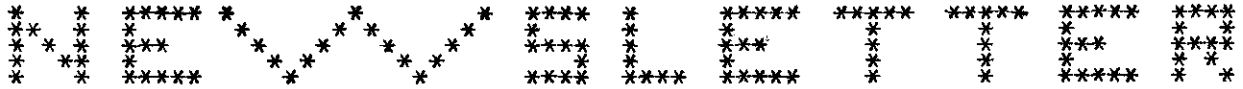


ERITH & DISTRICT SWIMMING CLUB



No. 38

October 1973

We should like to offer a warm welcome to all members who have joined us since our last Newsletter and to wish them every success with their swimming.

ANNUAL GALA

The main event in the Club's calendar is our ANNUAL GALA and this year it is on Saturday, 10th November commencing at 6.00 p.m. This year we have included two sets of races for the January 1973 beginners. The two width races will be reserved for those swimmers who have not been awarded their length certificate. Will those swimmers who can swim one length please enter for one of the length races. Tickets for the GALA are now on sale, price 15p for adults and 8p for children: competitors are allowed in free. The cafeteria will be open on the Gala night until 9.30 p.m. We should like to see as many parents and friends coming to support the swimmers as possible as the ANNUAL GALA is the only Gala during the year in which all members can take part, regardless of speed.

The Diving and Breaststroke Style Finals will be held on Friday, 26th October commencing at 8.30 p.m. Group 1 will be restricted to the lower half of the Pool on that evening.

On the 10th November all swimmers are requested to use the entrance at the left-hand side of the kiosk and to report to the official on duty there.

The counterfoils for the GALA RAFFLE tickets should be returned by the 2nd November but, as mentioned later, there will be no Club session on that day so it would be appreciated if as many counterfoils as possible could be returned by the 26th October.

NOTE TO LAST YEAR'S CUP WINNERS

Would last year's Cup winners please return their Cups to Mrs. Firmin by Friday 26th October. You are reminded that the Club has to pay an insurance premium for the trophies each year and you are, therefore, requested to handle them with great care and to keep them clean.

SINCE our last Newsletter we have had three matches, one at Maidstone on the 15th September, one at Ladywell on the 29th September and one at Erith on the 5th October. At all three matches the teams swam very well, particularly at the new pool at Maidstone. At this match the Erith supporters finished with no voices through shouting their encouragement to the team. Particular praise is due to the younger members of the team, some of whom had never been in a match before. The results of the three matches were as follows :-

15th September	1st Maidstone	171	4th Rochester	103
	2nd Erith	139	5th Eltham	83
	3rd Gravesend	116		

29th September	1st	Wandsworth	221	4th	Streatham	115
	2nd	Lewisham	216	5th	Erith	114
	3rd	Bromley	164	6th	Eltham	61
5th October	1st	Lewisham	100	4th	Gravesend	56
	2nd	Erith	69	5th	Eltham	33
	3rd	Faversham	65	6th	Lewisham Ladies/ Ladywell	19

This last match was a match with a difference as all races were relays and we included for the first time backstroke relays. Erith maintained second place throughout most of the races.

THE DANGERS OF OPEN WATER - T. A. Davison

Most swimming is done in swimming pools where comparatively safe conditions exist BUT by seaside, lake, river and other open water numerous dangers will be met: tides, currents and ground swells; sudden changes in water depth, unmarked and often unseen; pot-holes, stumps, rocks and mud to upset the balance; cloudy water - particularly slippery seaweed - no life-guard patrols or few people about to raise the alarm and give assistance.

Do not bathe when a red flag is flying.

Do not stay too long in the water, especially if it is cold.

Take heed of warning notices, do not hang clothes over them.

Bathe with company - never alone.

When in open water swim parallel to and near the shore line. It is dangerous to swim straight out from shore or bank. Your safe return may be endangered by fatigue, cramp, ebb tide, currents or boats.

Do not dive into water unless you know the depth and what lies below the surface.

Do not chase a beach ball or other object being carried or blown out to sea, you may go too far for a safe return.

ANNUAL BAZAAR

We are holding our Annual Bazaar on Saturday, 17th November at St. Paul's Hall, Northumberland Heath. We are urgently in need of articles for sale at the Bazaar and would greatly appreciate any help which members, parents and friends can give us. Any items may be handed in on Friday evenings at the Pool.

We also need plenty of customers! Children please bring along your Mums and Dads and also your Aunties and Grannies. FATHER CHRISTMAS will be there again this year, so do come along to see him.

WEBB IVORY GIFTS

Mr. Mount reports that the Webb Ivory warehouse is already out of stock of a number of items in the catalogues. If you haven't already placed your order please do so as soon as possible to avoid disappointment. (We hope that there will be some gifts left for late-comers).

Mr. Mount also reports that he has a good supply of Christmas wrapping paper for sale.

A VERY LENGTHY LIST OF ACHIEVEMENTS

The following swimmers have passed the Gold Personal Survival Award (A.S.A.) and have been awarded Certificates and badges.

Wendy Dent	Sandra Frost
Jacqueline Durrent	Martin Williamson
Nicholas Singh	Michael Dent
Kim Jarvis	Andrew Sutton

One Width Certificates have been awarded to :-

Alexander Darlow	Stephen Hancock
Alison Davie	Marian Riseley

One Length Certificates have been awarded to :-

Alexander Darlow	Sean House
Gaynor Buckland	Jacqueline Hill
Dominic Chard	

During August the following distance swimming was achieved and Certificates will be awarded shortly.

<u>$\frac{1}{4}$ Mile</u>	Sharon Dean	Christopher Linford	Andrew Scott
	Jacqueline Allen	Denise Farley	Tony Linford
	Christopher Foster	Lesley Rushe	Paul Benyon
	Theresa Clark	Peter James	Nicholas Singh
	Paul McKenzie	Stephen Callard	Peter Bealing
		Jonathon Rose	

<u>$\frac{1}{2}$ Mile</u>	Paul Benyon	Sharon May	Christopher Linford
	Raymond Nottingham	Jane Bunker	Julie Frost
	Julie O'Brien	Nicholas Singh	Ian Lock
	Jacqueline Dyson	Toni Linford	Gary Morgan
	Janet Parratt	Andrew Scott	Denise Farley
	Toni Jensen	David Evenden	Theresa Clark
	Sharon Dean	Duncan Frost	Lesley Rushe
	Stephen Callard	Alison Sutton	Suzanne Fitnum

<u>1 Mile</u>	Philip Chapman	Gary Morgan	Alison Sutton
	Kenneth Mundy	Peter Bealing	Suzanne Fitnum
	Peter Atkins	Neil Bunker	Jayne Hamilton
	Richard Atkins	Carol Moyse	Kim Jarvis
	Paul Benyon	Carol Bengé	Christopher Linford
	Andrew Scott	Nicholas Singh	Ian Lock
	Toni Linford	Sharon May	Carole Martin
	Vivienne Harvey	Theresa Clark	Gillian Fitnum
	Lynne Harvey	Martin Williamson	Stephen Parratt
	Debra Birchall	Ian Cranshaw	Howard Rogers
	Patricia Topp	Sandra Frost	Lesley Rushe
	Jacqueline Dyson		Karen Fox

ACHIEVEMENTS (Outside the Club)

2 Miles - Lesley Rushe (at school)

Bronze Personal Survival - Diane Tyson (at school)

Silver Personal Survival - Toni Jensen and Terri Jensen (at school)

Bronze Cross Life Saving - Neil Bunker

Intermediate Life Saving - Janet Parratt (at school)

FORTHCOMING EVENTS

- Friday 26th October Diving and Breaststroke Style Finals
- Friday 2nd November THERE WILL BE NO CLUB SESSION.
Riverside Baths will be used for National Synchronised Swimming Championship practice, so it is regretted there will be no Club Session.
- Saturday 10th November ANNUAL GALA commencing at 6.00 p.m.
Tickets now on sale.
- Friday 16th November Match at Downham Baths - hosts Lewisham Ladies. The coach for competitors will leave Riverside Baths at 6.00 p.m. The match starts at 7.00 p.m. THERE WILL BE CLASSES AS USUAL AT RIVERSIDE BATHS, as only the team will be going to Downham.
- Saturday 17th November ANNUAL MAZAR. 2.00 p.m. at St. Paul's Hall, Northumberland Heath. Come and see FATHER CHRISTMAS.
- Friday December CHRISTMAS CRAZY NIGHT. For the benefit of
(Date to be announced) our newer members, this is the night when there are no lessons, just a whole evening of fun and games.

A note for your 1974 diary

Saturday 2nd February DINNER AND DANCE.

PLEASE REMEMBER THERE WILL BE NO CLUB SESSION ON 2nd NOVEMBER