

Ruislip & Northwood Masters

Christmas Newsletter 1996



Merry Christmas & A Happy New Year

Seasons Greetings and Happy Reading in '97

A WORD ABOUT YOUR CHAIRMAN

by Liz Smart

Now I know that some people will go to great lengths not to do something for the newsletter. Some just ignore me - popping out of training sessions early to avoid my gaze, some go missing completely - never to be seen again, some come up with all sorts of interesting excuses, but I think you have taken it a bit too far this time, Deryk!! I really do think it was a bit of a drastic way to get out of doing your article; a simple letter from your doctor would have done!!

But seriously, I am sure I am speaking on behalf of everyone when I say that you gave us all rather a scare and that we all wish you a speedy recovery and return to the pool where you rightly belong. We understand that you have to be careful near microwave ovens and mobile phones, but that you are coping well with the remote controls for the television and video!! Perhaps now with this bit of spare recuperation time you might be able to jot a few ideas down for January's issue!!!!

THE JOINING OF THE CLANS

by Lesley Cordial

(Otherwise known as the SOUTHERN INTER-COUNTIES MASTERS GALA).

Ah yes! Déjà vu.

This wonderful little gala was being held at Barnet Copthall and so it was that a few of us hardened souls found ourselves at this delightful venue YET again. For some it was the fourth weekend in a row and we were starting to feel like we should really just set up a camp site!

For those not in the know, this gala brings together all your rivals under one roof so that you can swim *with* them rather than *against* them as per usual! There were 8 counties competing and as you each get assigned a specific lane it brought back such dear memories of my youth - those club galas when I was 12, trying to warm up in a lane meant for probably no more than 10 swimmers, competing for an inch (sorry centimetre!) of spare water with the rest of the *entire* club. If you got to swim more than 2 metres in one go you felt you'd done a good warm up.

Anyway, I knew the afternoon was off to a good start when, on wandering onto the poolside (late as usual), I was greeted by "Do you want the good news or the bad news?" I opted for the bad and was told I had been selected to swim the breaststroke leg of the medley relay!! Now, once you lot have picked yourselves up off the floor, I can tell you that the good news was that Karen had offered to swim it instead. Phew! Bit of a close shave that one.

As always, the gala provided a happy mix of memorable highlights:-

- The first was Joe finding out he'd swum a 40 sec 50m Breaststroke in the relay, only to be told I'd misread Karen's writing and it was actually a 42!! Never mind, he was a happy man for about 10 mins.
- The second was Karen swimming a 38 for 50m Breaststroke (and this time I did get the time right!)
- The third was our Roger showing off. Did you know that he actually beat Ian over 50m Fly? We were all very impressed. (* If you want to know Roger's speedy secret, turn to page 10).
- And as for our National Backstroke Champion (a.k.a. Enid Freshwater), she was in her usual blistering form, but I have never seen anyone look so depressed before a race and so happy afterwards!! Just what is the trick Liz? You must pass on all helpful hints for when you are absent!!
- And as for myself? Well it has to be when standing behind the block for the 50m Fly, the girl racing beside me turned and said, "I knew I'd get you in either the Freestyle or the Fly and when I saw the white costume I knew it was the Fly." Do you think I'm getting just a little too predictable in my old age?

As a team, Middlesex, for whom we were all swimming, started confidently (well, we lead up to event 5 anyway!), but failed in the closing stages and ended up 3rd overall. Never mind, we all had a good time (even if it was the last ever time I shall swim as an A, boo hoo!), and, of course, best of all, we get to keep our delightfully fashionable red and yellow T shirts and cap. Now, the cap may be great for scaring off future competitors, but I wouldn't even use the T. shirt for a duster (too many holes - dust falls through!). Why, oh why, does Middx have to have the worst possible colour scheme? I tell you - next year I'm moving to Sussex - the T. shirts are such a delicate shade of pastel blue!! See ya!

YOU KNOW WHO YOU ARE!!

by Enid Freshwater

Forty seven smiley faces:-



to those of you who paid your fees promptly. Thank you. Seven grumpy faces:-



At the time of going to press the club has 54 members. We could do with 10-15 more swimmers, so if you know anyone who likes turning out on cold, wet, windy, dark, foggy evenings for a swim, push them in our direction!!

AND TALKING OF 'SMILEY FACES'

by Liz Smart

The final 1996 Smiley Face Tables appear at the end of this newsletter and we have two clear winners who will be rewarded in next year's Club Gala - as will all those who took part.

Since the introduction of this table I have come under certain pressure to amend the criteria by which people earn their smileys and after long deliberation and constructive debate I think we have reached a compromise which should please you all(!). As those who already compete regularly know, you get a smiley face by clocking a PB. At first this can be quite straightforward, especially when you have just joined the club, swum in competitions for the first time or just entered something different for a change. But after a while those smileys just stop coming - unless you're Karen, of course - and disillusionment starts to set in. And let's face it, bodies get older and just won't go as fast as you'd like them to. SO 'We' have come up with the new 'Five year age band Smiley' and this is how it works :-

- When you move up into a new age group you can start clocking up PBs within those five years
- The new rule will start from January 1997 (so it's good news for Marlen, Jennifer, Lesley C and Bernie, to name a few)
- I shall still keep a record of all PBs and there will still be 'Lifetime' PBs which will be marked in a different way (haven't worked that one out yet!)

So, good luck for 1997 and we look forward to some new competitors joining our ranks in the new year!??

XMAS CRACKERS AT QUACKERS

by Liz Smart

A large gathering of Masters swimmers and their partners converged on the Quackers restaurant at Crowley on Saturday, December seventh, for a night of food and conviviality. Once they had overcome the long drive from the main road and taken care not to drive into the canal or the river they were welcomed by good food and friendly waitresses. The fight for space on the 'cosy' dance floor was taken up by a few of the more energetic members whilst others were content to do what they do best - chat!! Fresh from his short stay in hospital was Chairman Deryk, revealing his scar to those who asked, and half way through the proceedings a short presentation was made to Coach Ron with a 'gift voucher' for a trip to Guernsey. And an early birthday cake was presented to Julia because hers was the nearest one and the management were offering!! A big thank you to Christine who organised the night and liaised with the restaurant and acknowledgment to her chief lieutenants (Graham and I!) who did most of the badgering for money!!!!

A WORD FROM OUR COACH

by Ron Gilder

May I, through the newsletter, thank everybody for the presentation at the Club Dinner. Believe me it was quite a shock - more so when I find that my wife was in on it!! (I thought that husband and wife had no secrets!). To say that I was stuck for words may sound strange for somebody that stands on poolside talking all night, but I was overwhelmed by this gift. Thank you.

LAST SESSION BEFORE XMAS	SUNDAY 22ND DECEMBER
FIRST SESSION OF NEW YEAR	SATURDAY 4TH JANUARY

A NEEDLE IN A HAYSTACK

by Liz Smart

RNSC now has a variation on "Looking for a Needle in a Haystack". How about looking for a Contact Lens in a Swimming Pool? Not one of us, I hasten to add, but one of the MTS recreational swimmers had lost the aforementioned item whilst swimming in Lane 3 just before our session was due to start one Friday evening. Ian had already launched himself into the water, confirming our suspicions that he really is a fish, and was conducting a thorough search. "Do you think it will float?" Sylvie and I asked the squinting MTS swimmer. "I think so," came his reply, so we set about scouring the surface for A CONTACT LENS(!?) and explaining what was happening to any later arrivals!!

"He's had that" (Tony F). Roger took the opportunity to tell us that he had in fact had *his* contact lenses tinted blue. "Not to change the colour of my eyes, or anything!!", he repeated four times, "but so that it is easier to see them when you drop them. But a swimming pool would be the worst place to look for them." At which point the squinting MTS swimmer piped up "They're tinted blue". "He's definitely had that then" (Tony F).

Ian was still disappearing for long periods at a time (gills for lungs, I reckon), but the others of us were getting a little anxious to start our warm-up. The MTS man emerged from the pool. We assured him that we would keep our eyes open for it and suggested that in future he invest in a good pair of goggles.....when Diane suddenly shouted from Lane 4. "I can see it. But my nails aren't long enough to get a good grip". What followed was a fine display of synchro/aeronautical finesse in which Roy tried to up-end himself to get to the bottom of the pool. SUCCESS!! One tiny, blue-tinted contact lens was returned safe and well to its owner. Amazing but true. And Tony R. even gave us an extra five minutes warm-up.....

A WORD FROM YOUR COMP SEC

by Karen O'Dea

Well here we are at the end of another swimming year and I've just about survived the Competition Secretary bit – I think!! Do I really want to do this again next year? Well, I suppose I've got no choice at the moment so I'm afraid that some will still be bearing the brunt of my verbal abuse concerning gala forms - unless, of course, you get them in quickly.

No, seriously, thanks to those of you who've made my job easy and thanks a lot to those who haven't!!

Re: AMERSHAM (2nd February) - all gala forms are required ASAP (before Xmas please). This is a trophy gala.....

For those of you going to Guernsey, I will require the balance of £113 (inc. insurance) by the end of January. I will give you full details early in the New Year.

Wishing you all a very happy Xmas and a prosperous New Year.

Karen.

A YEAR IN THE LIFE (or How was it for you?..)

by Tony Robjant

It seems like only yesterday that I was sat here composing a twelve days of Xmas ditty for Liz's Xmas 95 edition.

What a strange year it's been folks!

I suppose I picked up some idea of what sort of year it was going to be right from the start. Jan 1st morning. I remember waking up, jumping out of bed with the enthusiasm of a six year old (you're right dear reader, how does he still do that, or rather, WHY?), and cutting my foot on the alarm clock that had been dashed to the floor sometime during the night. I apparently have this habit, (one of many, but Liz's is going to publish this!), of doing an imaginary, but fairly accurate, (considering I'm actually unconscious), impression of a 50m FLY sprint in my sleep during times when the old adrenaline's up and those artificial stimulants have been thrown down the neck the night before! Presumably the stimulant level had been just enough to cause the same pain (i.e. developing thump in sleeping head!) as I do tend to get two thirds down the second 25m on a Fly sprint, and the old grey cells decided to do the necessarily automatic survival cut in to get me to the finish! Anyway, over went the clock to be discovered by right big toe following morning.

However, let's face it, I just haven't basically been able to get enough training in this year what with one thing and another. Latest injury being just another added set back. Mind you, considering how much abuse old Alan's body seems able to put up with, I'm a little disappointed that mine seemed to cave in so readily this year and aggrieved that the fickle finger of fate seems to have given him a body just made to cope with all the abuses that man can think of --and more, but not me!!

As I write I'm happily remembering those early-in-the-year galas, at Bracknell and of course Guernsey. Keith's terrific debut at 100m Fly; Tony F's false start and subsequent false length in the relay; getting my medal presented by Sarah Hardcastle who strangely had never heard of me!; Karen's new 'buttock related' sprint performance-enhancer, the renaming of Ann, having noticed her continuous smile, and finally the additional excitement in the Bracknell changing rooms.

Guernsey was great as usual, ('cept for that idiot that kept false starting all over the place - they say he's a coach as well!). My 400m swim and your magnificent support; Lesley's total destruction of the opposition at Guernsey and ability to attract new friends (remember Kevin?); yours truly picking up the now long running knee injury (I've got an appointment at Northwick park THIS MONDAY!!); Sandra and Enid being 16 again at the side of the pool; Saturday morning, and of course MRS 200% giving us all a real scare. Drama free this year Liz, OK!!!!

I guess THE event in the middle was the World championships. By this time my training was in chaos but I was there as a visitor and supporter briefly and enjoyed a short stay. Those who went must feel really proud of what they achieved, TWO medals, top twenty placements and of course the prevention of World War Three!!! I remember some American, 'D' I think, looking like a muscle stew of Arnold Schwarz, Tyson and King Kong, blowing away the World 100m Fly record in some time under a minute, and being told off for celebrating too noisily and not getting out of the pool quickly enough!! We Brits get it sadly wrong sometimes!!!

Later in the year the whole of the swimming world fell on Barnet Copthall with fourteen galas in three days, or something, culminating in The Nationals. Good stuff, good fun, good performances, good pasties - what more could you want? (Well, actually, more swimmers next year!!!)

Retention of the S.BERKS was brill, tho' I'm a little upset you managed to do it without me, but I'll get over it.

All of the competitive stuff is great, but for me the club members, luvvers and bruvvers' events and socials have been particularly good this year. Our gala, the summer barbie, Quackers and Guernsey (which is half social so it counts), are really great reasons why. Although I personally have been a bit damaged this year, and haven't been there as much as I would have liked, it's still been a great year for me at RNSC.

By the way, in case you're wondering at the sudden disappearance at Quackers, dear reader, read on. My car was in fact totally blocked in, right at the front, by about three cars. Graham had mentioned it a little earlier. So as I was just going outside for the sixth time for air, a cool down (50% temperature related, 50% landlady's jumper related), to see if I was still as badly blocked. The bar staff/bouncers/whatever rushed over, told me I was not to worry, rushed inside, came out 1 min later with all the offenders' keys, moved all the cars out of the way and proudly declared that my way was now unhindered, that they'd re park all the other cars later and that it was "all part of the service, mate". So apologies folks, for the lack of goodbyes, but I felt that my used and abused body could take no more in 1996 and just had to leave.

Just one more thing. I'm reading some stuff re:mental coaching techniques, more of which next year, but one thing that struck me in it was the theory that we tend to improve in the sport that we compete in, and benefit further, generally, from having another, albeit very much secondary, sport, event or goal to apply our fitness to. I'm beginning to be strongly persuaded that this is true and have decided to apply myself to this in the form of a future event, which, given the time of year would seem appropriate to tell you all about.

On my fiftieth birthday (only 5 years away), I'm going to stand on the North Pole.

Will somebody please come with me 'cos it's going to be bloody cold up there!!

-----oooOOOooo-----

DISREGARD THE FOLLOWING...

by Terry Laughlin

(Graham has found another 'NET' article for your perusal. Terry Laughlin is Director of Total Immersion Adult Swim Camps, columnist for Inside Triathlon and Fitness Editor for SWIM magazine. He is also the technique coach for United States Swimming's Olympic Development Camps.)

Swimming is simple--swimming advice gets complicated. Here's how to ignore the right stuff.

Of course you're not happy with your swimming. You didn't know that "The most effective applications of propulsive force occur when the insweep and upsweep are made on a diagonal of 50 to 70 degrees...the patterns range in depth from 61 to 74 cm and in length from 29 to 45 cm." Well there you are. Now go try it.

That's a quote from a discussion of the freestyle armstroke which plunges on that way for 18 (yes!) pages. It's in a volume entitled, with inadvertent humor, *Swimming Even Faster* by Ernie Maglischo, considered the premier sourcebook on technique. Some of you have probably even tried to read it. The volume is loaded with, among other things, minutely detailed descriptions covering every angle, degree and inch of movement as the hand travels through water. Then Maglischo continues over the next 30 pages to discuss kicking, timing of arms to legs, breathing and 20 different possible stroke faults, before dispensing with body position--much simpler to teach and with far more improvement potential--in a cursory paragraph or two.

No wonder so many adult athletes are put off at the thought of regular swim workouts. The advice they get makes efficient swimming sound like rocket science. Swim coaches for adults are in short supply, leaving many would-be swimmers struggling to extract their technique tips from books like this. But even athletes with coaches can be swamped. As one complained recently to me, "I've been told a thousand different things about how to improve my stroke. How can you ever hope to do them all well?"

You can't of course, unless you do some weeding. Most books and articles, treat swimming as simply a matter of getting in shape, telling you how to swim laps rather than how to swim them better. Even Masters coaches are known more for giving workouts than for instruction. But when they finally do turn to technique, wow! An admittedly demanding motor skill becomes a complex sounding as nuclear physics. You can see the athletes' minds working. "If it's technique I need to get better, not lots of laps, and if technique is that, well, technical, I'm outta here."

Wait! Come back. I teach technique to hundreds of adults each year, and I usually have just Saturday and Sunday to get them swimming smoothly and ready to coach themselves. We have time for what really matters, nothing else. And each year I've been coaching, a funny thing has happened: I've taught less than I did the year before, and my hundreds of newly hatched swimmers have improved more after the streamlining. Here's some common stroke trivia you're better off without:

- Is your arm is at a 30 degree angle as it enters the water?
- How do you pitch your hand as you make the catch?
- How high is your elbow as you begin your outstroke?
- Are you making a good sculling motion on the insweep?
- Do you have the coveted "S-stroke" yet?
- If so, does your pull cross the body's centerline?
- Is your hand at least 61 but no more than 74 cm deep as you pull, using your triceps to extend all the way with your hand to finish the stroke?
- Are you accelerating your hand through the stroke?
- Where is your palm facing as you take your hand from the water?
- Where is your elbow relative to your hand as you recover?
- Where should you look while breathing?
- Are you kicking with a 2- or 4- or 6-beat kick and how is the timing of your arms to your legs?

Hey, where are you going; we're not finished yet! Come back and try this. Focus on the simpler and far more critical job of adjusting your body position to minimize drag. In the scheme of speed things, it's at least twice as important as how your hand pulls you through the water.

If you get your body balanced (see my earlier posting on "pressing the T"), then rotate your trunk and hips as you stroke, you'll move through the water pretty well, flawed stroke or no. Students at my camps have improved their speed and efficiency as much as 30% in two days, making scarcely any changes in their arm movements.

Here's the stroke-made-simple lesson: Slice your hand in as soon as it passes your shoulder, extend it to the front as far as you can, take your time about beginning your pull, and pull straight back under your body, neither too deep nor too close to your trunk. Then take your hand out of the water and do it again. You're swimming fine. Put away your metric tape measure.

Are there useful refinements beyond those mentioned? Of course. But they pay off far more if you're eyeing a berth on the Olympic team. Consider this: the typical novice is maybe 10 to 20 percent as efficient as a world-class swimmer, but can close most of the gap—to maybe a 20% spread—by simply improving body position, rotation and alignment. Working on just that can easily deliver a year's worth of progress. Then you can begin to think about your hand pitch and path, which may grudgingly yield another 5 or 10 percent gain after just as much work.

Basic, sound swimming comes down to this: Lean into the water with your upper trunk (to balance) so your suit is just breaking the surface; rotate your hips around your spinal axis (to propel), getting them completely out of the way as each hand passes through; and think of your arms more as extenders for increasing the length of your body line—which automatically makes you faster—than as pulling tools.

—ooOOoo—

TO 'B' OR NOT TO 'B'

*To 'B' or not to 'B' that is the question.
You can enter more galas now, is Liz's suggestion.
Maybe the prospect of more smiley faces,
Will encourage me to enter more races.*

*Though this means I'll have to do more training.
And it's so hard in the winter when it's cold and it's raining.
So I guess I'll wait for galas in the summer.
But it seems they're all before then, 'oh what a bummer'.*

*I think my New Year's resolution should be,
To join the lads and lasses more often in lane three.
But don't expect to find me leading the pack.
My preferred position is to swim from the back.*

*I'll try to keep swimming length after length.
But as I get older I'm sure I've less strength.
I think it will be many years before I stop swimming.
But I'll have to be eighty before I start winning.*

Jennifer Jones

1996 RESULTS ROUND-UP

by Ron Gilder

First, I think, a vote of thanks to the 'Back Room' people:

LYN	(Secretary)
DERYK	(Chair) - good to see him making a quick recovery
ENID	(Subs)
KEITH	(New Treasurer)
LIZ & GRAHAM	(Newsletter)

and a special thank you to

KAREN (organiser of galas). She could still do with those forms back earlier!!

RESULTS FOR 1996 (last year's total in brackets)

INDIVIDUAL*

<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>
95 (61)	94 (51)	84 (58)

* PLUS TWO WORLD CHAMPIONSHIP TOP TEN MEDALS

RELAYS

<u>FIRST</u>	<u>SECOND</u>	<u>THIRD</u>
17 (9)	12 (9)	16 (3)

TEAM POSITIONS

<u>FIRST</u>	<u>SECOND</u>	<u>THIRD</u>
2	2	1

TRAINING SESSIONS

by Ron Gilder

With Tony, Reg and myself running different types of sessions hopefully it makes for an interesting week, perhaps with everybody wondering what's in store for the night!!

Going through the results I think we have done very well - two cups and a hat full of medals. The majority of swimmers entering galas have gone away with a medal or two, and also enjoyed a bit of competition. Perhaps we could encourage those who train and do not swim in galas to have a go. I am sure they would enjoy it.

Feedback from swimmers is very important. If there is any part of training that you would like added/increased, please say.*

Wishing you all a Happy Christmas and a Healthy New Year.

(*notice he doesn't say "taken away/decreased". Hmmm! (ed.))

RESULTS - MAIDENHEAD 2ND NOVEMBER 1996 (Top 6 swimmers score)

<u>KAREN</u>	(A)		<u>BOB</u>	(J)	
200m Free	2.30.14	SILVER	200m Free	4.07.48	BRONZE
50m Fly	34.83	BRONZE	50m Fly	1.09.30	BRONZE
50m Back	37.90	BRONZE	50m Back	1.11.09	SILVER
100M IM	1.17.65	SILVER	100m IM	2.12.43	SILVER
50m Breast	40.36	SILVER	50m Breast	1.01.86	BRONZE
50m Free	31.40	4th	50m Free	50.28	4th

<u>LESLEY C</u>	(A)			<u>ANN</u>	(B)		
200m Free	2.18.40		SILVER	200m Free	2.58.91		BRONZE
50m Fly	31.83		GOLD	50m Fly	41.30		
50m Back	34.62		GOLD	100m IM	1.29.12		6th
50m Free	28.93		GOLD	50m Free	34.86		
<u>LIZ</u>	(C)			<u>MAGGIE</u>	(E)		
200m Free	2.46.84	☺	6th	200m Free	4.05.49	☺	4th
50m Fly	40.27	☺	6th	50m Back	50.75		GOLD
50m Breast	41.83		SILVER	50m Breast	52.11	☺	SILVER
50m Free	33.52		5th	50m Free	47.98	☺	
<u>DERYK</u>	(E)			<u>JOE</u>	(G)		
200m Free	2.31.02		GOLD	50m Fly	41.69		4th
50m Fly	32.51		GOLD	100m IM	1.33.89		BRONZE
100m IM	1.15.50		GOLD	50m Breast	43.29		BRONZE
50m Free	29.00		SILVER	50m Free	37.91		5th
<u>CHRIS</u>	(C)			<u>SANDRA</u>	(E)		
50m Fly	35.93		SILVER	50m Fly	54.09		GOLD
50m Back	36.62		GOLD	100m IM	1.52.77		BRONZE
100M IM	1.21.28	☺	BRONZE	50m Breast	55.36		4th
50m Free	31.98		SILVER	50m Free	43.09		5th
<u>KEITH</u>	(C)			<u>RAY</u>	(G)		
200m Free	2.35.97		5th	200m Free	3.38.54		4th
50m Fly	35.35			50m Back	55.84		4th
50m Breast	41.08		6th	50m Breast	49.73		5th
50m Free	31.55		6th	50m Free	42.10		6th
<u>MIKE</u>	(H)			<u>ROGER</u>	(A)		
100m IM	2.04.93		BRONZE	50m Fly	32.98		4th
50m Breast	54.87	☺	SILVER	50m Breast	36.08	☺	4th
50m Free	40.91		5th	50m Free	28.75		5th
<u>TONY F</u>	(D)			<u>ROY</u>	(F)		
200m Free	2.38.58	☺	BRONZE	200m Free	3.23.10		5th
50m Fly	33.78		SILVER	50m Back	52.98		BRONZE
50m Free	28.41		GOLD	50m Free	39.95		6th
<u>JANICE</u>	(D)			<u>JULIA</u>	(C)		
100m IM	1.34.30		BRONZE	200m Free	3.05.42	☺	
50m Breast	46.77		5th	50m Fly	45.62	☺	
<u>ENID</u>	(H)			<u>JENNIFER</u>	(A)		
50m Back	56.17		GOLD	200m Free	2.55.77		
50m Free	49.85		BRONZE	50m Fly	41.74		
50m Breast	56.45		SILVER	50m Back	40.77		
				100m IM	1.30.22		
				50m Free	35.78		

RELAYS

<u>120 yrs + Free</u> <u>LADIES (A)</u>	Karen 30.75	Liz 32.97	Chris 31.33	Lesley C 28.79	2.04.02 GOLD ☺
<u>120 yrs + Free</u> <u>LADIES (B)</u>	Ann 34.24	Janice 38.70	Jennifer 34.42	Julia 37.00	2.24.51 6th
<u>120 yrs + Medley</u> <u>MEN</u>	Bernie 33.98	Graeme 34.60	Deryk 31.11	Roger 28.21	2.08.01 SILVER ☺
<u>160 yrs + Medley</u> <u>MEN</u>	Tony F 37.01	Joe 43.82	Keith 35.68	Roy 39.50	2.36.24
<u>200 yrs + Medley</u> <u>MEN</u>	Mike 53.09	Roy G 55.97	Bob 1.05.71	Ray 43.49	3.33.87 SILVER
<u>100 yrs + Free</u> <u>MIXED (A)</u>	Karen 30.62	Deryk 28.79	Roger 29.21	Lesley C 28.49	1.57.15 GOLD
<u>100 yrs + Free</u> <u>MIXED (B)</u>	Chris 31.76	Graeme 29.91	Ann 34.46	Tony F 28.53	2.04.82 4th
<u>120 yrs + Free</u> <u>MEN</u>	Deryk 28.72	Graeme 28.61	Roger 28.20	Tony 27.78	1.53.44 GOLD
<u>160 yrs + Free</u> <u>MEN</u>	Keith 31.78	Joe 37.96	Danny 32.79	Roy 40.48	2.23.08 6th
<u>120 yrs + Medley</u> <u>LADIES (A)</u>	Chris 37.36	Liz 41.99	Lesley C 33.95	Karen 30.97	2.24.29 GOLD
<u>120 yrs + Medley</u> <u>LADIES (B)</u>	Jennifer 40.26	Janice 47.24	Ann 39.20	Julia 36.29	2.42.99 BRONZE
<u>180 yrs + Free</u> <u>MIXED</u>	Chris 32.74	Roy 40.36	Julia 37.25	Joe 38.24	2.28.39

TOP CLUB RESULTS

1	RUISLIP & NORTHWOOD	298
2	BRACKNELL	219
3	GOSPORT DOLPHINS SC	147.5
4	READING	128
5	MAIDENHEAD MARLINS	110
6	RUSHMOOR ROYALS	106

