



MAY I remind you once again that the 1970 subscriptions are now due. If you have not paid up by the end of May, your name will be crossed off the register. I would also like to remind members that they must carry their Membership Card with them each week to the Pool, this is necessary for identification purposes. The card is also needed for receipt purposes when paying subscriptions.

M. Firmin.

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RESULTS OF THE POINTS CUP RACES - BREASTSTROKE.

Girls Under 12.

1st Gillian Fitnum  
2nd Marion Finch  
3rd Jayne Hamilton

Girls Under 14.

1st Sheila Humphreys  
2nd Carol Moyse  
3rd Janet Duffield

Girls Under 16.

1st Gillian Mount  
2nd Mandy McConnell  
3rd Ann Bennett

Boys Under 12.

1st Gary Morgan  
2nd Paul Matthews  
3rd Malcolm Sanders

Boys Under 14.

1st David Matthews  
2nd Peter Frost  
3rd Andrew Wallace

Boys Under 16.

1st Bill Selfe  
2nd Perry Tidball  
3rd Terry Fitnum.

Ladies.

1st J. McConnell  
2nd A. MacGregor  
3rd P. White

Men.

1st M. Parratt  
2nd A. Bedford  
3rd D. Fitnum.

Details as to times are on the Notice Board.

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SWIMMING.

I have noticed that the breaststroke swimmers are still not using the turn and push off underwater to their advantage.

Please remember these simple rules :-

1. Touch the wall with both hands, tuck your head under the water, deep breath just before doing so.
2. Push off from the wall, underwater, head between arms, legs together in streamlined position.
3. As your glide begins to slow down, one complete arm movement, right round till hands meet thighs.
4. Then slide arms forward to the front position.
5. Now, one leg movement, lifting head slightly, as head breaks surface, arms commence the movement, once again you are on the surface, exhale and inhale quickly.

T. A. Davison.

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VERRUCAE.

Many swimmers have recently suffered from verrucae. As we have said before, this is a very infectious condition and children should not swim until the condition has cleared completely. It is advisable for parents to inspect their children's feet weekly and if any sore patches or corn-like marks are found (especially on the sole of the foot) a doctor or chirpodist should be consulted.

## ACHIEVEMENTS.

The following achievements have been made since our last Newsletter.

### Joint National Award.

Stage I	Catherine O'Hehir Kathryn Harvey	Christine Harvey Neil Bunker.
Stage II	Malcolm Sanders	Debbrah Chapman.

### A.S.A. Survival.

Bronze	Jayne Hamilton Alan Broad Gary Morgan Diane Tindall	Sandra Dent David Gee Patricia Topp.
Silver.	Diane Tindall.	

Names of any others wishing to take these tests to Mr. Davison by 1st June, please.

<u>One Length.</u>	Roy Chapman Wendy Dent Belinda Elliott	Linda Musgrave Colin Rainsbury.
<u>One Width.</u>	Jacqueline Tristram	Lyn Allen.

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SOME of our swimmers in the "A" team will be leaving us next year by virtue of age and their places will be taken by swimmers in the lower groups. It is, therefore, of importance the swimmers in lower groups try to improve their time by training, practising racing dives and learning tumble turns. They should also enter for all the Points Cup Races and ensure that they know their fastest times on their first choice stroke. It is not sufficient just to train at the Club once a week, to improve your time you should practice at other times during the week.

Peter Mount.

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## SOCIAL SECTION.

Our Film Show and Social on 2nd May was successful, but rather warm. Mr. Firmin, our projectionist, gave us a very good film show. We had films on Trinidad and Tobago, Armand and Michaela Denis on Safari and a very funny Woody Woodpecker Cartonn.

I must apologise for the intense heat in the Club Room on that evening. We are trying to get something done to improve the situation and hope that things will be better next time.

### Outing to Clacton.

We still have a small number of seats available for our outing to Clacton on 6th June. The coach leaves Riverside Baths at 8.30 a.m. Let's hope the sun is shining.

Pam Bedford.

NOW we are at the start of the holiday season, we think it would be a good idea for some of your younger members to write us a short holiday story. If, when you have had your holiday, you have a story to tell (not necessarily about swimming), please let us know.

REMINDERS.

AT LEAST 2 hours should be allowed after a heavy meal  
before entering the water.

PLEASE, PLEASE, make sure that your name is in your costume,  
especially if it is a red and white striped one. (If  
we charged a small fine for recovering lost property,  
we should make our fortune! )

CLUB BADGES. Cloth - for blazer or costume - 6s. Od.  
Lapel badge - 4s. Od.

Saturday, 6th June           Outing to Clacton  
12th June                   Points Cup Races - Back crawl.  
19th June                   Six Club Match - NO swimming for adults.  
Thursday, 25th June       Match at Sevenoaks.

FOR SALE.

1 pair boys trunks  
in Club colours  
(secondhand). 30"  
waist.       Please  
enquire at door.