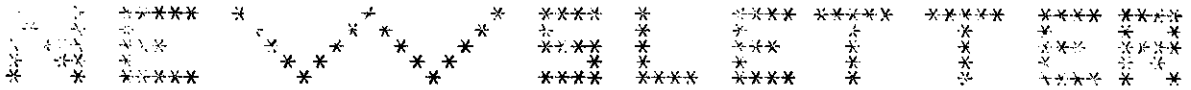


FRITH & DISTRICT SWIMMING CLUB



No. 42

September 1974

Summer holidays are now over and it is back to school and to serious swimming classes and training. We hope you all had good holidays in spite of the changeable weather.

ANNUAL GALA It will soon be time for our Annual Gala and this will be held on Saturday, 5th October at 6.00 p.m. at Riverside Baths. We have received a large number of entries for most events so we hope to see a large number of parents and friends in the gallery cheering their children on. Tickets for the Gala will soon be on sale, price 15p for Adults, 8p for children under 16; competitors are allowed in free of charge. The canteen will be open on the Gala night until 9.30 p.m.

The Diving and Breaststroke Style Events will be held on Friday 27th September commencing at 8.30 p.m. Group 1 will be restricted to the lower half of the Pool on that evening.

Counterfoils for the GALA RAFFLE tickets should be returned by the 27th September. We still have quite a number of unsold raffle tickets left so if any members can sell a few more, we shall be very grateful. The proceeds from the Gala Raffle help to offset the cost of the Gala which will be in excess of £100 this year.

Would last year's Cup winners return their Cups by Friday 20th September at the latest, properly cleaned please.

DISTANCE SWIMMING. Many members have taken part in swimming for distances of $\frac{1}{4}$, $\frac{1}{2}$ and 1 mile during August and certificates will be awarded to these members shortly.

"B" LEAGUE

During the winter season, we are taking part in a number of "B" League matches. These matches are designed for the swimmer who does not quite make the "A" team because his or her times are a few seconds slower. This will give these swimmers good practice in competitive swimming and encourage them to go that bit faster in order to qualify for the "A" team. We shall try to arrange one "B" match and two "A" matches each month.

Points to remember at matches :-

- (1) If you are chosen to swim and are unable to attend the match for any reason, please let Mr. Fitnum (01-304 3139) or Mr. Firmin (Dartford 20421) know as soon as possible in order that a replacement may be found in time. Valuable points have been lost, particularly in relays, when a swimmer has failed to turn up at the last minute.
- (2) If you are chosen as a reserve, please ask Mr. Fitnum, or whoever is in charge of the team, if you are required before leaving the Poolside.
- (3) It is essential to wear track suit or large towel and flip-flips or plimsolls on the poolside in between races to keep your body temperature up.

OUR Annual Bazaar is on 16th November and any contributions in the way of gifts, etc. would be very gratefully received.

Mr. Mount now has available the Webb Ivory Christmas Catalogues.

ACHIEVEMENTS

1 Width Simon Pajak Karen Bragg Andrew Abbott Alan Beardon
Kerry Sawyer Martin Parratt Nickola Copeland Kenneth Collinge
Richard Green Richard McKenzie

1 Length Jason Saunders Karen Bragg Caroline Tipper Lesley Roberts

Bronze Personal Survival - Lynda Jones Alison Fox (at School)

Silver Personal Survival - Jonathon Rose (at School)

Gold Personal Survival - Teresa Gray Desmond Littlefield (at School)

1 mile - Desmond Littlefield (at School)

1/4 Mile

Tony Linford	Ian Leach	Stuart Sullivan	Teresa Gray
Chris. Linford	Duncan Frost	Hazel Abbott	Carol James
Jeanne Oliver	Julie Frost	Kathleen Maguire	Janet Parratt
Sean Williams	Karen Pallett	Stacey Chilton	John Murray

1/2 Mile

Marilyn Meager	Kim Cooper	Jonathon Rose	Chris. Foster
Alison Fox	Kathleen Maguire	Billy Geapin	James Geapin
Nicholas Singh	Teresa Gray	Chris. Linford	Lisa Jones
Ian Friend	Carol James	Stuart Sullivan	Shelley Jones
Hazel Abbott	Tony Linford	Carole Martin	Julie McDonald
Paul McKenzie	Ian Leach	Kim Parrott	

1 Mile

Janet Parratt	Lorraine Caselton	Billy Geapin	Shelley Jones
Hazel Abbott	Suzanne Fitnum	John Sanders	Kathleen Maguire
Teresa Gray	Kim Sanders	Ian Leach	Paul McKenzie
Kim Cooper	Carol James	Tony Linford	Ian Friend
Stacey Chilton	Stephen Callard	Chris. Linford	Jonathon Rose
Julie Frost	Duncan Frost	Kim Parrott	Michael Mould

FORTHCOMING EVENTS

Saturday 14th September Match at Sevenoaks - "A" team.
Hosts Sevenoaks S.C.

Friday 27th September Diving and Breaststroke Style events at
Riverside Baths 8.30 p.m.

Saturday 28th September Match at Ladywell Baths - "A" Team
Hosts Lewisham S.C.

Saturday 5th October ANNUAL GALA at Riverside Baths 6.00 p.m.
for all members of the Club

Saturday 12th October Match at Greenwich Baths - "B" team
Hosts Greenwich S.C.

Saturday 2nd November Match at Sevenoaks - "B" team
Hosts Sevenoaks S.C.

Saturday 9th November Inter Club Match at Riverside Baths - "A" team.
Hosts Erith & District S.C.

Saturday 16th November ANNUAL BAZAAR St. Paul's Hall, Mill Road,
Northumberland Heath 2.00 p.m.

Saturday 23rd November Match at Downham Baths - "A" team
Hosts Lewisham/Ladywell S.C.

1975

Saturday 1st February ANNUAL DINNER & DANCE, Falconwood Social
Club, Welling