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PAIGNTON

AMATEUR SWIMMING AND LIFE SAVING SOCIETY

1984

CLUB CHAMPIONSHIPS

Under A.S.A. Laws.



TORBAY LEISURE CENTRE

SATURDAY, 17th NOVEMBER 1984

6 for 6.30 p.m.

PAIGNTON SWIMMING CLUB
UNDER THE SPONSORSHIP OF
PAIGNTON HOTELS ASSOCIATION
AND BUSWELL REFRIGERATION

OFFICIAL PROGRAMME 25p.



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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) .

CHAIRMAN'S LETTER

The 1984 Club Championships are here, with lots of new young faces taking part in their first competitive swim. Paignton Swimming Club has a long history of Club loyalty and friendship amongst its members. Whilst competing to-night to win, please don't forget that the most important thing is to take part with your team mates and ENJOY YOURSELVES. You have taken the first and hardest step up the ladder in learning to swim, something which will give you a lifetime of pleasure.

On Poolside and at Galas you can't help but pick out the Paignton Swimmers in their smart 'Paignton it's Magic' robes and bright yellow 'Buswell' tee shirts. Our thanks to both these Organisations for their continued support and to Mr. Millford for his generous sponsorship to the Water Polo Squad.

1984 has seen the opening of the new Torbay Leisure Centre complex; all our thanks to Andy Westwood, the Complex Manager and Brian Lawrence, the Pool Manager, for their co-operation and assistance in keeping up the traditions of Paignton Swimming Club.

My thanks to each and everyone of you for helping to keep PAIGNTON SWIMMING CLUB a Club to be proud of.

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

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PAIGNTON, TQ3 3AB.

Telephone: Paignton 521171/2

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

LADIES AND GIRLS

CAROLINE ASHLEY
JOANNE ASHCROFT
EMMA BAKER
RACHAEL BEADEL
LINDA BENNETT
LESLEY BLACKWOOD
HELEN BRADBURY
MICHELLE BRADLEY
CLAIRE BRATCHER
SARAH BRATCHER
ELIZABETH BRIGHT
SAMANTHA COOK
ANN-MARIE COWIE
KRISTINA COWIE
BRONWYN CROOK
RACHEL DOMMETT
LYNDA DOVE
EMMA DURBIDGE
JOANNE DURBIDGE
CHERYL DYER
EMMA DYER
MICHELLE DYER
SAMANTHA EASTERBROOK
REBECCA ENGLISH
STACEY EVANS
ROWENA FINSON
PAULA FORD
RACHEL FOX
CATHERINE GARNER
BERNICE GILLON
KATIE GODDARD
HANNAH GODDARD
MICHELLE GREENING
DEBBIE GRIFFITHS
NICKY GRIFFITHS
FIONA HANDYSIDE
BEVERLEY HAWMAN
ALYS HELPS
DAWN HELP
KAREN MARIE HICKS
PIPPA HUBBLE
LISA HUGHES
KAREN HUMBLE
MARIANNE HUMBLE
CLARE HUNTER
JOANNE INNESS

VANESSA JAMES
LISA JEFFERY
KATHERINE JOHNSON
TRACEY KELLY
DEBORAH LAMBLE
SUE LANGSTON
ALISON LAZELL
LOUISE LENDZION
JAIME LEWCOCK
ANGELA MACKEY
YARRA MILLS
TANYA MINCHIN
VICTORIA MITCHELL
ANNE MORGAN
MICHELLE MULLINS
LISA PAGE
REBECCA PARKER
STEPHANIE PARKER
ANNA PATCH
RACHEAL PEARCE
KIRSTY PORTER
MANDY PROCTER
GEMMA RAY
EMMA ROBBINS
KEELY ROBBINS
FIONA ROBERTS
HAYLEY ROGERS
RACHEL ROSS
DIANE ROWE
MARLYN RUSSELL
NATASHA SPENCER
GAIL STANFORD
TAMSIN TAPER
REBECCA THORPE
CHANTELLE THROGMORTON
DONNA THROGMORTON
JEANETTE TROWBRIDGE
EMMA TURNER
VICKY TURNER
REBECCA WILSON
LOUISE WORTHINGTON
KIRSTY WHITE
JANICE WILLCOCKS
REBECCA WRIGHT
JULIE WYATT

MEN AND BOYS

RICHARD ACKLAND
PAUL ASHCROFT
DARREN BABBAGE
GAVIN BABBAGE
NEIL BARRY
IAN BARTLETT
DAVID BENNETT
DAVID BLAKELEY
MICHAEL BLAKELEY
WARREN BUDD
ANDREW COLE
GLENN COOK
ANDREW COOKE
IAN DAVEY
ROBERT DAVEY
NEIL DREWETT
CHRIS DOLEMAN
RICHARD DUTTON
ROBERT EASBY
CARL EDWARDS
PAUL ENWARDS
BEN FLORENCE
LEIGH FLORENCE
TIMOTHY-LEE FREER
PAUL GIBLING
CRAIG GILLMAN
JON GLASSER
SAM GLASSER
CHRISTOPHER GREEN
ROBERT GREENING
GILES HARRINGTON
STEVE HARRIS
NICHOLAS HEALE
BRIAN HILL
GEOFFREY HOWELL
CHRISTIAN HUBBLE
NICHOLAS HUNT
RORY HUNT
NICHOLAS JARVIS
IAN JEFFERY
PETER LAVIS
BENJAMIN LEWCOCK
MATTHEW LOWE
CHRIS NICHOLLS
BEN MCGOWAN
GARETH PAULL

ANTHONY PEARSON
CRAIG PORTER
ROSS PORTER
MARK PROCTER
KEVIN ROBERTS
IAN ROBERTS
NIGEL ROBERTS
GRAHAM RULE
IAN RULE
ASHLEY SAWYER
PHIL SHEARS
GARY SMERDON
MICHAEL SMERDON
JOHN PAUL SMITH
COLIN SPACKMAN
JARED SPENCER
CHARLES TINNYUNT
GEORGE TINNYUNT
NICHOLAS TROWBRIDGE
D SIMON TRUSCOTT
DERREN WESTACOTT
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WHO'S WHO IN PAIGNTON SWIMMING CLUB

OFFICERS

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

COMMITTEE

P.TRODDEN D.SMERDON H.JEFFERY
R.G.WALDRON B.WHITE R.DUTTON
P.HUNT R.WESTACOTT
Mrs.S.COLE Mrs.G.LANGSTON Mrs.A.PARKER
Miss L.DOVE Mrs.C.WILLCOCKS

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

HONORARY SECRETARY

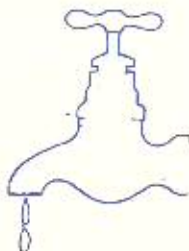
Mrs.M.SPENCER
8, Broadley Drive
Livermead, Torquay
Tel: Torquay 607038

OFFICIALS FOR FINALS

Referees:	MR.R.HOARE	MR.P.TRODDEN	
Starter:	MR.I.THROGMORTON		
Judges:	MR.H.TRUSCOTT	MRS.B.TRODDEN	MRS.A.BRIGHT
	MRS.A.PARKER	MR.B.HARRIS	
Chief Timekeepers:	MR.B.HILL	MR.S.WILLCOCKS	
Timekeepers:			
Lane 1	P.HUNT		
Lane 2	MRS.C.WILLCOCKS		
Lane 3	D.SMERDON		
Lane 4	D.COLE	R.WESTACOTT	
Lane 5	B.LANGSTON	I.PALMER	
Lane 6	D.ROBERTS		
Competition	Girls -	LYNDA DOVE	
Stewards:	Boys -	RICHARD DUTTON	
False Start Rope:	MR.PEARCE	MR.HICKS	
Presentation		Girls:	
Steward:	MR.G.LANGSTON	MISS L BENNETT	MISS PEARCE MISS S PARKER
Recorders:	MRS.M.SPENCER	MRS.S.COLE	

PETER F. J. TRODDEN

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REFLECTIONS ON THE DISABLED OLYMPICS IN NEW YORK STATE 1984

Four years of planning, begging, training, straining, right up to the day you go. Up at 6.00 a.m., and off to the coach station. The Press are there to greet you, for a photo call. Wham! Realisation dawns! The adrenalin starts flowing, your brain finally clicks into gear - you're off!

The coach ride gives you time to collect your wits before the next onslaught at Heathrow. Even after take off, the plane is still full of excited chatter, and seven hours pass in a whirl.

On landing in the U.S.A. a convoy of special coaches whisk you all away, complete with motor cycle outriders and a police escort, to the Hofstra University, our home for the next three weeks. Here you are photographed, and issued with I.D. cards, to be worn at all times (just like the movies!). Security sure is tight! Eventually we got to bed at 2.00 a.m. New York time, and to my surprise, everyone was up and wide awake again by 5.30 a.m. Day One was free, so you could get used to your surroundings, find your way around, and have a relaxing swim.

The opening ceremony was performed by President Reagan, with all the razamataz of normal Olympics. It was only when you saw the procession of disabled athletes, proudly wearing national uniforms, that you realised how much extra dedication was involved. A very moving experience.

We then settled down to our pre-planned schedule of acclimatisation and sessions in the training pool. Free time was spent supporting G.B. team members already competing. In between, I also had to attend both coaches and officials meetings, which sometimes went on till 10.00 p.m.

Our race days started at 5.30 a.m. An early breakfast, collect packed lunches and gear, and travel to the competition pool for an 8.00 a.m. warm up! There were three race sessions a day - morning, afternoon and evening, finishing about 10.00 p.m. - quite a long time.

It is impossible to try to describe the fantastic atmosphere surrounding these games - the hopes, fears, excitement, nothing tangible - just electric! Finally, when you see your swimmer up there on the rostrum, being presented with a gold medal, the anthem playing, the flag raised, then the whole scene seems to explode!

On the last day of competition, I was given another thrill. Along with the national coaches of other countries, I had the great honour of presenting the medals - a unique experience.

All too quickly the Games were over, and a tinge of sadness touched the closing ceremony. New found friendships mingled with the fireworks. The Olympic flame was doused, and at a given signal every athlete and spectator raised and waved luminous wands as the music played - quite impressive.

Our welcome to the U.S.A. was exceptional. As each country arrived in America, their national flag was raised on the route out of the airport. The police were always smiling and friendly, with nothing being too much trouble. After their normal duties, 'bus drivers would come to man the coaches around the campus, and on special trips - all unpaid. Food was interesting, varied and plentiful, and catered for all nationalities. There were always ginormous bowls of fresh fruit around for helping yourself.

When the Games were over we were able to wind down for a couple of days. Trips were arranged to entertain us. We were taken on a boat trip around Manhattan Island to see the Statue of Liberty etc. Another day we went off in a convoy of twenty buses, still complete with outriders and police, to a Beach Bar-B-Que, where a mobile pop group played for us, and we were each presented with a commemorative plaque. One athlete without legs, had never been in the sea, so an American Life Guard promptly piggy backed her out to join in the fun - an experience she'll never forget! This was so typical of the spontaneous rapport forged during the Games, surmounting all language and nationality barriers.

As you will probably guess, the flight home was far more subdued. Everyone was now very tired, after living in top gear for almost three weeks.

It was for me a most memorable occasion. Thank you all, for helping to send me there.

PETER TRODDEN

PAIGNTON HOTELS & CATERERS ASSOCIATION



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We were once again pleased to be able to help sponsor Paignton Swimming Club. As an Association we get a great deal of pleasure knowing that we are in a small way helping the community both young and not so young alike.

You are an extremely lucky club to have so many people giving their time free for your benefit, but I am sure you will repay their dedication in the coming year with results that will enable them to say "It was well worth it".

Have a good night and whether you win or not, enjoy yourselves.

Alan Wheeler

A. Wheeler.
Chairman.

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To Paignton S.C.

Best wishes for successful

Club Championships and

Thank you for your custom

throughout the year



PAIGNTON SWIMMING CLUB'S SWIMMER OF THE YEAR '83

IAN JEFFERY

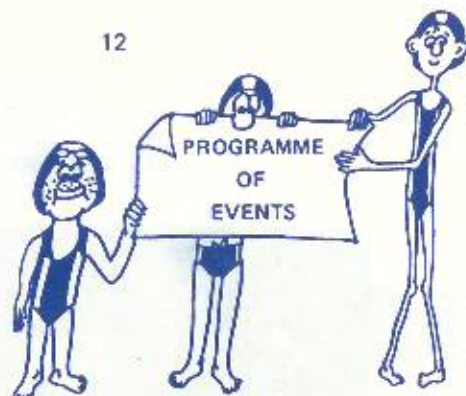


Aged 11 years, Ian has been a member of Paignton Swimming Club from the age of five and has represented the Club in Competitions from the age of seven. Ian's first stroke is backstroke and his name first appeared in the Club Championship magazine in 1979 as reserve for this event in the under 10 age group; he must have been all of six years old. 1984's programme has his name cropping up far more frequently.

In 1983 Ian swam in a total of 15 individual events in the Devon County and Western Counties Age Group Championships and achieved three 1sts, three 2nds and nine 3rds. He won the Exeter Open 100 m backstroke event and came 12th in the National Age Group Championships at Blackpool. He also won the Torquay and Paignton ul4 sea races.

In 1984, although out of Age Group for the Devons and Westerns, he gained one 1st, three 2nds and two 4ths and a 8th place in these events. He was also placed 6th at the Trident Life Open Meet. Ian has regularly represented Devon in Inter County Competitions since 1983 and now trains and swims as a member of the County ESSO YOUTH SQUAD.

Our congratulations to Ian for all these fine achievements - gained by his hard work and dedication to his sport. Paignton Swimming Club wishes you every success in 1985.



CRH = CHAMPIONSHIP RECORD HOLDER

EVENT 1 - WESTERN COUNTIES DOUBLE GLAZING TROPHY

100m Butterfly Men

CRH - DEREK WYATT - 1.09.77

Lane 3 DEREK WYATT

Lane 4 PHIL SHEARS

Position	Time
<u>1</u>	<u>1:17.69</u>
<u>D.N.S</u>	<u> </u>

EVENT 2 - KAREN CUP

100m Butterfly Ladies

CRH - DONNA THROGMORTON - 1.19.35

Lane 1 NICKY GRIFFITHS

Lane 2 LYNDIA DOVE

Lane 3 SUE LANGSTON

Lane 4 DONNA THROGMORTON

Lane 5 ANNE-MARIE COWIE

<u>D.N.S</u>	<u> </u>
<u>3</u>	<u>1:44.84</u>
<u>D.N.S</u>	<u> </u>
<u>2</u>	<u>1:23.31</u>
<u>1</u>	<u>1:23.26</u>

EVENT 3 - ELLIOTT (B) CUP

33 1/3m Freestyle Boys under 10 years

CRH - PAUL EDWARDS - 23.14

Lane 1 LEE WINDEATT

Lane 2 CRAIG GILLMAN

Lane 3 CHRISTIAN HUBBLE

Lane 4 CARL EDWARDS

Lane 5 ROBERT EASBY

Lane 6 NICHOLAS JARVIS

Reserve ANDREW COOKE

<u>5</u>	<u>30.57</u>
<u>4</u>	<u>27.71</u>
<u>1</u>	<u>24.58</u>
<u>2</u>	<u>24.92</u>
<u>3</u>	<u>26.85</u>
<u>6</u>	<u>30.96</u>

EVENT 4 - ELLIOTT (G) CUP

33 1/3m Freestyle Girls under 10 years

CRH - HAYLEY ROGERS - 23.70

Lane 1 MICHELLE BRADLEY

Lane 2 KAREN HICKS

Lane 3 MICHELLE GREENING

Lane 4 ANNE MORGAN

Lane 5 RACHAEL BEADEL

Lane 6 GEMMA RAY

Reserve JAIWE LEWCOCK

<u>D.N.S</u>	<u> </u>
<u>4</u>	<u>23.71</u>
<u>1</u>	<u>26.56</u>
<u>3</u>	<u>27.99</u>
<u>2</u>	<u>27.55</u>
<u>5</u>	<u>29.19</u>
<u>6</u>	<u>30.24</u>

EVENT 5 - SPOONER CUP

4 x 1 Medley Boys under 12

CRH - IAN JEFFERY - 1.52.92

Lane 1 NIGEL ROBERTS

Lane 2 GRAHAM RULE

Lane 3 PAUL EDWARDS

Lane 4 PAUL WILLCOCKS

Lane 5 CHRIS NICHOLLS

Lane 6 CHRIS GREEN

Reserve IAN DAVEY

Position	Time
<u>6</u>	<u>2:19.85</u>
<u>3</u>	<u>2:10.35</u>
<u>1</u>	<u>2:06.73</u>
<u>2</u>	<u>2:01.94</u>
<u>4</u>	<u>2:11.49</u>
<u>5</u>	<u>2:19.85</u>

EVENT 6 - CAROLYN CUP

4 x 1 Medley Girls under 12

CRH - JANE DUNLOP - 1.57.34

Lane 2 KRISTINA COWIE

Lane 3 DEBBIE GRIFFITHS

Lane 4 HANNAH GODDARD

Lane 5 REBECCA WILSON

<u>3</u>	<u>2:08.16</u>
<u>2</u>	<u>2:01.38</u>
<u>1</u>	<u>2:01.29</u>
<u>4</u>	<u>2:19.76</u>

EVENT 7 - PERCY PEARCE CUP

100m Freestyle Boys under 14

CRH - DEREK WYATT - 1.07.60

Lane 1 ROBERT DAVEY

Lane 2 KEVIN WHEELER

Lane 3 MICHAEL SHERDON

Lane 4 GILES HARRINGTON

Lane 5 IAN JEFFERY

Lane 6 ANTHONY PEARSON

<u>4</u>	<u>1:20.42</u>
<u>3</u>	<u>1:17.98</u>
<u>5</u>	<u>1:21.29</u>
<u>2</u>	<u>1:13.95</u>
<u>1</u>	<u>1:05.79 *</u>
<u>6</u>	<u>1:22.48</u>

EVENT 8 - KINGDON CUP

100m Freestyle Girls under 14

CRH - JANICE WILLCOCKS - 1.09.42

Lane 1 NATASHA SPENCER

Lane 2 REBECCA ENGLISH

Lane 3 HAYLEY ROGERS

Lane 4 GAIL STANFORD

Lane 5 ELIZABETH BRIGHT

Lane 6 MICHELLE MULLINS

Reserve PIPPA HUBBLE

<u>5</u>	<u>1:25.61</u>
<u>2</u>	<u>1:16.02</u>
<u>1</u>	<u>1:15.12</u>
<u>D.N.S</u>	<u> </u>
<u>3</u>	<u>1:17.58</u>
<u>4</u>	<u>1:18.06</u>
<u>6</u>	<u>1:28.41</u>

EVENT 9 - BRIDGEMAN CUP

100m Backstroke Boys under 16 years
CRH - GAVIN PEARCE - 1.11.0

	Position	Time
Lane 1 MARK PROCTER	<u>1</u>	<u>1:17.31</u>
Lane 2 ASHLEY SAWYER	<u>5</u>	<u>1:27.80</u>
Lane 3 ANDREW COLE	<u>2</u>	<u>1:17.43</u>
Lane 4 RICHARD ACKLAND	<u>4</u>	<u>1:21.75</u>
Lane 5 DERREN WESTACOTT	<u>3</u>	<u>1:21.55</u>

EVENT 10 - EASTERBROOK CUP

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

Lane 2 BERNICE GILLON	<u>D.N.S</u>	<u>---</u>
Lane 3 LISA HUGHES	<u>D.N.S</u>	<u>---</u>
Lane 4 CHANTELE THROGMORTON	<u>1</u>	<u>1:24.42 *</u>
Lane 5 ANNE-MARIE COWIE	<u>2</u>	<u>1:28.33</u>
Lane 6 LISA JEFFERY	<u>3</u>	<u>1:35.61</u>

EVENT 11 - RENWICK BEAVER TROPHY

100m Breaststroke Men
CRH - IAN PLUMRIDGE - 1.21.80

Lane 1 RICHARD DUTTON	<u>DISQ.</u>	<u>---</u>
Lane 2 SIMON TRUSCOTT	<u>2</u>	<u>1:22.03</u>
Lane 3 PHIL SHEARS	<u>1</u>	<u>1:21.60 *</u>
Lane 4 GLENN COOK	<u>D.N.S</u>	<u>---</u>
Lane 5 STEVE HARRIS	<u>3</u>	<u>1:23.58</u>
Lane 6 DEREK WYATT	<u>4</u>	<u>1:40.80</u>

EVENT 12 - STOBART CUP

100m Freestyle Ladies
CRH - CHANTELE THROGMORTON - 1.07.70

Lane 1 LYNDA DOVE	<u>4</u>	<u>1:31.43</u>
Lane 2 JANICE WILLCOCKS	<u>D.N.S</u>	<u>---</u>
Lane 3 DONNA THROGMORTON	<u>2</u>	<u>1:14.53</u>
Lane 4 CHANTELE THROGMORTON	<u>3</u>	<u>1:15.17</u>
Lane 5 ANNE-MARIE COWIE	<u>1</u>	<u>1:08.53</u>

EVENT 13 - ALBANY COURT TROPHY

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

Lane 2 CARL EDWARDS	<u>2</u>	<u>34.69</u>
Lane 3 LEE WINDEATT	<u>DISQ.</u>	<u>---</u>
Lane 4 ROBERT EASBY	<u>3</u>	<u>35.76</u>
Lane 5 CHRISTIAN HUBBLE	<u>1</u>	<u>33.01</u>

EVENT 14 - WHITE BUTTERFLY TROPHY

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

	Position	Time
Lane 1 KAREN HICKS	<u>3</u>	<u>39.03</u>
Lane 2 MICHELLE GREENING	<u>1</u>	<u>33.14</u>
Lane 3 KIRSTY WHITE	<u>DISQ.</u>	<u>---</u>
Lane 4 STACEY EVANS	<u>D.N.S</u>	<u>---</u>
Lane 5 CAROLINE ASHLEY	<u>4</u>	<u>39.64</u>
Lane 6 RACHAEL BEADEL	<u>2</u>	<u>33.48</u>

EVENT 15 - BETTY CUP

66 2/3m Freestyle Boys under 12
CRH - IAN JEFFERY - 44.88

Lane 1 CHRIS GREEN	<u>6</u>	<u>55.42</u>
Lane 2 IAN DAVEY	<u>4</u>	<u>52.46</u>
Lane 3 PAUL EDWARDS	<u>1</u>	<u>47.56</u>
Lane 4 GRAHAM RULE	<u>2</u>	<u>49.17</u>
Lane 5 PAUL WILLCOCKS	<u>3</u>	<u>51.01</u>
Lane 6 CHRIS NICHOLLS	<u>5</u>	<u>53.76</u>
Reserve CHARLES TINNYUNT	<u>---</u>	<u>---</u>

EVENT 16 - P. PENFOLD CUP

66 2/3m Freestyle Girls under 12
CRH - HAYLEY ROGERS - 46.57

Lane 1 DAWN HELPS	<u>DISQ.</u>	<u>---</u>
Lane 2 KRISTINA COWIE	<u>3</u>	<u>49.58</u>
Lane 3 HANNAH GODDARD	<u>2</u>	<u>49.58</u>
Lane 4 DEBBIE GRIFFITHS	<u>1</u>	<u>49.43</u>
Lane 5 REBECCA WILSON	<u>4</u>	<u>56.92</u>
Lane 6 RACHEL FOX	<u>5</u>	<u>56.94</u>
Reserve CLAIRE BRATCHER	<u>---</u>	<u>---</u>

EVENT 17 - REGATTA CUP

4 x 1 Medley Boys under 14
CRH - MARK PLUMRIDGE - 1.50.33

Lane 2 KEVIN WHEELER	<u>2</u>	<u>1:58.21</u>
Lane 3 GILES HARRINGTON	<u>DISQ.</u>	<u>---</u>
Lane 4 IAN JEFFERY	<u>1</u>	<u>1:46.65 *</u>

EVENT 18 - FIRS TROPHY

4 x 1 Medley Girls under 14
CRH - LISA HUGHES - 1.49.98

Lane 2 PIPPA HUBBLE	<u>3</u>	<u>2:14.91</u>
Lane 3 MANDY PROCTER	<u>4</u>	<u>2:17.75</u>
Lane 4 ELIZABETH BRIGHT	<u>2</u>	<u>2:04.94</u>
Lane 5 GAIL STANFORD	<u>1</u>	<u>2:00.87</u>

EVENT 19 - SPANTON CUP

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

Position	Time
Lane 2 MARK PROCTER	<u>1</u> 1:06.23
Lane 3 ASHLEY SAWYER	<u>2</u> 1:08.51
Lane 4 ANDREW COLE	<u>4</u> 1:13.58
Lane 5 RICHARD ACKLAND	<u>3</u> 1:11.72
Lane 6 DERREN WESTACOTT	<u>5</u> 1:14.86

EVENT 20 - STELLA STOTT CUP

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

Position	Time
Lane 1 VICKY TURNER	DNS
Lane 2 LISA HUGHES	DNS
Lane 3 NICKY GRIFFITHS	DNS
Lane 4 CHANTELE THROGMORTON	<u>2</u> 1:11.72
Lane 5 ANNE-MARIE COWIE	<u>1</u> 1:08.72 *
Lane 6 BERNICE GILLON	DNS

EVENT 21 - HARRISON CUP

4 x 1 Medley Men
CRH - STEVE HARRIS - 1.38.00

Position	Time
Lane 1 SIMON TRUSCOTT	<u>2</u> 1:45.21
Lane 2 PHIL SHEARS	DNS
Lane 3 GLENN COOK	DNS
Lane 4 STEVE HARRIS	<u>1</u> 1:36.20 *
Lane 5 DEREK WYATT	<u>3</u> 1:55.97

EVENT 22 - WATSON CUP

4 x 1 Medley Ladies
CRH - DONNA THROGMORTON - 1.46.50

Position	Time
Lane 2 LYNDIA DOVE	<u>2</u> 2:19.65
Lane 3 JANICE WILLCOCKS	DNS
Lane 4 SUE LANGSTON	DNS
Lane 5 DONNA THROGMORTON	<u>1</u> 1:58.19

EVENT 23 - BENNET CUP

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

Position	Time
Lane 1 ANDREW COOKE	<u>5</u> 37.04
Lane 2 SAM GLASSER	<u>6</u> 37.29
Lane 3 BEN MCGAWAN	<u>1</u> 34.08
Lane 4 CHRISTIAN HUBBLE	<u>3</u> 35.20
Lane 5 CRAIG GILLMAN	<u>2</u> 34.86
Lane 6 CARL EDWARDS	<u>4</u> 35.28
Reserve NEIL BARRY	

NEW RECORD HEATS

RACHAEL BEADEL 32.42 *

EVENT 24 - PENWILL CUP

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

Position	Time
Lane 1 JOANNE DURBIDGE	DNS
Lane 2 GEMMA RAY	<u>2</u> 36.28
Lane 3 RACHAEL BEADEL	<u>1</u> 35.52
Lane 4 PAULA FORD	<u>3</u> 37.50
Lane 5 JAIME LEWCOCK	<u>4</u> 38.03
Lane 6 KAREN HICKS	<u>5</u> 38.60
Reserve KIRSTY WHITE	<u>6</u> 39.29

EVENT 25 - HARRY TROPHY

33 1/3 Butterfly Boys under 12
CRH - IAN JEFFERY - 23.76

NEW RECORD HEATS

PAUL EDWARDS 23.52 *

Position	Time
Lane 1 GRAHAM RULE	<u>5</u> 28.26
Lane 2 NIGEL ROBERTS	<u>4</u> 28.09
Lane 3 PAUL EDWARDS	<u>1</u> 23.96
Lane 4 CHRIS NICHOLLS	<u>3</u> 27.50
Lane 5 PAUL WILLCOCKS	<u>2</u> 24.51
Lane 6 CHRIS GREEN	<u>6</u> 29.96
Reserve GARY SMERDON	

EVENT 26 - VIVIEN CUP

33 1/3 Butterfly Girls under 12
CRH - JANE DUNLOP - 24.14

Position	Time
Lane 1 REBECCA WILSON	<u>4</u> 30.29
Lane 2 KRISTINA COWIE	<u>5</u> 30.36
Lane 3 DEBBIE GRIFFITHS	<u>1</u> 26.77
Lane 4 HANNAH GODDARD	<u>2</u> 27.59
Lane 5 RACHEL FOX	<u>3</u> 29.45
Lane 6 CLARE HUNTER	<u>6</u> 30.48
Reserve CLAIRE BRATCHER	

EVENT 27 - PAUL VERNON CUP

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

Position	Time
Lane 1 ROBERT DAVEY	<u>4</u> 1:49.22
Lane 2 KEVIN WHEELER	<u>2</u> 1:35.81
Lane 3 GILES HARRINGTON	DNS
Lane 4 IAN JEFFERY	<u>1</u> 1:33.53
Lane 5 IAN BARTLETT	<u>3</u> 1:38.18

EVENT 28 - MERMAID CUP

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

Lane 1 PIPPA HUBBLE
Lane 2 ELIZABETH BRIGHT
Lane 3 MICHELLE MULLINS
Lane 4 JULIE WYATT
Lane 5 NATASHA SPENCER
Lane 6 MANDY PROCTER
Reserve LESLEY BLACKWOOD

Position

Time

5 1:56.65
3 1:43.97
1 1:36.49
2 1:41.90
4 1:47.71
DNS

EVENT 29 - HIGBEE CUP

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

Lane 1 MARK PROCTER
Lane 2 ASHLEY SAWYER
Lane 3 RICHARD ACKLAND

1 1:21.04
3 1:50.92
2 1:31.62

EVENT 30 - PENDERGAST CUP

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

Lane 4 NICKY GRIFFITHS
Lane 5 CHANTELE THROGMORTON
Lane 6 ANNE-MARIE COWIE

DNS
DNS
1 1:41.23

EVENT 31 - VICTORY TROPHY

200m Freestyle Men
CRH - DEREK WYATT - 2.13.14

Lane 2 PHIL SHEARS
Lane 3 GLENN COOK
Lane 4 STEVE HARRIS
Lane 5 DEREK WYATT

DNS
DNS
2 2:14.18
1 1:13.26

EVENT 32 - WALLIS CUP

100m Backstroke Ladies
CRH - LISA HUGHES - 1.18.94

Lane 2 LISA HUGHES
Lane 3 LYNDA DOVE
Lane 4 DONNA THROGMORTON
Lane 5 CHANTELE THROGMORTON

DNS
3 1:40.96
1 1:23.86
2 1:24.16

EVENT 33 - JEFFERY TROPHY

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

Lane 2 ANDREW COOKE
Lane 3 CARL EDWARDS
Lane 4 LEE WINDEATT
Lane 5 CHRISTIAN HUBBLE

Position

Time

DISQ
2 2:28.32
DISQ
1 2:22.55

EVENT 34 - ASHFORD AND BEESLEY TROPHY

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

Lane 1 KAREN HICKS
Lane 2 MICHELLE GREENING
Lane 3 STACEY EVANS
Lane 4 CAROLINE ASHLEY
Lane 5 RACHAEL BEADEL

1 2:38.45
2 2:38.75
DNS
DISQ
3 2:42.04

EVENT 35 - WOODLAND CUP

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

Lane 1 JON GLASSER
Lane 2 CHRIS NICHOLLS
Lane 3 PAUL EDWARDS
Lane 4 PAUL WILLCOCKS
Lane 5 GRAHAM RULE
Lane 6 IAN ROBERTS
Reserve TIM FREER

DNS
4 1:08.43
1 1:05.38
2 1:07.01
3 1:08.31
6 1:15.68
5 1:14.25

EVENT 36 - JAMES CUP

66 2/3m Breaststroke Girls under 12
CRH - JULIE WYATT - 59.94

Lane 1 RACHEL PEARCE
Lane 2 REBECCA WILSON
Lane 3 HANNAH GODDARD
Lane 4 DEBBIE GRIFFITHS
Lane 5 CLARE HUNTER
Lane 6 CLAIRE BRATCHER
Reserve YARRA MILLS

6 1:11.32
3 1:10.51
2 1:03.32
1 1:01.87
5 1:11.08
4 1:11.08

EVENT 37 - CLARKE CUP

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

Lane 2 KEVIN WHEELER
Lane 3 GILES HARRINGTON
Lane 4 IAN BARTLETT
Lane 5 MICHAEL SMERDON
Lane 6 IAN JEFFERY

2 1:30.65
3 1:32.40
4 1:33.07
DISQ
1 1:17.84 *

Position Time

EVENT 38 - SPILLER CUP

100m Backstroke Girls under 14
CRH - LISA HUGHES - 1.18.84

Lane 1	MANDY PROCTER	<u>DISQ</u>	
Lane 2	NATASHA SPENCER	<u>3</u>	1:37.74
Lane 3	HAYLEY ROGERS	<u>1</u>	1:27.50
Lane 4	ELIZABETH BRIGHT	<u>2</u>	1:32.42
Lane 5	PIPPA HUBBLE	<u>4</u>	1:40.37
Lane 6	CHERYL DYER	<u>5</u>	2:28.04
Reserve	ROWENA FINSON		

EVENT 39 - DOLPHIN CUP

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

Lane 3	MARK PROCTER	<u>1</u>	1:28.85
Lane 4	RICHARD ACKLAND	<u>3</u>	1:35.48
Lane 5	DERREN WESTACOTT	<u>2</u>	1:34.87

EVENT 40 - ANN-ELIZABETH CUP

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

Lane 1	BERNICE GILLON	<u>DNS</u>	
Lane 2	VICKY TURNER	<u>DNS</u>	
Lane 3	NICKY GRIFFITHS	<u>DNS</u>	
Lane 4	CHANTELLE THROGMORTON	<u>DNS</u>	
Lane 5	ANNE-MARIE COWIE	<u>1</u>	1:37.12
Lane 6	LISA JEFFERY	<u>2</u>	1:43.29

EVENT 41 - M. PEARCE TROPHY

100m Backstroke Men
CRH - MARK PEARCE - 1.09.82

Lane 1	PHIL SHEARS	<u>1</u>	1:11.07
Lane 2	ANDREW COLE	<u>4</u>	1:21.73
Lane 3	GLENN COOK	<u>DNS</u>	
Lane 4	STEVE HARRIS	<u>2</u>	1:16.66
Lane 5	DEREK WYATT	<u>5</u>	1:34.69
Lane 6	IAN JEFFERY	<u>3</u>	1:17.82

EVENT 42 - STEART CUP

100m Breaststroke Ladies
CRH - DONNA THROGMORTON - 1.25.72

Lane 2	NICKY GRIFFITHS	<u>DNS</u>	
Lane 3	LYNDA DOVE	<u>2</u>	1:55.48
Lane 4	SUE LANGSTON	<u>DNS</u>	
Lane 5	DONNA THROGMORTON	<u>1</u>	1:32.00

EVENT 43 - PROWSE CUP

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

Lane 1	ANDREW COOKE	<u>3</u>	30.75
Lane 2	ROBERT EASBY	<u>5</u>	33.53
Lane 3	CARL EDWARDS	<u>2</u>	28.65
Lane 4	CHRISTIAN HUBBLE	<u>1</u>	28.16
Lane 5	NICHOLAS JARVIS	<u>4</u>	33.01
Lane 6	LEE WINDEATT	<u>6</u>	35.64
Reserve	MATTHEW LOWE		

EVENT 44 - EMMETT CUP

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

Lane 1	MICHELLE GREENING	<u>6</u>	36.87
Lane 2	KAREN HICKS	<u>4</u>	34.80
Lane 3	ANNE MORGAN	<u>1</u>	33.24
Lane 4	PAULA FORD	<u>2</u>	34.14
Lane 5	REBECCA WRIGHT	<u>3</u>	34.79
Lane 6	MICHELLE BRADLEY	<u>DNS</u>	
Reserve	RACHAEL BEADEL	<u>5</u>	35.20

EVENT 45 - REED TROPHY

66 2/3m Backstroke Boys under 12
CRH - IAN JEFFERY - 51.05

Lane 1	CHARLES TINNYUNT	<u>5</u>	1:03.25
Lane 2	PAUL WILLCOCKS	<u>2</u>	58.84
Lane 3	PAUL EDWARDS	<u>1</u>	57.31
Lane 4	NIGEL ROBERTS	<u>3</u>	1:00.07
Lane 5	DAVID BENNETT	<u>4</u>	1:02.58
Lane 6	GRAHAM RULE	<u>6</u>	1:06.69
Reserve	IAN DAVEY		

EVENT 46 - MOSELEY CUP

66 2/3m Backstroke Girls under 12
CRH - HAYLEY ROGERS - 54.49

Lane 1	CLAIRE BRATCHER	<u>5</u>	1:06.97
Lane 2	KRISTINA COWIE	<u>3</u>	1:03.83
Lane 3	DEBBIE GRIFFITHS	<u>1</u>	58.06
Lane 4	HANNAH GODDARD	<u>2</u>	58.31
Lane 5	REBECCA WILSON	<u>DNS</u>	
Lane 6	CLARE HUNTER	<u>6</u>	1:09.60
Reserve	YARRA MILLS	<u>4</u>	1:06.97

EVENT 47 - DOWNS CUP

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

Lane 1 KEVIN WHEELER
Lane 2 GILES HARRINGTON
Lane 3 IAN JEFFERY

Position	Time
<u>2</u>	<u>55.77</u>
<u>3</u>	<u>1:09.00</u>
<u>1</u>	<u>53.40</u>

EVENT 48 - BIRBECK CUP

66 2/3m Butterfly Girls under 14
CRH - CHANTELE THROGMORTON - 50.89

Lane 4 GAIL STANFORD
Lane 5 PIPPA HUBBLE
Lane 6 MANDY PROCTER

<u>1</u>	<u>57.42</u>
<u>2</u>	<u>1:08.06</u>
<u>3</u>	<u>1:11.35</u>

EVENT 49 - ROY HOARE TROPHY

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

Lane 2 MARK PROCTER
Lane 3 RICHARD ACKLAND
Lane 4 DERREN WESTACOTT
Lane 5 ASHLEY SAWYER

<u>1</u>	<u>1:47.04</u>
<u>2</u>	<u>1:53.86</u>
<u>3</u>	<u>1:56.46</u>
<u>4</u>	<u>2:06.94</u>

EVENT 50 - LOUISE MARIE TROPHY

4 x 1 Medley Girls under 16
CRH - NICKY GRIFFITHS - 1.56.41

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

<u>DNS</u>	<u>_____</u>
<u>DNS</u>	<u>_____</u>
<u>DNS</u>	<u>_____</u>
<u>DNS</u>	<u>_____</u>
<u>2</u>	<u>1:55.59</u>
<u>1</u>	<u>1:55.46 *</u>

EVENT 51 - G. PEARCE TROPHY

100m Freestyle Men
CRH - DEREK WYATT - 1.00.80

Lane 1 RICHARD DUTTON
Lane 2 PHIL SHEARS
Lane 3 GLENN COOK
Lane 4 STEVE HARRIS
Lane 5 DEREK WYATT

<u>4</u>	<u>1:06.87</u>
<u>3</u>	<u>1:04.31</u>
<u>DNS</u>	<u>_____</u>
<u>2</u>	<u>1:01.35</u>
<u>1</u>	<u>1:00.13 *</u>

THE FOLLOWING EVENTS WERE HELD ON 20TH OCTOBER 1984

EVENT 52 - SPEEDO TROPHY

4 x 100m Medley Ladies
CRH - Janice Willcocks 5.57.85

1st - Donna Throgmorton 6.06.91
2nd - Lisa Hughes 6.10.59
3rd - Janice Willcocks 6.17.07
4th - Lynda Dove 7.42.14

EVENT 53 - PETER BUSH TROPHY

4 x 100m Medley Men
CRH - Derek Wyatt 5.30.67

1st - Derek Wyatt 5.42.70
2nd - Ian Jeffery 5.57.72
3rd - Phil Shears 6.15.94

EVENT 54 - WORSLEY POWELL CUP

Style Breaststroke Girls under 16
Holder - Natasha Spencer

1st - Elizabeth Bright
2nd - Anna Patch
3rd - Lisa Jeffery
3rd - Linda Bennett

RESULTS FROM DIVING.

EVENT 55 - TORBAY MOTORS TROPHY

Junior Diving Girls under 14
Holder - Gail Stanford

1st - Gail Stanford
2nd - Anna Patch
3rd - Pippa Hubble
4th - Natasha Spencer
5th - Kirsty White
6th - Linda Bennett

EVENT 56 - BRIAN HILL TROPHY

Junior Diving Boys under 14
Holder - Derren Westacott

1st - Paul Willcocks
2nd - Timothy Freer
3rd - Ian Bartlett
4th - Christian Hubble
5th - David Bennett
6th - Chris Nicholls

EVENT 57 - WESTAWAY CUP

Ladies Diving
Holder - Lesley Wheeler

1st - Helen Bradbury
2nd - Donna Throgmorton
3rd - Janice Willcocks

EVENT 58 - PAIGNTON CLUB CUP

Mens Diving
Holder - Brian Hill

1st - Brian Hill
2nd - Paul Gibling
3rd - Andrew Cole





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WATER POLO

Hi:

What a great year we have had, frustrating and hard work at times, but a great year.

During the build-up to the Grand National, Ken and Maureen Spencer organised a sweepstake in aid of Water Polo expenses. This was to be the biggest and most adventurous sweepstake yet. First prize was £100, second £50, third £25, fourth £10 and anyone who drew a horse that finished the course received a £.

For it to be successful, 5000 tickets had to be sold. What a task to set, but with many helpers they succeeded and after paying out all the prize money, there was £231.00 profit, which was gratefully received.

During the playing season, when home matches are played, Ken and Maureen run a Raffle, the proceeds of which help to pay the many expenses incurred by the Water Polo Squad. We take this opportunity of thanking Ken and Maureen for their time and splendid efforts, for which we are all very grateful.

The remainder of the small band of dedicated parents, who help to organise and run the Water Polo Section of Paignton Swimming Club, must not go unmentioned. They provide the backbone of help when it is needed. They transport players to home and away games, some of which require over 100 miles of travelling. They wash and repair caps and trunks, help with training etc. Our grateful thanks to them all.

Before the season started, John Barry, our Coach, organised a Grand Disco which was a great success. We joined forces with Paignton Life Saving Society and had a marvellous evening at the Grange. Music and chat was by courtesy of John Smaller who did a very professional job. The Disco raised £100, which was shared by Water Polo and Life Saving.

On Saturday, August 18th, we held an all-day Jumble Sale at the Co-Op Hall (another success story). From early in the year, jumble of all shapes and sizes was donated and the Westacott household was taken over by large black bin-bags and cardboard boxes. We had a tremendous collection and between 10.00 a.m. and 3.00 p.m., two hundred people came through the Co-Op Hall doors. At the end of the day, Water Polo was £92 better off. A big thank you to the small band of helpers, who gave up their Saturday to run a very successful sale.

During September, we had the very good fortune of receiving sponsorship from the local builders, F.J. Milford. The sponsorship was gratefully accepted and we shall do our best to give value for money. This season we have run three Squads, under 14 years, under 16 years and under 18 years. Our u-14 squad reached the final of the Devon K.O. Cup, but after a cracking game, finished runners-up with a score of Exeter 11 Paignton 8. They finished their last League game on 30th September which puts them fourth in the league table.

Our u-16 squad finished their season runners-up in the League Cup, and our u-18 squad won their League Cup and reached the final of their K.O. Cup, going down with a final score of Newton Abbot 12, Paignton 3.

We have had four of our players chosen for the Devon League and Western Counties League. They are:

Mark Plumridge u.16
Jared Spencer u.18 and u.20
Phil Shears u.18 and u.20
Mark Pearce u.18 and u.20

As I said at the beginning, "What a great year we have had".
Congratulations to all concerned.

RAY WESTACOTT
Water Polo Treasurer

SYNCHRONISED SWIMMING

As many of you know we have not been in the water since last Christmas so there is not much to report.

We are at long last back to the water; October 7th saw us trying out the old swimmers to see if they had remembered anything and to my surprise they were good, having remembered most of the disciplines.

We have recruited four new Synchronised Swimmers of 14 plus, which is super; so come along you older girls (over 12) and join us - it is hard work but very enjoyable.

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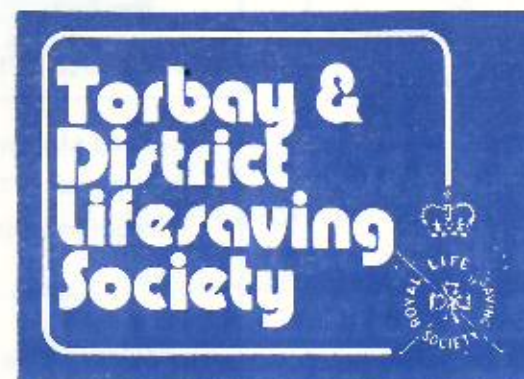
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AIMS: To teach all aspects of Lifesaving to any age and therefore providing a valuable service to the community. To keep fit and most of all to have FUN!

MEETINGS take place at the Torbay Pool, Paignton every Sunday from 8.00 p.m. to 9.00 p.m.

The Club trains to Competition standard and this year PAT KITSON is the South West Ladies Lifesaving Champion; SUSAN LANGSTONE and JANICE WILCOX are the South West Schools Champions (Girls). They are representing the Area at the National Lifesaving Championships on November 17th this year.

The Club has an exchange agreement with the twin town of Hamelin and this year Torbay hold the trophy.

A majority of our members hold awards for lifesaving skills ranging from Safe Swimmer V to the Distinction Certificate.

We are a very sociable Club - we have held: Sponsored Bike Ride; a team of four representing us in the River Dart Sponsored struggle.

Disco's - The next one is on Friday, November 9th, from 7.30 to 12 midnight at The Half Moon Inn.

We hold an Annual Dinner and Dance. This year it is on Friday, 14th December at the Bancourt Hotel.

Yearly visit to Hamelin - an excellent holiday! and many more party's arranged by individual members.

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PAIGNTON SWIMMING CLUB
SWIMMING ACTIVITY TIMES

SENIOR SQUAD TRAINING

MONDAY	8.00 - 9.00 PM
WEDNESDAY	8.00 - 9.00 PM

JUNIOR SQUAD TRAINING

TUESDAY	7.00 - 8.00 PM
THURSDAY	7.00 - 8.00 PM

IMP SQUAD

WEDNESDAY	7.00 - 8.00 PM
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CLUB NIGHT

FRIDAY	7.00 - 10.00 PM
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PERSONAL SURVIVAL

FRIDAY	7.45 ONWARDS
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CONTACT BRIAN JEFFERY

ADULT SWIMMING

WEDNESDAY	9.00 - 10.00 PM
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LEARN TO SWIM

SUNDAY	6.30 - 7.00 PM
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CONTACT ANNETTE PARKER OR CLUB SECRETARY
WAITING LIST IN OPERATION

SYNCHRONISED SWIMMING

SUNDAY	5.45 - 6.30 PM
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CONTACT ANNE BRIGHT

WATER POLO

SUNDAY	7.00 - 8.00 PM
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CONTACT MRS DANIELS