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PAIGNTON  
AMATEUR SWIMMING AND LIFE SAVING SOCIETY

# 1983 CHAMPIONSHIPS

Under A.S.A. Laws.



**TORBAY POOL**

**SATURDAY, 19th NOVEMBER 1983**

**6 for 6.30 p.m.**

PAIGNTON SWIMMING CLUB  
UNDER THE SPONSORSHIP OF  
PAIGNTON HOTELS ASSOCIATION

**OFFICIAL PROGRAMME 25p.**

*Designed by Nicola Glover.*



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Club

## PAIGNTON AMATEUR SWIMMING AND LIFE-SAVING SOCIETY

(Affiliated to the Western Counties A.S.A., Devon County A.S.A., and Royal Life Saving Society)

---

Welcome to P.A.S. and L.S.S's 1983 Club Championships.

What an eventful year we have had. Mrs. Tuckett has left us, after a life time's service to the Club, to join her family in Wales.

We at the Paignton Swimming Club will miss her very much, but know she will keep her promise to visit us often.

Brian Hill has stepped down from the position of Head Coach for a well earned rest, but is still working hard on the pool side, and Peter Trodden has taken over this position. Good Luck, Peter, and congratulations on being selected to go to America as coach to the amputee section of the Swim Squad for the Disabled Olympics.

You took heed of my request to fill that Trophy Cabinet - what a display of Cups, Shields and Certificates - will we have to look out for a bigger cabinet?

Our thanks to Harry Truscott for safely guiding so many Club members through their teaching and coaching awards, and how good it is to see the youngsters we have taught to swim, taking their turn in helping with the coaching of the new Club members.

I hope the 1983 Finals Night will be a happy and memorable occasion and that next year we will be able to report on the number of new Club records you have achieved.

Good Luck to you all.

Brian Jeffery,  
Chairman,  
Paignton A.S./L.S.S.

# WHO'S WHO IN PAIGNTON SWIMMING CLUB

## OFFICERS

President : H.C.ALLAN  
 Chairman : B.JEFFERY  
 Vice-Chairman : S.WILLCOCKS  
 Hon. Secretary : Mrs.V.ROGERS  
 Hon. Treasurer : Mrs.A.BRIGHT

## COMMITTEE

N.SAWYER R.G.WALDRON B.WHITE  
 R.DUTTON P.HUNT R.WESTACOTT  
 Mrs.S.COLE Mrs.G.LANGSTON Mrs.A.PARKER  
 Mrs.K.B.TUCKETT Mrs.C.WILLCOCKS

Coach : P.TRODDEN  
 Competition Secretary : B.WHITE  
 Water Polo Secretary : Mrs.V.DANIELS  
 Club Captain : R.DUTTON  
 Gentlemen's Captain : D.WYATT  
 Membership Secretary : Mrs.S.COLE  
 Synchro Secretary : Mrs.A.BRIGHT

## HONORARY SECRETARY

Mrs.V.ROGERS

15 Morin Road, Paignton

The names of all the entrants who have entered  
 the Club Championships are listed below:-

## GIRLS AND LADIES

Katy Alyn-Jones  
 Caroline Ashley  
 Suzanne Ashley  
 Rachel Beadel  
 Linda Bennett  
 Lesley Blackwood  
 Helen Bradbury  
 Claire Bratcher  
 Sarah Bratcher  
 Elizabeth Bright  
 Charlotte Copping  
 Anne-Marie Cowie  
 Kristina Cowie  
 Marisa De Lucis  
 Lynda Dove  
 Jane Dunlop  
 Emma Durbridge  
 Joanne Durbridge  
 Emma Edworthy  
 Paula Ford  
 Rachel Fox  
 Bernice Gillon  
 Nicola Glover  
 Amanda Greenslade  
 Sarah Greenslade  
 Miranda Gregory  
 Nicky Griffiths  
 Joanne Heaselden  
 Dawn Helps  
 Karen Hicks  
 Susan Hilton  
 Pippa Hubble  
 Lisa Hughes  
 Clare Hunter  
 Joanne Innes  
 Lisa Jeffery  
 Deborah Lambie  
 Susan Langston  
 Louise Lendzion  
 Jamil Lewcock  
 Mandy Milford  
 Yarra Mills  
 Michelle Mullins  
 Rebecca Parker  
 Stephanie Parker  
 Rachel Pearce  
 Sharon Pearce  
 Margaret Plumridge  
 Gemma Ray  
 Hayley Rodgers  
 Marilyn Russell  
 Deborah Slater  
 Natasha Spencer  
 Gail Stanford  
 Hannah Thomas  
 Chantelle Throgmorton  
 Donna Throgmorton  
 Emma Turner  
 Victoria Turner  
 Lesley Wheeler  
 Janice Willcocks  
 Rebecca Wilson  
 Khemin Wood  
 Marie Wood  
 Rebecca Wright  
 Julie Wyatt  
 Katie Wyatt

## BOYS AND MEN

Richard Ackland  
 Ian Alyn-Jones  
 David Bennett  
 Matthew Bowles  
 Warren Budd  
 Andrew Cole  
 Andrew Daniels  
 Che Dunlop  
 Richard Dutton  
 Robert Easby  
 Carl Edwards  
 Paul Edwards  
 James Easby  
 Robert Easby  
 Darren Ford  
 Paul Fox  
 Timothy Freer  
 Jon Glasser  
 Christopher Green  
 Christopher Grieveson  
 Giles Harrington  
 Stephen Harris  
 Brian Hill  
 Christian Hubble  
 Chris Hunt  
 Nicholas Hunt  
 Philip Hunt  
 Nicholas Jarvis  
 Ian Jeffery  
 Jason Jeffery  
 Andrew Knapman  
 Richard Langston  
 Jason Lavis  
 Benjamin Lewcock  
 Adam Little  
 Paul Little  
 James Mitchelmore  
 Chris Nicholls  
 Mark Pearce  
 Ian Plumridge  
 Mark Procter  
 Ian Roberts  
 Nigel Roberts  
 Graham Rule  
 Phil Shears  
 Robert Slater  
 Gary Smerdon  
 Michael Smerdon  
 Jared Spencer  
 Carl Stanford  
 Nicholas Wakeham  
 Timothy Wakeham  
 Derren Westacott  
 Robin Westacott  
 Kevin Wheeler  
 Paul Willcocks  
 Paul Wilson  
 Steven Wood  
 Derek J. Wyatt

# PAIGNTON HOTELS & CATERERS ASSOCIATION

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Paignton Hotels and Caterers have been watching the achievements of Paignton Swimming Club with great interest and are pleased to have made a small contribution to the community by sponsoring you.

We feel that you have shown your appreciation by your dedication and excellent results in the Devons, Westerns and even National Age Group Competitions.

It is nice to see our "Paignton It's Magic" Banner at the Swimming Baths around the country, combining this with your excellent results, means that people are certainly hearing a lot about us.

Well done to you all and with your attitude towards your sport we can look forward to an even more successful Season next year.

*Alan Wheeler*

Chairman  
Paignton Hotels & Caterers Association

## COACH'S COMMENTS

A Smashing Pool + Talented Swimmers +  
Enthusiastic Instructors x Hard Work = Success

Since my arrival in January, we have had many exciting moments - winning the Scott Ormsby Trophy for the first time ever, holding on to the Williams Shield for another year, moving up to second place in the Membury Shield, and many other inter-club successes.

We have also had many nail biting moments too, whilst vast numbers of swimmers were managing to qualify and do well in the Devon County and Western County events. As a result of this, five of our swimmers now represent us in the County Squad, and one even carried the Club colours to the Nationals.

Let us hope that the friendly poolside banter, combined with mutual respect, together will create a formidable team for the future.

Now we look forward to the fight of the year when swimmers strive amongst themselves, in the Club Championships. We'll soon see who listened to the coach's yells of "Pull Hard" and "Finish Fast".

Enjoy the contest and Go - Go - Go!

*Peter Trodden*

Peter Trodden,  
Chief Coach.

P.S. My sincere thanks to all those who sponsored my week-end at Stoke Mandeville.

# TRAINING TIPS

- 1 Finish eating at least 1 hour before training.
- 2 Hygiene - use toilet, shower, footbath, and blow nose, etc.
- 3 Be on the poolside punctually.
- 4 Report any illness or injury, as soon as you arrive, to me and/or your lane coach.
- 5 Have consideration for other groups already working in the pool.
- 6 Whistle means stop, look and listen.
- 7 Carry out instructions to the best of your ability.
- 8 Never walk in the pool.
- 9 Always do the correct turns in training.
- 10 Habits formed in training show up in races.

Nothing comes easy - the harder you work the faster you improve.



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## PROGRAMME OF EVENTS

CRH = CHAMPIONSHIP RECORD HOLDER

### EVENT 1 - WESTERN COUNTIES DOUBLE GLAZING TROPHY

| 100 m Butterfly Men              | Position | Time           |
|----------------------------------|----------|----------------|
| CRH - DEREK WYATT - 1.09.77      |          |                |
| Lane 2 CARL STANFORD             | <u>3</u> | <u>1-23-85</u> |
| Lane 3 DEREK WYATT               | <u>1</u> | <u>1-12-03</u> |
| <del>Lane 4 PHIL SHEARS</del>    |          |                |
| Lane <del>3</del> 4 STEVE HARRIS | <u>2</u> | <u>1-13-96</u> |

### EVENT 2 - KAREN CUP

| 100 m Butterfly Ladies            | Position | Time             |
|-----------------------------------|----------|------------------|
| CRH - LOUISE McDONALD - 1.24.30   |          |                  |
| <del>Lane 1 LISA HUGHES</del>     |          |                  |
| Lane 2 DONNA THROGMORTON          | <u>1</u> | <u>1-19-35</u> * |
| Lane 3 JANICE WILLCOCKS           | <u>2</u> | <u>1-27-56</u>   |
| <del>Lane 4 NICKY GRIFFITHS</del> |          |                  |
| <del>Lane 5 SUSAN LANGSTON</del>  |          |                  |

### EVENT 3 - ELLIOTT (B) CUP

| 33 1/3 m Freestyle Boys under 10 years | Position | Time         |
|--|----------|--------------|
| CRH - PAUL EDWARDS - 23.14             |          |              |
| Lane 1 TIMOTHY FREER                   | <u>4</u> | <u>26-86</u> |
| Lane 2 DAVID BENNETT                   | <u>5</u> | <u>27-19</u> |
| Lane 3 PAUL WILLCOCKS                  | <u>1</u> | <u>24-69</u> |
| Lane 4 GARY SMERDON                    | <u>2</u> | <u>25-03</u> |
| Lane 5 CHRISTIAN HUBBLE                | <u>3</u> | <u>26-74</u> |
| Lane 6 NICHOLAS JARVIS                 | <u>6</u> | <u>32-04</u> |
| Reserve STEVEN WOODS                   |          |              |

### EVENT 4 - ELLIOTT (G) CUP

| 33 1/3 m Freestyle Girls under 10 years | Position | Time         |
|---|----------|--------------|
| CRH - HAYLEY ROGERS - 23.70             |          |              |
| Lane 1 EMMA DURBRIDGE                   | <u>4</u> | <u>28-16</u> |
| Lane 2 CLAIRE BRATCHER                  | <u>3</u> | <u>27-84</u> |
| Lane 3 REBECCA WILSON                   | <u>2</u> | <u>27-11</u> |
| Lane 4 KATY ALYN-JONES                  | <u>1</u> | <u>26-66</u> |
| Lane 5 MIRANDA GREGORY                  | <u>6</u> | <u>31-87</u> |
| Lane 6 CLARE HUNTER                     | <u>5</u> | <u>30-30</u> |
| Reserve KAREN HICKS                     |          |              |

## EVENT 5 - SPOONER CUP

4 x 1 Medley Boys under 12  
CRH - GILES HARRINGTON - 1.57.95

Lane 1 PAUL EDWARDS  
Lane 2 IAN JEFFERY  
Lane 3 KEVIN WHEELER  
Lane 4 GRAHAM RULE  
~~Lane 5 NIGEL ROBERTS~~  
Lane 6 CHRIS NICHOLLS

| Position | Time            |
|----------|-----------------|
| <u>3</u> | <u>2-11-76</u>  |
| <u>1</u> | <u>1-52-92*</u> |
| <u>2</u> | <u>2-03-06</u>  |
| <u>5</u> | <u>2-24-83</u>  |
| <u>4</u> | <u>2-21-04</u>  |

## EVENT 6 - CAROLYN CUP

4 x 1 Medley Girls under 12  
CRH - JANE DUNLOP - 2.05.18

Lane 1 MANDY MILFORD  
Lane 2 GAIL STANFORD  
Lane 3 JANE DUNLOP  
Lane 4 HAYLEY ROGERS  
Lane 5 MICHELLE MULLINS  
Lane 6 KRISTINA COWIE  
Reserve PIPPA HUBBLE

|          |                 |
|----------|-----------------|
| <u>5</u> | <u>2-19-45</u>  |
| <u>3</u> | <u>2-08-79</u>  |
| <u>1</u> | <u>1-57-34*</u> |
| <u>2</u> | <u>2-02-16</u>  |
| <u>4</u> | <u>2-14-83</u>  |
| <u>6</u> | <u>2-20-36</u>  |

## EVENT 7 - PERCY PEARCE CUP

100m Freestyle Boys under 14  
CRH - DEREK WYATT - 1.07.60

Lane 1 DERREN WESTACOTT  
Lane 2 ANDREW COLE  
Lane 3 CHRIS HUNT  
Lane 4 GILES HARRINGTON  
Lane 5 RICHARD ACKLAND  
Lane 6 MARK PEARCE  
Reserve JAMES EASBY

|          |                |
|----------|----------------|
| <u>5</u> | <u>1-18-13</u> |
| <u>3</u> | <u>1-13-85</u> |
| <u>1</u> | <u>1-10-43</u> |
| <u>2</u> | <u>1-10-76</u> |
| <u>4</u> | <u>1-14-27</u> |
| <u>6</u> | <u>1-21-15</u> |

## EVENT 8 - KINGDON CUP

100m Freestyle Girls under 14  
CRH - JANICE WILLCOCKS - 1.10.22

Lane 1 LISA JEFFERY  
Lane 2 VICTORIA TURNER  
Lane 3 JANICE WILLCOCKS  
Lane 4 LISA HUGHES  
Lane 5 MANDY PROCTER  
Lane 6 NATASHA SPENCER  
Reserve BERNICE GILLAN

|          |                 |
|----------|-----------------|
| <u>5</u> | <u>1-27-64</u>  |
| <u>3</u> | <u>1-21-10</u>  |
| <u>1</u> | <u>1-09-42*</u> |
| <u>2</u> | <u>1-10-77</u>  |
| <u>4</u> | <u>1-27-13</u>  |
| <u>6</u> | <u>1-30-12</u>  |

## EVENT 9 - BRIDGEMAN CUP

100m Backstroke Boys under 16 years  
CRH - GAVIN PEARCE - 1.11.00

Lane 2 MARK PROCTER  
Lane 3 JASON JEFFERY  
Lane 4 JARED SPENCER

| Position | Time           |
|----------|----------------|
| <u>2</u> | <u>1-20-38</u> |
| <u>3</u> | <u>1-25-33</u> |
| <u>1</u> | <u>1-17-18</u> |

## EVENT 10 - EASTERBROOK CUP

100m Backstroke Girls under 16 years  
CRH - KAREN MOORE - 1.25.90

~~Lane 2 SUSAN LANGSTON~~  
Lane 3 HELEN BRADBURY  
Lane 4 NICKY GRIFFITHS  
Lane 5 ANNE-MARIE COWIE

|          |                |
|----------|----------------|
| <u>3</u> | <u>1-34-15</u> |
| <u>1</u> | <u>1-28-43</u> |
| <u>2</u> | <u>1-31-30</u> |

## EVENT 11 - RENWICK BEAVER TROPHY

100m Breaststroke Men  
CRH - IAN PLUMRIDGE - 1.21.80

Lane 1 ANDREW KNAPMAN  
Lane 2 RICHARD LANGSTON  
Lane 3 STEVE HARRIS  
Lane 4 ANDREW DANIELS  
Lane 5 PHIL SHEARS  
Lane 6 DEREK WYATT  
Reserve CARL STANFORD

|          |                |
|----------|----------------|
| <u>5</u> | <u>1-33-12</u> |
| <u>4</u> | <u>1-31-78</u> |
| <u>2</u> | <u>1-25-42</u> |
| <u>3</u> | <u>1-27-00</u> |
| <u>1</u> | <u>1-23-20</u> |
| <u>6</u> | <u>1-35-07</u> |

## EVENT 12 - STOBART CUP

100m Freestyle Ladies  
CRH - ANNE-MARIE COWIE - 1.10.99

~~Lane 1 LISA HUGHES~~  
Lane 2 DONNA THROGMORTON  
Lane 3 JANICE WILLCOCKS  
~~Lane 4 NICKY GRIFFITHS~~  
Lane 5 ANNE-MARIE COWIE  
Lane 6 CHANTELE THROGMORTON

|          |                 |
|----------|-----------------|
| <u>2</u> | <u>1-07-99</u>  |
| <u>4</u> | <u>1-13-12</u>  |
| <u>3</u> | <u>1-09-15</u>  |
| <u>1</u> | <u>1-07-10*</u> |

## EVENT 13 - ALBANY COURT TROPHY

33 1/3m Butterfly Boys under 10  
CRH - PAUL EDWARDS - 27.87

Lane 3 PAUL WILLCOCKS  
Lane 4 CHRISTOPHER GREEN

|          |              |
|----------|--------------|
| <u>1</u> | <u>29-83</u> |
| <u>2</u> | <u>30-00</u> |

## EVENT 14 - WHITE BUTTERFLY TROPHY

33 1/3m Butterfly Girls under 10  
CRH - ROBIN PROCTER - 29.10

~~Lane 2 DAWN HELPS~~  
~~Lane 3 RACHEL BEADEL~~  
Lane 4 KATY ALYN-JONES

|          |              |
|----------|--------------|
| <u>1</u> | <u>35-05</u> |
|----------|--------------|

## EVENT 15 - BETTY CUP

66 2/3m Freestyle Boys under 12  
CRH - GILES HARRINGTON - 46.95

Lane 1 GRAHAM RULE  
Lane 2 MICHAEL SMERDON  
Lane 3 IAN JEFFERY  
Lane 4 KEVIN WHEELER  
Lane 5 PAUL EDWARDS  
~~Lane 6 NIGEL ROBERTS~~  
Reserve CHRIS NICHOLLS

| Position | Time           |
|----------|----------------|
| <u>6</u> | <u>56.96</u>   |
| <u>4</u> | <u>51.24</u>   |
| <u>1</u> | <u>44.88 *</u> |
| <u>2</u> | <u>48.77</u>   |
| <u>3</u> | <u>48.91</u>   |
| <u>5</u> | <u>56.94</u>   |

## EVENT 16 - P. PENFOLD CUP

66 2/3m Freestyle Girls under 12  
CRH - LISA COLLINS - 50.50

Lane 1 MICHELLE MULLINS  
Lane 2 GAIL STANFORD  
Lane 3 JANE DUNLOP  
Lane 4 HAYLEY ROGERS  
Lane 5 ELIZABETH BRIGHT  
Lane 6 KRISTINA COWIE  
Reserve CHARLOTTE COPPING

| Position | Time           |
|----------|----------------|
| <u>5</u> | <u>54.82</u>   |
| <u>3</u> | <u>50.87</u>   |
| <u>2</u> | <u>48.02</u>   |
| <u>1</u> | <u>46.57 *</u> |
| <u>4</u> | <u>51.00</u>   |
| <u>6</u> | <u>55.88</u>   |

## EVENT 17 - REGATTA CUP

4 x 1 Medley Boys under 14  
CRH - MARK PLUMRIDGE

Lane 1 RICHARD ACKLAND  
Lane 2 ANDREW COLE  
Lane 3 CHRIS HUNT  
Lane 4 DERREN WESTACOTT  
Lane 5 GILES HARRINGTON

| Position | Time           |
|----------|----------------|
| <u>2</u> | <u>1.58.29</u> |
| <u>5</u> | <u>2.03.56</u> |
| <u>1</u> | <u>1.57.63</u> |
| <u>4</u> | <u>2.02.91</u> |
| <u>3</u> | <u>2.01.00</u> |

## EVENT 18 - FIRS TROPHY

4 x 1 Medley Girls under 14  
CRH - NICOLA GRIFFITHS

Lane 1 NICOLA GLOVER  
Lane 2 AMANDA PROCTER  
Lane 3 LISA HUGHES  
Lane 4 JANICE WILLCOCKS  
Lane 5 CHANTELE THROGMORTON

| Position | Time             |
|----------|------------------|
| <u>5</u> | <u>2.17.43</u>   |
| <u>4</u> | <u>2.16.72</u>   |
| <u>1</u> | <u>1.49.98 *</u> |
| <u>3</u> | <u>1.57.82</u>   |
| <u>2</u> | <u>1.50.83</u>   |

## EVENT 19 - SPANTON CUP

100m Freestyle Boys under 16  
CRH - MARK PEARCE - 1.00.86

Lane 2 MARK PROCTER  
Lane 3 JASON JEFFERY  
Lane 4 JARED SPENCER  
Lane 5 ROBIN WESTACOTT

| Position | Time           |
|----------|----------------|
| <u>3</u> | <u>1.08.33</u> |
| <u>1</u> | <u>1.06.00</u> |
| <u>2</u> | <u>1.06.93</u> |
| <u>4</u> | <u>1.18.18</u> |

## EVENT 20 - STELLA STOTT CUP

100m Freestyle Girls under 16  
CRH - KAREN MOORE - 1.11.20

Lane 2 HELEN BRADBURY  
~~Lane 3 SUSAN LANCSTON~~  
Lane 4 NICKY GRIFFITHS  
Lane 5 ANNE-MARIE COWIE

| Position | Time           |
|----------|----------------|
| <u>3</u> | <u>1.35.20</u> |
| <u>2</u> | <u>1.12.72</u> |
| <u>1</u> | <u>1.12.33</u> |

## EVENT 21 - HARRISON CUP

4 x 1 Medley Men  
CRH - CAVIN PEARCE - 1.39.00

Lane 1 CARL STANFORD  
Lane 2 DEREK WYATT  
Lane 3 PHIL SHEARS  
Lane 4 ANDREW KNAPMAN  
~~Lane 5 RICHARD LANCSTON~~  
Lane 6 STEVE HARRIS

| Position | Time             |
|----------|------------------|
| <u>4</u> | <u>1.46.17</u>   |
| <u>3</u> | <u>1.45.19</u>   |
| <u>2</u> | <u>1.44.84</u>   |
| <u>5</u> | <u>2.03.76</u>   |
| <u>1</u> | <u>1.38.00 *</u> |

## EVENT 22 - WATSON CUP

4 x 1 Medley Ladies  
CRH - NICOLA GRIFFITHS - 1.52.17

Lane 1 LISA HUGHES  
Lane 2 DONNA THROGMORTON  
Lane 3 JANICE WILLCOCKS  
Lane 4 NICKY GRIFFITHS  
~~Lane 5 ANNE-MARIE COWIE~~  
Lane 6 CHANTELE THROGMORTON

| Position | Time             |
|----------|------------------|
| <u>1</u> | <u>1.46.50 *</u> |
| <u>3</u> | <u>1.54.56</u>   |
| <u>2</u> | <u>1.52.70</u>   |
| <u>4</u> | <u>1.55.86</u>   |

## EVENT 23 - BENNET CUP

33 1/3 Breaststroke Boys under 10  
CRH - MARK PLUMRIDGE - 30.60

Lane 1 CARL EDWARDS  
~~Lane 2 JON GLASSER~~  
Lane 3 TIMOTHY FREER  
Lane 4 PAUL WILLCOCKS  
Lane 5 NICHOLAS HUNT  
~~Lane 6 DERREN FORD~~  
Reserve DAVID BENNETT

| Position | Time         |
|----------|--------------|
| <u>3</u> | <u>37.54</u> |
| <u>2</u> | <u>34.20</u> |
| <u>1</u> | <u>34.14</u> |
| <u>4</u> | <u>38.20</u> |
| <u>5</u> | <u>40.61</u> |

## EVENT 24 - PENWILL CUP

33 1/3m Breaststroke Girls under 10  
CRH - HAYLEY RUGERS - 32.50

~~Lane 1 RACHEL BEADEL~~

Lane 2 REBECCA WILSON

Lane 3 RACHEL PEARCE

Lane 4 KATY ALYN-JONES

Lane 5 CLARE HUNTER

Lane 6 KAREN HICKS

Reserve EMMA DURBRIDGE

Position Time

|          |              |
|----------|--------------|
| <u>2</u> | <u>36.97</u> |
| <u>3</u> | <u>37.10</u> |
| <u>1</u> | <u>36.93</u> |
| <u>4</u> | <u>37.91</u> |
| <u>5</u> | <u>42.15</u> |
| <u>6</u> | <u>43.32</u> |

## EVENT 25 - HARRY TROPHY

33 1/3 Butterfly Boys under 12  
CRH - MARK PLUMRIDGE - 25.00

Lane 1 CHRIS NICHOLLS

Lane 2 PAUL EDWARDS

Lane 3 IAN JEFFERY

Lane 4 KEVIN WHEELER

Lane 5 MICHAEL SMERDON

~~Lane 6 NIGEL ROBERTS~~

Reserve GRAHAM RULE

|          |                |
|----------|----------------|
| <u>4</u> | <u>28.93</u>   |
| <u>3</u> | <u>26.53</u>   |
| <u>1</u> | <u>23.76 *</u> |
| <u>2</u> | <u>24.27</u>   |
| <u>5</u> | <u>29.93</u>   |
| <u>6</u> | <u>30.67</u>   |

## EVENT 26 - VIVIEN CUP

33 1/3 Butterfly Girls under 12  
CRH - JANE DUNLOP - 26.31

Lane 1 ELIZABETH ERIGHT

Lane 2 MANDY MILFORD

Lane 3 JANE DUNLOP

Lane 4 GAIL STANFORD

Lane 5 CHARLOTTE COPPING

Lane 6 EMMA TURNER

Reserve PIPPA HUBBLE

|          |                |
|----------|----------------|
| <u>5</u> | <u>29.64</u>   |
| <u>3</u> | <u>27.39</u>   |
| <u>1</u> | <u>24.14 *</u> |
| <u>2</u> | <u>25.24</u>   |
| <u>4</u> | <u>28.87</u>   |
| <u>6</u> | <u>29.64</u>   |

## EVENT 27 - PAUL VERNON CUP

100m Breaststroke Boys under 14  
CRH - MARK PLUMRIDGE - 1.30.23

Lane 1 JAMES EASBY

Lane 2 RICHARD ACKLAND

Lane 3 MARK PEARCE

Lane 4 CHRIS HUNT

Lane 5 DERREN WESTACOTT

|          |                |
|----------|----------------|
| <u>5</u> | <u>2.08.43</u> |
| <u>2</u> | <u>1.39.53</u> |
| <u>4</u> | <u>1.48.69</u> |
| <u>3</u> | <u>1.46.86</u> |
| <u>1</u> | <u>1.38.90</u> |

## EVENT 28 - MERMAID CUP

100m Breaststroke Girls under 14  
CRH - NICOLA GRIFFITHS - 1.31.53

Lane 1 SARAH BRATCHER

Lane 2 LISA JEFFERY

Lane 3 LISA HUGHES

Lane 4 VICTORIA TURNER

Lane 5 NICOLA GLOVER

Lane 6 MANDY PROCTER

Reserve NATASHA SPENCER

Position Time

|             |                |
|-------------|----------------|
| <u>5</u>    | <u>1.54.81</u> |
| <u>2</u>    | <u>1.42.20</u> |
| <u>1</u>    | <u>1.36.16</u> |
| <u>3</u>    | <u>1.43.69</u> |
| <u>4</u>    | <u>1.47.28</u> |
| <u>DISQ</u> |                |

## EVENT 29 - HIGBEE CUP

100m Butterfly Boys under 16  
CRH - DAVID BUTLER - 1.14.30

Lane 4 MARK PROCTER

Lane 5 JARED SPENCER

|          |                |
|----------|----------------|
| <u>2</u> | <u>1.26.82</u> |
| <u>1</u> | <u>1.23.60</u> |

## EVENT 30 - PENDERGAST CUP

100m Butterfly Girls under 16  
CRH - LINDSAY McDONALD - 1.25.58

~~Lane 1 SUSAN LANGSTON~~

Lane 2 NICKY GRIFFITHS

Lane 3 ANNE-MARIE COWIE

|          |                |
|----------|----------------|
| <u>1</u> | <u>1.30.80</u> |
| <u>2</u> | <u>1.41.93</u> |

## EVENT 31 - VICTORY TROPHY

200m Freestyle Men  
CRH - DEREK WYATT - 2.15.95

Lane 1 CARL STANFORD

Lane 2 DEREK WYATT

Lane 3 PHIL SHEARS

Lane 4 ANDREW KNAPMAN

Lane 5 STEVE HARRIS

|          |                  |
|----------|------------------|
| <u>3</u> | <u>2.27.57</u>   |
| <u>1</u> | <u>2.13.14 *</u> |
| <u>4</u> | <u>2.43.11</u>   |
| <u>5</u> | <u>2.50.11</u>   |
| <u>2</u> | <u>2.14.28</u>   |

## EVENT 32 - WALLIS CUP

100m Backstroke Ladies  
CRH - JANICE WILLCOCKS - 1.20.95

Lane ~~1~~<sup>2</sup> LISA HUGHES

Lane ~~2~~<sup>3</sup> DONNA THROGMORTON

~~Lane 3 JANICE WILLCOCKS~~

~~Lane 4 ANNE-MARIE COWIE~~

Lane ~~5~~<sup>6</sup> CHANTELE THROGMORTON

|          |                  |
|----------|------------------|
| <u>1</u> | <u>1.18.94 *</u> |
| <u>2</u> | <u>1.20.94</u>   |
|          |                  |
| <u>3</u> | <u>1.25.18</u>   |

## EVENT 33 - JEFFERY TROPHY

4 x 1 Medley Boys under 10  
CRH - PAUL EDWARDS - 2.21.66

Lane 1 GARY SMERDON

Lane 2 CHRISTIAN HUBBLE

Lane 3 PAUL WILLCOCKS

Lane 4 CHRISTOPHER GREEN

Position

Time

|     |         |
|-----|---------|
| 2   | 2.42.26 |
| 3   | 2.42.26 |
| DNF |         |
| 1   | 2.25.25 |

## EVENT 34 - ASHFORD AND BEESLEY TROPHY

4 x 1 Medley Girls under 10  
CRH - HAYLEY ROGERS - 2.23.09

Lane 3 ~~RACHEL BEADEL~~

Lane 4 KATY ALYN-JONES

|   |         |
|---|---------|
| 1 | 2.51.90 |
|---|---------|

## EVENT 35 - WOODLAND CUP

66 2/3m Breaststroke Boys under 12  
CRH - MARK PLUMRIDGE - 57.62

Lane 1 GRAHAM RULE

Lane 2 PAUL EDWARDS

Lane 3 IAN JEFFERY

Lane 4 KEVIN WHEELER

Lane 5 CHRIS NICHOLLS

Lane 6 ~~PAUL FOX~~

Reserve ROBERT SLATER

|   |         |
|---|---------|
| 4 | 1.12.20 |
| 3 | 1.11.54 |
| 1 | 1.01.43 |
| 2 | 1.02.75 |
| 5 | 1.13.06 |
| 6 | 1.13.45 |

## EVENT 36 - JAMES CUP

66 2/3 Breaststroke Girls under 12  
CRH - NICOLA GRIFFITHS - 1.02.92

Lane 1 KATIE WYATT

Lane 2 MICHELLE MULLINS

Lane 3 JULIE WYATT

Lane 4 JANE DUNLOP

Lane 5 MANDY MILFORD

Lane 6 KRISTINA COWIE

Reserve GAIL STANFORD

|   |         |
|---|---------|
| 4 | 1.09.63 |
| 3 | 1.04.15 |
| 1 | 59.94 * |
| 2 | 1.00.89 |
| 6 | 1.12.50 |
| 5 | 1.11.72 |

## EVENT 37 - CLARKE CUP

100m Backstroke Boys under 14  
CRH - MARK PEARCE - 1.19.80

Lane 1 JAMES EASBY

Lane 2 ANDREW COLE

Lane 3 MARK PEARCE

Lane 4 CHRIS HUNT

Lane 5 DERREN WESTACOTT

|   |         |
|---|---------|
| 5 | 1.50.87 |
| 1 | 1.22.10 |
| 4 | 1.43.26 |
| 2 | 1.29.87 |
| 3 | 1.30.30 |

## EVENT 38 - SPILLER CUP

100m Backstroke Girls under 14  
CRH - JANICE WILLCOCKS - 1.21.69

Lane 1 BERNICE GILLAN

Lane 2 LISA JEFFERY

Lane 3 LISA HUGHES

Lane 4 JANICE WILLCOCKS

Lane 5 NATASHA SPENCER

Lane 6 DEBORAH SLATER

Reserve LESLEY BLACKWOOD

Position

Time

|   |           |
|---|-----------|
| 5 | 1.52.20   |
| 3 | 1.40.69   |
| 1 | 1.18.84 * |
| 2 | 1.30.82   |
| 4 | 1.44.32   |
| 6 | 1.52.31   |

## EVENT 39 - DOLPHIN CUP

100m Breaststroke Boys under 16  
CRH - IAN PLUMRIDGE - 1.24.10

Lane 1 MARK PROCTER

Lane 2 JASON JEFFERY

Lane 3 ROBIN WESTACOTT

|   |         |
|---|---------|
| 1 | 1.29.83 |
| 3 | 1.42.00 |
| 2 | 1.39.39 |

## EVENT 40 - ANN-ELIZABETH CUP

100m Breaststroke Girls under 16  
CRH - MARGARET PLUMRIDGE - 1.33.60

Lane 4 ~~SUSAN LANGSTON~~

Lane 5 NICKY GRIFFITHS

Lane 6 ANNE-MARIE COWIE

|   |         |
|---|---------|
| 1 | 1.36.62 |
| 2 | 1.40.35 |

## EVENT 41 - M. PEARCE TROPHY

100m Backstroke Men  
CRH - MARK PEARCE - 1.09.82

Lane 1 DEREK WYATT

Lane 2 CARL STANFORD

Lane 3 PHIL SHEARS

Lane 4 STEVE HARRIS

Lane 5 IAN JEFFERY

Lane 6 RICHARD LANGSTON

Reserve ANDREW COLE

|   |         |
|---|---------|
| 5 | 1.25.85 |
| 4 | 1.21.48 |
| 1 | 1.13.71 |
| 2 | 1.14.23 |
| 3 | 1.19.91 |
| 6 | 1.28.48 |

## EVENT 42 - STUART CUP

100m Breaststroke Ladies  
CRH - MARGARET PLUMRIDGE - 1.31.90

Lane 1 ~~NICOLA CLOVER~~

Lane 2 DONNA THROGMORTON

Lane 3 NICKY GRIFFITHS

Lane 4 ANNE-MARIE COWIE

Lane 5 ~~SUSAN LANGSTON~~

Lane 4 CHANTELE THROGMORTON

|   |           |
|---|-----------|
| 1 | 1.25.72 * |
| 2 | 1.31.89   |
| 3 | 1.37.30   |
| 4 | 1.38.08   |

## EVENT 43 - PROWSE CUP

33 1/3m Backstroke Boys under 10  
CRH - IAN JEFFERY - 26.13

|                                 | Position | Time         |
|---------------------------------|----------|--------------|
| Lane 1 CARL EDWARDS             | <u>4</u> | <u>34.32</u> |
| Lane 2 DAVID BENNETT            | <u>2</u> | <u>29.36</u> |
| <del>Lane 3 PAUL WILCOCKS</del> |          |              |
| Lane 4 GARY SMERDON             | <u>1</u> | <u>29.13</u> |
| Lane 5 CHRISTIAN HUBBLE         | <u>3</u> | <u>32.69</u> |
| Lane 6 ROBERT EASBY             | <u>6</u> | <u>35.91</u> |
| Reserve TIMOTHY FREER           | <u>5</u> | <u>34.58</u> |

## EVENT 44 - EMMETT CUP

33 1/3m Backstroke Girls under 10  
CRH - HAYLEY ROGERS - 28.69

|                        |          |              |
|------------------------|----------|--------------|
| Lane 1 SUSAN HILTON    | <u>2</u> | <u>32.22</u> |
| Lane 2 CLARE HUNTER    | <u>4</u> | <u>36.45</u> |
| Lane 3 REBECCA WILSON  | <u>1</u> | <u>31.81</u> |
| Lane 4 KATY ALYN-JONES | <u>3</u> | <u>34.15</u> |
| Lane 5 KAREN HICKS     | <u>6</u> | <u>37.22</u> |
| Lane 6 RACHEL PEARCE   | <u>5</u> | <u>37.22</u> |
| Reserve RACHEL BEADEL  |          |              |

## EVENT 45 - REED TROPHY

66 2/3 Backstroke Boys under 12  
CRH - IAN JEFFERY - 54.57

|                                 |          |                |
|---------------------------------|----------|----------------|
| Lane 1 MICHAEL SMERDON          | <u>4</u> | <u>1.06.36</u> |
| Lane 2 PAUL EDWARDS             | <u>3</u> | <u>1.00.71</u> |
| Lane 3 IAN JEFFERY              | <u>1</u> | <u>51.05 *</u> |
| Lane 4 KEVIN WHEELER            | <u>2</u> | <u>58.75</u>   |
| <del>Lane 5 NIGEL ROBERTS</del> |          |                |
| Lane 6 CHRIS NICHOLLS           | <u>6</u> | <u>1.07.88</u> |
| Reserve 6 CHE DUNLOP            | <u>5</u> | <u>1.07.63</u> |

## EVENT 46 - MOSELEY CUP

66 2/3m Backstroke Girls under 12  
CRH - LISA COLLINS - 58.55

|                          |          |                |
|--------------------------|----------|----------------|
| Lane 1 CHARLOTTE COPPING | <u>4</u> | <u>1.02.96</u> |
| Lane 2 MICHELLE MULLINS  | <u>5</u> | <u>1.04.70</u> |
| Lane 3 HAYLEY ROGERS     | <u>1</u> | <u>54.49 *</u> |
| Lane 4 ELIZABETH BRIGHT  | <u>2</u> | <u>59.81</u>   |
| Lane 5 KRISTINA COWIE    | <u>6</u> | <u>1.08.86</u> |
| Lane 6 PIPPA HUBBLE      | <u>3</u> | <u>1.02.92</u> |
| Reserve EMMA TURNER      |          |                |

## EVENT 47 - DOWNS CUP

66 2/3 Butterfly Boys under 14  
CRH - MARK PLUMRIDGE - 52.50

|                         |          |                |
|-------------------------|----------|----------------|
| Lane 1 GILES HARRINGTON | <u>2</u> | <u>1.09.11</u> |
| Lane 2 CHRIS HUNT       | <u>1</u> | <u>58.70</u>   |

## EVENT 48 - BIRBECK CUP

66 2/3 Butterfly Girls under 14  
CRH - NICOLA GRIFFITHS - 51.96

|                             |          |                |
|-----------------------------|----------|----------------|
| Lane 3 MANDY PROCTER        | <u>4</u> | <u>1.10.73</u> |
| Lane 4 LISA HUGHES          | <u>3</u> | <u>54.08</u>   |
| Lane 5 JANICE WILCOCKS      | <u>2</u> | <u>50.89</u>   |
| Lane 6 CHANTELE THROGMORTON | <u>1</u> | <u>50.89 *</u> |

## EVENT 49 - ROY HOARE TROPHY

4 x 1 Medley Boys under 16  
CRH - MARK PEARCE - 1.43.75

|                     |          |                |
|---------------------|----------|----------------|
| Lane 2 MARK PROCTER | <u>1</u> | <u>1.49.15</u> |
|---------------------|----------|----------------|

## EVENT 50 - LOUISE MARIE TROPHY

4 x 1 Medley Girls under 16  
CRH - LINDSAY McDONALD - 1.57.85

|                                  |          |                  |
|----------------------------------|----------|------------------|
| <del>Lane 3 SUSAN LANGSTON</del> |          |                  |
| Lane 4 NICKY GRIFFITHS           | <u>1</u> | <u>1.56.41 *</u> |
| Lane 5 ANNE-MARIE COWIE          | <u>2</u> | <u>2.00.97</u>   |

## EVENT 51 - G. PEARCE TROPHY

100m Freestyle Men  
CRH - NICK PROWSE - 1.01.40

|                        |          |                  |
|------------------------|----------|------------------|
| Lane 1 ANDREW KNAPMAN  | <u>6</u> | <u>1.12.95</u>   |
| Lane 2 PHIL SHEARS     | <u>2</u> | <u>1.01.98</u>   |
| Lane 3 STEVE HARRIS    | <u>3</u> | <u>1.02.32</u>   |
| Lane 4 DEREK WYATT     | <u>1</u> | <u>1.00.80 *</u> |
| Lane 5 CARL STANFORD   | <u>4</u> | <u>1.04.20</u>   |
| Lane 6 ANDREW DANIELS  | <u>5</u> | <u>1.10.20</u>   |
| Reserve RICHARD DUTTON |          |                  |

THE FOLLOWING EVENTS WERE HELD ON 22nd OCTOBER 1983

EVENT 52 - SPEEDO TROPHY

4 x 100m Medley Ladies  
CRH - NICHOLA GRIFFITHS - 6.18.61

|       |                   |           |
|-------|-------------------|-----------|
| 1st - | JANICE WILLCOCKS  | 5.57.85 * |
| 2nd - | DONNA THROGMORTON | 6.01.46   |
| 3rd - | LISA HUGHES       | 6.14.96   |
| 4th - | ANNE-MARIE COWIE  | 6.48.82   |

\* New record

EVENT 53 - PETER BUSH TROPHY

4 x 100m Medley Men  
CRH - DEREK WYATT - 5.41.49

|       |               |           |
|-------|---------------|-----------|
| 1st - | DEREK WYATT   | 5.30.67 * |
| 2nd - | STEVE HARRIS  | 5.38.32   |
| 3rd - | PHIL SHEARS   | 6.03.74   |
| 4th - | CARL STANFORD | 6.16.10   |
| 5th - | IAN JEFFERY   | 6.25.44   |

\* New record

EVENT 54 - WORSLEY POWELL CUP

Style Breaststroke Girls under 16  
Holder - LISA JEFFERY

|       |                  |
|-------|------------------|
| 1st - | NATASHA SPENCER  |
| 2nd - | ELIZABETH BRIGHT |
| 3rd - | LINDA BENNETT    |
| 4th - | LISA JEFFERY     |
| 5th - | MICHELLE MULLINS |

RESULTS FROM DIVING.

EVENT 55 - TORBAY MOTORS TROPHY

Junior Diving Girls under 14  
Holder - HELEN BRADBURY

|       |                  |
|-------|------------------|
| 1st - | GAIL STANFORD    |
| 2nd - | JANICE WILLCOCKS |
| 3rd - | NATASHA SPENCER  |
| 4th - | KATY ALYN-JONES  |
| 5th - | MANDY MILFORD    |
| 6th - | KHERRIN WOOD     |

EVENT 56 - BRIAN HILL TROPHY

Junior Diving Boys under 14  
Holder - DERREN WESTACOTT

|       |                  |
|-------|------------------|
| 1st - | DERREN WESTACOTT |
| 2nd - | ANDREW COLE      |
| 3rd - | STEVEN WOOD      |
| 4th - | PAUL FOX         |
| 5th - | MICHAEL SMERDON  |
| 6th - | CHRISTIAN HUBBLE |



EVENT 57 - WESTAWAY CUP

Ladies Diving  
Holder - MARGARET PLUMRIDGE

|       |                    |
|-------|--------------------|
| 1st - | LESLEY WHEELER     |
| 2nd - | MARGARET PLUMRIDGE |
| 3rd - | DONNA THROGMORTON  |

EVENT 58 - PAIGNTON CLUB CUP

Men's Diving  
Holder - BRIAN HILL

|       |                |
|-------|----------------|
| 1st - | BRIAN HILL     |
| 2nd - | JASON JEFFERY  |
| 3rd - | ANDREW DANIELS |

Mrs. Betty Tuckett

This year the Paignton Swimming Club lost the services of its longest serving member in Mrs. Betty Tuckett, who after a life time with the Club, moved to Fishguard to be near her daughter and son-in-law and their three children.

Mrs. Tuckett joined the Ladies Club when she was a small girl (there were two Clubs in those days of propriety - Ladies and Gents) and the Headquarters and instruction done from Paignton Pier. She became a competitive swimmer and Ladies Captain, progressing on to the Committee which she served through the merging of the two Clubs to the present one in which she has been a tower of strength in the running of the Club's activities, including the Christmas parties, barbeques, Opening Dips and Fund-raising events.

She will not only be missed by the Paignton Swimming Club, as she has served many years on the Devon County A.S.A., being their President in 1972, and travelled thousands of miles to officiate at Galas for the County and Western Counties A.S.A.

In conclusion I would wish her the very best of Health and Happiness in future years and say a big THANK YOU "GRAN" for such loyal and total service to the Paignton Club for over half a century.

H.C.ALLAN,  
President.

# DISASTER on the POOLSIDE. by N.D. Glover

Poor Mrs Bright, she had a big fright  
 When Mr Trodden fell in and was soaked to  
 Brian White laughed to see such a sight <sup>the skin</sup>  
 Brian Hill, a bucket he did fill  
 And poured it right over poor Mr White  
 This made him so cross, the bucket he did <sup>cross</sup>  
 It landed on Mrs Troddens head!!  
 Who, unable to see a thing, tripped....

AND FELL IN!

Thus making two sodden Troddens.  
 The moral of my little rhyme -

Dont play by water - its a waste of  
 time!



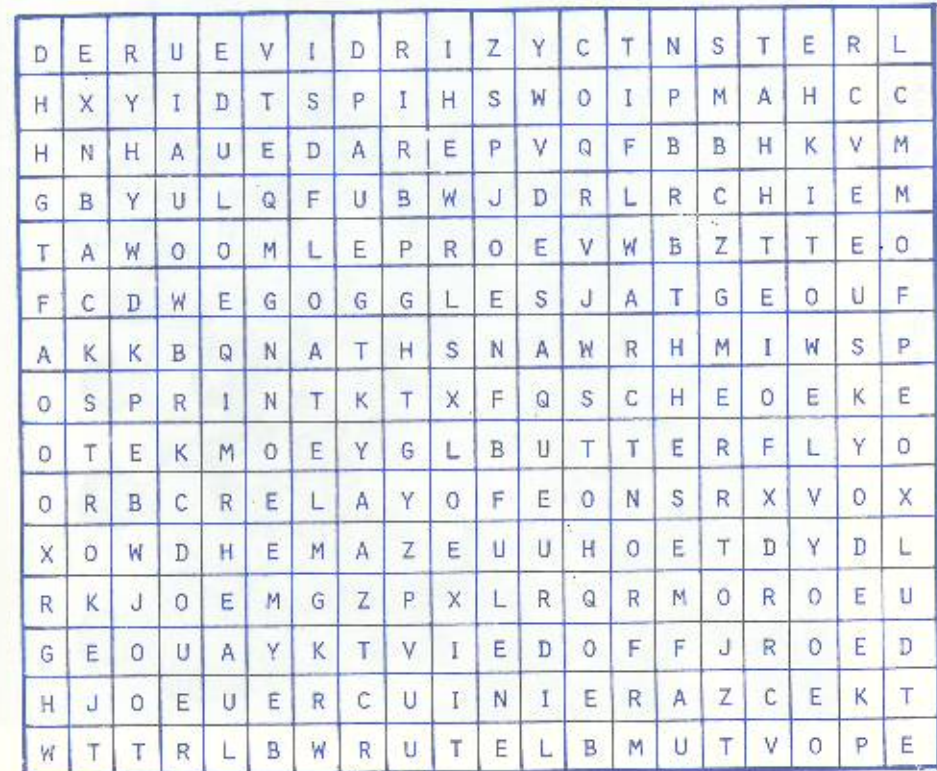
# WORD SEARCH

by N.D.Glover (12)

Find these words:

DIVE  
 SWIM  
 GOGGLES  
 HAT  
 COSTUME  
 TOWEL  
 FLOATS  
 TEAM  
 RELAY  
 MEDLEY  
 BUTTERFLY  
 BACKSTROKE  
 BREAST STROKE  
 FRONT CRAWL

CHAMPIONSHIPS  
 TUMBLE TURN  
 SPRINT  
 FREESTYLE



Just some of the Swimmers who have competed for the trophies pictured above, i.e. Williams Shield, Scott Ormsby, Restormel and Victory Trophies.



## A WELL KNOWN WATER ANIMAL

by N.D.Glover

My first is in Brian, but not in White,  
 My second is in towel and also in bite,  
 My third is in water, but never in swim,  
 My fourth is in dive, but not in dim,  
 My fifth is in goggles, and also in time,  
 My last is in sprint and also in rhyme.

What am I ?

## PAIGNTON WATER POLO

A fairly successful year with half the matches played either won or drawn.

Some very hard games were fought, much to the pleasure of the spectators.

Outstanding players were -

JARED SPENCER  
 MARK PLUMRIDGE  
 JASON JEFFERY,

chosen for the under 16 Devon Squad,

PHIL SHEARS  
 SIMON SAWYER  
 MARK PEARCE

chosen to play for Devon under 18,

PHIL SHEARS  
 ANDREW LANGMAN  
 GAVIN PEARCE

chosen to play for Devon under 20, and

PHIL SHEARS

chosen to play for the Western Counties at Crystal Palace.

## SYNCHRONISED SWIMMING

Hello! We are back again after another year, a year when perhaps not too much has happened in our synchro world. We took three girls to the Devon County Championships and they had quite respectable marks. Well done!

At the very beginning of January five girls and myself had a very busy week-end at Barnstaple, it was a three day event and our time table went as follows:

|          |                              |
|----------|------------------------------|
| 7.00 am  | Water work at Leisure Centre |
| 8.30 am  | Breakfast                    |
| 10.00 am | Pop Mobility                 |
| 12.00 pm | Lunch break                  |
| 2.00 pm  | Lecture and films            |
| 3.00 pm  | Water work                   |
| 5.00 pm  | Tea                          |
| 5.30 pm  | Gym                          |
| 6.30 pm  | Dinner at Hotel              |
| 10.00 pm | Lights out                   |

each day.

It was hard work but I might add beneficial, the girls were a credit to Paignton Swimming Club both in behaviour and attentiveness, and all managed to get their next grade, good girls!

We have had a long break through the Summer holidays and we are now settling back into a new routine on Sundays, 6.30 - 7.00 pm (thanks to the Water Polo Section in allowing us half-an-hour of their time).

My thanks again this year go to Annette Parker and Lynda Dove without whose help many things are not possible.

If there are any girls age 13 or over who would like to join our Squad please contact me,

ANNE BRIGHT.

## TORBAY MOTOR BODY WORKS FISHER STREET PAIGNTON

*Body Repairs  
Cellulose Spraying*

Proprietor  
**R.G. WALDRON**

Telephone  
**Paignton 557463**

## DEVONWAYS

Have had the pleasure of  
transporting Paignton  
Swimming Club teams  
to all their fixtures.

CHURCH END ROAD  
KINGSKERSWELL  
NEWTON ABBOT  
DEVON

Tel: Kingskerswell 3844

## PAIGNTON SWIMMING CLUB

### SWIMMING ACTIVITY TIMES

#### SENIOR SQUAD TRAINING

|                        |                 |
|------------------------|-----------------|
| MONDAYS and WEDNESDAYS | 8.00 to 9.00 pm |
| FRIDAYS                | 8.30 to 9.15 pm |

#### JUNIOR SQUAD TRAINING

|                        |                 |
|------------------------|-----------------|
| TUESDAYS and THURSDAYS | 7.00 to 8.00 pm |
|------------------------|-----------------|

#### STROKE CORRECTION

|            |                 |
|------------|-----------------|
| WEDNESDAYS | 7.00 to 8.00 pm |
|------------|-----------------|

#### CLUB NIGHT

|         |                  |
|---------|------------------|
| FRIDAYS | 7.00 to 10.00 pm |
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#### ADULT SWIMMING

|            |                  |
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| WEDNESDAYS | 9.00 to 10.00 pm |
|------------|------------------|