

♦ MASTERS NEWS ♦

Issue 27

October 1997

National Champion makes her move

by Deryk Allsopp & Liz Smart

You all know Enid, the lady who is as adept on a pair of in-line skates as she is in the water. The lady in Lane 5. The lady whose goggles invariably come off when she dives in. The lady who has organised the club's trip to Guernsey and yes, she who has collected your membership fees over the last few years.

Enid is 'retiring' with her husband John to live in Lymington, Hampshire.

We all wish her well and would like to thank her for all her hard work in keeping the club going since its inception. She will be missed. Her last job is collecting this year's fees - so pay up, or she may write a poem about you!!

Deryk

Fond memories abound of the club's time with Enid Freshwater. Many remember the lengths (and none of them in the pool!) she went to in order to avoid swimming the Middlesex champs one year. Delivery to Ealing Hospital in an ambulance was one sure fire way to get out of the 50m Breaststroke!

Clubmates recall the time she spent with her head in a paper bag at Maidenhead. "She was blowing into it to avoid hyperventilation, I think, but unfortunately it got very soggy and she almost ended up making papier mache!"

On another occasion she tried desperately to escape a gala at Bracknell by visiting her GP for a doctor's certificate!

Firm words have also been uttered. Once, just when she was due to take-over second leg in a relay race, she turned to her team mate and asked whether she had to swim!!



*Merchant Taylors'
Power Showers!*

"Delivery to Ealing Hospital was one sure fire way to get out of the 50m Breaststroke!"

Her own worst enemy at times, but nobody can deny her success in the pool at local, county, southern county and national levels. How will we ever replace her? The answer to that question is that we never shall. So, Enid, we fully expect you to carry on your training and meet up with us at all the galas!!

Liz

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A Word from your Chairman

by Deryk

Welcome back after the "Summer Break" and I hope you all had good holiday. During the break there was a Club Bar-B-Q and Fun Relay Gala and I would like to thank all those involved in the organisation, and those of you who attended, for making it a successful day.

Some of you would have entered the Barnet Cophall Masters Meet and also the Southern Counties Short Course Champs as a build up to the first "major" Gala of the season - the South Bucks and Berks Meet at Maidenhead on November 1st. We are the defending champions so I hope you have all entered, even if it's only one 50m race.

Training times have not changed and Ron, Reg and Tony will be expecting you all at training sessions!

Finally, it is that time again for membership renewal and fees to be paid. Please try and pay promptly.

AND A WORD FROM THE ED

Apologies for the three month wait since the last newsletter. A variety of problems have beset the 'newsroom'.

Mega sulk (me), busy summer (kids' holidays), lack of material, dead computer (new 'mother board' required), dying software (unable to retrieve newsletter from behind enemy lines) and a 'getting-used-to the new MS Publisher application' period.

But here it is!! Bit late but hopefully you will enjoy reading it and will continue to write articles etc. to make the next one even more interesting.

Middlesex Champs - it's a freeze!

The Middlesex', as in "Are you doing the *Middlesex* this year?" and "How did you get on at the *Middlesex*?", took place on Sunday, 22nd June. Absolutely ages ago! And as I didn't sit down to write something as soon as I got back and because Mr. Robjant chose to ignore my plea for his thoughts on the day, I find myself desperately trying to remember what happened!!

There does seem to be problem with 'The *Middlesex*'. It's a shame really because when you actually get there it isn't as bad as you expected. Okay, poolside is freeeeeeeezing, especially at the blocks and it is definitely NOT spectator-friendly, with the only competitor seating beside the warm-up pool. There is no swim shop. Poor Ron is usually banished to the gallery and has to communicate with hand signals and there is certainly a lack of atmosphere!

However, there are some good things. Warm (powerful) showers which you can use between races. A six lane warm up pool in which you can receive personal tips from our own Friday night coach, a café, it's close to home (well closer than Maidenhead anyway!) and the medals are nice (if you are lucky enough to win one!). And as for the atmosphere - well, people don't come because there is no atmosphere but if they did come there could be lots of atmosphere.

As for this year's competition Well, I have had to turn to the article in the Ruislip & Northwood Gazette to help me remember some of the things that happened. Now I remember - we didn't win the Top Team Trophy. We did very well with 37 individual and 12 relay medals and our top performers were Deryk and Ian who won five gold medals each. Sandra did really well too, winning three golds and all the other swimmers picked up plenty of medals between them BUT we were

pipped by our friends from Forward Hillingdon.

According to the paper "the friendly rivalry between Forward Hillingdon and RNSC is spurring both clubs on. Both teams have got a number of swimmers who swim regularly so there is good team spirit and a bit of rivalry."(!) But what they don't realise is that our team was only a half strength. With injuries, illnesses, holidays, shop-sitting etc. striking out many of our regular competitors it enabled them to overtake us. Huh!

"People don't come because there is no atmosphere - but if they did come there could be lots of it"

It doesn't have to be the same next year. The '*Middlesex*' can be a great gala to come to. It can have 'atmosphere' and we can win that trophy. We just need our team up to full strength. Mark your diaries for next year and let's party!!

AUGUST FUN

It was a lovely hot day. The pool was very inviting. No training schedule but plenty of fun objects to play with. The kids could enjoy the water whilst the 'grown-ups' did battle with some fun relays.

It is worth coming to this event if only to see three teams of 'serious' swimmers battling up the pool with various articles about their person. Have you ever tried to put on a pair of wet socks and then swim 25m with them flapping behind you? We had Danny finding even more exotic places to carry a ball and many others losing things in the water.

There was a game of water polo afterwards which was fast and furious. A bit unfair for our team with young Ian draped across his goal mouth on the poolside but we got round him once or twice.

Bar-b-qued grub for afters. Deryk impressed us with his trout in foil (caught it himself?) as did Andrew and Debbie with something on a skewer. Enid dazzled us again - in-line skates this time - as she floated around the playground and Danny rode a bike backwards!

Just another typical lazy, hazy day of summer at the RNSC Masters' camp!

Fare ye well

by Liz Smart

Since the last newsletter hit the newstand we have had to say good-bye to a couple of our swimmers.

Jennifer survived the terrors of estate agents and house conveyancing and moved into her new flat in August. Just a little too far away to get to our training sessions on a regular basis, but she still hopes to visit us now and again. We all wish her lots of luck in her new home. Piccies soon, we hope!

Also, we had to bid farewell to Ian (of the green swimcap fame). Just after he had volunteered to take over Karen's job of Competition Secretary he announced that he has got a job in Germany! (A bit difficult to do it from there!). Anyway he made early contact with a German swimming outfit - don't ask me to spell it - and is now a member of at least 17 clubs. Before he left Ian promised to visit us whenever he popped back on a weekend off and, true to his word, he was spotted at one of Reg's Saturday morning sessions a couple of weeks ago. Now if he could only organise his spare time to coincide with a few of our galas and we're laughing!!

Bournemouth Pier-to-pier

by Colin George

It was after visiting Brighton and seeing its piers last summer that I decided I'd like to do a pier-to-pier swim. After much investigating, I found out about the Heart Foundation's swim between the piers at Bournemouth, two days before the event! We nevertheless decided it was well worth the trip - the weather forecast looked good and we had a S.A. friend to stay with 10 minutes from the beach.

Arriving on Saturday afternoon gave us the chance to take to the warm water of the South coast and to practice a few strokes. It was a thrill to hit such inviting salt water having last swum in the sea five months ago back in S.A.

Sunday dawned hot and calm, perfect conditions for the swim. We arrived at Boscombe Pier (East of Bournemouth) with plenty of time to pay the £5 entry fee, collect our white regulation swim caps and catch some rays.

With the pre-race briefing complete and the mayor literally sending us on our merry way, about 200 bodies (some clad in wet-suits) took to the water for the 1.4 miles (or so they said) to Bournemouth Pier.

The event was a low-key affair with no positions or times given. The aim was simply (!) to complete the distance and thereby qualify for your flexible white waterproof certificate! It took Greg and I about half an hour to complete. Our friend, swimming in a bikini and doing breaststroke, finished in about an hour: so anyone can do it!

Ironically, I discovered that the Brighton pier-to-pier swim (a timed race) had been held the week after the Bournemouth event on 21st July. So for those of you who are bored with the same old views in the MT pool, how about a sea-swim for a challenge? Every breath you take affords a different view. There is plenty on the beach to enjoy afterwards and the sea is guaranteed to leave you exhilarated and refreshingly cool!

Off again! ~ Karen travels eastward

by Liz Smart

Someone else is leaving us - albeit temporarily. Karen has booked her ticket 'to travel the world' and will set off on December 6th, destination (Singapore), Bali, Western Australia, New Zealand, Fiji, Cook Islands, Canada & USA!

Karen promises that her trip will not last longer than a year. "I should be back in about ten months, depending when my money runs out!"

Postcards have been mentioned so we should be able to follow her progress as the months unfold.

In the meantime 'muggins' here has agreed to take over her 'post' as "Competition Secretary" until she returns. I would therefore appreciate a lot of cooperation and understanding as I fear that it may have been this job that drove Karen away in the first place!!

Best of luck Kaz! Take care and hurry back!!

CHRISTMAS "DO"

Friday 5th December

BUSHEY GOLF CLUB

Dinner & Disco

7.30 pm - 1.00 am

£16.00 per person

(£10 deposit req'd ASAP)

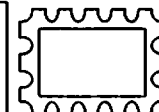
Subscriptions

Subs are now due and represent EXCELLENT value. Please pass your money to Lyn, Enid or Keith ASAP.

Levy	£ 125.00
Membership	£ 5.00
ASA Reg."	£ 8.00

(* you never know when you may need it!)

Bernie's summer postcard from the Rockies



"Dear Karen,

Thanks to the 4 sessions I managed to attend, the results are good:-

200m IM - 4th - 2.50.20	50m Fly - 1st - 30.73
40+ Team - 1st New World Police Record	
50m Free - 8th - 28.6	

All this at altitude 5,500ft. That makes a hell of a difference. Next day results:-

100m Fly - 3rd - crap time of 1.08, but good finish got the result.

In free team 40+ - silver (27.1 for 50m free not bad)

Lots of it. Bernie. (Now for 2 weeks' partying!)

**A Word from your
NEWComp Sec** by Liz

By now everyone going to Maidenhead will have already sent off their form and will be eagerly awaiting the arrival of their swimming cards. By now all of you will have been sick of me asking you

- a) whether you are going to Maidenhead?
- b) where your form is and
- c) is that *all* you are entering?

Humour me please. This competition has a Top Club Trophy and we have held it for at least three years. It would be a real shame to let it go just because we didn't get our entry forms in on time or if somebody didn't enter because they didn't know when it was!

We have entered 14 relay teams as well. Consensus of opinion is that they are good fun (even when they are 50 metres!) and that they gain the club valuable points. Trouble is that we have to pay for them and therein lies the rub. I don't think any of us begrudge the money it's just that we forget to hand it over. So if you could bring some change along to Maidenhead with you and settle up on the day it would make life so much easier!!

Here's thanking you in anticipation!!

DATE FOR YOUR DIARIES

FEB 1st 1998

AMERSHAM GALA

(Closing Date: 5th Jan)

Top Club Trophy

Fidler carries out aquatic experiments!

FIDLER EXPERIMENT 1

AIM:

To investigate the influence of training on race times.

METHOD:

Take month of August off and limit water submersion to baths and sea. Enter three races in local swimming gala in September and three races in not-so-local gala in November. Swim as fast as you can in first gala. Take note of swim times to compare with times from second gala. Train 'hard' between September and November.

CONCLUSION:

To be continued.

FIDLER EXPERIMENT 2

AIM:

To investigate the relevance of goggle preparation at local gala.

METHOD:

50m Fly - approach blocks calmly minutes before start of race. Place goggles over eyes seconds before starter calls you to the blocks. Realise that goggle strap is in fact missing. ('Drat!'). Sprint to bag. Grab second pair of goggles. Sprint back to blocks just in time for gun. Dive in and feel goggles fill up with water. Miss turn. Hit rope on way back. Miss touch at end.

CONCLUSION:

Goggles are not very good without a strap.

Your chance to have your say

When you hear the words 'AGM' what does it conjure up in your minds? A long, boring meeting? Something that doesn't concern you? Something to avoid? If you agree with all three statements then the *RNSC MASTERS' AGM* is the one for you!

The club needs to have the meeting and it needs to give its members a chance to have a say so *THIS YEAR* we are going to try something a little different. You see, this isn't really going to be like an AGM at all!

THIS YEAR, on Saturday November 8th, we have been kindly allowed to use Swakeleys Bowls Club House (March's Quiz Night venue) which offers comfortable surroundings and a (very reasonable) bar! No more gathering outside the changing rooms or poolside, fighting for a perch on the table!!

THIS YEAR we can offer *REFRESHMENTS* in the form of delicious Fish & Chips etc. and something sweet to follow.

And *THIS YEAR* we shall have a chance to 'socialise' after the officialdom is quickly over and done with. Darts, Taboo, Twister (!), Bingo - in fact anything you want. You may just want the opportunity to have a quiet chat with friends from another lane (we don't often get the chance in the pool!).

Please make the effort to be there. This is *YOUR* chance to have *YOUR* say and have a play!! See tear off slip at end of newsletter, complete & return!

MASTER PROFILE

BOB ROGERS

My first swimming experience was when I was about three. My Dad was entrusted with my care, while we were on holiday at Bognor, and Mum went shopping. Dad was busy sorting out some winners in the Sporting Life, and I fell in the boating pond. I remember seeing the keels of the toy boats cruising by above as I struggled to the surface, climbed out and ran back to Dad, uttering the unnecessary phrase,

"Dad, I fell in."

This put my swimming career back a bit but when I was about 15 I scored a House point for doing one length of Wimbledon Baths with our P.E. teacher urging me on with a carefully measured mixture of encouragement and abuse.

After that it was the odd dip on holiday until my sons joined RNSC. I then progressed via survival swimming to life saving. I had the pleasure of partnering Colin (Yes, BIG Colin) in the Distinction Award. He doesn't float very well. Ron was our teacher, and we both passed.

About this time Reg started a bit of training for adults on Saturday mornings. His first customers were Marlen, me and a sailor from the Northwood base, called Graham. I remember Alan and Sandra joining us. Graham, I recall, made quite an impression on Alan. We seemed to attract almost all the Sub Aqua section. Jill and Laraine were there right from the start.

What do I like most about the club? All the nice

friendly people, and of course our coaches urging us on to greater efforts.

I played the usual schoolboy cricket and football with a singular lack of success. My most memorable sporting achievement was being knocked out of the REME tennis championships by the previous year's losing finalist.

Yes I do like competing in masters' galas. There's always a great atmosphere, and it's wonderful to hear someone call "Come on Bob" just as your head breaks surface after the start.

"Ron was really scraping the barrel that day and I was the only bloke left"

My most happy memory is a mixed freestyle relay - I think a 120 years event - so with me swimming we were nearer a 200 year total. Ron was really scraping the barrel that day and I was the only bloke left. We were fourth by about 5 metres and the other team members were

so nice about it. If only I could have been just a little faster that would have been a medal to treasure.

I like freestyle best, although I do get a sense of achievement out of fly. If only it wasn't so tiring.

I used to hate backstroke, but since I've started using the old English backstroke for races it doesn't seem so bad. Also I find the turn into breaststroke in medley races easier with the old fashioned backstroke.

I am a keen DIY addict. Marlen and I are a good combination - she has the ideas, and I can usually find the technology to put them into practice!

Dear Ron & fellow RNSC swimmers,

4/9/97

Hello from the French Alps. Only been going for 1 week & having a great time. This morning we were up at 7 am for a 20 minute swim in the clear waters of Lake Annecy. I don't think I'm too out of shape yet, although time will tell.

Inter-railing is great - flexible too, as you can travel when you want. Next week we will be going across to Italy.

Hope the training is going well. Is Keith leading Lane 2 while we're away?

Tomorrow it's off to Chamonix - a hard life, eh?! We spent 3 days in Paris & saw the Mona Lisa, Venus de Milo etc. in the Louvre. Also visited the Musee D'Orsy.

Kind regards,

Greg & Golin

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.

My earliest swimming memory was, 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!

I did not swim competitively as a youngster. We didn't even have inter house galas, let alone swim against other schools. In fact 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.

I am afraid that my moments of glory 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!

I first heard about the RNSC Masters' Section whilst standing on the side of Highgrove Pool. By

MASTER PROFILE

ENID FRESHWATER

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. I have been swimming with them now for about 6/7 years.

What do I 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.

My first ever gala for the club 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.

"it took me ten to fifteen minutes to pluck up the courage to do it - never to be repeated!"

Apart from that Silver Medal, my greatest achievement was 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!

Breaststroke is my favourite stroke, surprisingly and Fly wins the prize for my least favourite!!

My husband swims but he has no wish to join the Masters - he prefers running half marathons. In my free time I enjoy skiing, walking in the Lake District, reading and embroidery.

(First published in Newsletter of November 1996)

MIDDLESEX CHAMPIONSHIPS 22nd JUNE 1997					
	50m FLY	50m BACK	50m BREAST	50m FREE	100m IM
KAREN O'DEA	34.55	38.60	39.22	30.29 ☺	1.16.20
(A)	Bronze	Bronze	Gold	Bronze	Gold
LESLEY BURCHETT		41.69 ☺		32.50 ☺	1.26.59 ☺
(B)		Bronze		Bronze	6th
CHRISTINE ROWLEY	35.48 ☺	36.58		31.21 ☺	1.21.88
(C)	4th	Gold		Silver	Bronze
LIZ SMART	43.62		40.96	32.60	1.28.00 ☺
(C)	6th		Silver	6th	6th
JANICE RICHARDS	43.18		46.11	40.25	1.33.34
(D)	Silver		Bronze	Bronze	Bronze
SANDRA TAYLOR	60.36		56.62	43.32	1.52.93
(E)	Silver		Gold	Gold	Gold
SILVIE ZURMUEHLEN			43.80 ☺	33.88	
(A)			4th		
IAN EMMETT	28.24	31.54	35.53	25.96	1.04.82
(B)	Gold	Gold	Gold	Gold	Gold
ANDREW BROOKS		33.07		28.85	
(B)		Silver		Silver	
DANNY AYRES		43.11	45.34	34.10	
(D)		5th		6th	
DERYK ALLSOPP	30.94	37.54	39.44	28.57	1.14.06
(E)	Gold	Gold	Gold	Gold	Gold
GEOFF DUSHEIKO		40.74		32.76	
(E)		Silver		Bronze	
RAY CLARKE		56.95	49.93	43.11	2.01.28
(H)		Silver	Gold	Bronze	Bronze
TONY FIDLER	33.81			28.49	1.17.89
(E)	Bronze			Silver	Bronze
TONY ROBJANT	36.89			33.12	
(E)	Silver			4th	

RELAYS (4 x 25m)

<u>100 yrs Medley</u> <u>LADIES</u>	Chris 17.02	Liz 19.15	Karen 15.37	Lesley B. 15.58	1.07.30
<u>100 yrs Free</u> <u>LADIES</u>	Karen 14.00	Chris 14.59	Silvie 14.67	Lesley B. 14.81	58.36
<u>100 yrs Medley</u> <u>MEN</u>	Andrew 15.43	Deryk 17.11	Ian 12.59	Tony F. 13.01	58.19
<u>100 yrs Free</u> <u>MEN</u>	Ian 11.83	Andrew 13.26	Tony F. 12.27	Deryk 12.68	50.36
<u>160 yrs Medley</u> <u>MEN</u>	Geoff 18.51	David 19.38	Tony R. 15.39	Danny 15.24	1.08.82
<u>160 yrs Free</u> <u>MEN</u>	Tony R. 14.67	Geoff 14.93	Danny 14.75	David 14.46	59.03
<u>200 yrs Free</u> <u>MEN</u>	Tony R 14.43	Bob 19.63	Ray 19.16	Danny 14.93	1.08.39
<u>200 yrs Medley</u> <u>MEN</u>	Geoff 18.61	Ray 22.61	Tony R. 15.32	Bob 19.07	1.15.94
<u>100 yrs Free</u> <u>MIXED</u>	Ian 11.93	Chris 14.90	Tony F. 12.35	Karen 13.80	53.23
<u>100 yrs Medley</u> <u>MIXED</u>	Andrew 15.82	Karen 18.11	Ian 12.82	Chris 14.30	1.01.25
<u>160 yrs Free</u> <u>MIXED</u>	Deryk 12.89	Liz 15.11	Tony F. 12.55	Lesley B. 14.66	55.52
<u>160 yrs Medley</u> <u>MIXED</u>	Geoff 18.17	Janice 20.80	Tony R. 15.47	Silvie 15.49	1.10.14
<u>200 yrs Medley</u> <u>MIXED</u>	Janice 21.80	Ray 22.92	Sandra 24.11	Bob 21.32	1.30.27
<u>200 yrs Free</u> <u>MIXED</u>	Sandra 18.93	Bob 19.50	Janice 16.51	Ray 20.11	1.15.47

CHECKLIST

Have you:-

1. Paid your subs?
2. Paid your deposit for Xmas "Do"?
3. Paid up for AGM/Social Night?
4. Read every single word of this newsletter?

If you have answered 'No' to any of these questions
- GO BACK & GET ON WITH IT!!!

NEXT NEWSLETTER

Report(s) from Maidenhead

Feedback from AGM

Updated Smiley Face Tables

and lots of things from you lot!