & Northwood members took part bringing home 12 medals between them and we took 10th place out of a total of over 40 teams.

Medals were won by Andrew Brooks, Colin Giddings, Ron Hardy, Bob Rogers, Marlen Jones and Lesley Cordial. Unfortunately, Lesley was hit by a nasty bug and was unable to compete in all her events. She still managed to swim 50m Fly in 32 seconds to take the gold! One person conspicuous by his absence gave the excuse of not getting to bed until 6 o'clock that morning. Something about having to toss the caber in a garden.....? (He knows who I mean!) Many thanks again to Ron for his support.

RESULTS - AMERSHAM FIRST MASTERS MEET

ANDREW	50m Back	32.60	Silver
	50m Free	30.11	
	I.M.	1.14.03	
COLIN	50m Breast	39.76	Silver
	50m Fly	36.73	Bronze
	I.M.	1.30.31	Bronze
RON	50m Free	33.97	Gold
	50m Back	43.11	Silver
	50m Fly	39.34	Silver
	I.M.	1.37.39	Gold
TREVOR	50m Free	35.17	PB
	50m Breast	40.40	PB
DAVID	50m Free	33.81	
	50m Breast	41.07	
JOE	50m Free	39.28	
	50m Breast	42.53	
	50m Fly	40.62	
	200m Free	3.24.25	
RAY	50m Free	40.92	
	50m Breast	46.70	
	200m Free	3.57.76	
BOB	50m Free	45.50	Bronze
	50m Fly	1.04.19	Bronze
LESLEY	50m Fly	32.42	Gold
MARLEN	50m Back	1.05.39	
	50m Free	55.61	
	50m Breast	54.13	Bronze
SANDRA	50m Free	43.07	
	50m Breast	54.50	
LIZ	50m Free	43.02	PB
	50m Fly	43.96	PB
	50m Breast	40.83	

RELAYS

MENS 200 yrs+ MEDLEY	1.10.78	3rd (position only - no medal)
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