





THE ENGLISH  
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To Paignton S.C.

Best wishes for successful

Club Championships and

Thank you for your custom

throughout the year



1  
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 Swimmers, Parents and Friends,

1989 is my tenth year in office as Club Chairman. It was at this time ten years ago, that Harold Allan visited me at home to ask if I would be willing to take over the role of Chairman of the Club. Sadly Harold died earlier this year. His contribution on poolside and on Committee is written into the memoirs of the Club and he will always be remembered for his dedication to the Club and to the sport.

Ten Club Championship Records were broken in the 1988 Club Championships. Already 1989 looks like being a bumper year with seven records tumbling in the heats.

It was very pleasing to see Paignton Swimming Club so well represented at County level this year. One hundred and forty of our swimmers took part in the Devon Championships and they also did us proud by gaining us promotion to Division Two of the Speedo League by finishing in the Runners-up Position of their League. Our Club Coach, Ivan Throgmorton, deserves recognition for all his hardwork on poolside, along with all his loyal helpers.

One gap in the Club's representation has now been very ably filled by Gareth Parker, who is competing at all levels of Masters. Congratulations!

Synchro swimmers have also had a memorable year. Two names spring particularly to mind — Julia Williams and Marcia Coleman both came 37th in the Nationals beating all but one girl from the West.

Club Water Polo players' have also been in the news, having nine players chosen for the Devon Squad.

Over all, 1989 has been a good year for our Club. Such achievements wouldn't be possible without our loyal helpers. Many thanks to you all and well done to all our swimmers.

Keep on swimming —

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



## SYNCHRONISED SWIMMING 1989

Another year has gone and 1989 was fantastic.

First came the Devon County Championships in which we did really well.

Julia Williams, 1st place in 12 yrs. and under with Alison Cooke, Helen Hunter and Juliet Ashley with good marks.

Marcia Coleman, 3rd in 13/14 yrs. with Lucy Wiltshire, Joanne Jones and Karen Hicks also gaining good marks.

Clare Hunter, 5th in 15/16 yrs. Marcia came 6th in the Open Championship and gained a place with the Devon County Synchro team. Well done.

Next came Western Counties and Marcia came 2nd in 13/14 yrs. and Julia was 2nd in 12 and under.

Then it was the Nationals in Manchester. Marcia and Julia both came home with 37th place in their respective age groups, this was really good, well done you two.

We are extremely proud of our Synchro Squad, well done to you all for working hard and gaining your grades.

Thank you Lesley and Ley for your help on poolside, also Ley for your routines etc.

To Anna, I wish a speedy recovery from her operation and we are all hoping you will come back soon and 'thank you' for everything.

Keep working hard girls - good luck for 1990.

ANNE BRIGHT

*To new swimmers interested in joining us, I will be running a "Learn to Synchronise Swim" course in the new year. Watch the Club notice board for further details.*

### STOP PRESS -

WELL DONE, MARCIA having got Grade 5  
and JULIA, Grade 4

### ACKNOWLEDGMENT

Paignton Swimming Club would like to thank PAIGNTON LIONS for their generous offer to sponsor the 1989 Club Championships.

The costs to the Club for all swimming activities are considerable and sponsorship provides enormous help.

THANK YOU, PAIGNTON LIONS!



## 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

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

## GIRLS UNDER 10

Kate THORNBERRY  
Stacey DOBBIN  
Louisa SMITH  
Charlotte GULLY  
Erin NEWTON  
Sara STARWING  
Amanda SMITH  
Katie WILLS  
Georgina CLEMENTS  
Jessica ROBILLARD  
Lucy ROBERTS  
Leanne DAVIES  
Rachel COULE  
Joanne MOORES  
Rhian EVANS  
Lucy DODDHAM-WHETHAM  
Sarah GEORGE  
Sarah COUSINS  
Caroline SMITH  
Hannah WAY  
Jessica SOBEY  
Kate LOFTS  
Helen MALLETT  
Carrie MORGAN

## GIRLS UNDER 12

Rachel SMITH  
Emma GULLY  
Marie ROBERTS  
Lydia HARRIS  
Anna THREAPLETON  
Nicola CASPERSON  
Emma DAVIES  
Karen DICKINSON  
Carlene HOLMES  
Melaine GEORGE  
Natasha PYM  
Lisa SWIFT  
Rebecca STANLAKE  
Joanne NEWTON  
Helen POINTON  
Amy LOFTS  
Emma MORTON  
Clare GIBSON  
Carmen GOODCHILD  
Hannah WILLIAMS  
Rebecca SMITH

## GIRLS UNDER 14

Elizabeth BUTLER  
Natasha CANN  
Sarah NICHOLS  
Sarah BOWSER  
Claire DICKINSON  
Paula FORD  
Michelle GREENING  
Sarah PEACH  
Helen HUNTER  
Josie HELPS  
Keely ROBBINS  
Zoe GREEN

## GIRLS UNDER 16

Lucy WILTSHIRE  
Emma HERRIDGE  
Dawn HELPS  
Sarah FISHER  
Marcia COLEMAN  
Karen HICKS  
Clare HUNTER  
Emma ROBBINS

## LADIES

Gaynor OAKDEN  
Donna PLUMRIDGE  
Lindsey JAMES  
Chantelle THROGMORTON  
Janice WILCOCKS

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

## BOYS UNDER 10

Simon PEERS  
Kevin WILLS  
Nicholas ROACH  
James WOODMARK  
Wayne BANKS  
James BARR  
Neil STEPHENS  
David ELLICOTT  
Mark GREEN  
Shaun WOODWARD  
Alex HARRIS  
Toby BRIDGEMAN  
Benjamin HAVILL  
Neil DRINHAM  
Richard MARTIN  
Nicholas BEESLEY  
James LUCKRAFT  
David CLARKE  
David WILLIAMS  
Damien PYM  
Andrew COUSINS  
David JACKSON  
Daniel SWIFT  
Matthew JONES  
Timothy MYATT  
Robert JONES  
Luke SOBEY  
Owen SMITH  
Grant FAWKE  
Simon GIBSON  
Christopher DERRINGTON

## BOYS UNDER 12

Robin SMITH  
Ian ROACH  
Russell OPIE  
David COWELL  
Anthony BUTLER  
Kevin WILTSHIRE  
Jonathon CANN  
Luke HERRIDGE  
Mark ABRAHAM  
Christopher HAVILL  
Mark BRINHAM  
Richard PERRY  
Andrew BEESLEY  
Andrew MOORES  
Lewis BABBAGE  
David RIVERS  
Michael JACKSON  
Andrew CLARKE  
Richard FLORENCE  
Jonathon WAY  
Gregory CASE  
Andrew BABBAGE  
Steven HAMMETT  
Mark BRAZIER  
Richard MALLETT  
Michael WEBLEY  
David WATSON  
Anthony REYNOLDS

## BOYS UNDER 14

Jared NEWTON  
Simon LENDZION  
Philip REECE  
Jeremy ROBILLARD  
Adam ROBERTS  
Carl EDWARDS  
Paul HOLMES  
Gavin BABBAGE  
Wesley MILES  
David HEWITT  
Simon WATSON

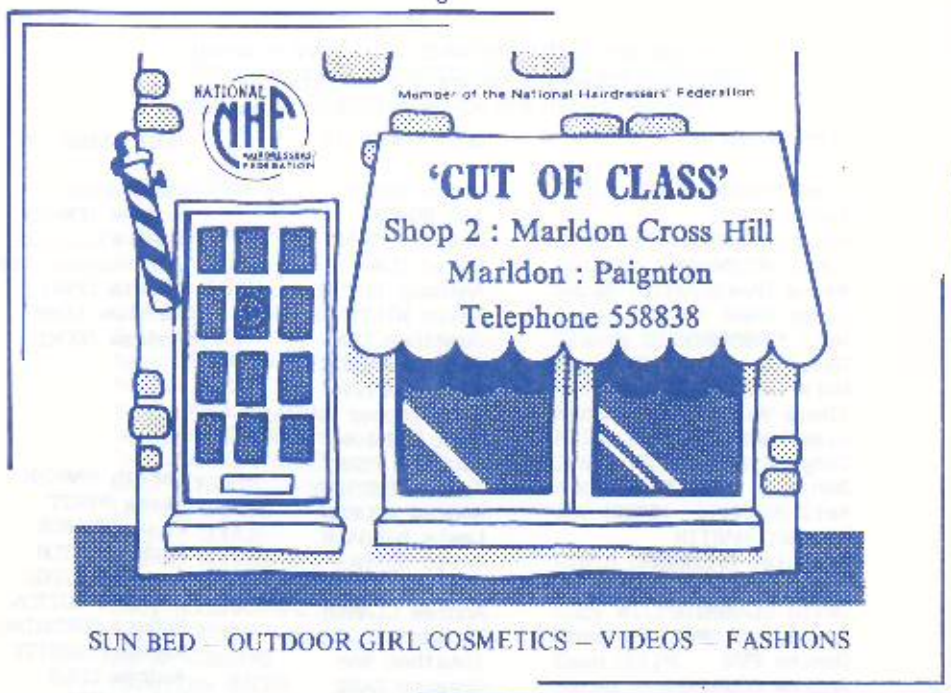
## BOYS UNDER 16

Marc JONES  
Andrew BOWSER  
Paul WILCOCKS  
Christopher GREEN  
Gareth COWELL  
Matthew LOWE  
Andrew COOKE

## MEN

Gareth PARKER  
Derek WYATT  
Paul EDWARDS  
Mark PROCTOR  
Ian PLUMRIDGE  
Richard DUTTON  
Robert GREENING  
Michael HEWITT  
Andrew COLE  
Brian HILL  
Stephen OAKDEN





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## WHO'S WHO IN PAIGNTON SWIMMING CLUB

### OFFICERS

President	:	H TRUSCOTT
Chairman	:	B JEFFERY
Vice-Chairman	:	R WESTACOTT
Hon Secretary	:	MRS C HUMPHREYS
Hon Treasurer	:	MRS A BRIGHT

### COMMITTEE

R WESTACOTT	:	J PERRY
D WYATT	:	D SMERDON
R COLEMAN	:	MRS S COLE
MRS V DANIELS	:	MRS D PLUMRIDGE
M PROCTOR	:	MISS C THROGMORTON

Coach	:	I THROGMORTON
Water Polo Coach	:	R WESTACOTT
Competition Secretary	:	D WYATT
Water Polo Secretary	:	MRS V DANIELS
Fixtures Secretary	:	D WYATT
Club Captain	:	DEREK WYATT
Girls' Captain	:	CHANTELLE THROGMORTON
Boy's Captain	:	MICHAEL HEWITT
Membership Secretary	:	MRS S COLE
Synchro Secretary	:	MRS A BRIGHT

Honorary Secretary	:	MRS C HUMPHREYS
		2 Porlock Way
		Paignton

Tel: Paignton 553866

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## PROGRAMME OF EVENTS

CRH - CHAMPIONSHIP RECORD HOLDER : ( ) BRACKETED DATE, YEAR RECORD SET

EVENT 1 - WESTERN COUNTIES DOUBLE GLAZING TROPHY  
100m Butterfly Men

CRH - DEREK WYATT - 1.08.28 (1988)

	Position	Time
Lane 1 ROBERT GREENING	<u>DNS</u>	
Lane 2 DEREK WYATT	<u>2</u>	<u>1.07.91</u>
Lane 3 GARETH PARKER	<u>DNS</u>	
Lane 4 PAUL EDWARDS	<u>1</u>	<u>1.07.29</u> *
Lane 5 MICHAEL HEWITT	<u>3</u>	<u>1.16.98</u>
Lane 6 RICHARD DUTTON	<u>4</u>	<u>1.27.12</u>

EVENT 2 - KAREN CUP  
100m Butterfly Ladies

CRH - DONNA THROGMORTON - 1.19.35 (1983)

Lane 2 GAYNOR DAKEN	<u>2</u>	<u>1.24.19</u>
Lane 3 DONNA PLUMRIDGE	<u>1</u>	<u>1.21.41</u>
Lane 4 JANICE WILLOOCS	<u>4</u>	<u>1.29.27</u>
Lane 5 GWANTILLE THROGMORTON	<u>3</u>	<u>1.24.38</u>

EVENT 3 - ELLIOTT (B) CUP  
33 1/3m Freestyle Boys under 10 years

CRH - CARL EDWARDS - 22.77 (1985)

Lane 1 SIMON GIBSON	<u>6</u>	<u>26.99</u>
Lane 2 NICHOLAS ROACH	<u>3</u>	<u>24.75</u>
Lane 3 RICHARD MARTIN	<u>1</u>	<u>22.88</u>
Lane 4 SIMON PEERS	<u>2</u>	<u>24.04</u>
Lane 5 JAMES WOODMARK	<u>4</u>	<u>26.28</u>
Lane 6 DANIEL SWIFT	<u>5</u>	<u>26.96</u>
Reserve KEVIN WILLS		

EVENT 4 - ELLIOTT (G) CUP  
33 1/3m Freestyle Girls under 10 years

CRH - HAYLEY ROGERS - 23.70 (1981)

Lane 1 STACEY DOBBIN	<u>6</u>	<u>29.93</u>
Lane 2 LEANNE DAVIES	<u>4</u>	<u>27.94</u>
Lane 3 LOUISA SMITH	<u>1</u>	<u>25.60</u>
Lane 4 CHARLOTTE GELLY	<u>2</u>	<u>27.10</u>
Lane 5 LUCY ROBERTS	<u>5</u>	<u>29.09</u>
Lane 6 HANNAH WAY	<u>3</u>	<u>27.10</u>
Reserve CARRIE MORGAN		



EVENT 5 - SPOONER CUP  
4 x 1 Medley Boys under 12  
**CRH - IAN JEFFERY = 1.52.92 (1983)**

Position	Time
Lane 1 ANDREW BABBAGE	5 2.19.92
Lane 2 KEVIN WILTSHIRE	2 2.06.41
Lane 3 RICHARD PERRY	1 1.58.56
Lane 4 ANDREW BEESLEY	3 2.08.68
Lane 5 IAN ROACH	4 2.08.75
Lane 6 MARK BRINHAM	6 2.20.34
Reserve DAVID COWELL	

EVENT 6 - CAROLYN CUP  
4 x 1 Medley Girls under 12  
**CRH - JANE DUNLOP = 1.57.34 (1983)**

Position	Time
Lane 1 LYDIA HARRIS	6 2.24.25
Lane 2 LISA SWIFT	3 2.07.38
Lane 3 CARMEN GOODCHILD	1 2.01.39
Lane 4 EMMA DAVIES	2 2.06.47
Lane 5 ANNA THURPLETON	4 2.19.79
Lane 6 REBECCA STANLAKE	5 2.23.00
Reserve HELEN POINTON	

EVENT 7 - PERCY PEARCE CUP  
100m Freestyle Boys under 14

**CRH - IAN JEFFERY = 1.05.79 (1984)** N.R. Heats CARL EDWARDS 1.05.24.

Position	Time
Lane 1 ADAM ROBERTS	5 1.25.87
Lane 2 GAVIN BABBAGE	3 1.21.72
Lane 3 CARL EDWARDS	1 1.05.26 *
Lane 4 DAVID HEWITT	2 1.15.54
Lane 5 JEREMY ROBILLARD	4 1.25.83
Lane 6 JARED NEWTON	6 1.30.69
Reserve SIMON WATSON	

EVENT 8 - KINGDON CUP

100m Freestyle Girls under 14  
**CRH - MARCIA COLEMAN = 1.07.85 (1988)**

Position	Time
Lane 1 NATASHA CANN	5 1.26.53
Lane 2 KEELY ROBBINS	4 1.25.60
Lane 3 MICHELLE GREENING	1 1.12.36
Lane 4 SARAH PEACH	2 1.21.90
Lane 5 SARAH BOWSER	3 1.25.44
Lane 6 ZOE GREEN	DNS
Reserve CLAIRE DICKINSON	6 1.36.50

EVENT 9 - BRIDGEMAN CUP

100m Backstroke Boys under 16 years  
**CRH - GAVIN PEARCE = 1.16.65 (1979)**

Position	Time
Lane 1 ANDREW BOWSER	5 1.40.39
Lane 2 ANDREW COOKE	1 1.21.09
Lane 3 PAUL WILCOCKS	3 1.22.48
Lane 4 CHRIS GREEN	2 1.21.30
Lane 5 GARETH CONELL	4 1.22.79

EVENT 10 - EASTERBROOK CUP

100m Backstroke Girls under 16 years

**CRH - JANICE WILCOCKS = 1.21.00 (1985)**

Position	Time
Lane 1 KAREN HICKS	5 1.27.19
Lane 2 SARAH FISHER	3 1.23.65
Lane 3 MARCIA COLEMAN	1 1.16.76 *
Lane 4 EMMA HERRIDGE	2 1.19.94
Lane 5 LUCY WILTSHIRE	4 1.26.99
Lane 6 DAWN HELPS	6 1.33.60
Reserve EMMA ROBBINS	

EVENT 11 - RENWICK BEAVER TROPHY

100m Breaststroke Men

**CRH - GARETH GEORGE = 1.18.77 (1986)**

Position	Time
Lane 1 PAUL WILLIAMS	6 1.37.35
Lane 2 MARK PROCTOR	1 1.21.76
Lane 3 GARETH PARKER DEREK WYATT	5 1.36.25
Lane 4 STEPHEN OAKDEN	2 1.22.57
Lane 5 RICHARD DUTTON	3 1.26.39
Lane 6 MICHAEL HEWITT	4 1.26.39
Reserve ROBERT GREENING	

EVENT 12 - STOBART CUP

100m Freestyle Ladies

**CRH - CHANTELE THROGMORTON = 1.07.10 (1983)**

Position	Time
Lane 2 GAYNOR OAKDEN	4 1.20.91
Lane 3 DONNA PLUMRIDGE	2 1.10.21
Lane 4 CHANTELE THROGMORTON	1 1.09.80
Lane 5 JANICE WILCOCKS	3 1.16.82

EVENT 13 - ALBANY COURT TROPHY

33 1/3m Butterfly Boys under 10

**CRH - LEWIS BABBAGE = 26.47 (1988)**

Position	Time
Lane 1 SIMON PEBBS	2 27.86
Lane 2 NICHOLAS ROACH	3 32.87
Lane 3 RICHARD MARTIN	1 26.71
Lane 4 BENJAMIN HAVILL	DISQ Arms not clearing.
Lane 5 NEIL BRINHAM	4 36.03

## EVENT 14 - WHITE BUTTERFLY TROPHY

33 1/3m Butterfly Girls under 10

## CRH - JOANNE NEWTON = 28.04 (1988)

	Position	Time
Lane 1 SARA STARWING	3	39.79
Lane 2 JESSICA ROBILLARD	DISQ	Arms
Lane 3 LOUISA SMITH	1	32.48
Lane 4 LUCY ROBERTS	DISQ	Arms
Lane 5 SARAH COUSINS	2	38.89

## EVENT 15 - BETTY CUP

66 2/3m Freestyle Boys under 12

## CRH - IAN JEFFERY = 44.88 (1983)

	Position	Time
Lane 1 ANDREW BERSLEY	5	52.85
Lane 2 KEVIN WILTSHIRE	3	49.53
Lane 3 RICHARD PERRY	1	46.24
Lane 4 LEWIS BABBAGE	2	47.94
Lane 5 IAN ROACH	4	52.06
Lane 6 ANDREW BABBAGE	6	57.13
Reserve MARK BRINHAM		

## EVENT 16 - P. PENFOLD CUP

66 2/3m Freestyle Girls under 12

## CRH - HAYLEY ROGERS = 46.57 (1983)

	Position	Time
Lane 1 EMMA DAVIES	4	54.50
Lane 2 JOANNE NEWTON	2	52.06
Lane 3 CARMEN GOODCHILD	1	49.82
Lane 4 LISA SWIFT	3	52.38
Lane 5 REBECCA STANLAKE	5	56.27
Lane 6 ANNA THREAPLETON	6	56.94
Reserve LYDIA HARRIS		

## EVENT 17 - REGATTA CUP

4 x 1 Medley Boys under 14

## CRH - IAN JEFFERY = 1.46.65 (1984)

	Position	Time
Lane 1 ADAM ROBERTS	4	2.20.82
Lane 2 DAVID HEWITT	2	2.03.20
Lane 3 CARL EDWARDS	1	1.42.91 *
Lane 4 JEREMY ROBILLARD	3	2.09.75
Lane 5 JARED NEWTON	5	2.22.42
Lane 6 SIMON WATSON	DISQ	Faulty arms Fly leg action Breast.

## EVENT 18 - FIRS TROPHY

4 x 1 Medley Girls under 14

## CRH - MARCIA COLEMAN = 1.48.28 (1988)

	Position	Time
Lane 1 NATASHA CANN	5	2.11.73
Lane 2 SARAH NICHOLS	2	2.03.59
Lane 3 MICHELLE GREENING *	1	1.58.94
Lane 4 SARAH PEACH	3	2.05.94
Lane 5 KELLY ROBBINS	4	2.08.12
Lane 6 SARAH BOWSER	6	2.15.59

## EVENT 19 - SPANTON CUP

100m Freestyle Boys under 16

## CRH - MARK PEARCE = 1.00.86 (1980)

	Position	Time
Lane 1 ANDREW BOWSER	5	1.23.79
Lane 2 MATTHEW LOVE	3	No Recorded Time.
Lane 3 CHRISTOPHER GREEN	1	1.06.31
Lane 4 PAUL WILLOCKS	4	1.09.74
Lane 5 ANDREW COOKE	2	1.09.18
Lane 6 MARC JONES	DNS	

## EVENT 20 - STELLA STOTT CUP

100m Freestyle Girls under 16

## CRH - ANNE-MARIE COWIE = 1.08.72 (1984)

	Position	Time
Lane 1 KAREN HICKS	5	1.16.78
Lane 2 SARAH FISHER	3	1.13.22
Lane 3 MARCIA COLEMAN	1	1.07.71 *
Lane 4 EMMA HERRIDGE	2	1.09.96
Lane 5 DAWN HELPS	4	1.13.80
Lane 6 CLARE HUNTER	6	1.18.59
Reserve EMMA ROBBINS		

## EVENT 21 - HARRISON CUP

4 x 1 Medley Men

## CRH - STEVE HARRIS = 1.36.20 (1984)

	Position	Time
Lane 1 MARK PROCTOR	3	1.45.38
Lane 2 DEREK WYATT	4	1.47.56
Lane 3 GARETH PARKER STEPHEN OAKDEN	5	1.49.42
Lane 4 PAUL EDWARDS	1	1.38.40
Lane 5 MICHAEL HEWITT	2	1.39.93
Lane 6 ROBERT GREENING RICHARD DUTTON	6	1.50.81
Reserve STEPHEN OAKDEN		

## EVENT 22 - WATSON CUP

4 x 1 Medley Ladies

## CRH - DONNA THROGMORTON = 1.46.50 (1983)

	Position	Time
Lane 2 JANICE WILLOCKS	4	2.00.19
Lane 3 DONNA THROGMORTON	1	1.47.36
Lane 4 GAYNOR OAKDEN	2	1.52.19
Lane 5 CHANTELE THROGMORTON	3	1.56.02



## EVENT 23 - BENNETT CUP

33 1/3m Breaststroke Boys under 10

**CRH - SAM GLASSER = 29.51 (1986)**

	Position	Time
Lane 1 NICHOLAS BESSLEY	5	36.38
Lane 2 SIMON PETERS	4	35.34
Lane 3 RICHARD MARTIN	1	31.52
Lane 4 JAMES WOODMARK	2	33.64
Lane 5 NEIL BRINHAM	6	36.99
Lane 6 DANIEL SWIFT	3	34.10
Reserve NICHOLAS ROACH		

## EVENT 24 - PENWILL CUP

33 1/3m Breaststroke Girls under 10

**CRH - EMMA DAVIES = 30.51 (1987)**

Lane 1 RACHEL COULE	3	35.24
Lane 2 AMANDA SMITH	5	36.37
Lane 3 LOUISA SMITH	2	34.08
Lane 4 LEANNE DAVIES	1	34.01
Lane 5 HANNAH WAY	4	35.78
Lane 6 SARA STARWING	6	37.93
Reserve LUCY ROBERTS		

## EVENT 25 - HARRY TROPHY

33 1/3m Butterfly Boys under 12

**CRH - PAUL EDWARDS = 23.52 (1984)**

Lane 1 KEVIN WILTSHIRE	4	26.24
Lane 2 RICHARD PERRY	3	25.98
Lane 3 IAN ROACH	1	23.16 *
Lane 4 LEWIS BABBAGE	2	25.28
Lane 5 ANDREW BABBAGE	6	30.00
Lane 6 MARK BRINHAM	5	29.25
Reserve DAVID COWELL		

## EVENT 26 - VIVIAN CUP

33 1/3m Butterfly Girls under 12

**CRH - JANE DUNLOP = 24.14 (1983)**

Lane 1 ANNA THREAPLETON	5	30.53
Lane 2 LISA SWIFT	3	27.19
Lane 3 CARMEN GOODCHILD	1	25.53
Lane 4 JOANNE NEWTON	2	26.45
Lane 5 LYDIA HARRIS	4	29.28
Lane 6 HELEN POINTON	6	30.59
Reserve RACHEL SMITH		

## EVENT 27 - PAUL VERNON CUP

100m Breaststroke Boys under 14

**CRH - KEVIN WHEELER = 1.28.83 (1985)**

Lane 1 DAVID BENNITT	3	1.43.67
Lane 2 ADAM ROBERTS	5	1.52.32
Lane 3 CARL EDWARDS	1	1.23.47 *
Lane 4 JEREMY ROBILLARD	2	1.43.47
Lane 5 JARED NEWTON	4	1.44.39
Lane 6 SIMON LENDIZOR	DNS	

## EVENT 28 - MERMAID CUP

100m Breaststroke Girls under 14

**CRH - MARCIA COLEMAN = 1.29.00 (1988)**

Lane 1 NATASHA CANN	5	1.46.43
Lane 2 MICHELLE GREENING	3	1.43.52
Lane 3 SARAH NICHOLS	1	1.33.47
Lane 4 SARAH BOWSER	2	1.39.99
Lane 5 KEELY ROBERTS	4	1.44.42
Lane 6 SARAH PEACH	6	1.53.84
Reserve ZOE GREEN		

## EVENT 29 - HIGBEE CUP

100m Butterfly Boys under 16

**CRH - PAUL EDWARDS = 1.11.03 (1988)**

Lane 1 ANDREW COOKE	4	1.32.84
Lane 2 GARETH COWELL	2	1.23.40
Lane 3 PAUL WILCOCKS	DNS	
Lane 4 CHRIS GREEN	3	1.28.56
Lane 5 MATTHEW LOVE	1	1.17.24

## EVENT 30 - PENDERGAST CUP

100m Butterfly Girls under 16 years

**CRH - GAYNOR OAKDEN = 1.22.58 (1985)**

Lane 1 KAREN HICKS	5	1.34.17
Lane 2 SARAH FISHER	3	1.29.02
Lane 3 MARCIA COLEMAN	1	1.18.13 *
Lane 4 EMMA HERRIDGE	2	1.24.42
Lane 5 LUCY WILTSHIRE	4	1.29.02
Lane 6 CLARE HUNTER	6	1.40.25
Reserve DAWN HELPS		

## EVENT 31 - VICTORY TROPHY

200m Freestyle Men

**CRH - DEREK WYATT = 2.13.14 (1983)**

Lane 1 PAUL EDWARDS

Lane 3 MICHAEL HEWITT

Lane 3 GARETH PARKER

Lane 4 DEREK WYATT

Lane 5 ROBERT GREENING

Lane 5 ANDREW COLE

Position

Time

D.N.S

3

2.21.69

D.N.S

1

2.14.10

D.N.S

2

2.17.39

## EVENT 32 - WALLIS CUP

100m Backstroke Ladies

**CRH - LISA HUGHES = 1.18.94 (1983)**

Lane 2 DONNA PLUMRIDGE

Lane 3 GAYNOR OAKDEN

Lane 4 CHANTELLE THROGMORTON

Lane 5 JANICE WILLOXCKS

2

1.24.97

1

1.20.54

3

1.25.04

4

1.25.48

## EVENT 33 - JEFFERY TROPHY

4 x 1 Medley Boys under 10

**CRH - CARL EDWARDS = 2.12.71 (1985)**

Lane 1 DANIEL SWIFT

Lane 2 NICHOLAS ROACH

Lane 3 RICHARD MARTIN

Lane 4 SIMON PEERS

Lane 5 KEVIN WILLS

Lane 6 NEIL BRINHAM

Position

Time

4

2.32.09

3

2.31.85

1

2.09.71 \*

2

2.23.19

DISQ

5

Fly Arms 13/12 legs

2.54.81

## EVENT 34 - ASHFORD AND BEESLEY TROPHY

4 x 1 Medley Girls under 10

**CRH - EMMA DAVIES = 2.17.88 (1988)**

Lane 2 LUCY ROBERTS

Lane 3 LOUISA SMITH

Lane 4 RACHEL COULE

Lane 5 HOLLEN MILLETT

DISQ

1

Arms Fly

2.29.59

DISQ

DISQ

Arms Fly

Arms Fly

## EVENT 35 - WOODLAND CUP

66 2/3m Breaststroke Boys under 12

**CRH - MARK PLUMRIDGE = 57.62 (1980)**

Lane 1 MARK BRINHAM

Lane 2 ANTHONY REYNOLDS

Lane 3 RICHARD PERRY

Lane 4 ANDREW BABBAGE

Lane 5 ROBIN SMITH

Lane 6 IAN ROACH

Reserve RICHARD FLORENCE

5

1.12.45

3

1.07.22

1

58.80

2

1.04.58

4

1.12.45

6

1.14.75

## EVENT 36 - JAMES CUP

66 2/3m Breaststroke Girls under 12

**CRH - JULIE WYATT = 58.94 (1983)**

Lane 1 MELAINE GEORGE

Lane 2 CARMEN GOODCHILD

Lane 3 EMMA DAVIE

Lane 4 LISA SWIFT

Lane 5 REBECCA STANLAKE

Lane 6 ANNA THREAPLETON

Reserve EMMA GULLY

Position

Time

5

1.10.55

2

1.04.81

1

1.00.06

3

1.05.09

4

1.08.80

6

1.11.72

## EVENT 37 - CLARKE CUP

100m Backstroke Boys under 14

**CRH - IAN JEFFERY = 1.17.84 (1984)**

Lane 1 JEREMY ROBILLARD

Lane 2 DAVID HEWITT

Lane 3 CARL EDWARDS

Lane 4 GAVIN BABBAGE

Lane 5 ADAM ROBERTS

Lane 6 SIMON WATSON

Reserve PHILIP REDCE

5

1.43.75

3

1.32.28

1

1.16.96 \*

2

1.29.84

4

1.40.18

6

1.54.62

## EVENT 38 - SPILLER CUP

100m Backstroke Girls under 14

**CRH - LISA HUGHES = 1.18.84 (1983)**

Lane 1 SARAH BOWSER

Lane 2 SARAH PEACH

Lane 3 MICHELLE GREENING

Lane 4 KEELY ROBBINS

Lane 5 ~~200-ARMED~~ CHAIRE Dickinson

Lane 6 NATASHA CANN

Reserve ELIZABETH BUTLER

4

1.43.65

3

1.37.44

1

1.23.19

2

1.34.34

6

1.46.00

5

1.45.63

## EVENT 39 - DOLPHIN CUP

100m Breaststroke Boys under 16

**CRH - KEVIN WHEELER = 1.23.08 (1986)**

Lane 1 ANDREW BOWSER

Lane 2 GARETH COWELL

Lane 3 PAUL WILLOXCKS

Lane 4 CHRIS GREEN

Lane 5 ANDREW CYRKE

5

1.51.15

1

1.25.37

2

1.25.42

3

1.30.25

4

1.32.50



EVENT 40 - ANN-ELIZABETH CUP  
100m Breaststroke Girls under 16

CRH - KRISTINA COWIE = 1.32.93 (1987)

Lane 1 LUCY WILTSHIRE  
Lane 2 SARAH FISHER  
Lane 3 MARCIA COLEMAN  
Lane 4 EMMA HERRIDGE  
Lane 5 CLARE HUNTER  
Lane 6 DAWN HELPS

Position

Time

3	1.35.45
5	1.37.06
1	1.27.19 *
2	1.31.18
6	1.45.20
4	1.35.62

EVENT 41 - M. PEARCE TROPHY  
100m Backstroke Men

CRH - ANDREW COLE = 1.09.42 (1987)

Lane 1 ROBERT GREENING  
Lane 2 MICHAEL HEWITT...  
Lane 3 ANDREW COLE  
Lane 4 DEREK WYATT  
Lane 5 STEPHEN OAKDEN

D.N.S

2

1.19.06

D.N.S

1

1.10.44

4

1.27.60

3

1.19.80

EVENT 42 - STEART CUP  
100m Breaststroke Ladies

CRH - DONNA THROGMORTON = 1.25.72 (1983)

Lane 1 LINDSEY JAMES  
Lane 2 CHANTHELLE THROGMORTON  
Lane 3 DONNA PLUMRIDGE  
Lane 4 GAYNOR OAKDEN  
Lane 5 JANICE WILCOCKS

D.N.S

3

1.36.50

1

1.26.15

2

1.34.36

4

1.47.10

EVENT 43 - PROMISE CUP

33 1/3m Backstroke Boys under 10

CRH - IAN JEFFERY = 26.13 (1982)

Lane 1 CHRISTOPHER DERRINGTON  
Lane 2 KEVIN WILLS  
Lane 3 SIMON PEERS  
Lane 4 RICHARD MARTIN  
Lane 5 NICHOLAS ROACH  
Lane 6 DANIEL SWIFT  
Reserve SHAUN WOODWARD

4

30.39

2

29.16

1

27.46

3

29.44

5

30.53

6

31.87

EVENT 44 - EMMETT CUP

33 1/3m Backstroke Girls under 10

CRH - EMMA DAVIES = 28.04 (1988)

Lane 1 HANNAH WAY  
Lane 2 SARAH COUSINS  
Lane 3 EMMA DAVIES

4

32.67

5

33.68

1

29.66

Lane 6 RACHEL GUILLS  
Reserve AMANDA SMITH

EVENT 45 - REED TROPHY

66 2/3m Backstroke Boys under 12

CRH - IAN JEFFERY = 51.05 (1983)

Lane 1 IAN ROACH  
Lane 2 RICHARD HARRY  
Lane 3 ANDREW DEESLEY  
Lane 4 LEWIS BABBAGE  
Lane 5 KEVIN WILTSHIRE  
Lane 6 LUKE HERRIDGE  
Reserve MARK ABRAHAM

Position

Time

6	1.05.66
4	1.02.03
2	58.36
1	57.27
3	59.32
5	1.04.54

EVENT 46 - MOSELEY CUP

66 2/3m Backstroke Girls under 12

CRH - HAYLEY ROGERS = 54.49 (1983)

Lane 1 LINDSEY JAMES  
Lane 2 JOANNE NEWTON  
Lane 3 EMMA DAVIES  
Lane 4 CAMDEN GOODCHILD  
Lane 5 LISA SWIFT  
Lane 6 KAREN DICKINSON  
Reserve HELEN POINTON

6	1.09.46
3	1.02.43
2	1.00.81
1	58.38
4	1.05.25
5	1.08.34

EVENT 47 - DOWNS CUP

66 2/3m Butterfly Boys under 14

CRH - PAUL EDWARDS = 49.59 (1986)

Lane 2 DAVID HEWITT  
Lane 3 CARL EDWARDS  
Lane 4 JEREMY ROBILLARD  
Lane 5 ADAM ROBERTS

2	1.03.63
1	48.02 *
3	1.06.92
4	1.16.92

Ribbon -

EVENT 48 - BIRDBECK CUP

66 2/3m Butterfly Girls under 14

CRH - MARCIA COLEMAN = 48.42 (1988)

Lane 1 HELEN HUNTER  
Lane 2 NATASHA CANN  
Lane 3 SARAH PEACH  
Lane 4 MICHELLE GREENING  
Lane 5 KELLY ROBBINS

4	1.14.80
2	1.01.69
D.N.S	
1	1.01.06
3	1.06.75

EVENT 49 - RHY HOARE TROPHY

4 x 1 Medley Boys under 16

CRH - KEVIN WHEELER = 1.42.54 (1986)

Lane 2 CARL EDWARDS  
Lane 3 PAUL WILKINSON  
Lane 5 MATTHEW LOWE

D.N.S	
1	1.49.09

## EVENT 50 - LOUISE MARIE TROPHY

4 x 1 Medley Girls under 16

CRH - JANICE WILLCOCKS = 1.53.59 (1985)

Lane 1 DAWN HELPS  
 Lane 2 SARAH FISHER  
 Lane 3 MARCIA COLEMAN  
 Lane 4 EMMA HERRIDGE  
 Lane 5 LUCY WILTSHIRE  
 Lane 6 KAREN HICKS  
 Reserve CLARE HUNTER

Position Time

5	1.57.48
3	No Recorded Time
1	1.47.68 *
2	1.50.97
4	1.56.29
6	2.03.97

## EVENT 51 - G. PEARCE TROPHY

100m Freestyle Men

CRH - DEREK WYATT = 59.94 (1985)

Lane 1 MICHAEL HEWITT  
 Lane 2 PAUL EDWARDS  
 Lane 3 GARETH PARKER  
 Lane 4 ANDREW COLE  
 Lane 5 DEREK WYATT  
 Lane 6 MARK PROCTOR  
 Reserve RICHARD DUTTON

6	1.02.42
3	1.02.16
DNS	
2	1.02.00
1	1.00.00
6	1.07.25
5	1.06.93

## EVENT 52 - SPEEDO TROPHY

4 x 100m Ind-Medley Ladies

CRH - JANICE WILLCOCKS = 5.57.85

## ETER BUSH TROPHY

4 x 100m Ind-Medley Men

CRH - SIMON SENIOR = 5.28.87

1st : GARETH PARKER 5.22.36 \*

2nd : PAUL EDWARDS 5.36.50

3rd : DEREK WYATT 5.36.56

4th : MICHAEL HEWITT 5.58.05

5th : MARK PROCTOR 6.14.50

1st : LUCY WILTSHIRE AND CLARE HUNTER

2nd : MARCIA COLEMAN

3rd : EMMA HERRIDGE AND DAWN HELPS

4th : MICHELLE GREENING

## WATER POLO AWARDS

1988 Most Improved Water Polo Player : STUART APLIN

1988 Water Polo Player of the Year : DERREN WESTACOTT

1989 Most Improved Water Polo Player : CARL EDWARDS

1989 Water Polo Player of the Year : GRAHAM RULE

## 1988 Synchronised Swimming

Synchro Progress Cup under 12 years : J. WILLIAMS

Synchro Progress Cup over 12 years : L. WILTSHIRE

Synchro Cup : M. COLEMAN

## RESULTS FROM DIVING

## EVENT 55 - TUREWAY MOTORS TROPHY

Junior Diving - Girls under 14

Holder - MARCIA COLEMAN

1st : JOANNE NEWTON

2nd : KEELY ROBBINS

3rd : NICOLA CASPERSON

4th : MICHELLE GREENING

5th : HELEN HUNTER

## EVENT 57 - WESTAWAY CUP

Ladies Diving

Holder - CLARE HUNTER

1st : MARCIA COLEMAN

2nd : CHANTELE THROGMORTON

3rd : DONNA PLUMRIDGE

4th : DAWN HELPS

5th : EMMA HERRIDGE

6th : CLARE HUNTER

## EVENT 56 - BRIAN HILL TROPHY

Junior Diving - Boys under 14

Holder - RICHARD MARTIN

1st : RICHARD MARTIN

2nd : PHILIP REECE

3rd : JAMES WOODMARK

4th : RICHARD MARTIN

5th : MARK GREEN

6th : KEVIN WILTSHIRE

## EVENT 58 - PAIGNTON CLUB CUP

Men's Diving

Holder - RICHARD DUTTON

1st : RICHARD DUTTON

2nd : MARK JONES

3rd : MICHAEL HEWITT

4th : BRIAN HILL

5th : TAN PLUMRIDGE

## JUNIOR SQUAD

1989 sees my twelfth year with Paignton Swimming Club and is my anniversary of the Championships run in their present form.

third. Three first places to Emma Davies, two first places to Lewis Babbage and a third place for Andrew Babbage.

In the Devon Teams at Plymouth, the boys's team gained second place in the freestyle team and a third place in the medley team. The girls gained a third place in the medley team.

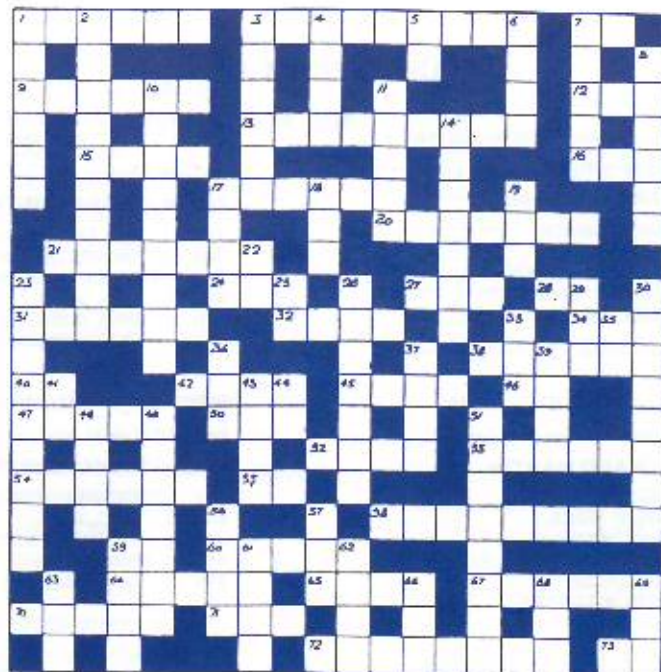
In the Devon County Secondary age groups Rebecca Stanlake gained first and second places. Joanne Newton gained two third places, well done to you and to those swimmers who helped you in the training sessions.

I would like to thank Sue, Roy, Harry, Julie and Brian for standing in for me whilst I had time off. Thanks again all of you.

BRIAN

Brian White  
 Junior Coach





## ACROSS

- 1 Famous Racehorse (6)
- 3 Environmental Trouser Holder (9)
- 7 Leave (2)
- 9 Sailing Boats (6)
- 12 Snake-fish (3)
- 13 Insect Muncher (9)
- 15 Order (4)
- 16 Door Locking Device (3)
- 17 Act Correctly (6)
- 20 Hot Season plural (7)
- 21 Dip in road (7)
- 24 American for land (3)
- 27 Single (3)
- 28 Air Bed, Li- -- (2)
- 31 Adjacent over hypotenuse (6)
- 32 Belongs to us (4)
- 34 N. America (3)
- 38 Political? fun events (6)
- 40 Spanish, the (2)
- 42 Girl's name (4)
- 45 Goes on chips (4)
- 46 No clue for this one (2)
- 47 Early Blue Peter dog (5)
- 50 Tree fruit (3)
- 52 One (4)
- 53 Driving mechanism (6)
- 54 Reply (6)
- 55 Famous alien (2)
- 58 Hundred Years (9)
- 59 Same as 41 down (2)
- 60 Famous "Blue suede shoes" singer (5)
- 64 Composition (5)
- 65 Title (4)
- 67 Straight (6)
- 70 Squash (5)
- 71 Explosive (3)
- 72 Machine for space travel (8)
- 73 French for of (2)

## DOWN

- 1 Regals (6)
- 2 Painters (10)
- 3 John Travolta, Olivia Newton-John film (6)
- 4 Cut (4)
- 5 Smelly body (2)
- 6 Book and film title (4)
- 7 Famous for their mythology (5)
- 8 Sword murderer (6)
- 10 Communication device (9)
- 11 Bean supports (5)
- 14 Look at carefully (7)
- 17 Hand, church or electric (4)
- 18 Seek advice (3)
- 19 Honey Producer (3)
- 22 L-- The Lion (2)
- 23 Receiving (9)
- 25 Two, Too, -- (2)
- 26 Gift (7)
- 29 Not in (3)
- 30 Skint (8)
- 33 Ban (3)
- 35 Nothing, this clue's here to confuse (2)
- 36 Commercial vehicle (3)
- 37 Acted Drama (4)
- 39 Ladder step (4)
- 41 French the (2)
- 43 Also 15 across (4)
- 44 "L" Less headgear (2)
- 48 Exam (4)
- 49 Ever youthful (7)
- 51 Favourite hope (8)
- 56 Whip (4)
- 57 Refuse receptacle (3)
- 59 Fewer (4)
- 61 Cat type (4)
- 62 45 across (4)
- 63 Short for non-amateur (3)
- 66 Hearing organ (3)
- 68 Mouth part (3)
- 69 Seeing organ (3)

# Brian White

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## WATER POLO 1989

What a great year the Water Polo section of Paignton Swimming Club has had.

Out of seven u-15 boys nominated for Devon trials, five were selected. Carl Edwards, Paul Willcocks, Ian Rule, Tim Freer and Matthew Lowe. Two of our u-18 players were selected, Graham Rule and Patrick Higgins. Four players were selected for Devon u-19's, Derren Westacott, Andrew Cole, Sam Dayment and Patrick Higgins and two of our senior players were selected, Derren Westacott and Sam Dayment. Ten in all from the Paignton squads. I am very proud of them. Well done!

In the Devon League, our u-14 squad, under the guidance of Brian Langston, have drawn with Torquay Leander, 10 points each, but goal difference puts them in second place.

Our u-16 squad won their league, beating our old rivals, Exeter by one point.

The u-18 squad attained a very commendable third place, bearing in mind that half the squad are u-16. Our Seniors faired very well, gaining fourth place, just one point behind Exeter. This year saw our Ladies taking an interest in Water Polo to such an extent that we now have a squad entered in the Devon League.

Paignton Water Polo is very fortunate to have again the support and sponsorship of John Milford. Thank you John from all of us, we will continue our efforts to be the best.

My thanks must now be given to the dedicated few who give so much of their time helping with administration, transport and of course encouragement. There are many stories of near disasters averted by someone coming to our rescue at a minute's notice. Thank you to the Ladies Committee who's generosity enabled us to purchase much needed Water Polo balls. Last, but not least, to my wife Margaret, who's patience and understanding allows me to carry on into another year.

**RAY WESTACOTT**

Water Polo Coach.

# frisco

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## PAIGNTON

AMATEUR SWIMMING AND LIFE SAVING SOCIETY

### Annual Dinner and Dance

at the  
TOORAK HOTEL, TORQUAY

Saturday, 20th January 1990

7 for 7.30 p.m.

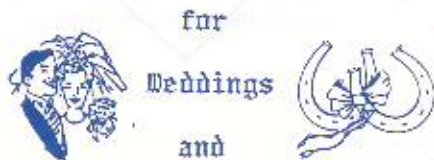
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## THE COMPETITIVE TEAM

We have welcomed some new swimmers to our squad over the last year. This, combined with the required dedication and application has given us a greater strength throughout all our age groups.

Promotion in the Speedo League was achieved and we now look forward to consolidating our position in Division II.

We are now competing and winning gala's against teams we would not have even challenged a few season's ago. With ever improving performances in the Devon Championships and Secondary Age Groups - we are now a "TEAM" to be reckoned with.

The Club's success is due to the hard work of the swimmers, teachers, behind the scenes helpers and the support by all our friends and parents.

I would like to thank everyone, especially my swimmers, for their honest endeavour and loyalty during my tenure as coach.

Ivan Throgmorton.



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on PAIGNTON 556864

# HELP!

## SWIM SAFE

During 1988 to 1989 we have once more placed prominence in affording water time towards the achieving of A.S.A. Survival Awards.

The A.S.A. Awards Scheme were first introduced in a rudimentary introductory form in 1952 since when they have undergone a number of additions and modifications. The Personal Survival Awards introduced in 1962 proved popular both with Education Authorities and Swimming Clubs and were followed by Rainbow Distance Awards, Water Skills Awards and Water-polo and Synchro - swimming Awards.

The whole Scheme was again re-vamped in March of 1988 to reflect the latest research into cold water survival and has since proved quite successful.

As a Club we shall continue with the Swimming Challenge Awards which cater for most ages and abilities. Unfortunately the very high cost of water hiring prohibits the expansion of our activities in this field.

Living in a tourism area such as ours, with sea swimming such a popular and fundamental part of leisure life, it is doubly important that all of our children learn the basics of Self-Survival Techniques.



## TOWN-TWINNING SPORTS EXCHANGES

At Easter 1989 a swimming group enjoyed yet another trip to Hamelin where many new friendships were forged and older acquaintanceships renewed. At the time of writing we are preparing for a visit to Paignton of the Hamelin Club and have prepared quite a full programme of trips and competitions. Your Committee is most concerned that some difficulties are experienced in securing sufficient promises of Hosting which is surprising considering the size of our membership. Host families are given first consideration for inclusion in future visits to Hamelin and apathy could prove to be the death knell for these Exchanges.



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