PRIVATE AND CONFIDENTIAL

# [illegible] SWIMMING ASSOCIATION.


Hon. Secretary.
John K.Slater,
29, St. Albans Ave,
Halifax. Yks.

[illegible]
[illegible] Fleming,
"Ocelle Lynn" 334,
Serringthorpe Valley
Rd., Rotherham. Yks.

Hon. Treasurer.
G.Trevor Smith,
30, Oak Tree Terr.
Lepton, Huddersfield.
Yks.


10th October, 1962.

Dear Member,

## ANNUAL REPORTS - 1962.

I have pleasure in presenting the Sixth Annual Report on the activities of the Association.

Membership has increased from 217 to 245. This year a Regional Representative has been appointed for the County of Derbyshire, bringing the total number of Regional Representatives to 15, covering 16 counties. Scotland, Wales, Northern Ireland and the Channel Isles having one each in addition. All organisations promoting major open amateur distance swims in Great Britain are affiliated.

The season has again been one of outstanding interest and progress for individual members as well as for the Association. The re-instituted A.S.A. Long Distance Championships were held at York. [illegible] Poole S.C. are to be congratulated on their very successful inaugural open three mile Championship. A new record has been set up in the Torbay Championship, by Michael Jennings. A first swim from Guernsey to Jersey, 16 miles, has been recorded by Ruth Oldham. A gallant attempt on Loch Ness, the only unconquered stretch of water in Great Britain was made by Derek Turner, covering 12 miles. Again at Morecambe, congratulations to Mr. Arthur Shipley and the Inshore Club, who organised the first Lancaster to Morecambe Championship which was won by Kendall Mellor.

Commander C.G.Forsberg, O.B.E. R.N. has completed his new book "Modern Long Distance Swimming" and this should be available early next year.

The Association's finances, like its membership and other activities has shown a steady and healthy increase.

Since the attached reports of your various Championship and Club Hon. Sec.'s have largely covered our major activities, I am happy to content myself with a record of individual achievements and activities and smaller items which I hope may be of some interest to you.

Windermere Individual swims in 1962.

Philip Kaye of Huddersfield, who holds the Huddersfield & District long distance record in Sparth Reservoir, attempted a 'two-way' which ended after 13 miles of cold swimming. He set off at about 11.30pm from Waterhead, and breakfasted at Lakeside in the early dawn. Time W - L 7hrs 50mins. Our good friend Mrs. Tyson, at the Wateredge Hotel, Waterhead, personally coffee'd the swimmer and large accompanying party. After seeing the swimmer and his escorts safely on their way, I retired to a comfortable bed and was somewhat suprised a few days later to find a newspaper reporting that I had accompanied Philip [illegible] his swim. Trevor Smith, Joan O'Hara, Graham Smith, and other competent and [illegible] of Bingley, [illegible] Inshore Championship, [illegible] an attempt on the two-way swim, but water temperatures varying between 54 F and 58F (average 56.5.F) were responsible for Barry retiring at Red Nab, after 13 miles, in 10hrs.30 mins, having completed W - L in 7hrs. 13 mins. Barry entered the water at Waterhead at 2.30 a.m. accompanied by two row boats containing enough Pilot Lifesavers to have covered a full scale Championship. Geof. Oddie, Joe Conway, Kendall Mellor, Keith Seymour, Tommy Worrall, George Owen and the writer, together with three other enthusiasts. An experiment in providing a tent like shelter over one of the rowing boats showed that this has excellent possibilities, provided that conditions are reasonably calm. So far as Barry was concerned, the swim was uneventful. He cheerfully entered the icy water in complete darkness and pouring rain, lit only by the lights from the boats, and swam to Waterhead in calm conditions. On the turn round, the wind freshened and after 3 miles on the return journey he was encouraged to retire. He swam to the shore and walked out unaided, in good condition, but stiff with cold. For those accompanying the swimmer, the trip was at times quite entertaining. After acting as guide, by preceding the swimmer's boat by several hundred yards and displaying a rear light as [illegible] when dawn came, [illegible] party in the accompanying boat stretched their legs in a brisk walk down the lakeside. Tommy had just nicely warmed the cushion on the rowing bench and elected to pick us up at the Ferry. Back in the boat we appraised the boat's survival kit which included, amongst many other items, a fishing line (no bait) a gas stove, eggs and raisins. After breakfast and to pass away the time, the fishing line was about to be cast over the side when it was suggested that a piece of fried egg might appeal to our finny friends. The line, thus baited, was cast over the side and within 10 minutes came a tug on the line and into the boat was hauled a very presentable perch, which, in view of our recent breakfast and doubt as to the licensing laws, was returned to the water. Interest in this activity then became quite keen, but the remainder of the fried egg had been otherwise disposed of. However, a further resourceful suggestion resulted in the line being baited with a [illegible] few minutes [illegible] swimming Barry was [illegible]

like, but this time a real fighter, a big pike which required the combined efforts of George and Kendall to haul aboard. Visions of fresh fried fish, cooked on our portable gas stove, arose, but pride of capture combined with arguments of legality and doubt as to edibility prevailed upon us to await arrival at Lakeside. On arrival, a local authority announced the fish to be well and properly taken, but interest in its edibility had waned, and the fish was handed to a little boy with bulging eyes and a small fishing net. He dashed off home immediately, and the words forming on his lips could be easily read - - "Mum, look what I've caught".

Coniston Swims.

| | | |
|---|---|---|
| [illegible] Birley. | Coniston. | [illegible]. 10 mins. |
| [illegible] Morey. | Portsmouth. | [illegible]. 33 mins. |
| [illegible] Seymour. | Bradford. | [illegible]. 3 mins. |
| Kendall Meller. | Keighley. | 2 hrs. 55 mins. |

Final, rain, low temperatures and lack of sunshine have combined to prevent many individual attempts on recognised courses, but no doubt the fine weather due to us next year will provoke numerous members into tackling long stretches of Lake, Loch, Lough and sea.

Swiss Long Distance Championship.

From our most recently joined member, Miss Marianne Stuber, of Hotel Oberberg, Beatenberg, comes news of a swim of approximately 5 miles. The course or venue of the swim changes from year to year, but the water temperature is reported to be between 70 and 80 F. !!! Further details are expected shortly and it is hoped to establish an exchange of competitors. Miss Stuber won the Ladies Championship in 1960, and has an excellent command of spoken and written English.

Staines to Whitby Swim.

Individual attempt on this new course, by Martin McNulty, assisted by Whitby's "Jim" and merry company of knowledgeable oarsmen and pilots, was abandoned after nearly 4 miles in the face of heavy seas, but all concerned have profited from the experience gained in this attempt. The course is approximately 9 miles, and with the assistance of a strong tide could be accomplished in between 2½ and 3½ hrs. The great enthusiasm of members of the local Swimming and Rowing Clubs is one of the main factors in the success and recent surge of interest in long distance swimming at Whitby. If any of these gentlemen would care to visit any of the other Championships of the Association, they would indeed be assured of a warm welcome.

The Association of Active Fourteen Ton, Secretaries of Amateur Long Distance Swimming Associations, Championships and Clubs affiliated to the British Long Distance Swimming Association.

This new organisation has, at the moment, only three members. Eligibility for membership can be inferred from its title. Its aims and objects are not quite clear at the moment, but there was a sort of 'fuddled splash' at Windermere on one extremely wet Sunday, when the three members showed that they could in fact still swim. Only members of this elite organisation are entitled to have the letters A. o. A.F.H.S. o. A.L.D.S.A's. C. a. C. a. t. t. B.L.D.S.A. after their names. Details of membership available from the Association's Hon. Sec.

De-greasing - string method.

To George Owen came the happy idea of removing grease by pulling a taut length of string down the sufferer's torso and limbs. It works quite well in removing all but the thinnest covering of grease and is perhaps less painful than scraping with local stone or the blade of an oar. The lumps of grease adhering to the string can be removed in various ways. A skilful 'twang' can direct it to the eye of the next clot who asks a semi-paralysed swimmer "Was the water cold ?".

Anchor Away.

An unfortunate incident took place at the Bala Championship. Two senior and experienced oarsmen members were given charge of Captain Boyle's sturdy and well provisioned row boat and were in position a few hundred yards from the start, ready to direct competitors away from an obstacle. To keep in position against the wind required constant rowing. The weight of the row boat anchor and a rope attached to the boat, gave obvious inspiration and the anchor and rope were happily hoisted over the side. Some short time later the anchor rope was hauled in - minus anchor. Members are asked in future to ensure that a check be made on all equipment thrown overboard, to be certain that the equipment is unwanted or is properly secured. Bob and Keith, please note.

Our boat didn't get away.

It was a monster, with a girth like a man's thigh and a mouth that gaped wide enough to get your head in. Brought out of Bala Lake by the B.L.D.S.A. Hon. Sec. it was a handsome fish that looked capable of tearing chunks out of any passing swimmer. The story of its single handed capture, as told by the aforementioned official, varies, depending upon his audience. From [illegible] handsome struggle in the waters of Bala Lake [illegible] on the author's [illegible]

...ding when we met, face to face, and the shock was too much for it." The writer would greatly appreciate a copy of one of the many photographs taken at the time, for inclusion in the Association's Records.

British Swim 'Mortimer' Cup.

I am indebted to Tony Kearey for supplying details of the Championship winners from 1933 to 1955. The Championship has not been held since 1955, due to lack of boats, but the list of competitors is most interesting and enables your Association to record further details of the history of our sport. Several of our members have taken part in this Championship, amongst them, Commander C.G.Forsberg, F.C.Oldman, D.J.Payne, B.Woodward, C.Hill and B.M.Rann. I wonder if it would be possible to locate these trophies and put them back in circulation ? Present them for the fastest individual swim each year?

Films taken of long distance swims.

At two of our previous Annual Dinners we have been entertained by films depicting sections of Channel swims, the Torbay Championship and the Windermere Championship. Mike Jennings now feels that his epics have reached the stage where they can be replaced by more modern features. Kendall Mellor and Walter Bradley have films on the Association's Championships and on individual swims, as no doubt have several other members. I should be glad if anyone with suitable film would contact Kendall Mellor, 89, Ashleigh St., Ashgaley, with a view to showing after the Annual Dinner at Manchester.

List of attendances by B.L.D.S.A. Pilot Life-Savers

| Name. | Bala. | T'bay. | W'more. | E'be. | Whitby. | Ulswtr. | W/more | X. Otley. | York. | Int.Swims. |
|---|---|---|---|---|---|---|---|---|---|---|
| P.H.Rising. | 1 | 1 | 1 | 1 | 1 | | 1 | | 1 | |
| J.K.Slater. | 1 | 1 | 1 | 1 | 1 | | 1 | 1 | 1 | 1 |
| T.O'Hara. | 1 | 1 | 1 | 11 | 1 | | | | 1 | 1 |
| ...Sinclliffe. | 1 | | 1 | 1 | 1 | | | | 1 | |
| ...roadhurst. | | 1 | | | | | | | | |
| ...Anderson. | | | | | | | | | | |
| Mrs. Anderson. | | | | | | | | | | |
| ...Harper. | | | | | | | | | | |
| ...Oddie. | | | 1 | 1 | | | | | | 1 |
| Miss Kissoch. | | | 1 | | | | 1 | | | |
| ...Howitson. | | | | | | 1 | 1 | | | 1111 |
| ...Somerfield. | 1 | 1 | 1 | 1 | 1 | | | | | 1 |
| ...Pocklington. | | | | | | | | | | 1 |
| ...Moffett. | | | | | | | | | | |
| ...Oldham. | | | | 1 | | | | | | 1 |
| ...Farrell. | | | | | | | | | | |
| ...Littledale. | | | | | | | | | | |
| ...Barrow. | | | | | | | | | | |
| ...Bradley. | | | | 1 | | | | | | |
| Miss Perkins. | | | | 11 | | | | | | |
| ...mton. | | | 1 | | | | | | | |
| ...Huggins. | 1 | | | | | | | | | |
| ...ason. | | | 1 | | | | | | | 1 |
| ...Seymour. | 1 | | 1 | 1 | | 1 | | 1 | | 1 |
| ...Conway. | | | 1 | | | | | | | 1 |
| ...Robinson. | | 1 | | 1 | | | | 1 | | |
| ...Smith. | 1 | 1 | 1 | 1 | 1 | | | 1 | 1 | 1 |
| ...Mellor. | | 1 | 1 | 11 | | 1 | | 1 | 1 | 1 |
| ...Williams. | 1 | | 1 | 1 | | | | | | |
| ...Thompson. | | | | | | | | | | |
| ...Worrall. | | 1 | 1 | | | | | | | 1 |
| ...Myers. | 1 | | | 1 | 1 | 1 | | 1 | | |
| L.Evans. | | | | | | | | | | |

All the above-named have qualified, by examination, as B.L.D.S.A. Pilot Life-Savers, and are entitled to the certificate and to wear the Blazer Badge of the Association, set on crossed oars. I sincerely hope that members who qualify for this award will realize that by qualifying, they are expected to attend as many long distance swims as possible. The wearing of the badge should indicate not only that the holder has qualified, but that he, or she, is taking an active part in the sport.

"Modern Long Distance Swimming" by Commander C.G.Forsberg, O.B.E. R.N.

This brings our sport right up to date. A complete and often very detailed review of long distance swimming, swimmers, courses, weather charts, problems, history, development, training methods, grease, caps, goggles, ear plugs, temperatures, anecdotes, quotations, humorous incidents, photographs of several of our members, mentions of many, etc., etc.. This is a book which will have a wide appeal to the general sporting public for its contagious enthusiasm and readability, but it is as essential to a long distance ...ccompli... ...Routledge and Kegan ... available early next year.

Derek Turner at Loch Ness.

The only stretch of open inland water yet unconquered in Great Britain. In July, Derek Turner, accompanied by B.L.D.S.A. Pilot Life-saver Mr. Thomas Pocklington and Mr. Peter Rowlands, covered approximately 22 miles of this cold rough course, in 11 hrs. 30 mins. Mr. Pocklington's modest report on the swim gives every detail of [illegible] The start was made at [illegible] Fort Augustus [illegible]. Pocklington [illegible] 51 F to 57 F., but averaged about 54. At 4.30pm with a strong East wind and water becoming increasingly choppy, Derek was advised that there was no point in continuing the swim and was advised to retire.

The first person to swim the Wash, Miss Mercedes Gleitze.

I am grateful to one of our most recently joined Members, Mr. R.Platten, of London, for his research in this matter. Mr. Platten is a well known canoist with many long solo trips to his credit. His interest in the Wash and other long stretches of open water is the same as ours, i.e. the challenge to the individual, and conditions that affect a swimmer also, to a similar extent, affect a canoist. Tide and wind have to be taken into account. According to an extract from the "Eastern Daily Express" 21st June, 1929, page 7. Miss Gleitze entered the water at Butterwick near Boston, at 7.0 a.m. on the 20th June and left the water at Heacham Beach about 2 miles south west of Hunstanton Pier at 6.25 p.m. having been in the water for 13 hours 17 mins. It [illegible] her fourth attempt at this swim and the distance covered was computed at over 25 miles; [illegible] record of any other person having completed the Wash swim either before or after that time.

The 1962 Inaugural International Wash Swim.

A professional event organised by the Skegness Special Events Committee was to have be swum from Skegness to Hunstanton, across the Wash. Ten of Britain's most experienced professional swimmers were selected to take part. The race was in fact started, but conditions deteriorated and the race had to be abandoned. The ground work carried out by the organisers, who included our Regional Rep. Brenda Fisher, was very thorough, and some excellent charts are now available as a result.

New Year 'Dip' at Todmorden.

The plunge will be taken on Sunday 30th December, not quite in the New Year, but the nearest convenient date. Time 2 p.m. approx. Last year we had six inches of ice, a good covering of snow, B.B.C. and A.B.C.Television and a battery of press photographers who gave us more National and International publicity for our few minutes in the water than for Abertondo's two-way Channel swim. A collection of £10 was taken for the Todmorden Swimming Club's Bath Appeal Fund, which has now reached £6,500. This is not a highly competitive event and we welcome anyone to join in the fun. Refreshments and a social get to-gether in a local hall for B.L.D.S.A. and Todmorden S.C. members. Details from Todmorden A.S.C. Hon. Sec. John W.Slater, 29, St. Albans Avenue, Halifax.

Irish Channel Swim

Helge Jensen covered 14 miles, with a temperature varying between 54 at the start, to 48 F when he retired. Apparently Helge was still swimming strongly, but in the rough seas and darkness there was a strong danger of the accompanying boat loosing him or running him down. Helge is on visiting terms with our Assistant Hon. Sec. and this information comes via Kendall.

The most Elite Swim of the Year. (?)

A recent epistle from Veronica Anderson, basking in the hot sun somewhere by Cap D'Antibes indicates that although far from the cool competitive waters of her home country, the urge to get away from the maddening crowd remains. Veronica set off for a swim in the Mediterranean Golfe Juan, in a temperature of 70f, swam for quite some time parrallel to the shore, passing a magnificent villa, circled round a mooring buoy and swam to the shore, where she was confronted by a guard and told that the villa and the buoy were the private (very) property of the Aga Khan. Veronica wishes to be remembered to all her "web footed friends" in the B.L.D.S.A.

Mens Ladies Long Distance Championship.

In Dover Harbour, distance and time not know, but congratulations to Brenda Ann Bourne who retained the Championship and who was the first lady to finish in the "Keith Gillman" Memorial Trophy and assisted the Rochester swimming Team in winning the trophy.

Winter Training stimulus.

Winter and confined space indoor restrictions on our activities, but to maintain enthusiasm, if you have not already done so, why not qualify for the A.S.A. Awards for Proficiency in Swimming or for Personal Survival, details from your Club Hon. Sec. [illegible] Bank, 12, [illegible] Bacon. Qualifying times are:-

| | | | | |
|---|---|---|---|---|
| Men. | Bronze. | [illegible] mins. | Silver 2, mins. | Gold 25 mins. |
| Women. | " | 32 | 34 | 30 |

Annual Awards.

[illegible]

of interest, and glancing back through my Annual Reports I find that the first, in 1957, was composed of 1 side of quarto paper. In 1958 it increased to 2½ sides of foolscap. In 1959 it was 3½, in 1960 it was 6½, in 1961 it was 14. What the total will be for 1962 I am not yet prepared to say, but if this increase is maintained the Association will have to obtain the services of a typist who can use more than two fingers.

Information Bulletin No. 1, 1963, should be available in March.

Would all Championship Hon. Sec.'s and other organisers, as well as individual members, please let me have full details of their proposed activities as soon as possible and not later than the end of February.

Life Membership.

At the 1961 A.G.M. it was resolved that Life Membership be instituted, based upon a 20 years expectation of life at 5/- per annum. The balance sheet and Hon. Treasurer's Report indicates that 12 members have taken advantage of this scheme and given the Association good financial backing as well as relieving their memories for the next 20 years. Membership cards will be sent automatically each year, to all Life Members and will be unaffected by any increase in annual subscriptions.

Association Ties.

At the A.G.M. on the 20th February it was agreed that a blue tie should be the design of the tie. The minimum quantity to be supplied by the manufacturers is 10 dozen and we therefore wish to be quite certain that the design meets with the approval of the majority of the members. The tie will be of good quality, black, with "B.L.D.S.A." in gold lettering thereon, at a cost of 13/-. Please order your tie now, requests to Mr. Keith Seymour, 13, Hazelhurst Rd., Bradford 9.

Any mistakes ?

Neither my correspondents nor myself are infallible, and if you can spot any mistakes or omissions in the Reports, please let me know. Certain material is extracted from this report for inclusion in the "Honour's Book" and is also relied upon by newspapers, periodicals, authors, members and non-members, as being accurate, and may be quoted next week or in 10 years time. If there is no mention of a particular swim or activity in which you are interested, it may be your fault for not telling me about it. My thanks to all members who did in fact send me information for the Annual Reports.

Unusual sight not the pair of stockinged and fallow carsmen in the Otley River Race. The only items showing above water were approximately three inches of rowing boat, a pair of shoes, with feet inside, and an unperturbed countenance with a pipe (unlit) protruding therefrom. In accordance with the best traditions the Captain had gone down (as far as he could) with his craft.

A Swimming Family

The Hatfield's of Middlesbro' will take some beating. Father J.G.Hatfield's swimming exploits made headlines for many years and it is very pleasing to note that his sons Peter, John, Richard & Tom have all taken part in the Association's swims this year.

Rubber Dayaks.

In accordance with established tradition, the Association and its officials are willing to try anything which might be of assistance to the sport, and this craft has proved very useful in connection with short swims and rough water, extremely stable in certain conditions in which normal rowing boats would be at a disadvantage. Not suitable [illegible]. The Whitby course and Torbay course have both been covered in rough conditions by this very seaworthy craft.

Chess.

New member Peter Downing-Cox, of Torquay, competitor in the A.S.A. Nationals, i/c pedallos and floats at Beacon Cove, specialist in vintage Rileys, "hot" drummer and a very probable first local entry in the 1963 Torbay Championship, is also a keen chess player. Our matches this year were played in the open at Beacon Cove, in sunshine and shower of about equal portions.

Awards of would-be Pilot Life-Savers.

Taking the examination in the River Wharfe in late September, in a temperature of 56F were four keen members who thought little of the cold and fast flowing river, but in the gathering dusk a water rat making a heavy dive for home passed over the feet of one of the candidates just as he was about to enter the water. With strong exclamations about the hazards of open water tests, the venue for the examination was hastily moved full upstream.

Wedding Bells.

Rhonnel Jennings and Rubesan. Our hearty congratulations. The same to Peter Duggan and his bride whom he whisked off to the U.S.A. before we had the pleasure of meeting her.

Badges.

[illegible] ARTICLE APPEARED [illegible] on 6th June, 1962.

SURVIVAL AFTER EXPOSURE TO COLD by Dr. H.Baddeley, Medical Adviser to the British Long Distance Swimming Assoc.

Many outdoor activities bring some risk of suffering from exposure to cold. Walkers without suitable clothing may be exposed for a night in the hills, dinghy sailors may have to spend a long time in the water after a capsize, and holiday makers enjoying normally safe pursuits may meet with some accident which leaves them exposed to the elements for a long period. Natives of Tierra del Fuego, the Australian Aborigines, and Kalahari Bushmen all survive extremes of cold by [illegible] physiological adaptation. Modern civilised man has not lost this power to withstand severe cold, but he does not easily tolerate the conditions necessary for acclimatisation. Nevertheless, men and women can train themselves to survive extreme conditions, and even those who are not trained can add greatly to their chances of survival by equipping themselves with suitable clothing for their expeditions and by taking a few common sense precautions. The British Long Distance Swimming Association includes men and women who have to train themselves to endure long periods of immersion in cold water. Trained swimmers can adapt themselves to cold as well as any primitive.

In cold, the blood leaves the outer shell of the body and retreats into the core. The shell insulates the core from heat loss as efficiently as though it were the same thickness of cork. The bigger the body, the better the heat conservation. Most long distance swimmers can fault professional weight guessers, by as much as two stones. They look big, but they are much bigger than they look. A thick even layer of surface fat acts as a protective shell around the hot inner core of powerful muscles and vital organs. I have seen Peter Fergus, the 21 stone, 6ft. 5in. giant from Coventry, sweating profusely soon after towelling himself dry after a two mile swim at 54 deg. F. Heat is generated by muscular work, and the trained swimmer rarely shivers. In adaptation, profound changes affect all systems of the body, especially the endocrines. Overheat may occur after prolonged immersion in cold water. After taking 12 hours to swim Windermere, at 59 degrees F., three of us spent the next eight hours cooling down from temperatures of 102 deg. F. wrapped in cold wet sheets. But overheat does not normally occur when a swimmer is in the pink of condition and training. After 14 days or so of intensive cold immersion the body develops added confidence and the body's natural thermostat works more effectively. This is true acclimatisation. After training the body works at lower temperatures, and at a lower cost in calories. and oxygen requirement. There is less psychic disturbance from cold and comfortable sleep can be had at subnormal temperatures. A 16 year-old schoolgirl swam the entire length of Loch Lomond (24 miles) in a British Long Distance Swimming Association record endurance time of 26 hours 10 minutes. The water temperature was between 54 degrees and 62 degrees F. the average survival times were between three to six hours. Another B.L.D.S.A. member, Dorothy Perkins, of Bradford, swam for nearly 20 hours at 55 deg. F. in her magnificent Channel victory.

Vitamin C, thiamine, riboflavine and vitamin B12 are all especially helpful during the development of acclimatisation. Frequent supplementary feeds, rich in fat and protein, are also of fundamental importance. Arms and legs, like the lungs, can look after themselves pretty well in moderate cold. They are remarkable examples of heat-exchange mechanisms. Blood returning to the core extracts heat from outgoing arteries. Limb muscles work with maximum slow-movement efficiency at 62 deg. F, but rapidly lose power below 59 . . Yachtsmen, even though expert swimmers, should always wear life jackets. A man in cold water who has to exert himself by swimming will use up more energy and become more vulnerable than a man who can float without exerting himself. This is one of the prime reasons for wearing personal buoyancy in cold waters. The head, face and neck are poor conservers of heat - some 50 per cent of total heat loss can occur via the face. Nature understands the vulnerability of the head to exposure and has provided hair. It is good general advice if you suffer from cold feet or hands, to wear a really warm hat ; protecting the head from heat loss may help to conserve heat in other extremities of the body. A beard too, may be helpful. Endurance records are held by face-out Olde-Englishe-Stroke swimmers for more reasons than their sheer slowness. Abertaylo, the double-channel swimmer, used the breast stroke considerably. Major Zingmoe, one of the greatest marathon swimmers, who could survive indefinitely in water at 60 deg. F., and consume huge quantities of food where others would suffer cold, nausea and gastritis, died after 18 hours in a magnificent but tragic attempt to swim the Irish Channel. Did he enter an unexpected cold patch of water below the critical temperature of 53 deg. F. ? Around this temperature the body shell loses its power to insulate. Surface blood vessels paralyse and dilate, and cold blood flows into the inner core. Coma and respiratory and cardiac failure may follow quickly. A similar fatal flooding of the inner core may occur when any case of exposure is treated by half hearted attempts at reheating - for example, by hot water bottles, hot drinks or alcohol. If people are immersed in water around 40 deg. F. for one hour death may occur several minutes after removal. In such cases, sudden immersion in water at 122 deg. F. will save life. The Eskimo is a perfect example of cultural adaptation and the 10 day survival kit of the Arctic pilot is based largely on his behaviour. The Eskimo, surrounded by an [illegible] 60 deg. F manages to live in a comfortable micro-climate of super heated igloo and double fur clothing. The pilot is provided with similar high fat and protein rations - [illegible] layers of wool or fur clothing, [illegible] overshirts and fur [illegible]

with snow glasses, weapons, mosquito protection, and a hand compass. He has not room to drink, and inspiring prose and verse to read. Experience has shown that training in cold conditions gives a man vital confidence, and a man with faith in himself and trust in God will always survive best of all.

Not everyone who may suffer from exposure is likely to have had proper training, or be equipped with survival kit. When help reaches people found suffering from exposure, it is often a case of doing the best one can with whatever happens to be available. Ideally, rapid re-warming by immersion of the whole body in a hot bath (113 deg - 122 deg. F) is a proved life-saver. If there is frost bite at the extremities then the bath temperature should not exceed 108 deg F. and subsequently, after the body temperature has returned to normal, the patient should be placed in a room with a temperature of 68-70 deg. F. If the frostbitten extremities become very painful, then cooler air should be blown on these - the temperature of the blown air can be determined by the extent of the relief of symptoms.

Experience has shown that the body is often capable of producing enough heat to rewarm itself if adequate insulation against further heat loss is provided. The dangerous approach is the one which, by supplying little or no heat and a great stimulus - such as hot water bottles, hot drinks, spirits etc., initiates a sudden widespread vasodilation of the surface blood vessels and an accompanying "after drop" in core temperature and arterial blood pressure. In all cases of exposure when the ideal hot bath in not immediately available I would tabulate the lines of treatment briefly as follows:
(1) Remove the patient from the direct effects of the elements causing the exposure. Shelter from wind, rain and snow. Convectional heat loss alone is increased 4 times in gale force winds as compared with still air at the same temperatures. (2) Wrap the head neck and face very carefully - a Balaclava type helmet is ideal for allowing respiration and insulating against heat loss. A loose woolly scarf and woolly cap topped off by a loose waterproof cover, would also be good . (3) Wrap the body carefully in several layers of loose warm covers and an outer wind and waterproof such as a plastic mackintosh. (4) Give warm food and drink, but do not be tempted to provide hot spiced or spirituous sustenance. (5) Encourage muscle contractions with the minimum of body movements. Use of opposing muscles in systematic order from jaws to neck, shoulders, arms, fists, back, hips, buttocks, thighs, calves and toes. These contractions can be conveniently accomplished standing, sitting or prone, and no joint need actually be moved. Hold each opposing contraction for a few seconds and then relax. Repeat the exercises several times. This is the principle of the Army's "Fox-hole Exercise." (6) In the more severe cases, where respiration has ceased, perform artificial respiration continuously preferably by mouth, until a Doctor tells you to cease. (7) In cases of frostbite, warm the part gently with a warm hand or by placing close to a warm body. Apply grease or oil. Don't rub vigorously or with snow. Smoking is always deleterious - especially to such cases. Smokers suffer frostbite more severely and recover less rapidly than non-smokers. Even one cigarette smoked subsequent to frostbite injury can delay healing and increase the extent of peripheral damage. (8) Treat all other injuries according to the best first aid methods and in the light of knowledge concerning exposure to cold.

.....

Contributed by our Whitby Correspondent

I had intended submitting the results of my researches for publication in the 'Philosophical Transactions of the Royal Society' but have now decided to offer them to the E.L.D.S.A. I have established the following :

$$s = \frac{t^2}{T}$$

where 's' is the "shiverage unit" expressed as a total number of post-immersion muscle contractions, 't' is the duration of immerson in milliseconds and 'T' is the average temperature of the immersion medium in °A. (Normally of course, the Large "S" is used, "S" representing $10^6$ basic "s" units.)

More tentatively :

$$J = \frac{S + 3g^3 + r^4 v}{?S}$$

Where : J =the general level of wretchedness, (a unit known as the "Jim".)
g =coefficient of giggle-lack.
r =a figure representing roughness, turbulence and what-have-you.
v =the sum, or even product, of sundry variables such as costume chafe, snow blindness, the incidence of carbuncles and the population density of aggressive polar-bears, etc., etc.
S =(as yet unexplored) - the Spartan constant.

Finally :

$$P = W$$

which implies that complete paralysis is the rapid and inevitable consequence to anyone who tries to swim in this damn place, and in spite of any apparent evidence to the contrary nobody ever swam from Whitby to Sandsend. Nor am I alone in saying this : all our wise old fishermen are still quite adament that it can't be done.

(Note: this theory is dated the 15th June when Whitby water temperature had struggled up to 52F and Jim had been diving regularly since early May. Since then, the author

(Contributed by our Whitby Correspondent – continued) 
[illegible]ourses – Editor).

__[illegible]ckets for the Annual Dinner__

Still available, please write to Mr. Thomas Pocklington, Baths Dept., Corporation [illegible], Stalybridge, near Manchester. Venue :- Midland Hotel, Manchester, Saturday 20th October, 1962, Reception at 7 p.m. Dinner at 7.30 p.m. Tickets 32/6d each. Annual General meeting in the same Hotel at 10 a.m., Sunday 21st October.

__[illegible] member from Hungary__

Mrs. Magda Kolnar of [illegible] to be at the Annual Dinner [illegible]. Mrs. Kolnar was second in the World Professional Championship, 19th July, Capri-Naples 33 k.m. Championship Ohrid (Jugoslavia) third place, 38 k.m. In the Championship Saida-Beyrout (Lebanon) after [illegible] hours swimming Mrs. Kolnar was forced to retire due to pilot difficulties.

__[illegible]__

[illegible] the [illegible] Channel swimmers are [illegible], quiet, imperturbable, placid folk – determined, even tempered, nice to know people, and because they come from all corners of the Globe, they indulge in a variety of language. But I have never heard such hair curling expletives as have rent the air during the past season. My cream washed offic[e] walls are streaked with purple.

And how justified these outbursts were – some said they will never visit the Channel again; but of course they will.

In four months from June to September there has been less than 6 calm days, and four of these occurred during the spring tides when strong currents made success impossible. The sea temperature has been 4 to 8 degrees lower than usual, and the weather forecasts have been hopelessly off the mark at the most critical times.

When a swimmer is put to the expense of £100 plus, wastes his holidays waiting for reasonable conditions, and then is forced to return home without making the attemp[t] my powers of consoling are inadequate and unavailing. It is all so ruddy frustrating !

And that sums up the 1962 [illegible] – [illegible] attempts [illegible] successful.

Our friend Joe [illegible] [illegible] victim of the weather, and [illegible] Sullivan succumbed to the conditions. [illegible] Oldham disappointed when she almost lost consciousn[ess] in a bitter sea. Good swimmers from overseas were paralysed with the cold as they reached the deeper water in mid channel. The 16 year old Canadian girlie made the bes[t] show, swimming for 9-3/4 hours, during 7 of which she battled against a strong head wind. She will come again and win. And these splendid swimmers, many of whom are well known to you, stood by for weeks and returned home without trying.

| | |
|---|---|
| Kendall Mellor. | [illegible] of Lebanon. |
| Harold Bracewell. | [illegible] of Honolulu. |
| [illegible].T.H.Bradley. | [illegible] Ray of Calcutta. |
| Margaret Lindsay. | Abdl [illegible] of Turkey. |
| Arthur Ayres. | and [illegible] was around all the summer ! |
| | and Michael Jennings didn't even come and look at it ! |

Date not fixed for Association's Annual Dinner, probably April 6th, with A.G.M. on [illegible]th. To finish on a brighter note, 1962 has seen an appreciable increase in membership, and i[f] more B.L.D.S.A. members feel inclined to join us, let me say they will be welcome with open arms. The subscription is [illegible] guineas for Life Membership and 10/- annually for Associate members.

(Mr. Wood's Report should really follow "Bala swims" on page "J", but this would have meant adding another page. Sorry J.U.)

John U. Wood
Hon. Secretary Channel Swimming Associatio[n]
1, Marine Court, Marine Parade, Dover.

In conclusion, may I extend my sincere thanks and good wishes to all who have assisted the Association in promoting yet another highly successful season, and my special thanks to our President, Hon. Treasurer, Hon. Publicity Officer and our respective Championship Hon. Secretaries and the Hon. Secretary of the Pilot Life-Saver Scheme for all the time and energy they have devoted to the Association.

(A [illegible] o.t. a. o. [illegible] B.L.D.S.A's C a. C. [illegible] B.L.D.S.A.)

Yours sincerely,

John H. Slater.

Hon. Secretary
British Long Distance Swimming Association.

## BRITISH LONG DISTANCE SWIMMING ASSOCIATION'S BALA LAKE CHAMPIONSHIPS.

The Third Annual Bala Lake Championship, my introduction to secretarial duties with the Association, record number of entries, new title holders, the introduction of Junior Championships, but still not a "Slater's Day" for weather.

Conditions on the day, water temperature 58-9 F., wind fresh, blowing fairly strong with heavy rain after the first 40 minutes swimming, produced capped waves and a heavy swell. At his first attempt in a long distance event, William Kennedy became the 1962 Champion and holder of the "Liverpool Daily Post" Trophy. Strong opposition was given by Brian Winn, the 1961 Runner-up, and Peter W.Hatfield, the 1961 Five Mile Open Champ'n.

Although the three mile race was fought out in choppy water, Bill Kennedy's time of 1 hour 17 mins. was only two minutes outside the record held by Malcolm Humphreys. The Ladies' title and "Brierley Law" Trophy was won by Susan Lynch, who fulfilled our expectations based on her earlier performances in Windermere and Torbay. Elaine Grey, a newcomer to the Championship also gave the impression that her style and stamina were well adapted to middle distance swimming, taking 2nd place, only 3½ minutes behind Susan.

The introduction of a Junior Welsh Championship brought a number of new outstanding young members into the Association, and for the first time under the auspices of the B.L.D.S.A., swimmers under the age of 16 were allowed to compete.

Kelvin Juba showed great promise in winning the Junior Men's Championship, and Linda Bell, although not a speedy swimmer, swam with great determination to win the Junior Ladies' Championship. The Trophies for these two new events were generously donated by Mr. Tegid Theodore and Councillor H.Graybrooke. Bala Lake is ideal as a distance swim for younger swimmers and I am sure that there will be many more entries for the Junior Championships next year. Many of our more experienced marathoners come back each year to Bala and set a real example and inspiration to the newcomers.

A record in which we can take some pride is the unique occasion of father and son, Mr. John Moorey and Mr. A.J.(Tony) Moorey, competing in the Championship this year.

I am most grateful to everyone who has helped to make the swim such a success, to Mr. Llewelyn Williams, the Clerk of the Bala Council, for all his assistance, to Captain G.H.A.Boyle, for his most efficient marshalling of all available boats, to the Warden and members of the Welsh League of Youth for hospitality use of boats and provision of oearsmen to Mr. & Mrs. Scott for loan of boats, to Mr. W.Williams, Chairman of Bala Council. It is impossible to name everyone individually or this report would be as long as the course.

RESULTS. Men.

| | 1962. | 1961. | 1960. |
|---|---|---|---|
| 1. Wm. James Kennedy. | 1.17.20. | | |
| 2. Brian Winn. | 1.23. | 2.16. | |
| 3. Peter W.Hatfield. | 1.25. | | |
| 4. Malcolm Humphreys. | 1.29. | 1.15.8. | |
| 5. Bryan Finlay. | 1.41. | 1.24.25. | |
| 6. Tony Moorey. | 1.41.30. | | |
| William Dowell. | 1.50. | | |
| [illegible] C.G.Forsberg. | 1.50.30. | 2.00. | 2.06.10. |
| Brian Dove. | 1.55. | | |
| 10. Jack Stockman. | 2. 2. | 1.39.20. | 1.50.0. |
| 11. Rex Williams. | 2.10. | | |
| 12. John Moorey. | 2.10.2. | | |
| 13. Jeffrey Taylor. | 2.12. | 1.50.5. | 2.6.0. |
| 14. Jack Somerfield. | 2.20. | | 1.42.15. |
| 15. Arthur Williams. | 2.25. | | 2.1.30. |
| 16. James Robinson. | 2.28. | | |
| 17. Ewart Greenwood. | 2.30. | | |
| 18. Ian A.Thompson. | 2.35. | | |
| 19. Ernest A.Hunt. | 3. 6. | | 2.32.3. |

Ladies.

| | 1962. | 1961. |
|---|---|---|
| 1. Susan Lynch. | 1.33.30. | |
| 2. M.Elaine Grey. | 1.37.0. | |
| 3. June Hanby. | 1.43.0. | |
| 4. Dilys M.Beynon. | 1.43.30. | 1.26.40. |
| 5. Shirley Dunbar. | 1.56.0. | |
| 6. Brenda A.Bourne. | 1.57.0. | |
| 7. Hazel Holroyd. | 2.0. 0. | 1.54.20. |
| 8. Nina Harris. | 2.22.30. | |
| 9. Dorothy Hirst. | 2.47.0. | |

Junior Men.

| | |
|---|---|
| 1. Kelvin Juba. | 1.33.0. |
| 2. Geoffrey Lake. | 1.34.20. |
| 3. Frank Robson. | 1.44.0. |
| 4. John Restorick. | 2.11.0. |

Junior Ladies.

| | |
|---|---|
| 1. Linda Bell. | 2.30. 0. |

Retired:- Lucien Markart, John O'Hara, Terence Lyons, Jesse Swainbank, Malcolm Robinson, and Richard Oliver. Got to be disappointed chaps, more training, you can do us in 1963.

Comments required on the following proposals for 1963:-
Ladies' and Gent's one way Bala Championships - Whit Monday.
Ladies' and Gent's two-way and Junior Ladies' and Gent's one-way Bala Championships on August Bank Holiday Monday.

"Bohtin" 58, Chase Rd.,
Burntwood, Lichfield. Staffs.

Jack Somerfield.
B.L.D.S.A. Bala Lake Championship Hon. Sec.

## BRITISH LONG DISTANCE SWIMMING ASSOCIATION'S TORBAY CHAMPIONSHIPS.

A bright and sunny morning welcomed the entrants at Boucon Cove for the start of the Fifth Annual Championships in this lovely bay on 7th July. After the usual dipping of toes & elbows in the shallows to test the temperature and the cheesecake smiles for the [illegible] photographs and T.V., the Starter was made right on time and they were off in

Several of the escort crews had difficulty keeping on course and on occasions had to be rowed forward to catch up with their charges. An interesting race to the turn, between Michael Jennings and James (Paddy) Hayes, with the latter named in the boat position to turn first, did not materialise because Paddy came out of the water just 200 yards from the turning point and Mike had a sprint run to make the turn first in the odd minute over 2 hours.

The of the competitors made the turning buoy at Brixham - five having retired, due chiefly to colder than usual conditions (2 to 3 degrees below the average) and the opposing S.S.E. wind. Susan Lynch was the first of the Ladies to round the turning buoy in 2h.23 mins, just in front of Bryan Finlay, who was at that time flying 4th in the Mens' event. The return to Beacon Cove was easier for both swimmers and crews with a following wind, and with only one exception, all the individual times were faster on this return leg - up to as much as 35 minutes by Dr. Walkden - and this was his first Torbay attempt !!

A magnificent effort by Mike Jennings proved him a real Champion, finishing a clear 1st for the third year in succession, and knocking his own record for the 2nd time, by 5 mins. 54 secs., followed by Tony Moorey and Carry Forsberg - a repeat of the first 3 places in 1961.

Two newcomers in the Ladies event took the honours when Hazel Holroyd defeated the to become this year's Champion - taking 40 minutes less to return from Brixham (didn't want to be late for tea!) followed into second place by Dilys Beynon with a most courageous effort to successfully finish the course at her first attempt.

| RESULTS | Mon. | 1962 | 1961. | 1960. | 1958. |
|---|---|---|---|---|---|
| 1. M.Jennings. | 3.39.(2.1.) | | 3.46. | 3.49. | |
| 2. A.J.Moorey. | 4.14.(2.17) | | 3.59. | | |
| 3. C.G.Forsberg. | 4.25.(2.20) | | 4. 8. | 4.15. | 4.8. |
| 4. K.Mellor. | 4.34(2.20) | | | | 5.31. |
| 5. D.Walkden. | 4.39.(2.37) | | | | |
| 6. H.M.Mills. | 4.43.(2.33) | | | | |
| 7. B.Finlay. | 4.46.(2.23) | | | | |
| 8. A.E.Ayres. | 5.21.(2.45) | | 4.26. | 4.27. | 4.15. |
| 9. M.J.Davis. | 5.24.(3.1.) | | | | |

Ladies.

1. H.Holroyd. 5.16. (2.56)
2. Dilys Beynon. 5.47. (2.43)

Retired.
Lusan Lynch.
Marguerite Pike.

Retired:- J.Taylor. L.Hankart. J.Hayes. J.O'Hara. A.Endersby. C.Ramsey.

A very good entry with 16 men and 4 ladies - numbers which we hope will be at least maintained in future events. The condition of some of the escort boats gave rise to a little anxiety and caused some preliminary scurrying around by officials prior to the races. However, we have been assured of an improvement next year when there will be a number of new dinghies available that will be on the stocks this coming Winter.

Following the Championships, the hospitable gates of Torquay were opened wide at the Marine Spa for the prizegiving by the Mayor and a most wonderful reception laid on by the Torquay Corporation to complete another very successful Torbay Championship.

How can I ever thank all the magnificent friends we have in Torquay, our enthusiast officials and supporters who travel there from all over the country and the swimmers themselves - who all played their part so admirably to make this another occasion to l e in the memory and make my own humble efforts seem so worthwhile?

25, Belmont Avenue,
Otley. Yks.

Eddie Robinson.
B.L.D.S.A. Torbay Championships Hon. Sec.

.....

BRITISH LONG DISTANCE SWIMMING ASSOCIATION'S WINDERMERE CHAMPIONSHIPS.

This year's Championships have once again proved to be a first class challenge to Britain's finest marathoneers. Not since 1957 have we had so many retirements, not due to rough water but to cold. The temperature of the water taken at Lakeside was 56 F and the maximum recorded during the day was 58 F. In the Ladies Championship we had Susan Lynch (17) last year's Champion, Shirley Dunbar (25) making a very welcome return to this sport, and Hazel Holroyd (20), two very strong swimmers with excellent records. Shirley swam very well until near Belle Isle, when a severe attack of cramp forced her to retire. Susan, who had taken the lead right from the start and who was well up with the first three men, had to withdraw due to cold and exhaustion when less than 1 mile from the end of the course. All our hopes were then focused upon Hazel, who swam relentlessly on and finished the course in 7 hrs 43 mins 48 secs, in fine condition, a very worthy 1962 Ladies' Champion.

In the Mens' Championship we had a very welcome return of old friends in Godfrey Beeston and Barry Watson, who both commenced Windermere for the first time in 1958. It was a unique occasion for Norman Ayres, who has the distinction of competing in every Windermere Championship since the first in 1957. In the early stages of the race a number of competitors left the water for various reasons, but the main enemy was Cold.

William Pearce took the lead in the early stages, with Malcolm Humphreys and Michael Jennings and Tony Moorey following close behind. Bill, who had been striking a regular fantastic 78 strokes per minute retired after about 3 miles. Malcolm continued to

(Windermere Championship continued)

...formed a formidable partnership and had to retire after covering approximately 7 miles. Tony Moorey kept up a steady pace and it then appeared that there may well only be Michael and Tony still in the water, but not far behind there appeared another boat and swimmer who was steadily closing the gap with the two leaders, and Barry Watson came into the reckoning. Well out of sight of the three leaders was Hazel Holroyd, then Jeffrey Taylor both swimming gallantly and determinedly on. After a count of those in the boats and those known to be in the water, the only swimmer not accounted for was Godfrey Beaton. Knowing that his pilot and boatman was Trevor Smith, we knew that somewhere in the lake all would be well. It was not until about two miles from the finish that Godfrey was located swimming easily, in calm water, close inshore away from 'Ecocy'. Michael Jennings finished the course in 5hrs 49 mins 12 secs, rather more tired than usual but he had achieved his ambition at last and looked very pleased. Our congratulations to Mike and also to Tony Moorey, last year's Champion, for a very fine swim. Barry Watson finished very well and walked steadily out, politely declining assistance. Godfrey Beaton and Geoffrey Taylor also walked out at Waterhead as if they had just completed a good training work-out. To all the swimmers who took part may I express my sincere thanks for their sportsmanship and efforts and may I also take this opportunity to express my appreciation to Mr. & Mrs. B.Gooch of the Waterhead Hotel, Mrs. E.P.Tyson at the Wateredge Hotel, for kindly providing that very necessary hot bath for the competitors, to Mr. Robert (Bob) Clark, now i/c boats at Coniston, who still most competently acts as our Leading Pilot, to Dr. Geof. Lancaster, all oarsmen and officials, the Press and T.V. to those who supported the Championships by their attendance in any way, and in this connection I must mention that we were delighted to welcome Mr. Ernest Warrington, the President of the Northern Counties A.S.A. and Mrs. Warrington. To all who assisted in any way - thank you very much for making yet another successful Windermere Championship.

| RESULTS. | Men. | 1962. | 1961 | 1960. | 1959. | 1958. | Ladies. | |
|---|---|---|---|---|---|---|---|---|
| 1. | Michael Jennings. | 5.49.12. | | 5.46. | | | Hazel Holroyd. | 7.43.48. |
| 2. | Tony Moorey. | 6. 3. 4. | 5.23. | | | | | |
| 3. | Barry Watson. | 6.12.36. | | | | | Retired. | |
| 4. | Godfrey Beaton. | 7.39.51. | | | 8.17. | 7.38. | Shirley Dunbar. | |
| 5. | Jeff. Taylor. | 8. 1. 7. | 7.55. | 8.34. | | | Susan Lynch. | |

Retired:- Lucien Hankart. Malcolm Humphreys. Wm. Pearce. Angus Smith. Arthur Williams, Arthur Ayres. Bryan Finlay. Rex Williams.

John O'Hara.
B.L.D.S.A. Windermere Championship Hon. Sec.
21, Woodhouse Grove, Fartown, Huddersfield. Yks.

.....

WHITBY SEALS SANDSEND TO WHITBY CHAMPIONSHIPS.

A curious variety of instruments used to record the temperature of the North Sea during the second Sandsend to Whitby Championships gave a curious and untrustworthy variety of readings, and we recommend that in future all thermometers used in connection with B.L.D.S.A. business should carry National Physical Laboratory Certificates. But if thermometers disagreed, - (mean reading about 55 F) - unquestionable evidence that the swim was cold was provided by the quantity of good, hot coffee spilled by shivering competitors on the finishing steps.

Cold notwithstanding, the sport was good.

In the Men's Championship Brian Winn provided a thrilling finish by overtaking first Jack Hatfield and then Jack's younger brother Peter in a magnificent final dash which won him the trophy only in the last few hundred yards of the race in Whitby Harbour. Of the 17 starters, twelve completed the course. Because of the somewhat smaller, slower tide than last year, most of the competitors who were swimming the course for the second time took a few minutes longer to reach the finish. Special mention therefore, for Frank Robson who reduced his time by two minutes and for Angus Smith who reduced his by nearly five, - as well as a mark of distinction for Brian Winn for establishing a new course record thirteen seconds faster than Jack Hatfield's 1961 time.

Four girls competed in the first Ladies' Championship. All gave fine healthy performances, emerging from the water in warmer and far more competent condition than most of the men. They also, collectively, returned a better average time.

It wasn't our fault that Whitby Mission to Seamen's Hall collapsed and that we had to find another briefing-meeting place, - which turned out to be inadequate, - at short notice. Next year's will be better. Nor was it our fault that an escort boat sank while being towed to Sandsend so that the start was delayed. We pray that no such things will happen again. But it was our fault we didn't remember the uncontrollable, insatiable greed for hot water which afflicts men after a cold swim, and which left only [illegible] for tea [illegible] to Whitby and re-turned in. Our sincere apologies to those [illegible] we had borrowed from [illegible] have been secured for 1963.

(... Championship continued)

... 5 p.m. and preceded by a briefing meeting a couple of hours earlier. In the event of bad sea conditions on the Saturday, but sufficient improvement overnight to hold the races on Sunday, there are two possibilities : (1) races over the normal course, starting at the crack of dawn, - all over and washed-up in time for a hearty early breakfast; (2) races over the reverse course on a falling tide after breakfast.

| RESULTS. Men. | 1962. | 1961. |
|---|---|---|
| 1. Brian Winn. | 58.30. | 56.43. |
| 2. Peter Hatfield. | 59.42. | |
| 3. John D.Hatfield. | 1. 0.42. | |
| 4. Frank Robson. | 1. 5. 8. | 1. 7. 3. |
| 5. Richard Hatfield. | 1.11.20. | |
| 6. Angus Smith. | 1.17.35. | 1.22.23. |
| 7. Martin McNulty. | 1.20.40. | 1.26.12. |
| 8. Jack Somerfield. | 1.21. 0. | 1.25. 5. |
| 9. Jeffrey Taylor. | 1.22.10. | 1.26.50. |
| 10. Jim Robinson. | 1.23.38. | |
| 11. Peter Forrest. | 1.49. 5. | |
| 12. John O'Hara. | 1.49.56. | |

Average 1.18.16.

Ladies'

| | | |
|---|---|---|
| 1. | June Hanby. | 1. 6. 28. |
| 2. | Brenda Evans. | 1.11. 38. |
| 3. | Hazel Holroyd. | 1.14. 24. |
| 4. | Linda Bell. | 1.35. 2. |

Average 1. 16. 53.

Retired:- Nil.

Retired:- Tom Hatfield. John Craven. James Myles. Michael Oates. Donald Myers.

(A.T.M.o.t. A.o.A.F.H.S's o. A.L.D.S.A's C's & C's a.t. t. B.L.D.S.A.)

Jim Robinson.
Whitby Seals & Sandsend-Whitby Championship Hon. Sec.
"Claremont" 33, Prospect Hill, Whitby.

## BRITISH LONG DISTANCE SWIMMING ASSOCIATION'S LOCH LOMOND CHAMPIONSHIPS.

Once again no Championship. Perhaps in 1963 we will be able to hold this event once more, I feel sure that we have several members who are capable of completing the longest Amateur Championship course in the World. If you are interested, please write to me as soon as possible. Individual attempts will be assisted as far as practicable.

George Owen.
Loch Lomond Championships Hon. Sec.
"[illegible]" 22, Harbour Rd., Witsey, Bradford.

## [illegible] & DISTRICT LONG DISTANCE SWIMMING CLUB.

It gives me great pleasure to again report a very active year for our Club. This year we tried a new venture and promoted a swim for junior members as well as our Ullswater Championships.

Third Ullswater Championships. - five entries this year. Water temp. varied around 5 Wind light and across the course. Only three completed the swim.

| RESULTS. Men. | 1962. | 1961. | 1960. |
|---|---|---|---|
| 1. Frank Robson. | 4.30. | 5.6. | 3.54. |
| 2. Kendall Mellor. | 4.34. | | 4.18. |

Ladies.

| | 1962. | 1961. | 1960. |
|---|---|---|---|
| 1. Dorothy Perkins. | 5.10. | 6.24. | 4.15. |

Frank now has a first and two second places out of the three swims. Keith Seymour retired about half way, with cramp. Donald Myers retired with a strained arm muscle.

Junior Swim. On Thursday 30th August we held a one mile swim for under 16's in the River Wharfe at Otley. The Otley Swimming Club members and officials gave every possible support, even to providing [illegible]

| RESULTS. Boys. | | | |
|---|---|---|---|
| 1. Malcolm Davey | (15) | Otley. | 25.20. |
| 2. Frank Robson | (15) | Brdfd. | 25.25. |
| 3. R.Shackleton. | (14) | Otley. | 36. 0. |
| 4. Carlton Bell. | (12) | Otley. | 38.12. |
| 5. D.Chadwick. | (15) | Hdfld. | 42. 5. |
| 6. Roy Patrick. | (14) | Brdfd. | 52.13. |

Girls.

| | | | |
|---|---|---|---|
| 1. Joan Wallace. | (15) | Otley. | 38.10. |
| 2. Susan Wood. | (15) | Otley. | 40.0. |
| 3. Christine Toft. | (14) | Pudsey. | 41.5. |
| 4. Rae Brooks | | Brdfd. | 43.30. |
| 5. Linda Bell. | (15) | Otley. | 44.45. |
| 6. Dawn Riley. | (15) | Otley. | 58.50. |

The swim was half a mile upstream and half a mile back again. Malcolm and Frank fought out a grand race right from the start with Malcolm just holding a slight lead throughout. After the event cups were presented to the winners and certificates to all the successful swimmers. It is hoped to make this an annual event open to all members within 15 miles radius of Bradford. Already some of these juniors have made enquiries as to which long distance swims they can enter next year.

Our congratulations to Kendall Mellor on winning the Lancaster to Morecambe Champ'p and becoming the first person to complete this swim. Club members have also had successful swims this year at Morbay, Windermere, Windermere Cross Lake, Bala Lake, Morecambe Inshore, Morecambe Cross Bay, Whitby, and Coniston, in addition to the above mentioned.

In connection with M[illegible] Festival of Sport, the Mo[illegible]mbe Cross Bay Swimming Asso[illegible]ation organised two events, both held on Sunday 17th June.

Ladies' Double Cross Bay Championship.

Only three competitors entered. From the dive in Hazel Holroyd took the lead, closely followed by Ruth Oldham, but Ruth was not able to get in front. Dorothy Perkins finished with a sprint to 3rd place.

RESULTS.

1. Hazel Holroyd, Elland. [illegible]
2. Ruth Oldham, [illegible]
3. Dorothy Perkins. Bradford. 3 hrs. 49 mins. 34 secs.

Mens' Relay Race. Six teams with a total of 18 swimmers took part in this race. It was a very good relay, 20 minutes separated first and last teams. Lancaster A.S.C. with first class sprinters Ray Holmes and Brian Winn set off at a cracking pace and got a good lead for their third man Jackie Wood who was not experienced at this class of swimming. Stalybridge and Rochdale had a good all round team, Joe Smith first man, swam well but could not catch the Lancaster swimmer. Jack Rowland also had a hard task against the Lancaster opposition, and when Derek Turner took over, Lancaster had a good lead and looked as though they would win easily. Derek went off like a rocket and was able to overhaul Lancaster and win by 1 min. 15 secs. Bradford "A" team, well in the running finished 46 secs later. Bradford "B" and the B.L.D.S.A. Veterans had a race on their own, Bradford finishing 1.50 in front of the Veterans. Huddersfield A.S.C. swam with only two swimmers and finished in 4th place though they would not [illegible] from the Chair.

| | | | |
|---|---|---|---|
| 1. | Stalybridge and Rochdale. | 3 hrs. 11 mins. | 2 secs. |
| 2. | Lancaster A.S.C. | 3 22 | 17 |
| 3. | Bradford "A" | 3 13 | 4 |
| 4. | Bradford "B" | 3 29 | 5 |
| 5. | B.L.D.S.A. Veterans. | 3 30 | 55 |
| | Huddersfield A.S.C. (2 swimmers) | 3 29 | |

Fleetwood to Morecambe Swim. A considerable amountof investigation and co-operation had been carried out with the help of Fleetwood Corporation, Lifeboat Cox and Fishermen. Fixed for Aug. 11th the event had to be cancelled due to high winds. Again on Sept. 8th the day turned out to be unsuitable.

Twenty Miles Championship. On 18th Aug., but unfortunately the race was started 55 minutes late due to an Escort boat which could not be started and later fouled the propeller with a rope. Conditions were ideal for a good swim but because of the late [illegible] turned before the [illegible] Grange. [illegible] Arthur Ayres and Brian Winn.

Mens' Cross Bay Championship. On 1st September eight competitors started at Grange swimming into a head wind which gradually increased to over Force 4. Wm. Pearce and Brian Winn set off at a very fast speed and gradually increased their lead. After a hard swim they were pleased to walk out on the West End beach. Lucien Hankart of Bournemouth had to retire with cramp after 1 hr. 50 mins. Derek Turner, Martin McNulty Derek Gill, Arthur Williams and Geoffrey Taylor ran into very strong head winds and slid down so much that the ebb tide carried them to the West and they had to be taken out before the tide took them to Heysham.

RESULTS.

| | | | |
|---|---|---|---|
| 1. | Wm. H.Pearce. | Prestwich. | 3 hrs. 13 mins. 24 secs. |
| 2. | Brian Winn. | Lancaster. | 3 18 7 |

The Annual Dinner, Dance and Presentation of Awards is to be held at the Winter Gardens Restaurant, Morecambe, on Sat. 27th October, Reception at 6.30pm Dinner at 7 p.m. Cost of Dinner 15/-. Payment to be made to Hon. Treasurer before or at Winter Gardens. You are cordially invited to attend. Please let me know by the 24th October if we shall have the pleasure of your company. A film of the Men's Cross Bay Swim, taken by Walter Bradley will be shown during the evening. I shall be away on holiday from the 10th to 24th Oct. During this period all bookings should be sent to Mr. A.W.Marland, 23, Brunswick Rd., Morecambe. Tel. No. 2935.

John H.Brown.
Morecambe Cross Bay Swimming Association.
30, Acre Moss Lane, Morecambe. Tel. 10.

.....

SOLENT SWIMMING CLUB.

The bad weather of 1962 which produced no channel swims whatever, was also felt further West. After the formidable number of Solent records established in 1961, members have, perhaps, felt justified in resting on their laurels!

In June, Michael Davis, in training for Torbay, swam from Southsea to Ryde in 2 hrs 25 mins. Belgium Long Distance swimmer Lucien Hankart (now resident in Bournemouth) visited the Club and set a breaststroke time of 2 hrs. 59 mins. 40 secs over the same course, which should encourage exponents of this stroke to have a go next year.

The Club one mile Championship and projected Solent attempts by 'Val' Vallintine and [illegible]

E.M.S. 30.9.62.

Mervyn Portman take place too late for inclusion in this report.

Members competed with distinction in other Association and Club events. Our 'away' Member, Michael Jennings, won the Windermere and Torbay Championships. Hon. Secretary Anthony Moorey, was second at Windermere, second at Torbay, sixth at Bala and seventh at Poole. He also swam lake Coniston in 2 hrs. 36 mins. 34 secs. - less than three minutes outside Brian Finlay's record.

Michael Davis was 9th at Torbay. Up and coming Bob Rimmer was 11th at Poole, just in front of Cmndr. Gerald Forsberg and should do well in future events. Lucien Hankart was 17th in the same event.

Chairman John Moorey was 12th at Bala and 16th at Poole. He remarks that if anyone doubts the effects of wind and tide they should note that his Bala time was exactly twice his Poole time over the same distance.

Bad weather kept at home many intending Solent swimmers from the North but we shall look forward to organising some swims for Association members next year. Membership of the Club is 7/6d per annum. Pilots with Solent 'know how' provided free, but boats to be paid for. Several ladies records are ripe for attacking. How about coming down [illegible] ?

[illegible]
Solent Swimming Club Hon. Sec.
72, Evelegh Rd., Farlington, Portsmouth. Hants.

.....

POOLE SWIMMING CLUB, THE HARBOUR SANDBANKS to POOLE BRIDGE.

The first open Harbour Swim took place on Sat. 15th Sept., and the event attracted 32 competitors. The course was approximately 3 miles, in calm Harbour water, with tidal assistance, with a water temperature of 61F. Poole Harbour is the second largest natural harbour in the World, being approximately 100 miles in circumference. The starting point, Brownsea Island, was recently been acquired by the National Trust so that its wonderful beauty will be preserved for ever. The Mayor of Poole thoroughly enjoyed the event and was of the opinion that the Borough should do more to assist us in the future. On behalf of the Club I would like to thank the British Long Distance Swimming Association for its assistance in this new swim.

RESULTS. Men.

| | | | | | |
|---|---|---|---|---|---|
| 1. | Michael Read. | 53.41. | 10. | G.Schofield. | 58.40. |
| 2. | David Mace. | 53.50. | 11. | R.Rimmer. | 59.18. |
| 3. | Alan Kimber. | 54.15. | 12. | G.G.Forsberg. | 59.50. |
| 4. | Christopher Bamsey. | 54.35. | 13. | R.Richardson. | 61.35. |
| 5. | Eric Rogers. | 54.50. | 14. | P.Richards. | 61.45. |
| 6. | William Chatterton. | 57.5. | 15. | T.Olden. | 64.5. |
| 7. | Anthony Moorey. | 57.35. | 16. | J.Moorey. | 64.20. |
| 8. | Robert Cracknell. | 57.55. | 17. | M.Huth. | 64.40. |
| 9. | Peter Caunter. | 58.5. | 18. | A.Melly. | 65.1. |
| | | | 19. | L.Hankart. | 66.50. |

Ladies'.

| | |
|---|---|
| 1. | Susan Lynch. |
| 2. | Pauline Quixley. |
| 3. | Christine Quixley. |
| 4. | Margaret Massey. |
| 5. | Eileen Beaton. |
| 6. | Julie Cooper. |
| 7. | Betty Wright. |
| 8. | Christine Ayres. |
| 9. | Susan Walton. |
| 10. | Jane Williams. |

Joan M.Bartlett.
President of the Poole Swimming Club.
8, Churchfield Rd., Poole, Dorset. Tel.Parkstone

.....7557.....

MORECAMBE AND HEYSHAM INSHORE SWIMMING CLUB.

Our most outstanding event was the Lancaster to Morecambe swim over a course of approx. 21 miles. The winner and only one of the four swimmers to complete the course was Kendall Mellor. The swim started in calm water and conditions were very good for the first two hours, with one or two tricky twists and turns up to Glasson Dock. Then for the next two hours it was a rough passage. Dorothy Perkins said she had not experienced anything as hard and rough even in the Channel. Kendall Mellor's determined plodding style paid off well. This was a special invitation swim with Dorothy Perkins, George Foote and Arthur Ayres all expiring, due to a variety of reasons round the six hour stage. In fairness to George Foote it should be said that his accompanying boat was in difficulties in a very rough patch of water when an oar broke and he was encouraged to retire. On a swim of this length and nature, which has never previously been accomplished we gained a great deal of experience and useful knowledge by this effort of gallant swimmers, and we hope to be able to hold a similar Championship next year.

The Inshore Final was disappointing, with Kendall Mellor waiting at Dover, and Bill Pearce unable to take part to to illness, this left Brian Winn without the opposition that he was looking forward to, and he retained his Championship. The big surprise was Brenda Evans, entered in an Inshore Heat just for fun. She surprised herself and everyone else by reaching the final and winning in an excellent time.

Good luck came to John O'Hara who swam in the third heat as he said "Just to make the number up." He is now the proud possessor of a third place certificate. We were fortunate again on two occasions to have the use of the Swimming Stadium when conditions in the Bay were not suitable for holding the swim, and although we would much rather hold

(Morecambe Inshore Swimming Club continued) 3.

One of our long distance swimmers volunteered to go in an accompanying rowing boat on the Lancaster - Morecambe Swim. He took some food with him, ate none, and then lost his breakfast.

May I take this opportunity to thank swimmers and all concerned who have helped the Inshore in any way. Wishing all members and friends a happy and successful 1963.

RESULTS. Mens' Final.(Inshore) Ladies' Final.

1. Brian Winn. 1.2.55. 1. Brenda Evans. 1. 16. 11.

Lancaster to Morecambe

1. Kendall Mellor. 7hrs.45mins.

Arthur Shipley.
Chairman Morecambe & Heysham Inshore S.C.
Le Nook, Caton Rd., Lancaster.

.....

BRITISH LONG DISTANCE SWIMMING ASSOCIATION. PILOT LIFE SAVER SCHEME REPORT.

At the last A.G.M. all members received a copy of the conditions etc., of this Award. Several enquiries were received, but apart from the Bradford and Coventry areas there were no requests for examination. I am pleased to be able to record ten successes, an increase on last year. Six of these were taken in the Bradford area, where also another six are in the process of examination. Activity is being stimulated in the Coventry area and more results are expected from here in the near future. Apart from my own district, Warrington, there is nothing to report from other areas and we must appreciate and recognise that the Area Organisers cannot function and conduct examinations if candidates do not come forward to take the test.

I appreciate the demands on time during the active season by training, competitions, holidays etc., and suggest to prospective candidates that they take the examination prior to or at the close of the season, June - September when conditions are still suitable and boats are available.

The total number passed since the Award was established in 1960 is 28. During next year I would very much like to see this total doubled, and in this endeavour prevail upon you to contact your Area Organiser or myself so that arrangements for examination can be made.

Area Organisers.

Devon. Mr. E.H.Windeatt, 51, Raleigh Avenue, Chelston, Torquay.
Wales. Mr. W.Bradley, 17, Church Rd., North, Liverpool 15.
Bradford & Dist. Mr. G.Oddie, 40, York House, Thorpe Edge, Idle, Bradford.
Staffordshire. Mr. J.Somerfield, 58, Chase Rd., Burntwood, Lichfield, Staffs.
Kent. Mr. G.B.Littledale, 3, Shakespeare Chambers, Dover.
Warwick. Mr. H.Moffett, Block E1. Tudor Wing, Stoke Hill Guest House, Coventry.

My thanks to Mr. G.Oddie, Bradford, and Mr. H.Moffett, Coventry, for their prompt despatch of forms etc., and the supervising of examinations. I thank also all other Area Organisers for their continued co-operation and wish that the future for them, will be more encouraging. The Association acknowledges with appreciation the services of all boats and crews, and look forward to their continued assistance in future events.

To our Hon. Sec. Mr. J.K.Sinfor, the officials, and members of the Executive committee, I tender my thanks for their assistance and encouraging support.

The report from the Bradford Area Organiser Mr. G.Oddie should be read in conjunction with this report..

Recorded Successes 1962.

Mr. W.Fantom, Coventry. Mr. C.Hudgins, Bradford. Mr. B.Watson, Bingley. Mr. J.Conway, Keighley. Mr. E.Robinson, Otley. Mr. G.T.Smith, Huddersfield. Mr. K.Mellor, Keighley. Mr. A.Williams, Warrington, Mr. I.A.Thompson, Warrington.

William Anderson.
Pilot Life-Saver Award Scheme Hon. Sec.
64, Festival Avenue, Orford, Warrington.

.....

B.L.D.S.A. Pilot Life-Saver Scheme - Bradford Area.

From this area the following have been successful in passing the examination for the above award. In several instances the recorded successes await ratification by the next Executive meeting of the Association.

Dorothy Hankins, Bradford.(English Channel) Keith Seymour, Bradford. (Windermere) Lloyd Evans, Bradford Baths Dept., Cyril Huggins, Bradford Baths Dept., (Coniston) Kendall Mellor, Keighley. (Windermere) Tommy Worrall, Keighley (Inshore) Barry Watson, Bingley. (Windermere) Joe Conway, Bingley. Eddie Robinson, Otley. (Windermere) Trevor Smith, Huddersfield. (Windermere) Donald Myers, Shipley. (Baln)

Some are swimmers well known in their area, the others have the well being of swimmers at heart. Several more candidates have only minor parts of the examination to complete, but will now have to wait for the 1963 season to attend briefing meetings and championships.

Geof. Oddie.
Bradford & Dist. Area Organiser.
40, York House, Thorpe Edge, Bradford.

THE A.S.A. LONG DISTANCE CHAMPIONSHIP and the A.S.A. LADIES' LONG DISTANCE H. CHAMPIONSHIP.

Revised again after a lapse of [illegible] my years, the two Championships were held in the River Ouse at York, over a 5 mile course from Poppleton Lido to Blue Bridge, under the auspices of the N.E.C.A.S.A. The day was sunny, a reasonable current flowing, and water temperature 58 F. The temperature of the canned beer imbibed by the officials on the accompanying launch was generally agreed to be pleasantly cool. The standard of swimming was excellent and the list of competitors read like an extract from the A.S.A. National Finals and the B.L.D.S.A. Championship list.

B.L.D.S.A. Pilot Life-Savers manned the majority of the boats, together with members of the York Swimming and Rowing Clubs, and a mutual exchange of swimming news, views, pleasantries and back-chat took place en-route. The two Lady competitors were given a gallant but unnecessary 6 min. 5 sec. start, and went quickly out of sight, not to be caught by the leading men until the latter part of the race. Jim Kennedy, H.F.Milton, [illegible] Field soon [illegible], Mike Bulmer, Brian [illegible] Clegg and Kelvin Juba punched laggardly, then Frank Robson, Eddie Bellerby and Cmdr. C.G. Forsberg. At about the half way stage, David Clegg, who had kept up extremely well, retired due to cold. Frank Robson also retired about the same time. Some slight difficulty was experienced by the boat crews in an effort to keep well into the side and at the same time to be in a position to warn competitors of floating objects, fallen trees jutting into the water, sandbanks, rocks and irate fishermen. These latter was present by the score and more lining both banks, sitting quietly behind a bush ready to spring out upon unsuspecting boat crews and swimmers. Some of the 'fishy' expressions directed to us indicated that the two sports were not really compatible.

My outstanding recollections of the day include the sight of David Clegg trotting (?) down the side of the course in an effort to restore circulation, Brian Bulmer's cheerful smile which never froze, Chris Frame's hard and determined swimming, the quiet and courageous swim of Kelvin Juba, the youngest swimmer, and the most superb relaxed back crawl that I have ever seen and which was displayed by Elaine Gray.

[illegible] Derby Tri- [illegible] Mike Bulmer was well down, being overtaken by a view of the river came to the side of him, and after travelling a few hundred yards he looked up and was somewhat surprised to find himself alone. In view of the Commander's unusual position in the race it was inevitable that rumours should quickly spread, but the Commander good-humourdly rejected the suggestion that he had been promoted "Rear Admiral". It would have been most interesting to see the result if the swim had continued another 5 miles. Hot showers and excellent changing and refreshment facilities were provided in Ferry's Sports Club. The Dinner & presentation of trophies etc., took place that evening, was well attended and graced by the Sheriff of York in addition to the majority of swimmers, officials and oarsmen.

RESULTS.

| Men. | 1962. | 1961.(trial) |
|---|---|---|
| 1. W.J.Kennedy. | 1.36.20. | |
| 2. H.F.M.Milton. | 1.38.28. | |
| 3. F.W.Hatfield. | 1.46. 8. | 2.56.0. |
| 4. B.Bulmer. | 1.49.53. | |
| 5. C.Trame. | 1.50.48 | |
| [illegible] | [illegible] | |
| 7. K.Juba. | 2.6.26. | |
| 8. E.Bellerby. | 2.10.4. | |
| 9. C.G.Forsberg. | 2.10.44. | |

| Ladies' | 1962. | 1961(trial) |
|---|---|---|
| 1. Susan J.Lynch. | 1.52.30. | 2.5.50. |
| 2. M.Elaine Gray. | 1.55.39. | |

J.K.S.

.....

WARWICKSHIRE LONG DISTANCE SWIMMING ASSOCIATION.

As most of you know, we formed the Association this year, and we meet on the first Monday in each month to discuss swims, arrange transport, boat crews, digs etc., - and to give the swimmer chance to find out why his oarsman was rowing sideways during the last swim. Our social evenings can be enjoyed by all, call in and see. We have had quite an uneventful season - like many others, our swimmers felt the cold. We were very pleased to see our lady newcomer to the sport, Nina Harris, and one of our oldest hands (I'm sure Ernie Hunt will forgive me mentioning the fact) both completing Lake Bala in the Championship. You all know the results of our swimmers in the Windermere Championship. Ah well ! - Seventeen Unions - one out - the last out !!

[illegible] the 'biggest' [illegible] the marriage of ever popular Peter [illegible] this year. He now resides in the U.S.A.. The B.L.D.S.A. was very well represented at the Church and the Reception. (Peter even turned up on time !). We are hoping to arrange a swim of our own in the local lake, known here as "The Pit", all swimmers welcome. It will be our turn to play host on that occasion.

If you are over in the Midlands, don't hesitate to call in on us.

(A.S.A.C.o.t.A.o.A.F.H.S.o.A.L. B.S.A.C.o.C.A.t.t.B.L.D.S.A.)

Rex Williams.
Warwickshire Long Distance Swimming Association Hon. Sec.
99, Cedars Avenue, Coundon, Coventry.

.....

SCHELDE INTERNATIONAL CHAMPIONSHIP IN HOLLAND.

At a trial held at Coventry, Peter Hatfield and Malcolm Humphreys were selected to represent the Association at this Championship. Extracts from Malcolm Humphreys' report on the swim are given:-

"The water was quite warm. 60°F. ... a strong westerly wind blowing against the ebb tide made the water very rough. The tide flow was very fast. Swimming across the Sche de was not as arduous as I had expected and for this reason I was disappointed with myself for not getting a place. The locals say that swimming the Schelde needs one or two attempts and I am sure they are right. The plans that Peter and myself made for the swim were not very successful. The idea was to get hold of Van Hemert, last year's winner and stick to him. We assumed that as he swam straight across last year he would do the same this year. ... [illegible] ... below to strip and grease up. The water temperature made Peter and myself doubtful about greasing, but like sheep we followed the others and greased up (details of this task, which is performed by a select and well trained enthusiastic group of young Dutch nurses is deliberately omitted - Editor.) I think now that the grease was not necessary and would not recommend it for this swim, especially as we have been training in water far colder than this. Around 12.35 we came up on deck. Swept by a strong wind we were soon to get quite cold. By the time 20 swimmers had left the ship there was grease everywhere and on everybody. Ahead we could see the start. Twenty row boats, a few yards between each, strung out several hundred yards across the start. Each man had a number and each boat had a number, a lifeguard and half a dozen [illegible] from the local Sea Cadet School. Starting with boat 20 we were taken to our individual row boats. Here we grew colder and colder, awaiting first the tide, then the gun. Twenty five minutes in an open boat. Without the grease we could have kept our track suits on. We were informed later that there should have been blankets in the boats and I did see Jimmy Richards with one (he swam last year). Here at the start, the plans we made went astray. Peter was a fair way off in boat No.5. I was in boat 19. Van Hemert in boat No.16. and this year's favourite Jimmy Richards in boat No.18, so it was up to me to stick with Van Hemert. Off went the gun and Van Hemert. I watched him go as I put on my goggles. Into the water I leapt, goggles adjusted and off. I could make out Van Hemert between troughs. Catching him was alright. I stayed with him and soon we were so close that we were hitting each other. Then from nowhere, Richards showed up. Swimming with his glasses on, tied at the back with string. Then as quickly as he came, Richards was gone. Then Van Hemert too. I made my own way to the finish and did not see any one till then. On leaving the water I was quickly degreased (those Dutch nurses again) washed and coffee'd. They do make excellent coffee. There are one or two points I would like to raise. I think that the competitors in previous Schelde swims could have helped us quite a lot and it would have been very useful for us to have had the opportunity of a good talk with them.

It was a most enjoyable experience and one which, if the opportunity presents itself, would very much like to repeat. I would like to thank the B.L.D.S.A., Mr. Oldman and - - for making our swim and visit possible."

RESULTS. (as published in Dutch National Press)

1. Judith de Nijs, De Robben, Hilversum, in de nieuwe recordtijd van 59min.11sec. 2. Ineke Tiggelaar, De Robben, Hilversum, 1.03.43. 3. Jim Richards, De Dolfijn, Amsterdam, 1.07.14. 4. M.F. HUMPHREYS, THE BRITISH LONG DISTANCE SWIMMING ASSOCIATION, Church Crookham, England, 1.08.08. 5. M.de Pooter, De Schelde, Terneuzen, 1.11.17.6. 6. H Van Hemert, Surae, Breda, 1.11.23. 7. P.W.HATFIELD, THE BRITISH LONG DISTANCE SWIMMING ASSOCIATION, MIDDLESBROUGH, ENGLAND, 1.11.23. then follows details of a further eight competitors, ending with a time of 1.36.31.

.....

WINDERMERE CROSS LAKE CHAMPIONSHIP.

Held on Thursday 23rd August, in [illegible] it was difficult to decide who was windiest, swimmers or officials and spectators & caremen. There were 36 entries, 35 of whom finished the course, the youngest being 10 years of age. The swim took place in reasonably calm conditions and produced near record times.

The two local winners were Mr. I.Newitson and Miss Diana Pattinson, who retained their titles for the second year in succession.

RESULTS. Men.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | S.Winn. | Lancaster. | 21.47. | 10. | J.A.Daish. | Heversham. | 33.16. |
| 2. | J. .Hatfield. | Middlesbro'. | 22.22. | 11. | A.Aitkon. | Dalton in F's. | 33.16. |
| 3. | P.Ferguson. | Wednesfield. | 22.45. | 12. | L.Colbeck. | Co.Durham. | 33.16. |
| 4. | T.Collings. | Burnley. | 23.25. | 13. | A.M.Smith. | Dundee. | 32.50. |
| 5. | K.S.Hatfield. | Middlesbro'. | 24.32. | 14. | J.Myles. | Dundee. | 35.26. |
| 6. | A.T.Moorey. | Portsmouth. | 25.13. | 15. | P.Clark. | Grange. | 35.52. |
| 7. | H.Oates. | Halifax. | 26.20. | 16. | I.Newitson. | Windermere. | 36.28. |
| 8. | D.Bolderby. | Middlesbro'. | 27.30. | 17. | C.Bell. | Pool in W'dale. | 36.36. |
| 9. | M.Beamont. | Arnside. | 28.35. | 18. | J.Robinson. | Whitby. | 37.41. |

(continued on page 2)

(Windermere Cross Lake Championships continued.)

| | | | |
|---|---|---|---|
| 19. | C.H.Martin. | Middlesbro'. | 38.17. |
| 20. | M.R.Smith. | Grange. | 38.54. |
| 21. | I.J.Brown. | Dundee. | 41.6. |
| 22. | J.Fisher. | Windermere. | 42.40. |
| 23. | K.Hoad. | Ambleside. | 45.28. |
| 24. | N.Robson. | Bradford. | 47.5. |

Ladies'.

| | | | |
|---|---|---|---|
| 1. | S.E.Crammage. | Blawith. | 24.35. |
| 2. | A.Greaves. | Burnley. | 26.55. |
| 3. | P.Wallace. | Dundee. | 34.54. |
| 4. | K.Seave. | Dundee. | 35.20. |
| 5. | D.Pattinson. | Windermere. | 38.45. |
| 6. | M.E.McArthur. | Dundee. | 39.1. |
| 7. | J.Pattinson. | Windermere. | 39.5. |
| 8. | J.Palin. | Dundee. | 39.25. |
| 9. | L.Bell. | Pool in W'e. | 40.51. |
| 10. | J.Hinchcliffe. | Ambleside. | 47.19. |
| 11. | S.Bannister. | Bradford. | 42.55. |

Derek Hewitson.
Hon. Race Secretary.
"Coniston" Thornthwaite
Road, Windermere. Westmorland.

.....

DOUGLAS (I. o. M.) CROSS BAY RACES.

Held Sunday 19th August, on a course of approximately 1¾ miles. Team prize won by Radcliffe A.S.C. - 2nd 4th and 12th. Record times J.Wood. Glasgow 41.35. 1959. and Joyce Bricknell.Coventry.46.29. 1959.

RESULTS. Men.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | J.Wood. | Glasgow. | 40.37. | 14. | S.A.C.Menshull. | H.A.F.Jurby. | 1.26.10. |
| 2. | A.Seaton. | Manchester. | 48.58. | 15. | J.C.Draper. | Kingston. | 1.26.36. |
| 3. | J.Creer-Parry. | London. | 52.33. | 16. | S.A.C.Bush. | E.A.F.Jurby. | 1.28.25. |
| [illegible] | | | [illegible] | 17. | P.J.Clague. | Douglas. | 1.3[illegible]46. |
| 5. | C.Duncan. | Northwich. | 56.15. | 18. | T.Dinsdale. | Wallasey. | 1.3[illegible]43. |
| 6. | J.D.Solly. | Douglas. | 58.26. | 19. | D.E.Fletcher. | Onchan. | 1.42.12. |
| 7. | T.J.Harrison. | Port Erin. | 1.8. 35. | 20. | T.Farghor. | Douglas. | 1.43.49. |
| 8. | W.Eastwood. | Liverpool. | 1.6. 11. | 21. | M.Campbell. | Gourock. | 1.46.53. |
| 9. | R.Kermeon. | Douglas. | 1.9. 32. | | | | |
| 10. | Dr. S.Austin. | Douglas. | 1.13.17. | | | | |
| 11. | J.Hill. | Douglas. | 1.27.53. | | | | |
| 12. | S.Jones. | Manchester. | 1.20.45. | | | | |
| 13. | P.Doherty. | Wallasey. | 1.24.37. | | | | |

Ten retirements in the Men's Race.

Ladies.

| | | | |
|---|---|---|---|
| 1. | Miss C.A.Cortcon. | Douglas. | 1.15.23. |
| 2. | Miss E.Harrison. | Douglas. | 2. 7.0 |

Also ten retirements of the Ladies' Race.

W.Colvin.
Hon. Secretary Douglas Bay Races.
13, Victoria St., Douglas, Isle of Man.

.....

[illegible] LAKE INDIVIDUAL SWIMS.

The following B.L.D.S.A. members have been awarded the certificate of recognition issued by the Bala Urban District Council:-

| | | | |
|---|---|---|---|
| Bryan Finlay. | Coventry. | 27.5.62. | 1 hr. 39 mins. |
| Kendall Mellor. | Keighley. | 9.6.62. | 1 hr. 39 mins. |
| " | " | 11.6.62. | 3 hr. 36 mins. (Two way) |
| Fred. C.Oldman. | Chesterfield. | 5.8.62. | 2 hr. 2 mins. |
| Bryan Finlay. | Coventry. | 19.8.62. | 1 hr. 30 mins. |
| Rex Williams. | Coventry. | 19.8.62. | 1 hr. 49 mins. |

Kendall Mellor chose Bala Lake for training for his Channel attempt and succeeded on making the second two way swim of the Lake. It was his intention to attempt the first three way swim, but conditions were not suitable.

We shall welcome any members of the Association who wish to make attempts on the Lake course, and local interest is very keen, especially on two-way and three way swims. I should be glad to supply application for Recognition of Swim forms and members should obtain the form before making the swim. It would be appreciated if at least seven days notice could be given to me, so that proper arrangements can be made.

The certificates issued by the Bala Urban District Council are free of charge.

Llewelyn Williams. Clerk & Chief Financial Officer to the Bala Urban District Council, Bala, Merioneth.

.....

BRITISH LONG DISTANCE SWIMMING ASSOCIATION.

Hon. Secretary.
John A.Slater,
"Leyden" 29, St.Albans
Avenue, Halifax.
Home 60229. Office 3835.

President.
Philip H.Rising,
"Corrie Lynn" 334,
Kent Thorpe Valley
Rd., Rotherham. Yks.

Hon. Treasurer.
G.Trevor Smith,
30, Oak Tree Terr.
Lepton. Huddersfield.
Yks.

INFORMATION BULLETIN No. ONE.
1 9 6 3

1. Windermere Cross Lake Championships. Approx. 1 mile. Average time 20 mins. Thur. 29th Aug. same week as B.L.D.S.A. Windermere 10 mile Champ'p. Silver trophies men and women. No age limit. Certificates. Hon. Sec. Derek Hewitson, "Coniston" Thornthwaite Rd., Windermere, Westmorland.

2. 2nd Bradford & District Long Distance Swimming Club Junior "Wharfe" Swim. Open to members residing within 15 miles of Bradford Town Hall. Approx. 1 mile. Thur. 20th June. Assemble Otley Pool 6.30 p.m. Closing date 13th June. Age limit 15, trophies for boys and girls. Certificates. Hon. Sec. Derek Gill, 8, Bowker St., Great Horton, Bradford.

3. Double Bay Swim. Approx. 1½ miles. Average time 45 mins. Sat. 17th Aug. Report at A.A.S.A. Clubhouse 12.30 p.m. Closing date 20th July. Silver trophies 1st man 1st woman. No age limit. Cert's and plaques. Alternative date 18th Aug. Hon. Sec. Angus Smith, 12, Links Cottages, Broughty Ferry, Dundee. Scotland.

4. Douglas Bay (I o M) Championships. Approx. 2 miles. Average time 1.15. Date not yet known. Usually Sun. mid-August. Men & women. Trophies 1st man 1st woman. Club trophy for points. Details from Publicity Officer, Douglas, Isle of Man.

5. 12th Morecambe Bay Inshore Championships. Approx. 4 miles. Average time 1.30. Record 50 mins. Entries close 1st June. Gent's heats Sun 7th July. Start 12 noon. Sun 21st July, start 12 noon. Final Sun. 25th Aug. start 3 p.m. Ladies Champ'p Sun 18th Aug. start 11 a.m. Report half hour before start. Three Ladies & three Gent's trophies. Approx. £20 in prizes. Certificates. No age limit if proved ability. Club badge. Alternative arrangements in Super Swimming Stadium. Tea & Prize Presentation Sun. 25th Aug. 6 p.m. Corner House Cafe, Northumberland St., behind Winter Gardens. Hon. Sec. Mrs. E.Brookbank, 32, Tarbet St., Moorlands, Lancaster.

6. 3rd Sandsend - Whitby Championships. Approx. 3 miles. Sat. 10th Aug. Average time 1.20. Record 58.30. Report 3 p.m. Start 5 p.m. from Sandsend Beach. Cert's. Trophies for men and women, no age limit. Silver medal each winner. Alternative arrangements following day or different course that day. Club Badge. Individual swims can be arranged 20th 21st July. 27th 28th Aug. 7th 8th Sept. or midweek. Hon. Sec. James Robinson, 33, Prospect Hill, Whitby. Yks.

7. 2nd B.L.D.S.A. Bala Lake (N.Wales) Senior Championships. Approx. 3 miles. Provisionally Sat. THIRD or AUGUST, [illegible] originally suggested. (See No.8 & 14) Average time 1.40. Record 1.15.8. Liverpool Post and Echo Trophies for [illegible] men. Certificates. 16 years and over. Entries close [illegible]. Report 12.30 p.m. Loch Cafe Beach. Start 3 p.m. Two swimmers will probably be selected from this Championship to represent the B.L.D.S.A. in Dutch International Champ'p in July, all expenses paid. Hon. Sec. Jack Somerfield, "Bohain" 58, Chase Rd., Burntwood, Lichfield, Staffs. (Contact Jack regarding individual swims in the Lake)

8. 2nd B.L.D.S.A. Bala Lake (N.Wales) Junior Championships. Approx. 3 miles. Bank Hol. Mon. 5th Aug. Average time 1.40. Record 1.33. Tegid Theodore & Counc. Llangybrooke Trophies. Boys, girls, 15 years & under. Certificates. Entries close 26th July. Hon. Sec. Jack Somerfield, "Bohain" 58, Chase Rd., Burntwood, Lichfield. Staffs. (See also No.7 & 14)

9. 2nd Poole Harbour Championships. Approx. 3 miles. Date not yet fixed. Was Sept. last year. Average time 60m. Record 53.42. Details from Miss Joan M.Bartlett, 8, Churchfield Rd., Poole, Dorset.

10. 1st Exmouth Championship. Approx. 5 miles. Sat. 8th June. Start about 2.15 p.m. [illegible] Start. [illegible] for shortened swim same day. (Please support to [illegible] - S.K.S.) Hon. Sec. D.W.Dinmore, 26, Midway, [illegible].

11. [illegible] (Last year) A.S.A. [illegible] Long Distance Championships. Approx. 5 miles. [illegible] York. Sat. 7th [illegible]. Trophies. Silver [illegible].

12. Clyde Firth Swim. Approx. 3 miles. Average time 3 hrs. Details not yet available. Enquiries to Robert McCartney, 8, Lyle St., Greenock, Scotland.

13. 56th Morecambe Cross Bay Championships. (Grange to Morecambe) Approx. 8 miles. Average time 3hrs. Men's Champ'p. Sat. 22nd June. Start 12.39pm. Ladies Champ'p 22nd or 23rd June. Entry fee £1. Silver trophies, prizes for first 3. Plaques. Presentation and Dinner later in season. Club Badge. Gent's relay race 3 swimmers per team, 23rd June. Start 1 p.m. Average time 3.20. Record 3.11.2. No entry fee to members. Hon. Sec. Jack Brown, 30, Acre Moss Lane, Morecambe. (Tel.10)

14. 1st B.L.D.S.A. Bala Lake Two-Way Championships. Approx. 6 miles. Bank Hol. Mon. 5th Aug. (see No. 8 also) Men & women. (Provision of trophies being considered) Certificates. Entry Fee 30/-. Entries close 6th July. Record 3.36.(See Nos.7 & 8) Hon. Sec. Jack Somerfield, "Bohain" 56, Chase Rd., Burntwood, Lichfield, Staffs.

15. 5th B.L.D.S.A. Torbay Championships. (Torquay-Brixham-Torquay). Approx.7½ miles. Sat. 6th July. Average time 4.35. Record 3.39. Briefing meeting Fri. night at Spa. Report 10am Marine Spa. Start 11am Beacon Cove. Entries close 8th June. Trophies men & women. Replicas. Certificates and plaques. Entry fee £2. Presentation and buffet supper at Marine Spa 8.30pm. same night. Alternative on following day, same course. Hon. Sec. Eddie Robinson, 25, Belmont Avenue, Otley. Yks.

16. 4th Ullswater Championship of the Bradford & District Long Distance S.C. Open to members within 15 mile radius Bradford. Approx. 7 miles. Sat. 20th July. Average 4.30. Record 3.40. Report 10.30.Start 11am from Glenridding landing stage to Pooley Bridge. Trophies for 1st man 1st woman. No age limit subject to proved ability. Certificates. Plaques to winners & runner up. Presentation at Public Hall, Pooley Bridge. Hon. Sec. Derek Gill, 8, Bowker St., Great Horton, Bradford.

17. 7th B.L.D.S.A. Windermere Championships. Approx. 10½ miles. Sat. 31st Aug. Report at briefing meeting Fri 8pm Albert Hotel, Bowness. Average time 6.30 Record 5.19.5. Start The Lakeside (or [illegible] depending decision Fri. night re prevailing [illegible]) P.W.Rising and W.Toulcher trophies men and women, 16 years and over. Certificates. Presentations and buffet supper at Albert Hotel, Bowness 8pm that night. Entries close 3rd Aug. Hon. Sec. John O'Hara, 21, Woodhouse Grove, Fartown, Huddersfield. NOTE. John will be in Germany from 20th July to 3rd Aug. Urgent correspondence during that period to be addressed to Hon. Treasurer G.Trevor Smith, 30, Oak Tree Terrace, Lepton, Huddersfield. Entry fee £2.

18. 1st Fleetwood to Morecambe Swim. Approx. 14 miles. Men & women, no age limit, Brierley Law and Bill Baxter Memorial trophies. Plaques. Entry Fee £1. Hon. Sec. Jack Brown, 30, Acre Moss Lane, Morecambe. Tel. 10.

19. 2nd Lancaster to Morecambe Swim. Approx. 21 miles. Sun. June 16th. Average time 7.30. Start 8.15 a.m. opposite Blue Anchor Hotel, Lancaster. Report 8 a.m. Finish at Stone Jetty, Morecambe. Tea and presentation for this & No.5 at Corner House Cafe, behind Winter Gardens. Sun. 25th Aug. Hon. Sec. Mrs. B.Brookbank, 32, Talbot St., Moorlands, Lancaster.

20. 2nd B.L.D.S.A. Loch Lomond Championships. Approx. 23 miles. To be held on date to be fixed subject sufficient entries. Average time approx. 17.30. Record 15.31.9. One entry so far for the longest and toughest amateur Championship in the world. Hon. Sec. George Owen, "Gwynfa" 22, Harbour Rd., Wibsey, Bradford.

21. Channel Swims. Swimmers contemplating an attempt on this course will already be well aware of the details and difficulties, and will have thought and read of little else during the last 12 months or more. Hon. Sec. Mr. J.U.Wood can supply all the necessary information and has a list of 25 swimmers contemplating the swim, including B.L.D.S.A. members Derek Turner, Walter Bradley, Kendall Mellor, Joe Smith, Arthur Endersby and Arthur Ayres. An interesting attempt by a Y.M.C.A. team from Houston, Texas, whose ages range from 13½ to 17 is to be made. Don't forget the Channel Swimming Association Dinner on Sat. 30th Mar. Hon. Sec. Mr. J.U.Wood, 1, Marine Court, Marine Parade, Dover.

22. Scheldt (Holland) International Championship. Average time 1.15. Tidal estuary. B.L.D.S.A. to send two representatives subject to satisfactory arrangements with Dutch A.S.A. and organisers before 1st May. It is anticipated that the winners of [illegible] will be invited to represent the Association [illegible] expenses paid by [illegible]. Hon. Sec. [illegible] 163, Handley Rd., New Whittington, Chesterfield.

23. Christmas Swim. The members who attended this much publicised festive event, [illegible] on the bleak penninos were perhaps disappointed by the small amount of water available, but the crowd of some 600 spectators gave them an incredulous and enthusiastic welcome and a collection of nearly £50 was taken in aid of the Bath Appeal [illegible]

...for the traffic congestion which defied the efforts of four Police Officers, the organiser (J.K.S.) being struck in a line of vehicles a mile and a half from the Dam at the time the swim was due to start. Good news for the next swim - the local Tavern (200yds from the Dam) has promised heated changing facilities and hot drinks for competitors and officials, free of charge. Cyril Huggins and Ken Williams braved the falling snow and ice bound roads in bathing costumes in a 5 mile walk from Hebden Bridge to Todmorden for a wager of £5, the wager, made by a local businessman, being credited to the Bath Fund. Those dipping were Susan Crannage, Sally Beynon, Hazel Holroyd, Madge McCarthy, Julie Hanby, Joan Godfrey. Cyril Huggins, Malcolm Davey, Kendall Moller, Wm. Pearce, Paul Ferguson, Barry Watson, Michael Cates, James Robinson, John Cleaver, Donald Myers, Dennis Robinson, Derek Turner. Winners of the "Wooden Cups" were Susan Crannage, Barry Watson, Kendall Moller and Derek Turner.

24. Yorkshire Long Distance Swimming Association. The first Annual Dinner Dance took place in Coventry last month, attended by over 70 members, wives and friends. A friendly occasion and an opportunity of discussing plans for the '63 season. The evening culminated in a friendly challenge match arranged for the following morning in the local Bath, Yorkshire -v- Warwickshire. The results were most interesting, with a 3 - 1 win for the Visitors, and indicated that the L.S.A. manual might well be brought up to date by the inclusion of those strokes and techniques from Yorkshire. Congratulations to Bryan Finlay on a magnificent underwater swim of 59 yards, and to Ken Williams on a fine display of top board acrobatics. Bob Coleman demonstrated a hitherto unsuspected aquatic ability, Allan, Peter and others joined in the fun, whilst Harry Moffatt and Chris benignly supervised the madhouse. Recent reports (unconfirmed) indicate that the W.L.D.S.A. are considering a Championship, possibly in Bala. Confirmed, is a 2 mile swim to coincide with the opening day of the local open air pool. Details from Ken Williams, 99, Cedars Avenue, Coundon, Coventry.

25. Annual Dinner and Annual General Meeting 1963. At Whitby on the 16th/17th November, subject to confirmation.

26. "Modern Long Distance Swimming" by Commander C.G.Forsberg, O.B.E. R.N. Should be available from your bookseller very soon, published by Routledge and Kegan Paul.

27. Recognition of swim forms for individual swims of five miles or more, available from Hon. Treasurer.

28. Congratulations to our President Philip W.Rising on being appointed a Justice of the Peace for the Borough of Rotherham.

29. Best Wishes for a speedy recovery to Michael Jennings, a knee operation. (There are perhaps some unkind fellow competitors who may hope that this successful operation will not make Mike swim any faster.) Also to Arthur Ayres, temporarily incapacitated by an ankle injury.

30. Births. Congratulations to Malcolm and Norma Humphreys who have pleasure in announcing the arrival of their second daughter, Karen Louise, on the 14th January, 1963, 8lb 7ozs. Also to Keith and Brenda Seymour on the arrival of Philip Lee on the 21st December, 6lb. plus. A brother for David.

32. Marriages. Our good wishes to Philip Kaye and his bride Jean. Married on the 23rd February.

33. Deaths. I regret to record the death of Mrs. Phylis Wood, Chairman of the Keighley Swimming Club.

34. Cook Strait. (North - South Islands, New Zealand.) First man to complete this swim is Barry Devenport, covering the 16 mile straits in 11 hrs. 22 mins.

35. W.L.D.S.A. Ties. The present design depicts a swimmer similar to the swimmer on the Association's Badge, and the letters W.L.D.S.A. in repeated pattern. A minimum order is 16 doz. Your Association has agreed to order this quantity provided that members will order and pay for half that quantity before the order is placed. The ties are of Terylene, black with gold, price 13/-. Please write now, enclosing 13/- to Keith Seymour, 13, Hazelhurst Rd., Bradford 9. Gold wire Blazer Badges, £3 each, also available from Keith Seymour. Only available to those members eligible to wear the Badge.

36. W.L.D.S.A. Blazer Badges (Gilt) and Tie/Cap Badges (Metal) Available from the Hon. Treasurer £2 and 5/- respectively.

37. Area Championship. Annual Championship. £5 and 5/- respectively. See enclosed form.

38. International Marathon Swim in the Netherlands. From our Hungarian member, Mrs. Magda Molnar, comes news of this Championship for professionals, on the 20th [illegible] 1963, in the Maas near Sluis. The Italian sliding economy "Alla Lira" [illegible]

very good wishes to Mrs. Molnar for her success in this competition. Members who attended the Annual Dinner in Manchester will recall that Mrs. Molnar came by air to attend the Dinner, and her very pleasant personality overcame the language problems. Mrs. Molnar asks me to express her sincere greetings to all members of the Association. The address for the Argentine Swim is:- Maraton International, Miramar - Mar del Plata, Comision Organizadora, Entre Rios 3776. Mar del Plata, Argentina. Eugenio M Guischmar, Director General.

39. Pilot Life-Saver Scheme. You are urged to qualify and give the benefit of your experience and assistance to others. Write to Hon. Secretary William Anderson, 64, Festival Avenue, Orford, Warrington, Lancs. A straightforward examination, successful candidates entitled to purchase and wear the Blazer Badge of the Association set on Airmail Cars.

40. Late entries are not accepted for any B.L.D.S.A. Championships. You have been warned.

41. Individual swims in Bala Lake. The Bala Urban District Council recognises by issue of certificate any swims, one, two or three-way etc., made on the recognised course, provided that written application is made to the Clerk of the Council, Council Offices, Bala, at least 7 days before the swim, so that proper arrangements can be made. We regret to record that our friend, member and former Clerk of the Bala Council, has been appointed to a similar post elsewhere. Our congratulations, of course, to Mr. Llewellyn Williams on his new appointment, but we shall miss his enthusiasm and interest, although we hope to see him on the Championship dates.

42. All Swims and Championships mentioned in this Bulletin are for amateur swimmers only, except where otherwise expressly stated. If any member, either amateur or professional has any queries, doubts or complaints about these or any other competitions it would be in their own interests and the Association's interests if they would write immediately to the B.L.D.S.A. Hon. Secretary giving all possible details including the name and address of the organiser or organising body. Members are advised to make themselves familiar with A.S.A. Laws and B.L.D.S.A. Championship Rules, copies of which can be obtained from the B.L.D.S.A. Hon. Secretary.

43. Grease and the Marathon Swimmer, by Dr. H.Baddeley, Medical Advisor to the British Long Distance Swimming Association. A detailed article on this subject appeared in The Swimming Times, March 1963, issue. The article took two pages in the mag., but unfortunately would take three pages to reproduce in this Bulletin. Dr. Baddeley's summing up..."I would sum up by saying that 1 mm. of extra fat under the skin is worth more than 1 cm. of the stuff precariously stuck on the surface. The latter will always move, blob, emulsify, and separate soon after a swim commences. It will prevent adequate and uniform constriction in the insulative shell at the most vulnerable period of a swim - the beginning - when thermo-regulation is being rapidly instituted for the rest of the journey. In my opinion and in the opinion of many others its use [illegible] obviated by [illegible]. The [illegible] protection could with great technical skill be extended to a degree..........I believe that the B.L.D.S.A. and allied sports associations would deprecate such a trend as being contrary to the principles of the sport." The article will be published in full in the Annual Report.

44. International Amateur Championship - Italian Riviera, San Remo. (Proposed) Date and course not yet fixed. Organisers offer two weeks holiday in San Remo as guests of the organisers, this offer includes the competitor and chaperone. The B.L.D.S.A. has been invited to select four members to take part in the Swim. It's not yet certain who will pay the bus fare, but the invitation and the kind offer of two weeks holiday as guests of the organiser is greatly appreciated. There is also a Professional Championship on the same course by the same organisers with a similar invitation and offer of hospitality. Members may rest assured that if the Italian A.S.A. approve the Swim, and an Amateur Status Certificate is issued to the intending competitor, their amateur status will be quite safe. Further details should be available within the next few days. Will members interested in either of these swims please contact the B.L.D.S.A. Hon. Secretary immediately.

45. B.L.D.S.A. Handbook. Would Hon. Secretaries please let me have their views on the publication of an Official Handbook which would contain details of all Championships, Officers, individual swims, records and general information on the sport. Would your committee be prepared to pay for space allocated to a write-up on your Club/Association/Championship etc., activities?

46. B.L.D.S.A. Hon. Secretary will be unable to deal with any correspondence between the 22nd July and 5th August, and hopes to be in Spain, camping and investigating the possibility of a swim from Spain to France.

Once again space and time prevents me from [illegible]

Yours sincerely,