

RUISLIP & NORTHWOOD S.C.

MASTERS

NEWSLETTER 13

(NOVEMBER 1995)

Editor: Liz Smart

A WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

"WE ARE THE CHAMPIONS" - Yes, we won the cup for the third year running at the south Bucks and Berks Masters' Gala at Maidenhead. I would like to thank all those who took part, for giving your best, particularly those who entered a gala for the first time or just turned up for relays. It is a tremendous boost for the club as a whole and also for our coaches who devote a lot of time motivating and training us. After our success at Maidenhead more motivation is required and to keep ourselves 'on top' what better than to enter another gala - yes, the Amersham 3rd Masters' Meet is on Sunday 4th February 1996 and there is a Best Club Trophy at stake. Let's win it!! Please help our competition secretary, Karen, by collecting entry forms from her and returning them to her by the 19th December with your entry fee.

Whilst on the subject of fees, to 'stretch' club funds it has been decided to charge swimmers chosen for relays a levy of 50p per relay, starting with Maidenhead. So please give your 50ps to Ron or Enid as soon as possible and to those who still have not paid the 1995/96 subscription - PAY UP NOW!

Finally, the end of the year is nearly upon us and I would like to wish you all a Merry Christmas and Prosperous and Happy New Year and look forward to seeing you at our Christmas Dinner on the 3rd December

RETURN OF THE THREE MUSKETEERS

by Lesley Cordial

GB NATIONAL CHAMPIONSHIPS - SHEFFIELD - 26-29 OCTOBER 1995

It started well. The preparation was thorough. Teresa had spent the last month lazing around in New Zealand, Karen was nursing a bruised/cracked rib (following a friendly chat with her little brother!), Liz was feeling rather the worse for wear and yours truly had been on holiday, on a course, away travelling, on holiday, on a course (get the picture?). Yep, this weekend was going to herald some truly breathtaking swims (unfortunately for all the wrong reasons!)

DAY 1 - THURSDAY

The journey up. By this stage Liz had lost the battle with her illness and was unable to join the merry band. The musketeers were down to three! Having lost our chauffeur Teresa very kindly came to the rescue of Karen and myself and volunteered to drive and so off we set. It was dark (8.30 at night in late October usually is!), it was wet and somebody (mentioning no names) was asleep before we hit the M1. The journey went smoothly and we arrived at our hotel about 11.00. A slight case of déjà vu as this was where we had stayed last year. We had the same battle with the mattress on the floor (!), the same battle with the pillows (!) but all in all after a quick gossip we were all sound asleep by midnight - ready for a hard day's shopping (oops! sorry - swimming)

DAY 2 - FRIDAY

The day dawned bright, clear and cold. I stayed snuggled up (as per usual) while Karen and Teresa had breakfast. A quick read of the newspapers and we were ready for our 'shop 'til you drop' expedition. Now this is a very serious business (especially if you're female) - the race was on - who could spend the most before 4.00 when we had to move on to the second reason we were here - yep! the swimming. Well, I think we walked the length and breadth of Sheffield city centre; we caught the tram to Meadowhall to mix with the hordes and we ate enough pizza to last a week! (I swear I'd have got gold in the fly if it hadn't have been for that last piece of pizza Karen forced me to eat!). As for the shopping - Teresa and I did good service to our little bits of plastic (no rude comments please) but Karen really let the side down - just 1 CD - I mean - I ask you!

By this time we were running a little late so it was a quick dash back to the market place to buy me a little rug I've been promising myself for the last 3 years and then off to the hotel for our swimming gear. We had the usual 3 times round the town centre trying to find a parking space before finally hitting that delightfully refreshing (read cold!) water for the warm-up (a slight contradiction in terms!) We should all look forward to a gentle 50m fly to get us going. Karen and Teresa both going close to PBs while moi had to wait for Saturday morning to find out the result of the mad scramble they call a last heat. We were all pretty shattered by the day's hectic events so the evening ended tamely with room service back at the hotel.

DAY 3 - SATURDAY

Now this is where the action really starts hotting up! Teresa was swimming the 800m freestyle in the morning but Karen and I had nothing 'til the afternoon. Teresa said she was quite happy to toddle off down the pool on her own so Karen and I had a bit of a lie-in and ambled down to a leisurely breakfast - now this is something of history in the making since I have never been known to make breakfast before in my life - definitely one for the record books! Karen and I, having eaten everything on the menu, are on our way back to the room when lo and behold there's Teresa in reception. Now, wait a minute - aren't you supposed to be ploughing your way up and down Pond's Forge at this precise moment? Now, some of you may have heard this story but if not, sit tight - 'cos it's a corker! Due to the length of time an 800 takes all competitors have to confirm their attendance to swim so that any missing swimmers can be withdrawn and heats kept to a minimum. All heats are therefore confirmed the morning of the swim. Teresa, being a rather nifty 800 swimmer had confirmed as necessary and arrived Saturday morning expecting to be in the fastest heat - Oh Oh! It seems "they" managed to "misplace" her confirmation and oh so kindly found her a space to swim - in the first and slowest heat! So, instead of having a good hour to prepare for swim, Teresa has about 30 seconds! And so, what happens after all this? - the timekeeper for her lane mis-counts the number of lengths and so Teresa ends up 2 lengths short and disqualified!

Now, normally you and I would be extremely grateful to do as few lengths of this swim as possible but when you're talking of one of your best events at the Nationals you don't quite view it in this optimistic fashion! Needless to say the rest of the day was spent in post mortem with lots of "I don't believe it" and other slightly stronger words being banded about!

By the evening Teresa was shattered so Karen and I went and did some special last minute training - more commonly known as a couple of cocktails at the nearest trendy wine bar. The evening's entertainment was alcoholic, the view was interesting (shame soggy hair and goggle marks aren't fashionable these days) and will somebody please teach Karen how to drink a cocktail without chucking it over the bar!?

DAY 4 - THE RETREAT!

By Sunday morning I've lost my voice (no shouts of hooray please!) and have developed the cough from hell. I therefore decline the invitation to swim the 400m and leave that little delight to Teresa who enjoys these little outings more than I.

Karen had finished her competition on the Saturday (part-timer!) which leaves me with the 100m freestyle and Teresa the 200 medley (I tell you - the girl's a masochist!). Teresa makes this last swim look worryingly easy (although I personally am not tempted in the slightest) while my freestyle is the usual mad frenzied panic to the end.

The three little weary soldiers finally pack up, stagger back to the car and prepare for the journey home. Six CDs and five hours later we're getting very tired and very worried. London's Burning starts in half an hour and we're still on the M1! Will we make it in time? The delights of end of weekend traffic and what felt like 100 miles of roadworks meant the two and a half hour journey to Sheffield was transformed into a good five hour journey from Sheffield.

And so yet another eventful weekend. Despite previous efforts in this newsletter it was still only us girlies who ventured north! So come on guys - where were you? The accommodation for the World Championships at Sheffield in June 1996 is booked - the deposit is paid - so come on get training and let's go for it. We always have a laugh, we always enjoy ourselves, we always go shopping and have a few (read 'a lot of') drinks) - so why not join us? Go on - live a little!

VICTORY AT MAIDENHEAD

By Liz Smart

Twenty eight members of the Ruislip and Northwood Masters SC converged on the Magnet Leisure Centre on Saturday 4th November. When they arrived none of them was to know what would befall them on that fateful day. Some hadn't even made it. Lesley B.'s plans were sabotaged by the holiday company who switched her flight to Goa from the Sunday to the Saturday at the last moment, although it's probably just as well that she didn't swim as they had her down for Acton SC!! And Colin caused a stir when he rang to say he would be delayed and an announcement for Ron was broadcast throughout the pool.

Enid came with a paper bag. For her sandwiches? No, as she realised that she would have to swim the 100 IM for the certain points she took to blowing slowly into this bag to calm her nerves. Unfortunately the bag started to get soggy. Offers of plastic carriers were turned down - she wasn't feeling suicidalyet(!) Anyway she swam the race and lots of others, won a clutchful of medals and exorcised a few ghosts from the Middx Champs. We hope. Sandra didn't enter any individual events. She had "forgotten all about it". Completely slipped her mind. She came along for the afternoon relay however and swam an impressive fly leg as penance.

And another who forgot to enter was our Simon who also came along for the relays. Having got this down to a fine art he now slips in quietly, taking up position amongst the team as if he has been there all the time. Calm and relaxed he usually disappears at the interval prompting the speculation as to whether he will return. Julia, Joanne and Ron Hardy were also "relay racers" to whom we are eternally indebted! And why didn't you enter the 200m Julia? Accustomed to the usual clump of better C age group swimmers Julia had decided it wasn't worth entering the individual 200m just to come last. Unfortunately, or fortunately as I was concerned, the Hillingdon C contingent had stayed away leaving a certain bronze medal for the taking. Julia, perhaps overcome by the atmosphere of the afternoon or just bored by the poolside, decided to swim the race "as a timed swim". She asked the referee if it would be okay. He said to ask John Jeffries. She said, I've just asked him. He said to ask you. Now come on, make a decision!! A PB followed *and* the frustration of knowing that she could have won her first individual medal!!!!

As the finale of relay races approached, Joanne's husband arrived with son, Sam. Just popping off the get myself a cup of tea, he said to her as he passed Sam over. From the starting blocks two minutes before the start of the 120 years freestyle relay, the ladies B team could see Andrew relaxing with his cuppa in the far balcony. Joanne, with Sam in her arms, suddenly realised that she was going to have to dive in at any minute. Slight panic ensued. Ron Hardy came to the rescue and he and Sam watched the race together in a most relaxed manner. Poor Ron was then rewarded with having to swim two gruelling, yet impressive, legs in the relays!!

After the "relay racers" we had the "debut makers" in the form of Maggie and Ann. As some of you already know, Maggie is more used to the triathlon and was the victim of much badgering to enter this gala. She won't have much chance of getting out of any future ones now after her fine performances in the breaststroke and backstroke and earns even more kudos from the fact that she managed to keep her goggles on when she dived in - something some of us have been practising for years!! Ann had entered some modest times. She was concerned about her entry time of 45 secs for the 50m Fly. What, too slow? No, too *fast*! Well, her finishing time of 38 secs soon put that theory up the spout. She also did a very impressive back to breast turn in the IM.....

....And talking about turns, Christine asked me not to write anything about her backstroke turn. As if I would! I don't believe in commenting on anything I would not be able to do myself. She is well aware of the fact that she lost a little bit of ground after the turn but it was not nearly as dramatic as the turn in the Middx and I did promise I wouldn't mention it. It didn't seem to affect her medal haul in any way. Something Julia and I have got to come to terms with having both been born in the same year!!

Bernie gives the expression "getting a good start" a whole new meaning! Occasionally he does actually wait for the starter but as he launched himself skyward on the backstroke leg of the 120 years medley relay as everyone else was getting to their marks I think he realised he had taken it a bit too far. A slight grin was perceptible as he held the blocks for 'the second and last time'. The afternoon's Mr. Starter was none other than Mr. Hotten, father of our very own Sarah Jane, who was able to watch his daughter earn a couple of medals in the senior amateur competition although she was listed as swimming for Reading University! Not that visible at this year's training sessions, Sarah assures us she will try to get down a bit more in the future and Enid, Christine and I would like to thank her very much for the directions to the best fish and chip shop in Slough!

Another of our 'youngsters', Graeme, was having his last competition before he joins the ranks of masters next year and must have had what were the closest races of the whole day. Neck and neck - nothing in it - fight to the end - couldn't separate them - just lost it on the touch - phew - and other such comments were heard from the Ruislip contingent throughout the day. He was also promoted to the ranks of split-taker when our very own Ron took to the water (on more than one occasion!) To the loud cheers of the Ruislip ranks Ron won the bronze medal in the 50m breaststroke. Retirement is obviously suiting him (although I'm still not too sure about all these hard training sessions he keeps coming up with!) Our Reg was also cheering us on, checking the times and hiding the card for the mixed 100 years relay. I suspect he thought it might inject a bit more adrenaline into the team's bloodstream just before the off!?

Tony Fidler clocked up a few more PBs as did Roy in only their second gala each. Joe and Ray were their inimitable calm selves as usual. Deryk was complaining (only slightly) about a sore shoulder. Training injury? No, I did it getting the float out of the back of the car. Hmmm. He still swam in all the races and raked in a handful of medals. Lesley, Teresa and Karen were available after their sojourn to the Nationals and managed to share out the three medals in a lot of their races, although a girl called Tammy got in between them on a couple of occasions! Teresa managed to exorcise the ghosts from Sheffield, Lesley got her usual gold strike and Karen did her first 200m. Also there were Bob and Marlen. Marlen swears that she swims faster in training sessions and is therefore to be persuaded to do more events including a 200m at the next gala and Bob asked whether we could start a new table for PWs!! Keith knocked out a couple more PBs, had the ignominy of being named "KIETH" in the programme and also had the pleasure (!) of swimming in two consecutive relays. Thanks also to Mike and Lyn for doing their bit for the club because at the end of the day we had absolutely obliterated the opposition and had won the club for the third year running. When I first got the results I couldn't actually believe the final points tally:-

RUISLIP & NORTHWOOD	332
READING	174
BRACKNELL	159

but I went through them with my little tick sheet and confirmed them. We won by 158 points!!!!

During the day Tony F. had said how much better the atmosphere was when there were lots of RNSC taking part and he was right. It makes for a great day out so make sure you don't miss the next one!!

CHRISTINE ROWLEY REPORTING:-

Well, there we were, Enid and I, mixing with the swimming elite (or were we just making up the numbers?!) at the INTER SOUTHERN COUNTIES COMPETITION at Barnet Copthall on Sunday 12th November. Lesley, Bernie and Ron H. looked at ease sporting their lurid red and yellow team shirts. But no sooner had we taken possession of our much sort-after shirt, than Enid had talked her way out of one of her three events! (one down, two to go). Other counties present were Essex, Surrey, Kent, Herts, Hants, S.Bucks and Berks and Sussex (they all had much nicer T. shirts)

A swift start set the tempo for the whole gala. Ron, Lesley, myself and Enid (two down one to go) all kicked off with team events. Bernie next with 50m Fly which looked good, but he said the time was "c..." (this statement was confirmed by Lesley!)

Lesley next up with 50m Fly - Enid sitting next to me said poetry in motion - Lesley said urghh. Enid next with 50m Breaststroke - an improved time on Maidenhead and looked extremely pleased it was all over (diving straight into Ryvita and crisps). A PB for yours truly in the 50m Back, even if the others thought I'd never surface after rather a deep turn. Ron swam a fine 50m Fly.

A special mention to the Middx ladies 100 years+ team with our Lesley swimming anchor man lady, knocking 2 secs off the British Masters' record - alas a disqualification put an end to glory.

It was all over in two and a half hours, everything flashed by, event after event and there were some fast swimmers too. Middlesex came 4th overall. But we were there!

A WORD FROM OUR COMPETITION SECRETARY

Karen O'Dea

Dear fellow swimmers,

Following the note in the last newsletter I would just like to say hello from your new competition secretary. As mentioned I'll be 'giving it a go' and hopefully keeping you all informed of future events.

Well, my job starts with letting you all know about a couple of comps coming up in early 1996

1. SUNDAY 4 FEB 1996 - AMERSHAM 3RD OPEN MASTERS MEET

This will be our first gala after Xmas. Similar to the Berks and S. Bucks gala at Maidenhead - which you will all know was a fantastic victory - there is also a trophy for the winning club. Wouldn't it be a good to start the New Year with another win? We had an excellent turn out for the gala at Maidenhead. Let's do the same again. If you haven't got your entry form yet come and see me. I've got plenty!! Then complete and return to me (cheque if possible) no later than 19th December 1995.

By the way all relays are only 4 x 25m. So don't be put off - we need you all, if only *for* the relays

2. 29TH-31ST MARCH 1996 - GUERNSEY WEEKEND

Unfortunately I can't comment on this weekend as I've never been, but reliable sources tell me it's more than just swimming!!!

For those of you who are interested in experiencing this social and swimming weekend and haven't already got your entry form, please see me. Basic details are - 3 nights B&B inc. air fare - £166 with free hire car per 4 people. I need a deposit of £40 no later than Dec 14th please.

Details of flights are below:-

FRIDAY 29th MARCH				
OUTWARD	0845	1300	1630	1935
SUNDAY/MONDAY 31st MARCH/1st APRIL				
INWARD	0700	1050	1445	1800

Those of you who have got Guernsey forms already could you please let me know which flights you would like. The last couple of times everyone took the 1300 flight on Friday and then returned either on the Sunday evening or Monday morning (flight approx. 1 hour)

So there are two events for you all to take part in.

NOW DON'T FORGET TO ENTER AND GET THOSE FORMS BACK PLEASE!

✉ JENNIFER'S LETTER FROM AROUND THE WORLD - PART II ✉

The train journey into Russia from Finland ran smoothly. The border police looked very officious but they let me into the country without searching anything - I hoped they would let me out as easily.

My first destination was St. Petersburg where I was met at the station by a rep and taken to the hotel. I had two days to whizz around and see as much as I could. St. Petersburg is a really beautiful city with wonderful architecture. The hermitage was stunning and that's before you start looking at the Renoir, Picasso, Rochins etc. What was not so stunning was the food. Good thing I ate a lot in Scandinavia. One thing which did surprise me was the very few backpackers. In the space of 2 hours at St. Petersburg's station I only counted 4 of them.

My next stop was Moscow where I was met by a friendly girl who was the rep. She was also my guide the next day. I spent the afternoon of the first day wandering around a huge arts & crafts market. I haggled for some matroishka dolls. It was the first time I'd had to bargain on this trip - I knew it wouldn't be the last. Unfortunately I got a little ill in Moscow so I didn't see everything I wanted to but I still saw the Kremlin, Red Square, St. Basil's Cathedral and Gorky Park. My Russian pronunciation was also improving as I asked one couple "Gedeya Kievskaya?" (Where is Kiev Station?), they gave me a long detailed answer in Russian which I didn't understand a word of, but nodded and smiled and went in the direction I think they pointed in.

My next journey was to be 4 nights on a train bound for Siberia. There were 4 people in a compartment not much bigger than your average bathroom in England. This was where we lived, ate, slept and breathed for 4 nights. Most of the people travelling on the train seemed to be carrying about three times their body weight in luggage and I couldn't see how everyone + luggage would get on. Luckily my 3 compartment mates were travelling fairly light. One was Russian, one Ukrainian and one from Khajistan (probably spelt wrong). I think I was the only westerner on the train. My room mates did not speak any English so all our communication was through mime and drawing - I'm not known for my drawing or acting skills but we seemed to get by. They were really lovely to me, they kept giving me food and making sure I didn't get left on the platform when the train stopped at stations. They even gave me a jar of homemade Russian jam when they left.

In Siberia I was staying with a family who lived on Lake Baikal. They were really lovely. They spoke good English and the mother cooked me wonderful vegetarian food and gave me all these herbal medicinal teas to drink as I still had a bad stomach. It wasn't cold while I was there and I didn't see anyone wearing furry hats. It was however too cold to swim in the lake so the training I'd planned to do had to be cancelled(!)

It was then back on the train again heading for Mongolia. This train journey was completely different to the last one. For starters the bed I was supposed to be sleeping in was piled high with carpets bought in Moscow. They found me another bed. I was sharing with a Dutch guy and two Mongolian smugglers. The train was full of people smuggling goods such as alcohol, chocolate, tights, shoes etc. from Moscow to Mongolia. We concluded we were not on a train at all but in fact a moving warehouse. There was continual buying and selling going on and movement of goods. To the westerner it was hysterical. We'd never seen anything like it before. They were even using trolleys in the corridor to move things. As we neared the border the atmosphere got more tense as a lot of the things were hidden at the back of the train. I still don't know where they hid it all, I can only assume they bribed someone not to look. Customs took forever. We had to leave the room as they searched. They even looked in the ceiling and under the floor with flashlights. Once we'd all got through the relief on the Mongolian faces was incredible. There was still much activity going on during the night. At one point a tricycle was wheeled into the compartment - I just rolled over and went back to sleep. Nothing more could surprise me on this journey.

In Mongolia there was a crowd of 5 of us who stayed together for just under a week. We had a really good time seeing the sights of Mongolia. The first capital I've been in without a Macdonalds, (but it's probably only a matter of time before there is one!) We went out to the countryside to visit a monastery. It was very peaceful there - it seemed like the place had been left fairly untouched, eagles soared overhead and people used horses as their main means of getting around. We were given some fermented mare's milk to drink - the local speciality. It was disgusting! As an alternative to mutton we ate at a vegetarian restaurant (yes, they have a vegetarian restaurant in Mongolia). Luckily several other members of the groups were also vegetarian. We had been warned that Mongolia had the best pickpockets in the world but luckily we all remained in possession of our few belongings.

We had one more night's train travel to complete the Trans Mongolian trip. By this time the whole carriage was full of backpackers. We were all looking out for the first sighting of the Great Wall. Everytime anyone saw a pile of stones or small garden wall there were cries of 'There's the wall' - the joke never wore thin either as there was such a good atmosphere in the carriage. After all the trouble everyone had had getting a visa we all had no problem at passport control. This was a great relief. From Beijing I went back to the Wall to take a walk along it and also visit the Ming Tombs. In Beijing I visited the Forbidden City and Tianamen Square. I then had to leave the group and head down south by myself.

The train was not compartments but rows of 3-bed bunks. I was thankfully on the bottom bunk - it was a long way to fall from the top. The Chinese are fascinated by everything that you do as a westerner. Everytime I put down a sheet of photocopy I was reading they'd pick it up and pass it round to all have a look at it. Luckily the lady sleeping above me was an African lady who spoke Chinese - this was far more of a novelty for the Chinese than a western girl wearing headphones and reading so they left me alone pretty soon.

In Canton I had my first real communication problem at the hotel. The conversation went something like this:

Manageress: Can you pay now please?

Me: No, I've already paid in England

Manageress: You can pay in US dollars

Me: No, I've already paid in England

Manageress: You can pay in Hong Kong dollars

Me: No, I've already paid in England

Manageress: I'm sorry we don't take pounds, you can change money at our exchange

Me: (getting irate at this point) No, I've already paid in England. I only pay for things once.

Manageress: Do you have a credit card you can pay with?

Me: (fumbling around for the phrase book looking for the phrase 'I've already paid')

Manageress: (penny seems to be dropping, rushes off for the reservation list and comes back)

You've already paid

Me: Yes (said with more than a note of sarcasm!)

My other memory of Canton will be seeing a cyclist transporting meat on the back of his bike and the pig's head in the basket at the front. The markets were full of animals and reptiles waiting to be slaughtered on the spot. Not the place for a weak hearted veggie like myself.

Hong Kong was like a breath of fresh air, the signs were in English as well as Cantonese so I could get around easily. They had moving covered walkways so not only did you stay dry but it was also no effort going uphill. I ate and drank loads in Hong Kong with my friend whom I was visiting. Oh yes, and I did some shopping. I felt very relaxed in Hong Kong even though it was very hot and humid. Scandinavia had finished with a voluntary sauna and Hong Kong was like a involuntary steam bath. Luckily there were no typhoons during my visit.

The next stage is Indonesia - you'll be hearing from me.

love Jenny

MASTER PROFILE - JULIA KILLICK

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

Mum tells me I was 5 and was taught after school!

What is your earliest swimming memory?

Swimming with my pygamas on to get a life saving certificate!

Did you swim competitively as a youngster?

Never. That's my 'excuse' for not being very good now!!

What were your greatest achievements?

Getting my 'Silver Cross' Life-saving, having swum in the Serpentine at 58° with a load of ducks and their pool!!

How did you first hear about the RNSC Masters Section?

Notice board at Highgrove

How long have you been swimming with them?

Three years

What do you enjoy most about the club?

Ron's training - it isn't the same when he's not there!

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

Guernsey - wonderful food and shopping

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

Being eligible for a medal at Maidenhead (if I had entered!)

And your favourite stroke is?

Fly (to watch!)

And your least favourite stroke.....?

Bloody breaststroke

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

My sister teaches swimming - in Manchester

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

Food and shopping (see above!) and I'm on the Uxbridge licensing, betting and gaming committee, so have to visit pubs, clubs, restaurants and betting shops in the line of duty!

T SHIRTS & SWEAT SHIRTS

PLACE YOUR ORDERS NOW - Please see Lyn for order forms

RESULTS

NATIONAL MASTERS CHAMPS - SHEFFIELD

27-29 OCTOBER 1995

TERESA (A)

50m Free	30.99	PB	☺	50m Fly	35.47		
50m Breast	40.96			200m IM	2.50.78	PB	☺
400m Free	5.10.97			800m	Stopped at timekeeper!	750m by	

KAREN (A)

100m IM	1.17.49			50m Free	30.79		
50m Fly	34.57	PB	☺	50m Breast	39.93		

LESLEY (A)

100m IM	1.16.15			50m Free	28.62		
200m Free	2.20.32	4th		50m Fly	31.27	= Silver	
100m Free							

BERKS & S. BUCKS MEET (MAIDENHEAD)
NOV 4TH
KEITH (B)

200m Free	2.30.56	Brnze PB ☺	50m Fly	33.71	PB ☺
50m Breast	40.47		50m Free	30.96	

DERYK (D)

200m Free	2.223.02	Bronze	50m Fly	31.42	Bronze
50m Back	38.52	Silver	100m IM	1.14.91	Silver
50m Breast	40.35	Bronze	50m Free	28.37	Gold

RAY (G)

200m Free	3.33.33	PB ☺	50m Back	53.35
100m IM	1.53.61		50m Breast	49.15
50m Free	46.20			

BOB (H)

200m Free	4.03.71		50m Fly	1.06.22	Bronze
100m IM	2.16.55	Silver	50m Breast	57.89	Silver
50m Free	48.54	Bronze			

BERNIE (C)

50m Fly	30.38	Gold	50m Back	32.97	Gold
100m IM	1.11.03	Gold			

TONY F (D)

50m Fly	33.81	PB ☺	50m Back	36.29	Gold PB ☺
100m IM	1.20.14	Bronze	50m Free	28.74	Bronze PB ☺

JOE (G)

50m Fly	41.16		50m Back	47.59	PB ☺
100m IM	1.35.09	Bronze	50m Breast	42.92	Silver
50m Free	39.19				

GRAEME (SA)

50m Fly	32.84	Silver	50m Back	33.44	Silver
100m IM	1.11.06	Silver	50m Breast	34.19	Silver
50m Free	28.31	Bronze			

ROY (E)

50m Back	49.62	PB ☺	50m Breast	49.25	PB ☺
50m Free	39.72	PB ☺			

MIKE (G) 52.48

RON (J)

50m Breast	55.81	Brnze PB ☺
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LESLEY (A)

100 IM	1.14.94	Gold	50m Free	28.76	Gold
200m Free	2.19.80	Gold	50m Back	35.61	Gold
50m Fly	31.62	Gold			

KAREN (A)

100m IM	1.17.29	Silver PB ☺	50m Free	31.43	Bronze
50m Breast	40.45	Gold	200m Free	2.31.06	Bronze
50m Back	39.49	Bronze	50m Fly	35.12	Bronze

TERESA (A)

100m IM	1.20.67	Bronze	50m Free	31.68	
50m Breast	40.66	Silver	200m Free	2.26.78	Silver
50m Back	42.70		50m Fly	36.23	Bronze

ANN (B)

100m IM	1.30.15	PB ☺	50m Free	35.13	PB ☺
50m Fly	38.78	PB ☺			

CHRIS (C)

100m IM	1.22.50	Gold PB ☺	50m Free	31.96	Gold
50m Back	37.63	Gold	50m Fly	36.94	

ENID (G)

100IM	2.14.47	Silver	50m Free	50.95	Bronze
50m Breast	57.61	Gold	50m Back	58.14	Gold

SARAH (SA)

100m IM	1.24.60		50m Free	32.78	
50m Breast	44.74	Silver	200m Free	2.55.83	Silver
50m Back	37.86		50m Fly	38.84	

LIZ (C)

50m Free	32.50	Silver PB ☺	50m Breast	41.42	Gold
200m Free	2.48.88	Silver PB ☺			

LYN (E)

50m Free	43.12				
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MARLEN (H)

50m Free	1.00.03		50m Breast	59.97	Bronze
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MAGGIE (D)

50m Breast	51.99	PB ☺	50m Back	47.39	Bronze PB ☺
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RELAYS

120 yrs LADIES 'A' Medley (Chris, Liz, Lesley & Karen)	2.24.58	GOLD
120 yrs LADIES 'B' Medley (Jo, Ann, Teresa & Julia)	2.38.76	SILVER
160 yrs LADIES Medley (Maggie, Enid, Sandra & Lyn)	3.23.61	4th
120 yrs MEN's Free (Simon, Keith, Bernie & Deryk)	1.56.05	SILVER
100 yrs MIXED Free (Deryk, Karen, Bernie & Lesley)	1.55.54	GOLD
120 yrs LADIES 'A' Free (Karen, Liz, Chris & Lesley)	2.04.59	GOLD
120 yrs LADIES 'B' Free (Teresa, Jo, Ann & Julia)	2.22.37	SILVER
160 yrs LADIES Free (Lyn, Enid, Marlen & Liz)	3.03.24	4th
120 yrs MEN's Medley (Bernie, Simon, Deryk & Keith)	2.13.52	SILVER
160yrs MEN's Medley (Tony F, Joe, Keith & Ron H)	2. 29.21	GOLD
180 yrs MIXED Free (Chris, Joe, Teresa & Ron H)	2.18.95	SILVER ☺

SOUTHERN INTER-COUNTIES - BARNET COPTHALL**12 NOV 1995**

<u>BERNIE</u>	(35-44)	50m Fly	30.73		
<u>LESLEY</u>	(25-34)	50m Fly	31.84		
<u>ENID</u>	(55-64)	50m Breast	55.11		
<u>RON</u>	(55-64)	50m Fly	40.71		
<u>CHRIS</u>	(35-44)	50m Back	36.51	PB	☺

SMILEY FACE TABLE APPEARS OVERLEAF.....

Smiley Face Table

☺ Smiley Face Table ☺	
Lesley	☺☺☺
Julia	☺☺☺
Liz	☺☺☺☺☺
Enid	☺
Sandra	☺☺☺☺☺
Teresa	☺☺☺☺☺☺☺☺☺☺☺
Joe	☺☺☺☺☺☺☺
Ray	☺☺☺☺☺
Simon	☺
Roy	☺☺☺☺☺☺☺
Chris	☺☺☺☺☺
Bob	☺
Mike	☺
Graham	☺
Bernie	☺
Lesley B.	☺
Karen	☺☺
Maggie	☺☺
Ann	☺☺☺
Keith	☺☺
Tony F.	☺☺☺☺☺☺
Ron G.	☺

☺ Relay Table ☺	
Geoff	☺☺☺☺☺
Joe	☺☺☺☺
Tony R	☺☺
Ray	☺
Ron H.	☺☺
Deryk	☺☺
Bernie	☺
Graham	☺
Karen	☺
Chris	☺☺
Liz	☺
Lesley	☺
Teresa	☺