

RUISLIP & NORTHWOOD S.C.

MASTERS

NEWSLETTER 5

(SEPTEMBER 1994)

Editor: L. Smart

A LETTER FOR SUMMER

by Tony Robjant

Why is it that just when you really start getting into the swing of things, the water is starting to go past you quicker again and PBs can be seen quaking with anticipated imminent destruction, God makes it summer and lets you go on holiday!

Whatever views you may have on the subject, dear reader, one thing is for sure -- GOD IS NOT A MASTERS SWIMMER!

Of course we all know the different wheezes that can be incorporated on return:

- The "I picked up an injury - poisonous puffer fish spike still embedded in big toe - giving me gyp, can't work too hard Ron!"
- The "Miraculous escape from alligator up Zambezee has left me with deep psychological problems with water and handbags"
- The delayed return until at least two public swimming pool sessions have been put under the belt, easing embarrassment and usually completed wearing false moustache and beard (though I don't know why she bothers!)

(EDITORIAL NOTE: LANE 1 SWIMMERS NEED NOT READ THE NEXT PARAGRAPH)

Thinking positively though folks, although it seems harder to get back as each year goes by, just think, - you're one year closer to moving up to the next age group letter and then it's medals, medals, medals!

Yours truly used the time constructively, as of course I am sure you would have expected (!) and did the new Pool Bronze Lifesaving course at SSHH!(Barnet Copthall). This was an intensive 5 day course that used to be called Pool Bronze Medallion, except that as soon as muggins here decides to do it, the RLSS changes the syllabus and decides not to give an actual medal out anymore! - You would just KNOW that would happen wouldn't you?

The course was very good. All other participants looked about 12 years old though and I was obviously regarded as too geriatric by most (until I stuffed them all on the timed towing! - don't you just love it when that sort of thing happens!?). Unfortunately, I discovered that the absence of good 'breast-stroke' legs is bad news when it comes to lifesaving and at one point became most disheartened at the sight of one girl ACCELERATING across the pool, carrying a 'spinal casualty', doing 'egg-whisk' legs with her body half out of water with a performance that would have put a Kenwood Chef to shame!!

I was also surprised at how much theory there was to learn and only four nights to do it all in. The last time I had to cram for 'exams' was some 22 years ago spent at a couple of universities in the North East!

This of course stood me in good stead! The old grey matter remembered everything associated with the benefits of a university education and quickly got me back into the assured route for success. Yes, you've guessed it folks, rely on the fickle finger of fate and get six bottles of 'Newkey' down every night!

That's Newcastle Brown Ale to you pet. What's that? No - you must be joking. Not these days. Couldn't get past three!!

The only slightly bad news was that they take the view at Barnet Copthall that the two main pools are too shallow in which to do a meaningful casualty recovery and resuscitation from the bottom of the pool. Consequently they do it in the 4m diving pool which hurts the old ears a bit if you can't immediately find the bloody mannequin!

Still we all passed except for one - would you believe the only candidate that was already working as a lifeguard at the pool!?

Now that we're all fully back and on course for PB devastation again, I am determined that holidays will not interrupt any more training and invite everybody to take the same pledge - well, 'til Xmas anyway!

BARNET COPTHALL DISTANCE MEET (JUNE 17 & 18)

Where were you all? Mind you, I can't really talk as I only swam in the one race before setting back for the Cannon Lane School Summer Fair. Teresa, however, flew the flag and put us all to shame by competing in no less than 5 events, winning two golds, two silvers and gaining 3 PBs in the process!! Full results appear at the end of this newsletter.

Liz

LAKE BALA (JULY 11)

She was at in again - just a few weeks later - only this time she chose what must be the most unappetising venue of a lake in Wales. Imagine no lane ropes, black lines or walls to push off. Just a small boat to follow! Competing for the RAF, Teresa swam the 3½ mile race in 1 hour 11mins 30 secs, reducing

the previous record by some 9 mins 28 secs and gaining a whole host of awards in the process:

- 1st female Service swimmer
- Gold - RAF female Long Distance
- Gold - Interservice Long Distance
- Third RAF swimmer
- Third member of FUJIARM Trophy Team (first female ever to do so)

A LETTER FROM BARNET COPTHALL SPRINT MEET by Tony Robjant

Unfortunately your roving reporter was out roving for this one!

Actually folks, I've started doing an ASA Coaching course (more about which you will be hearing fairly soon). The course is held at SSHH (Barnet Copthall) and I was there on gala day, but busy. At break time I looked over the balcony to see if I could see how we were doing and get some second hand notes for the letter at least. I saw Lesley and Teresa doing the 4 x 1 IM in style.

Lesley won. (Actually it would be more newsworthy if Lesley lost, I suppose) and I was all set to come down for five minutes and get the rest of the news.

It was at this time that I spotted a sight that no man should be expected to cope with more than once in any one lifetime - a sight more gob-smacking than Alan's full frontal in the showers! It was Liz. With so terrifying a look of sheer depression on her face that not even limitless chips was about to put her right. I decided this was not time for interviews!

Back to normal at the Southern Counties though folks. To be held where? - Yes you guessed it. Must get some shares!

BARNET COPTHALL "50s MEET"

Coaching Course? It is amazing what lengths some people go to avoid races! He is right though. It was a pretty depressing day for me, but not everyone was suffering as I did - thank goodness!! I think we had all suffered from the "I felt fit when I filled in the entry form two months ago-syndrome" but on the whole the club turned out some good/great performances!

It was run a little differently than previous meets in that there was no need to post your cards at the beginning of the session. All cards had already been marked with your heat and lane and you only had to hand it to the lane timekeeper a couple of heats in advance of your swim. The heats were also spear-headed. It certainly seemed to run smoothly

and only at the very end of the day did you notice a few empty lanes.

Nine of us took part. Ray, Bob, Lesley, Jennifer, Karen (first Masters competition), Marlen, Enid, Teresa and me - ably supported by our two coaches, Ron and Reg. Jennifer knocked seconds off her (*very* modest) entry times, Lesley walked away with her customary 3 gold medals in the fly, free and medley and Karen produced a PB in the 50m breaststroke. Enid, who had spent the early part of the meeting looking pale and worried, took her 50m Free race by storm. Coming up from the dive, she sped off to knock an amazing two and a half seconds off her best time - her first under 50 secs!! Some fine performances all round.

MEMBERSHIP FEES

It's that time of year again!! Full details of the new charges have already been distributed so you should all be in the process of writing those cheques to hand to Enid as soon as possible. The fees have risen ever so slightly to £110 (plus the usual £5 RNSC membership and £6 ASA registration) but still offer excellent value for money (at only 4 sessions a week of those available in the year works out at as a paltry 60p a time).. Also, this time, we have an extra training night on Fridays (8.00 - 9.00). This session will be 'run' by none other than our Mr. Tony Robjant who has been threatened with allsorts if he forgets where his roots and who his friends are!

Please pay your fees on time. If you have not settled you may not be allowed to swim and it isn't fair that Enid should have to spend her swimming time chasing us up for the money!!

FORTHCOMING EVENTS

- OCT 14-16 ASA NATIONAL MASTERS CHAMPIONSHIPS
(Venue: Ponds Forge, Sheffield)
- NOV 5 BERKS & SOUTH BUCKS SENIORS & MASTERS OPEN MEET
(Venue: Magnet Leisure Centre, Maidenhead. Closing date: 30 Sept)
- JAN 21 1995 CAMDEN SWISS COTTAGE MASTERS 5TH OPEN MEET
(Venue: Highgate School. Closing date: 4 Jan. Forms now available)
- FEB 5 2ND AMERSHAM OPEN MASTERS MEET
(Venue: Guttman Centre, Stoke Mandeville. Closing date: 2 Jan)
- FEB 24-25 SOUTHERN COUNTIES OPEN LONG COURSE MASTERS
(Venue: Crystal Palace.)
- MAR 24-26 GUERNSEY FOURTH OPEN MASTERS MEET
(Venue: Beau Sejour Leisure Centre. Closing date: 20 Feb)

MAIDENHEAD

Last year at the Berks & South Bucks Open Meet, RNSC won the trophy for top club. It came as a bit of a surprise - especially to Reading SC, who had won it the previous years!! Now it is our responsibility to make sure we win it again. Please make sure you have entered the competition and inform Ron of your availability for relays. Thanks.

Liz

less relaxed about numbers and are insisting on accurate numbers from us by the end of SEPTEMBER. They will not allow any late requests. Could you please respond ASAP if you would like to go but haven't told me or paid a deposit yet. Full costs need to be give by the end of OCTOBER, by the way. No hurry yet but if you want to you can give me cheques made out to the 'Master Brewer Hotel'.

Tony

WATER POLO COMPETITION

A round robin water polo competition was mentioned a few millennia ago and a few comments have been made re: Where? When? Whose robin? etc.

It's suggested holding one on Friday November 11th starting at 8.00 pm and incorporating the new one hour session.

Could anybody NOT willing to have a go let me know ASAP(!) so I can get it organised.

Tony

XMAS DO

Due to apparent unexpected demand at the Master Brewer the management there seem

GOSSIP

Not a lot of news at the moment.

Both newly-delivered Mums (Jo & Chris) have returned to training as if nothing has happened and are rapidly moving up the lanes again. Thank goodness the backstrokers are back again!!

Haven't seen David Dines around lately?? Don't worry. He is getting some secret training at Highgrove in the early hours of the morning. He says he has to go because of Jaime, his son, who has just joined the borough squad, but I'm not so sure!

☹️😊 RESULTS 😊☹️

BARNET COPTHALL DISTANCE MEET (JUNE17-18)

TERESA

800m Free	10.25.88	Gold PB	400m Free	5.03.99	Silver PB
		😊			😊
200m Free	2.24.26	Silver	100m Free	1.07.07	
200m IM	2.52.22	Gold PB			
		😊			

LIZ

100m Brst	1.29.59	Silver
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BARNET COPTHALL "50s MEET"

BOB

50m Fly	1.06.67		100m IM	2.10.35	
50m Brst	56.64	Bronze			

RAY

50m Brst	48.32	Bronze	100mIM	1.54.68	Bronze
50m Back	54.61	Bronze	50m Free	42.57	Bronze

MARLEN

50m Back	1.05.86	Bronze	50m Free	56.06	Bronze
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ENID

50m Free	47.66	Gold PB 😊	50m Brst	55.27	Gold
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LIZ

100m IM	1.29.85	PB 😊	50m Free	33.80	
50m Fly	42.65		50m Brst	41.59	Bronze

JENNIFER

100m IM	1.30.46		50m Back	40.84	
50m Free	35.29		50m Fly	41.24	

TERESA

100m IM	1.20.27		50m Back	41.15	
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KAREN

100m IM	1.19.35		50m Free	31.20	
50m Fly	35.43		50m Brst	40.34	PB 😊

LESLEY

100m IM	1.15.10	Gold	50m Back	36.18	
50m Free	28.46	Gold	50m Fly	31.44	Gold