

RUISLIP & NORTHWOOD S. C.

MASTERS

NEWSLETTER 16

(MARCH 1996)

Editor: L. Smart

Apologies for the delay in getting this newsletter to you. Unfortunately disease and pestilence hit the Smart household in February and whereas I can cope with mopping up after my two little cherubs I was not prepared for the injuries sustained by the computer!! Our PC caught a virus!! Alerted to this fact by Jennifer after we had infected her floppy, Graham went into to action to rid us of this terrible affliction. The half-baked newsletter lay behind enemy lines and it was only after many man hours that he was able to rescue it. Needless to say a lot of it was already out of date but I have managed to recover the bare bones and hope that you will all enjoy reading it all the same. I am very grateful to Bernie for mailing me his Profile just recently - you'll find it towards the end of the newsletter.

A WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

I would like to thank all those who competed in the recent Amersham Gala for helping the club come second overall in a very competitive competition. I think most of you did, or achieved times close to, personal bests. I know our coaches were pleased with your efforts. Please remember that those of you who competed in relay swims pay an additional 50p per relay for the privilege!! Please give monies to Ron or Karen.

For those of you who have not yet competed in a gala and are a little bit anxious, enter our own in-club Gala to be held on Saturday 13th April at Merchant Taylor Pool. The events are handicapped and are a mixture of "normal" races and fun events - and there well be a social event afterwards.

Finally, good luck to our Guernsey-bound swimmers and I hope most of you have entered the next gala to be held at Bracknell on April 20th. Details from Karen.

AMERSHAM - THERE WE WERE!!

by Liz Smart

Best dressed club without a doubt - a sea of white and blue. Best looking costumes thanks to the two Lesleys - Lesley C. sporting her new WHITE Xmas cossie (No, it doesn't go see-through!!) and Lesley B. sporting the whole of Yiewsley Swim Shop Closing Down Sale stock (not all at the same time!). Best humoured Club? Certainly the nicest crowd. But the Top Club award was not to be. Pipped at the post by a team called Lewsey (Lewsey??) we did however put on an excellent performance with no less than 32 medals and 25 PBs. Post competition discussions calculated that if so-and-so had been there and oogamaflip had entered six more events and we had all been sixteen years older (some of us certainly felt sixteen years older!) and Lewsey (Lewsey??) hadn't have turned up THEN we would have won! BUT we had a very enjoyable day in the meantime and it was great to be part of such a NICE TEAM!!

Firstly, words of thanks and praise to Karen who organised us and our entries so well. Twenty five of us actually swam in a total of 86 individual and 10 relay races. It can't be a very pleasant task organising us but I certainly felt that we were in good hands!! We were pleased to see that the burden of being Comp Sec didn't prevent her from clocking up *four* PBs during the course of the day!!

Our Debut Makers this time were Danny, Michael and Lloyd who all seemed to get into the swing of things very early on! Danny, who only learnt how to do front crawl a few months ago (thanks to Lesley B. I am told) and who has only been swimming with us for a few months, had a really good day knocking seconds off his entry times. A very happy bunny he was! Michael has obviously been taking lessons from Simon on how to look cool, calm and collected in the spectator gallery before slipping nonchalantly down to pool only minutes before his race. "How did the backstroke turn go?" "I've no idea. I was comatose before the end of the first length!" And Lloyd? Well, you felt that good things were going to come from Lloyd. Although he had obviously tried to put us all off the scent by his (amusing) entry times he was soon found out when he knocked seconds off right, left and centre!! Tangible reward came in the shape of a bronze medal in the 200m Free. Rumours that he used a left arm side swipe to remove the opposition from the adjoining lanes is totally without foundation.

Evidence of tumble turn practice was apparent, especially in the Men's 200 Free. We were all most impressed to see Joe and Keith tumbling at both ends during the course of their races. Ruislip & Northwood spectators were soon enthralled by the prospect of yet another turn. Will he?.....won't he? Perhaps not this time.....YES!! He did it!! They obviously spurned the temptation of that lovely grabbable gutter and Joe was rewarded with an impressive PB. Had Deryk's admonishments finally worked? On all but Deryk, it seems! A-p-p-a-r-e-n-t-l-y, according to Deryk, his turns weren't "very good" in his 200 Free. Nevertheless it didn't stop him from winning the gold medal and clocking up the most amount of points overall for the club!! Also on the subject of turns - I regret that I am unable to report on Christine's backstroke race this time due to the club's position in the gallery. It couldn't have been too bad as she won the gold by a proverbial long chalk!

No paper bags for Enid this time!! Just a couple of medals and a 'two-second-knock-off' PB in the 50m Back. Unfortunately her shoulder injury prevented her from doing the IM but after Bernie's massage in the spectator gallery I doubt whether she would have been sufficiently awake to do it!! Scantily-clad females draped over the seating with Bernie administering his pre-race massage has become quite normal for the RNSC contingent. It was absolutely impossible to get any sense out of Enid during her 'treatment' - just the words "wonderful, wonderful". We are thinking of hiring him out!!

Tony F. was up to his usual trick of turning out PBs. More seconds off his IM and another dip under 29 secs for the 50 Free. We Lane 2 girlies think that Lane 1 beckons!! Mind you, we lost him for a moment in the pre-race crowd. Until we spied the 'medallion' around his neck which was glistening in the sun. A-p-p-a-r-e-n-t-l-y he has worn it for the last 20 years or so but we have never noticed it in training before and reckon it was a good luck charm just for Amersham which obviously didn't hit him in the face on entry into the water!!

Did you know that Colin has never raced over 50 Free? An obvious oversight, Colin, which should be put right as soon as possible!

Our Mike G. had a good day with two medals in the Back and Breast. Our Ray had a very *busy* day with five races but I think he and Joe were a bit surprised by the amount of people in their age group! Unfortunately some judge spotted Roy's dodgy leg kick in the 50m Breaststroke (how mean can you get?) but he still managed to knock out a couple of PBs to continue his good record. Our thanks again to Maggie who was persuaded to stay on for the relay having clocked up another PB in her backstroke. And thanks again to our Simon who is probably still cursing me for 'persuading' him to do the 200 Free "for the points". I suppose it isn't the best race to do when you haven't been training for a while, but the prospects for points looked *so* goodand it really *was* appreciated!! Thanks also to Geoff whom was also bulldozed into doing the backstroke. Well, I did think that excuse about leaving your soggy card in your tracksuit at home was a bit weak. You'll have to do much better if you want to get out of a backstroke race! A 'Welcome Back' to Janice, who slipped in to do her IM and then disappeared. You won't be getting off that lightly next time! Ann did another impressive back to breast turn in her IM (& another PB) and mentioned something about trying some different races next time!!

The day ended with a flurry of relay races. Alistair had his own cheerleading contingent poolside who shouted us all on. Alistair, who still appears to do all his pre-race swimming training on a bike (perhaps that is where we are going wrong?!), was rewarded with a couple of trinkets in his Back and 200 Free races. And talking about pre-race training I feel I must report that Andrew was seen at Merchant Taylors no less than *three* times during the preceding week. We suspected that there might be a skiing holiday in the offing but it appears that he came because "he wanted to".

Last, but by no means least, thanks to our dear Ron who went through the normal hassle of trying to organise us all into relay teams. With so many of us, he was at times armed with three stop watches but he still managed to clock our splits. It is so nice to have someone to 'report back to' in the stand - someone who can give you a little word of encouragement when you feel that you have just had a really bad race.

Roll on the next one!!

POST SCRIPT - FAME AT LAST

My spies also inform me that the club was mentioned in the SWIMMING TIMES this month. Fame at last!! In an article about the Amersham Meet Deryk is singled out for winning FIVE gold medals and the club is reported as coming second. "RUISLIP NORTHWOOD" - it looks very good in print!!

GOLD FOR TERESA AT IPSWICH

by Liz Smart

Teresa took the gold medal for the 1,500 m Freestyle at the ASA Short Course Distance Meet at Ipswich on February 16th in a time of 20.46.27. She said it was a lousy swim (!) and wasn't really pleased with the time but a gold medal is a gold medal. She got fourth place in the 400m in a time of 5.10.08 and it seems the judges were behaving themselves and blowing their whistles at the right time!!

We all wish her well in her new post in Cambridgeshire.

COMPETITION UPDATE

Karen very kindly wrote me an article for this month's newsletter. Unfortunately, in the furore surrounding the sick computer, it is a) lost and b) out of date. Not wishing to hassle her any further (for this month anyway) I will try to remember the essentials. The main thing was to remind you all to get your Bracknell forms back to her by the 29th February - a bit late now but if you still intend to go the closing date isn't/ wasn't until 15th March and you could always come for the relays. Please speak to Karen if you have any queries.

The next club outing is READING on the 11th MAY. Always a favourite with the Ruislip Masters. I am informed that the entry forms for this will be available shortly. Please help Karen by returning them promptly. She has an unenviable task which I am sure we all appreciate!

CLUB GALA

SATURDAY 13th APRIL is Gala Night. Please make a note of this date in your diaries NOW, arrange the babysitters (if applicable) and prepare yourselves for a fun evening!! Tony Robjant is at the helm and in the process of organising the timetable and entry forms which you may have already seen. He has taken on a chief mate in the shape of Mr. Smarty Pants so gawd help us in the Fun Races!! For anyone who has not had the pleasure of attending this outstanding social event in the past please do not be put off by the idea of the races. They promise to keep the timetable short with plenty of 25 metre races and generous handicaps. And when the fun is over we shall retire to the Tuck Shop at the other side of the car park to enjoy some food and conversation. As before, one of the highlights of the evening will be the awards presentation - choccy medals, Smiley Faces and the 1995 Top Male and Female Swimmers!! Family and friends are, as ever, very welcome - especially those who know how to hold a stop watch and who don't mind getting splashed!! Details about food and drink will be passed on later.

QUIZ TIME

by Liz Smart

1. What do the names - The Coach's Sextet, Julie's Gems, The Famous Five + 1, The Magnificent Seven, Frying Fish and The Armbands - have in common?
2. Which member of the 'The Armbands' is said to have suggested that 'The Magnificent Seven' be re-named 'The Wooden Heads'?
3. Which Thomas the Tank engine has the longest eyelashes? And how many hats are there hidden in the picture?
4. How many tubs of guacamole can Julia get through in one sitting?
5. Do the 'Frying Fish' watch too much television?
6. Is Graham now considered an "oldie" because he recognised the tune of "The Orange Blossom Special"?

Answers to these questions, and many more, were available at the club's inaugural Quiz Night at Swakeley's Bowls Club on Saturday 9th March. Rounds of applause to Christine and Lesley B (and their helpers) for organising such an enjoyable event. Bouquets to Joanne and her *very professional* team of quiz masters who provided us with the questions and congratulations to 'The Armbands', better known as Jill, Jez, Keith, Nikki, Joe and Toni who won the medals for the first team. It was very close with only three points separating the top three teams. Refreshments came in the form of top rate fish/chicken and chips - piping hot and delivered by a 'very nice man in a white hat'!! We look forward to the next one and hope that those who couldn't make it this time will be able to do so then.

ODE FROM A REGULAR OCCASIONAL SWIMMER!!!!

by Jane Hickson

*Oh how marvellous it is to be back
After a long period of being very slack
To the challenges and enjoyment of swimming training
Who said anything about it being very draining?
Not me I assure you, what could be more fun
Than trying to achieve those times I had once done?
Back in the dim and oh so distant past
When I actually felt that I was swimming (quite) fast
For me that is - by lane 4 standards
I don't want to hear about fast lane 1 *****!
But enough now of this idle chat
It's time for me to head straight back
For my 3rd training session of the year
It's time for me to step up a gear!!*

OBSERVATION

by Deryk Allsopp

Seen on a T-Shirt at Amersham:

"THE OLDER WE GET, THE BETTER WE WERE!"

Let's hope that some of us can alter this to read:

THE OLDER WE GET, THE BETTER WE ARE!"

So keep training hard!!

MASTERCLASS

by Liz Smart

I came across an interesting article on swimming in a Sunday supplement a few months ago. The reporter had met David Wilkie, the breaststroke champion, for some advice on recreational swimming and had had his front crawl stroke analysed etc. Some of the things Wilkie points out to him were really helpful - he uses a lot of imagery which is quite good to visualise whilst you are in the water. I thought I might précis some of the more interesting parts for the newsletter. Obviously, the seasoned swimmers will probably have heard it all before, but we 'late-developers' may gain something from it. If nothing else it might provide you with some ammunition when teaching others!!

Wilkie starts off by scrutinising the technique of some of the other swimmers in the pool and points out a powerful man who was making a lot of splash and thumping the water with his arms. He is strong and disciplined, but not making a lot of progress. "Of course doing it badly is better than not swimming at all. You're still getting oxygen into your lungs. However, you will soon be knackered. If you swim efficiently you will soon be able to increase the amount of lengths each time. People who swim inefficiently give up sooner than others. It's too much of a hassle". He says that in order to get any real benefit to your cardiovascular system you have to increase your heart rate to 150-170 and that plodding along for 40 lengths or so will not touch it.

When the reporter asks whether anyone could learn to swim Wilkie says that some people just don't float very well but that 99% of people would get better with the right advice. (!)

He concentrates a lot on the hands and being relaxed. "Relax the hands; don't land them in the water like an aeroplane. Keep them loosely cupped with the fingers slightly apart. Don't pull back straightaway. Reach forward and glide for a second; allow the stroke to relax and lengthen. The hand should enter the water in line with the mid point of the head at full forward stretch"

He emphasises the need for relaxation. "We're told that control is good, but this is about relaxation. If you pull back the water like a machine, a propeller, it won't be efficient. The body is not a propeller. The hands should flow through the water and feel it, as well as pushing it back". He also suggests the reporter should breathe every third stroke as his body would be more balanced. "If you breathe alternately to left and right, you will roll less. Also, breathing every three strokes instead of two puts more pressure on the cardiovascular system." The reporter asks whether there is anything he can do to make ambidextrous breathing less alien. "It's a question of perseverance, and relaxing into it".

He again stresses the importance of the hands. Swimming with tight hands, clasping your fingers together so no water gets through, may give a sense of control, but it won't make you move faster. "There should be a little bit of space in between your fingers because that means the hands are more relaxed and will go through the water more easily". Wilkie uses the metaphor of a bird of prey feeling the air with the tips of its wing feathers.

Hands may be important, but it's the whole arm that pulls the water. Wilkie says "Imagine grabbing the whole of the water in your hand and forearm and pulling that lump of water all the way back to your stomach. Then you will have the right image in your mind, the right feel." When the arm comes out of the water the bent elbow should be raised high.

The reporter asks him what are the things that people most commonly do wrong. Wilkie says that using the limbs inefficiently by allowing them to flounder in "dead" water is one of them. He again uses imagery to explain. "Imagine you are swimming inside a big pipe, with a circumference a bit wider than your shoulders. The stroke should be within that circumference. When you pull, you don't want your hands to go outside it. That's dead water. The legs shouldn't go too deep either. A good swimmer looks very long in the water. Everything under the water should be bent; everything on top of the water long and stretched."

On the subject of the legs Wilkie says that their main aim is to balance the stroke, especially in a recreational swimmer. They help the body maintain the correct attitude and also act as a rudder. Drive should come from the hips and thighs, not from the knees. The ankle also has to be relaxed. "Imagine kicking a football with the outside of your foot. It's as if you're trying to kick your feet off. Don't point your toes downwards, but allow them to trail naturally. Have in your mind the image of trying to make your foot hit the bottom of the pool - but don't let it go so deep. Remember swimming inside that pipe"

Finally Wilkie recommends the most important swimming aid as a pair of goggles. "If you can't see where your hands are going into the water, nothing your coach says about it will make any sense. If you can't see, the whole idea of swimming inside that 'pipe' will be meaningless."

[Perhaps we might see a few relaxed, footballing, rudder-propelled birds of prey swimming in pipes in the near future then!??]

FACT OR FICTION? - Deryk's kickboard is older than Lloyd Denniford

☺☺☺☺☺☺ **PERSONAL BESTS** ☺☺☺☺☺☺

By now I think I must have hassled most of you for an up-dated list of your PBs. The Smiley Face Table, designed by my Beloved, was becoming extremely difficult to compile after each competition and would involve much turning of old newsletters and frantic interrogations poolside!! And so, after your help and the help of Ron's Red Book, I feel confident that I have a reasonably definitive list. Thanks for your help!! And if you want to check up on any times feel free to ask!!

The Smiley Face Table (individual PBs) will now run from January to December with a prize to be awarded for the most gained in that 12 month period. I have also managed to collate all the relay PBs for the different age groups and distances etc. A list will be published shortly!! To gain a relay smiley you just have to be a member of the team clocking the PB.

MASTER PROFILE

BERNIE GRAVETT

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

I understand that I learnt to swim at about 18 months old, 'coached' by my godmother, a strong believer in passing on the skill of swimming. Her method was simply to drop me into the water while she waited to see if I sank or swam. Luckily I managed the latter. My father was also a keen swimmer and he took me swimming at pools and the sea. Although, after years of swimming in heated pools, it's a lot harder to get me in the cold sea in just trunks these days. I loved swimming at school and went at every opportunity.

Did you swim competitively as a youngster?

I joined my first club when aged about 10. This was not really for competition, although I had won a couple of races in school galas. I grew up in Holloway, Islington and my first club was 'Islington SC'. This was based in an old pool off Essex Road. I can't recall swimming in galas other than with or for the school until going on to Secondary School. This was Holloway Grammar School though I think it may have been something I said, because shortly after it became a comprehensive!

If so, for which club?

Holloway is where my swimming kicked off. In the first year I started using the newer pool at Hornsey road with the school and in the evenings with friends. This was massive (36 2/3 yds), or so it appeared to a youngster. After one evening's swimming I was approached by a strange man who said he'd been watching me swim and asked me if I belonged to a swimming club. Having been told not to talk to strangers, I was about to kick him where it hurts when he introduced himself as the secretary to a new club called 'St. Joseph's Boys Club'. He went on to say that they had just got a new 'coach' and were looking for new talent. I was completely puzzled because firstly, where I came from 'talent' was a pretty girl (which I certainly wasn't!) and secondly, I wondered where he was going to take me in his 52 seater?! Nevertheless I joined St. Joseph's which, just like my school, entered into a period of name-changing very quickly and became Anaconda SC under Jim Downton. Early achievements included county age group finals and wins up to 2nd in the English Schools Championships.

What were your greatest achievements?

I've enjoyed swimming throughout my life and it has afforded me opportunities that were not generally available for a lad from Islington. It has shaped me for the better and enabled me to travel all over the world. In terms of race success - representing GB in a three nations tournament in 1975, coming 4th in the 1975 World Championship trials where I did my best ever time for 200m fly, being Middlesex County Captain for 4 years and representing the British Police at international level

In addition swimming has opened up a world of other sports such as water polo, canoeing, sailing, scuba, rafting and many others. It has enabled me to make friends all around the world.

It's not all roses though and people should be made aware of the dangers that exist in both competitive training and in open water exercise. I was coming to my peak at a time when nearly all British coaches were impersonating their American counterparts in the strong college system. They never recognised the differences that existed. Firstly, that most US coaches had a better educational background, holding degrees in sport etc. Secondly, that the American college system had an enormous amount of backup in terms of support, doctors who specialised in sports injuries and a daily programme that started later in the day and finished earlier.

Here most of our coaches were self taught in our club system. They copied American training sessions with excessive workloads but without the back up. This included coaches on the British team staff and so many British swimmers were ruined, leaving the sport drained at an early age or permanently injured. The latter case applied to me when in 1975 I moved to Coventry SC, the biggest and best (?) club in the UK, having turned down scholarships for Universities in Florida and West Virginia. I went to the club as a fly swimmer, regularly getting into the national finals and waiting to break into the British team proper. Even though I had trained twice a day for over two years I wasn't prepared for the distances we were forced to swim. During one week of experimentation by the coach we covered 125,000 metres in one week's training. This entailed up to 7 hours a day in the pool. There is no doubt that the club produced a number of top swimmers but the destruction and waste was incredible.

In 1976 I suffered what is now known as repetitive stress injury when, through twisting my spine thousands of times doing freestyle (of which the bulk of training consisted), I pulled the ligaments from the base of my spine on the left (breathing) side. I attended NHS hospital for 4 weeks having physio. As an example of the coaches' madness, on my return to the pool with physio instructions to ease back gently, my warm up was given as 4 x 800m freestyle!! When I questioned this I did not get a sympathetic response. I somehow lasted almost another year before leaving and giving up for a couple of years, having dropped back in the national rankings.

Since that time it has always been my view that the perfection of a 'balanced' and a physiologically correct stroke is the most important aim for a swimmer and that the pressure training should only continue while the stroke remains stable. There is no point training to such an extent that the stroke breaks down and becomes inefficient through fatigue. This causes bad habits which will surface under pressure in a race and is likely to lead to injury which can be permanent. To this day the muscles on the left of my spine are over developed and the ligaments weak which still give me trouble.

But enough moaning. After a two year break I returned to swimming with Anaconda SC and Harrow SC. Both had tours of America, which I really enjoyed.

I joined the police in 1980 and continued swimming with them. As one of my main incentives after passing 18 was the travel aspect of competition, I thought that I needed to arrange the events myself. So I joined the Met Police Swimming Committee to ensure that the trips were a positive and as much fun as possible. I was later asked to join the national committee and then appointed Coach to the British Police Team. This is a part time post which I still hold and only amounts to organising events and the training before them when we can get together.

How did you first hear about the RNSC Masters Section?

I moved to Ruislip around 1985 and started training with the regular RNSC under Steve Lewington, an friend from my old days. This didn't last long because of my shift work and the fact that they trained at 6 am - a thing I thought I'd given up years before. I traced the Masters section through them. I needed a club that was flexible and didn't mind me missing sessions because of work.

What do you enjoy most about the club?

I immediately liked the friendly and relaxed atmosphere and that it was relatively easy sessions to cope with. Masters do not need more!! The varying times of the evening sessions appealed as did the presence of Deryk Allsopp whom I knew from way back in the Middlesex Championships and weekend courses.

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

I must admit that I don't keep records of my swims for the Masters section. I try to turn out as often as work allows but have a relaxed approach to galas, couple with an atrocious memory. I enjoy winning as a team so I guess the annual trips to Reading and Maidenhead are the most fun events.

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

My greatest 'swimming' achievement in terms of usefulness did not occur in the pool but in the Thames when, together with a police water polo player serving with me at Hammersmith, we rescued a man whose boat had capsized with a rope caught around his neck. I learnt at the early age of 10 that water can be a dangerous environment when I rescued a boy from the bottom of Hornsey Road pool who later died after choking on chewing gum. The ability to swim and to respect water should be taught to all.

And your favourite stroke is?

My favourite stroke is relaxed double arm backstroke but the stroke I compete on most is butterfly. I do enjoy the ability of being the slowest swimmer ever when I try and am constantly having a pop at my fellow lane 1 members for going too fast on the easy bits.

And your least favourite stroke.....?

My least favourite stroke is almost certainly breaststroke. This is probably the result of concentrating on the up and down kicks when young. My legs don't turn out as well as others. It seems un-natural.

Do any other members of your family enjoy swimming?

Oddly Mum won't go near water. We once managed to get her into an hotel pool no bigger than a bath once but she was not at all comfortable. The rest of the family swim. Dad, well from his Navy days, oldest brother Gerald was a bit of a breaststroker, Roger (2nd bro') had rheumatic fever as a kid and we taught him at 16. He became highly competitive but disadvantaged because of his late start so he took up football and cricket which he still plays at 42. Sister Debbie who is 18 months older than me preferred horses as most girls do.

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

All sports. I could never sit still for a minute and I get bored easily. I currently play water polo each week for the police. My main love was skiing until I took a scuba course last year in Australia. Now I'm hooked and hope to qualify as an instructor later this year. I keep fit generally for work by going to the gym and playing squash. Outside sport my main love is travel and I'll go anywhere at the drop of a hat.

RESULTS FROM THE 3RD AMERSHAM OPEN MEET (Sunday 4th Feb 1996)

LESLEY (A)

200m Free	2.20.35	Gold	50m Back	35.26	Gold
50m Fly	31.69	Gold	100 IM	1.14.92	Silver
50m Free	28.47	Gold			

KAREN (A)

200 Free	2.32.91	Bronze	50m Back	39.52	
50m Fly	34.49	Bronze PB ☺	100m IM	1.16.45	Bronze PB ☺
50m Breast	39.30	Silver PB ☺	50m Free	30.66	Bronze PB ☺

LESLEY B (B)

200m Free	2.41.61	PB ☺	50m Back	42.83	
100m IM	1.26.62	PB ☺	50m Free	33.53	PB ☺

LIZ (C)

200m Free	2.49.97	Bronze	50m Fly	41.76	
50m Breast	41.10	Bronze	50m Free	33.79	

CHRIS (C)

50m Back	36.71	Gold	50m Fly	36.01	Bronze PB ☺
100m IM	1.21.79	Bronze PB ☺	50m Free	32.27	Silver

MAGGIE (E)

50m Back	46.74	PB ☺			
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ENID (H)

50m Back	56.75	Silver PB ☺	50m Breast	54.69	Bronze
50m Free	50.50				

ANN (B)

50m Fly	39.47		100 IM	1.30.07	PB ☺
50m Free	35.14				

JANICE (D)

100 IM	1.36.49				
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ANDY (A)

100 IM	1.16.81		50 Free	28.23	
50 Back	33.10		50 Fly	33.26	

LLOYD (A)

100 IM	1.17.81	PB ☺	50m Breast	37.71	PB ☺
50m Free	30.15	PB ☺	200m Free	2.34.72	Bronze PB ☺

<u>MICHAEL</u> (B)							
50m Free	38.98	PB	☺	50m Back	46.65	PB	☺
<u>BERNIE</u> (C)							
100 IM	1.11.29	Gold		50 Free	28.77	Silver	
50m Back	35.54	Silver		50m Fly	30.74	Silver	
<u>TONY F.</u> (D)							
100 IM	1.17.51	PB	☺	50 Free	28.36	Bronze PB	☺
50m Back	36.29			50m Fly	34.20		
<u>DERYK</u> (E)							
100 IM	1.13.08	Gold		50m Breast	39.76		
50m Free	28.56	Gold		200m Free	2.22.65	Gold	
50m Back	37.40	Bronze		50m Fly	31.17	Gold	
<u>COLIN</u> (F)							
100 IM	1.33.58			50m Breast	40.46	Bronze	
50m Fly	38.58						
<u>JOE</u> (G)							
100 IM	1.35.83			50m Breast	42.08	Bronze	
50m Free	39.42			200m Free	3.19.43	PB	☺
50m Fly	41.35						
<u>RAY</u> (G)							
100 IM	1.49.43			50m Breast	48.05		
50m Free	40.82			200m Free	3.35.45		
50m Back	55.35						
<u>MIKE G.</u> (H)							
50m Breast	57.28	Silver PB	☺	50 Free	43.35		
50m Back	53.84	Bronze					
<u>SIMON</u> (A)							
50m Breast	38.20			200m Free	2.42.20		
<u>KEITH</u> (C)							
50m Breast	39.84			50m Free	30.88		
200m Free	2.33.79			50m Fly	34.13		
<u>DANNY</u> (C)							
50m Breast	45.32	PB	☺	50m Free	33.63	PB	☺

GEOFF (E)

50m Free 31.84

ROY (F)

50m Free 39.60 PB ☺ 50m Back 52.23
200m Free 3.24.78 PB ☺

ALISTAIR (D)

200m Free 2.37.07 Silver
50m Fly 30.50 Gold 50m Back 37.50

RELAYS

120 yrs Free Karen Chris Liz Lesley C ☺
Ladies 14.37 14.50 14.93 13.42 57.46 Gold

120 yrs Medley Andrew Simon Bernie Deryk
Men 16.06 17.25 13.11 12.64 59.11 Bronze

160 yrs Free Lesley B. Enid Ann Maggie
Ladies 15.49 21.84 15.75 21.00 1.13.72

160 yrs Medley Tony F. Keith Deryk Geoff
Men 16.78 18.09 13.53 14.16 1.02.71 Brnz

200 yrs Medley Mike Joe Colin Michael
Men 25.09 19.83 16.42 16.81 1.18.15

120 yrs Free Alistair Andrew Deryk Bernie ☺
Men 12.76 12.86 12.83 12.68 51.40 Gold

120 yrs Medley Chris Liz Lesley C. Karen ☺
Ladies 17.97 18.83 14.46 14.04 1.05.53 Gold

160 yrs Free Tony F. Keith Geoff Deryk
Men 13.40 13.92 13.86 12.59 54.07 Silver

160 yrs Medley Chris Enid Lesley B. Ann ☺
Ladies 17.40 24.92 17.22 15.93 1.15.75 4th

200 yrs Free Danny Colin Ray Roy
Men 14.24 15.24 18.73 18.73 1.06.01 6th

AMERSHAM - TOP CLUB RESULTS

1. Lewsey Masters 285.5
2. Ruislip & Northwood 261
3. Amersham SC 244

☺ Smiley Face Table 1996 ☺	
Lesley B.	☺☺☺
Karen	☺☺☺☺
Tony F.	☺
Enid	☺
Christine	☺☺
Lloyd	☺☺☺☺
Mike G.	☺
Roy	☺☺
Joe	☺
Maggie	☺
Ann	☺
Michael	☺☺
Danny	☺☺

☺ Smiley Face Relay Table 1996 ☺	
Karen	☺☺
Christine	☺☺☺
Liz	☺☺
Lesley C.	☺☺
Enid	☺
Lesley B.	☺
Ann	☺
Alistair	☺
Andrew	☺
Bernie	☺
Deryk	☺