... 1963.

BRITISH LONG DISTANCE SWIMMING ASSOCIATION.

Hon. Secretary.

John K.Slater.
"Dryden"
29, St. Albans
Avenue, HALIFAX.
Tel.Home 60229.
Office 60695.

President.

Philip R.Rising,J.P.
"Corrie Lynn" 334,
Herringthorpe Valley
Rd., ROTHERHAM. Yks.

Hon. Treasurer.

G.Trevor Smith.
30, Oak Tree Terrace,
Lepton, HUDDERSFIELD.
Yks.

8th November, 1963.

Dear Member,

ANNUAL REPORTS - 1963.

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

Membership has increased to 251, composed of 20 Life Members and 231 Annual Members. Our 15 Regional Representatives cover 16 counties in England. Scotland, Wales and Northern Ireland having one each in addition. All organisations promoting major long distance swims in Great Britain are affiliated.

The season has once again been one of outstanding interest and progress for individual members as well as for the Association. Your Association has inaugurated two more Championships - The Trentham Lake Championship, over a course of 3 miles, and the Bala Lake two-way Championship, over a course of 6 miles.

The Exmouth Swimming and Life Saving Society are to be congratulated on their inaugural Fairway Buoy Swim, on a 4 mile course. Congratulations also to the Swansea Swimming Club for their inaugural 3 mile swim from Swansea Pier to Mumbles Pier and to the Morecambe Bay Swimming Association for their inaugural Fleetwood to Morecambe Championship.

On individual achievements we are proud to record that two of our members have, this year, earned the right to wear the resplendant Blazer Badge of the Channel Swimming Association - Derek Turner crossed from France to England in 15 hrs. 30 mins. and Kendall Mellor in the same direction recorded 16 hrs 53 mins. Our hearty congratulations to both swimmers.

Commander C.G.Forsberg, O.B.E. R.N. completed his new book "Modern Long Distance Swimming", published by Routledge & Kegan Paul, and this became available early in the season, being of great interest and value to newcomers and old hands.

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

Since the attached reports of your Hon. Treasurer, Pilot Life Saver Scheme Hon. Secretary and your various Championship and Swim Hon. Secretaries cover our major activities I am satisfied to content myself with reporting on individual achievements and smaller items which may not be noted under any other heading.

Windermere two-way swims (20½ miles)
Barry Watson. 14hrs. 20 mins.
Derek Gill. 18hrs. 56 mins.

Windermere (10½ miles.)
Rex Williams. 7.14.36.
Kendall Mellor. (unconfirmed)

Ullswater. (7 miles)
See Bradford & District Champ'p Report.
No individual swims.

Coniston. (5½ miles)

Derek Gill.	2.49.
John K.Slater.	2.30.46 (Rcd)
Dorothy Perkins.	2.49.37 (Rcd)
Jack Somerfield.	3.30.
John A.Heapy.	3.15.
Jeffrey Taylor.	2.53.
Peter Forrest.	3.52.
Robert Keating.	3.15.
Gaylen Finlay.	2.31.54.
Kendall Mellor.	(unconfirmed)
Graham McIntyre.	"
Frank Robson.	"
Brian Morris.	"

Coniston two way. (11)
Derek Gill. 7.34.

Bala Lake.
See list immediately after Bala Lake Champ'p Hon. Sec.'s Report.

Marriages. Our very best wishes and congratulations to:- Barry Watson (our Windermere Champion - 1963) and Kathleen White. Your Association was represented on this occasion by about 20 members assembled in riot and tumult. A large banner bearing the word "Start" welcomed the couple on their exit from church. Flippers, rubber rings, red flags, oars, thermos flags and the like formed an archway, held by members suitably attired in blazer, flannels, rubber caps and goggles. I think the biggest ordeal for Kay was when all the male members lined up behind me for the customary salutation. Kay couldn't see the end of

the queue and she must have thought every male member of the Association was waiting to take advantage.

To Hazel Holroyd (our Torbay and Windermere Champion in 1962) married in September and now living in Bradford. The Manningham Park Lido, a covered 50 yard pool is close to where Hazel now lives and we shall look forward to her joining us there at the beginning of next season.

Births. Hearty congratulations to:- Mr. & Mrs. Ian Thompson of Warrington, we are glad to record the arrival of TWIN boys on the 6th March.

To Mrs. Nora Swales, former Hon. Treasurer and currently Assistant Hon. Secretary of Whitby Seals A.S.C., baby Brenda, on the 10th August, the very morning of the 1963 Whitby Championships.

Before and after. Your Association was formed in 1953. An indication of the increased interest in long distance swimming in this country is:-
In 1956 there were four long distance swimming Championships in Great Britain.
In 1963 there were twenty five such Championships.

Alteration to Rules. The proposed alteration to the Association's Rules, i.e. that the season shall commence on the 1st January and close on the 31st December, will, if approved, greatly assist the Hon. Treasurer and myself. The present heavy and recently extended season means that much hurried work has to be done, and much midnight oil burned to produce the Balance Sheet and Annual Reports and attend to matters in connection with the A.G.M. and Annual Dinner within a comparatively short time after the end of a hectic season. It is suggested that the A.G.M. and Annual Dinner could be held in April, when travelling conditions should be quite reasonable.

A.S.A. National Long Distance Swimming Championships of England. The A.S.A. committee are considering, in conjunction with the N.E.C.A.S.A., the possibility of holding the Championships in the River Wear in Durham. Your Association has been invited to investigate and report on the suggested new course. It is not proposed to swim over the course officially, as is our usual procedure, until late May, 1964, but if any member wishes to make progress in the matter, we shall be only too pleased to arrange a boat and oarsmen.

Christmas Swim at Todmorden. It is my pleasure to inform you that the Fourth Annual Christmas Swim, in aid of the Todmorden Swimming Bath Appeal Fund, will be held at Lee Dam, near Todmorden, on Sunday the 29th December, 1963.

Our H.Q. for the swim will be the local Tavern, "The Dog and Partridge" only 100 yards from the Dam, where rooms will be provided for meeting, changing and for refreshments and the presentation of trophies and replicas afterwards. In the previous three swims we have been well supported by B.L.D.S.A. members; Television and the National press have given excellent publicity, and the spectators have been most generous. Sixteen members took part in this ice-breaking expedition last year, and raised nearly £50 for the Fund which has now reached well over £7,000. Local members will be glad to provide hospitality for anyone wishing to stay overnight, either Sat. or Sun.or both.

In the last two swims the ice has measured between 4 and 8 inches thick, but we cannot guarantee this every year. Those of you who have a copy of C.G.F's book "Modern Long Distance Swimming", which contains a photograph of last year's expedition and the ice-bergs, will gather some idea of the expected conditions.

It is an interesting fact that three swimmers who have taken part in these ice-breaking activities have gone on to swim the Channel, i.e. Dorothy Perkins, Derek Turner and Kendall Mellor. If they can stand 5 minutes in Lee Dam at 32-5F, then apparently Channel temperature is quite pleasant. Entries to the Todmorden S.C.Hon. Secretary: John A.Slater, 29, St. Albans Avenue, Halifax, as soon as possible and not later than the 20th December, please.

Warrington & District Life Guards Club. News from Mrs. E.I.Anderson ("Sunny") shows that there is increasing interest in our activities. Susan Shallcross, Ian Thompson and Robert Keating having taken part in the Bala and Trentham Championships. Robert completing the Coniston course on the 14th September.

The great achievement by Mr. & Mrs. Ian Thompson is recorded under the appropriate heading above. Thanks are expressed to Robert Clarke, at Coniston, for his valuable advice and assistance.

Huddersfield Amateur Swimming Club. News from Wilf. Toulcher shows that this Club, always renowned for its long distance swimmers, has members taking a very active part in this year's swims. Jeffrey Taylor gained 2nd place in the Morecambe Cross Bay Championship, reduced his previous Windermere time by 1 hr 12 mins, and completed the Coniston swim. David V.Sykes, a promising junior, took part in the Bradford & District River Race at Otley, and the Morecambe Inshore swim. He took part in the Morecambe Relay Race, swam Bala and completed

the Huddersfield & District 3 mile open water swim at Sparth. We hope to see more of this 14 year old, next year. John O'Hara reduced his Whitby swim time by 12 mins, and completed the Trentham LakeSwim. Trevor Smith made a remarkable comeback when on the August Bank Holiday weekend he completed the one way Championship course in 2hrs. 2 mins. and the two-way in 4 hrs. 10 mins. Although Trevor has been absent from the list of competitors for the last few years, he has never been absent from a B.L.D.S.A. Championship, always working in one capacity or another. We did think that we should have had a father and son success at Trentham, when Trevor and his son Michael took part in the Championship, but in company with quite a number of other and more experienced swimmers Michael succumbed to the cold. Mrs. Dorothy Hirst swam well in the Morecambe Inshore swim, the Bala Swim and at Trentham, reducing her Bala time by 48 mins. Mrs. Connie Lumb also made a welcome come-back when she recorded a good time at Trentham. It is a matter of pride to the Club that we have always been represented at all Championships and functions of the B.L.D.S.A. since its formation. Due to illness, Phillip Kaye was very disappointed not to have been able to take part in any swims this year, but we hope he will be fit and well for 1964.

Association Handbook. Members may recall that last year I suggested that we should consider the possibility of producing an Association Handbook. Each Championship, Club or organising body to be responsible for submitting information and to bear the cost of publication in relation to the amount of space taken [illegible] supplied must be factual and a record of events that have occurred and conditions that apply. It may be that the Tenth year of our anniversary, in 1967, is a suitable time for such a handbook to be published, and although this may seem to be looking a long way ahead, it is at the A.G.M. this year when you must consider giving provisional approval to the suggestion. The advantages to members in having a pocket size handbook giving a short history of each Champ'p & swim course, officials, various organisations, addresses, times, records, [illegible] and figures, is obvious. To new members it would give a complete picture of all our activities and be of good publicity value with reliable information for the press and other publishers.

Pilot Life-Savers. Anyone who has not had experience of rowing a boat accompanying a swimmer on a long swim has no real appreciation of the difficulties involved.

With a breast stroke swimmer there is usually very little difficulty, but accompanying a crawl swimmer can be a difficult and trying experience on a swim of several hours. The swimmer should keep reasonably close to the boat, for safety reasons, but if he gets too close there is some danger from the oars or from the boat itself if it catches the wash from a passing launch or steamer and is forced slightly off course. If the swimmer is immediately behind the boat it is difficult for the oarsman to see him, with the result that a seconds inattention by oarsman or swimmer and the swimmer's leading arm can make painful contact with the boat. It would make this article too lengthy if I went into all the details and difficulties, but generally speaking, in calm conditions, it is possible for an experienced swimmer (with an experienced oarsman & steersman) to swim within 3 feet of the side of the boat, opposite to the stern seats. In rough conditions the best position for the swimmer is several feet away from the extreme reach of the oars and immediately opposite the oarsman. The swimmer MUST make arrangements with the oarsman, Pilot Life-Saver, steersman (i.e. the chap who holds the rudder ropes and has the advantage of being able to see where you are all going) as to feeding and the passing of important short messages. He should discuss openly with them the possibility of retirement and be prepared to accept the fact that towards the end of a long race he might not be in a condition to judge whether he is able to continue and complete the course. The swimmer must be prepared to accept the judgement of the Pilot Life Saver, and the Pilot Life-Saver must be prepared to make a sometimes very difficult decision.

The main indications of physical exhaustion and an approaching danger-line are constant stopping, change of stroke, inability to keep close to the boat, continual requests for food, or continual queries "How much further" or, "How long will it take to finish". Some swimmers may be men/women of few words and will give no verbal indication of their state, but will swim outomatically, altho' slower, and will be more inclined to swim off course. In all these cases, much can be gauged by the swimmer's mental response to short clear questions. The answers may be difficult to make out - numbed lips - salt swollen tongue - often renders speech difficult, but a reasonably quick and intelligent answer can often indicate that a swimmer can be allowed to continue. If the answer bears no clear relation to the question, or if, (after ensuring that the swimmer has been able to hear) there is no reply at all, the swimmer should be told that he must leave the water. If there is no re-action to this, then it should be apparent that the swimmer must be taken out immediately.

(Pilot Life-Saver Scheme, continued)

I must emphasise that these are some of my personal views and must not be taken to meet with the approval of medical opinion or with the B.L.D.S.A. Executive. There are so many different circumstances that can arise to influence the Pilot Life Saver's decision, but I put these views forward so that they might, if nothing else, form some basis for constructive criticism.

It is not every swimmer with the ability and is prepared to undertake the responsibilities of a Pilot Life Saver, to be, perhaps, responsible for the life of a swimmer. To have to make a sometimes most difficult and heartbreaking decision as to whether to take a swimmer out or let him continue. There are inevitably experienced people who will hold one view and similarly experienced people who will hold another view; but this we all know - the Pilot Life-Saver is a qualified person whose primary interest and concern is the well-being of the swimmer in their charge.

Dr. Hiram Baddeley. B.L.D.S.A. Hon. Medical Adviser. At our Annual Dinner at Whitby, we shall, with great regret, be saying farewell to a good friend, adviser and a most sturdy and outstanding Marathoneer. Dr. Baddeley is to take up an appointment in charge of a Base Hospital in Australia early in 1964. My first meeting with Dr. Baddeley, son 'Bill' and daughter Susan, was at Windermere several years ago, when all three,(with no previous experience of long distance swimming or competitive swimming of any description) as a medical experiment successfully completed the Windermere swim. As you all know, Susan later became the first girl to conquer Loch Lomond, and set up a record endurance swim of 26 hrs. 10 mins. On the same day, 'Doc.' swam for nearly 24 hours, covering approximately 22 miles, retiring only 1½ miles from the end of the Loch course. Those of us who have had the pleasure of accepting his generous offer of hositality (which was always available to all members) will long remember the dining table groaning under the weight of magnificent, gargantuan and varied dishes and delicacies, and the warm friendly welcome by Dr. & Mrs. Baddeley and their family. Dr. Baddeley has been a generous donor to the Association at times when our funds were well below their present healthy state. He has devoted many hours of research and study to the medical problems connected with long distance swimming in general, and to the particular problems of individual members. He has also contributed excellent articles in the National Press, "The Swimming Times" and Medical Journals, under the title of the B.L.D.S.A. Hon. Medical Officer, on matters appertaining to long distance swimming. We are indeed sorry that 'Doc.' Mrs. Baddeley and their family are leaving us, but we give them every good wish for much happiness and success in their new life 'Down under'. I know that we shall not lose touch and that 'Doc.' has already given thought to an Australian Branch of the B.L.D.S.A.

Loch Oich - 4 miles. Holidaying in Scotland and casting a thoughtful eye on the icy and still unconquered Loch Ness, our course-making and record-breaking member Commander C.G.Forsberg, D.S.C. R.N. observed a pleasant stretch of training water within easy walking distance of Loch Ness. The temptation was too strong, hence we now have a new course in Scotland, Loch Oich, 4 miles in 2 hrs. 07½ mins, two-way in 4 hrs. 32 mins. Gerry is not claiming any record, although the swim was properly witnessed and timed, but has sent details to me in case any other member may be interested in this swim which is situated in very picturesque surroundings.

Swimmer Official. In many organisations it is generally accepted that officials are a species who, due to decrepitude or debility can no longer take an active part in events that require a high degree of fitness, stamina and 'guts'. It is pleasing therefore to record that our Assistant Hon. Secretary, Kendall Mellor, has not yet got "set in the ways" of officialdom, and that he, together with Trevor Smith, Jack Somerfield, John O'Hara, and other of our officials, can set an outstanding example of the Association's unofficial motto of "Government of swimmers, by swimmers". For Kendall it has been a magnificent success following two disappointing years when injury and unfavourable Channel conditions respectively, spoiled his chances. His success is a fitting climax and reward for the hard training and quiet determination of the last three years. Kendall would like me to place on record his very sincere appreciation to Mr. Thomas Holmes, and fellow member Tommy Worrall, for all their assistance and encouragement, and to Michael Jennings, Kevin Narey, Graham McIntyre and all others who assisted him before and during the swim. A note of interest is that an American Magazine has awarded Kendall their "Award of Merit" Trophy in recognition of his outstanding swim.

Youngest Coniston & Bala swimmer. Brian Morris, age 11, one of our youngest members, is by several years the youngest swimmer to have completed these two courses. Our congratulations to Brian, who lives in Prestbury. We shall watch his career with great interest.

Championship Score-board.

Elaine Gray.	(5)	Bala one-way & two-way. Trentham. A.S.A. Poole Harbour.
Peter Hatfield.	(3)	Whitby. Windermere Cross Lake. Trentham.
[illegible]	(3)	[illegible]
[illegible]	(3)	[illegible] Torbay.
Barry Watson.	(2)	Windermere. Fleetwood - Morecambe.
Brenda Evans.	(1)	Morecambe Inshore.
C.G.Forsberg.	(1)	Morecambe Bay.
Geoffrey Lake.	(1)	Bala two-way.
Kendall Mellor.	(1)	Torbay.
Dorothy Perkins.	(1)	Fleetwood-Morecambe.
Susan Crannage.	(1)	Windermere cross lake.
Kelvin Juba.	(1)	Bala (joint)

Juniors.

Colin Proctor.	(1)	Bala.
Melanie Tearle.	(1)	Bala.

The most courageous and outstanding swims.

[illegible] Boynon and Geoffrey Lake in the Windermere Champ[illegible] - see Windermere Championship Report.

The most promising Junior swimmers.

Colin Proctor and Melanie Tearle, both in Bala. Brian Morris (11) for his individual swims in Bala and Coniston.

Association Ties.

Now available, price 13/6d, black Terylene with the upper part of a swimmer (as in the Blazer Badge) and the letters B.L.D.S.A. in gold. A really first class tie and well worth the long wait. From :- Keith Seymour, 39, Hazelhurst Road, Bradford. 9.

Metal Lapel Badges.

Available, price 5/- from your Hon. Treasurer, G.Trevor Smith, 30, Oak Tree Terrace, Lepton, Huddersfield.

Blazer Badges.

These are available only to members who have completed the Windermere course, or served two years as a committee member of the B.L.D.S.A. Executive, or who, in the opinion of your Executive has rendered outstanding service to long distance swimming, or who has, in the opinion of your Executive, merited the wearing of the Badge. Price £1 from the Hon. Treasurer. Hand made, wire-embroidered Badges available from Keith Seymour, price £3.3.0d.

Annual Dinner at Whitby.

We expect a good attendance judging by the number of tickets already taken by members and friends, but we can still find room for any late applicants. Write immediately to Jim Robinson, "Claremont" 33, Prospect Hill, Whitby. Yks.

Included amongst the guests that we shall have the pleasure of welcoming are :- Counc. G.E.Cowey, J.P. (Chairman Whitby U.D.C.) & Mrs. Cowey. Counc. ...Leslie Mollett, J.P. (Chairman of Whitby R.D.C.) and Mrs. Mollett. J.Cuthbert, Esq., President of the North Eastern Counties A.S.A. John Wilson, Esq., Hon. Secretary N.E.C.A.S.A. R.E.Cammidge, Esq., J.Scott, Esq., Robert Clarke, Esq., and Mrs. Clarke. Ernest Hamilton, Esq., (President of Whitby Seals A.S.C.) and Mrs. Hamilton.

Any mistakes ?

If you can spot any mistakes (other than typographical etc.) or omissions, please let me know. Certain material is extracted from these reports for inclusion in the "Honour's Book" and is also relied upon by newspapers, periodicals and authors, members and non-members, as being accurate. 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 inclusion in these reports.

In conclusion, may I extend my sincere thanks and good wishes to all who have assisted the Association in [illegible] a special thanks to [illegible], our Hon. Treasurer, Hon. Press 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.

John K.Slater.

(A.F.M.C.T.A.C.A.F.H.S.C.A.L.D.S.A.
C.& C.A.T.T.B.L.D.S.A.)

Hon. Secretary of the British Long Distance Swimming Association.

SIXTH ANNUAL TORBAY CHAMPIONSHIP of the B.L.D.S.A. 6th July, 1963.

Course: Torquay-Brixham-Torquay, approx. 8 miles. Temp. 53-6F. Not tidally assisted. [illegible] - heavy rain, [illegible] [illegible], poor visibility, [illegible] Championship conditions yet experienced in Torbay. Only 4 men and 2 ladies reached the turning point at Brixham, and all the escort boats had great difficulty in keeping with the swimmers. The Ladies Championship was declared at the turning point at Brixham, with June Hanby recording the 3rd fastest overall time, 2 hrs. 5 mins. Marguerite Pike also battled through to Brixham in a time of 2 hrs. 44 mins. Great credit to Kendall Mellor who ploughed steadily on and completed the course in 5 hrs. 10 mins. Very gallant swims were made by Commander C.G.Forsberg, O.B.E. R.N. and Norman Trusty. Seasickness and the extreme cold were the main troubles, the heavy rain didn't worry the swimmers, but added to the discomfort of the rowers, who had a most difficult task. Our sincere thanks to Mr. Sydney Ludgrove (Torquay Publicity Officer), Mrs. Stella Margetts (Regional Representative), Mr. L.Doney, Mrs. F.Courtenay-Dunn, Captain French (Torquay Harbourmaster).

Competitors who reached the turn at Brixham were:-

Men's Championship.	
Norman Trusty.	1.56.
Frank Robson.	2.09.
Kendall Mellor.	2.11.
Gerald Forsberg.	2.14.

The only swimmer to finish the course was Kendall Mellor, time 5 hrs. 10 mins. a very worthy 1963 Champion.

The Ladies' Championship decided on a finish at Brixham:- June Hanby. 2.5.
Marguerite Pike. 2.44.

A very courageous effort on the part of the two ladies.

Retired during the race:- J.Taylor. E.Finlay. A.Moorey. M.Jennings. W.Pearce. L.Hankart. N.Trusty. F.Robson. A.Ayres. C.Bamsey. Cmdr. C.G.Forsberg. Dilys Beynon. Brenda Evans.

The record is held by Michael Jennings, in 1962, 3 hrs. 39 mins.

Hon. Secretary Eddie Robinson, 25, Belmont Avenue, Otley. Yks.

- -

FOURTH ANNUAL BALA LAKE CHAMPIONSHIPS of the B.L.D.S.A. Sat. 3rd August, 1963.
Mon. 5th August, 1963.

Course: from promontory opposite Glanllyn boat houses to Loch Cafe Beach, approx. 3 miles. Temp. 61-3F. Still water. Conditions reasonable, slight choppiness at times. This was a full weekend of Championships, Junior and Senior, Ladies and Men's, 3 miles and 6 miles. A record number of 50 competitors took part in the various Championships which, as expected, brought several new records. All the competitors in the one-way Championship on the Saturday, completed the course. Three men were inside the previous record time, of which an equal time of 1 hour 13 mins was given to the first two swimmers W.H.Pearce of Radcliffe, and K.Juba, of Bushey Heath. In the Ladies' Championship four swimmers were inside the previous record time. [illegible] of Watford, set up a new record of 1 hr. [illegible] and completed the "Double" on Monday by winning the two-way Championship.

The two-way Men's Championship was won by Geoffrey Lake. A new record of 2.49.30.

The one-way Junior Men's Championship was won by Colin Proctor of Halifax, in a new record time of 1.25.30.

The one-way Junior Ladies' Championship was won by Melanie Tearle, of Watford, in a time of 1.34.30.

Water temperature throughout the weekend was above 60F, but as usual with our Welsh Championships, we did have some rain. Here, once again, on behalf of all the swimmers I extend my sincere thanks to all Judges, Timekeepers oarsmen, officials and all others assisting with the Championships and who spend their time on the rain swept beach or in open boats so that we might enjoy ourselves splashing up and down the lake.

I am most grateful to everyone who helped make our Bank Holiday swimming weekend and private attempts on the lake so successful, to Mr. John R.Davies, the Clerk of the Bala U.D.C. for all his assistance, to Captain G.H.A.Boyle, to Elwyn Huws of the Welsh League of Youth Hostel for hospitality and use of rooms for briefing and changing, use of boats and provision of oarsmen. To Counc. T.H.Jones, J.P. Chairman of thw Bala U.D.C., Counc. W.D.Williams, and to all other friends whose advice and -

(Bala continued)

assistance enabled us to Bala Lake. We also express our sincere thanks for the donation of the Ladies' and Men's Two-way Championship Trophies by Master David Lowther, Ship Hotel, Bala, and a donor who wishes to remain anonymous.

Men's One-way Championship.

	1962.	1961.	1960.
F.H.Pearce.	1.13.0.		
M.Juba.	1.13.0.	1.33.0.	
B.Winn.	1.15.0.	1.23.0.	1.16.
C.Taylor.	1.17.0.		
R.Kellerman.	1.17.45.		
G.Lake.	1.18.0.	1.34.20.	
B.Finlay.	1.25.0.	1.41.0.	1.24.25.
H.Olives.	1.25.0.		
E.Milligan.	1.29.0.		
J.Turnbull.	1.31.0.		1.25.10.1.35.0.
R.Landeg.	1.31.30.		
A.Ayres.	1.37.0.		1.34.20.
J.Somerfield.	1.37.30.	2.20.0.	1.42.15.
G.Taylor.	1.38.0.	2.12.0.	1.50.5. 2.6.0.
B.Dove.	1.38.0.	1.55.0.	
J.A.Heapy.	1.39.0.		
A.W.Keating.	1.39.0.		
E.Bellerby.	1.39.30.		
L.Hankart.	1.41.0.		
F.Forrest.	1.41.0.		
I.A.Thompson.	1.42.0.	2.35.0.	
R.Williams.	1.43.30.	2.10.0.	
J.Robinson.	2.0.30.	2.28.0.	
T.Smith.	2.1.0.		
P.Bull.	2.25.30.		
T.P.Symmons.	2.25.45.		

Ladies' One-way Championship.

	1962.	1961.
E.Gray.	1.20.0.	1.37.0.
D.Beynon.	1.20.30.	1.43.30. 1.26.4(
S.Lynch.	1.23.0.	1.33.30.
S.Crannage.	1.25.30.	
M.Mills.	1.34.0.	
S.Shallcross.	1.44.0.	
Mrs.D.Hirst.	2.1.15.	2.47.0.
Mrs.J.Fantom.	2.5.0.	
A.Mainwaring.	2.45.0.	

Men's Two-way Championship.

G.Lake.	2.49.30.
B.Finlay.	3.2.0.
W.Trusty.	3.2.30.
G.Forsberg.	3.8.0.
J.Turnbull.	3.25.30.
E.Milligan.	3.34.30.
R.Williams.	3.54.30.
T.Smith.	4.10.30.
L.Hankart.	4.18.0.

Ladies' Two-way Championship.

Elaine Gray.	2.54.30.
June Manby.	2.55.0.
Susan Lynch.	3.1.0.
Dilys Beynon.	3.14.30.
Mrs. Jeanne Fantom.	4.46.0.

Men's Junior Championship.

Colin Proctor.	1.25.30.
Kevin Murphy.	1.34.0.
Thomas Jones.	2.33.0.

Ladies' Junior Championship.

Melanie Tearle.	1.54.30.
Susan Snowden.	2.12.0.

Hon. Secretary Jack Somerfield. "Bonain" 58, Chase Rd., Burntwood, Lichfield. Staffs.
(A.M.o.T.A.o.A.F.H.S.o.A.L.D.S.A.C.& C.a.t.t.B.L.D.S.A.)

Bala LAKE INDIVIDUAL SWIMS.

The following members have been awarded the certificate issued by the Bala Urban District Council in recognition of successful individual swims in 1963.

One-way.

John A.Heapy.	Macclesfield.	June 16th.
Miss Willy van Rysel.	Cardiff.	Aug. 3rd.
Brian G.Morris.	Prestbury.	Aug. 3rd.
Thomas Worrall.	Keighley.	Aug. 4th.
Carlton R.Bell.	Pool in Wharfedale.	Aug.6th.
Donald Myers.	Shipley.	Aug.6th.
David V.Sykes.	Huddersfield.	Sept.14th.

Two-way.

Kendall Mellor.	Aug.4th 3.43.
Fred C.Oldman.	Aug.6th 5.53.

NOTE. Any member wishing to make an individual attempt on the Bala course must first write to the Hon. Bala Lake Championship Secretary at least 10 days before the proposed swim so that proper arrangements can be made with the Bala U.D.C. and lake officials.

SWIMMER'S ANNUAL DINNER AND CHAMPIONSHIPS of the B.L.D.S.A. 31st August, 1963.

Course: Lakeside to Waterhead, approx. 10½ miles. Still water. Good conditions, fine dry day, slight following wind. Temp. 58-60F. As in previous years the Championships proved a stern test for the top long distance swimmers from all over the country. In the Ladies Championship we had only two entries, Dilys Beynon from Sutton Coldfield, already proved as a first class long distance enthusiast, and a newcomer Mrs. D.Sullivan, from Broughty Ferry in Scotland. Mrs. Sullivan is, of course, the wife of our good friend and [illegible]

Dennis Sullivan. What can we say of Dilys, who swam magnificently till cold and exhaustion forced her to retire when only 100 yards from the finishing line after swimming for 7 hrs. 23 mins. I am pleased to say that the Association has approved the issue of the Association's Badge to Dilys, in recognition of this and other swims which she has made during the last two seasons. For Mrs. Sullivan, I think that the experience gained, together with a little more training next year, will enable her to add her name to the list of Windermere swimmers. After swimming well in the first few miles, Mrs. Sullivan retired at Rawlinson's Nab. Most regretably, for the first time in the Championship's history, the Ladies trophy was not presented.

In the Men's Championship we had a very formidable line up. With 19 entries, old veterans of the lake can we call them, men such as Commander C.G. Forsberg, O.B.E. R.N., Arthur Ayres (who has competed in every Windermere Championship and such experienced marathoneers as Barry Watson, John Turnbull, [illegible] as Geoffrey Lake, Norman Trusty, Maurice Mills and Gregory Schofield etc. With swimmers of this calibre in the race we knew we could look forward to an exciting day. We were not disappointed.

At the start it was Geoffrey Lake who went into the lead, followed by Norman Trusty. At this stage I was with Lucien Hankart who swam very well until Rawlinson's Nab when the cold really penetrated and caused him to retire. About the same time Arthur Williams and Martin McNulty retired for the same reason. When I again caught up with the swimmers it was to see Bryan Finlay and Commander Forsberg having a a neck and neck struggle for supremacy, just after Belle Isle. Up in front was Geoffrey Lake, followed by Norman Trusty and Barry Watson, and at least half a mile separated these three swimmers. In the last two miles Geoffrey gradually slowed down, succumbing at last to the gruelling pace and the cold. He was then overhauled and passed by Barry Watson and Norman Trusty. Surrounded by rowing boats and launches Geoffrey was given every encouragement and most reluctantly had to be taken from the water only 100 yards from the end of the course. As with Dilys, Geoffrey was swimming so slowly at that time that the slight wind and the accompanying slight surface movement of the lake water was too much to struggle against. Geoffrey gave of his very best, a wonderful display of endurance and courage by the youngest swimmer to have taken part in these Championships. Meanwhile, Barry Watson, who had now passed Norman Trusty, finished strongly, to become the very worthy 1963 Champion. Norman followed in 2nd place, with Commander Forsberg 3rd. I am sorry I cannot mention the merits of all swimmers individually as it would make this report too long, but thank-you all who took part and I look forward to seeing you all next year.

I wish to express my thanks to the Windermere U.D.C. and the Lakes U.D.C. for their generous donations in support of the Championship, to Mr. & Mrs. Gooch at the Waterhead Hotel. Mrs. E.F.Tyson(and Jim) at the Wateredge Hotel, the hot baths and hospitality is greatly appreciated, Mr. Robert Clarke (Pilot of the swim), Dr. G.Lancaster (Medical Officer & adviser to the swim) the Red Cross, St. John' Ambulance Brigade, The Westmorland and the Lancashire County Constabularies, Mr.A.L. Quick of the N.C.A.S.A. and Mrs. Quick for their presence at the swim and reception, to all oarsmen, life savers, officials and everyone who has assisted in making this swim a wonderful success I extend my very sincere thanks.

Men's Championship.	1963.	1962.	1961.	1960.	1959.	1958.	1957.
Barry Watson.	5.39.45.	6.12.36.					
Norman J.Trusty.	5.57.16.						
C.Gerald Forsberg.	6. 2. 4.			5.51.	6.26.	5.19.	5.50.
Bryan Finlay.	6.10. 3.		6.16.				
John Turnbull.	6.20.47.			6.23.			
Maurice Mills.	6.31.20.						
Jeffrey Taylor.	6.43. 4.	8.1.7.	7.55.	8.34.			
Arthur Ayres.	6.51. 1.			6.22.	6.22.	5.42.	
Godfrey Beaton.	7.17.53.	7.39.51.			8.17.	7.38.	
Gregory Schofield.	7.[illegible]						

Retired:- Martin McNulty. Geoffrey Lake. Arthur Williams. James Burt. John A.Heapy. Lucien Hankart. Selwyn Hird. Frederick Clayton.

Hon. Secretary John O'Hara, 21, Woodhouse Grove, Fartown, Huddersfield.

FIRST TRENTHAM LAKE CHAMPIONSHIPS of the B.L.D.S.A.

A Midlands Championship - at last - in the lake in lovely Trentham Gardens, chiefly due to the ground work carried out by our member John Turnbull from Stoke on Trent, who gave the first intimation to [illegible] executive that Trentham [illegible]

were/ willing to stage this event. A complete survey was carried out by Fred Oldman, John Turnbull and myself, including a swim over the proposed course, to maintain the Association's usual practise of not asking members to swim a course which has not been previously tested by our officials, (we have not lost an official on these swims so far, but one never knows what may lurk below the surface). As to the Championship itself, a total of 32 entries were received, 25 for the Gent's Championship and 7 for the Ladies' Championship. Only one non-starter. What a race, middle distance, long distance and sprinting types, all churning up the lake waters in a race, which as we expected, brought in quite a number of new members.

This was indeed yet another most successful inaugural Championship to add to our ever growing list of swims. Water temperature 57-8F. Still water. Course is triangular, approximately 3 miles, slightly longer than the Bala course. A comparison of the times of swimmers who took part in both events shows this clearly with but one exception.

The Championship was well publicised in the Midlands and by way of "The Swimming Times", and attracted a crowd of several thousand spectators who could, if they wished, walk round the perimeter of the lake keeping the swimmers in view most of the time.

We express our sincere thanks to the Countess of Sutherland for the generous donation of the Ladies and Men's Championship trophies.

My thanks and appreciation are extended to the Directors and Staff of Trentham Gardens Ltd., Dr. J.M.Murray (Trentham) the Red Cross Brigade (Staffs.), all oarsmen and officials, and in this connection we were very pleased to welcome Mr. L.H.Koskie - Past President of the A.S.A., Mr. J.W.Hawthorne - Past President of Staffordshire A.S.A. and Mr. Norman Wainwright, well known pre-war as a National and International Sprint Champion and current President of the Staffordshire A.S.A. To all who assisted in any way to make this new swim such a success I offer my sincere thanks.

Men's Championship.

Peter Hatfield.	Middlesbrough.	1.14.54.
Kelvin Juba.	Bushey Heath.	1.17.37.
Gregory Schofield.	Weymouth.	1.29.5.
Cmdr. C.G.Forsberg.	Bath.	1.30.40.
Bryan Finlay.	Coventry.	1.31.5.
John Turnbull.	Stoke on Trent.	1.32.5.
George Moore.	Brentwood.	1.36.5.
Barry Nicol.	Coventry.	1.38.
Jack Somerfield.	Lichfield.	1.41.
Robert Keating.	Warrington.	1.45.
Jeffrey Taylor.	[illegible]	[illegible]
John Taylor.	Bo[illegible]	[illegible]
Trevor Smith.	Huddersfield.	1.57.6.
Rex Williams.	Coventry.	2.6.
Ian A.Thompson.	Warrington.	2.7.
John Nightingale.	Stoke on Trent.	2.17.30.
John O'Hara.	Huddersfield.	2.30.
Percy Bull.	Coventry.	2.44.5.

Ladies' Championship.

Elaine Gray. St. Albans.	1.19.55.
Susan Crannage. Bloxwich.	1.28.47.
Dilys Beynon. S.Coldfield.	1.34.54.
Susan Shallcross. Warrington.	1.44.22.
Connie Lumb. (Mrs.) Huddersfield.	1.51.35.
Dorothy Hirst. (Mrs) "	2.6.40.
Jeanne Fantom. (Mrs.) Coventry.	2.10.27.

Retired:- Michael Smith. Nigel Marsay. G.E.Richardson. Tony Chatterton. Jim Robinson. H.Jobburns.

Hon. Secretary Jack M.Somerfield, "Bohain" 58, Chase Road, Burntwood, Lichfield. Staffs.

LOCH LOMOND CHAMPIONSHIP of the B.L.D.S.A.

Course:- Ardlui Hotel Beach to Balloch Beach, approximately 24 miles.

[illegible]

No entries - no race. I hope that 1954 will see a second Loch Lomond Championship. The Loch still is an outstanding challenge - the largest stretch of fresh water in Great Britain - it has only been conquered twice. I already have one enquiry for next year and would be glad to hear from any other experienced marathoneers as soon as possible.

Hon. Secretary George Owen, "Gwynfa" 22, Harbour Road, Wibsey, Bradford. 6.

THE INTERNATIONAL SCHELDE CHAMPIONSHIP (HOLLAND). Sat. 6th July, 1963.
Course:- across the Schelde estuary. Approx. 3 miles. Temp. 62 F. Tidally assisted. Reasonably calm conditions. Record held by Judith de Nils 39 mins 11 secs, in 1962. Our lady representative was Susan Lynch, placed 4th in the Ladies Championship, time not available. Representing our men was Brian Winn who gained 2nd place, the highest yet gained by our men in this Championship, time 1 hr. 8 mins. The hospitality afforded to our members has always been an outstanding example of international aquatic good will. Our thanks to the Dutch hosts and to the Schelde organising committee.

Liason Officer: Frederick C.Oldman, 263, Handley Rd., New Whittington, Chesterfield.

PILOT LIFE-SAVER SCHEME REPORT.

During the close of last year, 8 candidates were successful, and this year there have been 2 successes, a total of 8 since my last report. The undermentioned are those who have been successful:-

Miss D.M.Perkins.	Bradford.	Mr. F.Windsor.	Bradford.
Mr. L.Evans.	Bradford.	Mr. A.B.Seymour.	Bradford.
Mr. D.Myers.	Shipley.	Mr. T.Worrall.	Keighley.
Mr. L.Hankart.	Bournemouth.	Mr. E.Procter.	Halifax.

This brings the total of qualified Pilot Life Savers in the Association to 36.

Several enquiries were received, but whether the inclement weather we have experienced has been a deterrent to anticipated examinations of whether the busy competitive season has taken up too much time of would-be examinees is responsible, they have not been fully pursued.

Though the Scheme is having its share of teething troubles, I am optimistic about its future, and extend my thanks and appreciation to all those who have made it their interest and concern, and invite all members to endeavour to qualify and be added to the Panel of Pilot Life-savers.

Area Organisers for the examinations are:-
Devon. Mr. E.H.Windeatt, 51, Raleigh Avenue, Chelston, Torquay.
Wales. Mr. W.T.Bradley, 17, Church Road North, Liverpool 15.
Bradford & District. Mr. G.Oddie, 40, York House, Thorpe Edge, Idle, Bradford.
Staffordshire. Mr. J.Somerfield, 58, Chase Road, Burntwood, Lichfield. Staffs.
Kent. Mr. G.B.Littledale, 3, Shakespeare Chambers, Dover.
Warwick. Mr. H.Moffatt, Block ZI, Tudor Wing, Stoke Hill Guest House, Coventry.

The Association acknowledges with appreciation, the services of all boat crews and looks forward to their continued assistance.

To our Hon. Secretary Mr. J.H.Slater, Officials, and members of the Executive Committee, my thanks for their encouraging support.

Hon. Secretary Pilot Life Saver Scheme: Wm. Anderson, 64, Festival Avenue, Orford, Warrington.

SOLENT SWIMMING CLUB.

It was a disappointing year once more in the Solent, with high winds blowing from all the wrong quarters, heavy seas and a lot of rain. Nevertheless, there were 5 new crossings, all first attempts.

First, the visitors. Danny Robinson of Leeds crossed from Ryde to Southsea in 1.59. the 4th fastest in this direction to date. Rex Williams, of Coventry (as if you didn't know) swam from Southsea to Ryde in 3.1.0. in poor conditions.

Two members of the local Life Guard Corps were successful on the North-South route:- 'Val' Vallintine and Mervyn Portman in 3.3.45 and 3.4.25 respectively.

The endurance swim of the year was that of Howard George, aged 50, who fulfilled his ambition nursed for some time since he got bitten by the bug on joining the Club. On an almost impossible day, he battled against a S.E.gale to final success in 4.30.21. This is the longest time we have officially recorded; many swimmers half his age would have given up. Well done !

Lucien Hankart had to give up within ¼ mile of his goal and Neville Smith failed to get started, after several abortive attempts, because of the weather. There's always next year. !

Work interfered with play to a great extent this year and some of our well-known members could not find enough training time. However, Mike Jennings and Anthony

Moorey swam at Torbay. In not finishing they did the same as everyone else except Kendall Mellor.

Anthony Moorey and Brian Kane were 3rd and 7th respectively at Exmouth, Anthony Moorey, Lucien Hankart, John Moorey and Rex Williams were 6th, 13th, 14th and 15th respectively at Poole. Jean Ramshaw (nee Adams) was 7th in the Ladies Race.

Lucien Hankart and Rex Williams completed both the Bala swims and Rex completed an ambition in swimming Windermere. Eight members made the customary attack on the Eastney Pier to Pier race, spanning places from 2nd to 28th among the largest entry ever seen in this event.

Anthony Moorey and John Moorey were 5th and 8th in the Sandown - Shanklin race.

One 'first ever' was scored when the team of Anthony Moorey, Bob Rimmer, John Moorey and Howard George swam in relay round Portsea Island. Local experts said it was impossible, and after all, they included the opinions of the cream of the Royal Navy and the many sailing experts one would expect to find in the premier Naval port.

Portsea Island is approximately a triangle with sides of 6 miles and 5 miles, and a base of 4 miles. The Western boundary is Portsmouth Harbour and the Eastern boundary Langstone Harbour. The area of each is about 15 square miles and as Portsmouth Harbour can take the largest ships in the world, the strength of the tides can be left to the imagination. With two or more swimmers often in the water together, the total time was 7 hours 7 minutes. It is now proved definitely possible as a solo swim; who will be the first ? How about an inter-club relay ?

[illegible] June to early October, with a maximum of [illegible]. Seems that our claim to the warmest sea around these islands is justified. Why not come down next year ? But please give alternative dates; there really are quite few week-ends when it is possible to swim to the Isle of Wight and we should hate to see you disappearing out into the Channel on a 4 knot tide !

Hon. Secretary: A.J.Moorey, 72, Evelegh Road, Farlington, Portsmouth. Hants.
Tel. Cosham 77404.

- -

YORKSHIRE LONG DISTANCE SWIMMING ASSOCIATION.

What a difference to last season; last year we spent so much time going down that we were thinking of joining a frogmen club. This year, between us, we have covered a distance of some 115 miles in either competition or individual swims. The score reads as :- Jeanne Fantom 15 miles, Percy Bull - 6, Bryan Finlay - 34, Arthur Ayres - 14, Trevor Jones - 6, Barry Wood - 3 and Rex Williams 37 miles.

To carry on with the swimming Calendar, on the 4th of May we held our first swimming event. Called the "First Mile Swim 1963" and held in our local open air pool, 16 swimmers started off, ranging in age from 11 to, well let's not mention Jack Somerfield's age. The temperature was a keen 52F, but we only had a few climb out, the youngest entry, June Birchell, age 11 had the crowd really shouting for her on the few remaining lengths. The winners, for the men's event, Bryan Finlay, 29 mins 12 secs, the ladies, Maureen Beal, with three minutes between them.

Whitsun saw our first organised coach trip to a swim, Lake Bala. Six swimmers entered the water, one finished, Arthur Endersby, the rest ? sea sick, cold, one lost his direction. The lake was as rough as any of us had ever seen it, meanwhile back on the bank, folks were getting sunburnt, what a sport. Next stop Torquay, as you will remember the weather was none too kind on that day and as I haven't yet talked Kendall into becoming a member of the Y.L.D.S.A. we can't claim any mileage for that one. On the same day, Jeanne really flew the flag in Tony Moorey's territory, the Solent, time 3 hours 1 min. Off to the Lake District now, Bryan Finlay swam Lake Coniston in 2 hrs. 31 mins 54 secs.

August Bank Holiday saw the familiar banner displayed at the Bala Championships, seven members entered the events and all did well, returning with two records and a personal best time by each swimmer. Special mention must be made of Trevor Jones in the Junior event and Percy Bull in the Senior. Jeanne Fantom and Bryan Finlay gained their respective breast stroke records.

Away to the North this time Whitby. The Sandsend - Whitby race, a race to test the fittest, not only do you swim but you RUN the first 100 yards into the sea, eh, the cunning of those Yorkshire fellows. Results, Finlay 4th, 1 hr. 8 mins. Williams 9th in 1 hr. 17 mins.

In Windermere this year we had 100% result, two weeks prior to the Championship the writer completed the course in 6.51.1. and Bryan Finlay became breast stroke Champion in 4th place in a time of 6.12.5.

(Warwickshire report continued)

Leaving the Lake district behind once more we move on to Poole Harbour. Once again an event for the spritely, the start is from an invasion tank landing craft, leaping from the side (about 12 foot up in the air) with a little practice several feet could be gained on the leaders with a running movement on the heads of those already in the water - - well it was just a thought. Placings: Finlay 6th. 1hr. 1min Williams 15th. 1 hr. 17 mins.

Finally on to Trentham Lake Gardens, once again a big turn out, we can lay claim to nine of the entrants, (seven from Coventry). Many of our fellows were having their first taste of long distance swimming competition that day, but due to good coaching received only fright and no injuries at the massed start. Results:- B.Finlay 5th. Barry Nicol 8th. Jack Somerfield 9th. R.Williams 14th. P.Bull 17th. Jeanne Fantom 7th in the Ladies event.

After reading the above piece through, I am agreed that our new motto should read "Have trunks, will travel."

Now back to the home front, after closing the outdoor pool at the end of the season we now have the local indoor pool for an hour every Wednesday evening, come along any Wednesday and have a dip, warm water, good company, What more could you wish for.

Hon. Secretary: Rex G.Williams, 29, Kimble Close, Allesley Park, Coventry, Warwicks. (A.N.M.O.S.A., [illegible] S.C.B.Z.D.S.A.)

BRADFORD AND DISTRICT LONG DISTANCE SWIMMING CLUB.

I am very pleased and proud to present another report on our Club's activities. The 1963 season has, without doubt, been our best year yet. I will report, to the best of my knowledge, all the achievements of our members this year. Not all the reports will be full or I would take up too much of this excellent Annual Report, and possibly impose too much strain on John's two typing fingers.

English Channel. Obviously this 'blue ribbon' swim takes precedent, and our Club is very proud of Kendall Mellor's successful crossing in 16 hrs. 55 mins. Our second member to conquer the Channel.

Ullswater Club Championships. 21st July. We were blessed with a warm sunny day for our events and, as usual the swim was from Glenridding to Pooley Bridge. The wind was diagonally across the lake but would have given the swimmers some help. Water temp. 56 to 60F. Five entries only, with Dorothy Perkins being the only lady to compete for the 3rd successive year. Only two swimmers completed the course, but as they each broke the existing record for their sex, we felt it had been a successful day.

Ladies' Championship.		Men's Championship.	
Dorothy Perkins.	4 hrs. 2 mins.	Barry Watson.	3 hrs. 17 mins.

We had thought that the existing record, set up by Geoff. Wilson with a time of 3 hrs 40 mins in our first event here was a very good time. Barry shattered that by 23 minutes!

Selwyn L.Hird was forced, by stomach cramp, to leave the water when only about a quarter of a mile from home and was awarded the trophy for the best first attempt at the swim. A reception and prize presentation was held after the swim in the Public Hall at Pooley Bridge.

Two Way Windermere Swim. 3/4th August. This swim was a real Club effort. Two swimmers. Barry Watson and myself with three rowing boats manned by members and friends. One boat was manned by Geoff. Eddie and Marie Toft who had a two-fold duty, [illegible] was to not [illegible] the hours of darkness and the other was to provide hot fresh food to crews and swimmers. Marie, acting as chief cook, used a portable stove in the rowing boat. Barry was accompanied by his brother in law, his fiancee Kay White,(now Mrs. Watson) and Selwyn Hird and Mrs. Hird. I had Dorothy Perkins, Cyril Huggins and Arthur Pearson to keep me company. It shows enthusiasm that all these were happy to forgo a nights sleep and suffer many hours in a small boat to help swimmers. Barry and I both appreciated it. A weather forecast for the area anticipated a dry still night with a wind rising at dawn, very light and increasing in strength, blowing from Lakeside. We started at 11.5 p.m. Saturday night, mainly for my benefit as I anticipated taking 17 hours for the swim. The water was very warm, 68 F. For myself, I enjoyed swimming in the dark very much, time and distance seemed to fly by. The people in the boat could not say the same though, for two hours they were treated to very heavy rain showers which wet everyone and everything. Barry and myself were not inconvenienced. As I was nearing Lakeside I was passed by Barry, half an hour out on his return journey. He had completed one way in about 6½ hours. For the last bit to half way I had to put up with the smell of frying bacon drifting across the water from Marie's frying pan, as she prepared breakfast for my crew. I reached Lakeside in 8 hours exactly, spent 15 minutes feeding and set off back. Soon after I had got under way again the wind started, very light at first

as forecast, but in the opposite direction to the expected one, straight into our faces. Up to Bella Isle I was still enjoying my swim even though I was being slowed a little by the wind, but after that, with the wind increasing a little, it was just a case of keep slogging until the end.

Barry also slowed by the wind, finished in 14 hours 20 mins. I took 18 hrs 56 mins. We were both welcomed ashore by a good crowd including more members and friends and Barry had waited for my arrival also. Water temp. all the way was 66F. although Dorothy did find a cold spot of 66F. Who said Windermere was always cold?

One Mile River Swim at Otley. We again organised this event to encourage our junior members and again had a very good entry of 10 competitors. On a fine evening with a sizeable crowd watching, nine swimmers, all under 16 years of age entered the water. One girl unfortunately missed the event due to traffic hold-ups. After the start the swimmers soon were strung out with my daughter, Helen, bringing up the rear. We were pleased that all finished the course. Results:-

Boys. Colin Proctor (Halifax) 23.5. Carlton Bell (Otley) 25.2. Michael Wadsworth. 26.5. Ronald Shackleton. 27.0. David Sykes 31.8.

Girls. Jacqueline Dunbar (Oxenhope) 30.7. Helen Gill (Bradford) 34.5. Brenda Pickles. 35.0.

The girls ages were 11, 9 and 12 respectively. Last year Otley swimmers took the prizes, this year, Halifax and Oxenhope swimmers share them. Still, our title is Bradford AND DISTRICT.

Coniston Members successes are as follows:-

Derek Gill.	2hrs 49 mins.	
John K.Slater.	2.30.47.	A new Men's record.
Frank Robson.	2.54.	+
Kendall Mellor.	3.9.	+
Graham McIntyre.	4.6.	+
Dorothy Perkins.	2.49.37.	A new Ladies' record.

Our congratulations to John and Dorothy on their records.

Two-way Coniston.

Derek Gill, in 7 hrs. 34 mins. I seem to be the only one interested in this two way swim.

Fleetwood to Morecambe. We were very pleased that our members Barry Watson and Dorothy Perkins won their respective events and of course became the first man and first woman to complete the swim.

Torbay Championships. Another Club success, in that Kendall Mellor won the event and was the only one to finish. Frank Robson swam very well in this event but had to retire due to sickness on the return journey.

Morecambe Inshore Championships. Dorothy Perkins finished 2nd and Selwyn Hird 4th in these swims.

Morecambe Cross Bay Swim. Dorothy was second in the Bay and the following day broke the Ladies record at Ullswater in our Club Championship.

Derwentwater. Frank Robson became the first person on record to swim this lake, just under 3 miles, in 1 hr. 32 mins. As a matter of interest, another member, Cyril Huggins who accompanied Frank on his swim, did this lake several years ago, but did not claim it as completed because he landed just short of the bay which gives the longest distance possible in the lake.

Bala Lake. B.L.D.S.A. Junior swim. The winner of our Junior swim, Colin Proctor (Halifax) in a new record time.

Individualswims:- One way - Tommy Torrall. Donald Myers. Carlton Bell.
Two way - Kendall Mellor.

Windermere Cross Lake Swim. We were well represented in this event by our junior swimmers. Colin Proctor 3rd. Ronald Shackleton 6th. Carlton Bell 9th. Norman Robson 13th.

Morecambe Relay Race. Our Club team finished 2nd in this event.
Frank Robson 2 miles. 51 mins. 30 secs. Selwyn Hird. 2 miles 60 mins.
Colin Proctor 1 mile. 26 mins.

B.L.D.S.A. Windermere Championships. I am very pleased to record another success here, with Barry Watson winning the Men's Championship. He should have found this an easy swim after his two-way effort.

Individual Windermere swim. Kendall Mellor notched up a personal best time of 6 hrs. 36 mins as a training swim for the Channel. +

continued/

Feeding on swims. I want to mention this in my report in case it can help anyone similarly effected by swimming as I am. I am troubled when swimming by sickness and vomiting even on short swims or sometimes in training. I have tried various foods on swims without success. This year I read an article in "The Swimming Times" on pre-competition feeding and as a result tried out a mixture of pwdered glucose and a proprietary food 'Complan'. mixed in water. I tried this out on my two-way swims at Coniston and at Windermere and with complete success. No vomiting and a definite feeling of increased energy and well being about half an hour after drinking it. I existed for 18 hours at Windermere on four pints of it. I will pass on the recipe for what it is worth. One third packet of Complan, three tablespoons of glucose to one pint of water. Flavouring can be added.

All in all a report I am proud to present.

Hon. Secretary: Derek Gill, 8, Bowker Street, Great Horton, Bradford.

SANDSEND - WHITBY CHAMPIONSHIPS. Whitby Seals A.S.C.

Course: Sandsend to Whitby Harbour, approx. 3 miles. Good tidal assistance. A fine day with moderate following wind. Inclined rough in parts. Temp. 55-8F.

"A wet sheet and a flowing sea,
"A wind that follows fast....."

(Cunningham.)

We don't remember meeting any of the "waves four to five feet high" reported in the "Huddersfield Daily Examiner", but there is absolutely no doubt that the sea flowed, the wind followed and a blanket or two were nicely dampened by salt spray. Competitors were sloshed along the course in romping style and time-keepers were pleased to record a fine string of personal best times.

But by no means all the credit for Peter Hatfield's triumph in clipping 3½ minutes off Brian Winn's 1962 record goes to wind and sea. Peter, hell-bent [illegible] the trophy, [illegible] zest, established a clear lead [illegible] early in the race and by the time he reached the harbour bar was almost a quarter of a mile ahead of the field.

Special mention for outstanding personal achievement must go to Peter Forrest, who can fairly claim that wind and tide played little part in reducing his 1962 time by more than 37 minutes, and to Bryan Finlay who swam with his usual aplomb to establish a breast stroke record while incidentally taking 4th place in a hot free-style field. A special consolation certificate went to Donald Myers who had the misfortune to be carried by the tide past the harbour mouth.

In the Ladies' Championship, June Hanby swam magnificently to reduce her own course record by more than 4 minutes, - an even bigger margin than the improvement in the men's record.

Brenda Evans retained her 1962 place as runner-up, and four out of five newcomers to the Ladies' Championship, including 14 year old Dianne Beecher, the only Junior competitor in this year's swim, successfully completed the course.

Results.

Men.	1963.	1962.	1961.
Peter Hatfield.	55.15.	59.42.	-
Brian Winn.	1. 0.15.	58.30.	-
Ronald Kellerman.	1. 1.19.	-	-
Bryan Finlay.	1.04.06.	-	-
Edward Milligan.	1.06.32.	-	-
Martin McNulty.	1.11.30.	1.20.40.	1.16.12.
Peter Forrest.	1.11.45.	1.49. 5.	-
Jeffrey Taylor.	1.12.02.	1.22.10.	1.26.50.
Rex Williams.	1.17.27.	-	-
Jim Robinson.	1.17.42.	1.25.58.	-
John O'Hara.	1.39.35.	1.49.56.	-

Retired: Donald Myers.

Average time : 1.10.41. 1.18.16. 1.10.35.

Ladies.	1963.	1962.
June Hanby	1. 2. 9.	1.6.28.
Brenda Evans.	1. 8.10.	1.11.38.
Barbara Devenport.	1.15.07.	
Dianne Beecher.	1.25.22.	
Jeanne Sims.	1.28. 7.	
Enid Jameson.	1.29.34.	

Retired : Wendy Carter.

Average time 1.21.42. 1.16.53.

Whitby's word is its bond, and the improvement in hot water supply for men, promised in last year's report, was forthcoming to the extent that at least one swimmer was hard-pressed to squeeze in among oarsmen, life savers and officials who also decided to take a bath.

A sprinkling of youngsters under 16 have already completed the course in competition with Seniors, veterans and Ancients, - and in 1964 we plan to acknowledge Junior achievement by special trophies. The 'Captain W.H.Fenwick

Trophy" for boys has already been presented to the Club, and a sister cup for girls is on its way.

Hon. Secretary: Jim Robinson, "Claremont" 33, Prospect Hill, Whitby. Yorkshire.
(A.F.M.A.A.F.A.S.A.L.D.S.A.C. & C.A.B.L.D.S.A.)

MORECAMBE CROSS BAY SWIMMING ASSOCIATION CHAMPIONSHIPS.

The 1963 Championships were scheduled to take place during the Morecambe Festival of Sport, but high winds upset the arrangements.

Men's and Ladies' Cross Bay Championships...June 22nd...cancelled.

Men's Cross Bay Relay Race.....June 23rd.....cancelled.

The event was held in the Super Swimming Stadium.

The first and second members of the teams swam 2 miles and the third one mile.

Five teams were registered and entered for the event, but Radcliffe A.S.C. who were in Morecambe (supporting Wm. Pearce who should have competed in the Men's Cross Bay Championship) and made a special appeal to be allowed to swim. This was agreed to by the other teams and they were allowed to take part on the understanding that they could not qualify for the championship. Middlesbrough A.S.C. with Peter Hatfield as first man set off at a cracking pace followed closely by Wm. Pearce of Radcliffe, at the end of two miles Peter had a lead of two lengths, Ron. Kellerman and Ed. Bellerby kept the lead for their team to finish first.

Result:-		Average per mile.
1st. Middlesbrough A.S.C.	2. 4.20.	24.52.
2nd Bradford "A".	2.17. 7.	27.25.
3rd Halifax A.S.C.	2.25.13.	29.2.
4th Assoc. Active Founder Hon. Secretaries.	2.26.52.	31.22.
5th Huddersfield A.S.C.	2.38.52.	31.46.
Radcliffe A.S.C.	2.13.57.	26.47.

First Fleetwood to Morecambe Swim. June 30th.

The prevailing winds are W to SW which is a following wind to Morecambe. Three days before the swim the wind turned round to the East, with force 3 to 6-7 gusts. The forecast for the swim was not good but it was decided to go to Fleetwood and see how conditions were at the starting time. The morning turned out to be very sunny with not too much wind, so we agreed to make the start at 12 noon which was approximately 1 hour before low water. Competitors had luxurious undressing accommodation at the North Western Hotel, arrangements being made by Dr. I.Capper in co-operation with the Fleetwood Corporation. The swimmers greased up in an enclosed area on the [illegible], with a large crowd of spectators who were greatly interested in the preparations. The Promenade was thick with onlookers who crowded onto the water's edge for the start. Notice boards on the promenade warned that it was not safe for swimming, so with the prospects of a North-East wind with gusts up to 6 and rain, the competitors, oarsmen and officials were faced with a rough passage.

The race was started by the Deputy Mayor of Fleetwood. Water temp. 56 -8F. The course was down the River Wyre, which at low water was sheltered by sand banks. After about ½hour a right hand turn towards the River Lune, after about 1 hour a left hand turn brought the swimmers across the Lune to Sunderland Shoulder. Turning into Heysham Lake a little early, conditions were a bit rough. As the tide turned, swimming was easier, but the sea was starting to roll, waves head on, boats tossing about, the only steady escort boat being Dick Wright's Fishing Boat. Approaching Heysham Docks it was really rough and by this time Arthur Ayres, Kendall Mellor and Walter Bradley had retired. Up to the middle of Heysham Lake the race was between Barry Watson, Cmdr. Forsberg and Derek Turner, but gradually Barry increased his lead, finishing in splendid style. Dorothy Perkins, the only lady competitor swam a superb race and seemed to enjoy the rough conditions, finishing with her usual sprint.

Result:- Ladies...Dorothy Perkins..Bradford.....5hrs. 49 mins.
Men.....Barry Watson.....Bingley.....5.....24.....30secs.
Cmdr. Forsberg...Bath.....5.....40.....22.
Derek Turner.....Stalybridge.....5.....45.

Retired:- Kendall Mellor. 2hrs. 10 mins. Walter Bradley..2.15.0d.
Arthur Ayres..2 hrs.

Upon arrival at Morecambe the swimmers were greeted by the Mayor of Morecambe, Counc. F.Higginson and later at the Swimming Stadium he gave them a welcome and provided light refreshments.

continued/

(Morecambe Cross Bay Championships continued)

Ladies Cross Bay Championship...[illegible] July.

When the race was first arranged there were 5 entries, but due to various reasons only two competitors were available, June Hanby of Dewsbury and Dorothy Perkins of Bradford.

June was in excellent form and set off at a good pace, keeping it up all the way, Dorothy could not catch her. Both swimmers finished as though they could have carried on at the same speed.

Result:-

June Hanby.....Dewsbury.....3hrs...20 mins.
Dorothy Perkins..Bradford.....3.....36.....30 secs.

Men's Cross Bay Championship... [illegible] September.

[illegible] the season [illegible] for the Championship was [illegible], due again to swimmers joining the casualty list and for other reasons.

Five swimmers reported for the swim, weather report was very bad, but it was decided to have a try. Boats and competitors left for Grange. Upon arrival at Grange, Pilots and swimmers stated that conditions were bad. The Chief Pilot stated that he was willing to have a try on the understanding that the swimmers would leave the water if the rowing boats could not keep contact with them. Cmdr. Forsberg stated that he did not think the boats could keep up with the swimmers. It was decided to cancel the swim in the Bay. In view of the unsettled state of the weather it was felt that the next suitable date October 5th was not likely to be much better and it was agreed to hold a race in the Super Swimming Stadium at Morecambe. Four swimmers took part in the race which was fixed at 96 lengths (6 miles) The race started after 5 p.m. and finished in pitch blackness with a thunderstorm and torrential rain which drove the officials to the far end of the covered shelter at the end of the Bath. Wm. Pearce retired after 29 lengths, Selwyn Hird had to retire with cramp after 4½ miles.

Result:- Cmdr. C.G.Forsberg, O.B.E. R.N.....Bath.....6 miles.
Jeffrey Taylor.....Huddersfield..6 miles.
Selwyn Hird.....Bingley.....4½ miles.
(awarded Best first attempt Trophy)
Wm. Pearce.....Radcliffe.....retired after 1¾ miles.

Hon. Secretary:- Jack Brown, 30, Acroe Moss Lane, Morecambe.

FIRST SWANSEA PIER TO MUMBLES PIER CHAMPIONSHIP. Swansea Swimming Club. Sun. 28th July. Course approx. 3 miles. Tidally assisted. Five competitors, all completed the course. Our thanks to Mumbles Yacht Club and individual members of that Club for the use of their Club room and boats. Each swimmer was accompanied by a boat with at least one qualified life saver in addition to the crew.

1. C.Taylor.....1..21..23.5.
2. J.Glover.....1..23..50.8.
3. R.Landeg.....1..35..58.5.
4. T.Jones.....1.....55....44.
5. P.Tyrell.....2.....5.....3.

Hon. Secretary:- Mrs. Betty Hansard, 61, Southward Lane, Newton, Mumbles, Swansea. Glam.

THE ENGLISH A.S.A. NATIONAL LONG DISTANCE CHAMPIONSHIPS. Sat. 7th September. Course: Poppleton Lido Blue Bridge, York, approx 4½ miles. Water flat calm. Occasional slight drizzle. This was a real cool swim - temperature 55 F. one of the lowest ever recorded in a long distance Championship, and a retirement list of 5 was not unexpected. It may well have been the temperature that made Tony Milton decide not to linger, for he sped down the Ouse to reduce the previous record by 58 seconds. The Ladies were given the usual gallant and entirely unnecessary 5 minutes start and were then not seen again by the majority of the male competitors until the Presentation after the race. Eight of the 12 competitors in the Men's Championship were B.L.D.S.A. members, and both competitors in the Ladies Championship were B.L.D.S.A. members. Elaine Gray won the Ladies Championship in 1 hr. 48 mins. 33 secs. reducing the record set up by Susan Lynch last year by 3 mins 57 secs. This was another really outstanding swim by Elaine and in fact she recorded the 3rd fastest time of the day.

continued/

Results:-

Men's Championship.		Ladies' Championship. 1963.	1962.
E.P.M.Milton....1.32.22.	1.36.28.	Elaine Cray.....1.48.33.	1.55.39.
M.Brown.....1.45.11.		Brenda Evans.....2.15.59.	
A.M.Clarkson....1.49.03.			
Peter Hatfield..1.49.26.	1.46. 8.		
Brian Winn.....1.55.43.			
Ronald Kellerman.1.56.45.			
Eddie Bellerby...2.16.15.	2.10. 4.		

[illegible] and Presentation that evening was attended by several of your officers and many swimming personalities, including the President of the A.S.A.

M.P.A.C.T.A.C.A.F.H.S.C.A.L.D.S.A.A.& C. a,t.t.B.L.D.S.A.

SECOND POOLE OPEN HARBOUR CHAMPIONSHIPS. Poole Swimming Club.

Course: The Haven Sandbanks to Poole Bridge, approx. 3 miles. We were fortunate this year in having extremely calm water, temp. 59F. and a beautiful sunny day. I hope that those making their first visit to this second largest natural harbour in the world do not think the water conditions are always like this, as it made the swim very easy. Our harbour water at times can be very rough and make this into a really tough swim. However, on this occasion conditions were perfect for swimmers and all concerned.

[illegible] year. I feel we managed to improve on the starting position this year, and on the escort boats and life savers. We also added course boats to assist in guiding the escort boats on the best course. The Reception was rather disappointing compared with last year, but we hope to improve on this next year.

Results:-

Men's Championship.		Ladies Championship.
1963.	1962.	
Nigel Kemp.....54.30.		Elaine Cray.....65.09.
Michael Read.....55.12.	55.42.	Eileen Beaton.....69.38.
Eric Rogers.....59.42.	54.50.	Jeanne Bartlett.....69.57.
David Race.....60.22.	55.50.	Betty Wright.....71.35.
Bryan Finlay.....61.30.		Susan Tomlinson.....75.04.
Tony Chatterton.....62.16.	57.5.	Patricia Knight.....75.41.
Christopher Bamsey...63.59.	54.35.	Jean Ramshaw.....79.56.
[illegible] Moorey.....64.42.	57.35.	
Robert Cracknell....64.56.	57.55.	
Gregory Schofield...66.48.	58.40.	
Peter Caunter.....69.15.	58.5.	
Henry Losner.....70.04.		
Lucien Henkart.....71.57.	66.50.	
John Moorey.....72.03.	64.24.	
Rex Williams.....77.35.		

Hon. Secretary:- Jean Bartlett (Miss) 27, Austin Avenue, Parkstone, Poole.

FIRST FAIRWAY BUOY SWIM. Exmouth Swimming & Life Saving Society. 8th June.

[illegible] approx. 4 miles. [illegible] Sunny with [illegible] 58 to 60F. Nearly ideal conditions for such an early in the year swim. A report by Commander Forsberg rates the organisation as excellent.

Results:-

C.Bamsey.....1.34.
C.C.Forsberg.....1.37.
M.J.Moorey.....1.39.
J.Restorick. (Times not available - J.S.)
M.J.Mills.
G.E.Schofield.
B.Bonn.
P.G.Milne.
J.Burt.
C.D.Symmons.
D.W.Binmore retired at turn.

Hon. Secretary Douglas Wm. Binmore,
17, Marpool Hill, Exmouth. Devon.

CHANNEL SWIMMING ASSOCIATION.

It can probably be said that this season has not been quite as bad as 1962 ! But-- we are obviously not favoured of the Weather Gods ! This summer (pardon the word !) has seen high north-easterly gales/winds blowing consistently with the accompanying high seas. A very depressing outlook for our Channel aspirants, some of whom are used to basking in continuous sunshine and swimming in waters of 70F. or more. However, there have been days-- they could be counted on two hands - when these wretched gods forgot us, when the wind dropped or veered round and the almost mythical sun showed his face - and swimmers seized their luck with both hands and hastened off to Cap Gris Nez to start their endurance test of the Channel.

During the season we have had four successful crossings, all from France to England. Two of them by members of the B.L.D.S.A; Derek Turner and Kendall Mellor. Our warmest congratulations to two stalwarts of one Association from another kindred Association. How about a member of the B.L.D.S.A. considering the "double" crossing next year ? What a turn up for British Swimming it would be ! It's a record waiting for someone !

Van Mooren (Belgium succeeded, doing the crossing on breast stroke; found a little merman on the way over, for on landing was greeted with the news that he had become a father.

Claudia McPherson (Manitoba, Canada) surely deserves the palm of the season; aged 17 years and 4 months she is the youngest girl to ever swim the Channel. Last year Mr. Wood prophesied that she would come again and win - she has done just that - a grand achievement for Youth !

Six other attempts were made but failure dogged the unfortunates.

There were others who came from afar, waiting for the rain to cease and the wind to ease but they returned home in disgust. The conditions were aptly summed up by one American, as he stood in driving rain with visibility nil watching the sea pounding the harbour wall - "Good God! is this the Channel ?, I'd as leave take on Sonny Liston as try to swim in this"!

We hope to have a new issue of our Handbook ready shortly, 5/- each, plus postage. I shall be delighted to send a copy to anyone interested in our activities. Full of good things and a foreword by our new President Comdr. C.J.Forsberg, O.B.E. R.N. - Who needs no introduction to members of the B.L.D.S.A.

Although officially retired, our Elder Statesman, Mr. Wood - as full of enthusiasm as ever, still serves on the Committee, giving us the benefit of his wise counsels and experience.

Hon. Secretary: Miss I. Rollins-Smith, "White Stacks" Walnut Tree Lane, Loose, Maidstone. Tel. Maidstone 83247.

MORECAMBE BAY INSHORE CHAMPIONSHIPS. Morecambe & Heysham Inshore S.C.

Course: parallel to promenade, approx. 3 miles, tidally assisted. Temp. average 62F. All swimmers completed their respective courses. Record held by Joe Smith in 1960, 48 mins 14 secs. Our thanks to all our Yorkshire friends and donors who have helped to make another successful season. Unfortunately, the Lancaster - Morecambe swim had to be cancelled but we hope to hold the swim next year, or arrange a suitable alternative.

First Gent's Heat. 7th July.		Second Gent's Heat. 21st.		Gent's Final. 25thAug.	
B.Milligan	58.58.	B.Winn.	50 mins.	W.Pearce.	52.57.
S.L.Hird.	61.57.	W.Pearce.	50.3.	B.Winn.	57.12.
P. T.Jones.	72.10.	S.Somerfield.	62.0.	E.Milligan.	61.38.
R.Jobling.	73.4.	D.Sykes.	69.17.	S.Hird.	67.35.
D.Myers.	79.0.	J.Taylor.	70.12.		
		P.Forrest.	72.1.		
		J.Robinson.	74.18.		

Two excellent first swims were made by P.T.Jones and D.Sykes, both age 14.

Ladies' Championship.

Brenda Evans.	59.4.
(New Ladies Record)	
Dorothy Perkins.	67.15.
Mrs. J.Fantom.	76.0.

Solo swims were made by by 44 year old Norman Saddler, a good time 67.22. Cyril Hudgins, a fast breast stroke time of 64.35. Mrs. D.Hirst, a nice steady swim of 85.25.

(Morecambe Inshore Championships Report continued)

Two juniors completed the local two mile swim, Carol Wilson,(13) and Anthony Williams, (14).

Hon. Secretary: Mrs. Dorothy Brockbank, 32, Tarbet Street, Lancaster.

THE LAKE DISTRICT SOCIAL AND [illegible] SOCIETY. "The Penthouse" Toby Jug Cafe, Keswick.

This inaugural effort commenced at approximately 11.30 p.m. 31st August, the evening of the Windermere Championship. Several of the 10 competitors came to the line-up 'fresh', but all were groggy when they completed the course at approximately 5 a.m. on the first day of the following month. In accordance with the established procedure of the B.L.D.S.A. a senior official took part (partook ?) to ensure that the affair was conducted in accordance with the best traditions. It was recorded that the temperature was 'hot'. The course was duly measured in litres - and flowed freely. One member temporarily retired during the event, but returned in time.....in time for what he wasn't quite sure. The participants were fed with a variety of unpronouncable delicacies including an unripe melon which was consumed to the bitter end. It would be invidious to mention any outstanding performances (although a number spring readily to my mind) and in order to avoid any possible embarrassment to the modest participants, there will be no such mention. Chubby Checkers was in good fettle, the twistin' was great, the Bongo drummer terrific. Veronica would like the "Starter's Flag" returned to her.....I can't think what she means.

Time, and other things, dims one's memory, but I am sure that we can all recall how much we enjoyed and did justice to that mouthwatering and massive plateful of ham, eggs, chips, with the fried tomatoes and mushrooms, the thoughts of which had fortified us throughout the weekend.

Arising out of this inaugural effort, residents gave loud vocal support, and P.C. 49 officiated at the final ceremony, nearly making a presentation. The proceedings reluctantly closed and members cautiously proceeded 'home'.

Our sincere thanks to the ever hospitable Veronica, and to our new chum "Dot."

Members are strongly recommended, whenever in the vicinity of Keswick, to call at the Toby Jug Cafe for a good meal, with a 24 hour service.

(P.R.A.S.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. - J.S.)

WINDERMERE CROSS LAKE CHAMPIONSHIPS. Lake Windermere Swimming Association.

Thursday, 29th August. Course from Barkhouse to Millerground, approx. 1 mile. Still water. Temp. 59F. Record formerly held by Jack Hatfield, 1961, 20 mins 30 secs. Ladies' Record held by Alison Greaves, 1961, 23 mins 20 secs. This year the presentation of trophies was made by Mr. G.S.Marshall, Cross Lake Champion in 1939. Our thanks to the local boatmen and all who provided boats, the swimmers, escorts, the B.L.D.S.A. Kendal A.S.A. Windermere Sea Scouts, Windermere U.D.C. the Police, Dr. G.Lancaster and all who have assisted in any way. Once again we welcomed strong contingents from Middlesbrough and Ye M.A.B.A. also Nelson & District S.C. An excellent swim, in excellent conditions, only short, but very matey. Not really fast swimmer that you always wanted to swim with cannot get too far ahead. As you can see from the times, it does not matter so long as you get there. All 36 starters were also finishers.

For the attention of any local readers';- Where were you ? Only one competitor in the Gent's Championship. None in the Ladies !

Results.

Men's Championship.

Peter Hatfield.	19.42.	L.Colbeck.	31.47.
Brian Winn.	20.57.	Jim Robinson.	32.57.
Colin Proctor.	22.9.	K.C.Thad.	32.59.
J.C.Preston.	23.12.	J.A.Daish.	33.7.
J.Swainbank.	23.59.	James Lyles.	33.42.
R.Shackleton.	24.17.	Ian Hewitson.	35.32.
Peter Miller.	24.42.	(1st local)	
K.J.Trainer.	25.4.	G.Duncan.	35.35.
Carlton Bell.	25.7.	Albert Davis.	36.32.
Lucien Hankart.	28.3.	Dr. H.Brunsden.	38.27.
Geoffrey Pickles.	28.42.	Anthony Rowley.	39.7.
Angus Smith.	30.7.	W.Partridge.	40.20.
Norman Robson.	30.17.	J.D.Bannister.	45.5.
Brian Rann.	30.30.		
B.Bedford.	31.17.		

Ladies' Championship.

Susan Crannage.	24.23.
Eva Pounder.	27.35.
Judith Eggleton.	29.18.
Mrs. D.Sullivan.	30.52.
Kathryn Berry.	31.5.
Gillian Renwick.	32.39.
Kathleen Neave.	33.14.
Janet Hepher.	33.17.
Joan Wallace.	33.42.

Hon. Secretary: Derek Hewitson. "Coniston" Thornthwaite Rd., Windermere. Westmorland.

DOUGLAS BAY CHAMPIONSHIPS. (Isle of Man.)

Course: across Douglas Bay, approx. 2 miles. Tidally assisted. 18th Aug. Twenty three competitors in this year's race, 17 men and 6 ladies, four competitors retired. An exciting race, with 5 swimmers breaking the old record. A boat accompanied each competitor, and members of the Isle of Man Sub-Aqua Club assisted competitors ashore at the end of the race. Our thanks to all who assisted, especially the Sub-Aqua Club, St.John's Ambulance Brigade, Police, Civil Defence, etc. Thousands of holidaymakers saw the swim, and a stroke by stroke account of the race was broadcast via a radio link with one of the accompanying boats.

Results.

Men's Championship.		Ladies' Championship.	
Wm. Pearce.	37.09.	Jun Parrick.	54.51.
David Dewsbury.	37.37.	Caroline Corteen.	57.16.
John Creer-Parry.	35.29.	Ann Williams.	67.06.
A.Heaton.	40.14.		
Kenneth Brewer.	40.18.		

Hon. Secretary: L.T.Pratley. 46, Ballabrooie Way, Douglas, Isle of Man.

DOUBLE TAY SWIM. Amphibious Ancients Bathing Association, Dundee.

Course approximately 2½ miles. 17th Aug. Temp. 56-8F. Tidally assisted. Reasonable conditions, choppy water at finish. Record held by Bob Sreenan in 1958, 38 mins 26 secs. Our Thanks to D.White (Boatman Pilot) and R.Couttie, (Official Umpire)

Results.

Men's Championship.		Ladies' Championship.	
James Hayes.	52. 45.	Pat Simpson.	66.49.
K.Lieshman.			
J.Stark.			
M.Rielly.			
L.Taylor.			

retired:- J.Gumming. D.Reekie. G.Nash. A.Fyffe. E.Robertson. P.Sullivan.

Jim Robinson and B.Boyck completed the swim, although finishing out of bounds, and were presented with plaques. A request has been received from Jim, asking if, for his benefit in future swims, the Broughty Castle could be moved 100yds East, and the finishing line similarly adjusted.

Hon. Secretary: Angus M.Smith, 12, Links Cottages, Broughty Ferry, Dundee.

THE ASSOCIATION OF ACTIVE FOUNDER HONORARY SECRETARIES OF AMATEUR LONG DISTANCE SWIMMING ASSOCIATIONS, CHAMPIONSHIPS AND CLUBS AFFILIATED TO THE BRITISH LONG DISTANCE SWIMMING ASSOCIATION.

Founded in 1962, this unique organisation is sometimes referred to as the Association of Active Founder Hon. Secretaries, otherwise known as T.A.o.A.F. H.S.o.A.L.D.S.A.C.& C.a.t.t.B.L.D.S.A. and it has been called other names.

Qualification for membership may be inferred from its title. It has, this year, participated in the Morecambe Relay Race, details of which are given in the Morecambe Bay S.A. Report. The Team consisted of the Hon. Secretary of the Sandsend - Whitby Championship, the Hon. Secretary of the B.L.D.S.A. Bala Lake Championship, and the Hon. General Secretary of the B.L.D.S.A.

The Association's four members, which in addition to those already mentioned includes the Hon. Secretary of the Warwickshire Long Distance S.A., have completed the following courses on either Championship or individual swims:- Windermere. Coniston. Solent. Bala. Sandsend - Whitby. Trentham Lake. Morecambe Inshore. Windermere Cross Lake. Details of these swims are given in the appropriate accompanying reports.

No distinctive badge or tie has yet been designed in order that members shall recognise each other, although it has been suggested that "A bent arm, with wet elbow, guarded by two typewriters (rampant), set upon a mound of pending correspondence, might well be an appropriate design for the badge".

A.F.M.o.t.A.o.A.F.H.S.o.A.L.D.S.A.C.& C.a.t.t.B.L.D.S.A. - J.S.)

A late note from Jim asks if I can squeeze in a mention that:-

"The 1964 Sandsend - Whitby Championship will be held on Sat. 8th Aug. Start about 3 p.m."

J.K.S.

BRITISH LONG DISTANCE SWIMMING ASSOCIATION.

Hon. Secretary.
[illegible] Slater.
[illegible] 29, St. Albans
Avenue, Halifax.
Home 60229. Office 60695.

President.
[illegible] Rising, J.P.
"Corrie Lynn" 334,
Herringthorpe Valley
Rd., Rotherham. Yks.

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

INFORMATION BULLETIN 1964.

1. Windermere Cross Lake Championships. Approx. 1 mile. Average time 30 mins. Thur. 27th Aug. same week as B.L.D.S.A. Windermere 10 mile Champ'ps. Silver trophies men & women. No age limit. Certificates. Hon. Sec. Derek Hewitson, "Coniston" Thornthwaite Road, Windermere, Westmorland. Entry fee 7/6d.

2. 3rd Bradford & District L.D.S.C. Junior "Wharfe" Championship. Open to members residing within 15 miles of Bradford Town Hall. Approx. 1 mile. Thur. 18th June. Assemble Otley Pool 6.30 p.m. Closing date 11th June. Age limit 15. Trophies for 1st boy, 1st girl. Certificates. Hon. Sec. Derek Gill, 8, Bowker St., Great Horton, Bradford.

3. Double Tay Championships. Approx. 1⅞ miles. Average time 60 mins. Sat. 15th Aug. Report at A.A.B.A. Clubhouse 1.30 p.m. Closing date 18th July. Silver trophies 1st man 1st woman. No age limit. Cert's and plaques. Alternative date 16th Aug. Hon. Sec. Angus Smith, c/o 10, Dalhousie Rd., Barnhill, Sundee. Entry fee £2.

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

5. 13th Morecambe Bay Inshore Championships. Approx. 3 miles. Average time 1.10. Gent's heats Sun. 28th June. & Sun. 12th July. Final Sunday 23rd Aug. Ladies Champ'p Sun. 26th Jul. Three ladies, three Gent's trophies. Approx. £20 in prizes. Certificates. No age limit if proved ability. Club Badge. Alternative arrang'ts in Swimming Stadium. Hon. Sec. Arthur Shipley, "Lu-Mena" Caton Rd., Lancaster.

6. [illegible] Sandsend - Whitby [illegible] Approx. 3 miles. Sat. [illegible] Aug. Average time 1.15. Report 1 p.m. Start 3 p.m. from Sandsend beach. Cert's. Trophies for men, women, boys, girls under 16 according to A.S.A. rules. Alternative arrangements that day or following day. Club Badge. Individual swims can be arranged. Hon. Sec. James Robinson, 33, Prospect Hill, Whitby. Yks. Entry fee £1.

7. 5th B.L.D.S.A. Bala Lake (North Wales) Senior Championships. Approx. 3 miles. Sat. 1st August. Average time 1.40. Trophies 1st man 1st woman. Certificates. 16 years and over. Entries close 4th July. Report 1.15 p.m. Loch Cafe Beach. Hon. Sec. Jack Somerfield. Village Stores & P.O. Tiddington, Stratford-on-Avon, Wwks.

8. [illegible] B.L.D.S.A. Bala Lake (North Wales) Junior Championships. Approx. 3 miles. Bank Holiday Mon. 3rd Aug. Average time 1.40. Trophies, boys and girls 15 and under. Certificates. Entries close 4th July. Report at Loch Cafe beach 11.15am. Start at Glanllyn 1.30 p.m. Certificates. Entry fee £1. Hon. Sec. J. Somerfield (See No. 7.)

9. Emmetham Lake Championships. Approx. 3 miles. Sun. 20th September. Average time 1.45. Trophies 1st man 1st woman. Certificates. Report at Bathing Pool Cafe at 12 noon. Start at Motor Boat Landing Stage at 1.30 p.m. No competitor under 16 years on the day of the race. Hon. Sec. Jack Somerfield (See No. 7 & 8)

10. 3rd Poole Harbour Championships. Approx. 3 miles. Details not yet available. (I suggest you write to former Hon. Sec. Miss Jean M. Bartlett, 8, Churchfield Rd., Poole, Dorset.)

11. 2nd Exmouth Championships. Approx. 4½ miles. Sat. 20th June. Average time 1.45. Men only, 17 and over. Entry fee 5/- includes membership. From Temple Steps Exmouth Beach to Fairway Buoy and back. Prizes and certificates. Alternative arrangements for sheltered swim same day. Report Exmouth Swimming Pool 2 p.m. Hon. Sec. Douglas Wm. Binmore, 17, Marpool Hill, Exmouth, Devon.

12. 3rd (post war) A.S.A. National Long Distance Championships. Approx. 5 miles. Anticipated average time 2.40. Sat. 13th June. Men & women. Trophies, silver medals. Certificates. Entry forms from John Wilson, Hon. Sec. N.C.A.S.A. 140, Manor Drive, Acomb, York.

13. Clyde Firth Championship. Approx. 5 miles. Average time 3 hours. Details not available. (I suggest you write to Robert McCaughy, 8, Lyle St., Greenock.)

13a. Solent Swim. Ryde-Southsea, Southsea-Ryde, or two-way. Approx. 4½ miles one way. Certificates for individual swims. No race yet. Boat costs approx. £3.10.0d one way swim. £5 for two-way swim. Average time 2.30 men 3.[illegible] [illegible]

14. 17th Morecambe Cross Bay Championships. Approx. 9 miles. Grange to Morecambe. Average time 3 hrs. Men's Championship Sat. 8th (or Sun 9th) Aug. Start 12.30pm. Ladies Champ'p Sat. 11th Sept. Start 2.30pm. Entry fee 5/-. Men's alternative date 5th/6th Sept. Ladies alternative date 5th/6th Sept. Cross Bay team race 3 men per team, Sat. 13th Sept. Start 2.30pm. (if Bay conditions are unsuitable it will be held in the Baths.) No entry fee for team race, but competitors must be members. Trophies, prizes and certificates or plaques. Hon. Sec. Jack Brown, 30, Acre Moss Lane, Morecambe. Tel. 10.

15. 2nd B.L.D.S.A. Bala Lake Two-Day Championships. Approx. 6 miles. Bank Holiday Mon. 3rd Aug. (see No.8 also.) Men & Women, 16 and over. Certificates. Entry fee 30/- Average time 3.10. Report Loch Cafe Beach 10.30am. Start there at 11.30am. Entries close 4th July. Hon. Sec. Jack Somerfield, Tiddington Village Stores and Post Office, Tiddington, Stratford-upon-Avon. Warwickshire. Tel. 2008. S on Avon.

16. 7th B.L.D.S.A. Torbay Championships. Approx. 7½ miles. Torquay-Brixham-Torquay. Sat. 4th July. Average time 3.45. Men. 4.30 Women. Trophies, certificates. 16 years and over. Entry fee £2. Briefing meeting Fri. night at Spa. Report Sat. 10am. Marine Spa. Start 11 a.m. Beacon Cove. Reception & presentation in Marine Spa after swim. Hot baths for all. Hon. Sec. Fred C.Oldman, 163, Handley Rd., New Whittington, Chesterfield. Derbyshire.

17. 5th Ullswater Championships of Bradford & District L.D.S.C. Open to members within 25 mile radius of Bradford Town Hall. Approx. 7 miles. Sun. 19th July. Report 10.30am. Start 11am Glenridding Landing Stage. Ex Pooley Bridge. Trophies 1st man 1st woman. Average time 4.30. No age limit subject to proved ability. Presentn at Public Hall, Pooley Bridge after. Certificates. Hon. Sec. Derek Gill, 8, Bowker St., Great Horton, Bradford. (visit Coniston 27th/28th June)

18. 5th B.L.D.S.A. Windermere Championships. Approx. 10½ miles. Sat. 29th Aug. Average time 6.30. Men and women 16 and over. Report Fri. briefing meeting Albert Hotel, Bowness, 8 p.m. Start 9 a.m. Lake side (or Ambleside, depending on wind direction) Trophies. Certificates. Presentation and buffet supper afterwards. Entries close 1st Aug. Hon. Sec. John O'Hara, 21. Woodhouse Grove, Fartown, Huddersfield, Yorks.

19. 2nd Fleetwood to Morecambe Championships. Approx. 14 miles. Men & women, no age limit subject to proved ability. Trophies, plaques. Entry fee £1. Hon. Sec. Jack Brown, 30, Acre Moss Lane, Morecambe. Tel. 10. Sun. 5th July, Start 1pm.

20. 3rd Lancaster to Morecambe Championships. Approx. 20 miles. Sun. 21st June. Alternative date 5th July. Average time 7.30 Start at Blue Anchor Hotel, Finish at Stone Jetty. Hon. Sec. Arthur Shipley, "Lu-Mena" Caton Rd., Lancaster.

21. B.L.D.S.A. Loch Lomond Championships. Approx. 23 miles. Held subject to sufficient entries. Average time [illegible]. The longest and toughest amateur Championship in the world. Hon. Sec. [illegible] "Wynfa" 22, Harbour Rd., Wibsey, Bradford.

22. Schelde (Holland) Championships. Average time 1.15. B.L.D.S.A. to hold trial in May, select two representatives. All expenses paid by B.L.D.S.A. and Dutch organisers. Any member interested please write Fred C.Oldman, 163, Handley Rd., New Whittington, Chesterfield. Derbyshire, immediately.

23. International Windermere Championship, 1966. Start training now. To be held over the 10½ mile course. Full details in due course.

24. Annual Dinner and Annual General Meeting. 14th/15th November, at Morecambe. To be held in the South in 1965. Any suggestions where ? London will be booked for our 10th Anniversary in 1966.

25. B.L.D.S.A. Ties. Dessin Lapidus swimmer and letters B.L.D.S.A. in repeated pattern, in gold, on black Terylene. Price 13/- from Keith Seymour, 13, Haselhurst Grove, Bradford 9. Gold wire Blazer Badges only available to Windermere swimmers, committee members serving 2nd year of office and limited number of other members specially approved by the committee, also from Keith Seymour, price £3.

26. B.L.D.S.A. Blazer Badges (cloth) and Scroll Badges (metal) Available from Hon. Treasurer, price £1, and 5/- respectively. Blazer Badges subject to qualification as in No. 25.

27. Life Saver Badges. Members urged to qualify and give the benefit of your experience and assistance to others. Write to Hon. Secretary Mr. Anderson, 64, Festival Avenue, Orford, Warrington, Lancs. Successful candidates entitled to Association's Blazer Badge set on crossed oars.

28. Late entries are not accepted for any B.L.D.S.A. Championships - you have been warned.

29. Best wishes for a happy and successful season.

John K.Slater.
Hon. Secretary B.L.D.S.A.