

OUR CLUB! ISSUE 14: SEPTEMBER 2010



Welcome to the latest issue of "OUR CLUB" - the newsletter by and for Beckenham SC. A digest of events and information since...well, May really! Thanks to all contributors to this MEGA BUMPER issue, and keep all those articles, notes, photos, ideas and so on coming in! John Handley is the weekly update editor and so between us we can ensure that your news and views get an airing. The weekly update is really just that - key information from the Club, and OUR CLUB is the bi-monthly bumper edition which aims to have swimmers' articles from both old and young with features on water polo, officials, committee members as well as competitions, and articles from other sports in which the members are involved...so, get pen to paper, or fingers to key-board and get in touch!
Contact me via - john@hamo6055.plus.com or 020 8857 4977.

CONTENTS -

Recent galas, the Channel relay swim, Open Water events, The Nationals, the Welsh Summer Nationals, and ten things about our new President, Kim Shead.....and tons of other stuff besides....!

CHANNEL SWIM...

Suzie Mummery, David Bennett and Louise Kelly of BSC, along with two members of London Swimming swam a 'cross channel relay', on Thursday 22nd July in 11 hours and 20 seconds! WOW! *Congratulations, and well done.*

AND.....from a very justifiably proud Mum...

"This morning (9/9/10) Barclay (*Bram-Shoemaker of Platinum squad*) swam from Gosport to the Isle of Wight in 1hr 18min, breaking the previous record by 7 minutes.

He has also so far raised over £1,400 for Cancer Research.

<http://www.justgiving.com/barclaylovesspeedos>

Proud and happyand grateful!"

You can still donate through the above web-site (Ed).



He's off and looking good!

LOVELY NOTE FOR TOP SQUAD, and BSC...

"My son Matthew (Hayden) swims in Dev 2 with Kym (and is going up to Blue in September). During their training session last night at Beckenham, Kym and Tony (Top Squad) arranged that the swimmers from the Top Squad would come and watch Dev 2 for a few minutes. I thought this was such a nice thing to do. Matthew, and I'm sure the others, were so proud to be swimming in front of 'Top Squad swimmers!' What's more, the couple of lengths he swam (freestyle and backstroke), he swam really well!

Kym often gets Top Squad swimmers to demonstrate various strokes/skills to the swimmers in Dev 2 during training and it was a nice touch that the roles were reversed and they 'demonstrated' to the Top Squad. They got a clap and what only took a few minutes to complete, actually went much further in the form of peer support.

Well done Beckenham and many thanks."



Rhiannon Hayden (Matthew's mum)

SOME WATER POLO NEWS

- THE INVICTA WOMENS' AMSTERDAM TOUR 2010

Saturday 28th August:

Game 1:

Our first dip of the week in the outdoor "heated" swimming pool was against the Dutch team - **Het Y 2/3**.

With unfamiliar opponents, a "borrowed" goalie from Liverpool (Thanks Hayley!), cold conditions plus a lack of sleep from camping - it felt like we were entering the unknown as the first game kicked off. However a couple of quick goals from pit player - Anna - put us into the lead early on. Unfortunately, the Dutch team fought back and we were soon on level pegging. The game continued to be a close fought affair with both teams missing good opportunities. With the score tied (7-7) - Holly made excellent drive which, if the final whistle had not been blown would have resulted in an awarded penalty - but unfortunately the game ended a few seconds too early and we had to settle for a draw.

Game 2:

Just like at Wimbledon, play was suspended Saturday afternoon pushing the second game into the early evening. This rain/lightening delay didn't faze us Brits though as we played our second game against the Dutch team **Ex-Y-ers**. The standard of polo was significantly higher than our first match but the team responded with ease. The team look solid in defence and good movement in attack resulted in the lead swinging between both teams. The whole team had a great game, with Eimear scoring "the goal of the day" but unfortunately we could not convert this performance into a win. An excellent start to the National League campaign!

Sunday 29th August:

Game 1:

This was one eeeeaalry start - first match at 8am against **UAM Madrid 1/2** ! You may think that meant we could get no one up and out of bed but...regardless of hangover strength...we managed to field a full team - unlike the opposition. Vicky and Lilly became traitors and jumped ships to their team whilst Anna went in goal for us! They weren't the strongest of Spanish opposition but it was a good opportunity for us to play people in new positions and try out new tactics - at least Anna learnt a new rule, goalkeeper can't take the ball over the half way line!

Game 2:

The game was against the strongest opposition of the Division, **De Snippen**, - there game in the morning had been against Liverpool and they had won! We were scared! Again with a borrowed GK (Thanks Sarah T!) we tried a range of new tactics and although the score line did not reflect this, things did work!

Once they had clocked on to double mark Anna the team really pulled together making some good chances, Holly, Eimear, Sarah, Claire and Hannah all made some good chances - I can't remember how many actually ended up in the back of the net though! Overall, another good game in which we learnt a lot and really came together

Game 3:

Our last match of the tour was against Liverpool B - a team we have known for several seasons now, however they were looking even stronger than usual (some may say they had pulled several of their first team players down???)

Even with several circumstances going against us (another early start, 8am game!) already having played twice, some truly awful refereeing decisions, and Sarah getting 3 majors!) We put up another good fight!

Although we lost I think there were a lot of positive points we could take away from the match such as how good our man ups have become and how much stronger the youngest players are and the impact they now have on the team. The biggest comment came from the Liverpool coach who said 'I cannot believe how much you have improved as a team over the last year!' which can only stand us in excellent positioning for NL 2010!

Overall we had a great weekend away, yes the weather was atrocious but that only made for more fun memories really!

Thank you to Rich (Collins) for his coaching - even when most of the team were hanging! And thank you to the Kings, Brays, and Wallers and of course Candy for organising - bring it on again next year!"

(At a regional Level the Beckenham Ladies team completes the Summer London League on 12th September at Whitgift School).

Anna Newell and team

GETTING MY FIRST NQT - by KUNMI OGUNFEIBO

My best stroke for a while has been backstroke. I prefer the 50m, but also do a good 100m. Last year, I didn't do a national qualifying time until 1 week after the closing date, and in a gala that wouldn't have counted, but it made me feel I could do it, and that having a June birthday did not mean it was impossible. My mum thought my best chances were in a 25m pool, but Tony and Di thought I would do better in a 50m pool.

My first serious try was at the Kent's (25m pool). I needed a 1.05.08. My best time before then was a low 1.07. I entered the Open 100m back as well as the age groups to give me 2 chances. The open was on the first Saturday of the Kent's.

I did a low 1.06. Everyone was cheering me on. I was happy because before that, I hadn't PB'd since doing the 1.07 in October. I was moving in the right direction. The next day was the Age Groups' 100m back. I was nervous. I did a high 1.05, and was a bit disappointed, but pleased that I had gone 1.05 even though it wasn't a national time.

Last Easter, I went to the Norwich meet (50m pool), and I really liked it. I had made friends with some of the Hatfield boys, and their club goes there every year, so I wanted to go back this year. It was my third 50m pool 'go' of the season. I had done a 1.10 the first time in Northampton, and a high 1.09 the second time, but it wasn't a PB because I had gone a faster 1.09 in the Arena league round 3 a few weeks before.

In the heats, I did a massive 50m pool PB to get a 1.08.2. I felt I could do it - go faster than the 1.07.94 time I needed for my national time. My next race was a 400 IM. It was immediately before the finals. I pulled out of it, and tried to remember what Tony had been telling me about how to race the 100m back. I focused and went for it. At the end of the race, I looked at the board, and my time was 1.07.5! I had done it.

I was so pleased. I won the silver medal, but, it was the happiest swimming day that I have had to date. It took a few days for it to sink in that I had really got my first ever NQT, and I really thank God that I did, and still feel very lucky.

Kunmi Ogunfeibo (Top Squad) Well done, Kunmi!

THE NATIONAL YOUTH CHAMPIONSHPS 2010 by Steffi King

As this year was my last at the National Youth Championships I wanted to make the most of my week up in Sheffield. It was my first year as team captain for Beckenham and so I was looking forward to doing my best. In the run up to nationals I had worked hard with Tony to improve all aspects of my swimming and I was keen to race and see how well I could do. We travelled up on the Monday ready for our training session at Ponds Forge to give us a chance to swim in the 50m pool before we actually raced. The whole team met in the foyer at quarter to four ready to swim.

It was only a short session consisting mainly of our race warm up and then some specific race work. After that we all had an early dinner which was predominantly carbs (our diet for the whole week!) before heading back to our hotels for an early night. Some of us found it hard to get a good night sleep with the adrenalin and nerves starting up. It also didn't help that we were not in our own beds!

As usual I found the first day at nationals the most nerve racking. What made it worse was I had two of my main events that morning. I raced the 200m backstroke and 100m freestyle.

I managed to time my 100m freestyle perfectly and swim a 1.00.00! The 200m backstroke went well and I qualified for the semi-final that night. This meant back to the hotel for more food and rest before returning to the pool. I went slightly slower in the semi but still qualified for the final the following night in 7th place. Before the final I was pretty nervous but determined to go for a medal. In the call room it felt like ages waiting to race. Finally we got round to behind the blocks and the tension increased. I swam a good race and achieved a pb of 2.18.62 which I was pleased with, however, I touched in 4th place which I wasn't so pleased with!! The rest of the week went well and I managed to achieve more personal best times. I made the final of the 100 backstroke as well and came 9th. For me the relays were the most fun events as usual! Our 100m freestyle team swam a really good race and we all managed pbs or close to our best. The 200m freestyle relay was nearer the end of the week and a bit tougher but again we all swam well and enjoyed competing together. While up in Sheffield I loved watching everyone else race and especially enjoyed watching Michael win his 3rd place in the 200m fly. Overall the week was a great success and at the end of the week I was sad to say goodbye to everyone for the whole summer but looking forward to a break! I've really enjoyed my six years of swimming at the nationals and every year I come away thinking what a brilliant week I have had. I've made so many friends from all over the country and always love seeing them again.

Thank you Steffi - and congratulations!



And now reports from the -

WELSH SUMMER NATIONALS - SWANSEA 2010



This was my second year doing the Welsh Nationals and, especially after the British Nationals, this gala would be a pushover - or so I thought. I was proved wrong immediately.

It really was a hard week of racing from the moment I dived in on my first race, to the second I got out after my 200 breaststroke. It was all a physical and mental battle, all the way through, particularly coming as it did at the end of the season. There was some very hard competition especially for Kunmi and I as we were swimming one year out of age, but we pushed ourselves and managed to get into finals and reserves for finals.

My highlight of the week was my big surprise in the 200 fly. I managed to get in at second reserve. The race in the heats I really enjoyed. Kunmi and I were in lanes two and three, and personally I enjoyed every bit of it; it was a race to see who had the most mental strength in the end. People can say 200 fly is such a painful and horrid race, but it is not if you have the right attitude and do the right things. In that race I felt everything clicked, which was probably why I came out with an eight-second PB.

My second highlight was my 200 breaststroke, right at the end of the week. It was my last race and I thought let's just get it over and done with. I had already done two other races that morning including 800m freestyle. But it felt like a good race as soon as I dived in. I kept my stroke length and in the end did a seven-second PB and clinched first reserve.

That week I saw a lot of amazing and inspiring things. What I was most entranced by was the disabled swimmers and especially Morgyn Peters, a boy of my age, who had only one leg. He was truly amazing and I was awestruck several times during that week by his amazing courage and will to succeed when he had such a disadvantage against him. As I watched him swim through the week I realised that he wasn't just doing the disabled races, he was doing the able-bodied races as well and getting into finals.

One race he did was the 200m back; I must admit now I'm not a good back-stroker, but he beat my time by a whole eight seconds. What's more, he got into the finals for it. It was one of those moments where you just think "wow", and I did say "wow" quite a few times.

So for me that week was a great success for my racing, but it was also incredibly inspirational and that was my real joy from this year's Welsh Nationals.

Harold Pearson (Top squad)

And from brother Freddie ...

The swimmers from Beckenham were Ned Moriarty, Kunmi Ogunfeibo, Olivia Handley, Harold Pearson and I. The event started on the 3rd of August and finished on the 8th of August.

Races went on throughout the days and sometimes in the evenings for finals. Kunmi and Harold were finalists and reserve-finalists for two or three races each. Sadly, we didn't bring home any medals but we brought home some more swimming experience and some absolutely superb PBs. I think I came back with five PBs. We stayed in Swansea University and when we were not swimming, we were challenged by the Choongs from Orpington Ojays to several games of Risk.

The week was a total success and I thoroughly enjoyed myself.

Freddie Pearson (Gold Squad)

Many thanks both, and well done - hope you won the "Risk games"! (Ed)

And 'newcomer', Ned Moriarty, got 3 PBs from 4 swims and also enjoyed the event.

SAXON CROWN GALA - report by DUYEN NGUYEN



This was the first time that I had competed in the Saxon Crown Gala and I really enjoyed the day! I was really well looked after by Saxon Crown.

I have only just started doing open events and found the experience very beneficial. Hopefully I will be competing in many more to come.

Well done, Duyen - and many thanks for your article! Ed

GBR OPEN WATER LEN CUP INTERNATIONAL MEET by Michael Gunning

Wow!! What an amazing experience!! I can describe my first GBR trip in many words; Eventful, Hot, Wet, Worrying, life changing but most of all, A TRULY

AMAZING EXPERIENCE!! Being the youngest male on the team, and having to take 2 GCSEs in France, was very worrying and I spent a lot of my time stressing over the nerves.

The whole team departed on Friday the 11th June at 12.00, but the British Swimming tutor decided that I should stay in Britain and take my Maths GCSE exam on 11th June and depart then.



Looks an easy life to me.....Ed... (joking!)

After my exam, I met my tutor on 12th June, and 4 other athletes who had taken exams on that day and we stayed in the Premier Inn. We traveled to Rome early Saturday morning and we had a lot of fun and laughs. We hired a car and on our arrival we met our team walking down to the beach. So I dropped my bag in the hotel room, grabbed my beach wear and went down to the sea. It was a really hot day and the sun was scorching but when I put my toe in the water, it was freezing! Mark Perry, the boss and Team Leader for the week, told us to swim to the other side of the island to the rocks, and I just laughed and thought he was joking because it was so far! But no he was not joking!! We swam there and Mark had told us to count our strokes and it took me 894 just to get there, and then we swam back and altogether it added up to about 3.5K! I was shattered already.

Race day was quite relaxed, but it was full of huge experiences. We had to be ready to leave at 2.00 for the race at 4.00, so we had all morning to ourselves.

The coaches went to the course and went for a team meeting. From our hotel, we could see the massive buoys in the water. There were two buoys right out at sea opposite us and another two buoys miles away in the sea. Even though they were so big, I struggled to see the furthest two buoys because they were so far!

We had a practice swimming up to the buoys and it was a long way. Soon the coaches came back and Mark drew out the course for us. It was basically a rectangle and we had to swim around the whole 4 buoys 4 times! At 2.00, we got on the coach and marked GB's spot on the sand. *(Didn't the Germans get their towels*

down first? Ed) We went towards the finish in the water and practiced finishing and it was good. I don't normally wear a hat, but for the Open Water, I had to because of the Open Water regulations!

Soon, all the athletes got called to get marked and I had to give my passport to the marker and he would check I was the person who I claimed to be and he would mark a number written in black permanent paint. I was number 127.

Then we all got ready and got greased up by our coaches and got our gel packs ready. The boys then got called to the pontoon one by one. I was nervous but I just wanted to enjoy the experience...and I did!



The buzzer went and we were off and it was quite a huge fight at the start. Soon, I found my spot and kept with a pack. The water was cold and soon the coldness in my legs kicked in. We swam through patches of icy cold water, then it was a bit warmer, then icy again, I could not feel my legs they were totally numb but I wanted to cry and carry on. I tried to keep kicking but I could not feel my legs, I started to feel dizzy, and I looked up and the media boats were there and soon a rescue boat came. I only had 1.5K left to do, but I can remember being slapped across my face when they thought I was unconscious, but I was just every tired 😊 and being whizzed off to hospital without being strapped down and holding on for dear life in the ambulance as I was being slung from side to side, and I knew it wasn't my dad driving as I left him in England. *(Bet Dad is please about that bit! Ed)*

The hospital was not a pleasant memory, because I had seven injections in my left arm and three in my right because they could not get any blood, but one of my coaches kept me company, and kept phoning the GBR England doctor to keep him updated. After a long tiring night, they told me that I had gone into the first stage of hypothermia, and close to being unconscious!

I was 34deg and the normal body temperature is meant to be 37! The coaches came to pick us up from the hospital and took us back to the hotel. I felt very weak and when I got into my room, I had a shower and washed my numbers off my back, arms and hands and then went straight to bed.

The next day we went to France for a week's training camp. The journey was not too long, but everyone kept fussing over me checking I was OK. When we arrived,

we had a lovely lunch at a nice restaurant. We got settled into our rooms and then we wandered down to the sea for a sea swim. I was very nervous getting in the water again, but Mark said only swim as far as you can. We all went in as a pack but halfway, I got cold so I turned back. All my team mates stopped swimming to check I was OK, and that made me realize how many friends I had made! When I swam to shore, I had a hard land training session with the physio while the others were swimming! I had to run around the beach with him, keeping up with his pace! The rest of the week was great fun. We had some laughs and I had a truly amazing time! The sessions were really hard, but the laughs made up for that 😊. In the middle of the week, I had to go to a really posh international school and sit one of my exams, so I did a little bit of revision in the day. The sun was out and I got a great tan and we were all swimming in our shorts, then the sun suddenly went in and it poured down.

We moved all our clothes inside the room and we had to carry on swimming, but when we finished, all our shorts and tops were soaked and we had to go straight into dinner, we then had a power cut and after our dinner we sprinted up to hill to our huge caravans. There was a power cut there too, so no revision for me that night, straight to bed for an early morning rise for my exam.



The next morning, the ground was like a lake. Everywhere was flooded when we stepped onto the ground; it went up to our ankles. My white shoes were now black and I could not believe the weather change! We were picked up in the hire car at 7.30 and Ricky Speed and I drove to the school. Ricky had to take his A-Level History exam and I had to do my science with him, but all the roads were blocked! The rules had stated that we had to take the exams the same time as they would in the UK, and because of the time change, we could take them an hour later, but all the roads were closed and there was no way of getting to the school by 9.30. Jane rang the head teacher of the school and said that we was going to miss it, but because he had been sent the papers he said that we can take them at 2.30, but we cannot get out of the car to speak to anyone or we cannot have our phones! It was a good experience, and when we finally got in the school at 11.50, our 'bottom half's' were totally numb, I eventually sat my GCSE at 2.30. When I finished a

crowd of French girls were outside waiting to meet me (Tony don't get jealous!), I gave them my autograph with a couple of XX on it, they were happy. Lol☺
When we left France we headed back to the UK and we met the rest of the team at the hotel in Ipswich as we were all competing the following day in the 1 mile Elite Great East Swim . It was a long drive, but when we got to the hotel we were given our £400 wet suit, as it was very late I just went to bed.

When I woke up I was anxious to get the wet suit on, so Ricky and I helped each other to put our suits on, it felt amazing, lovely and warm, I only wished I could have worn this in Rome but FINA rules do not allow. I tried to get a pic of myself to show my mum and dad as I told them not to come because I did not want them to see me like I was in Rome (you know what mum's are like, she would have been hysterical).

We all then walked over, I was swimming in the Junior Elite ages 16-18 and the older guys in the Men's. Our physio came with us and we were warming up and getting ready to swim, just as they called my name onto the pontoon, I spotted my mum, with tears running down her face, and my dad with his cheeky grin. I am so pleased they turned up because I won Gold and not only that I started off another race and I gave my first interview which was amazing!!! It was all a rush when I had finished because I was running over to one interview, then I had to see my physio for my first massag!!!

At the presentation, I was also given a wetsuit because I won, and I met loads of new friends!! (Thomas Lurz, Germany's 8 time World Champion, Cassie Patten, Britain's Silver World Medalist and Ky Hurst, Australia's Olympic Medalist) I had a truly amazing time, and one I will not forget!!!



Michael Gunning

Thanks, Michael - what a great article, so glad that you were OK after such a scare... fab photos, too....many thanks - Ed

And, another Open Water article....

MIDLAND OPEN WATER CHAMPIONSHPS at BOSWORTH PARK by Rebecca Walton



When I was first told that I was going to be swimming in a lake, my initial thoughts were... sharks!

When I was told that there wouldn't be sharks in the water as it was a fresh water lake I was relieved, until mum thought that it would be funny to tell me that someone had told her about her daughter thinking she had seen a dead body in the water when she swam it last year! HAHA - not funny!

We had to leave the hotel before breakfast was served so the receptionist bought me up some cereal, a yogurt and a fruit salad - mum insisted. In the car on the way I was nervous as I didn't know what to expect and also the weather wasn't very nice. It was really windy and it had just started to rain. We got to Bosworth Park at about 7.45 am. However, I didn't get in the water to swim until at least midday, as the 3k and 5k competitions were before mine. It was a very relaxed atmosphere, but a long wait.

After we had all had our competitor numbers written on us, everyone participating in the race had a briefing. I hadn't realised that anyone over the age of 12 could take part until now, when I saw an old lady all ready in her hat and goggles... we still had another 2 hours until we started! In the briefing we were told about the course and how we weren't allowed to obstruct any of the other competitors, and how our toenails and fingernails would be inspected. Also we were told that the water was good quality and 20 degrees! (a swimming pool is normally between 28 and 30). Lauren gave up hope of the weather getting better so she decided to go and sit in the car out of the wind - lucky thing! Mum helped me to put on sun tan lotion and grease as even though there was no sun I was told that you can still get burnt through the clouds. I did a land warm-up with the other people who were on the same camp as me and the only thing left to do was actually get in and swim the race. I was really nervous but excited at this point. Luckily I knew one of the coaches there and she gave me a few extra tips for when I was swimming that really helped. Then the sun finally came out, and so did these tiny black flies, which kept getting stuck to me as I was all creamed up!

The cold hit me as soon as I got in the water, but they gave us a few minutes to get used to it and then we were told to get ready for the start. We had to line up in the water roughly in a straight line. I got myself into what I thought was a good

position, a klaxon sounded and we were off. Arms were smacking against each other as everyone was fighting to get in the lead, and I was kicking hard to stop anyone grabbing hold of my ankles. It felt weird as I am used to having a whole lane to myself in a race. After the first buoy the order had sorted itself out and I was no longer hitting anyone. Once I had got used to the cold it was actually quite fun. As you swim you have to constantly check your position so that you swim to the buoys and don't go too far off track. Also, you sometimes get boxed in and have to try and fight your way back through. Someone swam right over the top of me as we rounded one buoy and I dropped several places as it's so unexpected.

I was lucky to be in the front pack of 10 swimmers the whole way. At one point I was 4th then a short while later I was 8th. Finally as I saw the marker for the finish I was able to put my head down and sprint the last little bit, managing to overtake a few people and finishing in 5th position. It was over much quicker than I expected, but I was really pleased with my swim. In the debrief afterwards we were told not to take any notice of our times as the distance you swim varies slightly from race to race depending on the venue and the line you take in the water, currents, temperature etc. There are too many variables. It is only the position you finish in that matters. Shame as I did a really good time!

I would definitely recommend it to anyone who wants to try something different as it was great fun. I really enjoyed it and can't wait to do it again (not in the winter though!)

Rebecca Walton (Thanks, Rebecca....and well done! Ed)

THE 'ASPIRE' CHANNEL SWIM....

Your editor, Hilary Moore, and husband (John Handley) in a moment of 'summer madness' decided to swim the equivalent (we are not that keen to do the real Channel!) of the length of the Channel at our local pool. Between us we will have swum there and back...fingers' crossed! We are aiming to do it in as short a time as we can, and have from September to December to do so. Aspire www.aspire.org.uk is a charity which relies solely on donations to do its vital research alongside practical support of people with spinal injuries. Our webpage is www.justgiving.com/Hilaryandjohn

We would be delighted if you could support us; and with a combined age of over a century, we need all the encouragement we can get! *Hilary and John Handley*

SOME THINGS YOU DID NOT KNOW ABOUT OUR NEW PRESIDENT KIM SHEAD...

Favourite Film
Favourite Food
Music

6th Sense
Any lamb dish
The Noisettes and Lady Gaga



Football Team
Pet hate

Arsenal and Birmingham City....
People 'double dipping'.....(yuk! Ed)

Motto

Never put off until tomorrow what you can do today. You may do it today and like it, you can then do it again tomorrow!

Dog/cat

Am allergic to both; but sneeze less with dogs...



Favourite TV programme

Outnumbered



If someone played you in a film of your life.... Julie Walters

Special dinner guest: Peter Kay (I would give him lots of garlic bread!)

Many thanks, Kim!

Many thanks to our contributors: - Duyen Nguyen, Kunmi Ogunfeibo, Michael Gunning, Rebecca Walton, Kim Shead, The Bram-Shoemakers, Rhiannon Hayden, Henry and Freddie Pearson, Anna Newell and team, Richard Collins and Steffi King

WANTED - roving reporters for duties at any galas/events and club champs between now and November, 2010; please report to the Editor!

DON'T FORGET YOUR T-BAG/POLO SHIRT PHOTOS ENTRIES!!

Next issue - any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by October 30th, 2010 for November 2010 issue.

September 2010: Issue 14