

Wimmin' Swimmin' April 2025

Report by Annie Clouston

Everything is going well... swimmingly, in fact, at Teesdale Leisure Centre when we all get together for a gentle splash about, an elegant float, a quick stroke analysis, and record-breaking aquatic achievements (admittedly mostly the records are modest) of which our swimmers should be proud.

I thought it might be helpful if I shared a few things out there that are useful to swimmers of all genders if they have some worries about getting into the pool:

- Get some good goggles – goggles are highly idiosyncratic, as our faces, so a good fit may be elusive. My advice would be to avoid the small piggy ones that tend to suck your eyeballs out, nip your nose, snag your hair (if you've got any) and leave you with a ten-rounds with Mike Tyson look about the cheekbones
- Once goggles are satisfactory they can mist, a fine smidge of detergent – I use Johnson's Baby Shampoo – well wiped off will prevent you being rendered blind by goggle-fog
- Wetting your hair thoroughly before getting in the pool will protect against chlorine damage. This can be enhanced by wearing a swim-hat (silicone is best, the more flowery the better if you want to cut a dash)
- Protecting yourself against foot hazards, verrucae and Athlete's Foot is a good idea. A rub with tea tree oil after a swim is a good preventative and is particularly good for mouldy toenails.
- If you are prone to ear infections a drop of neat alcohol (I don't mean rocket-fuel grade vodka) in the ear before and after swimming is protective. I use Swim Ear which also dries out your ears post-swim and stops them gurgling.

You may have read in the TM about open water swimming at Crag Pond, just off the Cotherstone - Bowes road. Our intrepid Shirley was one of the first in, and I aim to be in shortly. It is a beautiful venue. At present wet-suits make the prospect more palatable, but soon – given the shallowness of the water and our incredibly un-Barney weather – we may be able to do without. Please contact me if this floats your boat.

Meanwhile, our next session is Saturday, 24th May, at TLC, from 4-5pm, cost £5. Please book with Sue Overton sueoverton@hotmail.com