BRITISH LONG DISTANCE SWIMMING ASSOCIATION.

Hon. General Secretary.
John R.Slater.
"Top o't Crag"
3, Moorland Cottages,
Cragg Vale, Hebden Bridge.
West Yorkshire.

President.
George W.Owen.
(Bradford)

Hon. Treasurer.
G.Trevor Smith.
105, Station Road,
Fenay Bridge,
Huddersfield.
West Yorkshire.

30th January, 1977.

Dear Member,

ANNUAL REPORTS FOR 1977.

I have pleasure in presenting the twentieth Annual Reports on the activities of our Association.

Membership has increased to 428, composed of 127 Life Members, 230 Annual Adult Members and 68 Annual Junior Members, although if we take into consideration the membership of affiliated Clubs the total would be well over three thousand.

Our Regional Representatives cover many counties throughout England, with limited representation in Scotland and Ireland and Wales (we hope to improve the position in 1977/8), and we have Overseas Representatives and members in the U.S.A., Germany, Italy, Cyprus, Egypt, Syria, Australia, Czechoslovakia, Poland, Spain, Hungary, Holland, Belgium, India, New Zealand, Saudi Arabia, and the Channel Isles.

The season has again been of outstanding interest and progress with new Championships, new records and outstanding successes by our members winning International Championships abroad.

Reports from your respective Championship Hon. Secretaries and other Officers follow my report and cover our main activities during the season. As usual I will endeavour to confine myself to report and comment on other matters which I hope will be of interest to you.

Wendy Brook takes pride of place with her magnificent Channel record swim and we take very great pleasure from her success and offer her our very hearty congratulations that the world title of the most famous of all long distance swims has fallen to her. Our hearty congratulations also must go to her coach, Miss Eileen Fenton, whose enthusiasm, dedication and experience has raised so many Champions in sprinting and long distance.

Kevin Murphy again hits the headlines as the winner of the challenge swim in Sidney Harbour, against Des. Renford, the Australian Champion. Full details are awaited, but I understand that it was a most exciting race with only minutes separating the two. Apparently the challenge is now extended to a 100 mile swim to take place in a few weeks time and we await the details with much interest. This is, so far as I am aware, the longest "Championship" ever contemplated. If the course is successfuly completed ...what next.... !

Ernest Brook. We sadly record the sudden death of Ernest Brook, an Executive Committee member always willing to give a hand with any project and who will perhaps best be remembered for his part in providing and manning the inflatable dinghy in the Cross Channel Relay Championship in 1975. We extend our deepest sympathy to Mrs. Jean Brook, Elise and David.

Madge and Colin Proctor. Our hearty congratulations to the proud parents of Michelle.

Anne and Michael Smith. Our hearty congratulations on the arrival of Duncan, a brother for Patrick.

Roger and Valerie(Taylor) now Mr and Mrs. Parsons made it to the Altar with much dignity, followed at the reception by much hilarity, followed a month later by your Hon. General Secretary J.K.S. and 'Maid' Marion, who spent the first night of their honeymoon removing tin cans, old shoes and whitewash slogans and epithets from their 'mobile home'.

John Baker, of 18, Greig Close, Sandfield Estate, Aberavon, Port Talbot, West Wales, is organising a 5 mile Championship from Swansea Pier to Aberavon Pier, on the 13th August, 1977. Open to all senior members, both sexes. Limited entry of 20 unless you can bring your own boat/canoe, oarsman/canoeist. Supported by the Aberavon S.C., John has been responsible for a greatly increased interest in our branch of the sport in Wales, so much so that the Welsh A.S.A. have asked us to consider appointing him as their Representative for their Association, or is it our Representative for our Association ? Whichever way round it may be it is a good sign and augurs well for future relationships. I should mention that the Championship will have an alternative $1\frac{1}{2}$ mile course in the event of rough conditions. An S.A.E. to Mr. J.Baker will ensure an entry form.

John Pilling in forwarding his membership from P.O.Box 4522 Nicosia, Cyprus, fears that any correspondence addressed to him at his last address in Beirut may have 'gone up in smoke' at the same time that the Post Office there did exactly that. John wishes to

be remembered to friends in the Association and looks forward to joining our activities again in due course.

Commander Gerald Forsberg, OBE, Royal Navy (Rtd.) M.N.I., has upped anchor from Bath and made port at that well known watering place, famous for its views of the Lake District mountains - magnificent in the setting sun, renowned for its shrimps, and known throughout the country for its bathing beauty competitions, but first and most important it is recognised by all devotees of long distance swimming throughout the world as the home of the Cross Bay Championships. No stranger to Morecambe, Gerry first won the Championship in 1951. Mrs. Joyce Forsberg,(daughter of Dr. Hogarth who was then the Hon. Medical Officer for the Swim) was an official in the Cross Bay Association, and Charles Forsberg attended college at Lancaster. With all those memories and many friends in the area we are delighted to welcome Gerry, Joyce, Charles and Vera back to

contributes in a number of ways to the furtherance of our sport, not least of which is the monthly article in the Swimming Times. So many of you who read the Swimming Times will no doubt have realised that the Editor in his wisdom (?) by 'editing' has at times caused a number of infuriating inaccuracies To us who have read 'Modern Long Distance Swimming', 'First Strokes in Swimming' and many other publications in sundry National magazines and papers written and edited by Commander Forsberg in immaculate style and unquestionable accuracy, it is obvious that more care should be taken by the Swimming Times.

The Swimming Teacher's Association. As the years pass by our ties with the S.T.A. strengthen. At Annual Dinners we regularly indulge in 'President Swapping' and you can't get any friendlier than that can you ? We were very pleased to take advantage of their kind offer to use the facilities of the S.T.A. H.Q. in Birmingham for a recent Executive meeting, and the hospitality which the President, Secretary and other officers extended to us on a normally "dry" Sunday enabled us to commence the meeting in good spirits (?). The journal of the S.T.A. is published monthly and is highly recommended to our members. Recent issues have often contained useful current items and correspondence relating to events long before our Association was formed. I noted with pleasure that Mrs. Ethel Anderson of Warrington, and Geof. Budworth of London were contributors on an historical long distance swimming note.

Attendances at the B.L.D.S.A. Executive Meetings. This item has never before appeared in our Reports, but at 10 minutes notice our Assistant Hon. Secretary Mrs. Anne Smith produced the following figures which may be useful for members voting at the A.G.M.
Maximum attendance is 4. G.W.Owen 4. B.Long 4 J.K.Slater 4. G.T.Smith 4. M.Smith 4. C.Carter 4. K.Lumb 4. C.Walker 4. M.Ferguson 4. Mrs.M.Hinchliffe 4. A.Humphries 4. Mrs.M.Smith 4. J.Alexander 4, R.Hatfield 4.
An 'A' following the number indicates an apology for absence. A '?' following the number indicates an absence without an apology being received.
J.O'Hara 3A. C.Webster 1AAA. T.Worrall 1AA. E.Robinson 3A. D.Mace 1???. F.Oldman 3A.

E.Brook (deceased). P.Rising 2A? L.Craven 3A. K.Seymour ???? R.Baker (co-opted) 1.

Willy van Rysel. Another tremendously successful year for our 'Lady Master Swimmer' The expression may seem a contradiction in itself, but as the term 'Master Swimmer' gains increasing popularity, and as Willy makes no secret of the fact that she is proud to be 60 (and looking twenty years younger) I make no apology for adding the first definition. On the Southsea to Ryde swim Willy broke two records - details will no doubt be given in the Solent Report which follows. On her Ullswater Swim a few weeks earlier I had the pleasure of acting as crew and timekeeper and I can confirm that Willy walked briskly out of the water at the end of the 7½ miles, just as steadily as she walked in at the start, almost immediately drove 100 miles whilst I, tired out, slumped asleep in the passenger seat.

Otter S.C. 'Masters Championships'. Willy cleared most of the Golds for the 'Seniors' and I have an assurance from several other members that next year they will swim for the B.L.D.S.A. If we make a really determined effort in 1977 I am certain that we could throw down the gauntlet to the Otter S.C. and make a really exciting challenge to their supremacy. Nearer the time, or possibly at the A.G.M. someone may like to volunteer their services as organiser of the B.L.D.S.A. competitors for this event.

Regional and Overseas Representatives. Over a period of twenty years we have appointed experienced swimmers to promote our interests and assist our members in various parts of the country and abroad and it has been suggested that some changes may be needed to bring the list up to date. Indeed, some of our Representatives may now be out of touch with current long distance swimming affairs and could perhaps be replaced by other enthusiasts. The current list, so far as I have been able to ascertain, is given below:
Bedfordshire - John Todd. Buckinghamshire - B.Dove. Channel Coast - J.U.Wood. Channel Isles-M. Lakeman. Cheshire & South Lancashire - J.Heapy. Derbyshire - F.Oldman. Devon - Mrs. S.Margetts. Durham & North Yorks J.Turnbull. Essex - A.Wood (dec'd) Gloucestershire & Somerset - Mrs. M.Pike. Hampshire - J.Moorey. Northern Ireland -

Lincolnshire - Miss B.Fisher. Nottinghamshire - [illegible] Norfolk - A.Percy. Scotland - R.McCaughey. Staffordshire - J.Somerfield. Wales - Miss J.James. South Wales Coast - P.Tyrell. Warwickshire - A.Ayres. Yorkshire - Miss E.Fenton.

Overseas Representatives - Holland - Mrs. J.v.Prassen. Rhodesia - M.Parr. Spain - Miss M.Tresseras. Czechoslovakia - Jaroslav Novak. Hungary - Boris Perjenik

Selection of competitors for long distance swimming. Extract from "Survival in Cold Water" by W.R.Keatinge, PhD. B.Chir. M.B. Tutor in Physiology, Pembroke College, Oxford. Published by Blackwell Scientific Publications, Oxford & Edinburgh.

"Pick up skinfolds between finger and thumb from each of the following sites and measure their thickness by calipers. British Indicators Ltd., John Bull Calipers are suitable. Make 4 readings from each site.

1. Biceps: front of arm midway between acrocion process and the medial epicondyle of the humerus.
2. Subscapular: over lower point of scapula.
3. Abdomen: 5 c.m. below and lateral to umbilicus.
4. Subcostal: lower border of the ribs immediately below the centre of the clavicle.

Average all the 16 readings:

A) Values less than 10 m.m. = individual unsuitable for work in cold water. Liable without protection to die on prolonged immersion in water as warm as 20c.

B) Values greater than 20 m.m. = individual highly suitable for work in cold water. Likely to survive indefinitely in water as cold as 12c. "

(Note 1. Biceps: midway between centre of inside elbow and top of shoulder.
2. Just below lower point of shoulder blade (subscapular)
3. This is self explanatory.
4. Below ribs in line with centre of collar bone.)

Well now, for the price of a pair of calipers - essential equipment for each Championship Hon. Secretary and Selection Committees - you can weed out those competitors who are liable to peg out on your Championship. In the old days all we did was to reach out a hand to the region of the competitors midriff, seize hold of as much as possible, give it a squeeze and a shake and if he wobbled from his knees to his elbows he was considered a suitable specimen to start work on. That was before we opened the sport to the ladies ..... I hasten to add.

Pollution Warning from the C.C.P.R. Interesting to note that the C.C.P.R. advised in August last year that due to the drought, people engaged in water recreation activities should be warned of the dangers which now exist.....governing bodies etc., are advised to consult with their local medical officer of health to satisfy themselves that their waters are free from risk. I wonder if this means what it seems to mean, i.e. that the local medical officer of health will conduct the necessary tests...on our behalf... no charge.....?

The Sports Council Information Centre, 70, Brompton Road, London, SW3 1EX. [illegible] in their address book and [illegible] if we are too proud. The A.S.A. receives grants, practically every other sport you can think of receives a grant from the Sports Council. We did have a promise from the A.S.A. that we would certainly be sympathetically considered for grants towards our International Teams taking part in competitions abroad, but for two years now we have heard nothing. Times are hard, financial climate very cold, but still the money pours out of the Sports Council. Still we proudly send out our swimmers on a shoe string budget, and depend upon the kind hospitality of our overseas friends whom we then insult by winning their Championships and failing to reciprocate. Would one of our London members like to call in on the Information Centre of the Sports Council and ask for information? Do they know how much we spend when once every four years we entertain and pay expenses for swimmers from as far away as Poland and Egypt to take part in the Windermere International. Do we have to remind the A.S.A. of their promise or should we look elsewhere .....in more ways than one. Some of our members have already passed [illegible] and Individual Swimming. The subject was fully discussed only three years ago in these Reports and subsequently at a special A.G.M., but times change and we should perhaps consider changing with them.

International Long Distance Swimming Championships via F.I.N.A.

We are receiving support from the Czechoslovakian A.S.A. for an approach to F.I.N.A. for F.I.N.A. to give consideration to our branch of the sport. This is the first real sign of overseas willingness to bring pressure to bear, and I believe we should link up closely with Czechoslovakia and ensure that we do all we can to maintain our position as the leading nation in amateur long distance swimming. Mrs. Valerie Parsons, as our International / Overseas Championships Hon. Secretary, is closely concerned with this latest break-through.

Windermere Cross Lake Championship. Sad news that the Lakes Swimming Association has now ceased to exist, although the continuance of the Championship has been assured by virtue of the Troutbeck Swimming Club taking over the trophies and organisation, with Jim Tyson linking the take-over by continuing as Championship Hon. Secretary. We are grateful to the Association and to Miss Appling, the Chairman for many years, for a donation of £50 to the B.L.D.S.A. funds.

JKS.

Trophies. Alan Humphries, our Insignia and Trophy Steward reports that we have now 69 trophies, which include several not yet allocated. It is anticipated that all the trophies will be allocated by the start of the season. To the donor (anonymous) of two trophies and medals for breast stroke, we must apologise for the most regretable mix-up. One trophy has now been presented, the other will be presented in due course.

Championship Time-Keeping. From time to time complaints inevitably arise regarding times credited to swimmers and on occasions inaccuracies can cause havoc with placings and records. Anything that can be done to simplify the procedure and ensure greater accuracy is welcome. Over the years it has been proved time and time again that this is a [illegible] rules dictate that there shall be separate Championships for Men and Women, but there is nothing anywhere to say that the two separate races shall not be started at the same time. Old fashioned courtesy of 'Ladies before Gentlemen' in most swims means that the men give the women a start, like the carrot before the donkey, and never see them again! In many matters the law of the land dictates that there shall be equality between the sexes. Let us now put aside our ancient customs and make life easier for our timekeepers by starting both races at the same time, one by audible and the other by visible means. It is much less complicated for the starter to start his/her watch and allow it to run and simply call out the time to the recorder as soon as each swimmer completes the course, rather than to deduct or add so many minutes and so many seconds depending on whether the swimmer is a he or a she.

Constitutional Rules. The Association's Constitutional Rules have served us well for many years with only slight amendment from time to time. However, over the years the size of the Executive has almost doubled due to the promotion of additional Championships and essential appointments to carry out the work involved. The original Executive was composed almost entirely of Yorkshire enthusiasts and travelling to meetings was a mere 10 to 30 miles with no claims for travelling expenses. Recent appointments have quite properly brought in hard working members from much further afield and to ask these members to travel perhaps 300 miles on a round trip to attend a 5 to 9 hour meeting paying their own petrol expenses on several occasions during the year, in addition to paying their own expenses in attending the Championships, may be considered unreasonable. For the Association to cover these expenses would result in grave financial problems. The time taken in Executive meetings on lengthy Agendas with all officers attending and reporting on their particular activities and answering questions by other officers often results in important matters being put off until the following meeting, or hasty decisions made. Experience over the years has also shown how essential it is that Championship Hon. Secretaries should be backed by strong but small local committees rather than left to 'do his own thing' as a 'one man band'. The original suggestion to investigate and revise the problems arose at Mitchell Read. The Study Group is composed of G.T.Smith, A.E.Crowe, C.Carter, J.K.Slater, M.Read and M.J.Smith (Secretary). This group has produced a Report, copies of which will be available at the A.G.M. What is suggested, briefly, is a Governing Body of 9, instead of 36 as at present, but that all the existing members of the Executive would still be required in varying capacities with the chief officers required to act with the support of small committees, reporting in writing to the Governing Body, rather than attending meetings thereof. The final result, if approved, would be a considerable saving of time and money and the better organisation of your Association's affairs. It is not proposed to open a lengthy discussion on the matter at the forthcoming A.G.M., but if members after having read the 'First Draft' available at the A.G.M. have any observations to make, they should write direct to the Study Group Secretary Michael Smith, 18, Swan Avenue, Brigstock, Nr. Kettering, Northants. NN14 3JQ.

Film Star Marathoneer. I received a call from Roger Jenkins of Bristol B.B.C. asking for suggestions as to a suitable 45-55 year old marathoneer, well built and who could tolerate very cold water very early in the year. I gave him three names and I understand that he has made contact. No name at the moment but full details will be given in due course.

Canoeist contacts. John R.Sandford of Priory School, Worle, Weston Super Mare, Avon, an official of the British Canoe Union, who was our main contact for canoeing experts on the Cross Channel Relay, and who [illegible] at the Morecambe Cross Bay Championships, tells me that his fellow Channeleers - Mike Matthews-plans to traverse Cape Horne, South America in the next week or two, and Mike Jaques plans an Arctic Circle Venture this summer. He sends his best wishes and asks to be kept in touch with our events if we require his assistance. Championship Hon. Sec's please note.

Due to the increased cost of paper & postage over the last two years you may have noticed I have reduced the length of my report considerably, and endeavoured to compress it as far as possible. I have also regretfully had to cut down on two other reports, with a resultant estimated saving of [illegible] £23. I should be glad if other officers would give [illegible] Championship Results [illegible] officers and members who have given their support and assistance during the past season, particularly to our Assistant Hon. Secretary, [illegible] look forward to seeing you all during the coming season.

Yours sincerely,

John K.Slater.

Hon. General Secretary.

JKS.

B.L.D.S.A. MORECAMBE CROSS BAY CHAMPIONSHIP.

What can I do but apologise to all the swimmers for this year's Cross Bay Swim. The Sub Committee had problems in arranging canoes, dressing accomodation, and decent swimming weather. We only succeeded in the latter. Once again we were blessed with ideal swimming conditions, warm water (66F), calm seas (Wind Force 2) and sunny weather.

30 swimmers took to the water, 6 ladies followed by 24 men and immediately the ladies event became a duel between Val Taylor (Walsall) 1974 Champion, and Gina Clarke (Warrington) swimming in her first B.L.D.S.A. event as a Senior. For mile after mile they swam stroke for stroke and only during the last mile did Val's extra strength tell as she sped to the finishing post with 3 minutes to spare. The ferocity with which these two swimmers attacked the swim can only be gauged by the fact that Bill Dutton, the Gents Champion, was the only swimmer to put up a faster time. 1975 Champion, Dilys Beynon, cruised into third place followed by club mate Pat Dawson, Suzanne Lodge (Huddersfield), and Margaret Smith.

The Gents Championship was more of a tactical battle with local swimmer Michael Ridsdale taking his own course across the Bay. He virtually took a straight line for Morecambe and at the half way stage was a good half mile in the lead. Bill Dutton, attempting to win the event for the third consecutive year, followed the Pilot Boat and fanning out behind him were 28 other swimmers hoping they were going in the right direction. After 2 hours Michael began to tire and the main pack of swimmers were rapidly closing the gap. Bill Dutton overtook Michael and stormed in to take the title for the third time. Michael hung on for second place with Dick Hatfield finishing third, at his first attempt. Newcomers to the event also included Grimsby Dolphins swimmers and Tony Espin of that club carried off the men's Best 1st Attempt Trophy.

With only one retirement, there were many private battles during the event and at one point we had five competitors swimming side by side. The proudest man after this year's event was Arthur Williams, who finished the swim after five previous unsuccessful attempts. For his swim he was awarded the Men's Special Merit Award. His grand-daughter, yes! grand-daughter Gina Clarke was awarded the Best 1st Attempt Trophy for her second placing in the ladies event.

Once again certain swimmers did not fully read the information sheet and took part in their own Round the Bay Swim, however I am assured that they all appreciated the near Meditteranean conditions.

On behalf of the Cross Bay Sub Committee I must thank the Morecambe Tourism Department, Don Edwards - Chief Pilot, Lancaster University Canoe Club, the Forsberg family and the Warrington Dolphind for all the help and assistance given and look forward to seeing you in 1977.

Results

1.	Bill Dutton	2.54.07.	1.	Val Taylor	2.57.15.
2.	Michael Ridsdale	3.02.17.	2.	Gina Clarke	3.00.45.
3.	Dick Hatfield	3.04.46.	3.	Dilys Beynon	3.29.3[illegible].
4.	Michael Read	3.08.07.	4.	Pat Dawson	3.39.0[illegible].
5.	Peter Stephens	3.09.50.	5.	Suzanne Lodge	[illegible]
[illegible]	[illegible]	[illegible]			
[illegible]	[illegible]	[illegible]			
8.	Eric Millican	3.22.00.			
9.	Norman Trusty	3.27.14.			
10.	Tony Espin	3.36.30.			
11.	John Alexander	3.38.14.			
12.	Jack Kerwin	3.40.19.			
13.	Kevin Ferguson	3.40.41.			
14.	Maurice Ferguson	3.41.47.			
15.	Peter Winchester	3.43.00.			
16.	Al Coward	4.00.07.			
17.	Cedric Webster	4.04.[illegible].			
18.	Arthur Williams	4.[illegible]			
19.	Ewart Greenwood	4.09.13.			
20.	Bob McNae	4.09.29.			
21.	Paul Tew	4.11.27.			

AGS

22. Jeff Paley 4.17.22.
23. Ken Bailey 4.19.54.

C.F. Carter, 35, Birdwell Drive, Gt. Sankey, Warrington.

B.L.D.S.A. LANGOLD LAKE CHAMPIONSHIP

It is my pleasure to submit the Annual Report of the Langold Lake Junior Championship held on Sunday, 22nd August 1976. Eighteen swimmers entered the events, nine boys and nine girls. Two boys, Nigel Metcalfe and Christopher Goddard were non-swimmers. All who started finished the course of two miles. The weather was very good, with the water temperature 68F.

Susan Johnson of the Barrow A.S.C. won the girls event in a time of 3[illegible] mins. 56 secs., to win the "Mrs. I. Oldman" Trophy. Denise Bartholomew of Rotherham Phoenix a very close second in a time of 39 mins. 2 secs., and Nicola Treadwell of Gravesend and Northfleet, third in a time of 41 mins. 9 secs.

Robert Sherburn, W.L.D.S.A., won the boys event in a time of [illegible] mins. [illegible] to take the "Founders Cup". David Goble, Bradford L.D.S.C., last year's winner came second in a time of 36 mins. 28 secs. David Keetley, Rotherham Phoenix, was third in a time of 36 mins. 50 secs.

The presentation was held shortly after the championships. Counc. Bloomer, the Mayor of Worksop, presented the "Founders Cup" and gold medal to Robert Sherburn, ably assisted by our President Mr. George Owen. Counc. Hobbs, the Mayor of Retford, presented "The Mrs. I. Oldman Trophy" to Susan Johnson along with the gold medal. A special gala programme of events took place after the championships, organised by the Firbeck Life Saving and Sub-Aqua Club, who do much for us in staging our own event.

[illegible] Chairman, Mr. B. Shreeve, the Leisure Services Officer, [illegible] Lake and Park Manager, who once again rounded off the gala with his spectacular fire-dive, the boat crews, the grand lads of the canoe club, led by Lynsey Williams, an Olympic canoeist who gave ample coverage of the course. Warm thanks to the B.L.D.S.A. officials and all who helped to make this championship a success. A special thanks to John O'Hara, our commentator, who kept the spectators well informed and this being his first Langold experience was no easy job, well done John.

Championship Committee: Mr. M. Robinson, Mr. L. Craven, Mr. Jack Revill (local organiser).

Results

1.	Robert Sherburn	34.31.	1.	Susan Johnson	[illegible].56.
2.	David Goble	36.28.	2.	Denise Bartholomew	39.02.
3.	David Keetley	36.50.	3.	Nicola Treadwell	[illegible]
4.	Shaun Hammond	39.30.	4.	Deborah Wardlaw	[illegible]
5.	Andrew Burtenshaw	42.40.	5.	Carole Monks	[illegible]
6.	James Rann	42.43.	6.	Heather Lendham	[illegible]
7.	Kenneth Dawson	[illegible].35.	7.	Christine Goble	[illegible]
			8.	Allison Hawkins	[illegible]
			9.	Karen Hawkins	[illegible]

Cedric Webster, 39, Abingdon Road, Intake, Doncaster, DN2 5JP, South Yorkshire.

[illegible] CHAMPIONSHIP

Once again it gives me great pleasure to present this report on our premier championship. A day on which 46 competitors entered the water at Lakeside for the start of the swim: 34 men and 12 ladies. Unlike last year the race [illegible] off to a good start, being only 4 minutes later the crews in the boats responding wonderfully well to pull the boats off shore with the minimum of confusion. Once again as in previous years we knew by the standard of competitors that we

were in for a good race. Conditions at the start of the race were not too bad, and we thought the day would hold but as the race progressed the wind got stronger, developing into a headwind, making the lake very choppy and not ideal conditions for the Long Distance Swimmer. Temperatures this year were slightly up on last year: the range being 62 - 64F as against last year 57 - 60F but with the adverse headwind we had a feeling that the times could be slightly slower than last year. Once again as in previous reports I must say how sorry I am that I cannot mention every individual effort because to do so in words would fill a volume but I do extend my sincere thanks to you all for taking part.

In the Ladies race we knew we were in for a good battle with Wendy Brook trying to break the 4 hour barrier thus beating the all time record (all this after her record breaking swim in the Channel). We waited alas! it was not to be, but what a performance Wendy put up. Straight form the start Wendy swam into the lead not to be overtaken by any lady or gent throughout the race to finish up the outright winner in a time of 4.25.47 thus retaining her ladies championship. Our heartiest congratulations on a wonderful swim. Into second place swam Sally Ann Walker (what a double for the Dewsbury Club) a breast-stroke swimmer and making history by breaking the Ladies breast-stroke record on her first attempt by coming home in a time of 6.02.38 thus gaining the 2nd ladies trophy, the ladies breast-stroke trophy and the best first attempt trophy - a truly remarkable record for a first championship swim (congratulations!). Third lady home was Miss Patricia Dawson in a time of 7.02.02 and I am sure that this young lady (who has great prospects) will come back next year with a vengeance to fight for a place in the first three in the 1977 championship. Fourth lady home was Miss Suzanne Lodge in a time of 8.08.51. This was a most meritorious swim considering that this young lady had swum the full length of Loch Lomond only a week before to [illegible] Suzanne.

To these four ladies we offer our thanks for entering the championship and hope to see you all again next year. To all the other ladies who had to retire we also say thank you for entering: past champion Miss Dilys Beynon, Mrs. L.J. Smith (what a tremendous effort in Loch Lomond), Miss Carol A. Bradford, Miss Linda Westlake, Miss Jacqueline Watkins, Miss Gina Clarke, Mrs. Lillian D. Bell, and finally Mrs. Bertha Sharples. You all had a go (conditions could have been better) and certainly hope we shall see you next year.

In the mens championship we know we were still in for a good race even with the withdrawals of such men as Mike Read, Kevin Murphy, (both on Channel events) and Peter J. Larrad (still suffering from his Loch Lomond swim) leaving the race wide open to men like Chris Carter (Loch Lomond champion), Richard Hatfield, J. Winter, Francis Allen, Ian Reid and a very good young swimmer called Ronald J. Evans. All these men were in with a good chance of beating the reigning champion Bill Dutton. Again as in the ladies championship the men got off to a good start being 4 mins. behind the ladies, conditions being the same. I cannot write about the race in detail because of my commentary work at Waterhead, but know the race was going well and that the men mentioned in the above paragraph were coping with the changing conditions on the lake, the first surprise being the retirement of one of the favourites Ronald Evans with cramp. After that we had a string of retirements with men like Maurice Ferguson, Arthur Ayres, Jeff Paley, John Alexander and knew then that conditions on the lake were not as calm as they looked from Waterhead. As the race progressed it showed that once again Bill Dutton had gone into the lead closely followed by Jimmy Winter and Chris Carter and not very far behind Peter Hatfield; and Francis Allen trying very hard to [illegible] Roger (Polly) Parsons who had stated his intention of [illegible] breast-stroke record. So it was to be [illegible] Bill Dutton [illegible] championship coming in first in a time of 5.00.02 in not too ideal conditions closely followed by Jimmy Winter in 5.08.20 and Chris Carter 5.12 01 (what a race). Congratulations on a fine swim.

Congratulations must surely go to Roger Parsons who after stating his intention came home in a time of 6.02.38 to break the existing Breast-stroke record being given the same time as the ladies record breaking time (well done Roger).
And so once again Bill has proved to be a worthy champion, with only 12 minutes between the first three men it was a good race. To these three men we say thank you and hope you will come again next year. To all the other men who took part both successful and unsuccessful we say the same - please come again and thank you all for making Windermere a tremendous occasion.

As I have said previously it would be impossible to name every individual attempt [illegible] and decisions have to be made which at the time seem to be hard ones but these are [illegible] your ability, and make the Windermere swim a safe and happy one (Thank You all).

In ending this report I would like to thank the people who helped me to run this championship: my sub-committee (Mrs. M. Hinchliffe, Mr. Trevor Smith, Mr. Lewis Craven), Mrs. Marie Toft, Mr. Malcolm Procter, Mr. and Mrs. Butcher, Mr. Jim Tyson, Mr. Tommy Worall, Mrs. Lucie O'Hara, Mr. Carl Walker, Mr. Ralph Hinchliffe, Mr. R. Clarke, Mr. Ken Lumb, Chairman and Councillors of the South Lakeland District Council, St. Johns Ambulance Brigade (Ambleside Division), The Cumbria Constabulary, Officers and men of the 208 Lt A.A. Battery (Liverpool), to all the crews who row the boats, swimmers, Officials, and the many others!! A lot of people you may think, but without them this championship could not take place.

TO YOU ALL I EXTEND MY THANKS AND GRATITUDE!!

Results

1.	Bill Dutton	5.00.02.
2.	James Winter	5.08.20.
3.	Christopher Carter	5.12.01.
4.	Richard Hatfield	5.45.07.
5.	Jeffrey Lloyd	5.59.35.
6.	Francis Allen	6.01.53.
7.	Roger Parsons	6.02.30.
	(Gents Breast-stroke Record)	
8.	Ian Reid	6.05.31.
9.	Peter M. Stephens	6.21.15.
10.	Douglas Graham	6.35.02.
11.	John Perkins	6.41.43.
12.	Richard Skillen	7.07.09.
13.	[illegible]	[illegible]
14.	[illegible]	[illegible]
15.	Colin Burnett	7.57.56.
16.	Kevin Ferguson	8.04.51.
17.	John T. Carron	8.27.39.
18.	Trevor James	8.48.39.

Finished out of time:

	Derek Jukes	9.03.24.
	Denis Hicks	9.05.17.

1.	Wendy Brook	4.35.47.
2.	Sally A. Walker	[illegible]
	(Ladies Breast-stroke Record)	
3.	Patricia Dawson	7.02.02.
4.	Suzanne Lodge	8.00.51.

Retired: Dilys Beynon, Margaret J. Smith, Carol A. Bradford, Linda Westlake, Bertha Sharples, Lillian B. Bell, Jacqueline Watkins, Gina Clarke.

Retired: Kenneth N.G. Bailey, Arthur E. Ayres, Ronald J. Evans, William Wallace, Kenneth J. Keighley, John J. Alexander, Marc Aspeslach, Stephen Bedford, Arthur Williams, Jeffrey Palry, Maurice Ferguson, Terence J. Wood, Michael Ridsdale, Ewart C. Greenwood

[illegible] 41, Woodhouse Grove, Norton, Huddersfield, W. Yorks. [illegible] Tel. Huddersfield 20936.

D.L.D.S.A. BALA CHAMPIONSHIP

This year was the seventeenth annual championship, and being my first as secretary, I would like to say a very big thank you to everyone who helped me, officials and parents alike, without them I could not have carried out my duties. The entries for this year are slightly down on last year, sixty seven as against seventy three for last year. There were twnty nine seniors and thirty eight juniors competing for ten trophies.

Saturday the 1st of the senior swim started off sunny and rather warm, but as [illegible] for the start of the swim there was a strong cold sprea[illegible] across the lake from the south west. Nevertheless all the senior swimmers got off to a prompt start at 12 noon. The water temp. was approx. 66F and as the swim progressed the weather got worse and it started to rain. The first swimmer arrived home in two hours and fourty three minutes, and by the time the last swimmer arrived back at the Loch Cafe beach, the rain was coming down in torrents. The five hour time limit was applied again this year, and we had only one swimmer who finished outside the time limit. There were seven retirements from the senior swim, three ladies and four gents, all said the same thing: that the water was cold. The winner of the senior gents this year is Ronald J. Evans, who won

this event last year, but in a slightly longer time of two hours fourty three minutes and fifty eight seconds. The winner of the senior ladies event is Carol Ann Bradford, in a time of three hours sixteen minutes and thirty eight seconds, again slightly longer than last years winner who was Carol Pines. Unfortunately Carol could not be with us this year, but I look forward to seeing her next year.

Monday saw the start of the junior swim, and although the weather was sunny and warm a slight breeze sprang up, not as strong as it was on Saturday, but from the same direction. The start was delayed for approx. eight minutes, awaiting the arrival of the rowing boats. Once the boat crews had been allocated to the boats the junior swim got under way. The first swimmer home was Mike Davies, who won this event last year, in a slightly longer time of one hour twenty one minutes and fifty seconds. The first junior girl home was Claire Allman, again in a slightly longer time than last years winner. There was an exciting finish for second place in the girls event between Deborah J. Sumner and Linda C. Devereux, who dead heated in a time of one hour twenty six minutes and ten seconds. Congratulations to both these girls on such a magnificent swim.

Although we were short of staff for the swim, with everybody working to full capacity, I think the swim was a success. There is one little boy who I would like to thank for the help he gave - he was called Stephen - and came along on Saturday and Monday and volunteered to help with the showers. I would like to say a special thank you in conclusion of this my report for the seventeenth annual Dale championships to Mr. Lewis Craven, my sub-committee which consists of Mr. Brian Dove the previous secretary, Mr. Carl Walker, Mr. Robert J. Baker, and Mrs. Catherine Sharp, whose support makes the job of secretary so much easier.

Results

Seniors

1.	Ronald J. Evans	2.43.58.
2.	Michael Flaherty	2.47.37.
3.	Robert J. Baker	3.08.08.
4.	Jeffrey Lloyd	3.08.50.
5.	Phillip R. Crayford	3.26.45.
	(Welsh Record)*	
6.	Mark A. Wright	3.44.45.
7.	Michael B. Johnson	3.52.05.
8.	David I. Jones	4.09.24.
9.	Colin W. Burnett	4.09.40.
10.	John T. Carron	4.10.52.
11.	Kenneth J. Keighley	4.30.44.
12.	Paul Rushworth	4.41.30.
13.	Trevor James	4.50.00.

* Recipient of Welsh National Trophy

Retired: Leonard Cox, [illegible] Squires, Michael Diddalo, Vivian Davies.

1.	Carol Ann Bradford	3.16.38.
2.	Lynda Moses	3.24.55.
3.	Jacqueline M. Lewis	3.39.45.
4.	Janet Renshaw	3.39.05.
5.	Susan Ann Shand	4.31.00.*

* Recipient of 'Val Taylor' Ladies Breast-stroke Trophy.

Retired: Kathy Smith, Gina Clarke, Lillian Brookes-Bell.

Juniors

1.	Mike Davies	1.21.50.
2.	Robert J. Sherburn	1.26.00.
3.	Phillip Reed	1.32.30.**
4.	Nigel D. Hanney	1.37.10.
5.	Douglas C. Flynn	1.40.28.
6.	Raymond Green	1.40.40.
7.	Shaun Hammond	1.41.00.
8.	Nigel David Metcalfe	1.43.20.
9.	James Rann	1.44.00.
10.	David T. Morgan	1.44.50.
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
13.	Andrew Burtonshaw	2.25.35.*
14.	Anthony Boyle	2.36.00.
[illegible]	Kenneth W. Dawson	2.18.15.

* Recipient of 'Jenny James' Boys Breast-stroke Trophy.

** Recipient of the Junior Welsh National Trophy.

Retired: David A. Kentley, Christopher J. Goddard, John D. Evans.

1.	Claire Allman	1.25.50.
2.	Deborah J. Sumner	1.26.10.
3.	Linda C. Devereux	1.26.10.
4.	Karen Simister	1.31.15.
5.	Kay J. McGinty	1.36.10.
6.	Allison Roberts	1.38.20.
7.	Julie Wheeler	1.50.20.
8.	Andrea K. Metcalfe	1.50.00.
9.	Deborah Wardlaw	1.50.30.
10.	Christina F. Miles	2.00.00.
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
13.	Heather J. Rendham	2.30.30.
14.	Prudence Milward	2.30.50.
15.	Susan Lyn Renton	2.34.15.
16.	Allison T. Hopkins	2.46.00.
17.	Karen Hopkins	2.48.30.

* Recipient of 'Val Taylor' Ladies Breast-stroke Trophy.

Retired: Carole J. Monks, Sandra Towns.

AWS

Date of next year's championships: Seniors, August 27th and Juniors, August [illegible].

H.D. Lumb, 6, Union Street, Lindley, Huddersfield, West Yorkshire.

A.S.A. LONG DISTANCE CHAMPIONSHIP

It is with great pleasure that I present this report for 1976 on what I thought one of our most successful swims. There is every credit for those who attended whether in or out of the water. Another good day with reasonably warm water gave us a good start with 27 men and 9 ladies away. The course was good and straight, giving freedom to swim without undue worry as to marker buoys. The spectators and officials, I am sure, enjoyed the many little battles of place goings on, especially with the men over the first three laps. Miss Wendy Brook was the first of the ladies home in very good time, followed by Elise Brook and Carol Bradford, only one minute apart, these three heralding all the remaining ladies in, all finishing.

Stephen Porritt gained the gold for the men, Robert Sherburn and William Linnell close on his heels for second and third. Only 3 of the men having to retire, a very good effort especially to these two whom I trust are not dismayed and will successfully try next year.

It was a great pleasure to have as our guests, Mr. and Mrs. Woodhouse, President of Northern Counties A.S.A. who seemed to enjoy our company and the excitement of the swim. Talking with our President, Mr. George Owen, they made many new friends. The presentation of medals and kind remarks by Mr. Woodhouse and Mr. Owen were warmly received by all present.

Finally I should like to thank all who assisted, especially those who travel overnight to see all is ready, along with the Red Cross and staff at Trentham. Thank you swimmers and fellow members for having so many friends.

Results

1.	Stephen Pavitt	2.06.11.
2.	Robert Sherburn	2.09.13.
3.	William Linnell	2.09.43.
4.	Vincent Barter	2.14.08.
5.	Terry Lyons	2.20.16.
6.	Godfrey Admans	2.23.02.
7.	Russell Wilde	2.25.15.
8.	Richard Hadfield	2.25.20.
9.	Bill Dutton	2.28.04.
10.	David Mace	2.34.17.
11.	Peter Stephens	2.35.16.
12.	Richard Butcher	2.35.35.
13.	Eric Millican	2.35.40.
14.	Jeffrey Tanner	2.47.10.
15.	Kenneth Keighley	2.48.24.
16.	Lawrence Allnutty	2.58.13.
17.	John Heapy	3.00.10.
18.	Kevin Ferguson	3.01.41.
19.	Robert Keating	3.02.17.
20.	John Alexander	3.04.25.
21.	Paul Tew	3.05.25.
22.	Gerald Forsberg	3.08.20.
23.	Maurice Ferguson	3.13.49.

1.	Wendy Brook	2.09.55.
2.	Elise Brook	2.22.06.
3.	Carol Bradford	2.23.10.
4.	Gina Clarke	2.25.11.
5.	Gay Haigh	2.40.33.
6.	Sally Walker	2.44.53.
7.	Patricia Dawson	2.53.43.
8.	Karen Jones	2.57.23.
9.	Sheila Crowes	3.06.07.

Non-swimmers: Gail Oxley, Amanda Hazell.

Non-swimmer: Ronald Evans.

Ernest W. Long, 39, Blakehill Terrace, Undercliffe, Bradford 2, W. Yorkshire. Tel: Bradford 636339 (home), Bradford 72699 (office).

L.L.D.S.A. TRENTHAM CHAMPIONSHIP

Once again I take great pleasure in presenting to you this report on the annual

Trentham championship which was held on the 11th September 1976. In view of the recent heatwave we were expecting an excellent turn out and an interesting afternoon. However we could not have been unluckier with the weather had we tried. It was just about the coldest, wettest and most miserable day that has [illegible]

On the weekend of the championship I set out accompanied by Percy Bull, John O'Hara and Bobby Allen to get the marker buoys ready. We arrived to find that the Saturday had already been booked for a rowing regatta. So it was necessary to wait until the Sunday. However the weekend was not without its humour and one incident in particular stands out in my memory and will not be forgotten by Johnny either for a long time to come. As most of you are aware we sleep in the cabin down by the pool. We bring our own camping equipment and generally take care of ourselves. Since none of us possess any special culinary qualifications we decided to resort to the Safe Standby "Chips" from the local cafe. These were duly bought (ready cooked) and we prepared to warm them through. Percy and Johnny ate and enjoyed the first batch and we got busy with the second lot. We ran out of cooking oil. Johnny produced a small jar full from his gear and we [illegible] soap bubbles. The contents of the jar turned out to be "fairy liquid". [illegible] the chips after they had "been washed" but they still tasted of soap.

On the Sunday we managed to put out the buoys and empty the boats, but the weather continued to get worse. the temperature was round about the 49F mark and fully clothed people were shivering. 14 men and 9 ladies eventually decided to go ahead although some had retired because of the conditions. The start was prompt and Wendy Brook went straight into the lead. She maintained this throughout the race. The first man home was Chris Carter who was 4 minutes behind Wendy. Several swimmers who were brave enough to begin were beaten by the cold and had to get out of the water. However, the Red Cross, as always, were soon in attendance when they arrived and we kept very busy. The other swimmers battled on in unbelievable conditions. There were some thrilling finishes with only seconds [illegible]

Thanks are always due at this kind of event, but in view of the conditions extra special thanks are needed this year. To the swimmers who really deserve medals for sheer effort. To the boat crews who must have felt like giving up. To the Red Cross, Mr. Joe Brown, to Trentham Gardens Ltd. and to anyone else who helped in any way. Special thanks to Percy, Johnny and Bobby - it was very good of you to give up your weekend to help.
P.S. Johnny did get his own back after all the leg pulling. I fell into the lake and I knew about it from him!

Results

1.	Chris Carter	1.07.50.	1.	Wendy Brook	1.[illegible].42.
2.	Peter Stephens	1.13.32.	2.	Melanie Smith	1.15.25.
3.	Eric Millican	1.19.50.	3.	Sally Ann Walker	1.[illegible]
4.	David Jones	1.36.05.	4.	Patricia Dawson	1.[illegible]
5.	Norman Trusty	1.36.13.	5.	Karen Jones	1.[illegible]
6.	John Heapy	1.30.57.			
7.	Stephen Bedford	2.01.17.			
8.	David A. Fell	2.04.01.			
9.	John C. Dunham	2.32.43.			
10.	Percy T. Bull	2.41.34.			

Retired: L. Brown, C. Bradford, D. Reed, G. Clarke.
Non-starters: Dilys Beynon, Willy van Rysel, S. Crowe.

Retired: S. Donaldson, K. Robinson, J. Alexander, J. Tanner, J. Sharp, [illegible]
Non-starters: P. Kochanek, G. Forsberg, P. Rushworth, W. Perrott, [illegible] Ferguson, [illegible] Ferguson, F. Allen.

Sub-committee: Doug. Proctor, Graham McIntyre, Eddie Robinson.

Date for 1977: September 11th (awaiting confirmation).

[illegible] Morrall, 30, Prospect Mount, Fell Lane, Keighley, [illegible] Yorkshire. Tel. [illegible] 627075.

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B.L.D.S.A. FOURTH LOCH LOMOND CHAMPIONSHIP

After many problems regarding boats I eventually got the swim off the ground and

into the water, thanks to still friends from Dundee who brought five of their boats over and to The Leven Cruising Club who supplied us with two large cruisers, one [illegible] five boats.

by the accounts. The Loch after the hot summer was the warmest I have known it, the average temperature was 66F. I did get a reading at 62 and one of 68. The weather, variable, cold at night a gusty wind and a little rain, no sun to speak of in the day.

The Vice Conveynor of Strathclyde started the swim at 9.30 p.m. and amid the usual curses, the xxxxx boat's leaking, where the xxxxx is this, that and the other, the swim soon settled down and all that could be seen was a line of dim lights down the Loch and the sound of oars was all that could be heard.

After six hours the Loch began to take its toll, Bob McNae was sick and had to retire, then Francis Allen had elbow trouble, I wonder what caused that. After 7 hours Pete Stephens had to retire, I think the cold wind at that time beat Pete. At daylight we were able to confirm the position of the swim: in the lead was Chris Carter a mile ahead of Mick Read, 3rd was Peter Larrard and then Peter Cox and this was the way to the end, Chris breaking the existing record and Mick finishing within the old record.

In the Ladies Championship Suzanne Lodge a worthy winner, the first Lady Channel-ship winner, in a record time beating the existing ladies record by 9 hours. What a disappointment for Dilys Beynon 3½ miles to go and had to retire and Margaret Smith at Inchmurrin 2 miles out and could go no further.

The presentation took place on Sunday evening at the Balloch Hotel, when swimmers, crews, officials, friends and relations sat down to a meal as guests of the Strathclyde District Council. Trophies etc. were presented by the Vice Convenor of Strathclyde and the Provost of Dumbarton. Prizes were donated by Speedo and Arena (UK) Ltd. and were presented to the last swimmers to finish.

My Thanks and the Association's to the Strathclyde District Council for the splendid reception, The Leven Cruising Club for their assistance before and during the swim, the members from Dundee who brought their boats over, unloaded them, rowed and then loaded on the lorry again. To the oarsmen and women, lifesavers and First aid man Bob McCaughey.
Judges: Com. Forsberg, G.T. Smith.
Timekeepers: M/S J. Owen, M. Hinchliffe, R. Smith.
Committee: K. Seymour, G. Oddie, E. Robinson, J.K. Slater, Mrs. M. Toft.

Results

1. Chris Carter (Record) 11.30.00.
2. Mick Read 11.51.00.
3. Peter Larrard 15.44.00.

Bob McNae - retired
Francis Allen - retired
Peter Stephens - retired

1. Suzanne Lodge (Record) 17.26.00.
Dilys Beynon - retired
Margaret Smith - retired

Crew

John and Steve Alexander.
G. Oddie, J. Ingham, Marg. Pike.
D. Corbis, J. Perkins, Susan Petrie.
I. Herbison, S. Shore, M. Duff.
D. Proctor, P. Bull, P. Allen.
R. Parsons, V. Taylor, V. Forsberg.
J. Paley, P. Dawson, Mr. Lodge.
P. Kochanek, D. Sullivan.
G. Smith, M. Smith, K. Seymour.

G.M. Owen. "Gwynfa", 22, Harbour Road, Wibsey, Bradford, W. Yorkshire.

R.L.D.S.A. PILOT LIFESAVER SCHEME

During the last season three more members have joined the numbers of [illegible] Lifesavers and will be included in the 1976 list. The new additions are :- Mr. Christopher Paul Websdale, Miss Vega Forsberg, Mr. Kenneth Robinson.
I have still in my files some part completed Examiner Report Sheets handed over when I took over as Secretary. Most of them are awaiting the member submitting maps. Some of these dated as far back as 1974 and two 1969. If these members are still interested will they please contact me as there is a limit to the length of time that can be allowed between starting and completing the exam qualifications.

I would also like to take this opportunity of reminding swimmers that on most swims it is their responsibility to arrange for and provide their Pilot Lifesaver and crew, flag, whistle and rubber ring. As transport costs rise for you to get to swims, it also makes it harder for your crew to attend all the swims they would like to. The moral of this is make sure of your Pilot Lifesaver by putting his or her name on an application form. I must apologise to those Pilot Lifesavers who have completed their badge qualifications by giving their service on the three swims AFTER obtaining a certificate, as I am still awaiting a supply of badges. Finally I must thank everyone who has given up their time to make 1976 a successful season.

Carl Walker, 55, West Avenue, Honley, Huddersfield, West Yorkshire.

B.L.D.S.A. INDIVIDUAL SWIMS 1976.

This year I must ask that all the relevant spaces on the Application for Recognition of Swim forms are filled in correctly. This year I have received forms minus addresses, membership numbers, witnesses' signatures and swimmer's signatures. Most people manage the name of swimmer and where they swam from and to. Please read the form each time and fill it in.

In future anyone requiring a receipt for their fee quickly should enclose a stamped addressed envelope, otherwise I will forward the receipt with the certificate. Depending on when a claim form is received it can take up to twelve months to be ratified, certificate made out and reach the person concerned. This is due to my personal commitments to work, home and swimming, in that order I am afraid. Anyone wishing to check the progress of their applications can always ring the number given below.

Would anyone sending in a claim form for a swim not listed below and not already in the B.L.D.S.A. Handbook, please include a map of the course showing the direction of the swim, name of start and finish points, and to get the course and in which direction North lies. The list of swims for which maps are available now includes:- Belfast Lough, Majorca - Minorca, Lough Gill, Perth - Broughty Ferry, Rathlin Island - Ballycastle, Corbiere Lighthouse - St. Helier Harbour, Swansea-Mumbles, Mumbles - Aberavon, Loch Rannoch, Kings Lynn - Downham Market, Isola Dischia, Gurey Harbour - Bouley Harbour and Shute Harbour - Mourers Bay (South Molle Island).

Coniston 5½ miles			
Derick W. Jukes	29.6.76.	4.08.00.	
Donald M. Stewart	3.7.76.	3.26.00.	
Kay Joyce McGinty	11.7.76.	2.25.00.	Junior Ladies Record.
Francis Allen	19.7.76.	2.59.00.	
Maurice Ferguson	31.7.76.	3.28.00.	
Gina Clarke	15.8.76.	2.38.00.	Not Yet Ratified.
Margaret J. Smith	22.8.76.	4.03.33.	
Coniston Two Way 11 miles			
Arthur Williams	7.7.76.	7.55.20.	
John J. Alexander	19.8.76.	7.24.30.	
Christopher Carter	21.8.76.	5.02.00.	Allcomers Record.
Scurnpoint - Cleethorpes 6 miles			
Frank Black	24.7.76.	3.45.22.	Record.
S.E. Parnham	24.7.76.	3.35.00.	
Roger W. Smith	24.7.76.	2.56.00.	
Margaret J. Smith	24.7.76.	3.04.12.	Allcomers Breaststroke Record.
Des Holmes	7.8.76.	3.09.28.	Mens Breaststroke Record.
David March	7.8.76.	3.19.00.	
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
Windermere 10½ miles			
Margaret J. Smith	10.7.76.	8.51.13.	
Gina Clarke	24.7.76.	6.00.00.	Not Yet Ratified.
Michael Wetherly	28.7.76.	7.55.00.	" " "
Derick W. Jukes	4.8.76.	9.03.00.	
Dennis C. Hicks	4.8.76.	9.05.14.	
Trevor D. Morgan	5.8.76.	6.02.10.	

MCS

Bell Two Way 8 Miles			
Stephen Bedford	28.6.76.	4.29.00.	
Jill D. Pines	29.8.76.	3.12.30.	
David C. Baines	29.8.76.	5.00.00.	
Ullswater 7½ Miles			
Willy van Rysel	12.7.76.	4.35.10.	
Stephen Bedford	7.8.76.	5.32.00.	
Pat Dawson	9.8.75.	3.48.00.	Now Ratified.
Ullswater Two Way 14½ Miles			
Margaret J. Smith	31.7.76.	12.02.01.	Breaststroke Record.
Bristol Channel 19 Miles Glenthorne Cove - Coney Beach.			
Jane Marie Luscombe	19.8.76.	10.46.00.	Allcomers Record.
Hunstanton - Skegness 17 Miles			
Kevin Murphy	27.6.76.	7.10.00.	Allcomers Record.
Michael P, Read	11.7.76.	5.57.00.	Allcomers Record.
Skegness - Hunstanton 17 Miles			
Kevin Murphy	22.6.76.	7.47.00.	Record Claim to be Ratified.
Loch Earn 6 Miles			
John J. Alexander	22.8.76.	3.36.15.	
Spurnpoint - Grimsby Dock Basin 7½ Miles			
Denis C. Hicks	17.7.76.	5.01.37.	
Fleetwood - Morecambe 18 Miles			
Donald M. Stewart	20.8.76.	7.35.00.	
East Grange - Morecambe 12 Miles			
Donald M. Stewart	15.6.76.	3.36.00.	
Weymouth - Lulworth Cove Two Way 21 Miles			
Christine Anne Sifleet	3.8.76.	13.00.00.	Not Yet Ratified.
[illegible] Miles			
Kevin Murphy	[illegible]	[illegible]	Record Claim Not Yet Ratified.
Morecambe - Grange 10 Miles			
Donald M. Stewart	18.7.76.	3.35.00.	Not Yet Ratified.

Maurice Ferguson, (Hon Recorder), 16, Elmwood Road, Northwich, Cheshire. CW8 4NE.
Tel: Northwich (0606) 75298.

B.L.D.S.A. PRESS OFFICER'S REPORT - 1976

This year has brought steady coverage in national Sunday and Daily papers. Our [illegible] thanks must go to Joe Lancaster [illegible] work on our [illegible] [illegible]. A small amount of cover on radio and [illegible] has been obtained but mainly in connection with individual swims - it all helps the Sport. It is very quiet on the sponsorship front. Gifts for last man and woman in the Loch Lomond Championship were kindly donated by Speedo and Arena, respectively. They were greatly appreciated by the recipients. Numerous contacts with other companies have not yet borne any fruit but I am hopeful that by the time the Windermere International comes round in 1978 some help will be forthcoming from the business world. It is not too early to think about the raising of funds to help finance this next venture.

Most of you will know by now that Flag Alpha should be flown by your accompanying boat. If you obtain a copy of the Department of Trade and Industry's Seaway Code, you will find it formally acknowledged.

May I remind all competitors that swim entry forms must be fully completed for a report to be sent. To the Welsh swimmer who wanted special information sent to his local paper, I was unable to do this as you had omitted the name and address of your paper.

Finally, I should like to thank all those who have helped out on P.R.O. work this year but especially Edith and Bridget Woodall, and Val Taylor (Parson's to be) who handled publicity on the International Trials swim, so unfortunately cancelled, whilst I was away at the North Channel, experiencing similar weather, also my thanks to swimmers and their families who have hand delivered reports and saved so much postage.

Margaret J. Smith, Windermere, 9, Cromwell View, Caistor, Lincs, LN7 6UH.
Tel: Caistor 351076, Grimsby 55293 (Ex. 50 Office)

ROUND THE ISLE OF WIGHT - or How to Become a Nervous Wreck in 24½ hours - a report on Mike Read's Swim by Brian Rann.

In 1975 Mike Read came down for a double Solent, and afterwards mentioned casually that he would like a Round the Island attempt this year. I remember saying alright in a vague sort of way, and promptly forgetting all about it! Mike was down again this June, and asked again about it. I then realised he was serious, and panic set in when I thought about the size of the task involved! What do I know about the Island waters and tides, what sort of boat would be needed, cost, crew, equipment, navigation?

I ploughed through various files and found logs for Kevin Murphy's 1969 and 1970 attempts and the 1971 success, plus Eric Vallintine's 1971 report. This reading was not entirely pleasant, but thought I would put it together if possible. The first "must" was Eric Vallintine to navigate and his previous experience. It took me a month to find him as he had moved, but he reluctantly agreed to help if possible! Next problem was a boat, and preferably not too costly. For nearly four weeks I looked around, and although finding several suitable ones, could not persuade the owners to do the job (couldn't blame them really). I then found out that an old Life Guard friend, Fred Claringbould, had recently built a 31 footer, with inboard diesels, cabin, galley etc., and he agreed to do it, but only during the week beginning August 23rd. Luckily this was a week picked out as suitable by Eric, although tides would build up towards springs as the week progressed.

Next problem was the remaining crew. Eric recommended no more than six, and would have to bring his 16 year old son along anyway. John Miller was a "must", being a marine engineer and also on leave at this time, and the other chap I wanted was a newcomer called Charlie Norman, 25 years in the Para's, cheerful but has seen it all and would walk through a brick wall if you asked him. Both readily agreed, so Mike was told it was on, weather permitting. We four locals got together and thrashed the whole thing out, times, tides, equipment, food, drink - you name it and we thought about it. Weather forecasts would be wanted, liason with press and local radio, and John Miller having more time than anyone else, agreed to look after this side of things. Fred would worry about the boat, Charlie about various equipment and me just worry!

The swim would ideally start about midnight, and the first suitable day was Monday 23rd August. John got forecasts and was advised to wait 24 hours at least. He did the same on the Tuesday and again Southampton Weather Centre said wait. This was frustrating as the Solent was like a mill pond that day, and quite frankly I wanted to get started. Wednesday dawned calm and the weatherman said go. John started phoning everyone early, and arrangements were soon made to meet at a local boating club at 8.00 p.m. Mike arrived looking like a redundant scout master, was interviewed by local press and radio. The boat was loaded and we left for Ryde Pier at 10.00 p.m.

High tide was 00.08 (15'4"), and we arrived in good time to start about high water. It was a clear warm night, the sea dead calm and water temperature about 66F. Mike strolled about the Pier Head chatting to some fishermen who I am sure "spooked" him a little bit as he became a bit agitated. Eric was watching the tide closely, and as soon as it was slack, we got Mike greased up and ready. At 12.53 p.m. three stop watches clicked simultaneously as Mike slipped into the water. At last the attempt had started!

I had never been on a night swim before and the next 5½ hours were a new experience for me. Mike does not like too much light so we covered the navigation lights for him, but this made it difficult for us to see him! Eric poured over his charts, while the lookouts were guiding Fred through the maize of buoys and lights as we proceeded West. The ebbing tide was building up behind Mike, who was going like a train. He takes his first drink of chocolate after two hours, and asks to take further drink at hourly intervals. It amused me the way he chatted to Eric each time about the stars in the sky. All very calm and casual, and I could not believe this knowing that Mike knew exactly what he had in front of him.

Mike feeds and we slow him down a bit in case we reach the Needles (a mile away and the first danger point) too early. He goes round the latter at 5.30 a.m. as dawn is coming up, and we head for the still flashing light on St. Catherines Point. The tide is against us for about a half an hour, but slackening and will

the full flood behind us again now. A wind starts to rise from the East, eventually to blow force 3/4 in Mike's face, and being against the tide, chops the sea up quite considerably. Mike is not over happy about it, but resigns himself to it, and we take him in closer to the lee of the cliffs. Radio Solent cheers us up with a weather forecast (East wind 3/4!) and a good luck message. Despite the rough sea Mike makes good progress and we are nearly at St. Catherines by 9.00 a.m. This is one of the danger points of the swim, and I am relieved that we have arrived earlier than scheduled. There are some nasty looking whirlpools about though, so we bring Mike out to sea a little, and pick our way carefully through them. Another hour sees us safely round the Point, and I go below for some sleep. Sea is still rough and I cannot get off with the boat rocking about. The rest was nice however, and at 11.30 a.m. I came up on deck to find we were by Ventnor Pier, the water was a bit calmer and sun warm. There are a lot of people along Ventnor sea front cheering and Mike plods on happily. About 12.30 p.m., Charlie and I take to the dinghy to push Mike closer in shore, as the tide has turned and running against us. We all know that the next 5 or 6 hours are likely to be difficult, but had we known what was in store ---- well!

During the next hour, Mike covers a mile but the tide builds up and progress becomes slower. The wind is also rising, making the sea very choppy again, but we are nearing Dunnose Point, beyond which is the relative calm of Sandown Bay. We did not make it for a long however. I will not go into full details, but the point was soon reached where Mike, or Charlie and I in the dinghy, did not move forward for four hours! The tide built up to a ferocious pitch and the sea got rougher. "Alice", the main boat was forced to anchor a ½ mile off shore and had a very bad time of it, including all crew being sick. Mike, Charlie and I didn't have a particularly good time either! Mike, needless to say, was very low in spirits for a long period, but to his credit, never once thought of quitting. He eventually made some slow forward progress again at about 5.30 p.m., and Charlie and I were able to board "Alice" again. By 6.00 p.m. the tide had turned, good progress then being made across Sandown Bay.

By 7.30 p.m. we were on the north side of Whitecliff Bay and approaching the Bembridge Sedge. This is a ledge of sand and rock extending out to sea for ½ mile, and a "graveyard" for boats. Darkness was fast approaching, and probably our biggest decision of all had now to be made. Take Mike round the Sedge, lengthening the swim and putting him ultimately in a strong ebb out of Southampton, or crossing the Sedge by dinghy? Because of water level, two in the dinghy is impossible, so the risk becomes more critical. I had asked Charlie along because I was sure he is the one person who could, and would do a lousy job if required. He proved me right, and promptly volunteered to go over the Sedge with Mike, alone and in the dark! Some of you may consider this to be too much of a risk with a swimmer who has been in the water for 20 hours. I felt the same way going round the "Sedge" in Alice, but the water was shallow for them, and I knew Charlie. Anyway, Charlie and Mike went off on their own, setting up a life long bond between them I suspect, and the Bembridge Coastguard flashed a "good luck" message through the darkness. (I had alerted the Island Coastguards, and they had kept a motherly eye on us throughout). Anyway, all was well, and some 30 mins. later we met up again in the exact position agreed. Wow! Was I relieved!! So much so, I offered Charlie the V.C. when he came back on board!!

The remaining three hours were relatively painless. We stayed in close to shore to miss the worst of the water out of Southampton, but had to dodge, literally, hundreds of moored boats all the way to Ryde Pier. Mike dozed off a couple of times, or headed away from us, but Ryde Pier was getting slowly closer. He made it shortly before 00.30 hours on Friday and climbed aboard "Alice" unaided. A small gathering on the Pier gave him a cheer (one family had waited four hours for him), and he had a bath in the "gents", laid on by the British Rail chaps. Three watches were on Mike, and when averaged out showed an official time of 24 hrs. 36 mins. 25 secs.

Everyone was obviously very delighted that the swim was successful, and for Mike in particular. I would like to thank the crew for all their efforts, and for Mike in giving me the opportunity of seeing the swim achieved. It was an experience I will never forget, and certainly one not to be repeated very often! Please ladies and gentlemen, do not inundate me with requests next year, because I don't want to know thank you!!

Happy swimming, Brian Rann.

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MORECAMBE INSHORE SWIM 1976

There has now been over a quarter of a century of Inshore swims. This year was again successful with 50 entries. Many swimmers of all ages qualified for gold, silver and bronze awards on the first mile. A number of youngsters between 8 and 10 years old completed the 2 mile course in little over the hour. Sorry we were not able to fix everyone up; we are limited to time and numbers.

In the Gents event Chris Lloyd, 15 years old of Farnworth, was first in a new record time of 40 mins. 2.5 secs. 2nd was Nigel Metcalfe of Bradford. 3rd and also best local was John Crooks from Halton on Lune, near Lancaster. A new breaststroke record was set up by James Jessop of Lancaster.

In the ladies event for the first time a local girl took the first trophy: Susan Crawford, 15 years old of Lancaster, in a good time of 48 mins. 2.5 secs. Well done Susan. 2nd was Elise Brook - a good hard swim slightly faster than her previous time. 3rd was Carol Bradford of Malvern who is always willing to have a go. Well done Andrea Metcalfe, following in her mother's footsteps. A very good first mile for the gold award.

My thanks to the people who volunteer as timeKeepers: a very reliable team from many different districts.

[illegible]

LAKE WINDERMERE SWIMMING ASSOCIATION

Lesley Brown (16) of Darlington won in 21 mins. 2 secs., 43 seconds better than the time she set up last year. In the men's section Robert Sherburn, a 19 year old from Warwickshire L.D.S.A., took both Senior and Junior trophies in 21 mins. 21 secs. But to the delight of the crowd it was Windermere swimmer Mark Toolan (13) who came in in second place (22 mins. 52 secs.) The junior prize for girls went to Susan Crawford (15) of Lancaster. Sheila Crossland (T.D.A.S.C.) (13) came home 4th in 23 mins. 27 secs.

Results

1.	R. Sherburn	21.21.	1.	L. Brown	23.02.
2.	M. Toolan	22.32.	2.	S. Crawford	23.04.
3.	[illegible]. Clark	23.56.	3.	C. Bradford	23.53.
4.	S. Millington	24.03.	4.	S. Crossland	23.[illegible].
5.	D. Keetley	24.14.	5.	S. Dent	24.[illegible].
6.	D. Eland	24.24.	6.	S. Johnson	24.10.
7.	M. Metcalfe	24.59.	7.	V. Eland	24.15.
8.	R. McGregor	25.40.	8.	J. McGregor	25.50.
9.	G. Greenbank	26.03.	9.	J. Taylor	25.51.
10.	I. Robinson	26.15.	10.	S. Eland	25.54.
11.	D. Crossland	31.49.	11.	A. Metcalfe	26.40.
12.	C. Simm	34.26.	12.	P. Hayes	28.47.
13.	S. Morgan	34.49.	13.	J. Bradshaw	[illegible].
			14.	W. Darwent	[illegible].

BROWN EDGE BRIDGE A.S.C. Long Distance Event (Club Swim) Old Cross Lake from Birdhouse to Millerground. Fri July 16th 1976. Nice evening, good conditions.

Results

1.	Mark Toolan	20.44.	1.	Sheila Crossland	22.55.
2.	Christopher Greenbank	22.41.	2.	Patricia Morton	2[illegible].32.
3.	Christopher Dalzell	24.22.	3.	Fiona Hayes	25.35.
4.	Colin Wineham	28.46.	4.	Julie Mallinson	27.27.
5.	Kevin Crossland	29.29.	5.	Heidi Creary	30.22.
6.	Christopher Simm	29.38.	6.	Wendy Darwent	30.32.
7.	Gavin McManus	35.57.(Breaststroke).			

[illegible]

SURREY LADIES S.C.

Long sunny days and high temperatures made training very pleasant for our girls this year, leading up to our first event at Pickmere. Our two new juniors Alison Simester and Lesley Read having their first long distance swim, were joined by Jill Pines for the Junior Championship. A good race with our girls swimming very well and finishing strongly. In the Senior Championship our only entrant was Susan Shand, who elected to tackle the 3 mile course for the Inaugural Breaststroke Championship Trophy. With a lot of determined effort Susan swam into 1st place.

A new event in July at Swan Pool, Sandwell Valley, W. Bromwich saw Alison and Lesley, joined by Diane Simester for the 2 mile event. All three successfully completed the course and as a team came 4th. In August, Carol Pines had two short swims. A neck injury earlier in the year was bad enough to keep her out of longer events. She won the Sandown to Shanklin, Pier to Pier, and came 3rd in the Southsea Pier to Pier.

The Bala Lake Championship had Susan Shand entered in the Senior race for the Breaststroke Trophy. Not an easy swim, with some rough water on the return leg, but Susan battled on to come in 1st, in 4 hrs. 31 mins. (Thank you John Slater for your canoeing). On the following day, Jill Pines, who had missed the Senior race, swam the 6 mile course in 3 hrs. 12 mins. 30 secs. This brought our competitive swims to an end for the year. Holidays, camps, injuries and other committments had reduced our activities compared to last year.

One pleasing trip this season was to accompany our old friend Geoff Duncan on a successful Ryde to Southsea swim. Having done so much for our swimmers over the past years, it was very satisfying to see him achieve a swim that he has helped so many other swimmers to do before.

Thanks to all the many people who have helped Surrey Ladies girls over the season, we hope to see you all again next year. Best wishes to all S.L.D.S.C. members and friends for 1977.

George Pines, 5, Canbury Avenue, Kingston-upon-Thames, Surrey.

SOUTH SWIMMING CLUB

Another tremendous year, with no fewer than fifteen new records being established. Pride of place must undoubtedly go to Mike Read for his Round the Isle of Wight in 24 hrs. 36 mins. 25 secs. A total of 44 swims were organised during the season, and only three of these were unsuccessful. Space does not permit comment on every swim, so I will concentrate mainly on the new records.

James Rann set the ball rolling with a new Junior Ryde-Southsea record in 1.[illegible].00. Elaine Jordan came down from Sale to become the first Junior and youngest ever to complete a Double, in 5.48.00., and in rather poor conditions. Poor Elaine had her newly acquired record taken away two weeks later, when James Rann did a Double in 4.10.54., becoming the new record holder and youngest ever to achieve the swim. He also set up a new Junior Southsea-Ryde time of 2.01.03. in the process.

Next came nearly sixty four year old Bill Trotter to become the oldest man to cross from Ryde to Southsea in a creditable 1.57.00., but slower than Gerry Forsberg's over 60's record. This was followed quickly by Willy van Rysel setting up a ladies over 60's record for Ryde-Southsea in 1.59.26., actually on her 60th birthday. One of the best swims of the year was by Karen Caisley who became the second person to cross the Solent on butterfly, being first woman with her Ryde-Southsea in 2.06.59. She has now swum it on three different strokes - on the back next year? James Rann's youngest double was short lived when 11½ year old Simon Lee did it two weeks later in 5.00.55. On the same day his sister Joanne Lee became the youngest girl to swim Ryde-Southsea.

One of the best efforts was by a non swimming doctor friend of Mine, who I trained for a sponsored swim, and he did Ryde-Southsea on backstroke in 2.3[illegible].17. This is the first ever backstroke, and raised £2000 for the local Heart Unit.

AGS

Well done Colin Morgans. Old'uns and young 'uns proved what a versatile sport swimming is, especially when Vivienne Cherriman pushed up the age of the oldest person to make a crossing to nearly 69! Her Ryde-Southsea in 2.13.25 being only fourteen minutes slower than Willy. The finest swims for me (vested interest of course), with the exception of Mike Read's, were a Three and Four Piers swim by James Rann. He did the Three in 4.32.18 (youngest ever and junior record), and was slowed down by an accompanying swimmer who shall remain nameless! He then continued to become the first person to complete the Four Piers, in 5.30.37. It was a pity Val Parsons (nee Taylor) turned up in mid September to beat Wally's Three Piers all comers record in 4.04.22. Up to then James had been fastest this year over all our recognised courses! Well done Val. Willy van Rysel had the [illegible] say when she became the [illegible] Southsea - Ryde [illegible]

Yet another, long, hard but enjoyable season and most successful all round. My apologies for only mentioning the new record holders, but there were many other fine swims. In all probability next year will be just as hectic, and I again hope to produce a "calendar" of suitable dates and swims. Our resources are limited so please book early to avoid disappointments. Fuulscap S.A.E.'s would be helpful for replying please. My personal thanks to everyone who helped throughout the season, and offers of assistance next year will be gratefully accepted!

Unfortunately I have to give up the Secretary's job after only two seasons, due to business commitments, but a "new boy" has already been co-opted for the job. I shall continue piloting swims as much as possible, but requests should now be [illegible] work, Portsmouth 813541 and home, Horndean 593323).

Summary of Records as at 31.12.76.

	Men			Women		
Ryde - Southsea						
All comers	K.B. Richards	1.10.44.	1972	C. Pines	1.20.39.	1973
Over 40's	T. Lyons	1.14.11.	1975	W.V. Rysel	1.44.08.	1975
Over 50's	G. Forsberg	1.35.33.	1975	W.V. Rysel	1.44.08.	1975
Over 60's	G. Forsberg	1.35.33.	1975	W.V. Rysel	1.59.26.	1976
Junior	J.M. Rann	1.24.20.	1976	J. Robinson	1.28.26.	1973
Youngest	J.M. Rann	Age 9	1973	J.F. Lee	Age 13	1976
Oldest	W. Trotter	Age 63	1976	V. Cherriman	Age 68	1976
Breaststroke	D. Cometson	[illegible]	[illegible]	[illegible] White	[illegible]	[illegible]
Junior						
Breaststroke	P. Tew	1.54.55.	1975	L. Endean	2.12.30.	1966
Overs 40's "	E. Vallintine	1.54.00.	1966	-	-	-
Butterfly	J. Heapy	1.56.13.	1975	K. Caisley	2.06.59.	1976
Backstroke	C.M. Morgans	2.34.17.	1976	-	-	-
Southsea - Ryde						
All comers	K.B. Richards	1.22.57.	1970	C. Pines	1.45.55.	1975
Over 40's	E. Vallintine	2.08.00.	1967	W.V. Rysel	3.50.33.	1966
Over 50's	A. Ayres	2.16.34.	1970	W.V. Rysel	3.50.33.	1966
Over 60's	-	-	-	W.V. Rysel	3.04.58.	1976
Junior	J.M. Rann	2.01.03.	1976	C. Pines	1.57.40.	1971
Youngest	J.M. Rann	Age 11	1975	E. Jordan	Age 14	1976
Oldest	J. Bland	Age 57	1961	W.V. Rysel	Age 60	[illegible]
[illegible]	[illegible]	[illegible]		-	-	
Over 40's "	E. Vallintine	2.08.00.	1967	-	-	-
Southsea - Ryde - Southsea						
All comers	K.B. Richards	3.06.44.	1970	V. Taylor	3.21.04.	[illegible]
Overs 40's	A. Ayres	4.20.00.	1970	-	-	-
Over 50's	A. Ayres	4.20.00.	1970	-	-	-
Junior	J.M. Rann	4.10.54.	1976	E. Jordan	5.42.00.	1976
Youngest	S. Lee	Age 11	1976	E. Jordan	Age 14	1976
Oldest	A. Ayres	Age 52	1970	V. Taylor	Age 23	[illegible]
Breaststroke	E. Vallintine	4.36.00.	1967	-	-	-
Over 40's "	E. Vallintine	4.36.00.	1967	-	-	-
Three Piers						
All comers	R. Parsons	4.10.04.	1975	V. Taylor	4.04.22.	1976

Junior	J.M. Rann	4.32.18.	1976	-	-	-
Youngest	J.M. Rann	Age 12	1976	V. Taylor	Age 26	1976
Oldest	K.B. Richards	Age 31	1976	V. Taylor	Age 26	1976

Four Piers

All comers	J.M. Rann (Age 12)	5.30.37.	1976			

Southsea - Nab Tower - Southsea

[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]

Round Hayling Island -		-	-	C. Wallace	5.35.00.	1969

Cowes - Southampton

	K. Brewer	6.33.00.	1973	-	-	-

Southsea - Ryde - Southsea (Relay)

	Pmo. & S'sea Life Guards	3.16.20.	1970	Pmo. & S'sea Life Guards	3.55.35.	1971

Ryde - Stokes Bay	M.R. Luff	2.32.00.	1973	-	-	-

Round the Isle of Wight

	M.P. Read	24.36.25.	1976	-	-	-

Most Crossings	R.G. Lynn	23	K. Caisley	5	
			C. Pines	5	
			W.V. Rysel	5	

Brian Rann, 68, Parkstone Avenue, Southsea.

D.L.D.S.A. VETERANS' CHAMPIONSHIP

On a wonderful morning during the past glorious summer season conditions were excellent for the start of these now quite popular events. With water temperature around 61° and a slight off-shore breeze [illegible] (amazing!). The four Ladies away first were soon nicely 'on course' with the men following after a 4-minute interval. At 2 miles the pattern of the eventual result was taking shape with Doug. Graham leading the field (are we going to have a new champion this year??) followed by John Turnbull and Jim Sharpe. Then came John Alexander and Gerry Forsberg with Ewart Greenwood and Arthur Ayres chasing. With them leading the ladies was Willy van Rysel and not far behind came Betty Condon and a newcomer Lillian Brooks-Bell to keep up the pace.

A most interesting competition throughout and coming in to the finish John Turnbull pulled along in his own inimitable style to pass Doug. Graham and beat him by just 59 secs. with Jim Sharp also trying very hard in the final effort. Of the new entrants - John Alexander in fourth position put up a very good time; Denis Hicks, in his first attempt at a Lake swim finished quite well; Ken Robinson, normally a 'sheerwater' name home in good style and the most Senior [illegible] ultimately received the Trophy for this award was Norm Busby, a young 61 year-old, at his very first attempt at any long distance event, completed the swim to a fine ovation from the watching crowd.

Of the Ladies Championship - Willy van Rysel, in this - her 60th year - had set her heart on winning. and with all due credit achieved this and passed through the finishing buoys to become the Ladies Champion for 1976. Betty Condon could not quite match her pace and came in 2nd followed not so far behind by Lillian Brooks-Bell with quite good times. Bertha Sharples, in her second attempt at this event came through a little later to a wonderful reception by the spectators at the pier for a valiant effort.

My thanks are particularly due to Mr. John O'Hara, such an exuberant raconteur, for the most excellent commentary he kept going throughout the whole of the events, which really kept the interest of the many people around and assuredly spread the gospel of the D.L.D.S.A.!!

AGS

The presentation of the Trophies and Certificates was most ably carried out by the Chairman of the Coniston Parish Council, Councillor W.G. Crispin, who took a sincere personal interest in the general activities and who complimented John Turnbull on retaining the Championship Trophy - which he has won every year since the introduction of these Championships. Also to Willy van Rysel for a great win in this most special year in her most eventful life.

My sincere gratitude to Bob Clarke for all the many amenities on hand and last-minute arrangements to overcome slight boating difficulties; to Mr. Geo Sanders of the St. Johns Ambulance Brigade (always on hand); Ms. Willy van Rysel; all the Time-keepers and Officials; the Boat Crews, and of course the Swimmers for entering to make this such a successful occasion.

Results

1.	J. Turnbull	1.47.17.	1.	Willy van Rysel	[illegible]
2.	D. Graham	1.48.16.	2.	D. Condon	[illegible]
3.	J. Sharp	1.49.36.	3.	L. Brooks-Bell	[illegible]
4.	J. Alexander	2.01.57.	4.	B. Sharples	[illegible]
5.	G. Forsberg	2.04.24.			
6.	M. Greenwood	2.06.29.			
7.	A. Ayres	2.12.47.			
8.	D. Hicks	2.14.02.			
9.	D. Jukes	2.20.50.			
10.	A. Williams	2.25.55.			
11.	K. Bailey	2.37.36.			
12.	R. Walker	2.44.00.			
13.	J. Ingham	2.49.22.			
[illegible]		[illegible]			
[illegible]		[illegible]			
16.	J. Dudby	3.16.02.			

Other entrant - J. Kerwin - did not start - on Channel attempt.

Date for 1977: Sunday 14th August.

Eddie Robinson, "Broughton", 35, Belmont Avenue, Otley, W. Yorkshire, LS21 [illegible].

GRIMSBY AND DISTRICT A.S.A. PAVILION USERS REPORT
Humber Swims in 1976 and other activities by the Pavilion Users

The first swim of 1976 will undoubtedly rate as an epic on the Humber. [illegible] but was too slim to cope with the cold water. Winter of 1975 saw him trudging round the Alexandra Dock with total dedication and he took the decision to swim the Humber at the age of 46. His choice of Spurn Point to Grimsby Dock Basin course, a distance of 7½ miles was made to raise as much money as possible for the Deaf Society.

July 17th was warm, dry and still. We had two rowing boats (Denis's Katy and the Smith's Flying Seal) ready to join Brian Tuck's Leisure 17 which was moored off shore at the Humbermouth yacht club. Brian Tuck, Denis and Brenda Fisher, Uberbein Leisure 17, Pete Winchester and Les Turrell manned Katy and Margaret and Graham were in Flying Seal. ABly piloted by Brian we all chugged across a benevolent, warm river, thinking the met' office had been mistaken. We lay around in the scorching sun for several hours waiting for the change of tide. By which time the [illegible] very like a boiling cauldron as we put Denis in the water. Life jackets were already worn by Margaret and Graham - Les and Pete soon donned them. Pete assessed his chances on reaching shore and decided against. The first hour was grim as we were swept seawards towards Tetney Monobouy. Progress was slow - conditions were very bad. Gradually we progressed. Denis never spoke or fluffed a stroke altho' he slowed condiderably. Our joy at hearing some of his family shouting encouragement from the North Wall was tremendous. As we entered the Dock Basin a crowd had gathered, including record holder Herbert Wray, now 81, to cheer Denis ashore; his time of 5.01.37 was slower than Herbert's time of 42 years ago.

A week later on 24th July, 4 of us were ready to swim: Ted Farnham, Roger Smith, Frank Black and myself. We welcomed former B.L.D.S.A. President Eddie Robinson

to our midst. It was a warm day with barely any wind. This time the course was Spurn Point to Cleethorpes, a distance of 6 miles. Visibility was good. Acting on experience we were not concerned about being swept seawards because the incoming tide almost throws swimmers ashore on the South Bank. Apart from 20 minutes going through nasty brown floaties from Brown's Monument, it was an uneventful swim with all 4 making it ashore comfortably and once again charity benefitting sub- [illegible] guards - via Frank and the Samaritans - via Margaret). Even [illegible] taking its toll - the fire engine waiting on the slipway was unable to provide a shower! Times:-

Roger Smith	2.56.00.	Margaret Smith	3.[illegible].12.
Ted Farnham	3.25.00.	(all comers breaststroke record)	
Frank Black	3.45.12.		
(men's breaststroke record).			

A fortnight later saw us back again at Spurn Point, with Tony Espin, Pete Winchester and John Walton heading for the Basin and Dave March (a grandad who only learned to swim 2 years ago), and Des. Holmes heading for Cleethorpes. Conditions were undoubtedly perfect with barely a breath of wind and so it was a day for the records. Tony Espin streaked across to the Basin, smashing Norbert [illegible]'s 4.20 minutes record from 1934 in a time of 3.32.00. He was quickly foll- [illegible] to conquer the course and to set an all comers Breaststroke Record of [illegible]. Meanwhile, heading for Cleethorpes shore with 2 breaststrokers we encountered millions of drowned ladybirds. Des and Dave were in sight of each other all the way so boat crews were able to keep an eye on progress. Des at 2[illegible], was a little ahead and by pushing hard he set a new men's breaststroke record, beating Frank's time by about 10 minutes. Des came in in 3.09.28 and Dave in 3.19.00. Once again, charity benefitted greatly with Tony swimming for the Linkage Trust, Pete for Mencap and Dave and Des for the Lifeguards.

This is an interesting swim but organisation is difficult. Norman Solari and Ron Creese from the A.S.A. must be singled out for their efforts. Nothing has been too much trouble and their enthusiasm and generosity is greatly appreciated. 'Sol' lost his wallet somewhere afloat on 24th July. He'll remember the safety pins next time!! To all power boat and rowing boat owners our gratitude must also be expressed because without you we could not swim. The British Transport Docks Board, The Coastguards and the Humber Pilots, have all helped us and last, but not least, Humber McVeigh's intervention with 4 wheeled transport was wonderful and a great help.

Anyone interested in tackling either course on the Humber should bear in mind the following points:-
Canoes will not be permitted by the River Board as suitable escort boats.
Rowing boats, preferably with out-board engines, flying both red flag and flag alpha, and equipped with flares, are acceptable providing a power boat escort is also available.
It is not a cheap swim, most of our power boat friends have to lock in and out at Grimsby, and it takes some time to organise any attempt, which can only be on neap tides.
I will try to help anyone interested, but cannot guarantee the availability of boats. The weather, of course can be very bad and prospective swimmers should appreciate the difficulties of matching neap tides, fine weather and free time.

Other swims this season have included:
Tony Espin - Morecambe Bay (Birtle Cup for Best First Attempt), River Esk.
Pete Winchester - Morecambe Bay, River Esk.
Denis Hicks - B.L.D.S.A. Veterans, Windermere (Lakeside to Waterhead).
Margaret Smith - Morecambe Bay, Torbay, Windermere, Coniston, Warrington Dolphin Handicap, 2-way Ullswater 12.02.01. (Breaststroke Record), Lough Neagh 6.[illegible].57. (Breaststroke Record), E.L.D.S.A. Short Course Championship.

Margaret Smith on behalf of Ron Creese and the A.S.A. Pavilion Users.

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[illegible]

ESSEX LONG DISTANCE SWIMMING ASSOCIATION

One wonders how many swims were re-organised three times within 24 hours this year! This was the fate of the committee of the Essex Long Distance Swimming Association. Conditions changed so many times during the day before the swim that in the end we decided to see what the gods would bring forth at 7.30 a.m. on the 11th. We need not have worried - high winds and rough seas were the order of the day. A briefing meeting was later held at the Clacton Sailing Club Headquarters, at 10.00 a.m., at which, it was decided to hold a short course swim from Holland Haven to the Clacton Pier slope - the steps thought not to be safe to bring swimmers into.

Sir Donald Parker started the ladies and the men were sent off five minutes by Councillor Alex Chappell, Chairman of Tendring District Council. The swim turned out to be much more of a challenge than first expected, before long conditions had become much worse, and only the first few swimmers managed a swim in a reasonable sea. Making it into a family occasion by stepping ashore within 10 minutes of each other were Keith Line aged 20, and his 16 year old sister Janet. Keith second last year finished the course in 55 minutes and Janet, a first timer, took 1 hour 6 minutes. Kevin Murphy and Linda Westlake soon followed.

Waiting to welcome the swimmers was an enthusiastic crowd led by our President Lt. Col. H. Harvey Williams. Since the swim started this was the first time that the course had been shortened; twice before the date has been changed. Those at the finish had a really tough job. People such as Jenny Horrocks set to and tried to land swimmers safely, how they managed I just don't know - it took four to land yours truly, and I'm not as big as I used to be! Several lifesavers lined up against the sea wall to stop those swimmers who found it difficult to stop from getting hurt by waves tossing them about.

Awards were presented at a supper dance in the evening, certificates to those swimmers who completed the course. As such a strong role was played by the lifesavers on dry land it was decided to also award them certificates this year as well.

To hold a swim on such a day was in fact far more hazardous than at first thought. With the conditions worsening every minute many of the swimmers were aware of the dangers of staying in the water and getting colder and as an organisation we were pleased that they stayed so close to the shore. From a swimmer's point of view to see so many lifesavers patrolling the shore was indeed reassuring. Stalwarts of our organisation, Peter Beales - twice blown off the groyne at Clacton - trying to wave the swimmers in, and Tony Gurr, Stephen Smith, and Dr. Cochrane - 28 bottles did you say? - flashing back and forth along the prom did much to make the swim into a successful one.

At a committee meeting held a week after the swim we came to the conclusion that we must have plans for good and bad weather, and not just know that we will hold a short course swim should conditions determine it so. We shall have plans A and B, either to be able to be put into operation whatever the weather, and everyone connected with the swim will know all the rules.
Poor weather, and a short course swim will include the following,

1. 30 seconds between each swimmer at the start.
2. Two people per swimmer carrying lifesaving equipment.
3. Red marker buoy at the first groyne at Clacton.
4. Four infatable boats patrolling the swim.
5. More speed along the prom, including six bicycles with ropes for lifesaving.
6. Three people to help land swimmers at the finish.
7. Coloured hats to be worn by all swimmers.
8. Should conditions deem it necessary then we reserve the right to change lifesavers.
9. Bicycles available for all officials patrolling the swim.
10. Two briefing meetings to be held, one for boatmen two nights before the swim.

As an organisation we have maintained our financial position as last year, andhave increased our life-membership by six people, and ordinary members by two.

Results

1.	Keith Line	0.55.05.	1.	Janet Line	1.06.06.
2.	Kevin Murphy	1.06.45.	2.	Linda Westlake	1.14.05.

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3.	Jeff Tanner	1.10.15.	3.	Janet Renshaw	1.14.30.
4.	Francis Allen	1.13.29.	4.	Pat Dawson	1.15.40.
5.	John H. Pringle	1.16.15.	5.	Dilys Beynon	1.15.41.
6.	Hugh Arnot	1.19.35.	6.	Kathy Smith	1.24.45.
7.	Ken Keighley	1.23.45.	7.	Margaret Smith	1.45.30.
8.	Derek Pearce	1.46.48.	Retired: Maureen Eastman.		

Retired: Mark Wright, Andrew Wright, Anthony Squires, Ian Goss, Arthur Ayres, David Haig Thomas.

Date for 1977: July 16th 8.30 a.m.

Maureen L. Eastman, 84, Holland Road, Clacton on Sea, Essex.

TORBAY LONG DISTANCE SWIMMING CLUB

The Torbay Long Distance Swimming Club has completed yet another successful year, although the membership has not increased to a very great extent. More Juniors are definitely needed to swell the ranks of our rather select club. On Saturday 27th December 1975, we assisted the Lions Club of Paignton in a sponsored Charity Swim from the Redcliffe Hotel to Paignton Pier and back, in which all our swimming members took part, despite the extremely low water temperature. This was a worthy effort that raised a considerable amount for charity, and was rewarded by a donation towards our Club, plus a sincere letter of thanks from the Secretary.

On Feb. 13th 1976, a most successful Dinner was held at the Harbour Lights Restaurant, Paignton, and over 50 people attended. An excellent meal was enjoyed by all, followed by dancing and games, also a Draw for which there were many prizes. A separate draw for an attractive cake decorated with the Club emblem, was kindly donated by Mrs. Betty Allan. This was greatly appreciated. It was pleasant to note that members of other swimming clubs were present, and obviously enjoying the evening. This should prove a popular annual event in the Swimming calendar.

On Sunday 13th June, three of our Senior men entered the Exmouth Fairway Buoy Championship, which is the first Long Distance Swim of the season. Brian Hill and Len Rayner were forced to retire due to cold conditions, but Harry Truscott carried the flag, and was cheered along the last hundred yards by enthusiastic club mates, to finish last but not least. The usual excellent meal was provided by Exmouth Swimming Club. The next event was the Torbay Championship held on the 3rd July, in which Christine Sifleet took part for the first time, accompanied by Brian Hill and Roy Hoare in her escort boat. She finished 5th out of the 8 ladies who started, in a time of 4 hrs. 26 mins. 50 secs. Mrs. Joan Dobson and her co-crew, won the shield presented to the escort boat crew of the slowest male swimmer. This shield is held for a year.

On 14th August, Christine and family travelled to Dover for her attempt on the English Channel, but due to unfavourable weather conditions, was unable to make a start in the week they were there. She returned home, having arranged to make a further attempt in September. Meanwhile, on 24th August, another Club member, Don Roberts, swam across the Bay from Fishcombe Cove to Meadfoot Beach to achieve a life-long ambition, in a time of 2 hrs. 27 mins. He was accompanied by Owen and Muriel Christie. At Bala, North Wales, on the Bank Holiday weekend, 27th August, Anne Coombe, Simon Truscott, Adrian Hill and Brian Hill made individual successful attempts on a 3-mile one way Bala Lake, and Christine completed the 6-mile two-way individual attempt. This was particularly commendable for Simon and Adrian, neither of whom had swum that distance before.

On her return from Bala, Christine travelled once again to Dover, and this time on Sunday 7th September made a successful Channel attempt from England to France in 14 hrs. 33 mins. Congratulations from all Club members on a wonderful achievement. Founder-member Owen Christie is hoping to make his attempt on the Channel next year. Owing to a shoulder injury, he has been forced to rest this summer, and swim just for pleasure.

To round off the season, our Annual Swim was held on 11th September. Owing to extremely adverse weather reports, the planned course from Preston Beach - Fishcombe Cove and return, was cancelled, and an inshore swim from Preston Beach to

Elbury Cove, approximately the same distance of 6 miles, was arranged. There were disappointments concerning lack of canoeists, and the fact that the date coincided with another popular Long Distance Swim, but overall, it was a great success. A Junior 3-mile one way swim from Elbury Cove to Preston Beach was won by Simon Truscott, followed by a gallant attempt by Stephen Willicott aged 10 years, the Club's newest member, The Senior 2-way was won by Peter Stephens of the Royal Navy. Refreshments and presentation of certificates were held in the Preston Church Hall, also a successful draw. Many thanks to all helpers and subscribers who contributed to making this event so popular. Without their support, it would be impossible to hold our swim.

In conclusion, I would like to express, on behalf of our Club, sincere thanks to Joan and her Mother, for the use of their house as our Headquarters.

Date for 1977: Sunday 26th June at approx. 11 a.m.
Course: Preston Beach - Fishcombe Cove and return. This is subject to [illegible] weather conditions. An alternate course will be selected if inclement. Entries to Sec. Mrs. M.B. Christie by the end of May 1977. Entries will be limited, due to difficulty in obtaining boat escort. It would be appreciated if swimmers could provide their own escort boat.

Muriel Christie, 16, Trumlands Road, Torquay. Tel: 38616.

CHANNEL SWIMMING ASSOCIATION

I suppose that I should breathe a sigh of relief now that the swimming season seems to be over, except that that raging piece of energy, Mike Read, is still [illegible] (Canada) have each made two successful crossings this year, Mike and Kevin now having crossed seven times to equal the score of Mervyn Sharp, and Cindy, three times. Cindy now joins Linda McGill (Australia), who up till now was the only woman to have made two successful swims in the one year.

But I must go back to the beginning. I had thought that there might well be a decline in the number of aspirants after the great interest shown for Centenary Year, but in fact there were 55 registrations this year compared with 51 last year. Of these, 46 solo and 5 relay swims were made, 21 solos and 4 relays being successful, 25 solos and 1 relay unsuccessful, the remainder being held over until next year.

In spite of the wonderful summer, the neaps seemed to attract the wind, so conditions generally were not what we might have expected. The first [illegible] made by Imre Baenasi of Hungary, a polio victim, on 17th July. He made a most courageous effort, but was forced to give up owing to the cold water after about four hours. The ever-green Tom Hetzel made his seventh successful crossing on 21st July. Tom delighted us all by bringing his charming wife, Mary-Nell with him. He will be a proud father in December, and eventually we shall be looking out to see whether he will join Ted and Jon Erikson, so far the only father and son to have swum the Channel. I expect you will have read in the press of Kevin's hard luck on his second 3-way attempt. We are glad to record that he quickly and completely recovered from its ill effects. Events in the Channel are making us record conscious and we are beginning to take note of achievements like that of Ted and Jon and that of Lynne and David Cox, brother and sister, come immediately to mind. I wonder who will provide the first mother/daughter combination?

The Australian contingent, led by Supremo, Des Renford, with Jenny Anderson, Dick Campion and Chris Guesdon, were back again. We were delighted by and indebted to Letona Foods, the well-known international group, who presented to the Association a rugged handsome bust of Captain Webb for competition among Channel Swimmers for the title of King of the Channel. Des made his tenth successful crossing this year to make himself the undisputed holder of the trophy and title. Peter Cox and I have done some research through the records to show that the title might have been held in the following order:
Matthew Webb (1), E.H. Temme (2), W.E. Barnie (3), Brojan Das (4,5,6), Mervyn Sharp (7), Des Renford (8,9,10).

This year saw the lowering of the 12-year old record of Barry Watson, 9 hr. 35min.

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F. to E., the fastest over-all record swim. On 4th August Tina Dischoff, 17, U.S.A., made a magnificent swim of 9 hr. 3½ mins., E. to F. We thought that might well stand for a long time, even though under continuous threat from Cindy Nicholas. However, this year's Windermere all-comers winner, Wendy Brook, 20, G.B., streaked across the Channel in the incredible time of 8 hr. 56 mins., E. to F. on 31st August. Wendy is trained by Eileen Fenton, F. to E. 1950, whom we were delighted to meet again. One can't help wondering what will happen next. It is quite delightful to observe how the young women - Wendy, Tina, Cindy, Abla Khairy, are leading the way.

A well-merited mention must be made of unsuccessful swims; it is worth observing that most of the very famous have had at least one failure in the unpredictable and capricious Channel. Jack Kerwin (53) swam for 16 hr. 17 mins. only to be obliged to give up in a force 5 wind within sight of victory. During the Arab Nations Race on 18th August, Alawi Mekky, Saudi Arabia, and Abla Khairy, Egypt, were called out of the water by their pilots, with the agreement of the [illegible] and the Race Marshals. Conditions were frightful, and no doubt they could [illegible] landed on the rocks of Cap Gris Nez, some 200/300 yards off, probably at the cost of their lives or at least of some serious injury. Wind force was 5/6 against a flood tide. Regretfully the Committee was unable to recognise their valiant attempts as being successful. An exactly similar fate befell Henri Suetens, Belgium on 19th August, who landed on the Western Arm of Dover Harbour in a gale. Again he could not land in accordance with Rule 9 (g) so the Committee could not recognise the swim. We can only hope that these four, and particularly Jack, Alawi and Henri will be back to enable us to enter their names on the records of successful swims. Abla, of course is already famous as being the Channel's youngest conqueror, E. to F., 1974.

This year saw the 50th anniversary of Gertrude Ederle's swim, the first success by a woman, and we are happy to record the 80th birthday 10th August, of the Channel's oldest conqueror, Ned Barnie, and we wish him "Many Happy Returns". Incidently Ned was 55 when he swam in 1951, the crossing taking place just after his birthday.

We have had to say "Goodbye" to our Treasurer of so many year's standing - Bill Schooling, who took up office in 1961. Bill's business commitments are likely to take him out of the district. To Bill whose expertise has for so long kept our finances in such good order, we send our best thanks and good wishes. I am pleased to be able to report that our team of observers has increased, to the extent that on one day in August we managed to have nine swims officially observed at once, with a few observers in reserve. Our thanks to them can never be too often repeated. Once again I am delighted to register our thanks and appreciation to H.M. Coastguard, Customs and Immigration Officers for all their help and co-operation. It is a great comfort to pilots and observers to hear the long arm of protection coming over the air from the Coastguard Station at St. Margaret's Bay giving hourly warnings to all shipping of our presence. I have had many thankful comments from pilots and observers who much appreciate the rapid clearance by the Customs and Immigration Officers when they return tired and cold with exhausted swimmers. Our cadre of Pilots has been at full stretch throughout the season, and to the famous names of Reg Brickell, Val Noakes, Bert Reed, Bill Charmick, those of Colin Cook, Ron Heath, Alan Griggs, Mike Laws, Freddy Nardle, to mention few, are becoming current in the Channel Swimming world. Their ready advice and friendly reception of the swimmers is earning them a lot of international goodwill and their willing co-operation with the C.S.A. is of tremendous help to me.

We were again much encouraged by the interest of the Arab Nations in Channel Swimming; it was a great pity that the weather turned out so inhospitable for their cross-Channel race, as already mentioned above. Their Reception at the Maison Dieu Hall was a lively gathering of many Channel notabilities and Mr. Shafshak and General Zorkani have our warmest thanks.

It is greatly to be regretted that from some 120 Life Members to whom I wrote, only 40 replied to our request for the additional annual payment of £1 to meet the greatly inflated costs of producing these News Letters. We have 27 Annual Members, 10 new ones this year, so News Letters will have a more limited circulation than formerly.

I hope that in an internation organisation like the Channel Swimming Association,

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I can be forgiven for being a bit chauvinistic about the fact that Wendy Brook of Yorkshire has won the Rolex Watch, the first time for a British swimmer. Again we acknowledge our indebtedness to the Rolex Watch Company for their [illegible] gift to Channel Swimming, and for their continued interest so practically [illegible] fied by their lending and maintaining the Rolex Oyster Perpetuals for timing the swims.

As mentioned previously, next year is the 50th year of our foundation, and your Committee is actively considering how best to commemorate the event. Your suggestions would be most welcome.

Audrey Scott, Moorings, Alkham Valley, Folkestone, Kent, CT18 7EH. Tel: Hawkinge 2229.

WARWICKSHIRE LONG DISTANCE SWIMMING ASSOCIATION

Our scattered members continue to represent the Association, and whilst our members dwindle, we lack nothing in enthusiasm. Birmingham area members are using the new facilities at Sandwell, others continue to laze in the pit, the mud now diluted after heavy rain.

Last May, our Spring Handicap was won by Arthur Endersby. Folk are still talking of disqualifications, handicap fixes and moving markers. John O'Hara, B.L.D.S.A. pres. elect, threatened with a knickerbacker glory before swimming declined to enter. A car load of Dolphins enjoyed the swim. Big Colin Procter prowled the bank to ensure no foul play. Francis and Percy, hindered by irreverant collegues were satisfied with a good Coniston event. New record, under 2 hours by Ron Evans. Club badges are available at a modest fee for successful championship swimmers. Note 1977 date; July 16th. New Swim sec; Arthur Ayres.

Sad news, Arthur Endersby is leaving Coventry to take a business in Cardiff. Although unobtrusive, Arthur has been a stalwart of the Association since our early days in 1962, along with Rex and Brian Finley. A tough character he was well known for his breaststroke records and cold swims. He follows Jack Somersfield away from the Midlands to sunny South Wales. Percy Bull still has 100% record at Veterans and Trentham, the latter being a cool swim, very welcome after the unbearable heat. Chairman Percy is very keen on rowing, helping and assisting Roy Ainsworth to the bar. His threats of reducing swimming output to concentrate on liquid input, and socializing are not being taken seriously. At risk of being assaulted I must quote Dick Hatfield. At Coniston he complained of not seeing a fluorescent flag at the finish. "But I saw a field in the distance," he said. It was Percy in his bright green tracksuit!

Jill Smith, having immediately joined the army on becoming a senior, has been posted to the Shetlands. Hope this does not reflect our hospitable Association. We would like to see more of Jill since feminine membership is low. Indefatigable Arthur Ayres completed Torbay and other swims, emulating some of the Commander's feats. Arthur reports the food good at receptions he attended, and sometimes mentions the swims. He competed at the Masters' event, vociferously supported by Percy and Dave, but the draw placed him with ex-champion Ron Roberts. I hope colleagues do not take some of the enclosed remarks too seriously, indeed we try to maintain a tradition of a light hearted approach to the sport. Dedicated but to the satisfaction of being in a unique group of sportsmen, where we think taking part is the objective.

Our Treasurer, Francis Allen just returned from the Canary Isles, we hope in time for his Coniston report. For some years he has been our most successful swimmer. Bad luck at Loch Lomond but a good placing at Windermere. If finances could be found Francis would be capable of a Channel swim. His placid temperament and effortless swimming are an inspiration to us. David Fell, after some cold swimming in May, suffered a slipped disc. Faced with the problem of inadequate medical guidance (sympathy also for Carol Pines) he hopes to swim again in 1977, probably colder swims as an anasthetic. Derrick Jukes, until recently a new comer, now completely indoctrinated. His good season culminating in a tough Dala, and his fulfilment of an ambition to swim Windermere. Derrick admits to being addicted, and is an important acquisition to our Association. He is our new Hon. Sec., address: 23, Hamstead Hill, Handsworth Wood, Birmingham, B20 1BL. Tel:

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021 554 8966.

Our most important 'find' of the year was junior Robert Sherburn. During an outstanding season he achieved 2nd place A.S.A. 5 mile, 1st place at seven swims, 4 new records, and second place at Bala and Pickmere. A fine sprinter in the shorter events, he has the ability to be a serious contender in his first [illegible] swims. Some of our peripheral members still need to be lured from the baths to the delights of our pit, perhaps starting at Boxing Day Swim. Finally, we in W.L.D.S.A. look forward to seeing our many friends throughout the coming season.

David Fell, 139, Lavendar Avenue, Coventry.

W.L.D.S.A. CONISTON SWIM 1976

This year's swims were started in very pleasant conditions. The water temperature was 67F, and we had a very slight following wind. These conditions must have been favoured by most competitors as we had many personal best times. We also had a new mens Record set up by RONALD EVANS (London) and a new Breaststroke Record by 'WALLY' PARSONS(Portsmouth). Many thanks to the Race Referee John [illegible] ably assisted by Mr. and Mrs. Corsbeng who stayed on the Launch [illegible] the race (only ran aground once - could be a record). Also to Jose Stephens [illegible] bringing the extra boat crews; and thanks to all the other helpers too numerous to mention. As this is the Last Time I shall be championship Sec. I would like to thank all Members of the W.L.D.S.A. who have assisted in any way over the years.

Results

1.	Ronald Evans	1.56.25.
	Record Front Crawl	
2.	Vincent Barter	2.09.25.
3.	Richard Hatfield	2.17.05.
4.	Eric Millican	2.25.40.
5.	Pete Stephens	2.26.50.
6.	Roger Parsons	2.34.59.
	All Comers Breaststroke Record	
7.	Francis Allen	2.35.59.
8.	Ken Keighley	2.40.10.
9.	Kevin Ferguson	2.59.10.
10.	John Alexander	2.59.15.
11.	Maurice Ferguson	3.12.42.
12.	Arthur Ayres	3.18.03.
13.	Derrick Jukes	3.29.30.
14.	Stephen Bedford	3.35.15.
15.	Ken Bailey	3.47.10.

Retired: Bob. Keating, Non-starter: Bill Dutton.

1.	Valerie Taylor	2.13.10.
2.	Gina Clarke	2.18.45.
3.	Patricia Dawson	2.44.40.

Retired: Carol Pines.

Coniston 1977 will be Saturday 16th July. New championship Sec.: Mr. A. Ayres, 108, Overslade Crescent, Coundon, Coventry.

Francis Allen, 1, Albert Clarke Drive, New Invention, Willenhall, WV12 5Au.

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BRADFORD AND DISTRICT LONG DISTANCE SWIMMING CLUB

Now that the season is over, we can account our endeavours with credit for '76. We are indeed proud that our Club President, George Owen, is holding Presidency for the British Association, 'Congratulations George'. Our 'Junior' Championships recorded 3 new records. In the Wharfe 'Open' Mile Championship, Robert Sherburn won the boys' Event in a time of 21 minutes 55 seconds (Record) and Claire Allman first in the girls', 23 minutes 23 seconds. The 'Club Trophies' were presented to David Goble and Andrea Metcalfe. 36 entries - 2 non-starters.

Our Derwentwater Championship was made 'Open' this year and the boys' championship went to Robert Sherburn, gaining his 2nd record swim in our Junior Championships, time of 50 minutes 55 seconds. Claire Allman set the new record for the girls in 54 minutes 31 seconds. We were indeed pleased to present an additional trophy 'The Eric Atkinson Memorial Trophy', presented by Bradford Metro. Swimming Teachers' Association, to the first Bradford Metro. swimmer to finish. David

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Goble was the recipient, to hold for one year. 13 entries - splendid effort Juniors!

A new ladies' record for Melonie Smith in the Ullswater Championship, 3 hours 21 minutes, 30 seconds, with Suzanne Lodge finishing 2nd in 4 hours, 25 minutes, 22 seconds. The Men's Championship was attained again by Douglas Graham in 3 hours, 48 minutes, 25 seconds, with Jack Kerwin close behind in 4 hours, 17 minutes, 55 seconds. The 'First Attempt' Trophy was presented to Albert Coward who finished in 4 hours, 19 minutes, 52 seconds. 6 entries - all completed the course.

Change of date for our 2/Way Windermere Championship depleted the entry of 16 to 9. Nevertheless, yet another record for Dilys Beynon, 12 hours, 57 minutes, 33 seconds. Suzanne Lodge finished 2nd in 14 hours, 52 minutes, 46 seconds, to better her own record. Michael Read led the men yet again in a time of 11 hours, 40 minutes, 12 seconds. Congratulations to Jack Kerwin and Albert Coward both completed the 21 mile swim for the first time, indeed a splendid swim by all. We were very pleased to have present at the start the Mayor and Mayoress of Kendal, Councillor Mrs. E. Hall and Mr. H. Hall, and Councillor Wm. Dobson, Chairman of South Lakeland Council to start the Event. The water temperature was 62F, very comfortable, but through the night the air temperature dropped to 40F, along with fog. Congratulations to crews and entrants, another successful Championship.

Our Channel aspirants, Jack Kerwin was unsuccessful after 16 hours, 17 minutes and approximately one mile from land was unable to finish; a tremendous swim, Jack, will we see you next year walking ashore?? Douglas Graham also was unsuccessful in his attempt, and Albert Coward decided to wait until next year to make his bid on the Straits.

It would be remiss of me not to mention our Annual Dinner Dance, a great success as always, thanks to you know who!!! The Senior and Junior 'Merit Trophies' were presented for the previous season to Suzanne Lodge and Nigel Metcalfe. I wonder who they will be presented to for this season's effort?

My sincere thanks to the Committee for all their help and assistance during the year. Congratulations to all members in their endeavours, whether championships or individual swims and success in '77.

Results

Senior Championship -Ullswater. 7½ miles, water temperature 61F

1. Douglas Graham	3.48.25.	1.	Melonie Smith	3.21.31. (Record)
2. Jack Kerwin	4.17.55.			
3. Albert Coward	4.19.52.	2.	Suzanne Lodge	4.25.22.
4. Jeff Paley	5.25.07.			

6 entries

Two/Way Windermere 'Open' Championship 21 miles, water temperature 62F

1. Michael Read	11.40.12.	1.	Dilys Beynon	12.57.33. (Record)
2. Peter Larrad	12.54.10.			
3. Jack Kerwin	14.41.55.	2.	Suzanne Lodge	14.52.46.
4. Paul Tew	15.13.11.			
5. Albert Coward	17.04.17.			

9 entries - 2 retired, P. Dyton, H. Tenby.

River Wharfe 'Open' Mile Championship water temperature 68F

1. Robert Sherburn	21.55. (Record)	1.	Claire Allman	23.23.
2. David Goble	22.00.	2.	Susan Johnson	24.36.
3. Nigel Metcalfe	24.40.	3.	Denise Bartholomew	26.20.
4. David Keettey	24.44.	4.	Carole Monks	29.46.
5. Christopher Goddard	24.50.	5.	Andrea Metcalfe	29.57.
6. David Cooper	25.09.	6.	Catherine Aldridge	31.00.
7. David Morgan	26.59.	7.	Julie Cameron	32.01.
8. Kenneth Dawson	29.32.	8.	Christine Goble	33.11.
9. Kenneth Mitchell	30.37.	9.	Beverley Hughes	33.11.
10. John Learmouth	33.02.	10.	Alison Hawkins	33.55.
11. Martin Scott	33.07.	11.	Karen Hawkins	36.06.
12. Andrew Phillipps	33.20.	12.	Karen Slater	36.21.
[illegible]	[illegible]	13.	Susan Richmond	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]	[illegible]

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14. Martin Edwards	34.44.	15. Catherine Tinkler	37.15.
15. Robert Graham	38.27.	16. Carol Baker	37.57.
16. John Cryer	38.31.	17. Susan Rammell	38.04.
		18. Jacqueline Richmond	42.31.

36 entries - 2 non starters, Sharon O'Hara, Kristin Mousley.

Derwentwater Junior 'Open' Championship 2¼ miles, water temperature 66F

1. Robert Sherburn	50.55. (Record)	1. Claire Allman	54.31. (Record)
2. David Goble	52.23.	2. Denise Bartholomew	1.02.15.
3. Nigel Metcalfe	56.20.	3. Andrea Metcalfe	1.03.52.
4. David Keettey	58.35.	4. Carole Monks	1.06.33.
5. David Morgan	1.02.16.	5. Alison Hawkins	1.21.12.
6. Kenneth Mitchell	1.15.58.	6. Christine Goble	1.22.46.
		7. Karen Hawkins	1.29.40.

13 entries.

Members' Individual Swims

Margaret Smith	Windermere 10½ miles W/L	8.51.18. (Record)
	Spurn Point to Cleethorpes 6 miles - all comers Breaststroke Record	3.04.12.
	2/Way Ullswater 14½ miles Ladies Breaststroke Record	12.12.01.
	Coniston 5¼ miles	4.03.33.
Unsuccessful attempts -	North Channel 12 miles in	7.25.00.
	Loch Lomond 19½ " "	18.23.00.
	Windermere 4¾ " "	4.30.00.
Jack Kerwin	Coniston 5¼ miles	3.24.00.
	Windermere 10½ miles	6.48.00.
Unsuccessful attempt -	England to France	16.17.00.
Albert Coward	Coniston 5¼ miles	3.27.00.
	Windermere 10½ miles	6.48.00.
Ken Keighley	Pickmere	1.31.07.
	Morecambe X Bay	3.17.25.
	Coniston	2.40.10.
	Bala	4.38.44.
	Trentham A.S.A.	2.48.24.
	Walton to Clacton	1.23.45.

Dorothy M. Connell, 9, Bentfield Cottages, Clayton, Bradford, W. Yorkshire, BD14 6DJ. Tel: Bradford 814169.

HUDDERSFIELD AMATEUR SWIMMING CLUB - LONG DISTANCE REPORT.

Our swimmers have been depleted this season by the marriages of Cathy Walker to Bob Sharpe and Beverley Walker to Tony Thomas but our boatcrews have increased. Hearty congratulations to all of you.

Swims of the year were undoubtedly performed by Suzanne Lodge whose sylph like figure cleaved to a personal best of 14 hours 25 minutes 22 seconds in the Two Way Windermere and smashed the Ladies Record on Loch Lomond in a time of 17 hours 28 minutes. It was an epic swim and Suzanne must now surely rank as the top female marathoneer in the U.K. at present having completed the English Channel, Two Way Windermere and Loch Lomond. Her other successes this season were at Morecambe Bay, Ullswater and Windermere when she and Kevin Ferguson of Warrington had a very narrow escape when they were swimming together for company and a yacht decided to cut between them and their boats. The wooden spoon for poor sailing and look out goes to the helsman of that yacht.

In the seniors Margaret Smith and Jeff [illegible] kept swimming with [illegible] Way Ullswater (Ladies Breaststroke Record), Spurn Point to Cleethorpes (All comers Breaststroke Record), Cross Lough Neagh (Ladies and Breaststroke Record), Windermere, Coniston, Morecambe Bay, Torbay, Walton to Clacton (short course) and the Warrington Dolphin Handicap Swim. She once again failed on the

North Channel being stricken with gastro enteritis after 12 miles, and retired at 19½ miles in Loch Lomond with muscle strain, very disappointed. Jeff completed Pickmere, Morecambe, Torbay, Ullswater. Both of them retired in the Windermere Championship - undoubtedly Jeff came out for a closer look at the view!!

It was a delight to see the 12 year old Hawkins girls so successful this year. We look to another good year in 1977. Allison completed Pickmere, (Breaststroke Trophy), River Wharfe, Sandwell Lake, Derwentwater, Waterloo Lake, Langold Lake and Bala Lake. Karen completed all the same courses and neither of the girls was deterred by the dirty faces they gained at Langold.

Regulars in the boats and on the side deserve a word of thanks from us all. Carl Walker, the Sharpes, the Thomas's, Andy Phillips and his carrot for Jeff, Jeff Paley, Frank Lodge, Ken Lumb, John O'Hara, the Hinchliffes, the Smiths and so many others. Without you there would be no swimming.

As yet no one knows what 1977 will bring - maybe Andy will finish his exams and be able to take over completely.

Margaret J. Smith p.p. Andy Phillips, 163, Scar Lane, Milnsbridge.

A.S.A. TORBAY CHAMPIONSHIPS

Conditions good with sunshine and only a light breeze for Wendy streaking across the Bay. Tail enders found the turn and return leg very rough as the wind became stronger. Boatcrews had an uncomfortable time if they were with tail end swimmers. A fabulous swim by both Wendy and Sally who had both trained hard and as a complete newcomer Sally was surely the swimmer of the day. Some exciting tussles took place amongst the men making tremendous spectator interest at the finish.

Results

1.	J. Winter	3.11.11.
2.	V. Barter	3.16.24.
3.	R.J. Baker	3.22.24.
[illegible]		
5.	Dhanvir Khatoo	3.37.50.
6.	K. Murphy	3.40.15.
7.	P. Stephens	3.42.15.
8.	[illegible]. Bennett	3.50.54.
9.	I. Reid	3.59.35.
10.	[illegible]. Larrad	4.07.10.
11.	P. Dyton	4.11.54.
12.	D. Graham	4.12.05.
13.	P. Allen	4.12.53.
14.	A. Coward	4.33.26.
15.	J. Kerwin	5.08.36.
16.	[illegible]. Ayres	5.30.39.
17.	C. Burnett (1st Breaststroke)	5.34.16.
[illegible]	[illegible] Webster (2nd Breaststroke)	[illegible]
19.	T. James	6.20. 00.
20.	S. Dedford	6.35.21.
21.	J. Paley	6.40.33.

Retired: N. Trusty, R. Evans, S. May.

1.	Wendy Brook	2.50.23. (Record)
2.	Linda Westlake	3.45.15.
[illegible]	[illegible]	
4.	Sally Walker (1st Breaststroke new record)	4.[illegible]
5.	Christine Sifleet	4.26.5[illegible].
6.	Willy van Rysel	5.27.08.
7.	Margaret Smith (2nd Breaststroke.)	6.43.07.

Retired: Lilian Brookes-Bell.

I am indebted to Margaret Smith, our Publicity Officer, for this report. Unfortunately no report has been received from the Championship Hon. Secretary Mr. D. Mace (AGS).

Note. Morecambe Inshore Swims will be later in 1977. Centre, [illegible] Saturday May [illegible].

Waterloo Lake Junior Championships, 1976.

A beautifull day, reasonable water temperature, a fair number of spectators. Once again Leeds City Council, Parks Dept, did us proud, once again the members of the Associationturned up in force to officiate and assist and so once again the event was a success. Bearing in mind the type of summer we had I was somewhat worried about the level of the lake and the state of the weeds. However it appeared that the Lake authorities had forgotten to have drought in that particular lake as the water level was normal and although there were some weeds in one shallow spot on the whole swimming conditions were very good.

Entries were slightly up on last year with 12 girls and 9 boys taking to the water. Again we had a good turn up of Pilot Life Savers and it was pleasing to see all the available boats in use round the course, which goes towards making this a safe swim. I did stress at the breifing that we wanted no heroics, and asked anyone who felt unsure of their ablility to complete the course to get out before they had to be dragged out. Only one boy had to retire, and I would like to express my thanks to this swimmer for heeding my words and leaving the water on the completion of the first circuit when he realised he would be unlikely to get round again.

To the officials, the Pilot Life Savers, the members of the Association and all who turned up and offerred their services and assistance, may I thank you all it would be unfair to single out any individual and so to you all very many thanks.

To the swimmers some of whom travelled from the far flung corners of our empire, (one from Scotland one from Wales and three from Bradford). Again many thanks and heres hoping to see you next year, age permitting of course.

As for the swim. Well it started right on time, with 12 girls sprinting away from the start at 14-00hrs. Julie Crane the 1975 winner withdrew shortly before the event which meant that we could say with some certainty there would be new girls champion, and that is about all we could say as the race was very open. As it turned out only 26 secs separated the first two girls. Two minutes after the girls,the 9 boys were away chasing after them, (an occupation at which they will no doubt become more adept as the years go by). In the boys event, David Goble from Bradford, the 1975 winner was attempting to win the cup for the second time. However Mike Davis, decided that, having travelled all the way from Neath he was'nt going back empty handed, he not only caught up with all the girls, but he also (rather ungentlemanly)passed them and was the first swimmer to finish. This year David had to be content with second place. The girls race was a very exciting affair, with only 26 secs separating the first two, Clair Allman from Northwich just managing to hold off the challenge of Mary Yeats who travelled all the way from Dundee to swim in the event, and who's luggage on the return trip was heavier by the weight of one silver medal. I would also like to note the visit of a contingent from Northfleet in Kent 5 swimmers making the trip. I hope you enjoyed your visit. Also travelling from far afield was Susan Johson from Barrow-in-Furness who went back with the Bronze and Julie Wheeler from Gravesend who just missed a medal by less than 2mins. But to all of you may I say. Thanks for coming hope you all had a good day, and enjoyed yourselves.

It has been a tradition in this swim for the previous best times to be beaten, and this year proved to be no exception. Mike Davis beat the previous best time by a full 4mins whilst Claire Allman came in 36 secs under the girls previous best time.

Waterloo Lake Junior Championships 1976.
Results.

BOYS

			hrs.min.secs.
1.	M.Davis	Neath.	43. 03
2.	D.Goble	Bradford.	48. 10
3.	S. Hammond	Northfleet.	51. 49.
4.	A.Burtenshaw	Northfleet.	52. 03.
5.	N.Metcalfe	Bradford.	53. 10.
6.	A.Keetley	Rotherham.	53. 22.
7.	D.Morgan	Scarborough.	55. 07.
8.	K.Dawson	Sheffield.	1 13. 24.

Retired.
C.Goddard Accrington.

GIRLS

			hrs.mins.secs
1.	C.Allman	Northwich	47. 14.
2.	M.Yeats	Dundee	47. 40.
3.	S.Johnson	Barrow-in-Furness	53. 27.
4.	J.Wheeler	Gravesend	54. 56.
5.	D.Bartholomew	Rotherham	56. 50.
6.	D.Wardlaw	Northfleet	58. 25.
7.	N.Treadwell	Northfleet	58. 36.
8.	C.Monks	Rossendale	1. 08. 06.
9.	H.Mendham	Northfleet	1. 12. 14.
10.	A.Hawkins	Huddersfield	1. 14. 21.
11.	C.Goble	Bradford	1. 14. 56.
12.	K.Hawkins	Huddersfield	1. 20. 03.

Once again. Many thanks to all who helped to make the day a success and of course many thanks to Mr Dunston Director of Parks, and to all the Lakeside staff who offered their assistance in many ways.

Late News. Next year 1977. there is a strong possibility of something for the seniors, I have no precise details as yet but watch the news items.

Jeff Ingham. Hon Sec. Waterloo Lake. Junior Championships.

INTERNATIONAL REPORTS 1976

The participation in overseas events this year was a lot better than last season, mainly due to the fact that the B.L.D.S.A. sent an official team to the Brugge championships in August. The cancellation of the trials brought the selection committee a very difficult, almost impossible task, of selecting the swimmers to go. Because of this freak bad weather last year, we are trying to arrange a venue for trials in 1977 to be in water where there is sufficient shelter that gale force winds would not cancel them. It is also hoped that there will be selection of swimmers to represent the BLDSA at two events in 1977 - one over the 3 mile distance, and another over a 10 mile course. These details will be finalised by the end of January, and members wishing to have details should send an S.A.E. for a copy. No enquiries will be answered without an S.A.E. enclosure.

There were several enquiries from members during 1976 requesting that entries be made for them into International events overseas. These members subsequently did not enter due to differing reasons, but contact had already been made with the organisers for entry, boat escorts, accommodation etc., and then all the work done for this had to be undone. Apologies were sent to the countries concerned, which this year were Czechoslovakia & Poland, but we will lose their goodwill if this happens again in 1977. - So, any member wishing to swim overseas please think about it carefully before committing yourself to being entered - it could do irrepairable damage to the good relationships we currently have with these associations. Also, will members try and decide at least 3 months in front of the event that they want to go, so that everything can be finalised and entries sent in before closing dates (usually one month prior to the championship). Although the dates of overseas swims are sometimes not received until quite soon before the date of the swim, we now know the events which are held on the same weekend each year so we can approximate most dates even at this early stage.

N.B. MOST IMPORTANT: ANY SWIMMER WHO ENTERS AN OVERSEAS EVENT WITHOUT GOING THROUGH THE INTERNATIONAL SECRETARY WILL NOT BE CONSIDERED TO REPRESENT THE B.L.D.S.A. AND WILL REPRESENT HIS/HER OWN SWIMMING CLUB, AND NO RESPONSIBILITY WILL BE TAKEN BY THE ASSOCIATION FOR OBTAINING AUTHORISATION FROM THE A.S.A. OR FOR FULFILLING ANY OTHER CONDITIONS THAT MAY BE RELATIVE TO THE SWIM.

A list of overseas events for 1977 will be duplicated in due course and subsequently distributed amongst members - or you may obtain one from me BY SENDING AN S.A.E.

INTERNATIONAL SELECTION

The selection of swimmers to represent the B.L.D.S.A. will ONLY take effect as and when there are funds available for use in financing expenses of swimmers travelling abroad. ANY MEMBER OF THE B.L.D.S.A. IS ENTITLED TO REPRESENT THE ASSOCIATION IN ANY OVERSEAS EVENT, PROVIDING HE/SHE ENTERS THROUGH THE CHANNELS OF THE INTERNATIONAL SECRETARY, BUT ALL EXPENSES MUST BE PAID BY THE INDIVIDUAL CONCERNED IN SUCH CASES. When there are funds available to send, or assist in sending swimmers overseas, then the final selection of such swimmers will be made by the INTERNATIONAL SELECTION COMMITTEE (Elected by the B.L.D.S.A. executive committee) and swimmers will be informed accordingly.

SPONSORSHIP

Individual swimmers are at liberty to try and obtain local sponsorship to assist their passage to overseas events, but they are STRONGLY REMINDED that they MUST NOT contravene A.S.A. law in so doing.

FUND RAISING

There will be several projects in being during 1977 to raise funds for the overseas swims secretary's account. The proceeds from sales are intended to help cover the costs which are constantly increasing, which have to be incurred by the International Secretary in order to give you, the membership, the information of and the opportunity to enter these International events. If any profit can be made, then this will be used in financing the swimmers at least partly, and we hope in the future - fully, when they represent us overseas.

There will be iron-on T-Shirt transfers on sale at 50p each.
Self adhesive bag stickers at 50p each.
Self adhesive car stickers at 50p each.

The bag and car stickers are available by post + 15p p&p from the International Secretary. All cheques & P.O. made to B.L.D.S.A. please.

The insignia steward, Mr. Alan Humphries will also hold a stock of these items for sale at B.L.D.S.A. events & functions when the International Secretary cannot be there.

RESULTS & RECORDS OF OVERSEAS SWIMS (FINA & ILDSF)

A record of results and reports on overseas races and championships is being compiled and constantly updated by myself. This set of records is my own personal property, but will be available for members to look at any event or function that I attend, including the AGM, when most members are present. To assist with this, ANY MEMBERS WITH ANY DETAILS OF RESULTS OF OVERSEAS ACTIVITIES - ie REPORTS & RESULTS OF INDIVIDUAL SWIMS AND CHAMPIONSHIPS, PLEASE SEND DETAILS TO ME SO THAT THEY CAN BE INCLUDED. THANK YOU.

INTERNATIONAL TRIALS CHAMPIONSHIPS 19th JUNE 1976

As you all know, due to freak weather conditions on the day we were caused to abandon and cancel this event. After all the hard work that had been done in organising it, it was a great disappointment to competitors and organisers alike. The sterling work that was put in by all those who were there was very much appreciated, and my thanks to all concerned.

BELGIUM: BLANKENBERGE 3000M 10th July 1976
BRUGGE 3000M 11th July 1976

B.L.D.S.A. ENTRIES:- Mens Freestyle Ron Evans
Ladies Freestyle Val Taylor
Mens Breast Stroke Roger Parsons
Ladies Breast Stroke Sandra Pearce

Roger & Val decided that they would like to enter these swims and as there were events for breast stroke & freestyle went about finding another two swimmers who wanted to join them. Sandra, after some arm-twisting condescended to "try" the events, and Ron jumped at the opportunity of "avoiding" being another "goldfish" in the "bowl" of the A.S.A. Trentham championships the same weekend!

The invitation to Sandra was purposely done - she is serving in the WRNS at SHAPE HQ in Brussels, and just "happens" to have transport over there. - How convenient for the transfer from Blankenberge to Brugge, and back to the ferry port for departure!

I was an eventful weekend to say the least. On arrival at Zeebrugge Ron, Roger & Val had arranged for Sandra to meet them as the ferry came in - and also the Blankenberge S.C. officials were there with one car to take us to the race. On arrival - no Sandra!! It later turns out that she is sitting waiting at the wrong port - Ostende!!!! - Silly Sandra!! She did, fortunately have enough common sense -(just!) - to drive into Blankenberge and find us - arriving after the race had finished!! - Meanwhile, during her absence, the remaining three had got changed and reported for the swim, and then proceeded to the start - a whole mile walk up the sea front with the other competitors! A 10 minute interval was allowed between the start of the four races which was from behind a rope 100yds from the water's edge. Horror of horrors - it was a run & swim event!! Fortunately most of the other swimmers were just as bad runners as us! When the rope dropped on the sound of a whistle, all hell let loose, and thousands of bodies raced for the water amid flailing arms and legs and gallons of "splash", and the swim got under way! Briefing was not what one would call the best, and none of us had much idea of exactly what we were supposed to be doing. The course was " swim parallel to the beach from the start, down to the harbour entrance, and up the entrance to the finish point marked by flags"..!!! There were no individual escorts, just covering motor launches, consequently the BLDSA swimmers ended up too far out from shore and having a lot further to go when fighting the current to get into the harbour. After the swim there was a couple of hours before the presentation in which time Sandra found us! Until the presentation we did not know what positions we were placed in. To our delight, Ron gained 3rd in his event, Val 4th in the Ladies, and Roger an unfortunate 8th - having gone out from shore and losing several places to a bunch who sneakily cut round infront when entering the harbour. We didnt count in the team prize as Sandra had not competed. We also did not get credited with any times for this event as their timekeeping system had gone wrong!! (It doesn't just happen to the B.L.D.S.A.!!)

We stayed overnight in Blankenberge & drove to Brugge the following day. The swim took place in the afternoon, and after reporting to the officials we were transported to the start by bus. We didnt see the course beforehand as it was through the towns canals. We asked for clarification of the course, and were duly instructed, "Swim straight down the canal, under two bridges and turn right. Swim alongside the lanerope until it ends, and then back up the other side of it. Keep swimming to the end of the course where there will be another lane rope. Swim down the right side of that and into the finish." Have you ever seen lane ropes in canals??? It is indeed a peculiar sight - especially when you see them from the water through goggles for the first time! If you dont enjoy swimming in a straight line, then this is the one for you. I've never known so many right and left turns!! Ron should have won this event, but mistook the finish and two of the Belgian lads pipped him into 3rd place. Roger was 2nd in the Mens Breast stroke Val 3rd in the Ladies Freestyle, and Sandra 15th in the Ladies Breast stroke. We returned home on the midnight ferry from Zeebrugge.

BELGIUM: BRUGGE 4500M 1st AUGUST 1976

B.L.D.S.A. TEAM
MENS FREESTYLE: Ian Goss, John Baker, Vincent Barter.
LADIES FREESTYLE: Val Taylor, Sally Minty, Lindsey Reed.
MENS BREAST STROKE: Roger Parsons, Rex Norris, Charles Forsberg.
LADIES BREAST STROKE: Sally Walker, Christine Stockey, Sandra Pearce.

Additional B.L.D.S.A. entries:- Ron Evans, Peter Stephens, Stephen Pavitt.

The swimmers met at Dover on the saturday morning ready to board the ferry to Zeebrugge. After thinking all the foot passengers had been forgotten, the Townsend bus came to collect us and took us to embark. - only 15 minutes late!!

It was a fairly uneventful crossing and we managed to arrive in Zeebrugge with no missing persons! After deciding we couldn't catch the train as planned, we attempted to find the right bus stop & proceeded to wait for a bus to arrive. After half an hour, we finally boarded a bus for the town centre, from where we collected maps of Brugge & then walked to the hotel & settled in. I seem to remember comments of "wouldnt it be great if we had storms all night until the morning to cool the water down & frighten off some of the whizz kids over here!" - well, whoever was on our side obliged - a little early, - it absolutely poured down all afternoon!!! The evening was spent relaxing in the hotel, or at one or more of the local hostelries! On sunday morning, Sally Minty's parents who had come along to see the event, became chief baggage holders, kindly taking charge of all our excess baggage not needed during the swim. The team proceede to the centre of Brugge, partook of light [illegible] to be taken to the swim. After some time, and no sight of any other swimmers, concern began to creep in, and Mr. Minty again came to the rescue when Val was taken to the swim check in point of previous years ...only to find that everyone else was there! - Quick shuffle by Mr. Minty and several of the Brugge officials came to the rescue to collect the others and get them down in time. The cause for all the confusion was a letter received from the Brugge club on the wednesday before departure had in fact been the instructions for the event two weeks previous!! Due to most of it being in Flemish, it had of course been taken for the instructions for this swim!!
Dagenham swimming club were also of assistance with their own coach giving our swimmers a lift to the start.

The results were excellent, and I think all swimmers were pleased with their times. Nobody knew where they were placed until the presentation ceremony, so there was a lot of nail-biting going on as the announcements were made. It was with great jubilation that the team left Brugge after winning all three of the team events, somewhat weary but all of the mind that it had been a most worthwhile trip. The midnight ferry was caught back from Zeebrugge and at 5am on a sunny monday morning, everyone departed for their respective homes.
There were some disqualifications in the mens & ladies breaststroke events & this was caused by swimmers too close or slipstreaming one another amongst other things. The swimmers were well warned at the start, and those who were penalised were very rightly disqualified. This caused quite a difference in our mens breast stroke placings as somewhere in the region of 3 or 4 of the swimmers were in the leading bunch and it gave us the win over Njord in the one team championship.

RESULTS

			NUMBER OF [illegible]
Ladies Breast Stroke			
1) Chiny Kok	Njord, Holland	1.18.2	46
7) Sally Walker	BLDSA	1.24.3	
19) Christine Stockey	BLDSA	1.38.6	
21) Sandra Pearce	BLDSA	1.44.4	
Mens Breast Stroke			
1) Leen Belder	ZVS, Holland	1.12.3	87
2) Roger Parsons	BLDSA	1.15.0	
8) Rex Norris	BLDSA	1.21.2	
32) Charles Forsberg	BLDSA	1.35.4	
Ladies Freestyle			
1) Ada Pors	VZC, Holland	0.59.5	39
6) Val Taylor	BLDSA	1.06.1	
10) Sally Minty	BLDSA	1.10.1	
13) Lindsey Reed	BLDSA	1.11.0	
Mens Freestyle		min sec	
1) Ian Goss	BLDSA	52.22s	
2) Rudy Willems	VZC Belgium	53.01	
3) Ron Evans	BLDSA	53.02	
13) Vincent Barter	BLDSA	58.36	
14) John Baker	BLDSA	58.44	

16) Stephen Pavitt BLDSA
33) Peter Stephens BLDSA 71ml9s

TEAM RESULTS

Challenge cup Herman Machiels: Best aggregate points from 2 breast stroke men and 2 freestyle men.

1st. BLDSA 14 points 2nd. Brugge Belgium 54 points

Challenge cup Stad Brugge: Best aggregate points from 3 men freestyle

1st. BLDSA 17 points 2nd. Njord Holland 33 points

Challenge cup B.L.O.S.O.: Best aggregate points one swimmer in each event.

1st.BLDSA 16 points 2nd. Njord Holland 16 points

The placing of two teams tying for first place is decided on the team which has the highest placed swimmer in the mens freestyle event.

SPAIN. RIVER EBRO 15KM AUGUST 22nd 1976

B.L.D.S.A. Representative: Richard Bell

The only swimmers with rowing boats/motor boats on this swim were trainers who bought their own. All the other swimmers were accompanied by single racing shells with Spanish boys as guides. (Which to our way of thinking is not what one would call the best kind of escort!!) Richard's guide was put into the launch with the officials and the broadcasting unit and had to be thankful for even that.

The start was it's usual chaotic confusion, with the swimmers more in control of the start than the official starter! Fortunately Richard was one of the bunch which eventually raced off from the start in the front. Richard's crew in the press launch passed through the field of swimmers at around the 3000M mark, where Richard was lying 3rd, clear of the field behind by about 100yds and within 50yds of the leader. At another 2000M on, Richard was still up with the leaders but had taken a course over to the bank and was losing the benefit of the current - of course, he got no help from his spanish escort because of lack of communication. During this stretch of some 3000M he lost quite a lot of time and distance. The judges eventually managed to signal him to cross to the other side of the river into the main stream. From then on it was just a slog to the finish and he came in 9th, only 11 minutes behind the winner. He finished in good form and was pleased with the result. Had he not gone adrift in the middle, he would have stood a very good chance of being in the first 3.
The launch that had the officials on it during the championship, had apparently come up to the eventual winner during his swimming and found him getting a tow from his accompanying boat!!!? which had his club and two members as crew. We were told that they were warned off to move away, but who knows how long that had been going on. There should have been a disqualification if all we heard was true.

At the finish, the whole town turned out on the jetty and gave the swimmers a rousing reception. In the club, later at the official reception all swimmers were presented with a cup or medal.

No times were given, (not in english anyway!), and we are still awaiting their reply to this request by letter!

This concludes my report for 1976, so may I now thank all those who were of assistance to me during this year, and hope that the International side of the B.L.D.S.A. will go on from strength to strength.

Mrs. Valerie Parsons
16, Birchcoppice Gardens
Willenhall WV12 4BL
West Midlands

N.B. ANY CORRESPONDENCE WITH THE INTERNATIONAL SECRETARY MUST INCLUDE AN S.A.E. TO GUARANTEE A REPLY.

WARRINGTON DOLPHINS LONG DISTANCE SWIMMING CLUB

ANNUAL REPORT FOR 1976

It is with pleasure that I present the Warrington Dolphins Long Distance Swimming Club Annual Report for 1976.

Last season saw the club achieve its record total mileage and we are once again close to this figure having totalled 808¾ miles for 1976. This year however, is outstanding in the number of championship wins and record times taken by club members.

Claire Allman a junior in her first full season equalled the record in the Club's own Pickmere Junior Ladies Championship and took 1st place in the River Wharfe, Derwentwater, Waterloo and Bala Junior Championships and also broke the existing records for both Derwentwater and Waterloo Lake. Elaine Jordan became the first junior to swim a two way Solent and also took the River Esk breast stroke record.

Chris Carter had a great season in that despite sacrificing the opportunity to enter certain swims whilst crewing for other swimmers, he still totalled 79 miles for the season, won Loch Lomond championship breaking the record in the process and established a new record for the two way Coniston.

Bill Dutton won the Morecambe Bay Championship for the 3rd successive year and may well be on his way to a Windermere championship hat trick having won this 10½ mile event for the second successive year.

Kevin Murphy set off twice this season to satisfy his most immediate ambition to become the first person to swim a three way channel. Unfortunately due to adverse conditions Kevin was forced to retire after 1⅗ and 1 crossings respectively. Kevin twice broke the then existing record for the 17 mile Wash (Skegness to Hunstanton) and also took the record for the 23 mile Loch Ness swim.

Dilys Beynon won the two-way 20½ mile Windermere Championship and was also second in the Mumbles - Aberavon swim.

Margaret Smith completed 19½ miles in Loch Lomond before retiring and made a brave but unsuccessful attempt on the North Channel. Margaret took the allcomers breast stroke record for the Humber Spurn Point to Cleethorpes swim, first place, and ladies breast stroke record in Lough Neagh.

Gina Clarke in her first full season as a senior deserves special mention, having taken second place in 3 championships.

Paul Tew who took 4th place in 2 way Windermere had his swimming season suddenly curtailed when, in setting out for a 6 way Windermere attempt, cut his foot on a broken bottle whilst wading into the water, necessitating hospital treatment and stitches.

Kevin Ferguson had some fine swims and became our latest Windermere swimmer in completing the championship. Kevin is now regularly beating his "dad".

Ken Bailey despite his Channel disappointment assures me that he intends to crack the Channel next season.

The"grandfather" of the club, Arthur Williams, became the oldest person to complete a 2 way Coniston and completed the 10 mile Morecambe Bay swim in the same championship as his grand'daughter Gina Clarke. Our "flyer" John Heapy chalked up another first by completing Kerrera to Oban for the first time ever on butterfly and totalled 21 miles for the season.

Bob Keating was unfortunate in sustaining a medical incapacity which restricted his outdoor swimming but as with Paul Kochanek, gave an invaluable service in crewing boats.

I feel that special thanks are due to both Alan Humphries who resigned from the post of Club Secretary and Cec Shallcross who resigned as Club Coach and Treasurer, for the many years of service they have given to the Club in these capacities. I should point out that both are still active in club affairs and will, I hope, continue to be so in the future.

Annual Dinner and Dance - Lakehouse Restaurant, Pickmere. Guests were George Owen (President of B.L.D.S.A.) and his wife and Messrs. Ken Hope and Alan Storton of the Warrington Baths Department and their respective wives.

I extend sincere thanks on behalf of the Dolphins to Pickmere Boating Company, the Management and Staff of the Warrington Baths Department and all who have helped or served the club in any capacity during the past year.

THANK YOU

Russ Holbrook, Hon. Secretary.

TWELFTH ANNUAL PICKMERE CHAMPIONSHIPS
RESULTS : 1976

DATE: Saturday 12th June 1976.
CONDITIONS: Slight chop. Water Temperature 64 deg.F.

We finally topped the ton on the day with 107 entries, 103 starters and 95 finishing, both junior and senior gents records being lowered again. Congratulations to all who completed the course, commiserations to those forced to retire. My personal thanks to all the members and friends without whose help this event could not be run. We hope to see you all again on June 11th 1977 for our thirteenth championship.

Maurice Ferguson, 16 Elmwood Road, Barnton, Northwich, Cheshire CW8 4ND. Telephone: Northwich (0606) 75290.

TEAM AWARDS

1.	Morton	3-38-28
2.	Warrington Dolphins	3-[illegible]
3.	Aberavon	3-55-12
4.	Bethnal Green	4-10-10
5.	Radcliffe	4-30-33
6.	[illegible]	[illegible]
7.	Bradford	4-34-09
8.	Royal Navy	4-39-35
9.	Warwickshire	6-41-02

JUNIOR GENTS 2 MILES

		New Record
1.	M. Davies	43-21
2.	R. Sherburn	44-51
3.	R. Wilde	46-14
4.	D.R. Jones	48-35
5.	P. Reed	48-39
6.	N.D. Hammey	49-04
7.	N.D. Metcalfe	49-46
8.	D. Flynn	49-46
9.	[illegible]	[illegible]
10.	S. Hammond	53-23
11.	T.A. Ansell	53-51
12.	D. Keatley	57-04
13.	C. Goddard	57-31
14.	M. Jones	59-54
15.	A. Rea	1-00-06
16.	M. Bird	1-03-10
17.	J. Penhalagon	1-07-40

JUNIOR LADIES 2 MILES

		New Record
1.	Claire Allman	48-12
2.	Alison Roberts	48-14
3.	Kay J McGinty	48-21
4.	Anne Osborne	49-38
5.	Jill Pines	51-52
6.	Julie Wheeler	52-03
7.	Nicky Treadwell	56-02
8.	Andrea Metcalfe	[illegible]
9.	Alison Simester	[illegible]
10.	Carole J. Monks	1-00-48
11.	Leanne Fellows	1-01-44
12.	Heather Mendham	1-01-48
13.	Lesley Read	1-02-13
14.	Christine Miles	1-03-35
15.	Carolyn Evans	1-06-46
16.	Elaine Jordan	1-08-56
17.	Alison T. Hawkins	1-09-44
18.	Karen Hawkins	1-14-56

SENIOR GENTS 3 MILES

1.	R.J. Evans	1-07-00
2.	R.J. Baker	1-10-54
3.	G. Admans	1-13-54
4.	W. Dutton	1-14-16
5.	W.N. Pearce	1-17-27
6.	K. Murphy	1-17-28
7.	D. Mace	1-17-37
8.	R. Hadfield	1-17-50
9.	G. Wilson	1-18-15
10.	C. Carter	1-19-40
11.	D. Briden	1-19-58
12.	E. Millican	1-22-33
13.	H. Fellows	1-22-53
14.	J. Tanner	1-23-52
15.	R. Parsons	1-25-13
16.	P.M. Stephens	1-25-36
17.	J. Evans	1-28-05
18.	[illegible]	[illegible]
19.	P. Goodman	1-29-37
20.	K. Keighley	1-31-07
21.	J. Bayliss	1-31-07
22.	D. Graham	1-34-00
23.	M. Johnson	1-34-42

SENIOR GENTS (Continued)

24.	K. Ferguson	1-37-11
25.	[illegible] Tew	1-38-52
26.	S. Bruton	1-39-37
27.	J.J. Alexander	1-40-34
28.	D.I. Jones	1-42-35
29.	C. Burnott	1-42-50
30.	M. Ferguson	1-43-53
31.	P. Rushworth	1-43-56
32.	T. James	1-44-54
33.	G. Forsberg	1-45-46
34.	A. Coward	1-47-27
35.	C. Webster	1-51-20
36.	J. Sharp	1-51-40
37.	A. Ayres	1-54-26
38.	E.C. Greenwood	1-55-33
39.	A.R. Phillips	1-59-36
40.	A. Williams	2-03-47
41.	[illegible]	[illegible]
42.	K. Bailey	2-06-56
43.	D. Dukes	2-17-21
44.	P. Kochanek	2-23-50
45.	K. Robinson	2-28-03
46.	P. Bull	2-29-15

SENIOR LADIES 3 MILES

1.	Valerie Taylor	1-14-45	8.	Jane Murphy	1-37-08
2.	Elsie Brook	1-15-35	9.	Kathy Smith	1-41-25
3.	Lindsey Reed	1-16-13	10.	Kim Harris	1-44-23
4.	Gina Clarke	1-17-40	11.	Patricia Dawson	1-45-02
5.	Linda Westlake	1-17-41	12.	Dilys Beynon	1-46-17
6.	Carol Bradford	1-25-45	13.	Susan Shand	2-01-53
7.	Anne Ramsey	1-22-27	14.	Lilian Bell	2-04-07

THE IRISH LONG DISTANCE SWIMMING ASSOCIATION.

The season was very successful and the weather for all our events was ideal. Early in the season we were delighted to have a visit from Mr. & Mrs. John O'Hara, our Windermere Hon. Secretary. The first race of the season was Carrickfergus Harbour to the Fisherman's Quay, a distance of 1½ miles. Water temp. 56F. The course was littered with thousands of small jellyfish but happily no one was stung seriously. Date: Monday 21st June. 7.30 p.m.

Men.
1. R.Skillen. 33m. 14.s.
2. J.Burton. 35 44
3. [illegible]
4. J.McKenzie. 43 13
5. D.Bell. 55 46

Junior Race - 1 way.
1. Leonard McDermott. 25m. 31.

Carrickfergus to Helens' Bay 5 miles in Belfast Lough.
At 1 p.m. 24th July. North West wind from behind. Temp. 56F. All competitors badly stung with jellyfish and received treatment in Hospital. However, Dick Skillen set up a record and Jim Burton was well within the previous record.

Men.
1. R.Skillen. 1h. 59 m. 48s.
2. J.Burton. 2 32 7
3. W.Wallace. 2 45 46
4. D.Bell. 3 2 30

The swim and reception were well organised jointly by the I.L.D.S.A. and the Helens Bay Life Guard Club on whose premises on the beach the reception was held. It lasted two days as the refreshments and sing-song was so good. Some of the ladies [illegible] were entertained by Dick Skillen on guitar, and Jimmy McKenzie and myself on accordian. Clancy McDermott, an ex-International Soccer player and water polo player presented tankards to the finishers.

Copeland Island to Donaghadee, 3 miles.
Started at 1.30 pm Sat. 7th August. Temp. 54F in fine weather.

Men.
1. Neil Cooper. 45m 15s.
2. Noel Munnis. 47 30
3. Ian Reid (Dundee) 53 59.
4 Richard Skillen. 54 9
5. Arnold Mahood. 56. 45.
6. Jim Burton. 62. 00.
7. Gareth Archer. 63 55
8. Terence Woods. 65 21
9. Wm. Wallace. 69 31
10. David Bell. 83 12

Ladies.
1. Susan Neill. 61.42 (Record)
2. Sheena Grierson. 70.03.

2nd International Lough Neagh Swim, 10 miles. Ardmore, Co.Antrim to Arboae, Co. Tyrone.
Conditions absolutely ideal. 10 a.m. 14th August. from McGarry's Yard in Ardmore. Heat wave, flat calm, water 70F. Wm. Bennett led for the first 2 miles, Dick Skillen then overhauled him and took the lead. High excitement among the large crowd at the Battery in Arboe. Dick walked ashore to tremendous applause in a new record time. Willie Bennett and Jim Burton battled out for 2nd place.

Men.
(1) Dick Skillen. 4h 47m 00s.
(2) Wm. Bennett. 5 18 55
(3) Jim Burton. 5 19 59
(4) Billy Wallace. 6 15 59
(5) Terry Woods. 6 25 09
(6) Herbie Harrison. 7 32 30

Ladies. (1) Margaret Smith. 6. 48. 59. (Lincs)

Retired: Pat Brown 2½ hours. His sister Mary Brown - 7h.45m. Keith Willox - 2½ hours. All three, especially Mary, received a very warm welcome from the spectators for their gallant efforts.

At the Reception at Arboe, tankards were presented to the finishers and Willie Bennett won the lovely cut glass bowl as well because he was the first 'outsider' to finish. Mr. Ken Bowles of the Northern Ireland Tourist Board presented the prizes. I would like to thank everyone who helped to make this swim a success, especially Mr. Paddy Devlin, Recreation Officer of Cookstown D.C. for his help and [illegible]. I would like to mention [illegible] or other such body to take part in, and this applies also to all our swims in Ireland.

Proposed dates for 1977. Fisherman's Quay Carrickfergus, 1½ miles. 7.30pm M.27th June. Copeland Island to Donaghadee, 3 miles, Sat. 30th July, 2 p.m. Helens Bay Swim, 5 miles, 12 noon, Sat. 2nd July. Whiteheas to Bangor, 7 miles, 10 a.m. Sat. 16th July. 3rd International Lough Neagh, 10 miles, Sat. 13th Aug. 9.30am.

THE IRISH L.D.S.A. REPORT - continued.

Enquiries regarding the races - please write to me, with the exception of the Copeland Island swim, where enquiries should be made direct to Mr. Ian Paterson, 4, Rocky Road, Belfast, BT6 9QL. Tel. 649816.

Congratulations to Dick Skillen in completing the course in the B.L.D.S.A. Windermere Championship again - 7h. 7m. 9s.

In conclusion I wish to thank all our members who assisted me during the season, especially our Race Secretaries, the members of the Helens' Bay Life Guard Club and the wonderful supporters we have in the Cookstown district and Lough Neagh area.

(Treasurer:Wm. Wallace.
Chairman: James Burton,)

David Bell. Hon. Secretary I.L.D.S.A.
2, Marina Park, Belfast. BT 5 6BA.

FROM YOUR PRESIDENT.

My year of President is now ending and I can honestly say I have enjoyed it. There has been a lot of travelling and work to do and a disappointment or two, but it has been a very worthwhile experience. I have managed to attend all but one of the B.L.D.S.A. Championships (my appreciation to John O'Hara for covering Bala, whilst I was at Loch Lomond). I was also invited to and attended several Championships held by affiliated Clubs and was made most welcome. I invariably had a job to do which added to the interest.

This is an opportunity to say thank you to the Championship Hon. Secretaries who made life easier prior to the swim by preparing a list of individuals and organisations to thank on behalf of the Association. It is much easier to have one's notes ready prior to the presentation as it can be a fairly hectic time resolving problems, signing certificates, meeting guests etc.

During the season I had a letter from a junior swimmer pointing out that most of the junior swims were in the North. I agree with him but the solution is in their own hands. The existing swims are organised and run by members residing in that area, so if the juniors want a swim in the South, put pressure on the senior members or officials in your area to organise a Championship. It will receive the blessing and support on the B.L.D.S.A.

At the end of the season came the functions - Val. and Roger's wedding and then John and Marion shortly after. A marvellous weekend at Scarborough as guest of the S.T.A. A weekend we will long remember. The Warrington Dolphins Dinner Dance, a very friendly evening with our Warrington friends, and as a guest at my own Club in Bradford. Happy memories of my year as President.

I would like to say thank you to the Officers and Executive for their assistance and forbearance throughout the year and to wish our President Elect John O'Hara, a happy and successful year.

George W.Owen.

SOUTH WALES COAST.
Swansea to Mumbles Pier. 3½ miles. June 6th. Temp. 59-60F Wind force 2 S.W. Patches of mist. Pilot: J.Lewis.

Men.

1.	John Baker.	Port Talbot.	1h.31m.
2.	Stanley May.	"	1h.48m.
3.	David Osborne.	"	2h.15m.
4.	David Grey.	Swansea.	2h.17m.
5.	Vivian Davies.	"	2h.34m.
6.	Leonard McVitie.	"	2h.37m.
7.	Leonard Cox.	"	2h.58m.

Ladies.

1.	Eira Davies.	Skewen.	1h.43.
2.	Lindsey Reed.	Port Talbot.	1h.46.

Mumbles to Port Talbot. 7 miles. July 10th. Temp.68F. Seacalm. Pilot John Lewis.

Men.

1.	J.Baker.	Port Talbot.	2h.41m.
2.	K.Murphy.	B.L.D.S.A.	2h.55m.
3.	H.Fellows.	Port Talbot.	3h.[illegible].
4.	S.May.	"	3h.[illegible]m.
5.	D.Osborne.	"	3h.[illegible]m.

Ladies.

1.	[illegible] Reed.	Port Talbot.	2h.50m.
2.	[illegible]eynon.	Stn Coldfld.	2h.59m.

For information on the 1977 Championships write to John Baker, 18, Greig Close, Port Talbot, Glamorgan.

Bristol Channel.
North Devon to Northcawl. 19 miles. August 19th. Temp.65F Wind force 4 f r 7 hours, decreasing to light westerly. Pilot: John Lewis.
Jane Luscombe. Jersey C.I. 10hrs 46 mins. NEW RECORD.

Marriage. Congratulations to Eira and Peter Davies, married on August 30th, 1976, best wishes to you both from all members.

Finally, my thanks to all who over the past years have helped to establish long distance swimming in this region. A special mention must be given to Ivor Roberts and John Lewis of Port Talbot and also to John Perrott of Neath and Ron Reed of Swansea. It is their example of selfless obscure dedication to the cause that has been so important in promoting local swimmers to be capable of competing in National Championships.

Peter Tyrell. (Af.m.o.f.a.o.a.f.h.s. etc.)
7, Ches hyre Street, Brynmill, Swansea. SA2 ODB.

SANDWELL OPEN WATER SWIM 1976. Metropolitan Borough of Sandwell Department of Technical Services Recreation and Amenities Division. Organisers? J.Darby and I.Hatfield.
Sun. 4th July, at Swan Pool, Sandwell Valley, West Bromwich, West Midlands.
77 entries (45 boys, 32 girls) Entry limited to 12-16 year olds. Approx. 2 miles.
Boys (first 20 only)

1.	39m.34s.	Richard Weston.		
2.	39 40	M.Davies.	B.L.D.S.A.	
3.	41 15	D.Newbold.		
4.	41 16	R.Sherburn.	B.L.D.S.A.	
5.	43 20	A.Powell.		
6.	43 29	A.Wilkins.		
7.	46 15	D.Wheeler.		
8.	46 32	R.Wheeler.		
9.	46 35	N.Metcalfe.	B.L.D.S.A.	

(as the other competitors listed are not members of the B.L.D.S.A. I have not included their names - JKS)

Team Positions
1. B.L.D.S.A. (15) Oldbury (16) Warley (26) Bridgnorth (62) Haden Hill (63) Avon Valley (92) Burntwood (98)

Girls. (First 20 only)

1.	44m.26s.	L.Brown.	B.L.D.S.A.	12.	52m. 52s.	K.Smith.	
2.	44m.42s.	T.Yarnold.		13.	55m. 12s.	C.Monks.	
3.	45 10	C.Allman.		14.	57 03	A.Sylvestor.	
4.	45 27	J.Crane.	B.L.D.S.A.	15.	59 44	S.Winfield.	
5.	47 08	S.Ashmore.		16.	60 24	A.Metcalfe.	B.L.D.S.A.
6.	47 37	C.Bradford.		17.	63 33	A.Holland.	
7.	47 43	J.Clarke.					
8.	48 36	S.Johnson.					
9.	50 24	J.Edwards.					
10.	51 56	J.Darby.					
11.	51 57	D.Bartholomew.					

Team positions: 1. B.L.D.S.A. (12) [illegible] (23). 3. Burntwood (55). 4. Surrey Ladies (99)

JKS

continued:-

Sandwell Report continued -

Following the success of the first Sandwell Open Water Swim it has been decided to extend the event to include seniors in 1977 (limited entry).

Proposed date - Sunday 10th July, 1977. Organisers:- J.Darby, 98, Harborne Rd., Oldbury, Warley, West Midlands. Ian Hatfield (B.L.D.S.A. member) Harry Mitchell Recreation Centre, Broomfield, Smethwick, Warley, West Midlands.

JERSEY LONG DISTANCE SWIMMING CLUB. (The Editor - J.K.S., apologises in advance for having to ruthlessly 'slash' Brian's 6 page Annual Report)
Following on the decision to go ahead with a heavy programme, the committee's main concern was to raise the necessary money to carry it out. The work involved in raising the money fell very largely on the shoulders of the President, The Treasurer, Mrs. Luscombe and Mrs. Devereux. Their total success is evidenced by the fact that not a single swimmer was debarred from attempting the swim of his or her choice by lack of funds, and the Club is deeply indebted to the four persons mentioned for their tireless efforts and their inventiveness of thought. Energies were also expended in other directions, one of the most important being the Training Programme for which Jo and Maurice Lakeman were responsible. The Sunday hikes were normally on well defined footpaths but one occasion when members entrusted themselves to the guidance of the Secretary (who had abysmally failed his Pathfinders badge in the Boy scouts) shrieks of anguish arose as thorns tore into tender flesh, tattered tights and twisted ankles supported the view of the Scout Master Badge Examiner. The circuit training had a masochistic fascination and as one staggered away nursing aching shoulders etc., one felt that the last time one felt so exhilarated and breathless was probably after throwing a tantrum in the pram. It felt as though we must have done us some good. Jane Luscombe, having embarked on a training swim from St. Catherines round the North coast, found herself going so well that she swam completely round the Island and got back to St. Catherines in time for tea. A distance of some 30 miles.. Nigel and Jeremy were both thwarted of their Channel ambitions although both has trained hard, had suffered and overcome several setbacks.

Sally Minty was selected to be a member of the British Team in the International event at Brugges and, as always gave a splendid performance, 8th overall and beaten by only one British woman. Not many people have had the honour to represent Great Britain in an International event and we join Sally in the pride she must feel at meriting this signal honour. Linda too has carried our flag well and after leading at Bala was finally pipped into 2nd place. Jane, her mother and Jo headed for the Bristol Channel planning to cover the same course that her grandfather had swum many years ago - 10 miles, but found that the course of the modern marathon swimmers was now 21 miles. Jane and her party were very hospitably received and her attempt attracted a lot of publicity via radio and press. Jane flashed across in a fantastic 10 hrs 46 mins, over 3 hours faster than the previous record. Channel weather finally relented for Robert De St. Paer and on the 17th September he took 12 hours 7 minutes to become the first Jerseyman (as opposed to woman) to swim the English Channel.

A summary of successes then:- Robert De St. Paer. English Channel. 12.7.00.
Jane Luscombe. Bristol Channel. 10.46.00. Record.
" " Round the Island. 13.05.00.
Sally Minty. British Team - Brugges.
Jeremy Le Maistre. Double Bala.
Linda Devereux. 2nd place Bala.

I would claim that they demonstrate that we have kept faith with that part of our constitution which demands that we 'Promote the art of long distance swimming'. Finally, Mr. Maurice Lakeman is, this year, relinquishing the Presidency of the Club. The Jersey Long Distance Swimming Club exists today because of his vision. He saw the possibilities [illegible] and with the [illegible] major part of the work and planning and all the Club's successes are largely attributable to him. We say a sincere thank you to Maurice and all express the view that although no longer President he will remain a vital part of our Club so that his expertise may be retained for all our benefit.

Brian Le Bretton.

(A note from Maurice Lakeman tells me that the new President will be Leighton de St.Paer, of St. Lawrence, Jersey, and the Hon. Secretary is M/s Marie Luscombe, Croix au Maitre, St. Martin, Jersey. Mr. & Mrs. Lakeman are continuing as Club Trainers. Members hope to compete at Bala - junior and senior, and Windermere. B.L.D.S.A. members welcome to visit Jersey for individual swims and competition - JKS)