



THE ENGLISH
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TORBAY LEISURE CENTRE

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To Paignton S.C.

Best wishes for successful

Club Championships and

Thank you for your custom

throughout the year



mine

**1987
CLUB CHAMPIONSHIPS**

Under A.S.A. Laws.



BY MIKE
HEWITT

TORBAY LEISURE CENTRE

SATURDAY, 21st NOVEMBER, 1987

6 for 6.30 p.m.

OFFICIAL PROGRAMME 25p.

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

Dear Everyone,

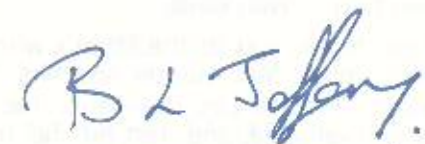
Welcome to the 1987 Club Championships, the finale of another action packed year.

It has been a very mixed year — we were sad to have to lose Pete Trodden's services as Chief Coach because of his illness; Bob Jarman of Newton Abbot filled in to help us over a very difficult period and we are now back on an even keel with Ivan Throgmorton taking on this very demanding role. On behalf of the Club, I would like to thank Pete, Bob and Ivan for all their hard work, without which we couldn't have kept 'in the swim'.

What a promising young squad we have coming on. This year's Devons have shown that we have a nucleus of good swimmers and this was reflected by seeing a lot more Paignton representatives in the Finals.

I was delighted to see so many old faces re-appearing at Top Squad training night. One of our weaknesses at Galas has been a sadly depleted Ladies and Mens Squad, but it looks as though this has now been remedied. Welcome back.

I have no doubt that the standard of swimming in the Championships will be as high as ever, but let's not forget the importance of learning to swim. To have reached the standard to be able to enter the Championships is an achievement in itself. Well done to you all.



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

I regretfully note that our well respected President, Harold Allan has decided to retire after serving the Club so well for 37 years.

His service dates from 1950 when, like so many of us, he wanted his son to be taught to swim. Having identified a need for more helpers, he progressed to passing his A.S.A. Teachers Certificate, since when he has held the Offices of Club Coach, Delegate to Devon and Western Counties Executives and Club Chairman. In 1975 he was elected President of Devon County A.S.A., a signal honour and in 1979, President of our own Club.

His steadying influence on Club affairs will be sadly missed and on your behalf I wish him a happy, relaxing future.



Chairman.



SYNCHRONISED SWIMMING 1987

Another year gone by, how time flies.

We have increased our squad to 35 now and all are doing extremely well.

January, several girls went to Barnstaple for a synchronised swimming course and passed their grades and many others also obtained their grades. Well done all of you.

Very good results from the Devon Age Groups for Joanne Jones, Emma Dyet, Ley Dayment and Claire Spurlock.

Claire is in the Devon Synchronised Swimming team; she is also entered in the Western Counties. Good luck, Claire. Well done Mrs. Spurlock and Claire for passing examiners grades.

We have done a couple of displays at Oldway School, which proved to be very popular - thank you girls for the extra training (some of it all off your own bat). Well done.

I must say thank you to the Mum's who are helping poolside. Mrs. Spurlock, Mrs. Jones, Mrs. Hunter and Mrs. Wilson, you are worth your weight in gold. Also to Ley Dayment - her routines are super and help with figures is invaluable, and, last but far from least - Anna Dayment. Thanks Anna - without your knowledge and expertise we wouldn't be as good as we are.

Good luck girls for the coming year.

Anne Bright.



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 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



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

GIRLS UNDER 10

Lucy ROBERTS
Claire KENNEDY
Jessica ROBILLARD
Leanne DAVIES
Sara STARWING
Emily SWANN
Karen DICKINSON
Emma DAVIES
Melanie GEORGE
Nicola MARTIN
Emma MORTON
Natasha PYM
Victoria HAIG
Rachel SMITH
Anna THREAPLETON
Rebecca BROWN
Lydia HARRIS
Christine HERN
Judith WARD
Julia WHITTLE
Joanne WHITTLE
Helen EDEN
Jodie BROWN
Sarah HUNT
Michelle LYNCH
Lisa SWIFT

GIRLS UNDER 12

Anna CHOPPING
Rachael PASSMORE
Marie-Claire HOLDER
Zoe GREEN
Julia WILLIAMS
Emma LAW
Sarah BOWSER
Penny ELLIOTT
Claire DICKINSON
Natasha CANN
Karen HUMBLE
Marianne HUMBLE
Rachel HEDGER
Keely ROBBINS
Juliet ASHLEY
Serena PERRY
Gemma ELLIS
Kathryn THREAPLETON
Helen TAYLOR
Victoria WOODMARK
Heather DANIEL
Denise HERN
Michelle GREENING
Sarah PEACH
Paula FORD
Sarah NICHOLS
Jaime LEWCOCK
Nadia HARDING

GIRLS UNDER 14

Kadie STONE
Emma HERRIDGE
Karen HICKS
Caroline ASHLEY
Lucy WILTSHIRE
Joanne JONES
Marcia COLEMAN
Rachael PEARCE
Donna WINSOR
Rebecca WILSON
Louise WORTHINGTON
Emma ROBBINS
Dawn HELPS
Clare HUNTER

GIRLS UNDER 16

Beverley HAWMAN
Kristina COWIE
Marisa de LUCIS
Debbie GRIFFITHS
Hayley ROGERS

GIRLS OPEN (LADIES)

Gaynor OAKDEN
Chantelle THROGMORTON
Donna THROGMORTON
Lynda DUTTON

BOYS UNDER 10

James WOODMARK
George CHOPPING
Daniel SWIFT
Simon PEERS
Kevin WILLS
Christopher DERRINGTON
Richard MARTIN
Toby BRIDGEMAN
Robert PIZEY
Nicholas ROACH
Luke HERRIDGE
Lewis BABBAGE
Jonathan CANN
Mark ABRAHAM
Richard FLORENCE
Christopher HAVILL
Mark HAGGERTY
Russell OPIE
Noel WILLIAMS
Mark BRAZIER
Mark BRINHAM
Christopher SWAIN
Richard PERRY
Peter BARNES
Andrew MITCHARD
Kevin WILTSHIRE
Nathan DANIEL
Andrew BALLETO
Antony REYNOLDS
Iain DERRINGTON
Jonathan BODDAM-
WHETHAM
Darren VICKERY
Ian ROACH

BOYS UNDER 12

Matthew BRADSHAW
Philip REECE
Gavin BABBAGE
Jared NEWTON
Stephen GLOVER
Adam ROBERTS
Mark WILSON
Leigh FLORENCE
Jeremy ROBILLARD
Wesley MILES
Paul BRAZIER
Sam GLASSER
Nicholas LOWE
James SWANN
Simon WATSON
Matthew BRADSHAW
David HENITT
Gary HEDGER
Carl EDWARDS
Ben FLORENCE
Matthew PAINE
Ian RULE
Matthew DAHILL
Miguel NORTE

BOYS UNDER 14

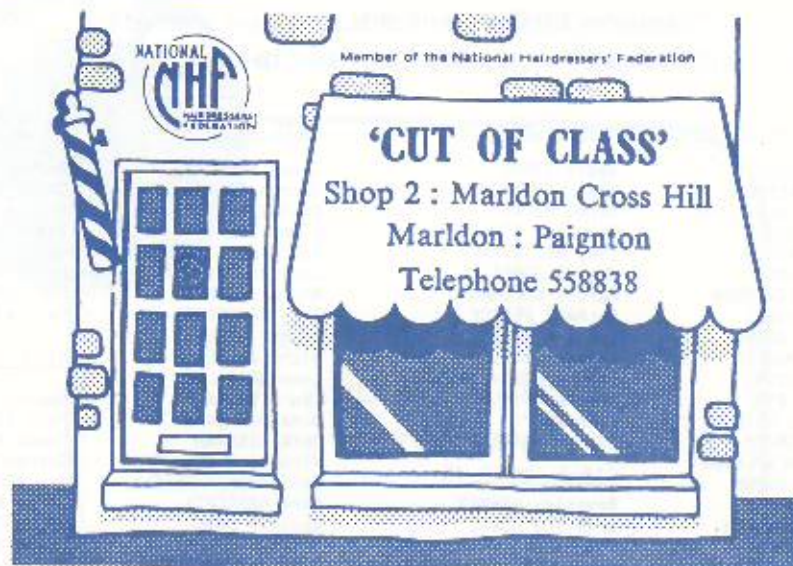
Andrew BOWSER
Craig GILLMAN
Matthew LOWE
Ben LEWCOCK
Tim FREER
Chris GREEN
Jon GLASSER
Paul WILLCOCKS

BOYS UNDER 16

Robert GREENING
Paul EDWARDS
Damon NEAL
Graham RULE
Ian ROBERTS
Nigel ROBERTS
Michael HEWITT
David MOSEDALE
Stephen OAKDEN

MENS

Andy COLE
Simon SENIOR
Richard DUTTON
Derek WYATT
Brian HILL



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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.C.HUMPHREYS
Hon. Treasurer : Mrs.A.BRIGHT

COMMITTEE

P.TRODDEN	B.WHITE	P.HUNT
R.WESTACOTT	R.DUTTON	A.WHEELER
D.WYATT	A.HEWITT	C.GILMAN
R.COLEMAN	D.SMERDON	Mrs.S.COLE
Mrs.V.DANIELS	Mrs.L.DUTTON	Miss J.SISK

Coach : I.THROGMORTON
Competition Secretary : B.WHITE
Water Polo Secretary : Mrs.V.DANIELS
Fixtures Secretary : A.WHEELER
Team Manager : J.SISK
Club Captain : DEREK WYATT
Girls' Captain : GAYNOR OAKDEN
Boys' Captain : SIMON SENIOR
Membership Secretary : Mrs.S.COLE
Syncro Secretary : Mrs.A.BRIGHT

HONORARY SECRETARY

Mrs.C.HUMPHREYS
2 Porlock Way
Paignton

Telephone: 553866

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PROGRAMME OF EVENTS

CRH = CHAMPIONSHIP RECORD HOLDER

EVENT 1 - WESTERN COUNTIES DOUBLE GLAZING TROPHY

100 m Butterfly Men

CRH - DEREK WYATT - 1.09.77

Lane 1 PAUL EDWARDS

Lane 2 DEREK WYATT

Lane 3 RICHARD DUTTON

Position	Time
2	1.15.01
1	1.12.56
3	1.31.37

EVENT 2 - KAREN CUP

100m Butterfly Ladies

CRH - DONNA THROGMORTON - 1.19.35

Lane 4 DONNA THROGMORTON

Lane 5 CHANTELE THROGMORTON

Lane 6 GAYNOR OAKDEN

1	1.20.56
2	1.23.56
3	1.32.17

EVENT 3 - ELLIOTT (H) CUP

33 1/3m Freestyle Boys under 10 years

CRH - CARL EDWARDS - 22.77

Lane 1 SIMON PEERS

Lane 2 ANDREW MITCHARD

Lane 3 LEWIS BABBAGE

Lane 4 RICHARD PERRY

Lane 5 KEVIN WILTSHIRE

Lane 6 RICHARD MARTIN

Reserve LUKE HERRIDGE

5	28.05
4	27.22
2	24.96
1	24.21
3	27.03
6	24.10

EVENT 4 - ELLIOTT (G) CUP

33 1/3m Freestyle Girls under 10 years

CRH - HAYLEY ROGERS - 23.70

Lane 1 REBECCA BROWN

Lane 2 LISA SWIFT

Lane 3 JODIE BROWN

Lane 4 EMMA DAVIES

Lane 5 LYDIA HARRIS

Lane 6 ANNA THREAPLETON

Reserve JUDITH WARD

5	29.90
3	26.24
1	24.73
2	24.76
4	28.92
6	29.40

EVENT 5 - SPOONER CUP

4 x 1 Medley Boys under 12

CRH - IAN JEFFERY - 1.52.92

	Position	Time
Lane 1 DAVID HEWITT	2	2.11.83
Lane 2 JARED NEWTON	N	
Lane 3 CARL EDWARDS	1	1.55.62
Lane 4 MARK WILSON	5	2.28.38
Lane 5 JAMES SWANN	4	22.17
Lane 6 SAM GLASSER	3	18.34

EVENT 6 - CAROLYN CUP

4 x 1 Medley Girls under 12

CRH - JANE DUNLOP - 1.57.34

Lane 1 SARAH BOWSER	4	2.24.10
Lane 2 PAULA FORD	3	17.44
Lane 3 MICHELLE GREENING	2	05.55
Lane 4 JAIME LEWCOCK	1	04.32
Lane 5 KATHRYN THREAPLETON	N	
Lane 6 JULIA WILLIAMS	5	2.38.80

EVENT 7 - PERCY PEARCE CUP

100m Freestyle Boys under 14

CRH - IAN JEFFERY - 1.05.79

Lane 1 CRAIG GILLMAN	5	1.15.66
Lane 2 BEN LEWCOCK	1	1.10.54
Lane 3 CHRIS GREEN	3	1.11.22
Lane 4 PAUL WILLCOCKS	2	1.10.88
Lane 5 TIM FREER	4	1.13.05
Lane 6 JON GLASSER	6	1.21.54
Reserve ANDREW BOWSER		

EVENT 8 - KINGDON CUP

100m Freestyle Girls under 14

CRH - JANICE WILLCOCKS - 1.09.42

Lane 1 KAREN HICKS	4	1.22.71
Lane 2 EMMA HERRIDGE	2	14.66
Lane 3 MARCIA COLEMAN	1	12.34
Lane 4 REBECCA WILSON	3	15.41
Lane 5 JOANNE JONES	N	
Lane 6 CAROLINE ASHLEY	5	31.65
Reserve KADIE STONE	6	38.10

EVENT 9 - BRIDGEMAN CUP

100m Backstroke Boys under 16 years

CRH - GAVIN PEARCE - 1.11.0

Lane 1 ROBERT GREENING	5	1.27.95
Lane 2 NIGEL ROBERTS	4	26.02
Lane 3 PAUL EDWARDS	2	21.34
Lane 4 STEPHEN OAKDEN	3	23.76
Lane 5 MICHAEL HEWITT	1	18.77
Lane 6 GRAHAM RULE	N	
Reserve DAMON NEAL		

EVENT 10 - EASTERBROOK CUP

100m Backstroke Girls under 16 years

CRH - JANICE WILLCOCKS - 1.21.00

Lane 1 KRISTINA COWIE	3	1.28.34
Lane 2 HAYLEY ROGERS	1	24.00
Lane 3 MARISA de LUCIS	N	
Lane 4 DEBBIE GRIFFITHS	2	25.91
Lane 5 BEVERLEY HAWMAN	4	41.53

EVENT 11 - RENWICK BEAVER TROPHY

100m Breaststroke Men

CRH - GARETH GEORGE - 1.18.77

Lane 2 MICHAEL HEWITT	2	1.27.73
Lane 3 CRAIG GILLMAN	4	1.36.82
Lane 4 DEREK WYATT	3	33.35
Lane 5 SIMON SENIOR	1	22.78

EVENT 12 - STOBART CUP

100m Freestyle Ladies

CRH - CHANTELE THROGMORTON - 1.07.70

Lane 3 DONNA THROGMORTON	2	1.10.62
Lane 4 CHANTELE THROGMORTON	1	08.35
Lane 5 GAYNOR OAKDEN	N	

EVENT 13 - ALBANY COURT TROPHY

13 1/3m Butterfly Boys under 10

CRH - CARL EDWARDS - 27.85

Lane 1 MARK BRINHAM	6	27.56
Lane 2 RICHARD PERRY	4	30.85
Lane 3 ANDREW MITCHARD	1	30.09
Lane 4 LEWIS BABBAGE	2	30.38
Lane 5 IAN ROACH	5	33.91
Lane 6 SIMON PEERS	3	30.78
Reserve KEVIN WILTSHIRE		

EVENT 14 - WHITE BUTTERFLY TROPHY

33 1/3m Butterfly Girls under 10

CRH - ROBIN PROCTER - 29.10

Lane 2	NATASHA PYM
Lane 3	SARA STARWING
Lane 4	JUDITH WARD
Lane 5	JODIE BROWN
Lane 6	ANNA THREAPLETON

Position Time

W	
3	54.32
W	
1	31.22
2	34.33

EVENT 15 - BETTY CUP

66 2/3m Freestyle Boys under 12

CRH - IAN JEFFERY - 44.88

Lane 1	JAMES SWANN
Lane 2	SAM GLASSER
Lane 3	CARL EDWARDS
Lane 4	DAVID HEWITT
Lane 5	MARK WILSON
Lane 6	BEN FLORENCE
Reserve	GAVIN BABBAGE

5	58.88
3	51.95
1	47.94
2	49.59
4	58.46
6	59.59

EVENT 16 - P. PENFOLD CUP

66 2/3m Freestyle Girls under 12

CRH - HAYLEY ROGERS - 46.57

Lane 1	NADIA HARDING
Lane 2	SARAH PEACH
Lane 3	JAYNE LEWCOCK
Lane 4	MICHELLE GREENING
Lane 5	PAULA FORD
Lane 6	ANNA CHOPPING
Reserve	SARAH BOWSER

4	54.37
3	53.35
2	51.39
1	50.71
6	55.79
5	55.48

EVENT 17 - REGATTA CUP

4 x 1 Medley Boys under 14

CRH - IAN JEFFERY - 1.46.65

Lane 1	JON GLASSER
Lane 2	BEN LEWCOCK
Lane 3	PAUL WILLCOCKS
Lane 4	CHRIS GREEN
Lane 5	TIM FRER
Lane 6	CRAIG GILLMAN
Reserve	ANDREW BOWSER

4	2.05.37
2	1.55.17
1	1.54.24
3	1.55.32
5	2.06.82
6	2.08.79

EVENT 18 - FIRS TROPHY

4 x 1 Medley Girls under 14

CRH - LISA HUGHES - 1.49.98

Lane 1	KAREN HICKS
Lane 2	JOANNE JONES
Lane 3	REBECCA WILSON
Lane 4	MARCIA COLEMAN
Lane 5	DAWN HELPS
Lane 6	LOCY WILTSHIRE
Reserve	CAROLINE ASHLEY

Position Time

3	2.12.78
W	
W	
1	1.56.22
2	2.10.43
4	2.15.05
5	2.20.49

EVENT 19 - SPANTON CUP

100m Freestyle Boys under 16

CRH - MARK PEARCE - 1.00.86

Lane 1	NIGEL ROBERTS
Lane 2	ROBERT GREENING
Lane 3	MICHAEL HEWITT
Lane 4	PAUL EDWARDS
Lane 5	GRAHAM RULE
Lane 6	STEPHEN OAKDEN
Reserve	DAMON NEAL

5	1.19.47
3	1.12.38
1	1.03.00
2	1.09.49
W	
4	1.12.53
W	

EVENT 20 - STELLA STOTT CUP

100m Freestyle Girls under 16

CRH - ANNE-MARIE COWIE - 1.08.72

Lane 2	KRISTINA COWIE
Lane 3	MARISA de LUCIS
Lane 4	DEBBIE GRIFFITHS
Lane 5	BEVERLEY HAWMAN

1	1.12.52
W	
2	1.16.41
3	1.31.42

EVENT 21 - HARRISON CUP

4 x 1 Medley Men

CRH - STEVE HARRIS - 1.36.20

Lane 3	DEREK WYATT
Lane 4	SIMON SENIOR

2	1.55.65
1	1.38.60

EVENT 22 - WATSON CUP

4 x 1 Medley Ladies

CRH - DONNA THROGMORTON - 1.46.50

Lane 2	DONNA THROGMORTON
Lane 3	CHANTELLE THROGMORTON
Lane 4	GAYNOR OAKDEN
Lane 5	LYNDA DUTTON

1	1.48.75
2	1.55.72
3	2.00.49
4	2.24.50

EVENT 23 - BENNET CUP
33 1/3m Breaststroke Boys under 10
CRH - SAM GLASSER - 29.51
Lane 1 NOEL WILLIAMS
Lane 2 IAN ROACH
Lane 3 RICHARD PERRY
Lane 4 ANTHONY REYNOLDS
Lane 5 MARK BRINHAM
Lane 6 KEVIN WILTSHIRE
Reserve JAMES WOODWARD

Position	Time
6	42.63
5	38.64
1	32.92
3	35.14
2	34.81
4	36.98

EVENT 24 - PENWILL CUP
33 1/3m Breaststroke Girls under 10
CRH - JAIME LEWCOCK - 31.66
Lane 1 ANNA THREAPLETON
Lane 2 REBECCA BROWN
Lane 3 EMMA DAVIES
Lane 4 LISA SWIFT
Lane 5 MICHELLE LYNCH
Lane 6 EMMA MORTON
Reserve LYDIA HARRIS

6	37.45
4	34.29
1	30.51
2	33.04
5	35.48
3	33.19

EVENT 25 - HARRY TROPHY
33 1/3m Butterfly Boys under 12
CRH - PAUL EDWARDS - 23.52
Lane 1 GAVIN RABAGE
Lane 2 DAVID HEWITT
Lane 3 CARL EDWARDS
Lane 4 MARK WILSON
Lane 5 LEIGH FLORENCE
Lane 6 JAMES SWANN

6	35.21
2	29.06
1	24.09
5	34.87
3	30.55
4	33.24

EVENT 26 - VIVIEN CUP
33 1/3m Butterfly Girls under 12
CRH - JANE DUNLOP - 24.14
Lane 1 SARAH BOWSER
Lane 2 MICHELLE GREENING
Lane 3 SARAH PEACH
Lane 4 JAIME LEWCOCK
Lane 5 KATHRYN THREAPLETON
Lane 6 NADIA HARDING

5	35.17
2	27.17
1	27.04
3	28.02
W	
4	30.10

EVENT 27 - PAUL VERNON CUP
100m Breaststroke Boys under 14
CRH - KEVIN WHEELER - 1.28.83
Lane 1 CRAIG GILLMAN
Lane 2 TIM FREER
Lane 3 JON GLASSER
Lane 4 CHRIS GREEN
Lane 5 PAUL WILLCOCKS
Lane 6 ANDREW BOWSER

Position	Time
5	1.42.72
4	38.46
1	35.29
3	36.71
2	36.63
6	56.00

EVENT 28 - MERMAID CUP
100m Breaststroke Girls under 14
CRH - NICOLA GRIFFITHS - 1.31.53
Lane 1 JOANNE JONES
Lane 2 EMMA HERRIDGE
Lane 3 REBECCA WILSON
Lane 4 MARCIA COLEMAN
Lane 5 DAWN HELPS
Lane 6 LUCY WILTSHIRE
Reserve LOUISE WORTHINGTON

W	
3	1.38.04
1	35.28
2	35.28
4	43.87
5	49.18

EVENT 29 - HIGBEE CUP
100m Butterfly Boys under 16
CRH - DAVID BUTLER - 1.14.30
Lane 2 ROBERT GREENING
Lane 3 MICHAEL HEWITT
Lane 4 PAUL EDWARDS
Lane 5 STEPHEN OAKDEN
Lane 6 NIGEL ROBERTS

3	1.30.96
2	18.93
1	16.06
W	
4	31.02

EVENT 30 - PENDERGAST CUP
100m Butterfly Girls under 16
CRH - GAYNOR OAKDEN - 1.22.58
Lane 1 KRISTINA COMIE

1	1.39.63
---	---------

EVENT 31 - VICTORY TROPHY
200m Freestyle Men
CRH - DEREK WYATT - 2.13.14
Lane 1 ROBERT GREENING
Lane 2 MICHAEL HEWITT
Lane 3 CRAIG GILLMAN
Lane 4 DEREK WYATT
Lane 5 SIMON SENIOR

4	2.41.38
3	2.30.28
5	2.55.16
1	2.15.37
2	2.18.50

EVENT 32 - WALLIS CUP
100m Backstroke Ladies
CRH - LISA HUGHES - 1.18.94
Lane 2 DONNA THROGMORTON
Lane 3 CHANTELE THROGMORTON
Lane 4 GAYNOR OAKDEN
Lane 5 LYNDA DUTTON

Position	Time
1	1.26.69
3	32.81
2	24.39
4	44.78

EVENT 33 - JEFFERY TROPHY
4 x 1 Medley Boys under 10
CRH - CARL EDWARDS - 2.12.71
Lane 1 RICHARD MARTIN
Lane 2 ANDREW MITCHARD
Lane 3 RICHARD PERRY
Lane 4 KEVIN WILTSHIRE
Lane 5 IAN ROACH
Lane 6 PETER BARNES
Reserve IAIN DERRINGTON

5	2.44.85
3	37.67
1	22.83
2	36.68
4	43.01
DISQ	Amstronckan

EVENT 34 - ASHFORD AND BEESLEY TROPHY
4 x 1 Medley Girls under 10
CRH - MICHELLE GREENING - 2.20.66
Lane 1 SARA STARWING
Lane 2 JUDITH WARD
Lane 3 EMMA DAVIES
Lane 4 JODIE BROWN
Lane 5 ANNA THREAPLETON
Lane 6 RACHEL SMITH

5	3.45.00
N	
2	2.24.53
1	22.43
3	46.07
4	3.09.67

EVENT 35 - WOODLAND CUP
66 2/3m Breaststroke Boys under 12
CRH - MARK PLUMRIDGE - 57.62
Lane 1 LEIGH FLORENCE
Lane 2 BEN FLORENCE
Lane 3 CARL EDWARDS
Lane 4 SAM GLASSER
Lane 5 JAMES SWANN
Lane 6 DAVID HEWITT
Reserve MARK WILSON

5	1.18.04
4	09.47
2	01.88
1	01.51
3	09.18
6	21.30

EVENT 36 - JAMES CUP
66 2/3m Breaststroke Girls under 12
CRH - JULIE WYATT - 58.94
Lane 1 SARAH PEACH
Lane 2 PAULA FORD
Lane 3 JAIME LEWCOCK
Lane 4 SARAH NICHOLS
Lane 5 SARAH BOWSER
Lane 6 JULIA WILLIAMS
Reserve NADIA HARDING

Position	Time
5	1.08.26
4	08.26
1	01.66
2	03.25
3	08.22
6	15.19

EVENT 37 - CLARKE CUP
100m Backstroke Boys under 14
CRH - IAN JEFFERY - 1.17.84
Lane 1 JON GLASSER
Lane 2 CHRIS GREEN
Lane 3 PAUL WILLCOCKS
Lane 4 BEN LEWCOCK
Lane 5 TIM FREER
Lane 6 CRAIG GILMAN
Reserve ANDREW BOWSER

4	1.36.12
3	37.21
1	24.65
2	24.71
5	40.18
6	52.70

EVENT 38 - SPILLER CUP
100m Backstroke Girls under 14
CRH - LISA HUGHES - 1.18.84
Lane 1 KAREN HICKS
Lane 2 EMMA HERRIDGE
Lane 3 MARCIA COLEMAN
Lane 4 REBECCA WILSON
Lane 5 JOANNE JONES
Lane 6 CAROLINE ASHLEY
Reserve LUCY WILTSHIRE

3	1.38.82
2	32.49
1	26.84
N	
N	43.09
4	47.42
5	

EVENT 39 - DOLPHIN CUP
100m Breaststroke Boys under 16
CRH - KEVIN WHEELER - 1.23.08
Lane 1 NIGEL ROBERTS
Lane 2 PAUL EDWARDS
Lane 3 STEPHEN OAKDEN
Lane 4 MICHAEL HEWITT
Lane 5 DAVID MOSEDALE
Lane 6 GRAHAM RULE
Reserve IAN ROBERTS

5	1.53.24
4	33.88
2	26.81
1	25.66
3	32.31
N	

EVENT 40 - ANN-ELIZABETH CUP
100m Breaststroke Girls under 16
CRH - GAYNOR OAKDEN - 1.33.03
Lane 2 KRISTINA COWIE
Lane 3 MARISA de LUCIS
Lane 4 DEBBIE GRIFFITHS
Lane 5 BEVERLEY HAMMAN

1	1.32.93
N	
2	37.97
3	49.97

EVENT 41 - M. PEARCE TROPHY

100m Backstroke Men

CRH - MARK PEARCE - 1.09.82

Lane 2 ANDREW COLE

Lane 3 MICHAEL HEWITT

Lane 4 DEREK WYATT

Lane 5 SIMON SENIOR

Position Time

1	1.09.42
3	1.29.51
4	30.08
2	11.20

EVENT 42 - STEART CUP

100m Breaststroke Ladies

CRH - DONNA THROGMORTON - 1.25.72

Lane 3 DONNA THROGMORTON

Lane 4 CHANTELE THROGMORTON

Lane 5 GAYNOR OAKDEN

1	1.28.20
2	37.11
3	37.27

EVENT 43 - PROUSE CUP

33 1/3m Backstroke Boys under 10

CRH - IAN JEFFERY - 26.13

Lane 1 SIMON PEERS

Lane 2 RICHARD PERRY

Lane 3 LEWIS BABBAGE

Lane 4 KEVIN WILTSHIRE

Lane 5 IAN BLACH

Lane 6 ANDREW MITCHARD

Reserve MARK ABRAHAM

3	31.68
4	32.03
1	30.56
2	30.56
5	33.34
6	34.55

EVENT 44 - EMMETT CUP

33 1/3m Backstroke Girls under 10

CRH - HAYLEY ROGERS - 28.89

Lane 1 REBECCA BROWN

Lane 2 LISA SWIFT

Lane 3 JODIE BROWN

Lane 4 EMMA DAVIES

Lane 5 ANNA THREAPLETON

Lane 6 JUDITH WARD

Reserve EMMA MORTON

6	35.92
4	32.02
1	29.16
2	29.43
5	24.46
N	
3	31.68

EVENT 45 - REED TROPHY

66 2/3m Backstroke Boys under 12

CRH - IAN JEFFERY - 51.05

Lane 1 SAM GLASSER

Lane 2 GAVIN BABBAGE

Lane 3 CARL EDWARDS

Lane 4 DAVID HEWITT

Lane 5 LEIGH FLORENCE

Lane 6 JAMES SWANN

Reserve BEN FLORENCE

5	1.04.28
3	01.08
1	56.34
2	1.00.30
4	1.04.19
6	1.12.48

EVENT 46 - MOSELEY CUP

66 2/3m Backstroke Girls under 12

CRH - HAYLEY ROGERS - 54.49

Lane 1 PAULA FORD

Lane 2 SARAH PEACH

Lane 3 MICHELLE GREENING

Lane 4 JAIME LENCOCK

Lane 5 ANNA CHOPPING

Lane 6 NADIA HARTING

Reserve HEATHER DANIEL

Position Time

6	1.08.64
4	03.78
1	59.99
3	03.78
5	05.88
2	03.02

EVENT 47 - DOWNS CUP

66 2/3m Butterfly Boys under 14

CRH - PAUL EDWARDS - 49.50

Lane 1 ANDREW BOWSER

Lane 2 PAUL WILCOCKS

Lane 3 CRAIG GILLMAN

Lane 4 JON GLASSER

Lane 5 CHRIS GREEN

Lane 6 TIM FREER

6	1.47.30
2	54.32
4	1.0.03
3	05.63
1	53.90
5	17.23

EVENT 48 - BIRBECK CUP

66 2/3m Butterfly Girls under 14

CRH - CHANTELE THROGMORTON - 50.89

Lane 1 KAREN HICKS

Lane 2 JOANNE JONES

Lane 3 REBECCA WILSON

Lane 4 MARCIA COLEMAN

Lane 5 DAWN HELPS

Lane 6 LUCY WILTSHIRE

Reserve KADIE STONE

3	1.05.11
N	
N	53.21
1	04.48
2	06.10
4	25.45
5	

EVENT 49 - ROY HOARE TROPHY

4 x 1 Medley Boys under 16

CRH - KEVIN WHEELER - 1.42.54

Lane 1 GRAHAM RULE

Lane 2 ROBERT GREENING

Lane 3 MICHAEL HEWITT

Lane 4 PAUL EDWARDS

Lane 5 NIGEL ROBERTS

Lane 6 DAMON NEAL

Reserve STEPHEN OAKDEN

N	
3	1.57.07
1	43.87
2	51.13
5	2.08.36
N	
4	1.58.41

EVENT 50 - LOUISE MARIE TROPHY

4 x 1 Medley Girls under 16

CRH - JANICE WILLCOCKS - 1.53.59

Lane 2 KRISTINA CONIE

Lane 3 MARISA de LUCIS

Lane 4 DEBBIE GRIFFITHS

1	1.52.29
N	
2	2.01.37

EVENT 51 - G. PEARCE TROPHY

100m Freestyle Men

CRH - DEREK WYATT - 59.94

Lane 2 ANDREW COLE

Lane 3 ROBERT GREENING

Lane 4 MICHAEL HEWITT

Lane 5 DEREK WYATT

Lane 6 SIMON SENIOR

Position Time

3	1.02.85
5	13.46
4	06.63
1	01.08
2	02.00

EVENT 52 - SPEEDO TROPHY

4 x 100 Ind-Medley Ladies

CRH - JANICE WILLCOCKS - 5.57.85

1st : DONNA THROGMORTON 6.03.75

2nd : CHANTELE THROGMORTON 6.33.75

EVENT 54 - WORSLEY POWELL CUP

Breaststroke Style Girls under 16

Holder - ELIZABETH BRIGHT

1st : CLARE HUNTER

2nd : REBECCA WILSON

3rd : MARCIA COLEMAN

4th : BEVERLEY NAWMAN

5th : RACHEL PEARCE

6th : LUCY WILTSHIRE

EVENT 53 - PETER BUSH TROPHY

4 x 100 Ind-Medley Men

CRH - DEREK WYATT - 5.30.67

1st : SIMON SENIOR 5.28.87 *

2nd : DEREK WYATT 5.46.00

3rd : MICHAEL HEWITT 5.51.52

4th : ROBERT GREENING 6.31.36

5th : CRAIG GILLMAN 7.06.28

* New record

RESULTS FROM DIVING

EVENT 55 - TORRBY MOTORS TROPHY

Junior Diving - Girls under 14

Holder - KRISTINA COWIE

1st : RACHEL PEARCE

2nd : MARCIA COLEMAN

3rd : JOANNE JONES

4th : CAROLINE ASHLEY

5th : CHRISTINE HERN

5th : KAREN HICKS

EVENT 56 - BRIAN HILL TROPHY

Junior Diving - Boys under 14

Holder - CRAIG GILLMAN

1st : DAVID HEWITT

2nd : CHRISTOPHER DERRINGTON

3rd : PAUL WILLCOCKS

4th : TIM FREER

5th : PHILIP REECE

6th : JAMES WOODMARK

EVENT 57 - WESTWAY CUP

Ladies Diving

Holder - MICHELLE MULLINS

1st : KRISTINA COWIE

2nd : CHANTELE THROGMORTON

3rd : DONNA THROGMORTON

EVENT 58 - PAIGNTON CLUB CUP

Mens Diving

Holder - BRIAN HILL

1st : BRIAN HILL

2nd : RICHARD DUTTON

3rd : MICHAEL HEWITT

4th : IAN ROBERTS

5th : ROBERT GREENING

6th : NIGEL ROBERTS

THE COMPETITION TEAM

We now have established in the team, the attitude that to reach one's full potential the swimmer must apply him/herself and work hard, intelligently and consistently. This is evident by the acceptance of the responsibility for regular attendance at training and competition, and in team support by swimmers' coaches and parents alike.

Nearly all our team members are producing personal best times and are constantly striving for perfection in their performances.

On Championship night you will see our swimmers give 100% effort in a sportsmanlike manner that will, in fact, make them all real winners.

Ivan Throgmorton.

JUNIOR TRAINING SQUAD

WHERE HAVE ALL THE SWIMMERS GONE?

What a fantastic group of youngsters formed my first Junior Training Squad, and though it might seem impossible, every subsequent Squad have lived up to the high standards they set.

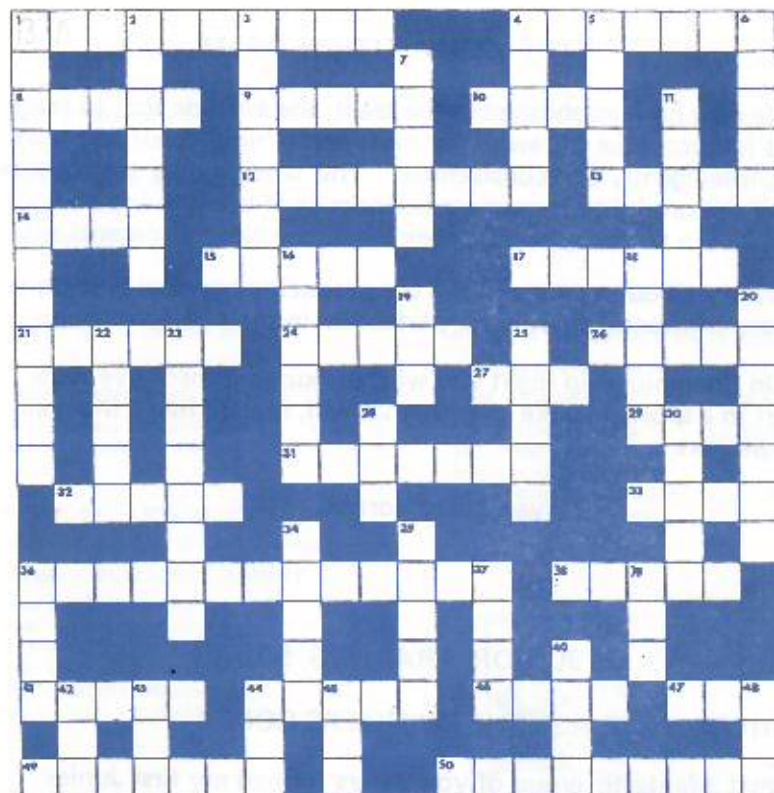
When I was asked to do my piece for the magazine, I thought about that special first group of youngsters and wondered why there was only one left to compete in tonight's Championships.

Wouldn't it be nice to be able to follow these youngsters right the way up the ladder to Senior Squad Swimming? Squad training has recently been restructured and I hope that this will go a long way to solving the problems.

So come on Junior swimmers, set your sights a little higher - IVAN'S up there watching your progress and waiting to coach you to better things, let's give him 100% right through to the nineties and achieve the Squad YOU deserve.

BRIAN

Brian White
Junior Coach



ACROSS

- 1 Supine Stroke (10)
 4 Worn when swimming (7)
 8 Precise (5)
 9 Used in kicking (5)
 10 Swimming Competition (4)
 12 Keeps the point scores accurate (8)
 13 Wood and people do this in water (5)
 14 Must be done at end of length (4)
 15 First 3 in a race get one (5)
 17 Races start off them (5)
 21 Draw for prizes (8)
 24 Competition site (5)
 26 Spectate (5)
 27 Be first (3)
 29 Keeps hair in place when swimming (4)
 31 For better viewing while swimming (7)
 32 Beat a long time champion (5)
 33 Essential for swimming (4)
 36 This evening is the Clubs' (13)
 38 Famous concert venue (6)

DOWN

- 1 Synchronised front stroke (12)
 2 Done with the legs (7)
 3 In charge of races (7)
 4 Try sitting without one (5)
 5 Runs places (5)
 6 Race (5)
 7 Beginning (5)
 11 Times kept on them (5)
 16 Done off boards (7)
 18 Trainer (5)
 19 Starting pistol (3)
 20 Used instead of pistol (7)
 22 Markers (5)
 23 Stops swimmers
 wandering all over the pool (9)
 25 One better than second (5)
 28 How old are you (3)
 30 And 46 Down great distance (1,4,3)
 34 What you get when you don't train (5)
 35 Record off speed in races (5)
 36 Organisation (6)

40 If your first you do this to the others (4)

Brian White

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WATER POLO

Hi!

Here we are again and another year another year. This season Water Polo has just ended and our three squads have played well. The U14 team started with many boys having only the winters training and had not played against opponents. They didn't win many games, but they learnt a lot. Our U16 and U18 teams had mixed fortunes, but they will be better next season.

We have had four players who have been selected to play in other Water Polo events. Mark Plumridge, Derren Westacott, Sam Dayment and Patrick Higgins. Mark, who was selected to play for England U20 is an International Team.

Derren and Sam played the first game against Gloucester, played at Barnstaple, was won by Devon 13 - 10 and in the second round they beat Somerset at Yeovil, 23 - 4. Mark, Derren and Sam have also travelled to Holland to play in an International Tournament. Well done lads. We are proud of you.

Another member of Paignton Water Polo to mention is Andrew Daniels, who has been made a Grade 2 referee. He can now referee Westcoast, Devon, Bristol and District, Devon League and officiate at International matches. Well done Andy.

We have had the good fortune of receiving sponsorship from John Milford, a local Building Contractor. His sponsorship is a very valuable contribution towards making Water Polo a viable proposition.

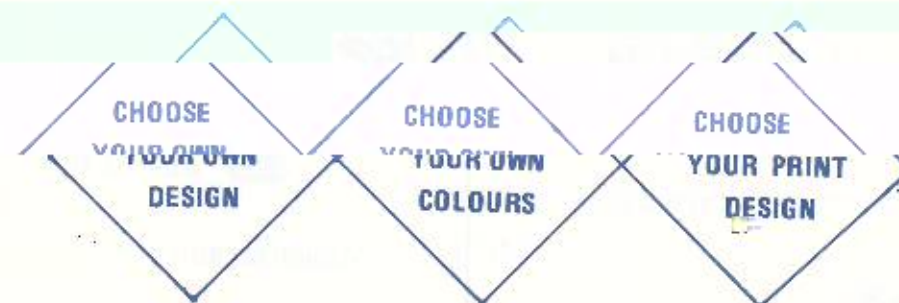
Paignton Water Polo take this opportunity of thanking the small but dedicated band of parents who give up their time to help organise and provide transport for away matches. I would like to make a special mention of Vilma Daniels, our Secretary, who manages somehow to get all the fixtures and re-arranged matches sorted out. Last, but not least, my thanks to my wife, Margaret, who has to put up with me.

Ray Westacott,
Water Polo Coach

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CLUB

YOUR CLUB CONTACTS

HARRY TRUSCOTT
BRIAN PEARCE

The acquisition and practice of Personal Survival Skills provide enjoyable and purposeful ways of fostering interest in swimming and at the same time, relate to emergency situations in water.

The Paignton Swimming Club is right in the forefront of this type of activity in Devon, being current holders of the prestigious 'Victory Trophy' after having won it for many years in the past.

The series of Personal Survival Awards form a comprehensive and progressively challenging programme, each stage demanding a higher degree of competence and stamina and the swimmer is stimulated to further efforts by easily identified success. From treading water to the swimming of ever longer distances under test, requires perseverance of a high order and the wider range of skills achieved the greater level of confidence is engendered in the swimmer to meet a possible future real life emergency. One has only to see the beaming face of a successful child, there being no minimum age limit, to observe that these Awards contribute in great measure to the building of self-confidence and morale. Time spent in training and examining our youngsters in Survival activities is surely time well spent since it encourages them at a later stage to graduate to actual Life-Saving Schemes and so assist others in water emergencies, should the need arise.



HAMELIN EXCHANGE TRIPS

As you know, the Club now has a firm relationship with the Twin Town of Hamelin and this year the complimentary exchanges took place in the Easter Holiday when we went over there and the first week of October when they came here. A tremendous amount of fund-raising, as well as organisation went into both these trips, plus a great deal of fun. We're very grateful to all those of you who were and are involved. We plan to do the same in 1989 — with a break in '88 to give us time to catch our breaths and fund-raise! We have already kicked off with a Sponsored Parachute Jump — to be experienced by certain of the more foolhardy of the Club! We also hope to hold a Sweepstake at Christmas, followed by a number of fun events planned for the New Year. Any ideas and contributions of help much appreciated.

Contact: Dave Smerdon on Paignton 551156.



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