

# RUISLIP & NORTHWOOD S.C.

## MASTERS

### NEWSLETTER 6

(OCTOBER 1994)

Editor: L. Smart

#### LETTER FROM SOUTHERN COUNTIES GALA

by Tony Robjant

(The 'false start' gala)

Dear reader,

All other printed newsmatter these days seems to be on Tory sleaze, Prince Charles' latest affair, or Newcastle's slip up in the UEFA Cup, letting two in against Athletic Bilbao.

Well I have great news! Your club management has barred all sleazers from joining your club (except those wishing to contribute to club journalistic and editorial funds of course). We will be applying Peter Lilley's new qualifying guidelines such that all potential new members will have to PROVE, that they enjoy training, aren't sleazers, do not wish to sleaze and are in fact members of the Human race.

Further, this newsletter refuses to descend to the levels of the gutter press by publishing details of the Prince's extra maritals with RNSC members (at least until full contracts have been agreed with Dillons).

That leaves us Newcastle.

What your roving reporter has managed to find out is that, believe it or not, Athletic Bilbao was founded by an emigrant ex, and at that time unemployed, Sunderland Shipwright called George 'Geordie' Blakewell. That's why they play in red and white striped shirts (Sunderland's Colours).

This being disclosed to the crowd on match night at half time, apparently recruited an extra 8-10,000 fans out of a crowd of 27,000 suddenly supporting Bilbao! (everyone knowing that half of Newcastle's regular fans are actually Sunderland fans in disguise who want to go and see some football worth watching!).

The result of this sudden increased support? -- Bilbao scored twice in the second half and are now arguably favourites to progress in the competition after the return game!

Nice one Kevin!

Your roving reporter will continue to bring you stories behind the sporting stories, but it may prove difficult to match the standard set by the one above.

Oh yes -- the Gala!

I don't know what it is about Barnet Copthall but somehow the events they hold there just don't seem to hold that little bit of magic, don't instil that little extra enthusiasm, are all a little 'dead pan'. Perhaps this isn't true for everybody else who went but I came away with the overall impression that the organisers were suffering very much from the 'Well there's another one over with -- what do we need to organise next?' syndrome, compared to say Reading, Swiss Cottage, or certainly Guernsey, were it's fun to be a MASTER! (Have a read of Ron's Times article and see what you think!)

Anyway!

There seemed to be fewer swimmers than last year and we were able to pick our spot on the stands at ease -- Ron had an early row with the organisers who seemed to be suggesting that our men's relay swimmers swim in the ladies events, (a cruel suggestion for we macho's).

We had made a simple error on the entry form that a seven year old could have sorted out for us. Unfortunately there wasn't a seven year old handy and it was all too much for the official!

We renamed this gala 'the false start gala'. In the morning the starter was just so quick! Usually less than 1 sec between Take your marks and GO! I'm reminded at this point that this used to be applied to Govt. sleaze in the old days, remember?

Maybes he had a bus to catch or something! Anyway it all induced a reaction in the swimmers to wobble and go with a false start nearly guaranteed every heat.

A few heats into the day and an almighty din was heard coming from our area of the stand. No, not a repeat of the Pink Floyd concert -- Enid's knees preparing for her first event!

With the apparent absence of so many relay swimmers Ron spent much of the morning re-organising relay teams - people and strokes only, the sex problem having been resolved by Ron's persistence with the officials. Andrew arrived at least five seconds before his relay (made a change he's not usually so early) and Bernie arrived 5 secs after his relay ( escaped cheetah on the A41 or something!) and went back to his car for a nap.

Jennifer seemed to enter everything again ----- unfortunately her goggles didn't!

Bob was so relaxed before the 200m Free, he was still sitting in the stand when his heat was about to get on the blocks -- a true Masters swimmer!

Karen seemed to be fronting our efforts with a nice PB in the IM and had a close medal miss (3/100ths?) in the 50m, despite having a sore arm from a Friday training session (Guilty Gulp!).

Yours truly had to abandon ship and do his training course next door in the afternoon coming back for a final lunge at a medal in the afternoon relays-- yes you're right again, should have just stayed on the course. Actually I was quite pleased and surprised by my 50m Fly as I fell off the wall at the turn and had more or less given up coming back down the pool, but ended up doing a reasonable time -- just goes to show eh?, or as Ron would say :- NIL DESPERANDUM!

## **ONTO UNDOUBTED SUCCESS AT MAIDENHEAD**

### **AND RETENTION OF THE BERKS CUP**

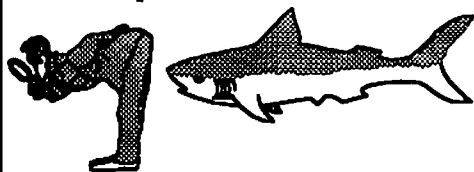
-- somehow that one seems to have our name on it!

### **EDITOR'S FOOTNOTE**

A special mention for our Joanne. Unfortunately Lesley was unable to swim due to a neck injury sustained by "falling asleep on the sofa" (!!!!!) To the rescue came Our Joanne who, fresh from a shopping spree at Brent X, arrived just in time to compete in the 100 yrs + Freestyle Relay race. (And this was after one of Reg's sessions in the morning!). Just pipped into 4th place by .15 secs we were, but very glad to have been able to compete.

Relay glory came in the Ladies 200 yrs+ Freestyle relay in the form of a BRONZE medal (Lyn, Enid, Marlen & Liz)

## Tips of the Month



Each month this column will feature useful tips for both the competitive and recreational swimmer. The editor welcomes any contributions from club members, but reserves the right not to publish in the event of personal advantage! (Names of contributors will be omitted if desired!).

- It is advisable to check the showers are working before administering soap or shampoo. The footbath is definitely unsatisfactory for washing in!!
- Child birth certainly has the desired effect on performance enhancing hormones. The way certain females have zoomed up the lanes recently has left no doubt. Lookout for some movement soon from lane 3 to lane 2. Some of our established lane 3 members have been working on a 'male' solution to this problem - all will be revealed!
- Want to swim for the county? Have a chat with one of our more stylish performers, Joe O'Dea. Apparently Joe puts his selection down to good looks, hard work and .."always race in damp trunks" ..!!!
- Pulse Monitoring. Newcomers to Friday night sessions may wish to know the best way of taking the pulse. Tony's advice is to clutch your chest as if you have just been shot. (Some of the luckier ladies pointed out that it wasn't *that* satisfactory). Derek suggested the best place was the groin, but *whose* groin he did not elaborate on. No, the best way by far is newcomer Ian's new line in computerised bikini wear. Please attend Fridays to learn more!!!

## Ron and Reg - Who are they?

by Graham Smart

Who are Ron and Reg? Does anybody really know? These two dedicated good fellows who turn up rain or shine, in snow and ice to punish, twist, torture and fine-tune our bodies into sylph-like athletic forms (just like Alan in lane 3 - ed) - why do they do it? I decided to go where no man or woman dared go before and seek out the motivating forces that drives them on and on to serve our sporting/recreational/realistic/unrealistic/physical/emotional needs.

Are most of us there to make lane 1 feel good? Are we all there to progress up to lane 1 (it's going to get a bit crowded)? Do the World Masters '96 in Sheffield figure behind our punishing routines? Read on and discover the real men behind Ron and Reg.

**Ron, to set the scene, do you have a family and have or do any of them swim?**

Yes, I have one son and two daughters - the son and one of the daughters still swim.

**What got you started in swimming?**

I started taking the children swimming and got fed up just watching them. So I took a few exams and then it snowballed.....

**Do you have any other interests outside swimming?**

Yes, DIY (and the wife!)

**If there were no Masters swimming, what would you do with your time?**

I suppose I would try and keep fit in some other way.

**What got you into Masters?**

I used to teach lifesaving and I wanted a change.

**What are your views on the training we do? Is there an overall aim to the session you set?**

My personal view is that everyone works very hard in the sessions. The overall aim is to for everyone to improve and I think it is very important that everyone enjoys it!

**Could there be different schedules for those seeking competitive improvement from those who swim just for recreation?**

If you swim in Masters' sessions there are likely to be some who are better than others, but who cares? I think it is the coach's job to involve everyone in the pool.

**Do you think this newsletter could be used in other ways to communicate between you and the swimmers? Would you like a regular/occasional column in the newsletter either from you to the swimmers or the swimmers to you?!**

I would definitely be interested in any feedback about the training sessions I set and would like to hear good and bad points! I think the club newsletter would be a good way of doing this.

**Are there any things you would like to see changed/done differently? For example, people not turning up at a gala, help setting up the pool etc.?**

I would like to see some sort of system set up for gala attendance, but I am quite happy about the help I get on the pool-side.

**Reg, to set the scene, do you have a family and have/do any of them swim?**

Yes, both my son and daughter swim. My daughter swam for her school (St. Marys) and RNSC (junior & synchro). She had also appeared in our Aqua Shows at Highgrove.

**What got you started in swimming?**

My daughter. She started to swim as a toddler at school and I did not fancy taking her on holiday if I could not swim strongly myself (we invariably went to my sister-in-law's in Cornwall)

**Do you have any other interests outside swimming?**

Winemaking and gardening (taken over from "Her at Home"). I also listen to discs (Classical/Trad & Modern Jazz/Popular-1930-1970). Note: "Her at Home" drinks the wine!

**If there were no Masters swimming, what would you do with your time?**

I would probably still be coaching juniors. However, as I liked coaching with a club that trained and swam to county & national levels *as a club*, I would probably have difficulty in finding one that doesn't feed a county squad.

**What got you into Masters?**

I enjoy the club environment referred to above. As the swimmers do not pass on to a borough squad I see the long term effect on them. Obviously, Masters being Masters, they cannot always be setting P.B.s, but it is nice to see them establishing or maintaining them in, say, a 12 month period.

**What are your views on the training we do? Is there an overall aim to the sessions you set?**

Still working on the best Masters' training scheme! I use the age group training that Dennis Dix used - only difference being our ages - which is essentially a plateau scheme (i.e. not bringing you to a peak for a large event e.g. the Commonwealth Games etc.!) I try to run our 6 lanes so that there is one to suit you and the stroke you are working on. Example: a lane 1 swimmer working on breaststroke would drop back to Lane 3.

**Could there be different schedules for those seeking competitive improvement from those who swim just for recreation?**

We used to have a Family Bathing section oriented towards the recreational swimmer (swimming lessons, personal survival swimming, distance swimming and elementary life saving). It faded away and I think that the Masters section is essentially competitive. So, if you are a non-competitive workaholic the training is for you without the glory of a gala. It is not possible for one person to train one set of swimmers and teach another at the same time and do justice to both groups.

**Do you think this newsletter could be used in other ways to communicate between you and the swimmers? Would you like regular/occasional column in the newsletter either from you to the swimmers or the swimmers to you!**

An occasional article from the coaches may be useful, but I cannot see us writing a regular feature. I'm not sure about swimmers writing to or about us (the coaches) - you don't know what they might say!

**Are there things you would like to see changed/done differently, or that sometimes bug you. For example, people not turning up at a gala, help setting up the pool?**

Things that bug me - a Coach's lot is not a happy lot (Gilbert & Sullivan) - he would rather be in the water!! No seriously, we are all in it for the enjoyment and so long as everyone is happy, I will continue to turn up (health & Her Indoors permitting). I think Ron is probably more affected by Gala absentees - he has become a quick change artist, both in arranging teams and changing clobber!!

(I can understand why not everyone does crawl kick when I say. It is not easy unless you break your ankles but it's nice to know you try)

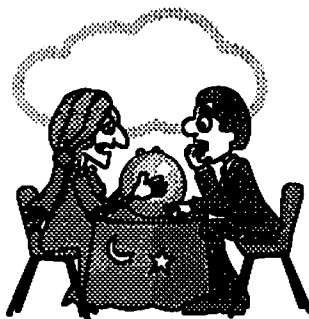
Generally speaking, I set the session and if I don't like it I change it. The big question is - do *you* like it?

P.S. Don't be late for Warm Up!!

So there we have it. Life as a coach can be rewarding, but often frustrating and thankless. We sometimes like to moan, but all we have to do is turn up with the right bits of kit! The two Rs have to prepare the session (every session!) - turn up first - prepare the pool - shout - cajole - and then listen to our excuses as to why "we're not flying tonight".

On behalf of all the people inside me who go through 'it' every session and all the other R&N members in the pool - thank you Reg and Ron. May you continue to have pleasure and support us 'oldens' in the water - and long may we support you.

## Dear Coach



Dear Coach,

How do I swim like Derek?  
Kick like Keith?  
Dive in without losing my goggles?  
Keep smiling like Karen?  
Keep going like Bob?

Yes, yet another new column. Hopefully, with your support, this column will become a regular feature allowing questions and answers to be expressed between coaches and swimmers. Ron, Reg and Tony are all willing to give it a go - so write in or have a word with Liz or Graham.

~~Ron and Reg - Who are they?~~

**Tony Robjant (the coach) - Who is he?**

Graham Smart

Just in time before this newsletter closed for press I managed to have a few brief words with our latest coach Tony Robjant. Tony runs a session on Fridays 8.00 - 9.00 and as some of us know, this stuff really hurts - but it's good. A number of people have commented that this man is far too youthful and tender to be a Masters coach - it is even rumoured that he shaves his armpits for galas to gain those extra few hundredths! (So this is how these lane 1 and 2 swimmers swim so fast - I thought it was the usual Strength, Suppleness and Speed, ed.). On a cold dark miserable night I caught up with Tony during one of his session at his local. What make this man tick - who is the real Tony Robjant?

**Tony, how long have you been swimming with R&N?**

1-2-3-4-5, five years I think. Oh no, wait a minute, there are more fingers on this hand -- this must be my sixth year!

**What made you turn to coaching? Have you spotted any latent talent in the Masters section that will carry you on to stardom as a coach?**

- A need to understand why I hurt so much after training sessions?
- An insight into masochism?
- Mis-spent youth. I always liked sport and sciences as a lad but ended up in computing (black art!)
- Felt a need to get more interested in all round subjects of swimming e.g. Lifesaving, coaching water polo etc., or to put it another way: it takes my mind off my naff swimming performances.
- Seems to make the training sessions have more point to them for we rare medallists.
- Getting OLD and thought in later years it'll get me out of the gardening!
- Those that can do do, those that can't do don't do, and those that do do do do's, do teaching, or something!

h. "Always a need for enthusiastic coaches to keep everybody else motivated and enjoying their training sessions". (Quote from ASA Coaching guide - Page one).

i. I liked the uniform.

j. I wanted to travel, meet all sorts of interesting people and get into films!

k. I thought it was all going to be about buses!

#### RISING STARS:

Look out for Colin in the butterfly!

Look out for Alan in the butterfly - and get out the way!

Liz 'the chip' looking a better and better bet for some IM glory.

If we all had just half of Heather Steadman's determination to improve, we'd all be worth watching!

Won't be long before Julia's picking up a medal or twelve. Funny looking black feet though!

The new young girl in lane 2, that appears every now and then, looks good.

There's also this bloke Smart - who needs to be watched - nuff said!

**Following the Commonwealth Games there is a lot of talk in the changing room (male) about training 75 miles a week. Do you believe this sort of mileage is appropriate for lanes 1-4 swimmers?**

a. Not without a recent M.O.T.

b. Is that including travel to and from the pool?

c. Actually I've heard that for most commonwealth countries the nearest pool is so far away that once they get there you bet your life their going to swim 75 miles in it. Probably all in one session!

d. Seriously though, you've got a point. I think the club should send a sponsored coach out there to observe and learn,(probably the youngest one as all that heat can be exhausting), to return in say three or four weeks to present findings. As a matter of interest I would not be available during 1995 on the following days .....

**These sessions of yours - no stop watch - what's it all about?"**

a. I'm saving up!

b. I have got a watch that's stopped though!

c. I've tried to make the exercises we do a bit different and instil a bit of self motivation. Actually we will use timed swimming as well. I've just been introducing the newer exercises so far to get people familiar with them. The other thing is that for somebody new to coaching using things like heart-beat based exercises means that I can build up knowledge on the capabilities of each lane gradually, without causing any heart attacks. When swimming I didn't really have any idea of what everybody could and couldn't do, other than those that swim in the lanes adjoining lane 2. Ok Ok, I can't carry on with this -- what is it when the big hand is on the twelve again?

**Its rumoured that the Chinese train with baby crocodiles in each lane, what is your view on this and is there a place for this at Merchant Taylors?"**

a. Sounds like a load of chop suey to me!

b. Lane two's got one - but it's no baby!

c. You could try bringing your yellow duck if you like!

d. Have they won any medals yet? Is their breaststroke legal? Can they dive off the blocks? And how do they get the medal ribbons over those jaws?

e. It only works because the Chinese don't have a word for 'Handbag'.

**Derek keeps talking about breaking 60 secs for the 100m freestyle without breathing - now I'm new to swimming but this seems a little demanding. Do you think he can do it? Will your Friday night sessions support Derek's goal?**

a. I refuse to support ANY part of Derek's anatomy!

b. Ok-Ok for you - 61 secs!

c. "Ask not what we can do for Derek's goal, but what Derek's goal can do for us!" ( JFK Oct 1961)

## A DIARY FROM SHEFFIELD - OCTOBER 1994

### Thursday 13th

Arrive Sheffield 20.15. Hotel good. Karen gets camp bed on the floor ( well, she is the youngest!) Suss out bar. Discuss relay team tactics. End up with room service and Drop the Dead Donkey!

### Friday 14th

Lesley doesn't make breakfast. Shopping spree in town centre. Lunch at Pizza Hut - eat as much as you like for £3.49!! Sleep it off back at hotel and arrive Ponds Forge 5.00ish. Pour over programme - Lesley susses out new names. Karen & Liz keep low profile.

Karen & Liz have 50m Breaststroke. Karen does a PB, first time under 40secs. Back to hotel, room service and Aliens 3. Karen has progressed to proper mattress (still on floor). Teresa & Gerry - already tucked up preparing themselves for.....

### Saturday 15th

..... Teresa's 800m. Just missed out on medals (4th) but a great swim!! Liz's 200m Breaststroke is a nightmare - both to swim & watch. Manages to recover in time for the team's first RELAY (Medley) & Lesley's first race of competition! Finish "a creditable 10th". All pleased with splits - thanks to Gerry.

Lunch. Teresa & Lesley have 100m Free. Don't know who is more nervous - them or us!! Lesley's heat is *so* close. She finishes 8th in a PB. Is there no justice?!!

Evening session. Teresa - 200m Free and Karen & Liz - 100m IM. Karen does *another* PB. Lesley - 100m Fly. Looked good, just pipped into 6th. All meet up again for RELAY (Free). Exciting race & even more exciting trying to get out of 10 lane pool before the other swimmers are on their way back! Finished 5th (15 teams) *and* in front of Hillingdon!! Too late to celebrate. Teresa & Gerry smuggle fish & chips into hotel. Lesley, Karen & Liz "hit the Hut"!!

### Sunday 16th

Lesley doesn't make breakfast!! Teresa has good 400m (PB). Liz & Gerry watch all three in 50m Fly from gallery. Both Teresa & Karen PB. Lesley has another tough race - nothing in it.

Lunch. All getting tired now. "Anyone seen Bernie?" "No, only his name on the programme". Liz does 100m Breaststroke & wishes she'd never started (swimming, that is!). Grand finale - 50m Free. 298 competitors in 30 heats! Karen does yet *another* PB!! Lesley gets 4th. Karen, Teresa & Liz lie low for a while.

Leave Sheffield 5ish. Verdict on Weekend?? Will definitely come back next year - hopefully with more Ruislip & Northwood swimmers!!!

## REG'S 'TRAINING YEAR'

During the course of Graham's interviews Reg gave us some very interesting information regarding his training sessions:

### a) DEC - JAN

Stroke work. Good style, stroke changing - if any, stroke improvement without pressure, distance swims. Turns and starts - practice and help.



b) FEB - MAY

Pre-competition endurance work. Increasing yardage on interval training aimed at the cardio respiratory system. This is where I hope your heart and lungs improve thus pumping more blood and air to your muscles without tiring you (building up of lactic acid at the muscles) and puffing you out.

This will start largely aerobic and gradually bring in anaerobic swimming as the lung capacity increases and the interval (swim & rest) time reduces.

c) JUNE - SEPT

Yippee! Holiday time and bang goes the training. We continue interval training, bringing in hypoxic (less air), cut down on yardage, giving time to swim harder with longer rests and, once again, PBs tumble. (To swim fast we must train on fast swims)

d) OCT - NOV

Train at attained level using:- Short rest interval training, quality (target) swim intervals, start & turn practice.

NOTE: As you may have spotted I use 100m repeats a lot (midway between 50m & 200m - favourite Master distances)

### **DATES FOR YOUR DIARIES**

|            |   |
|------------|---|
| NOV 5      | GALA - MAIDENHEAD   |
| NOV 11     | CLUB WATER POLO "EVENT" (Merchant Taylors - 8.00 pm onwards)  |
| DEC 9      | CLUB DINNER (Master Brewer Hotel - 7.00 pm)   |
| JAN 21 '95 | CAMDEN SWISS COTTAGE MASTERS 5TH OPEN MEET<br>(Highgate School. Closing Date: 4 Jan. Forms available) |
| FEB 5      | 2ND AMERSHAM OPEN MASTERS MEET<br>(Guttman Centre, Stoke Mandeville. Closing date: 2 Jan)             |
| FEB 24-25  | SOUTHERN COUNTIES OPEN LONG COURSE MASTERS<br>(Crystal Palace)  |
| MAR 24-26  | GUERNSEY 4TH OPEN MASTERS MEET<br>(Beau Sejour Leisure Centre. Closing date: 20 Feb)                  |



KAREN

|          |       |      |            |         |             |
|----------|-------|------|------------|---------|-------------|
| 50m Free | 31.60 | PB ☺ | 50m Breast | 40.37   | Bronze PB ☺ |
| 50m Fly  | 36.05 | PB ☺ | 100m IM    | 1.18.00 | Bronze PB ☺ |

JENNIFER

|           |         |  |          |         |  |
|-----------|---------|--|----------|---------|--|
| 50m Free  | 35.80   |  | 50m Back | 41.01   |  |
| 200m Free | 2.57.45 |  | 100m IM  | 1.31.04 |  |

LIZ

|          |       |  |            |       |  |
|----------|-------|--|------------|-------|--|
| 50m Free | 33.91 |  | 50m Breast | 41.82 |  |
|----------|-------|--|------------|-------|--|

BOB

|           |         |      |            |         |  |
|-----------|---------|------|------------|---------|--|
| 50m Free  | 45.26   |      | 50m Breast | 57.27   |  |
| 100m IM   | 2.14.57 |      | 50m Fly    | 1.04.20 |  |
| 200m Free | 3.47.28 | PB ☺ |            |         |  |

SIMON

|          |       |      |            |       |  |
|----------|-------|------|------------|-------|--|
| 50m Free | 29.82 | PB ☺ | 50m Breast | 38.52 |  |
|----------|-------|------|------------|-------|--|

ANDREW

|          |       |  |          |       |  |
|----------|-------|--|----------|-------|--|
| 50m Free | 27.84 |  | 50m Back | 32.77 |  |
|----------|-------|--|----------|-------|--|

KEITH

|          |       |  |           |         |  |
|----------|-------|--|-----------|---------|--|
| 50m Free | 31.11 |  | 200m Free | 2.36.05 |  |
|----------|-------|--|-----------|---------|--|

JOE

|          |       |  |            |         |        |
|----------|-------|--|------------|---------|--------|
| 50m Free | 39.86 |  | 50m Breast | 42.40   | Bronze |
| 50m Fly  | 42.55 |  | 200m Free  | 3.25.13 |        |

TONY

|         |       |  |  |  |  |
|---------|-------|--|--|--|--|
| 50m Fly | 36.58 |  |  |  |  |
|---------|-------|--|--|--|--|

DEREK

|          |       |  |  |  |  |
|----------|-------|--|--|--|--|
| 50m Free | 28.75 |  |  |  |  |
|----------|-------|--|--|--|--|

**RELAYS**

|   |                |
|---|----------------|
| LADIES 200 yrs Free (Lyn, Enid, Marlen & Liz) | Bronze 1.21.78 |
|---|----------------|

## NATIONALS - SHEFFIELD 14th-16th October 1994

### KAREN

|          |       |      |            |         |      |
|----------|-------|------|------------|---------|------|
| 50m Free | 30.68 | PB ☺ | 50m Breast | 39.70   | PB ☺ |
| 50m Fly  | 34.61 | PB ☺ | 100m IM    | 1.17.71 | PB ☺ |

### LESLEY

|           |         |      |          |         |  |
|-----------|---------|------|----------|---------|--|
| 50m Free  | 28.39   | 4th  | 50m Fly  | 31.29   |  |
| 100m Free | 1.02.56 | PB ☺ | 100m Fly | 1.09.47 |  |

### TERESA

|           |          |     |           |         |      |
|-----------|----------|-----|-----------|---------|------|
| 50m Free  | 31.07    |     | 100m Free | 1.06.55 |      |
| 200m Free | 2.26.44  |     | 400m Free | 5.02.63 | PB ☺ |
| 800m Free | 10.43.12 | 4th | 50m Fly   | 35.22   | PB ☺ |

### LIZ

|           |         |      |            |         |  |
|-----------|---------|------|------------|---------|--|
| 50m Free  | 33.45   |      | 50m Breast | 40.92   |  |
| 100m Brst | 1.30.27 |      | 200m Brst  | 3.24.68 |  |
| 100m IM   | 1.29.62 | PB ☺ |            |         |  |

### RELAYS

|   |      |         |
|---|------|---------|
| 100yrs + 4 x 50m Medley (Teresa, Liz, Lesley & Karen) | 10th | 2.23.18 |
| 100yrs + 4 x 50m Free (Teresa, Karen, Liz & Lesley)   | 5th  | 2.03.67 |