

Dec '95

# Cardiff Swimming Newsletter

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Issue 33

## 500 CLUB WINNERS

|     |     |              |
|-----|-----|--------------|
| 1st | £20 | D. Smith     |
| 2nd | £13 | J. Middleton |
| 3rd | £7  | J. Pini      |

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Congratulations to:-  
the following swimmers on their selection to swim for Wales in Geneva this month.

- Adam Johnson )
- Stuart Snell ) A Squad
- Rebecca Rowe )
  
- Mark Hanscombe )
- James Luke ) B Squad
- Jayson Windos )

The Welsh team has nine competitors in all and City of Cardiff Swimming Club has provided the majority of the squad with these six swimmers. On behalf of the club I extend our congratulations and wish them all the best in Geneva.

John Stout

**For details of the new squad titles and criteria for movement please see the pages at the end of this newsletter.**

Due to the pressure on space in this month's newsletter, National Qualifying Times for the Summer Championships and Age Groups will appear in next month's edition.

## CITY OF CARDIFF SWIMMING CLUB SPEEDO SWIMMERS OF THE MONTH

|         |                                       |  |
|---------|---------------------------------------|--|
| Eastern | Ben Clarke                            | Good all-round performance.  |
| Purple  | The Whole Squad!                      | For their performance in the last junior gala.   |
| Orange  | Luke Maxwell                          | For listening and applying himself and all-round improvement.  |
| Yellow  | All those who swam in the junior gala | Some excellent results - Well done!  |
| White   | David Jones                           | Excellent first month in the Club. Congratulations on your very excellent times.   |
| Green   | Danielle Bushell                      | Consistent hardwork during training which has led to greatly improved times.   |
| Red     | Cai Britton<br>Richard Haines         | Congratulations on selection for Wales U18 cap at Rugby.<br>Congratulations on selection to represent G.B. in Triathlon.<br>Both swim with a great deal of energy and it is a pleasure to have two boys with a nice sense of humour. |
| Blue    | Andrew Williams                       | Finally broke the 70sec barrier for 100m F/S in fine style with a 1.08 in recent time trials.  |
| B       | James Luke                            | Just edges out Jayson Windos & Rhys Smith for his fantastic performances in the Welsh Short Course. Three senior finals and selection to the Welsh team for Geneva.  |
| A       | Mark Foster                           | World Record - 50m Fly.....enough said!!   |

**For details of new Squad names and criteria for squad movements please see the pages at the end of this newsletter. Implementation of the new criteria took place with effect from 1 January 1996.**

**If you have any questions, please talk to your Squad Coach who will be happy to answer them.**

Parents, fancy learning more about timekeeping? Please see Nick Holmes article on the final page of this edition. Remember without Officials a gala cannot take place. Without a gala, your child cannot compete. Do go along to Nick's session and give it a try.

## Recent Galas

### British Grand Prix - Cumbernauld - 10/12 November

Mark Foster was in fine form dominating the sprint events. He won the 50m Freestyle 22.4, 100m Freestyle 49.3 and 50m Fly 23.9 just 5/100 secs outside his World Record. This is Mark's fastest set of early season times and augurs well for the rest of the season and the Olympic Games next year.

Phil Melhuish and Chris Jones were also in fine form. Phil placed 3rd in 50m Breast 29.9 and 4th 100m Breast 64.4 and 200m Breast 2.21.9. Chris had three 4th places in 200m I.M. 2.07.6, 400m I.M. 4.29.2 and 200m Backstroke 2.01.9. This was a great start to the season.

Dave Haller

### British Grand Prix - Leicester - 17/19 November

Chris Jones had another good meet placing 3rd 200m Back and 4th 400m I.M. another best early season time. Phil Melhuish only swam 200m Breast due to study commitments placing 5th.

Vivian Rignall swam a P.B. 27.3 to reach the 50m Freestyle final to finish 6th. Lucy Arrowsmith was 2nd in the 'B' final with 27.2. Well done Ladies! Sian Akers returned to form just missing the 'B' final of the 200m Freestyle.

In the Junior events Rhys Smith was 4th in the 13/14 yrs 100m Freestyle with 2 P.B.s 57.08 heat and 57.06 final. Jayson Windos, still recovering from a bad cold had good swims in the 100m Free/Fly and James Luke had a P.B. in the 100m Free 55.00. Mark Hanscombe swam well to a 100m Breast of 69.3

Rebecca Rowe placed 7th 13/14 yrs Fly 68.6 and Helen Hanscombe had a best time in the 100m Free 63.0 Lisa Jenkins was ill but performed creditably in the Breaststroke events.

Dave Haller

### Welsh Short Course Championships - Bangor - 1/3 December

A very successful championships saw Cardiff gain 40 medals and record 38 personal best times. Chris Jones took 4 Gold Medals in the 200m, 400m I.M. and 100m, 200m Backstroke. The 200m Backstroke saw Cardiff occupy the rostrum with Adam Johnson and James Luke 2nd and 3rd. Adam went on to win the 50m sprint freestyle with a powerful 24.12, at 16 years he is the youngest senior champion, in the 100m event Adam was 2nd in a P.B. of 52.86 and also picked up Bronze in the 100m Backstroke. Ian Lundie collected Gold and Silver in the 400m and 200m Freestyle whilst Mark Pawlett took Silver in the 200m I.M. Phil Melhuish picked up 2 Silvers in the Breaststroke events with Mark Hanscombe taking Bronze in the 200m

Breaststroke. Alan Ferris finished the Men's medal tally off with Bronze in the 1500m Freestyle.

The Senior Ladies saw Sian Akers take Silver and Bronze in the 200m and 100m Freestyle, Lucy Arrowsmith collected Bronze in the 50m Freestyle and Leanne Stafford gained Silver and Bronze in the 100m and 200m Backstroke.

The Junior boys category was dominated by Jayson Windos and Rhys Smith who collected 11 medals between them. Jayson took gold in the 200m, 400m Freestyle and 100m Fly with Silver in the 50m, 100m Freestyle and Bronze in the 200m Fly. Jayson was unlucky to miss the Welsh Junior Record in the 200m Freestyle by 2/100 sec. Rhys swam 5 personal best times to take Gold in the 200m Fly, Silver for 400m Free and Bronze in the 200m I.M., 200m Freestyle and 100m Fly. Jonathon Fish having just recovered from illness took Gold in the 1500m Freestyle with a time of 19.00.48.

The Junior girls section saw Rebecca Rowe gain Silver in the 100m Fly, 50m Freestyle and Bronze in the 100m Backstroke. Lisa Jenkins took 2 Bronze medals in the 100m and 200m Breaststroke whilst Helen Hanscombe and Linda Ferris gained Bronze in the 800m Freestyle and 400m I.M. respectively.

The outstanding performances of Jayson Windos, James Luke and Rebecca Rowe have earned them selection to the Welsh team to compete in Geneva in January.

A final message that must be mentioned for the benefit of inhabitants of North Wales, I would just like to say that Mrs. Paulette Hanscombe is without a shadow of a doubt a very ... very ... very nice lady!

John Stout

#### Tigersharks Open - 2 December

Well done Andrew Williams for finishing 1st in the 50m F/S in a time of 30.80 secs

Neil Williams

#### Speedo League - Final round - A Team - Weston Super Mare - 9 December

Once again three Welsh clubs made the final which obviously shows the continuing strength of swimming in Wales. The final consisted of strong teams from Ferndown, Gloucester, Maxwell, Torfaen, Swansea and of course Cardiff.

Cardiff put a good fight but unfortunately were overwhelmed by the tremendous support from the Swansea contingent. The final result was a win for Swansea (241.5)pts, 2nd Cardiff (206), 3rd Maxwell (177.5) 4th Torfaen (151) 5th Ferndown (142) 6th Gloucester (130).

1st positions for the City of Cardiff:-  
Individuals:-

Chris Jones (100m IM/Back), David Davies (25m Fly), Adam Johnson (100m Free), Michelle Bushell (50m Back).

Teams:-

Girls 9-11 yrs medley: Caroline Burford, Lucy Hicks, Therese Andrews, Helen Wilcox.

Girls 15yrs Medley: Rebecca Rowe, Lisa Jenkins, Renee Godfrey, Helen Hanscombe.

Girls 15yrs Free: Rebecca Rowe, Lisa Jenkins, Linda Ferris, Helen Hanscombe.

Boys 15yrs free: Rhys Smith, Alex Pini, Simon Morgan, Jayson Windos.

Mens Open Medley: Chris Jones, A Li, Simon Couzens, Mark Pawlett.

Mens Open Free: Adam Johnson, A. Li, Alex Pinniger, Simon Couzens, Chris Jones, Jayson Windos.

Neil Williams

### Speedo League - Final Round - B Team - Swindon - 9 December

First the good news:- The Open age Boys continued their dominance in the league with 6 wins out of 7 (Jamie ... you are unforgiven!) There was even an attempt made to lap the opposition in the 6 x 2 relay. James Luke swam an impressive 54.54 100m Freestyle and Stuart Snell clocked a 1.01.70 100m Backstroke. Claire Lusty had a 1st and 2nd in the Open Ladies category and the 6 x 2 team romped home first to confirm our strength in depth. There were some good swims by Stephen Maskell (1.01.00 for 100m Freestyle), James Sherlock, Kathryn Fishlock, Lloyd Smale, Richard Jones and a great debut by David Jones of White squad.

Now the constructive criticism:- far too many points were lost by silly mistakes on start, turns, finishing and take-overs. On a 50m sprint if you do not get into the stroke quickly out of the dive, then the race is lost. Gliding in at the finish results in losing positions and poor take-overs let the rest of the team down. All these aspects are covered in training time and time again. The biggest lesson to be learned is that slopiness and bad habits in training result in poor competitive performance - **WHAT YOU DO RIGHT IN TRAINING, YOU WILL DO RIGHT WHEN IT MATTERS IN A COMPETITION!**

As far as possible every member of the B team is given the opportunity to swim an individual race and this approach will remain. If the strongest combination of swimmers had been used and the mistakes and slopiness alleviated then I have no doubt that we would have finished 1st rather than 4th. The polish will be there next year.

John Stout

### Urdd Schools Gala - Bangor - 9 December

Congratulations to Glen Slater (Blue Squad) for finishing in the top three in all strokes.

Neil Williams

G.B. A.S.A. Short Course Championships - Sheffield - 15/17 December

The 7 Wonders of Cardiff at these Championships -

1. 1 WORLD RECORD
2. 2 WORLD BEST TIMES
3. British Records in British Club Medley Relay
4. Medley Team Chris Jones 56.2  
Phil Melhuish 61.9  
Mark Foster 53.6  
Adam Johnson 51.8

is ranked "6th" in the World

5. 7 Welsh Records set
6. 3 Gold, 1 Silver, 2 Bronze.
7. 35 Personal Best Times

Congratulations to all those who achieved Personal Bests -

Sian Akers - 4th 'B' Final 200m Freestyle. 4 P.B.s in total including 59.2 lead off in the Freestyle relay.

Lucy Arrowsmith 26.7 placing 5th in 'A' Final Ladies 50m Freestyle. Lucy swam 57.2 in Freestyle relay, P.B. by 2 secs. 4 P.B.s in total.

Vivian Rignall P.B. 50m Free 27.1 placing 3rd in 'B' Final. P.B. in Freestyle relay 59.1. 3 P.B.s in total.

Rebecca Rowe P.B. 61.4 Freestyle relay.

Mark Foster WORLD RECORD 50m Fly 23.45. 1995 World Best Time 21.7 50m Free. P.B. 53.6 100m Fly in Medley team. 2 P.B.s in total.

Phil Melhuish 4 Welsh Records. 2nd 100m Breast behind Nick Gillingham 62.1, 3rd 50m Breast 28.8 and 61.9 100m Breast in Winning Medley Team. 5 P.B.s in total.

Chris Jones 3 Welsh Records. 3rd 200m Backstroke, 4th 200m I.M., 6th 400m I.M. 56.2 lead off in Medley Team Welsh Record. 4 P.B.s in total.

Martyn Baralos "4 sec" improvement 200m Breast 2.20.95. P.B.s in 50m Breast and 100m Breast. 3 P.B.s in total.

Ian Lundie Tremendous 22 sec improvement in 1,500m Free to place 5th. 3rd 'B' final 400m Free. 2 P.B.s in total.

Niall Monaghan 8th 200m Breast 'A' final. P.B.s in 100m and 50m Breast. 2 P.B.s in total.

Mark Hanscombe P.B. in 100m Breast 68.1.

Adam Johnson 51.8 in Medley Team P.B. (This was the only event Adam competed in.) He made a special journey, as did Rebecca Rowe, to represent the club in Sheffield. Congratulations to you both.

Simon Couzens P.B. 50m Free 'B' final. P.B. 50m Breast B final

Stuart Snell 1 P.B. 200m Back 2.08.8.

Paul Griffiths swam well but was not his usual self. Good swims but unusually did not make any finals this year. 1995 best times.

Anne-Marie Munk 1995 best times but no life time P.B.s.

Dave Haller

Junior Gala - Welsh Institute of Sport - 16/17 December

Well done to all of the following who were victorious at the above gala:-

**Individual Medley**

|                  |                 |                  |
|------------------|-----------------|------------------|
| 10 yrs and under | Oliver Williams | Francesca Morgan |
| 11 yrs           | Robert Findlay  | Kathryn Ford     |
| 12 yrs           | Daniel Tonge    | Hannah Roberts   |
| 13 yrs and over  | David Jones     | Karina Brock     |

**Backstroke**

|                 |                 |                  |
|-----------------|-----------------|------------------|
| 8 yrs and under | Craig Umbleja   | Olivia Smith     |
| 9 yrs           | Oliver Williams | Cecilia Wilcox   |
| 10 yrs          | Richard Strange | Francesca Morgan |
| 11 yrs          | Lewis Ryan      | Helen Fisher     |
| 12 yrs          | Daniel Tonge    | Hannah Roberts   |
| 13 yrs and over | David Jones     | Laura Middleton  |

**Freestyle**

|                 |                 |                  |
|-----------------|-----------------|------------------|
| 8 yrs and under | Craig Umbleja   | Olivia Smith     |
| 9 yrs           | Oliver Williams | Leila James      |
| 10 yrs          | Francisco Newby | Rhian Hole       |
| 11 yrs          | Lewis Ryan      | Helen Fisher     |
| 12 yrs          | Daniel Tonge    | Emily Challenger |
| 13 yrs and over | David Jones     | Karina Brock     |

**Butterfly**

|                 |                 |                     |
|-----------------|-----------------|---------------------|
| 8 yrs and under | Steven Groves   | Zoe Matthews        |
| 9 yrs           | Oliver Williams | Leila James         |
| 10 yrs          | J J Greenwood   | Claire Duffy        |
| 11 yrs          | Robert Findlay  | Helen Fisher        |
| 12 yrs          | Daniel Tonge    | Melanie Sherrington |
| 13 yrs and over | David Jones     | Karina Brock        |

**Breaststroke**

|                 |               |                  |
|-----------------|---------------|------------------|
| 8 yrs and under | Sam Hughes    | Olivia Smith     |
| 9 yrs           | Emyr James    | Leila James      |
| 10 yrs          | J J Greenwood | Francesca Morgan |
| 11 yrs          | Lewis Ryan    | Melanie Umbleja  |
| 12 yrs          | Rhys Brame    | Victoria Yandall |
| 13 yrs and over | David Jones   | Laura Parry      |

## New Squad Names and Criteria for Squad Movements

With effect from 1 January the new system discussed recently was introduced and the squads were renamed as follows:-

| <b>OLD NAME</b>      | <b>NEW NAME</b>             |
|----------------------|-----------------------------|
| A                    | National Performance Centre |
| B                    | Youth                       |
| Red                  | Junior Masters & Students   |
| Blue                 | Junior 2                    |
| Green                | Junior 1                    |
| White                | Development 3               |
| Yellow               | Development 2               |
| Orange               | Development 1               |
| Purple and Eastern 5 | Reception                   |

The following times correspond to the German points system and are the minimum entry standards for the relevant squad. Full details of the points are on the noticeboards but in order to save paper in the production of this newsletter, only times have been reproduced. All times are short course i.e. 25m pool and a **MINIMUM OF 2 ENTRY TIMES MUST BE ACHIEVED TO ALLOW CONSIDERATION INTO ANY SQUAD.**

**Promotion to a higher squad can only be allowed if space in that squad permits.**

Notes:

1. Times and points will be updated on production of new German points or when deemed appropriate.
2. Swimmers currently in squads will be given 6 months in order to achieve the set standard. Failure to do so within that period will unfortunately mean a squad downgrade.
3. The aim is to provide each swimmer with aims and objectives on a continuous basis and also to provide an even more structured, competitive club.
4. Obviously the numbers in each squad could be a problem and the club must therefore be given some leeway on movements i.e. **EVEN IF TIMES ARE**

ACHIEVED THE SWIMMERS CAN ONLY BE MOVED AT THE CLUBS NEAREST AVAILABLE TIME.

5. From time to time individual swimmers could be moved into Junior Masters & Students if they are mainly interested in leisure/keep fit swimming or for individual swimmers who were late starters/developers in swimming. This squad should, in no way, restrict entry back into the main competitive squads. Any individual feeling that their times or circumstances have changed and therefore justify re-entry into the squad system, should, via the squad coaches, ask for re-selection into the relevant squad. Junior Masters & Students will be a working group for swimmers who maintain an interest in swimming for:-

- (i) Fitness/enjoyment purposes
- (ii) Progression at competitive level
- (iii) Progression to Youth Squad or National Performance Centre via entry times.

Older swimmers or those who fail to achieve squad times will be coached with the aim of achieving consideration for the higher squads.

6. Times can be achieved at any gala (with results sheets) or at squad time trials held by squad coaches.

7. The minimum entry times may be reviewed at any time at the discretion of the Swimming Committee.

Minimum Entry Standards

Age groups as at 31 December 1996 and subsequent years

**RECEPTION**

|           | Age      | Time    |        | Age      | Time    |
|-----------|----------|---------|--------|----------|---------|
| 50m F/S   | under 15 | 50 secs | 50m Br | under 15 | 1.00.00 |
| 50m Fly   | under 15 | 1.05.00 | 50m Bk | under 15 | 55 secs |
| 100m I.M. | under 15 | 2.00.00 |        |          |         |

**DEVELOPMENT #3**

|           |          |           |        |          |         |
|-----------|----------|-----------|--------|----------|---------|
| 50m F/S   | under 15 | 47.5 secs | 50m Br | under 15 | 55 secs |
| 50m Fly   | under 15 | 1.00.00   | 50m Bk | under 15 | 50 secs |
| 100m I.M. | under 15 | 1.50.00   |        |          |         |

**DEVELOPMENT 2**

|           |          |                  |        |          |                  |
|-----------|----------|------------------|--------|----------|------------------|
| 50m F/S   | under 15 | <u>44 secs</u>   | 50m Br | under 15 | <u>52 secs</u>   |
| 50m Fly   | under 15 | <u>57.5 secs</u> | 50m Bk | under 15 | <u>47.5 secs</u> |
| 100m I.M. | under 15 | <u>1.45.00</u>   |        |          |                  |

RAIGS.

**DEVELOPMENT 3**

|           |          | Boys    | Girls   |
|-----------|----------|---------|---------|
| 100m F/S  | under 15 | 1.23.07 | 1.24.08 |
| 100m Fly  | under 15 | 1.45.12 | 1.47.16 |
| 100m Br   | under 15 | 1.46.06 | 1.47.09 |
| 100m Bk   | under 15 | 1.39.01 | 1.40.06 |
| 100m I.M. | under 15 | 1.40.00 | 1.40.00 |

**JUNIOR 1**

|           |         |         |         |
|-----------|---------|---------|---------|
| 100m F/S  | 10 - 15 | 1.17.07 | 1.18.06 |
| 100m Fly  | 10 - 15 | 1.36.53 | 1.37.15 |
| 100m Br   | 10 - 15 | 1.40.03 | 1.41.11 |
| 100m Bk   | 10 - 15 | 1.30.05 | 1.32.08 |
| 100m I.M. | 10 - 15 | 1.30.00 | 1.30.00 |

**JUNIOR 2**

|           | Age     | Boys    | Girls   | Age | Boys    | Girls   |
|-----------|---------|---------|---------|-----|---------|---------|
| 100m F/S  | 10 - 15 | 1.12.57 | 1.14.00 | 15+ | 1.08.71 | 1.12.01 |
| 100m Fly  | 10 - 15 | 1.27.53 | 1.29.08 | 15+ | 1.21.06 | 1.23.00 |
| 100 Br    | 10 - 15 | 1.32.60 | 1.34.09 | 15+ | 1.27.05 | 1.29.02 |
| 100m Bk   | 10 - 15 | 1.24.06 | 1.25.02 | 15+ | 1.19.07 | 1.21.05 |
| 100m I.M. | 10 - 15 | 1.23.00 | 1.23.00 | 15+ | 1.17.00 | 1.20.00 |

**YOUTH**

|          |         |         |         |     |         |         |
|----------|---------|---------|---------|-----|---------|---------|
| 100m F/S | 12 - 15 | 1.07.03 | 1.09.01 | 15+ | 1.03.00 | 1.05.75 |
| 100m Fly | 12 - 15 | 1.16.01 | 1.18.04 | 15+ | 1.13.02 | 1.15.04 |
| 100m Br  | 12 - 15 | 1.24.03 | 1.24.13 | 15+ | 1.21.01 | 1.23.97 |
| 100m Bk  | 12 - 15 | 1.18.02 | 1.20.03 | 15+ | 1.16.07 | 1.17.03 |

**NATIONAL**

|          | Age | Boys    | Girls   |
|----------|-----|---------|---------|
| 100m F/S | 12+ | 0.56.01 | 1.02.96 |
| 100m Fly | 12+ | 1.01.51 | 1.06.94 |
| 100m Br  | 12+ | 1.10.83 | 1.18.48 |
| 100m Bk  | 12+ | 1.02.24 | 1.09.69 |

**IMPORTANT INFORMATION FOR ALL PARENTS**Informal Introduction to Time Keeping

Do you know which button on a stop watch to press? Would you really like to know how races are judged? You now have the opportunity to be one of 12 lucky people to come to the W.I.S. at 7.15pm prompt on Wednesday 17 January for an informal introduction to race time keeping.

Please wear suitable soft footwear for poolside, stop watches will be available. The introduction will take about 30mins with me and Development 3 (White squad).

The club always needs people who are willing to help at galas, be they for our Juniors or GB Grand Prix, so come along and try your hand with a stop watch.

Nick Holmes