
R N S C M A S T E R S

N E W S L E T T E R 21

NOVEMBER 1996

A WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

Congratulations to all those who competed in the South Bucks and Berks Championships held at Maidenhead on the 2nd November, helping the Club to retain the trophy for the fourth year in succession. Our aim now is to retain the Reading trophy and win at Amersham, Bracknell and hopefully Guernsey.

Congratulations, also, to all those of you who successfully competed in the Southern Counties and National Short Course Masters championships, both held at Barnet Copthall. The Club's name and reputation must be spreading throughout the country! Special thanks must go to Ron, Reg and Tony - our coaches, and to Karen, our competition secretary. Our coaches will want to remind you that there are 6 training sessions a week to choose from, or you can attend them all!!

On a more serious note, club membership fees were due at the end of October. Prompt payment of fees is essential for the club to survive and grow as the level of fee is determined by the number of members and cost of hiring the pool. If fees are not paid then an additional levy will have to be made or a reduction in the number of sessions available made.

Many of you will be aware that the make up of Ruislip & Northwood Swimming Club, of which we, as a section, are part, has changed dramatically recently. Over recent years the demise of such sections as Snorkeling, Life-saving and Synchro has taken place. Family Bathing was swallowed up by the Masters section and more recently the competitive section has broken away and become the Ruislip Northwood Swim Squad in its own right. Currently the Ruislip Northwood Swimming Club now only comprises the Masters section and Diving, the latter section still based at Highgrove Pool. Discussions are currently in progress to ascertain whether this link is still beneficial or whether it is beneficial to separate and Masters and Diving stand in their own right as separate clubs. Further information on this will be made available at the forthcoming AGM, the date of which will be notified to you all. This is your club so your attendance at the AGM is essential, to voice your opinion on the club's future, vote in officers to act on your behalf and to offer advice for the future direction of the club.

On a lighter note, some of you know we had a Club Bar-B-Que and Fun Relay Gala during the August break which was quite well attended, but it would be good to see more of you at the Christmas Dinner Dance to be held at Quackers restaurant.

For those of you who want to look smart at galas, or simply walking through the doors at Merchant Taylors, we have RNSC Masters T shirts and sweat shirts in stock, so place your order now. (X-large and large are now in short supply - there are plenty of medium sizes though)

Finally, this is your newsletter, so contribute an article, comment, snippet of information or gossip!!

BARNET SPRINTS

by Liz Smart

I remember this gala. This is the one where they reward you with vouchers for their "Swim Shop" and the only way to secure anything worthwhile is to either win every single event or mug your fellow club members. Well, by my reckoning, it was Joe who came away with the equivalent of the most merchandise and the rest of us had to settle with measly PBs, the odd "medal" and a fun night out afterwards at Pizza Express to celebrate!!

We missed you Ron! Nobody else is quite as good with the old splits and only Lesley can understand her Dad's stopwatch. But we did manage to sort ourselves out reasonably well for the relays, winning a nice "silver" in the Ladies 120 years + Freestyle, and *then* the fun started - working out what to spend the vouchers on. I think Christine ended up with a new hat and is ever indebted to the rest of the team!! Mind you she did extremely well considering that she, and the rest of the Danny's Discovery Crew (Tony F. and Lesley B.) had arrived 45 seconds before the start of the session and had only had 30 seconds warm up. No real problems for our Tone as he only needs a few waist stretches to get himself in gear and he ended up with two silvers (or the equivalent of a nose clip) which can't be sniffed at!!

It was also Roger's first competition for RNSC. Although he kept saying it was also his last we chose not to believe him and were secretly impressed with his 50m Breaststroke for which he won the gold (or part share in a pair of socks). Not so good at taking my splits for the 100 IM but a very good source of gossip about Ealing SC. We were also pleased to see Janice back in the competing way. Then half way through the day Christine suddenly became very interested in all RNSC competitors returning from their races. "How did you feel it went?" "What did you think of your swim?" etc. Unfortunately this was not concern for our well-being but a belated realisation that she had promised me an article on swimmers comments poolside!! No article yet (I'm sure she'll have it for the Xmas issue) but the comments she received were certainly interesting to say the least (if not exactly printable!!)

Karen has now turned a page in my PB record book and has got more crossings out than my six year old's homework! She was down to shaving off hundredths at Barnet but it is still an impressive total however you look at it. Ray was surprised and delighted to knock nearly a second off his 100 IM time after a certain lean period. Let's hope it's a sign for the future. And of the others there we had a ☺ for Ann in the 50m Free, two "golds" for our Lesley C (she let the others fight over the fly this time), a bronze for the other Lesley in the 50m Back and the frustration of getting within one hundredth of his 50m Free PB for Danny!! And of course there was the conviviality of a pizza meal (where we were joined by Graham and Julia) to round off a pleasant and enjoyable day. You should have come!!

WELL DONE ENID!!

by Liz Smart

Saturday morning & it's Southern Counties Day - Enid arrives at Liz's house. *"Don't feel like doing this!"*

In the car on the way to Copthall. *"Well, there is no way I am going to do the 100m Breaststroke!"*

Later, thumbing through the programme. *"Mmm. Suppose I might as well just swim it as there aren't that many in it"*

Leaving the pool. *"Well, I'll post my cards for tomorrow's 200m Breast and the 50m Free now and see how I feel in the morning!"*

On the way home Liz and Enid talk about arrangements for the next day. *"Actually, I probably won't bother coming tomorrow"*

Enid, to husband John, 8.15 Sunday morning. *"I don't think I'll go today"*

Later, Enid at Liz's house. *"I very nearly didn't get here!"*

In the car, on the way to Copthall. *"Well, there is no way I am going to do the 200m Breaststroke!"*

Later at the pool. *"I'll just go and take out my 200m Breaststroke card"*

Official at warm-up session. *"There is just about enough time for you to post your cards for the first event"*

Liz, to Enid. *"Still time, Enid!"*

Enid, to Liz. *"I just posted it again!!!!"*

Enid, to Karen, later on in the day. *"Liz has to go now, could you give me a lift back because I might stay for the 50m Breaststroke this afternoon?!!"*

Total medals won: **GOLD (4) SILVER (1)**

Plus entry secured for NATIONALS at end of October. Not bad going for someone who hadn't even realised that she had entered the Southern Counties and had just thought it was another gala at Copthall. That's the way to do it!!

SOUTHERN COUNTIES

by Liz Smart

- Where?* Copthall - where else?!
- Who?* Enid, Karen, Liz, Lesley C and Tony F.
- What, nobody else?* No!! But Ron was there to support us on the Saturday and certain members of Ealing SC were very friendly! Oh, and Tony Robjant turned up on Saturday afternoon to swim in the relays.
- That's nice.* Yes. But unfortunately we weren't *entered* in any relays!!
- Worth going?* Yes, we all won some sort of medal with some of them winning more than others!!
- And next year?* Let's hope we can get a few more to come!!

NATIONAL CHAMPIONSHIPS

by Tony Robjant

First ... the bad news.

It's like this chaps, the girls were right and we were wrong!

I know it's hard to take, but I guess once in every man's lifetime there comes a time to stand up and admit that the natural laws of nature can be overturned in this way.

What they all said IS TRUE.

'The Nationals' ARE much the same as all the other galas. There's no great improvement to the times swum by the swimmers.....ish, There's just more of them doing it!

I was quite surprised at how 'normal' it all was. I suppose I did have visions of trumpets, some spectators, some special arrangements of some description, possibly a banner or two outside the pool, something! But all I remember was an uprated programme, (bound with a 'glossy' cover), and the Lord Mayor who presented medals to any British, European or, (yes dear reader there were some, WORLD record breakers!) and he was half-cut all the time!.....(allegedly).

All a little sadly underwhelming!!!

Teresa, strangely, or should it be Strangely Teresa, was the first person from our planet that I met. There were others, all six foot ten, 55" around the Pecks! (as Lesley would say!), doing things in the warm-up session that confirmed my belief in the existence of life in other universes. I ignored them ...ish and once I'd regained my statuesque and magnificent 5'-10" form, decided to skip the warm-up thus keeping my undoubted prowess from exposure (unlike Bracknell!).

Teresa was swimming for the RAF!! (and not very well as it turned out later—stop it LIZ!!!). I found our mob, a small dedicated, confident band, boldly positioned in the front row doing some excellent knee knocking exercises for warm-up!

The gala was sort of Guernsey like, in that it went across the weekend and there seemed like a long time for most of our swimmers between events. Time to eat as well, Barnet Copthall pasties come recommended! Enid and Lesley of course came away with real success as I'm sure everybody now knows (tho' she missed out on a bronze again!). Tony F had the cruelest time. One, one hundredth off a medal! Took it like a man!

Sandra, Karen and Liz doing the biz as usual, Bernie storming thru' a couple of relay legs after a sixteen year break from training, Smiler doing the same for the ladies (Ann Smeed for you non gala goers!) and Roger swimming really well, as expected, accelerating down the second 25 of the 50 breast like Damon Hill!. Yours truly setting his gala goal of getting somewhere close to a PB in at least one event was really, really, REALLY, pleased. Little training and one knee, achieves it in his first event (within 1 sec of his PB in the 100 free).

A simple, and probably achievable goal like that doesn't half set you up for these galas folks. Ended up doing really well with what I took to be a creditable seventh in the 50m Fly.

Now please don't think I'm a bit too self congratulatory here readers. I'm trying to emphasize the first point above :

Sod the amount of training : Sod the level of fitness : Sod the injuries : Sod the standard of the opposition : Sod the venue :
Sod the title of the Gala : Sod the medals : Sod the performanceIt's.....

....'Same as it ever was'. You go along, meet your friends, find out that you're nowhere near the medals according to the programme, do your nervous prattles, do a warm up, have a pee, then you're on the blocks and you do your best and have a good time doing it!.

Point is, quoting from Ron, 'You were there, others weren't, and you stood up to be counted!!'

So next year it's Sheffield. I'll be there, with both knees missing if need be--point is...

...**WILL YOU BE CHAPS?**

..(or is that **REALLY** a girl's blouse you've got on!!!!)

PS: The Friday session before Xmas Quackers (the 6th?) will be an all fun WATER POLO SESSION----- if you haven't done it before and don't know how to play -- it's just for you!!!!

THURSDAY 10TH OCTOBER - MERCHANT TAYLORS POOL

"Sorry about this folks, but there's a dungy in the pool!" "A WHAT?" "A dungy. A poo." "WHERE?!" "In Lane 2. But don't worry. It's at the bottom, it's quite solid and isn't breaking up" (Lane 2 swimmers stare, an indescribable look on their faces). "Well, shouldn't someone fish it out then?!" "You've got kids - you must be used to this sort of thing!!" Another (reluctant) Lane 2 swimmer goes for poolside net. "OH MY GOD, it's just reached the surface and it's coming THIS WAY!" "There's more down below and.....it's started to break up!" "For heaven's sake, what do they think this is - a beach in Cornwall!!"

Unbelievable, yet true, this was the scene that greeted twelve of Ruislip & Northwood's intrepid swimmers one Thursday night. Ron quickly dispatched himself to the caretaker's house to deliver the news whilst the rest of us watched the offending article bob around!! It seemed to settle quite happily in Lane 5 but there was one moment when we thought it was making a break for the steps in Lane 6. Urrgghh!! We left sharpish!!

Well, there's a first and hopefully a last!!

CHAMPS AGAIN!

by Liz Smart

Four years ago, at a cavernous pool in Berkshire, a small contingent of Ruislip Masters found out, to their surprise and delight, that they were the winners of the 4th Berks & South Bucks championship cup. Since then, the "Maidenhead Meet", as it has since become, always plays an important part in the RNSC Masters' calendar as the team turns out to defend it's title. This year it was no different. There were twenty four Ruislip swimmers (may even have been more!) which must have been their most successful turnout for a long time. Their thanks to Karen for all the hard work she put in to get them all there and to Ron for the unenviable task of sorting out the relays.

It was a very long day. It was pretty warm in the balcony and the swimmers had entered a lot of races between them, but the team appeared to overcome these mild discomforts and a secret roving reporter was able to capture some of the swimmers' more memorable moments for this newsletter.

Swimmer 1: <By far the best moment for me was seeing Lesley Cordial in a Ruislip & Northwood Masters T. Shirt. Deryk had brought some along for the newer members of the club - like Roger and Maggie etc. - but nobody could quite believe their eyes when Lesley put hers on!! Even Ron was overheard saying "I've just realised what's different about you - you've got a club shirt on!!">

Swimmer 2: <I liked Sandra's reaction at the end of her 50m Fly. "I've finished", she panted. "Are you going home now then?" "No, I've finished the race. There was a time on that last length when I didn't think I would make it to the end!!" What was even better was the fact that she ended up winning the GOLD medal!>

Swimmer 3: <I thought the relays were good. We really put on a good show - sometimes with 3 different teams in the same heat. The changeovers provided a few tense moments as well. Liz was lucky not to go too soon when Christine decided to end her backstroke leg by touching the lane rope and not the wall. "Why hasn't Liz dived in yet?", Christine thought to herself. And Bob and Ray had a similar experience in theirs. But all in all we virtually wiped the board.>

Swimmer 4: <Did you know that we won 4 GOLD medals in the Ladies Backstrokes?!! That was Maggie, Enid, Lesley C. and Christine. Lesley wasn't very pleased with her turn - wrong arm, or something - and caused a panic when she threw her shoes down and a large BOOM resounded throughout the pool. Nearly gave me a heart attack!!>

Swimmer 5: <There was something about seeing all our men lined up ready for the last bout of relays. Because it was so hot they had already stripped off to their trunks and some of us girls realised that we had never seen so many of our men all together like that. Someone coined the phrase "The Calendar Guys". Yes, that was definitely it.>

Swimmer 6: <It was great when Julia suddenly arrived at the blocks and asked the Lane 2 timekeeper if she could swim the 50m Fly "for a time". I don't think the lady dared deny her the pleasure!! I had this picture in my mind of Julia watching from the gallery and suddenly thinking "There's an empty lane!! I think I'll swim in it!!" Later on in the day she kept us all amused by reading out various law cases from her new book!>

Swimmer 7: Do you know what I think was good? The amount of family support. The Cordials were there, as were Liz's mum & dad; Roger had brought his own fan club along and Enid realised that she & Mrs. Bown were old friends from the PTA and Marlen and Pete were there to support Jennifer and Bob. Reg came. And of course, Keith's dad came too. Just as well they did. Who else could cope with getting all those relay splits?!>

Swimmer 8: <I was a bit concerned about Ann's hangover. Didn't seem to affect her swimming though.>

Swimmer 9: <I must admit I was a bit worried when the meet organiser, John Jeffries, offered us all the officials' left over food at the half-time break. Why us? Was it spiked?? After all we were ahead by 80 points at that time. I can't remember who went off to do a 'reccy' but they came back with a handful of sausage rolls and cake. Certainly went down well!>

Swimmer 10: <Nice to see Mike competing again after his op and to see Graeme and Bernie helping us out just for the relays. Keith said that he was swimming better 2 weeks beforehand - isn't that always the way?!>

Swimmer 11: <Tony Fidler's Ealing SC Fan Club cheering him on in the 200 Freestyle was definitely a highlight of the day. He doesn't usually swim over 2 lengths - 4 at the most - so it was a sure ☺ him!!>

Swimmer 12: <Poor Lesley B has been having a really tough time of it lately. Did you know that she is recovering from shingles? Anyway she and Danny turned up for the evening session and Danny did a PB in the 200 Free. Let's hope they will both be back into serious training soon.>

Swimmer 13: <I was so hungry afterwards. Fourteen of us ended up at Pizza Express in Ruislip. Excellent!!>

Well, there you have it. Just a snippet of the goings on at Maidenhead. Ruislip & Northwood were the clear winners with 298 points and retain the trophy for a record breaking fourth year. Some of you reading this may wish to join in the fun next year!!

CONGRATULATIONS.....

..... to the following club members who have been selected to represent their county of MIDDLESEX at the Inter-counties competition on Sunday 10th November!

Enid 'The Intrepid' Freshwater

Lesley 'Don't ask me to swim before noon' Cordial

Karen 'Have you got your form for Maidenhead?' O'Dea

Christine 'I think I've dropped my wedding ring in the pool' Rowley

AND

Mr gold himself - Joe O'Dea

Good luck to you all and make sure you wear your county T. shirts!!!!??? (such nice colours!)

JUST A QUICK WORD FROM YOUR COMP SEC

by Karen O'Dea

Thanks to all those who attended the Berks & South Bucks Meet at Maidenhead - as you may have seen in the Ruislip & Northwood Gazette, we "romped" home to victory. Now comes the nasty bit - the relay money. I have been left with the unfortunate task of collecting money for the relays, so I've drawn up a "hit" list. I'd be grateful if those of you who took part in the relays could bring some loose change to training with you. The charge is, as usual, 50p per swim - thank you.

Next, I'd just like to remind those of you who are still thinking about Guernsey - Thinking Time is almost up! I've collected most of the deposits and will be sending them off in the next week. So if you do want to take part, please let me have your £40 deposit by the 15th November so that I can get the ball rolling and ensure that we get the flights and accommodation that we want. So if you require the details, please come and see me.

Lastly, I will shortly be circulating entry forms for the next gala!! "Oh my god, not another gala", I hear you say. Don't panic (or swear) - it's not until February of next year - even I've had enough for now, both swimming them and organising them (*especially organising them!!*). So please make a note in your diaries:-

Sunday February 2nd 1997 - AMERSHAM GALA @Stoke Mandeville

I know, I know, it's not that long after the festive season, but it can give you all something to aim for. Besides it would be great to start the year off on a good note with a win, as we were just pipped into second place this year. So we need plenty of swimmers to take part.....! Thanks.

CHRISTMAS DINNER

by Christine Rowley

Well done! 43 people managed to get their deposits to us on time with the minimum of cajoling etc. Now the hard bit.....

Can we have the balance i.e. £15 per person by Sunday 1st December. (Includes all food. Drinks extra on night). Menus for the evening are printed for your perusal (abridged version below) - selection and ordering on the night! Quackers have asked if we can aim for 7.30 pm - not 8.00 pm as previously asked. There is drinking at the bar for those who wish to get there even earlier. In fact they are open all day!!

Map for those who need one can be supplied on payment of balance! So dig into those wallets before you spend it all Christmas shopping. (NB Cash/Cheque - made payable to RNSC). Thanks.

STARTERS

*Cream of Asparagus Soup
Sautéed Button Mushrooms
Sliced Salmon Gravalaks
Fanned Galla Melon
Sliced Beef Tomato & Mozzarella*

MAIN COURSE

*Roast Local Turkey
Sautéed Medallions of Venison
Honey Glazed Breast of Duck
Baked Whole Rainbow Trout
Tower of Sliced Chargrilled Aubergine*

DESSERT

*Traditional Xmas Pudding
Selection of daily prepared Sweets & Gateaux*

UNBELIEVABLE.....YET TRUE!! Julia was spotted at Merchant Taylors on a **SATURDAY MORNING!!** My spies tell me that not only did she arrive on time but that she also stayed right to the end!!!!

DO YOU KNOW.....that we have another NATIONAL CHAMPION in our midst?? This time it has nothing to do with water but flying in the air. For a second year running, Roy Wilson (Lane 4) is 1996 British indoor model aeroplane flying champion with the K777 Design Living Room Stick (LRS). His aeroplane, which he built himself about two years ago, has a 7" wing span and weighs just .43 grams. If you think that one of these newsletter pages weighs 5 grams, it gives you an idea exactly how light this model is!! Roy says that his model had over 2,500 turns on the rubber motor and flew for 10 minutes and 32 seconds in an old airship hangar in Cardington. Congratulations.

GRAHAM'S POST BAG

Dear Graham,

I would appreciate your advice on buying a new car suitable for training. I have been training and saving for some time now and despite my best efforts I cannot seem to progress beyond lane 3. I have been very depressed lately and not been down to pool much as each time I come down I go home nursing battered and bruised feet. I thought the gaps between swimmers was supposed to be 5 secs - it's more like 5 ins. before someone shouts "Come on, don't them get too far away". I have £25000 to play with but cannot make my mind up between the new Alfa Romeo Spider or the MGR V8 3.9. It is not fair, Lesley has a BMW. Even Roger has a V8 TVR.

Name and Address supplied.

Reply:

"The xxx and xxx are good choices but I'm afraid if you go for those models you will not be in the same league as either Lesley or Roger. I know Lesley has one over Roger in the water but even she is eclipsed by Roger's thumping V8. What you need to do is not match them with horse power but go for style. Take a leaf out of one the speedier members of the club - he sometimes turns up on a 50cc Honda. Now that's cool. Forget the fuel, get yourself two pedals and go training. Rumour has it that Alan has been in regular training and is about ready to thump Dave Dines on a regular 'biking it' to the pool.

Graham,

Having been embarrassed at a number of Tony's Friday night sessions I have been in secret training to develop my lung capacity with the aim of completing at least one Blue Meanie (you know, basically swimming without breathing) and moving up a few lanes. I bought an American magazine that claimed to develop my breathing capacity to Olympic standard. Well it worked. Starting with blowing up twenty packets of Woolies' deluxe balloons per day I worked my way up to their standard hot water bottle within three months. I now have a fifteen litre lung capacity and recently burst all the hot water bottles on the 4th floor of the Heathrow Holiday Inn as well as the floor industrial Hoover. Problem is I have gone from a petite female size to a chest bigger than Deryk's. What can I do?

Name and Address supplied.

Reply:

I appreciate your dilemma. Every time Liz goes to Tony's sessions I'm not sure what state she will come home in or whether she will be home at all! One Friday night I opened the door at 9.30 to two car loads of people and rather blank looking wife. As for the lungs, lay off the hot water bottles for a start! Get down to the pool and reap the benefits of your labour. You may have an increase in drag but I'm sure the guys will invite you to lane 2.

Dear Graham,

I'm finding it really difficult now to complete Reg's sessions. I use to be able to just 'stroke' the water and glide along but now it all seems to be one long struggle. I just can't face all those 100's. Also there seems to have been a lot of new swimmers joining the club and I have had to move down a lane. It's all so confusing.

Name and Address supplied.

Reply:

Well, as someone with a similar problem I can sympathise. What with new guys Tony F, Paul, Roger and now Ian (all 28sec or better!) I think we need to find a pool with ten or twelve lanes. One tip I can pass on to you having seen some of these 28sec men psyche themselves up before Ron's session is to rub yourself all over with Vaseline pure petroleum jelly. Allegedly it really does make you slide through the water. When I first saw it being applied I thought it was a bit 'over the top'. Seems strange but you can't deny the speed of these people. Give it a go.

AN APOLOGY to Keith from Liz. For some inexplicable reason I left him off the Smiley Face Table after his success at Bracknell in April. Three (☺☺☺) are on their way as I type, but regrettably, you haven't got a hope in hell of catching Karen!! Next year perhaps?!

MASTER PROFILE

ENID FRESHWATER

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

I think (& that doesn't happen very often) that I learnt to swim in Junior School. I suppose I was 10 or 11 years old. I remember the whole class walking to the pool. This took about 20 mins. We then had a 45 mins swimming lesson, then a walk back to school - it always seemed to take longer that way.

What is your earliest swimming memory?

Again school swimming lessons. We had a very good teacher (I think she had swum for England in her youth). She would make us swim length after length of breaststroke pulling, then kicking - all without floats. That's probably why now I have got knee and shoulder problems. Funnily, the girls were never allowed to swim front crawl - that was for boys only!

Did you swim competitively as a youngster?

No, afraid not. We didn't even have inter house galas, let alone swim against other schools.

Did you participate in any other sports?

Swimming didn't feature much in my youth. Most of my teenage years were taken up with ice skating at the now demolished Richmond Ice Rink. I would skate there 3 times a week practising figures and dancing. I didn't have lessons - they were far too expensive. In my 30s I took up sub aqua. The training was great, but when it came to diving in the freezing English water, that was not my idea of fun. So most of my diving was done round the coast of France and Spain - a lot warmer.

What were your greatest achievements or moments of glory!?

Afraid these were very few. I do remember though spending weeks saving up 7/6d (about 38p now). This was the fee for a tuition dance with a skating instructor. My moment of glory came the following week when I took to the ice with Betty Callaway (Torvel & Dean's coach). I think it was after that I realised I would never make the Olympics!

How did you first hear about the RNSC Masters Section?

Whilst standing on the side of Highgrove Pool. By now I had got into the teaching of Springboard Diving. This took place on a Friday evening. We would have the deep end and the competitive section had the rest of the pool. Daphne Short, who used to run that section, would come up for a chat and it was she who first mentioned the Masters. A few weeks later at an RNSC meeting I was talking to Lyn & Mary Pethick, who were already Masters swimmers. They twisted my arm and the rest is history.

How long have you been swimming with them? 6/7 years

What do you enjoy most about the club?

Certainly not the cold water. It has got to be the actual members, all of whom help to create a good atmosphere within the club. It's just a pity they are not so good at filling in forms correctly and returning them promptly. HINT HINT

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

Yes - who said galas are enjoyable?? My first ever gala was at Reading. Again Lyn & Deryk were the driving force behind me competing - "you will swim or else" type of attitude. I won a Silver Medal so I suppose that was the most memorable, but without a doubt Guernsey is the most enjoyable.

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

Apart from the above Silver Medal, passing my SUB AQUA Bronze medallion. Having completed the exam successfully the last part was to jump off the 5 metre diving board with full equipment on - NASTY!!! It took me 10/15 minutes to pluck up the courage to do it - never to be repeated!

And your favourite stroke is?.....Breast, surprisingly

And your least favourite stroke.....?.....Fly

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

Yes, my husband swims & I think he's over 25 but he has no wish to join - he prefers running half marathons

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

Skiing, walking in the Lake District, reading & embroidery.

BARNET COPTHALL MASTERS "50s MEET"
(14 September 1996)
TONY F (D)

100 IM	1.18.65	
50m Free	28.44	Silver
50m Fly	33.30	Silver

JOE (G)

100 IM	1.36.01	Silver
50m Breast	43.26	Silver
50m Fly	41.73	Silver
50m Free	38.64	Bronze

RAY (G)

100 IM	1.47.57	☺
50m Free	42.47	

LESLEY B (B)

100 IM	1.28.13	
50m Free	34.52	
50m Back	42.90	Bronze

JANICE (D)

100 IM	1.34.67
50m Breast	46.24

KAREN (A)

100 IM	1.16.29	
50m Back	38.74	
50m Free	30.59	☺
50m Fly	34.12	☺
50m Breast	39.63	Silver

ROGER (A)

50m Fly	32.87	☺
50m Breast	36.27	☺
50m Free	28.95	☺

CHRIS (C)

100 IM	1.22.45	
50m Fly	36.58	
50m Back	36.98	Gold
50m Free	32.12	Bronze

DANNY (C)

50m Breast	46.82
50m Free	33.21

ANN (B)

100 IM	1.29.81	
50m Free	35.10	☺
50m Fly	40.63	

LESLEY C (A)

50m Back	34.42	Gold
50m Free	28.93	Gold

LIZ (C)

100 IM	1.28.52	☺
50m Free	32.58	
50m Breast	42.24	Bronze

RELAYS (4 x 25m)

<u>120 yrs Free</u>	Karen	Christine	Lesley B	Lesley C	57.48
<u>LADIES</u>	14.24	14.46	14.93	13.51	Silver

<u>160 yrs Free</u>	Tony F	Danny	Joe	Roger	58.11
<u>MEN</u>	13.28	14.96	16.88	12.90	

SOUTHERN COUNTIES (BARNET COPTHALL) - 28/29 September 1996
ENID (H)

50m Back	56.61	Gold
200m Breast	4.38.99	Gold
50m Breast	56.89	Gold
100m Brst	2.09.46	Gold
50m Free	49.62	Silver

KAREN (A)

100m Breast	1.25.94	Gold
50m Fly	34.06	☺
100m Free	1.08.03	
200m Brst	3.06.24	☺
50m Free	30.86	
100 IM	1.16.47	Bronze

<u>LIZ</u>	(C)		<u>LESLEY C</u>	(A)	
100m Breast	1.30.31		100m Free	1.03.44	Bronze
50 Free	33.64	Silver	50m Free	28.68	Gold
200m Brst	3.15.54		200m Free	2.18.33	Gold
<u>TONY F</u>	(D)				
50m Back	36.35	Bronze			
50m Free	28.48	Bronze			
100m Free	1.04.19	Bronze			
50m Fly	33.60	Gold			

MYCIL NATIONAL MASTERS CHAMPIONSHIPS (SPRINTS) 25-27 October 1996

<u>SANDRA</u>	(E)		<u>TONY R</u>	(E)	
100m Free	1.39.11	9th	100m Free	1.14.06	10th
50m Breast	55.16	6th	50m Free	32.47	10th
50m Free	43.06	7th	50m Fly	37.39	7th
<u>LIZ</u>	(C)		<u>ENID</u>	(H)	
50m Breast	40.86	5th	50m Breast	55.92	4th
50m Back	46.79	☺ 7th	50m Back	57.21	GOLD
100m Breast	1.31.17	6th	50m Free	49.70	BRONZE
<u>ROGER</u>	(A)		<u>KAREN</u>	(A)	
50m Breast	36.15	☺ 5th	50m Free	31.08	10th
50m Free	28.70	☺ 13th	100m Breast	1.27.11	7th
50m Fly	32.77	☺ 10th	50m Fly	34.79	10th
<u>LESLEY C</u>	(A)		<u>TONY F</u>	(D)	
100m Free	1.04.37	7th	100m Free	1.04.30	7th
100m Fly	1.08.83	GOLD	50m Back	36.47	6th
50m Back	34.67	SILVER	50m Free	28.63	4th
50m Free	28.55	SILVER	50m Fly	34.01	8th
200m Free	2.21.00	4th			
50m Fly	31.42	GOLD			

RELAYS

<u>120 yrs Medley</u>	Karen	Liz	Lesley C	Ann	2.25.71
<u>LADIES</u>	38.56	40.98	31.54	34.63	8th
<u>120 yrs Free</u>	Karen	Ann	Liz	Lesley C	2.06.92
<u>LADIES</u>	31.30	34.53	32.76	28.41	8th
<u>120yrs Medley</u>	Tony F	Roger	Bernie	Tony R	2.15.84
<u>MEN</u>	37.29	35.89	30.56	32.10	7th
<u>120yrs Free</u>	Tony F	Bernie	Tony R	Roger	1.57.89
<u>MEN</u>	28.61	20.08	31.66	28.54	8th
<u>120 yrs Free</u>	Karen	Tony F	Bernie	Lesley C	1.55.47
<u>MIXED</u>	30.77	27.71	28.58	28.33	5th ☺

