

SHIVERERS SWIMMING CLUB  
( AFFILIATED TO S.C.A.S.A. )

ANNUAL REPORT

Year ended 30th September 1988

OFFICIALS OF THE CLUB

President

G. R. Eley

Honorary Secretary

T. A. Spray

Honorary Treasurer

Mrs. M. Knight

Match & Competition Secretary

Mrs. D. Pickering

Water Polo Secretary

D. Hoad

Ladies Secretary

Mrs. B. Hoad

Club Captain

J. Wheeler

Committee Members

T. Wooller P. Jordan Mrs. S. Davey Mrs. H. Matthews G. Matthews

Ladies Captain

Miss. L. Turner

Mens Captain

J. Wheeler

Girls Captain

Miss. D. Harman

Senior Water Polo Captain

D. Hoad

Boys Captain

J. Huxtable

Trustees

D. Eley, E. Eley, R. Dunn

Auditors

Norman Ball, Jordan & Co.

MEMBERS

JUNIOR 668

SENIOR 43

SUPP. MEMBERS 28

Honorary Vice Presidents

C. J. Edmeads, Esq.

Lt. Col. J. Elliott, G.M.

Mrs. P. Massey

J. Nuttridge, Esq.

R. Reeves, Esq.

Mrs. I. Smith

Mrs. J. Evans

J. Funnell, Esq

Miss. M. Burton

D. Eley, Esq. M.B.E.

L. Goodchild, Esq

A. Morris, Esq.

G. Payne, Esq.

D. Dunne, Esq.

Mrs. G. Lee

R. C. Dunn, Esq.

G. R. Eley, Esq.

P. T. Hallett, Esq.

D. Newbold, Esq.

F. Redford, Esq.

Mrs. D. Tussaud

J. Dunford, Esq.

The ANNUAL GENERAL MEETING will be held at the King  
Alfred on Wednesday 7th December , 1988 at 7.30 p.m.

T. A. Spray Honorary Secretary.

AGENDA

1. Notice convening the Meeting
2. Minutes of the last Annual General Meeting
3. Annual Report & Statement of Accounts
4. Election of Officers and Committee
5. Alteration of Rules and Notices of Motion
6. Election of Vice Presidents
7. Election of Trustees
8. Election of Auditors
9. Any Other Business

All notices as to alteration of rules, nominations or notices of motion for the Annual General Meeting must be sent in writing to the Honorary Secretary not later than seven days prior to the Annual General Meeting.

Club Subscriptions become due on the 1st October 1988 ( Junior £7.00 Senior £10.00 Supporter Members £5.00 ) they should be paid without further notice on any Club night.

## CLUB NIGHTS

When a boy ( or girl ) Joins the Club he is given a test to see what sort of swimmer he is. He is first asked if he can dive from a standing position and swim 2 lengths of the main pool ( 50m ). If he cannot do this he is classed as a 'learner'. If he can pass the test he is permitted to buy and wear the Club costume badge and is classed as a badge junior. After passing the badge test he takes a series of 'star' tests in which he is graded according to his performance and is then given little red stars to wear on his costume. The number of stars he gains decides the period during which he will swim - generally the more stars the later in the evening he swims.

### STAR TIMES

#### 1 Star - 2 lengths 50m

	<u>Boys</u>	<u>Girls</u>
Freestyle	64	66
Backstroke	66	68
Breaststroke	70	72

#### 2 Stars - 2 lengths 50m

	<u>Boys</u>	<u>Girls</u>
Freestyle	49	51
Backstroke	50	53
Breaststroke	56	60
Butterfly	56	60
200m Ind. Med.	4.42	4.55

#### 3 Stars - 2 lengths 50m

	<u>Boys</u>	<u>Girls</u>
Freestyle	43	46
Backstroke	45	48
Breaststroke	50	52
Butterfly	50	52
200m Ind. Med.	3.46	4.00

#### 4 Stars - 4 lengths 100m

	<u>Boys</u>	<u>Girls</u>
Freestyle	1.17	1.20
Backstroke	1.25	1.30
Breaststroke	1.36	1.38
Butterfly	1.28	1.33
200m Ind. Med.	3.10	3.20

#### 5 Star 100m Gold Award

	<u>Boys</u>	<u>Girls</u>
Freestyle	1.05	1.12
Backstroke	1.14	1.20
Breaststroke	1.22	1.31
Butterfly	1.18	1.26
200m Ind. Med.	2.42	2.57

Star tests are held on the last Friday in each month, but may be cancelled on a race night or in August if help on the poolside is limited. (Badges 1st Friday from 1989)

CLUB NIGHTS - Tuesday & Friday 6.30 - 10.00 p.m. Additional training is available for most groups, see swimming periods later in this report or please speak to any Club Official.

SUBSCRIPTIONS - Seniors £10.00, Juniors & Masters £7.00, Supporter Members £5.00.

ADMISSION CHARGES - Seniors 70p, Juniors 55p, Spectators 20p.

CLUB BADGES - Cloth 25p, Metal 45p.

SWIMMING ACCESSORIES - Bags, T.Shirts, Tracksuits, Costumes, Goggles, Caps, Towels, etc available from Mrs. Matthews on a Friday evening.

The dates of Sussex County and Southern Counties Championships are shown on the notice board. If you wish to enter any Championships you must contact the Club Secretary or Mrs. Pickering and sign the entry form. The Club does not automatically enter anyone for Championships and cannot accept responsibility for failure to enter any Competition. Any swimmer entered for Championships who does not swim will be asked to pay the entry fee. Entry fees for Open Meets are to be paid by the swimmer and will be collected on completion of the entry form.

#### SHIVERS SWIMMING CLUB AWARD OF MERIT

This is an award for swimmers achieving an exceptional time. A watch to the value of £25 will be presented to a swimmer who achieves one of the following times:-

100m Freestyle	Boys	57.9	Girls	62.5
100m Backstroke	Boys	63.5	Girls	69.5
100m Breaststroke	Boys	69.5	Girls	76.0
100m Butterfly	Boys	61.5	Girls	67.5

Award winners to date:- R. Dean, L. Thompson, P. Blunt, D. Hoad, S. Akers, A. Green.  
Miss. D. Barnes, Miss. A. Luxton, Miss. K. Pickering, Miss. E. Jackson,  
Miss. S. Bourton, Miss. N. Matthews, Miss. L. Turner.



### REPORT FOR YEAR ENDING SEPTEMBER 1988

Olympic Year is always an inspiration to swimmers. Television brings the best in the world to us, so we must strive to imitate and emulate them. We hope our members will be inspired to work harder and improve.

For our swimmers it has been another successful year. Karen Pickering continued as a Senior G.B. International and narrowly missed selection for the Seoul Olympics. Stephen Akers, a member of the G.B. Youth Squad achieved some outstanding performances in the Olympic Trials and the National Age Group Championships, once again proving that he is one of the most talented swimmers in the country.

Great credit for his success and for those of the many younger swimmers goes to Ian Newell, the Club Coach who shows such enthusiasm, skill and dedication at the King Alfred and many other sessions at Lancing College.

Teaching swimmers remains the main purpose of the Club. From the mass of youngsters who attend Club evenings emerges the future champions.

At the other end of the scale the Masters Section, under the Club Coach, had an excellent year with a full programme of meetings culminating in the A.S.A. National Masters Championships. There Ron Knight won a gold medal, Barbara Fentiman won three silver medals, and Margaret Knight won a silver and a bronze. We congratulate them on these outstanding performances.

An evening, devoted to the Memorial Trophies Competitions, was extremely successful and involved just the young swimmers who were the great interest of Bill Tennant and Peter Martin.

There are good facilities for older swimmers and former members. They can swim for pleasure or join the Masters section.

The smooth running of the Club depends entirely on its officials, instructors and helpers who are unpaid. To all of them we give our grateful thanks, and of course, to all those who raise funds, especially to Helen Matthews and her colleagues who sell swimming clothing and other goodies on Friday nights.

### FINANCE

A satisfactory balance was shown on the years's working in spite of heavy expenditure on pool hire and the provision of lifeguards at Club sessions. It must be remembered that the cost of lifeguards was for six months only and next year this cost will be more than doubled. We must be prudent with expenditure in the coming year.

### APPEAL

Some parents think that they can do better than some of the Club officials. This may be so. We ask them to give their names to the Club Secretary. He will also welcome names of those willing to help as timekeepers, judges, and on the poolside. There is also a 'Save a Life' course which lasts only two hours with a certificate at the end.

### THANKS

We offer our thanks to the Mayor of Hove and the Recreation and Amenities Committee for providing us with facilities at the King Alfred Sports Centre. Our thanks too, to Lancing College and Brighton College for giving us much needed extra pool time. Grateful thanks also to the Director of Leisure, the Pool Manager and his staff for their courtesy, patience and understanding in dealing with our young swimmers.

We are grateful to the 'Evening Argus', the 'Brighton and Hove Leader' and to Radio Sussex and Southern Sound for their assistance and support in the past year.

### WATER POLO REPORT 1988

1988 proved another difficult year for Shiverers Water Polo, with no training facilities for ball-work, due to poor attendance at training sessions last year.

Having gained promotion from Division 4 of the National League in 1987, Division 3 was found to be of a much higher standard with teams from Bradford and Warley being outstanding. Travelling the length and breadth of the country the team put together some good, solid performances without always achieving the desired result. In consequence, at the end of the season we faced a promotion / relegation play off with Exeter. Having won at home, an understrength team suffered a heavy defeat at Barnstable, and Shiverers lost their 3rd Division status on goal aggregate.

The Sussex League saw heartening performances and good wins over Crawley, Eastbourne and Worthing, without overcoming the might of the Brighton 'A' team.

We were glad to welcome back to the side a rejuvenated Willy Donne, Jon Gray, and Mike Ashby, whilst Neil Matthews developed into a competent National League Player. Special mention must also go to bus driver extraordinaire Dave Waite and entertainments manager Nigel Sabell. Very many thanks to George Payne, Gordon Matthews and Alison Hoad for their help with the table at matches - without whom....

Finally a plea, for anyone ( young or old ) interested in playing water polo with us - WE DO NEED YOU. We are hoping to self finance a weekly training session at Brighton or Lancing College - so do come along or speak to David Hoad for details. P.S. We also need a coach - any offers ?

#### COMPETITIVE ACTIVITIES

We have once again remained in Division 1 of the Speedo League and climbed from 19th last year to 14th place in 1988. A great performance by everyone who swam in the League. Dates for next year are Jan 14th, Feb 4th, and March 4th.

Well done again to Stephen Akers and Karen Pickering who were selected to swim for their National Teams this year. Stephen representing the Sun Life Intermediate Squad and Karen the Yorkshire Bank Squad & Great Britain Team on various trips in this country and abroad.

Congratulations to all swimmers who were selected to swim for Sussex and everybody who swam well in all the Club galas, open meets, Sussex & Southern Counties Championships.

Our thanks go to Ian Newell whose coaching has raised the standard of swimming within Shiverers, especially the younger members.

Finally a speedy recovery to all the fractured bones and we hope you will all be back in the water fully fit very soon.

#### COACHES COMMENTS

1988 so far has once again been very successful for the Shiverers S.C. We finished higher than any other Sussex Club in the Speedo Swimming League, it also was our highest placing for many years. The League starts again on January 14th 1989 which clashes with the Brighton S.C. Open Meet, so those swimmers in the League should only swim at Brighton on the Sunday.

The County Championships were very successful with our swimmers winning four of the points trophies. Our medal tally was 25 golds, 16 silvers, 16 bronze, and 35 other places in the top six.

We have had a few new members in recent months, welcome to them all, especially Karen Dieffenthaler who swam for Trinidad & Tobago in this years Olympics in Seoul. Also Nir Danai from Israel, who is an international backstroker. We must thank Paul Mason the captain of the Sussex University team for bringing them along. Some people may not be aware that Paul was a Great Britain junior international breaststroker a few years ago.

Once again our most successful swimmer was Stephen Akers. Stephen won 2 silvers & a bronze at the National Age Groups Championships in Coventry earlier this year. He has once again been chosen for England, at present he is in the England Intermediate Squad. The next big meet for Stephen is the National Short Course Championships in Plymouth during November. Nicola Matthews just missed the entry time for the Short Course, but still has two years left as a junior.

The National Age Group Championships in 1989 are being held at Crystal Palace at the end of July. We have a number of swimmers capable of getting there in individual events, and a great chance in some relays. Remember to reach National standard you have to work hard. 'Two or Three times a week, wont a champion make'. We have 11 sessions a week available, the more you do the better chance you have of reaching the top.

I would like to thank all the officials, teachers, coaches and parents for their help throughout the year. Anyone else who would like to help, dont be shy, all you need is a pair of poolside shoes, then ask me or one of the other teachers on a Club night, and we will find you a job.

STOP PRESS. Welcome back Ali Luxton, after a 4 year break for studying and qualifing as a Physiotherapist. In the past Ali has won many County titles for the Club. Get fit quick Ali.

Ian Newell



CLUB CHAMPIONSHIPS 1988

MEN

100m Freestyle

1st	S.Akers	54.54
2nd	A.Harper	1.00.45
3rd	C.Mason	1.00.75

800m Freestyle

1st	S.Akers	8.25.27
2nd	J.Huxtable	10.02.09
3rd	A.Harper	10.22.81

100m Breaststroke

1st	C.Mason	1.13.70
2nd	S.Akers	1.20.97
3rd	G.Spicer	1.21.53

200m Ind. Med.

1st	S.Akers	2.22.30
2nd	J.Huxtable	2.37.27
3rd	A.Harper	2.45.01

BOYS UNDER 17

100m Freestyle

1st	J.Huxtable	1.02.69
2nd	P.Spicer	1.06.58
3rd	D.Swayne	1.09.98

100m Breaststroke

1st	G.Spicer	1.21.53
2nd	J.Collins	1.24.16
3rd	G.Witton	1.26.16

WOMEN

100m Freestyle

1st	N.Matthews	1.01.56
2nd	S.Bourton	1.02.20
3rd	D.Harman	1.03.32

800m Freestyle

1st	D.Harman	9.39.38
2nd	N.Matthews	9.41.23
3rd	M.Proe	10.17.93

200m Breaststroke

1st	S.Bourton	2.57.54
2nd	D.Harman	3.08.35
3rd	H.Ebrickt	3.14.39

GIRLS UNDER 17

100m Freestyle

1st	N.Matthews	1.01.56
2nd	D.Harman	1.03.32
3rd	H.Drewitt	1.06.82

100m Breaststroke

1st	D.Harman	1.25.09
2nd	S.Mitchell	1.29.53
3rd	H.Ebrickt	1.30.48

BOYS UNDER 14

100m Freestyle

1st	J.Collins	1.08.59
2nd	D.Carter	1.09.60
3rd	A.Bell	1.09.73

100m Breaststroke

1st	J.Collins	1.26.77
2nd	A.Bell	1.30.87
3rd	M.Collins	1.36.21

200m Freestyle

1st	S.Akers	2.05.15
2nd	C.Mason	2.12.24
3rd	A.Harper	2.17.89

1500m Freestyle

1st	S.Akers	16.42.48
2nd	C.Mason	18.24.28
3rd	D.Carter	21.51.90

200m Breaststroke

1st	C.Mason	2.37.34
2nd	J.Collins	2.54.93
3rd	G.Spicer	2.56.37

200m Freestyle

1st	J.Whitehead	2.22.10
2nd	P.Spicer	2.24.64
3rd	D.Carter	2.33.20

100m Butterfly

1st	J.Huxtable	1.10.67
2nd	P.Spicer	1.16.78
3rd	D.Swayne	1.19.21

200m Freestyle

1st	N.Matthews	2.13.70
2nd	D.Harman	2.13.87
3rd	M.Proe	2.23.65

100m Backstroke

1st	S.Bourton	1.11.49
2nd	M.Proe	1.15.20
3rd	N.Matthews	1.18.38

100m Butterfly

1st	D.Harman	1.12.05
2nd	L.Turner	1.12.30
3rd	S.Bourton	1.13.10

200m Freestyle

1st	N.Matthews	2.13.70
2nd	D.Harman	2.13.87
3rd	H.Drewitt	2.28.06

100m Butterfly

1st	D.Harman	1.12.05
2nd	H.Drewitt	1.19.69
3rd	H.Clifford	1.19.81

200m Ind. Med.

1st	J.Collins	2.54.17
2nd	A.Bell	2.56.91
3rd	D.Carter	3.02.35

400m Freestyle

1st	S.Akers	3.57.49
2nd	J.Huxtable	4.48.77
3rd	G.Spicer	5.20.29

100m Backstroke

1st	J.Huxtable	1.15.36
2nd	T.Harris	1.26.19
3rd	D.Carter	1.27.55

100m Butterfly

1st	S.Akers	1.05.13
2nd	J.Huxtable	1.10.67
3rd	P.Spicer	1.16.78

100m Backstroke

1st	J.Huxtable	1.15.36
2nd	D.Carter	1.27.55
3rd	D.Swayne	1.27.89

200m Ind. Med.

1st	J.Huxtable	2.37.27
2nd	J.Collins	2.48.16
3rd	G.Spicer	2.49.58

400m Freestyle

1st	D.Harman	4.40.44
2nd	N.Matthews	4.48.05
3rd	M.Proe	5.00.29

100m Breaststroke

1st	S.Bourton	1.17.80
2nd	D.Harman	1.25.09
3rd	S.Mitchell	1.29.53

200m Ind. Med.

1st	S.Bourton	2.36.04
2nd	N.Matthews	2.38.42
3rd	D.Harman	2.39.56

100m Backstroke

1st	N.Matthews	1.18.38
2nd	S.Mitchell	1.21.11
3rd	T.Hemblade	1.22.92

200m Ind. Med.

1st	N.Matthews	2.38.42
2nd	D.Harman	2.39.56
3rd	H.Clifford	2.51.75

100m Butterfly

1st	J.Collins	1.20.25
2nd	C.Goldsmith	1.23.58
3rd	A.Bell	1.26.69

TOWNER CUP - BOY BADGES 25m

1st	M.Powell	24.50
2nd	D.King	24.99
3rd	S.Wilmott	25.06

GIRLS UNDER 14

100m Freestyle

1st	H.Drewitt	1.09.22
2nd	T.Hemblade	1.11.11
3rd	E.Goldsmith	1.13.57

100m Breaststroke

1st	C.Pardoe	1.32.91
2nd	L.Tennant	1.33.82
3rd	T.Hemblade	1.34.31

BOYS BORN 1979 or later

1 length 25m Backstroke

1st	B.Yates	19.74
2nd	D.Tourle	21.53
3rd	G.Moran	21.97

GIRLS BORN 1979 or later

1 length 25m Backstroke

1st	L.Tennant	20.56
2nd	N.Cohen	21.64
3rd	C.Burtenshaw	22.50

BOYS 1978

2 lengths 50m Backstroke

1st	G.Cohen	40.48
2nd	P.Phillpott	43.24
3rd	M.Carter	43.78

GIRLS 1978

2 lengths 50m Backstroke

1st	C.Drewitt	43.23
2nd	E.Chapman	45.09
3rd	J.Proe	46.49

BOYS 1977

4 lengths 100m Backstroke

1st	C.Goldsmith	1.20.00
2nd	J.Collins	1.23.03
3rd	B.Cooper	1.36.89

GIRLS 1977

4 lengths 100m Backstroke

1st	E.Goldsmith	1.26.27
2nd	M.Brennan	1.29.92
3rd	K.Stone	1.32.91

BOYS 1977 & Under

2 lengths 50m Butterfly

1st	C.Goldsmith	35.18
2nd	G.Cohen	36.01
3rd	B.Cooper	40.51

BOYS 1976

4 lengths 100m Backstroke

1st	D.Carter	1.26.08
2nd	A.Bell	1.30.50
3rd	B.O'Connell	1.39.12

GIRLS 1976

4 lengths 100m Backstroke

1st	M.A.Olivier	1.34.10
2nd	J.Fletcher	1.35.07
3rd	C.Pardoe	1.36.26

GIRLS 1976

4 lengths 100m Butterfly

1st	J.Fletcher	1.31.43
2nd	L.Wheeler	1.35.59

100m Backstroke

1st	T.Hemblade	1.22.38
2nd=	L.Wheeler	1.24.78
2nd=	E.Goldsmith	1.24.78

200m Ind. Med.

1st	H.Drewitt	2.52.49
2nd	T.Hemblade	2.56.29
3rd	E.Goldsmith	2.56.75

JUNIOR COMPETITIONS

1 length 25m Freestyle

1st	B.Yates	16.78
2nd	A.Hirtle	17.83
3rd	D.Tourle	18.31

1 length 25m Freestyle

1st	C.Burtenshaw	17.91
2nd	N.Cohen	17.91
3rd	L.Tennant	19.23

2 lengths 50m Freestyle

1st	G.Cohen	33.97
2nd	S.Mears	34.90
3rd	P.Phillpott	35.76

2 lengths 50m Freestyle

1st	J.Proe	36.17
2nd	C.Drewitt	36.74
3rd	N.Gray	40.34

4 lengths 100m Freestyle

1st	J.Collins	1.09.25
2nd	C.Goldsmith	1.11.72
3rd	D.Hirtle	1.25.59

4 lengths 100m Freestyle

1st	E.Goldsmith	1.11.17
2nd	M.Brennan	1.17.04
3rd	C.Tugwell	1.19.15

GIRLS 1977 & Under

2 lengths 50m Butterfly

1st	M.Brennan	40.33
2nd	C.Tugwell	42.12
3rd	L.Tennant	42.39

4 lengths 100m Freestyle

1st	A.Bell	1.09.89
2nd	D.Carter	1.10.67
3rd	M.Collins	1.16.94

4 lengths 100m Freestyle

1st	L.Wheeler	1.13.73
2nd	C.Pardoe	1.14.31
3rd	J.Fletcher	1.19.79

WOMENS 200m Backstroke

1st	S.Bourton	2.39.38
2nd	M.Proe	2.44.10
3rd	S.Mitchell	3.05.34

100m Butterfly

1st	H.Drewitt	1.19.06
2nd	T.Hemblade	1.23.48
3rd	M.Brennan	1.23.78

TOWNER CUP-GIRL BADGES 25m

1st	C.Fornari	25.95
2nd	L.Reddy	27.19
3rd	D.Armsby	27.60

1 length 25m Breaststroke

1st	B.Yates	22.62
2nd	G.Lewis	24.14
3rd	T.Bailey	26.79

1 length 25m Breaststroke

1st	N.Waite	22.03
2nd	N.Cohen	23.82
3rd	C.Burtenshaw	23.88

2 lengths 50m Breaststroke

1st	G.Cohen	42.77
2nd	P.Phillpott	46.64
3rd	J.Gifford	51.90

2 lengths 50m Breaststroke

1st=	E.Bailey	45.46
1st=	N.Gray	45.46
3rd	S.Miller	50.13

4 lengths 100m Breaststroke

1st	D.Hirtle	1.49.88
2nd	B.Cooper	1.50.71
3rd	M.King	2.10.42

4 lengths 100m Breaststroke

1st	L.Tennant	1.29.52
2nd	M.Brennan	1.30.52
3rd	E.Goldsmith	1.34.01

BOYS 1976

4 lengths 100m Butterfly

1st	D.Carter	1.23.58
2nd	A.Bell	1.24.53
3rd	M.Collins	1.26.71

4 lengths 100m Breaststroke

1st	A.Bell	1.29.18
2nd	D.Carter	1.30.09
3rd	M.Collins	1.30.76

4 lengths 100m Breaststroke

1st	C.Pardoe	1.33.45
2nd	J.Fletcher	1.39.43
3rd	M.A.Olivier	1.42.10

MENS 200m Backstroke

1st	J.Huxtable	2.40.13
2nd	C.Goldsmith	2.56.94
3rd	D.Carter	3.01.12



SUSSEX COUNTY CHAMPIONSHIPS 1988

MEN/BOYS

			<u>Sen</u>	<u>Jun</u>
100m Freestyle	S.Akers	54.81	1st	
	G.Buss	1.00.88	5th	
	J.Ross	1.01.09	6th	
200m Freestyle	S.Akers	1.59.65	1st	
400m Freestyle	S.Akers	4.08.50	1st	
	G.Buss	4.43.62	6th	
	J.Hurttable	4.52.18		6th
1500m Freestyle	S.Akers	16.14.38	1st	
	G.Buss	18.59.16	4th	
	M.Geale	19.23.69	5th	3rd
100m Backstroke	G.Buss	1.11.10	5th	
200m Butterfly	S.Akers	2.14.13	1st	
	J.Hurttable	2.49.13		4th
100m Breaststroke	C.Mason	1.13.81	2nd	
400m Ind. Med.	G.Buss	5.30.46	6th	
Mens 4x100m Free Team 'A'		4.08.56	5th	
Mens 4x100m Med Team 'A'		4.27.43	1st	
Boys 4x66 $\frac{1}{2}$ m Free Team 'A'		2.44.48		5th

WOMENS/GIRLS

			<u>Sen</u>	<u>Jun</u>
100m Freestyle	N.Matthews	1.03.05	4th	3rd
	S.Bourton	1.04.78	5th	
200m Freestyle	N.Matthews	2.15.43	3rd	3rd
400m Freestyle	K.Pickering	4.41.90	1st	
	D.Harman	4.49.87	5th	4th
800m Freestyle	N.Matthews	9.41.89	2nd	2nd
	D.Harman	9.47.56	3rd	3rd
100m Backstroke	S.Bourton	1.11.37	3rd	
	M.Proe	1.14.48	6th	
200m Backstroke	S.Bourton	2.32.64	1st	
200m Butterfly	D.Harman	2.51.44	6th	5th
100m Breaststroke	K.Pickering	1.18.53	1st	
	S.Bourton	1.19.64	2nd	
400m Ind. Med.	M.Proe	5.52.41	6th	
Womens 4x100m Free Team 'A'		4.17.10	1st	
Womens 4x100m Med Team 'A'		4.53.37	2nd	
Girls 4x66 $\frac{1}{2}$ m Free Team 'A'		2.51.72		6th
Girls 4x66 $\frac{1}{2}$ m Med Team 'A'		3.19.43		6th

AGE GROUP COMPETITIONS

BOYS 'A'

100m Freestyle	J.Collins	1.10.27	2nd
	D.Carter	1.12.06	3rd
100m Butterfly	J.Collins	1.18.24	2nd
100m Breaststroke	J.Collins	1.26.57	1st
	A.Bell	1.32.03	3rd
4 x 2 Ind. Med.	J.Collins	3.46.57	1st
	M.Collins	4.12.40	6th

BOYS 'C'

100m Breaststroke	C.Bailey	1.19.44	5th
100m Butterfly	J.Hurttable	1.12.25	4th

BOYS 'D'

100m Freestyle	S.Akers	55.21	1st
	G.Buss	59.62	3rd
	C.Richards	1.02.09	4th
	A.Harper	1.02.32	6th
100m Butterfly	S.Akers	1.03.60	1st
	G.Buss	1.04.34	2nd
100m Backstroke	S.Akers	1.08.60	1st
	G.Buss	1.09.66	2nd
4 x 2 Ind. Med.	S.Akers	3.12.25	1st
	G.Buss	3.24.46	3rd
	C.Richards	3.42.42	4th

BOYS 'E'

100m Freestyle	J.Ross	1.00.12	2nd
100m Breaststroke	C.Mason	1.14.71	1st
	J.Ross	1.22.30	5th

GIRLS 'A'

100m Freestyle	E.Goldsmith	1.10.65	3rd
100m Butterfly	M.Brennan	1.24.44	5th

GIRLS 'B'

100m Freestyle	N.Matthews	1.02.79	1st
100m Butterfly	N.Matthews	1.15.18	3rd
	H.Clifford	1.16.57	4th
100m Backstroke	N.Matthews	1.16.55	3rd
4 x 2 Ind. Med.	N.Matthews	3.39.38	3rd

GIRLS 'C'

100m Freestyle	D.Harman	1.04.53	2nd
4 x 2 Ind. Med.	D.Harman	3.46.44	5th

GIRLS 'D'

100m Freestyle	S.Bourton	1.03.02	2nd
	M.Proe	1.06.70	4th
100m Backstroke	S.Bourton	1.11.40	1st
	M.Proe	1.16.40	4th
100m Butterfly	S.Bourton	1.10.73	1st
	L.Turner	1.13.89	3rd
100m Breaststroke	S.Bourton	1.18.75	1st
4 x 2 Ind. Med.	S.Bourton	3.30.77	1st
	L.Turner	3.45.98	4th
	M.Proe	3.47.11	5th

POINTS :-

BOYS	98 pts	2nd
GIRLS	78 pts	2nd
AGGREGATE SHIVERERS	176 pts	1st

JUNIOR TIME TRIALS - BORN 1978 or 1979

BOYS 66 $\frac{1}{2}$ m Freestyle

G.Cohen	50.69	1st
J.Stockwell	51.03	3rd

BOYS 66 $\frac{1}{2}$ m Butterfly

G.Cohen	56.94	1st
M.Carter	1.03.36	3rd
J.Stockwell	1.04.41	4th
P.Philpott	1.04.67	5th

BOYS 66 $\frac{1}{2}$ m Backstroke

G.Cohen	59.27	2nd
J.Stockwell	59.60	3rd
M.Carter	1.00.42	5th

GIRLS 66 $\frac{1}{2}$ m Freestyle

C.Drewitt	51.80	1st
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GIRLS 66 $\frac{1}{2}$ m Backstroke

C.Drewitt	1.02.25	1st
E.Chapman	1.03.00	2nd

GIRLS 66 $\frac{1}{2}$ m Butterfly

J.Proe	1.07.94	4th
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GIRLS 66 $\frac{1}{2}$ m Breaststroke

N.Gray	1.06.55	1st
E.Chapman	1.09.56	4th

BOYS 66<sup>2</sup>m Breaststroke

G.Cohen 1.03.75 1st  
J.Stockwell 1.10.39 6th

BOYS 4 x 1 Ind.Med.

G.Cohen 2.06.49 1st  
J.Stockwell 2.11.52 2nd  
M.Carter 2.11.68 3rd  
P.Philpott 2.16.03 6th

BOYS MED. TEAM SHIVERERS 'A' 1.48.93 1st

BOYS FREE TEAM SHIVERERS 'A' 1.36.37 1st

GIRLS 4 x 1 Ind.Med.

C.Drewitt 2.14.84 2nd  
E.Chapman 2.18.84 5th  
SHIVERERS 'A' 1.53.31 1st  
SHIVERERS 'A' 1.41.60 2nd

GIRLS MED. TEAM

GIRLS FREE TEAM

SOUTHERN COUNTIES AGE GROUPS 1988

BOYS 'A'

50m Breaststroke J.Collins 39.59 7th  
100m Breaststroke J.Collins 1.24.64 3rd  
4 x 50m Med. Team Shiverers 2.29.56 8th

BOYS 'D'

50m Freestyle S.Akers 27.44 8th  
100m Freestyle S.Akers 56.29 3rd  
200m Freestyle S.Akers 2.00.89 2nd  
400m Freestyle S.Akers 4.07.93 1st  
200m Butterfly S.Akers 2.13.92 2nd  
400m Ind. Med. S.Akers 5.00.08 3rd

GIRLS 'B'

100m Freestyle N.Matthews 1.02.49 5th  
200m Freestyle N.Matthews 2.15.10 4th

GIRLS 'D'

50m Backstroke S.Bourton 33.21 4th  
100m Backstroke S.Bourton 1.11.45 5th  
50m Breaststroke S.Bourton 36.31 3rd  
100m Breaststroke S.Bourton 1.20.85 2nd

GIRLS 'F'

50m Breaststroke S.Bourton 35.96 2nd  
100m Backstroke K.Pickering 1.11.77 6th  
200m Ind. Med. S.Bourton 2.38.72 8th  
50m Backstroke S.Bourton 33.46 6th  
200m Freestyle N.Matthews 2.17.39 6th Jun

RUSHMOOR ROYALS - OPEN SWIM COMPETITION JUNE

BOYS 10/11/12 Yrs

100m Breaststroke J.Collins 1.26.42 2nd  
A.Bell 1.30.54 3rd  
100m Freestyle D.Carter 1.12.80 5th  
J.Collins 1.12.86 6th  
100m Butterfly J.Collins 1.17.65 2nd  
C.Goldsmith 1.26.81 5th  
400m Freestyle D.Carter 5.33.14 5th

MEN OPEN

200m Breaststroke C.Mason 2.48.65 6th

GIRLS 10/11/12 Yrs

100m Freestyle L.Wheeler 1.16.37 5th

GIRLS 13/14

100m Freestyle N.Matthews 1.03.06 3rd  
200m Freestyle N.Matthews 2.19.31 3rd  
400m Freestyle N.Matthews 4.49.86 1st

GIRLS 15/16

200m Freestyle D.Harman 2.22.97 5th

LADIES OPEN

100m Backstroke M.Proe 1.13.94 4th  
200m Freestyle N.Matthews 2.19.31 6th  
100m Freestyle N.Matthews 1.03.06 3rd

RUNNEYMEADE YOUNG CHAMPIONS

BOYS 1977

100m Freestyle J.Collins 1.09.66 3rd  
100m Breaststroke J.Collins 1.26.52 1st  
100m Butterfly J.Collins 1.18.92 2nd

BOYS 1978

50m Breaststroke G.Cohen 43.58 3rd  
50m Backstroke G.Cohen 40.95 4th

GIRLS 1977

100m Freestyle E.Goldsmith 1.10.44 2nd  
100m Butterfly M.Brennan 1.20.42 1st  
E.Goldsmith 1.20.87 2nd

BECKENHAM CLUB MEET MARCH 1988

BOYS 11yrs

50m Butterfly J.Collins 35.01 1st  
50m Freestyle J.Collins 31.96 1st  
50m Backstroke J.Collins 38.50 2nd  
50m Breaststroke J.Collins 42.10 1st  
4 x 50m Free.Team Shiverers 2.11.88 3rd

BOYS 12yrs

50m Breaststroke A.Bell 42.36 6th

GIRLS 11yrs

50m Freestyle E.Goldsmith 32.65 1st

GIRLS 14yrs

50m Freestyle N.Matthews 28.58 3rd

LADIES

200m Freestyle K.Pickering 2.12.11 4th  
50m Freestyle K.Pickering 27.51 1st  
100m Freestyle K.Pickering 59.66 1st  
100m Breaststroke K.Pickering 1.20.65 2nd  
200m Backstroke K.Pickering 2.29.63 1st

PORTSMOUTH MULTI NATIONAL MEET

BOYS 12 & Under

100m Breaststroke J.Collins 1.24.15 1st  
100m Butterfly J.Collins 1.20.86 6th  
200m Ind. Med. J.Collins 2.49.62 4th

GIRLS 12 & Under

100m Butterfly M.Brennan 1.25.25 5th  
100m Freestyle E.Goldsmith 1.11.61 4th  
GIRLS 13/14yrs  
100m Freestyle N.Matthews 1.00.88 1st



SAXON CROWN - FUTURE CHAMPIONS CHAMPIONSHIPS

BOYS 1978

33 $\frac{1}{2}$ m Breaststroke	G.Cohen	28.41	3rd
33 $\frac{1}{2}$ m Freestyle	G.Cohen	21.76	3rd
	P.Phillpott	22.62	6th
33 $\frac{1}{2}$ m Backstroke	G.Cohen	25.66	3rd
33 $\frac{1}{2}$ m Butterfly	G.Cohen	24.39	4th

BOYS 1977

33 $\frac{1}{2}$ m Backstroke	J.Collins	23.92	1st
33 $\frac{1}{2}$ m Breaststroke	J.Collins	25.25	1st
33 $\frac{1}{2}$ m Butterfly	J.Collins	21.58	1st
33 $\frac{1}{2}$ m Freestyle	J.Collins	19.82	1st

BOYS 1976

33 $\frac{1}{2}$ m Freestyle	A.Bell	20.44	3rd
33 $\frac{1}{2}$ m Breaststroke	A.Bell	25.99	2nd

GIRLS 1978

33 $\frac{1}{2}$ m Breaststroke	N.Gray	29.87	3rd
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GIRLS 1977

33 $\frac{1}{2}$ m Breaststroke	M.Brennan	28.88	6th
33 $\frac{1}{2}$ m Backstroke	E.Goldsmith	25.37	3rd
33 $\frac{1}{2}$ m Butterfly	M.Brennan	23.81	3rd
33 $\frac{1}{2}$ m Freestyle	E.Goldsmith	21.02	3rd
	M.Brennan	21.79	5th

GIRLS 1976

33 $\frac{1}{2}$ m Breaststroke	C.Pardoe	26.84	4th
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ORPINGTON OPEN AGE GROUP

BOYS 10yrs

33 $\frac{1}{2}$ m Breaststroke	G.Cohen	28.34	2nd
33 $\frac{1}{2}$ m Freestyle	G.Cohen	21.58	2nd
33 $\frac{1}{2}$ m Butterfly	G.Cohen	24.78	6th
33 $\frac{1}{2}$ m Backstroke	G.Cohen	25.78	3rd

GIRLS 10yrs

33 $\frac{1}{2}$ m Breaststroke	N.Gray	29.47	1st
33 $\frac{1}{2}$ m Freestyle	J.Proe	23.72	4th

LADIES OPEN

200m Backstroke	M.Proe	2.42.08	5th
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BOYS 11/12yrs

100m Butterfly	J.Collins	1.20.34	3rd
100m Breaststroke	J.Collins	1.24.92	1st
	A.Bell	1.29.24	4th
100m Freestyle	J.Collins	1.10.26	4th

PORTSMOUTH NORTHSEA 'B' GRADE MEET

BOYS 1976/77

100m Backstroke	B.O'Connell	1.39.12	6th
100m Freestyle	B.O'Connell	1.25.77	6th

GIRLS 1976/77

100m Breaststroke	J.Fletcher	1.42.00	2nd
100m Freestyle	J.Fletcher	1.20.58	4th

BOYS 1978

50m Backstroke	P.Phillpott	43.59	5th
50m Butterfly	P.Phillpott	44.65	5th
50m Breaststroke	P.Phillpott	46.99	2nd
50m Freestyle	P.Phillpott	36.73	3rd

CRAWLEY INVITATION CLUB MEET MAY 1988

BOYS 1976

36 $\frac{3}{4}$ y Backstroke	B.Yates	29.78	3rd
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BOYS 1977

36 $\frac{3}{4}$ y Backstroke	J.Collins	22.81	1st
	C.Goldsmith	23.82	2nd
	D.Stockwell	27.38	6th
36 $\frac{3}{4}$ y Butterfly	J.Collins	21.56	1st
	C.Goldsmith	23.59	2nd
	B.Cooper	24.86	3rd
	D.Hirtle	25.72	5th
36 $\frac{3}{4}$ y Breaststroke	J.Collins	24.65	1st
36 $\frac{3}{4}$ y Freestyle	J.Collins	20.09	1st
	C.Goldsmith	20.88	2nd
	B.Cooper	22.63	6th

BOYS 1978

36 $\frac{3}{4}$ y Butterfly	G.Cohen	24.24	3rd
	S.Mears	25.82	5th
36 $\frac{3}{4}$ y Backstroke	G.Cohen	26.27	3rd
	M.Carter	27.69	5th
36 $\frac{3}{4}$ y Freestyle	G.Cohen	21.00	1st
	J.Stockwell	21.89	2nd
36 $\frac{3}{4}$ y Breaststroke	G.Cohen	27.07	1st
	J.Stockwell	31.81	5th
	P.Phillpott	32.14	6th

BOYS 1979

36 $\frac{3}{4}$ y Butterfly	B.Yates	29.89	1st
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GIRLS 1977

36 $\frac{3}{4}$ y Freestyle	E.Goldsmith	20.70	1st
	M.Brennan	22.48	4th
36 $\frac{3}{4}$ y Breaststroke	E.Goldsmith	26.61	2nd
	M.Brennan	27.98	3rd
36 $\frac{3}{4}$ y Butterfly	M.Brennan	22.69	1st
	E.Goldsmith	23.20	2nd
36 $\frac{3}{4}$ y Backstroke	E.Goldsmith	24.75	1st

GIRLS 1978

36 $\frac{3}{4}$ y Breaststroke	N.Gray	28.95	2nd
	E.Bailey	30.87	3rd
36 $\frac{3}{4}$ y Freestyle	C.Drewitt	22.26	1st
	J.Proe	24.72	5th
36 $\frac{3}{4}$ y Backstroke	C.Drewitt	26.18	1st
	E.Chapman	27.96	2nd
	E.Bailey	29.88	6th
36 $\frac{3}{4}$ y Butterfly	J.Proe	30.12	3rd

GIRLS 1979

36 $\frac{3}{4}$ y Freestyle	L.Tennant	24.76	4th
36 $\frac{3}{4}$ y Breaststroke	N.White	33.06	1st
	N.Gray	33.98	2nd
36 $\frac{3}{4}$ y Backstroke	L.Tennant	31.49	6th
36 $\frac{3}{4}$ y Butterfly	L.Tennant	35.93	6th

BOYS 1979 Contd

36 $\frac{3}{4}$ y Freestyle	B.Yates	23.95	1st
36 $\frac{3}{4}$ y Breaststroke	B.Yates	31.49	3rd

BRIGHTON OPEN MEET - JAN 1988

BOYS 10/11yrs

100m Backstroke	C.Goldsmith	1.21.80	2nd
100m Breaststroke	J.Collins	1.27.30	1st
100m Butterfly	J.Collins	1.20.42	1st
	C.Goldsmith	1.28.77	5th
100m Freestyle	J.Collins	1.09.88	2nd

BOYS 14/15yrs

100m Breaststroke	C.Bailey	1.18.22	5th
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BOYS 10yrs

33 $\frac{1}{2}$ m Breaststroke	G.Cohen	29.30	4th
33 $\frac{1}{2}$ m Butterfly	G.Cohen	25.41	3rd
33 $\frac{1}{2}$ m Freestyle	G.Cohen	22.36	5th

GIRLS 10/11yrs

100m Backstroke	E.Goldsmith	1.26.08	2nd
100m Breaststroke	E.Goldsmith	1.38.99	6th
100m Butterfly	M.Brennan	1.26.84	2nd
	E.Goldsmith	1.27.34	4th
100m Freestyle	E.Goldsmith	1.12.13	1st

GIRLS 16+

100m Backstroke	S.Bourton	1.11.03	4th
100m Breaststroke	S.Bourton	1.19.83	2nd

GIRLS 10yrs

33 $\frac{1}{2}$ m Backstroke	C.Drewitt	26.95	2nd
33 $\frac{1}{2}$ m Breaststroke	N.Gray	30.91	6th
33 $\frac{1}{2}$ m Freestyle	C.Drewitt	23.45	3rd

HAYWARDS HEATH OPEN INDIVIDUAL MEDLEYS SEPT 1988

Boys 10 yrs & under	G.Cohen	1.59.61	5th	Girls 11 years	E.Goldsmith	1.52.25	1st
Boys 11 years	J.Collins	1.46.31	1st	Girls 14 years	N.Matthews	1.45.81	5th
Boys 17-19 years	S.Akers	1.28.91	1st	Girls 16 years	D.Harman	1.44.23	3rd
Grand Final	S.Akers	1.27.75	2nd		M.Proe	1.44.94	5th
Points: Girls 46	1st			Girls 17-19 years	S.Bourton	1.37.59	1st
Boys 34	3rd			Grand Final	S.Bourton	1.38.38	2nd

BRIGHTON PIER TO PIER

S.Akers	1st	P.Spicer	26th	M.Harper	44th	A.Mason	56th
C.Mason	9th	T.Harris	31st	G.Spicer	47th	D.Hoad	64th
A.Harper	14th	T.Spray	35th	J.Paterson	49th	N.Sabell	65th
J.Huxtable	20th	T.Gerard	37th	N.Banks	54th		

OLYMPIC TRIALS LEEDS 27th- 31st JULY

Stephen Akers

1500m Freestyle	16.04.23	6th
400m Freestyle	4.02.50	Personal Best
200m Freestyle	2.00.65	

Karen Pickering

100m Freestyle	58.8	8th
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NATIONAL AGE GROUPS COVENTRY 1st-6th AUGUST

Stephen Akers

1500m Freestyle	16.00.16	2nd
400m Freestyle	4.02.44	2nd
200m Freestyle	1.57.26	3rd

Nicola Matthews

200m Freestyle	2.16.99	Personal Best
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Boys 11/12 yrs Teams

Chris Goldsmith, Andy Bell, Ben Cooper, James Collins. Medley 2.30.58. Free 2.13.30

A.S.A. REGISTRATIONS

Swimmers who swim in any County Competitions and most Open Meets must be registered with the A.S.A. The cost for 1988 is £2.00, but will be increased to £3.00 for 1989, details can be obtained from the secretary. Swimmers wishing to participate in the County events of January to March 1989 must register now. A card is issued and this must be kept safely as it shows the registration number which will be required for entry forms. Swimmers must carry this card to all competitions.

Registrations for 1989/90 become due in April, the Club Secretary will be collecting fees during February and March 1989.

50 + Club

1988 saw the introduction of a new fund raising scheme, the 50+ Club. Each member will contribute to the Club £12 per annum, paid in advance. Every month a number is drawn for a good cash prize, at the end of the year the lucky winner will receive a large cash prize. This year has seen us break even, but so that money can be put into the Club we need many more members to the 50+ Club. For full details please speak to Mrs.Goldsmith.



# MASTERS RESULTS

## LONDON MASTERS CHARING CROSS - NOVEMBER 1987

### Ladies 'A'

100m Butterfly	L.Cook	1.20.16	1st
200m Freestyle	L.Cook	2.37.17	1st
100m Freestyle	L.Cook	1.11.26	5th
100m Backstroke	L.Cook	1.29.66	3rd

### Ladies 'F'

50m Breaststroke	B.Fentiman	53.41	1st
50m Freestyle	B.Fentiman	38.23	1st
	M.Knight	42.16	2nd
200m Freestyle	B.Fentiman	3.23.19	1st
	M.Knight	3.32.39	2nd
100m Freestyle	M.Knight	1.34.95	1st
50m Backstroke	M.Knight	49.28	2nd

### Ladies Teams 140yrs +

Freestyle, F.Adams, L.Cook, M.Knight, B.Fentiman	1.07.09	3rd
Medley, F.Adams, B.Fentiman, L.Cook, M.Knight	1.17.51	3rd

### Mens 'C'

100m Butterfly	T.Spray	1.13.04	2nd
50m Freestyle	T.Spray	29.61	3rd
100m Freestyle	T.Spray	1.05.99	1st
100m Ind. Med.	T.Spray	1.19.12	3rd
200m Freestyle	T.Spray	2.30.11	1st

### Mens 'E'

100m Breaststroke	R.Sands	1.33.56	3rd
100m Freestyle	R.Sands	1.18.49	4th
100m Ind. Med.	R.Sands	1.34.43	5th

### Mens 'K'

50m Freestyle	G.Payne	41.22	2nd
100m Freestyle	G.Payne	1.46.58	2nd
50m Backstroke	G.Payne	46.52	1st
100m Ind. Med.	G.Payne	2.06.63	2nd
200m Freestyle	G.Payne	3.46.78	1st

### Mens Teams 180yrs +

Freestyle, R.Knight, G.Payne, R.Sands, T.Spray	1.04.74	5th
Medley, R.Knight, G.Payne, R.Sands, T.Spray	1.10.81	6th

## SOUTHERN COUNTIES ASA OPEN LONG COURSE - FEBRUARY 1988

### Ladies 'B'

200m Ind. Med.	L.Cook	3.04.34	4th
100m Freestyle	L.Cook	1.13.25	5th
200m Freestyle	L.Cook	2.40.06	4th
50m Freestyle	L.Cook	32.27	4th

### Ladies 'F'

50m Breaststroke	B.Fentiman	55.28	6th
100m Freestyle	M.Knight	1.36.87	5th
100m Backstroke	M.Knight	1.47.61	3rd
50m Backstroke	M.Knight	49.65	4th
200m Freestyle	M.Knight	3.32.06	2nd
50m Freestyle	B.Fentiman	37.89	4th

### Ladies 'K'

50m Freestyle	L.Cartier	1.08.50	1st
200yrs + Medley Relay Team	3.28.43	2nd	

### Mens 'E'

100m Backstroke	J.Wheeler	1.31.83	5th
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### Mens 'F'

100m Butterfly	A.Mason	1.29.89	2nd
	R.Knight	1.35.80	5th
	R.Sands	1.38.13	6th
200m Freestyle	A.Mason	2.57.47	4th
	P.Bonnington	3.04.80	6th
100m Breaststroke	A.Mason	1.35.63	4th
	R.Sands	1.38.62	6th
200m Ind. Med.	A.Mason	3.23.10	5th
	P.Bonnington	3.25.37	6th
50m Breaststroke	A.Mason	40.57	3rd
50m Butterfly	A.Mason	38.58	6th
200yrs+ Medley Relay Team	2.40.81	3rd	
200yrs+ Freestyle Relay Team	2.15.79	5th	
45yrs & over Medley Team	2.40.67	4th	
45yrs & over Freestyle Team	2.15.21	5th	

## MIDLAND DISTRICT MASTERS - OXFORD - JUNE 1988

### Ladies 'B'

50m Freestyle	L.Cook	32.94	5th
100m Butterfly	L.Cook	1.22.69	3rd
200m Ind. Med.	L.Cook	2.59.41	5th
100m Backstroke	L.Cook	1.27.91	5th
200m Freestyle	L.Cook	2.40.97	3rd

### Mens 'F'

50m Butterfly	R.Knight	39.40	4th
200m Ind. Med.	R.Knight	3.41.14	4th
100m Breaststroke	R.Knight	1.41.18	6th
100m Butterfly	R.Knight	1.36.03	3rd
50m Breaststroke	R.Knight	43.75	5th
100m Ind. Med.	R.Knight	1.37.64	4th

### Ladies 'F'

50m Freestyle	B.Fentiman	39.09	2nd
	M.Knight	42.36	3rd
50m Breaststroke	B.Fentiman	53.74	3rd
200m Freestyle	B.Fentiman	3.23.67	2nd
	M.Knight	3.28.74	3rd
100m Backstroke	M.Knight	1.48.92	2nd
100m Ind. Med.	M.Knight	2.00.32	2nd
50m Backstroke	M.Knight	48.71	2nd
100m Freestyle	M.Knight	1.35.84	2nd

SUSSEX COUNTY MASTERS - EASTBOURNE- JUNE 1988

Ladies

50m Freestyle	'B' L.Cook	32.24	3rd
	'F' M.Knight	41.59	1st
	F.Hague	45.91	2nd
	'K' L.Cartier	1.07.20	1st
50m Breaststroke	'B' L.Cook	47.33	2nd
	'E' E.Harper	54.33	3rd
	'F' F.Hague	50.07	1st
50m Butterfly	'B' L.Cook	36.63	3rd
	'D' I.Wadding	57.04	1st
50m Backstroke	'B' L.Cook	41.45	4th
	'F' M.Knight	50.89	1st
100m Ind. Med.	'F' B.Fentiman	1.49.34	1st
	M.Knight	1.59.56	2nd
140 yrs + 4x25m Freestyle Team		1.10.29	5th
180 yrs + 4x25m Freestyle Team		1.15.56	2nd
180 yrs + 4x25m Medley Team		1.21.37	1st

Mens Teams

140 yrs + 4x25m Freestyle Team A		56.24	4th
140 yrs + 4x25m Medley Team A		1.03.77	4th
180 yrs + 4x25m Freestyle Team A		57.93	2nd
	B	1.06.71	5th
180 yrs + 4x25m Medley Team B		1.10.00	4th
25 yrs + 4x50m Freestyle Team A		2.02.24	2nd
	B	2.24.56	4th
25 yrs + 4x50m Medley Team A		2.32.83	3rd
	B	2.36.13	4th

Men

50m Freestyle	'A' T.Harris	28.58	1st
	'B' M.Hoad	30.77	5th
	'C' T.Spray	29.12	1st
	'E' J.Wheeler	31.24	2nd
	'F' L.Bonington	33.84	4th
	J.Funnell	35.15	5th
	A.Mason	35.16	6th
	'K' G.Payne	43.54	1st
50m Breaststroke	'C' T.Spray	43.42	3rd
	'F' A.Mason	41.01	1st
	R.Knight	42.10	3rd
	R.Sands	44.30	5th
	L.Bonington	48.54	6th
50m Butterfly	'C' T.Spray	31.90	1st
	'E' J.Wheeler	47.26	1st
	'F' A.Mason	38.73	3rd
	R.Knight	39.00	4th
	R.Sands	41.15	5th
50m Backstroke	'C' T.Spray	39.31	3rd
	'E' J.Wheeler	38.08	1st
	'F' J.Funnell	41.38	2nd
	L.Bonington	41.51	3rd
	'K' G.Payne	46.06	1st
100m Ind. Med.	'A' T.Harris	1.17.56	1st
	'C' T.Spray	1.17.90	2nd
	'E' J.Wheeler	1.32.22	1st
	'F' A.Mason	1.28.20	3rd
	L.Bonington	1.29.08	4th
	R.Sands	1.32.61	6th

GLOUCESTER MASTERS - AUGUST 1988

Ladies 'F'

50m Freestyle	B.Fentiman	38.14	3rd
	M.Knight	42.87	4th
50m Butterfly	B.Fentiman	48.91	2nd
	M.Knight	1.02.10	3rd
50m Backstroke	M.Knight	50.93	3rd
50m Breaststroke	B.Fentiman	51.31	3rd
100m Ind. Med.	B.Fentiman	1.43.94	2nd
	M.Knight	2.01.50	4th

Mens 'C'

50m Freestyle	T.Spray	29.75	2nd
50m Backstroke	T.Spray	38.37	3rd
50m Breaststroke	T.Spray	42.66	5th
50m Butterfly	T.Spray	32.17	2nd
100m Ind. Med.	T.Spray	1.17.84	1st
<u>Mens 'F'</u>			
50m Butterfly	R.Knight	39.25	3rd
50m Breaststroke	R.Knight	42.47	2nd
50m Freestyle	R.Knight	38.39	4th
100m Ind. Med.	R.Knight	1.37.87	4th

SOUTHERN COUNTIES SHORT COURSE CHAMPIONSHIPS - ESSEX - SEPTEMBER 1988

Ladies 'B'

200m Freestyle	L.Cook	2.37.44	2nd
50m Backstroke	L.Cook	40.81	3rd
50m Freestyle	L.Cook	31.98	2nd
50m Butterfly	L.Cook	36.13	4th
100m Ind. Med.	L.Cook	1.23.47	5th

Ladies 'F'

200m Freestyle	B.Fentiman	3.19.70	1st
	M.Knight	3.28.31	3rd
50m Freestyle	B.Fentiman	37.74	2nd
	M.Knight	41.88	5th
50m Backstroke	M.Knight	50.30	3rd
50m Breaststroke	B.Fentiman	52.37	2nd
50m Butterfly	B.Fentiman	47.88	2nd
	M.Knight	59.09	5th
100m Ind. Med.	B.Fentiman	1.43.45	3rd
	M.Knight	1.59.10	6th

Mens 'C'

200m Freestyle	T.Spray	2.25.43	2nd
50m Backstroke	T.Spray	38.14	6th
50m Butterfly	T.Spray	31.01	4th
50m Freestyle	T.Spray	29.42	4th
100m Ind. Med.	T.Spray	1.17.39	4th

Mens 'F'

50m Butterfly	R.Knight	38.24	5th
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Mens 'K'

50m Backstroke	G.Payne	46.32	1st
50m Freestyle	G.Payne	43.57	3rd
50m Breaststroke	G.Payne	1.08.71	3rd
100m Ind. Med.	G.Payne	2.09.67	2nd
200m Freestyle	G.Payne	3.52.91	2nd



OTTER MASTERS - LONDON - OCTOBER 1988

Ladies 'F'

100m Freestyle	B.Fentiman	1.27.57	2nd
	M.Knight	1.35.36	4th
50m Breaststroke	B.Fentiman	50.06	2nd
	M.Knight	1.09.60	6th
50m Butterfly	B.Fentiman	46.75	2nd
	M.Knight	59.51	3rd
50m Backstroke	M.Knight	50.45	2nd
50m Freestyle	B.Fentiman	37.13	1st
	M.Knight	41.78	4th

Mens 'F'

100m Freestyle	R.Knight	1.25.62	4th
50m Breaststroke	R.Knight	42.37	2nd
50m Butterfly	R.Knight	39.50	4th
50m Freestyle	R.Knight	37.69	6th

Mens 'K'

100m Freestyle	G.Payne	1.40.01	1st
50m Backstroke	G.Payne	47.37	1st
50m Freestyle	G.Payne	42.91	2nd

NORTHAMPTONSHIRE MASTERS - CORBY - OCTOBER 1988

Ladies 'F'

100m Freestyle	M.Knight	1.33.53	1st
100m Ind. Med.	M.Knight	1.57.47	1st
50m Butterfly	M.Knight	1.00.40	2nd
50m Breaststroke	M.Knight	1.05.47	4th
50m Backstroke	M.Knight	48.06	1st
50m Freestyle	M.Knight	41.71	1st

Mens 'C'

100m Freestyle	T.Spray	1.08.23	1st
100m Ind. Med.	T.Spray	1.17.03	2nd
50m Backstroke	T.Spray	38.11	4th
50m Butterfly	T.Spray	32.23	2nd
50m Freestyle	T.Spray	29.29	2nd

Mens 'F'

100m Ind. Med.	R.Knight	1.36.59	4th
50m Freestyle	R.Knight	37.32	6th
50m Butterfly	R.Knight	38.63	3rd
50m Breaststroke	R.Knight	42.25	2nd

HAYWARDS HEATH OPEN INDIVIDUAL MEDLEYS

Ladies

20 - 24 years	D.Mayers	2.42.92	4th
25 - 29 years	L.Cook	1.56.03	2nd
35 - 39 years	I.Wadding	2.55.96	5th
45 - 49 years	E.Harper	1.55.62	5th
50 - 54 years	B.Fentiman	1.01.05	1st
	F.Hague	1.07.75	2nd
	M.Knight	1.17.23	4th

Mens

35 - 39 years	T.Spray	1.46.52	3rd
45 - 49 years	J.Wheeler	1.31.21	3rd
50 - 54 years	A.Mason	51.24	3rd
	R.Sands	54.77	4th
	R.Knight	56.86	6th
70 years +	G.Payne	1.17.15	1st

Mixed Masters Relay - L.Cook, B.Fentiman, J.Wheeler, T.Spray. 1.21.89 1st  
Team Points Shiverers 1st 88pts

TSB NATIONAL MASTERS - OXFORD - OCTOBER 1988

Ladies 'F'

200m Freestyle	B.Fentiman	3.15.66	2nd
	M.Knight	3.29.95	5th
100m Freestyle	M.Knight	1.35.06	6th
100m Ind. Med.	B.Fentiman	1.43.18	2nd
50m Breaststroke	B.Fentiman	51.74	4th
	M.Knight	1.07.19	6th
50m Backstroke	M.Knight	48.64	3rd
100m Backstroke	M.Knight	1.44.32	2nd
50m Butterfly	B.Fentiman	47.74	2nd
	M.Knight	1.03.90	4th
50m Freestyle	B.Fentiman	39.29	6th

Mens 'C'

200m Freestyle	T.Spray	2.26.82	6th
100m Freestyle	T.Spray	1.05.05	8th
50m Freestyle	T.Spray	29.50	8th
100m Butterfly	T.Spray	1.13.20	8th

Mens 'F'

100m Butterfly	R.Knight	1.33.53	1st
100m Ind. Med.	R.Knight	1.34.69	8th
200m Freestyle	R.Knight	3.19.36	7th
100m Breaststroke	R.Knight	1.37.42	8th
50m Butterfly	R.Knight	39.64	8th

MASTERS REPORT

The Masters section goes from strength to strength, 1988 probably being our best year ever. We retained the Masters Medley Points Shield and the Freestyle Relay Team trophy at the Haywards Heath Individual Medley Open Meet. Our medal haul continued with members gaining top three places in all the meets we have attended, including six from the National Masters 1 gold, 4 silver & 1 bronze, not bad for the over 50's.

After the first Sussex Masters Championships in June a County team was selected, the Shiverers were well represented with 5 men and 3 women chosen to swim for Sussex.

Meanwhile 'Downunder' Leslye Cook has been swimming in the World Masters in Brisbane, we understand she gained a 12th place in the 50m Freestyle, not bad for the World Championships, well done Leslye.

Our team is growing, if you are interested see Mrs.Knight or Tim Spray but dont interrupt the training. Thanks Ian for keeping an eye on us. N.Knight

SELECTED TO SWIM FOR SUSSEX:- S.Akers, G.Buss, M.Geale, S.Bourton, D.Harman, J.Collins, N.Matthews, D.Carter, A.Bell, E.Goldsmith.

SELECTED FOR SUSSEX MASTERS:- T.Harris, T.Spray, J.Wheeler, A.Mason, G.Payne, M.Knight, F.Hague, B.Fentiman.

GOLD STAR AWARD HOLDERS

<u>GIRLS</u>	<u>BOYS</u>				
	D.Lee	K.Stoner	A.Voyce	S.Grimsdale	L.Robertson E.Jackson
S.Renn	S.Welah	A.Chapman	M.Chamberlain	J.Richardson	K.Jackson
S.Webb	S.Ashby	S.Knight	N.Whitehead	T.Jennings	S.Bourton
C.Carr	L.Davey	P.Newell	K.Singleton	K.Williams	C.Botting
E.Best	P.Pearn	V.Fuller	K.Pickering	D.Humphrey	E.Keating
J.Pond	S.Court	N.Dunford	M.Pickering	N.Matthews	C.Tennant
M.Free	H.Stace	L.Garrod	A.Alkalisi	V.Hatchard	M.Maltby
G.Free	Y.Barry	K.Coleman	L.Nicholson	S.Mitchell	A.Brandt
Y.Tait	D.Barnes	L.Turner	J.Anslow	E.Dean	H.Brown
S.Brown	H.Drewitt	T.Hemblade	H.Ebrickt	L.Wheeler	H.Clifford
D.Harman	M.Brennan	E.Goldsmith	L.Tennant		
C.Eley	R.Cole	B.Knight	W.Donne	S.Baddeley	J.Lucas
D.Hoad	D.Waite	M.Wooler	R.Dean	T.Eley	L.Thompson
C.Evans	G.Eley	T.Harris	K.Black	P.Blunt	P.Matthews
M.Harper	M.Rainier	P.Dalby	M.Ashby	S.Akers	C.Mason
J.Eagles	A.Harper	P.Rowe	C.Richards	J.Huxtable	N.Matthews
A.Green	J.Collins				

SWIMMING PERIODS

LEARNERS: King Alfred Tuesday & Friday ,Girls 6.30-7.00p.m. Boys 7.00-7.30 p.m.

BADGES : King Alfred Tuesday 7.30-8.00p.m. Friday Girls 7.30-8.00p.m.  
Boys 8.00-8.30p.m.

1 STAR : King Alfred Tuesday 8.00-8.30p.m. Friday 6.30-7.00p.m.  
Lancing College Thursday 6.00-6.40 p.m. Monday 6.30-7.00 p.m.

2 STAR : King Alfred Friday 7.00-7.30 p.m.  
Lancing College Monday 7.00-7.30 p.m. Thursday 6.40-7.20 p.m.

3 STAR : King Alfred Friday 7.30-8.30 p.m.  
Lancing College Monday 6.30-7.30 p.m. Thursday 7.20-8.00 p.m.

4/5 STAR: King Alfred Friday 8.30-10.00p.m. Tuesday & Monday 9.00-10.00 p.m.  
Lancing College Monday 6.30-7.30 p.m. Thursday 7.20-8.00 p.m.

SPECIAL TRAINING These sessions are mainly for our top swimmers in 3/4/5 stars, forms will be given to thoses swimmers selected.

Lancing College	Wednesday	8.00 - 9.00 p.m.
Lancing College	Sunday	12.00 - 2.00 p.m.
Lancing College	Sunday	2.00 - 3.00 p.m.
King Alfred	Sunday	7.30 - 8.10 p.m.
King Alfred	Sunday	8.10 - 9.00 p.m.

EARLY MORNING TRAINING AT LANCING COLLEGE

Monday, Tuesday & Thursday 6.45 - 7.45 a.m. For 3/4/5 stars, see Mrs Matthews for details.

SATURDAY 6.30p.m. ( Winter Only )

The King Alfred is open for family swimming from November to March, a couple of lanes are put in for serious swimming. See notice board.

SUPPORTER MEMBERS

The King Alfred teaching and leisure area is available to supporter members once teaching sessions have finished.

Should you have any queries regarding training sessions speak to a Club Official, or see Mrs Matthews on a Friday evening.

Swimmers should be on the bath side 5 minutes before the start of their session, and are not allowed in the leisure area until after their swimming session.