

RUISLIP & NORTHWOOD S. C.

MASTERS

NEWSLETTER 8

(MARCH 1995)

Editor: L. Smart

CAMDEN SWISS COTTAGE

by Liz Smart

There were bound to be a few problems - this being the first competition after Xmas. Didn't they realise that we had had to have (at least) two week's break from training, that gremlins had sabotaged our swimming pool, that we were carrying extra whatever.....??? Understandably Ruislip entries were a little down on the last 'Club Outing' (Maidenhead) and we were lucky to lose only a few more due to the inevitable sickness and other commitments. Nevertheless, the Swiss Cottage team manager said that she had been very impressed with Ruislip's entries (whether it was the amount of entries or the neat handwriting, I'm not sure!!?)

A mad few arrived early and stayed late - Lesley, Teresa, Keith, Simon, myself and Coach Ron camped out for all three sessions. Alistair came for the morning and Deryk, Lyn and Ray popped in after lunch in time for the last two sessions. There were also 'guest appearances' from Bernie and Ron Hardy to whom we were eternally grateful as it enabled Ruislip to honour most of our relay entries and win lots of medals!!

It wasn't all plain sailing at first. Faced with organising the relays Ron's computer-like calculations were essential. He knows practically all our ages and can move us in and out of relay teams in order to meet the age requirement at a stroke. There were a few close moments however and nobody was happier than him when each team member arrived and when he discovered that Ray was in fact 2 years older than he thought!

Teresa won the prize for the most entries (7) followed closely by Keith and Lesley (6 each) although I think Keith was beginning to regret it a little into the second session. Credit to him though, he swam in both the 100m Free and 100m Breast one after another and still managed to smile sweetly afterwards!! Lesley was well aware of the number of races she had and was conserving energy at every possible moment. This gave her rivals false hope. As they got to within an arm's length she merely changed the gear and left them in her wake to win five golds and one silver. She was also rewarded in the 50m Free with a "PB" of 25.42 secs. Hmmmm!!? This being nearly two seconds faster than the men's winning time she felt that the time keeping may have been a little suspect, but what the hell.....?!!

We were all pleased to see Alistair there for the first session - looking chirpy and disgustingly fit for someone who only 'sees' the water for twenty minutes each week! He was pleased with his Fly and Back races winning gold and silver. He was quite pleased with the first 75 metres of his 200m Free which, up until then, had been going well. The final 125 metres didn't enthral him as much!! More training?? Or less 200s?? He still managed to win the silver medal so it couldn't have been *that* bad.

Simon. Well Simon is essential for the club's relaxation. When you might be feeling a little stressed, worried, s**t scared about your next event, you need only look at Simon to feel a sense of peace and tranquillity! One moment he is in the stand playing patience, seemingly without a care in the world and the next thing you know he is on the blocks ready to start!! We were a little concerned that he might go missing after lunch as he set off in search of a liquid refreshment and a television to watch the rugby, but he found his way back again!!

Although arriving in the afternoon, Ray made up for his late(r) start and crammed in five events and got a surprise PB in the 100m Free. A PB he at first hesitated to accept! It wasn't until Ron had consulted his Red Book and shown him the evidence that he believed it!! Deryk also crammed in a few races and a few medals having first demolished a whole quiche and a loaf of sandwiches! (Well, not exactlyperhaps just half a loaf!!)

Yes, life was hunky dory for the Ruislip & Northwood Masters by the afternoon. Bernie was ensconced in a book about massage in between working out designs for the new RNSC swim cap, Ron was still working out ages and different combinations for the relay teams, Simon had decided that his hair was now too long and was in search of a cap, Teresa was deep into her large novel and Lesley was in her familiar prone position clutching her Coke and Mars bar!! We were giving nothing away to the opposition. They were to have no idea how strong our relay teams were going to be. However, with so few Ruislip swimmers and so many races we were all confused about the different combinations - Women's 100yrs+ Medley (easy enough as there were only 4 of us!), Mixed 100yrs+ ?, Mens 150yrs+ ?, Mixed 150yrs+ ? - it was impossible to remember where you should be and when!! Luckily Ron sent us a guardian angel in the form of Ray who held the all-important piece of paper for consultation and we managed to find Lyn at the last minute on her way back from the swim shop (she had only come back for her purse!!). We reaped our reward - five relays and five GOLD medals and it was only the end of the second session!!

Probably the most difficult task of the day was assembling for the 8 x 50m 300 yrs+ Squadron relay at the end of the gala. We must admit we were feeling quite confident at this stage, especially as there didn't seem to be enough swimmers in the stand to make up any teams of opposition. Unfortunately teams appeared out of the woodwork and it wasn't going to be as easy as we'd at first hoped especially as our swimmers went missing one by one. Swiss Cottage obviously felt they had to put up a bit of a show and pipped us to the post having fielded a *very* young-looking team. Mind you, they should have been disqualified really as their last swimmer, so full of elation, got out of the pool before the last team had finished. Simon had tried to make a similar hasty exit but was prevented by Lesely's foot on top of his head!!

All in all a very long, enjoyable (?) day. Thanks again to our dear Ron for organising us, confirming our times and taking our splits and to all those who took part. And on a more personal note - this was a very special gala for me as it was the first time I managed to race with my goggles on. Halfway down the first length of the 50m breaststroke I realised I could SEE and it was absolutely marvellous!! I owe this fantastic achievement to the advice of Enid after the last Maidenhead gala. What we do now is bring our swim caps right over the tops of our goggles and they don't then fall off or fill up with water! We may look a bit like kamikaze pilots, but we don't care!!

On a final note - congratulations to Bob Rogers who, although unable to attend the actual gala, apparently managed to win medals in both the 100m & 50m Free!!

AMERSHAM

by Liz Smart

Not so many of us made it to Amersham's 2nd Open Masters Meet on 5 February. Well, only three in fact - Teresa, Ray and Alistair. By all accounts it was well run, the water was warm and the changing facilities had improved on last year! Perhaps we should all make more of an effort to get our entry forms in next year!?

Teresa entered her requisite six events, gaining three silvers and one bronze and was very pleased with some of her times as they

were an improvement on Camden Swiss Cottage. And Ray seems to have had a very exciting day clocking up no less than three PBs in the 50m Free, 200m Free and 100m IM and knocking off a total of 9 seconds overall!! Alistair apparently used the 200m Free as a warm up for the 50m Fly but hasn't been seen since so we don't know whether he managed to break the 30 sec barrier or not!!

Entrants were given the chance to ring Amersham SC before the competition day if they were not able to attend. This enabled the club to reduce the number of empty lanes and keep the meet more or less on schedule.

Without the phone calls from some 40 swimmers they would have overrun considerably with many half-full heats. As one such 'phone call' I was very impressed to

receive a short note from the club a few days after the event thanking me for my co-operation.

SOUTHERN COUNTIES LONG COURSE CHAMPS

by Liz Smart

February 25th and 26th. Just the three swimmers again. This time it was Lesley, Teresa and me. Daunting prospect - Crystal Palace. First you have the journey which is always very complicated. Then you have this incredibly *long* pool. Well, at least you don't have to turn as often, but it is an incredibly *long* way!! Pleasant enough atmosphere though and no reason why more Ruislip swimmers shouldn't have been there!!? (Perhaps next year?)

Lesley had an eventful two days and not only *full of events!* She picked up Golds in the 100m Free and 200m Free, silvers in the 100m Fly and 50m Free and a bronze in the 50m Fly. Ah - the 50m Fly.... now that *was* an eventful event. The 50m Fly - event number 2 on the Saturday afternoon - just enough time to get forty winks in the upper balcony after lunch. A chance to relax. An opportunity to let the Mars bar and Coke settle. A necessary break from the madding crowd. When suddenly our Lesley realises that she has forgotten to *post her card*. It is now 2.20 pm and she discovers that the box closed 5 minutes ago!! *AND* the only place they can fit her in is the *FIRST* heat!!!!!!! So our Lesley, with one of the fastest times on the programme, has to line up with the slowest. She does swim her guts out and the officials at the end are very surprised to see her arrive so soon, but she needs the competition and after a long wait she learns that she has only (only?) got third place.

Quite remarkably, this was Teresa's first swim in a 50m pool. Did she like it? Well, it certainly didn't put her off in the 400m Free which she won convincingly and she also picked up the bronze in the 200m Free confirming her strength at those distance races. Unfortunately I had just started a nasty cold. Probably shouldn't have gone, but it seemed the better alternative (well, it had been quite a half term!!) The best I could manage was a 4th in the 50m Breaststroke and a withdrawal from the 50m Fly!

SWIMATHON '95

The 'RUISLIP JIVERS', also known as Sandra, Julia and Liz and so named after the club D&D, met at the unearthly hour of 7.30 am at Harrow School on Saturday, 4th March. What a lovely morning it was! The sun shone in through the windows on the righteous. There was an initial concern/panic when Julia had spotted some CHILDREN and had also learnt that we would have to SHARE A LANE with them, but fortunately it wasn't as bad as we first thought!!

Sandra set off first. She had the unfortunate task of avoiding the eight year old who zig zagged up the lane with a sort of octopus style stroke. Of course she coped admirably, her only injury being rapped knuckles where she hit the steps in her attempt to avoid a collision, and both Julia and Liz found themselves relaxing as she clocked up length after length. Liz was next. She had the five year old to contend with but luckily he kept his line better and got out before Julia took to the water!! Julia showed her obvious skill at these long distances and was coasting from the start. But the poor girl was waiting for the others to tell her when she was half way. They *had* mentioned it to themselves on the 33rd length but didn't get round to saying anything to Julia until she had 20 to go!!

The team finished in one hour 34 minutes and were collecting their certificates before 10 o'clock. Congratulations again to Sandra who wins the prize for the most sponsorship money.

BASINGSTOKE - MARCH 5TH

by Liz Smart

Only our Teresa there this year swimming in her usual six events!! By all accounts it was a good gala - well run with plenty of good competition(!) and the water was warm. Teresa won two bronzes in the 50m Breast and 25m Free clocking up a PB in the latter event. She was just pipped to the bronze in the 50m Free although she had clocked *exactly* the same time as the other swimmer.

FORTHCOMING EVENTS

MAR 18 CLUB GALA (Merchant Taylors. 5.00pm)

MAR 24-26 GUERNSEY

MAY 13 READING GALA

JUNE 2-4 GB MASTERS (Crystal Palace)

CLUB GALA

By now we should have all returned our entry forms to Tony. As last year there will be a 'lucky dip' for the share-out of preparation and bringing of the food for afterwards and no, there won't be so many sausage rolls!! Please see Lyn or Deryk if you have anything to offer for the raffle - booze, chocs, go-faster goggles etc. - and if you know of anyone who would like to help in a more official way i.e. time keeping etc. No qualifications necessary - just a willingness to help!!

As promised in a previous newsletter there will be various presentations for winners, top swimmers and the renowned "Smiley Faces" and a good time should be had by all!!

GUERNSEY

Unfortunately Colin is going to be unable to join us on the trip as first arranged but has found a noble replacement in the form of Simon. As we prepare for the club's third outing to Guernsey I thought it might be apt to remind all you others that there will probably be a contingent going next year and to invite you to think about joining us in 1996. I still have the savings account open and you are very welcome to start putting some money away in preparation. Both Joanne and Lesley chose to do so this time and were quite relieved to have done especially when the deposit was required just before Christmas!! I even have some spare standing order forms to make it easier for you. The gala seems to be held on the same weekend in March (i.e. the last one) and the package offered is usually very reasonable.

FEAR OF SWIMMING A RACE IN THE WRONG MANNER

by Ron Gilder

This is the swimmer who is afraid of going out too fast lest he/she may not finish.

We train three days plus per week and cover many metres and you are worried about finishing 200m - wanting to finish with an explosive last twenty metres. The cure for this swimmer is to pace the efforts in the warm up. Know your pace for coming home and practice it. Once you have repeated this four of five times with a reasonable rest you can stop worrying and get on with doing well in the competition.

The following fears will only be dispelled by practice:

1. The fear of false starting
2. The fear of being left on the block
3. The fear of disqualification for stroke, turns and finishes
4. The fear of take-overs in team race situations

Only practice will make you feel really confident on these points. If you work at them you should anticipate - not fear - the occasions.

Finally, there are other little personal fears that harm some of our more sensitive members. There is the obvious one - the fear of being the slowest - of being last. One may be last in the race but, try and remember, there are thousands of people your age who would be far behind you. You are the last of an elite group.

Chin up. No fear.

HAVE A GO

*Go on, have a go, you're all talk - not really fit,
Ruislip and Northwood is the place to be,
There's a pool with swimmers, all raring to go,
You'll be welcome I'm sure, don't say no.
Get in there and try it, just like me.*

*I'm fit, I'm fit, look not an inch to waste,
I've done it already and paid the price,
I've ran and I've cycled,
Look - still got the scars,
Back to feeling good again? - Now that would be nice.*

*Preparation complete, new trunks and goggles,
Down to the pool to meet the folk,
A quick dive and duck - excuses galore,
I need more training, more and more,
I hope they don't think I'm a joke.*

*Six months in I'm moving up,
The fitness is coming, the swimming is not!
Lane five, then four, only 'Hardy' to beat,
Impossible, he's Superman, its time to retreat,
Lanes four or five? The pace is too hot!*

*Nine months now - really moving well,
Lane three cracked if I stay at the back!
It's right about Alan, he does tickle your toes,
I've been advised to hang back and pose,
They're all too good, it's getting fast - one more go then it's time to jack.*

*Rubbing shoulders now with lane two heroes,
Advice galore on technique and pose,
"You're not doing badly - but you must learn to swim,
It's the arms and the legs - a bit too thin",
I'll change the breathing, use the mouth not the nose.*

*I'd love to be there, cruising lane two,
Kicking with Keith and smiling at Lesley,
But Alan's advice is to stay in lane three,
"Your just a mere boy - they will have you for tea",
Perhaps he's right - I'll keep swimming slowly.*

*How do we get to lanes one and two?
What are my PBs? - I'm afraid there is none,
I think Alan's right, they look a bit rough,
Their warm up times are depressing enough,
But what is the point? It's just having fun!*

MORE PET HATES

Another chance to get those little niggles off your chest. Here are a few more pet hates:-

"Kicking" - "Anything to do with breaststroke!" - "People pushing off *just* behind you"

"Having to wait for the showers" - "Rogue arms and legs from other lanes" (!)

"Battling to undo the lane ropes" - "And then watching Deryk do it with a flick of the wrist!"

"Galas!" - "Catch-up" (again?!) - "Dirty changing room floors" - "Ron's late shift!"

"Swimming along, feeling reasonable, only to be overtaken swiftly by somebody in the next lane"

"Backstroke catch-up"

"Getting to within a 10 metres from the end of a rep and to see the others in front of you just starting the next one"

WINDSURFER FOR SALE

**SAILBOARD SPORT WINDSURFER FOR SALE
VERY STABLE, OLD BUT IN VERY GOOD CONDITION
COMPLETE WITH 3 FULLY BATTENED SAILS, SPORTEX MAST AND ADJUSTABLE BOOM**

**ALSO 3 WETSUITS, 1 LONG JOHN, 1 SUMMERS STEAMER
AND ONE WINTER STEAMER, BUOYANCY AID AND KITBAG**

NO REASONABLE OFFER REFUSED

SEE BOB ROGERS

ERRATA

Apologies for a couple of mistakes in last month's newsletter, although I am pleased to know that at least some of us are reading it!

Apparently I omitted Trevor's Maidenhead results from the list. Sorry Trev. They are as follows:-

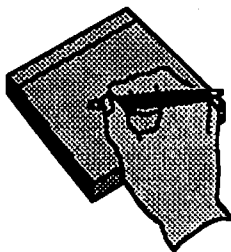
50m Free (Breaststroke) 40.88 50m Breaststroke 41.26

I also managed to miss out a line from Reg's advice on exercises which should read as follows:-

2. Check your shoulder mobility

.....Swimmer B, standing at back of swimmer A, leans forward and with his hands pulls swimmer A's arms *backward in a horizontal place without permitting Swimmer A's palms to turn upward or downwards or the elbows to bend.....*

Your Correspondent



What do you think of the newsletter ?

Great? Humourous? OK? Boring? Rubbish? Not enough results? Not enough technical articles?
The same old people saying the same old things?

Does it need:

More detail? Less detail? New ideas? To be smaller? To be bigger? Competitions? Free
subscriptions?

What it *does* need is more **CORRESPONDENTS**.

How about some articles from lane 1!

Have a go, see what the reaction is. All you have to do is write something of interest and give it to Liz
the editor.

PS. I am not the editor!

RESULTS.....RESULTS.....RESULTS...RESULTS.....RESULTS.....RESULTS.....

CAMDEN SWISS COTTAGE - JANUARY 21

SIMON

50m Breast	37.99	Bronze	100m Free	1.05.91	Silver	PB ☺
50m Free	29.31	Silver PB ☺				

KEITH

50m Breast	40.41		50m Fly	35.51	
200m Free	2.36.10		100m Free	1.10.24	
100m Brst	1.30.77		50m Free	31.12	

ALISTAIR

100m Back	1.21.83	Silver	50m Fly	30.26	Gold
200m Free	2.32.38	Silver			

DERYK

100m Free	1.04.77	Bronze	50m Free	29.84	Silver
100m Fly	1.16.47	Silver			

RAY

100m Free	1.35.40	PB ☺	50m Back	53.86	
100m Brst	1.46.92	Silver	50m Free	40.74	
100m IM	1.51.22				

TERESA

50m Breast	41.26		50m Fly	36.31	
200m Free	2.30.75	Bronze	100m Free	1.09.42	Silver
50m Back	41.39		50m Free	31.73	Silver
100m IM	1.24.12				

LIZ

50m Breast	41.56	Silver	100m Free	1.12.76	Silver	PB ☺
50m Free	33.26	Silver				

LESLEY

50m Fly	32.71	Gold	200m Free	2.21.43	Gold
100m Free	1.02.95	Gold	50m Back	36.89	Silver
50m Free	25.42	Gold	100m IM	1.16.22	Gold

LYN

50m Free	43.26				
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RELAYS

MIXED 4 x 50m 100 yrs+ Free (Alistair, Teresa, Bernie & Lesley)	2.02.84	GOLD	PB ☺
LADIES 4 x 50m 100 yrs+ Medley (Teresa, Liz, Lesley & Lyn)	2.37.89	GOLD	PB ☺
MIXED 4 x 50m 100 yrs+ Medley (Bernie, Liz, Deryk & Lesley)	2.20.58	GOLD	PB ☺
MENS 4 x 50m 150 yrs+ Free (Simon, Ron, Bernie & Deryk)	2.02.27	GOLD	PB ☺
MIXED 4 x 50m 150 yrs+ Free (Teresa, Keith, Liz & Ron)	2.12.58	GOLD	PB ☺
MIXED 8 x 50m 300 yrs+ Free (Teresa, Ray, Liz, Deryk, Lyn, Bernie, Lesley & Simon)	4.16.68	SILVER	PB ☺

AMERSHAM**TERESA**

200m Free	2.28.02	Silver	100m IM	1.19.67	Silver
50m Breast	41.33	Silver	50m Free	31.35	Bronze
50m Fly	36.47		50m Back	41.73	

RAY

200m Free	3.36.23	PB ☺	100m IM	1.48.53	PB ☺
50m Free	47.??	PB ☺			

SOUTHERN COUNTIES OPEN LONG COURSE MASTERS**TERESA**

400m Free	5.16.18	Gold	200m Free	2.30.62	Bronze
100m Free	1.10.39		50m Free	32.06	
50m Fly	35.91		50m Back	43.88	

LESLEY

200m Free	2.22.00	Gold	100m Free	1.04.03	Gold
50m Free	29.07	Gold	100m Fly	70.40	Silver
50m Fly	31.43	Bronze			

LIZ

50m Breast	42.12		1.16.04		
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BASINGSTOKE**TERESA**

100m IM	1.20.57		50m Breast	40.81	Bronze
50m Free	31.73		25m Free	14.63	Bronze
50m Fly	35.32		50m Back	42.41	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	☺☺☺
Alistair	☺☺☺
Deryk	☺☺☺☺☺☺
Bernie	☺☺☺☺☺☺
Lyn	☺☺☺☺☺
Joanne	☺☺
Julia	☺☺☺☺
Ray	☺
Jennifer	☺
Teresa	☺☺☺☺