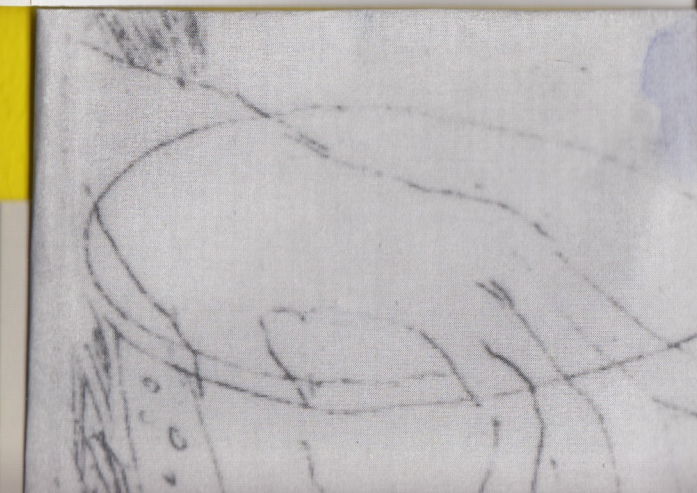


Information on former synchron

Newcastle Ladies Rhythmic  
 article, originated in the N  
 Newcastle Ladies Rhythmic S  
 who were members of other c  
 been existence for over a year  
 having p

"If you look into Northumberland  
 you would see the Ladies Team  
 all working together to swim a  
 Breast Stroke, Crawl and Back Cr  
 practices in forward and backw  
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 During both practice pe  
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