

FRONT CRAWL TUMBLE-TURN

This is the fastest of all crawl turns and should be performed to the exclusion of all others.

Practice this turn on every length swum and with either hand touching. It is desirable, but not essential to touch with the hand.

If the turn is taken too far from the wall for the hand to touch, the feet must do so as they are whipped over.

Remember it is a blending of a front somersault and a half twist. Some young swimmers are attempting the turn by first twisting, then somersaulting, it must be the other way round.

T.A. Davison

MATCH REPORTS

'A' MATCH, SITTINGBOURNE 22.9.79

Our first visit to Sittingbourne and their 'unusual' pool where swimmers and spectators alike were assured of getting wet. The programme proved ideal for our team and many firsts were scored. The coach trip was thoroughly enjoyed by most of the team.

RESULTS:-	1st	Sittingbourne	91
	2nd	Erith	104
	3rd	Canterbury	124
	4th	Tonbridge	147

'A' MATCH, WEST WICKHAM 29.9.79

The following Saturday saw many of our younger swimmers in action against much stronger competition, a number swimming for us for the first time. Several good results were scored.

RESULTS:	1st	Gravesend & Northfleet	80
	2nd	Bromley	117
	3rd	Sevenoaks	141
	4th	Erith	157
	5th	Addington	170

'B' MATCH, ELTHAM 20.10.79

The first of the 1979/80 Tudor Trophy series was a complete shambles as far as organisation was concerned but we are hopeful that the next one on the 24th November will be much better.

RESULTS:	1st	Dartford	
	2nd	Greenwich	
	3rd	Erith	
	4th	City of London/Sevenoaks	(tied)
	5th	Eltham.	

'A' MATCH, ERITH 27.10.79

Some very exciting and close races made this a good evenings entertainment with Clubs drawn from a wide area. The competition proved tough for us but all swam to maximum ability and we were denied third place by just one point!

RESULTS:	1st	Addington	226
	2nd	Bromley	204
	3rd	Moleland (London E.C.1)	184
	4th	Erith	183
	5th	Faversham	133
	6th	B.P. (Isle of Grain)	80

Our next match at Riverside will be on the 8th December when we hope to enter both the 'A' & 'B' teams against teams from Margate, Sevenoaks, Streatham and Tonbridge Clubs. The programme will be as 27th October. A new programme is in preparation for the first Match at Erith in 1980 on the 1st March.

P. & A. Bedford

Our Best Wishes for a speedy recovery go to Miss Phyllis Rayfield who is now convalescing after an operation. We look forward to seeing her smiling face at the Pool again in the not too distant future.

DISCO HELD 3rd NOVEMBER

The disco proved a great success and about 75 Members and their friends attended. The evening went all too quickly and proved most enjoyable. I would like to express my sincere thanks to all the helpers, who did a really good job and made the evening go with a swing.

J.R. Frost

FUTURE ACHIEVEMENTS

Congratulations to the following who passed their Gold Personal Survival last week:-

Claire Miller	Paul Turner
Michelle Doyle	Neil Davis
Amanda Rice	Mark Steeden

FORTHCOMING EVENTS

Friday, 16th November	MINI BAZAAR in Clubroom 7 - 8.30 p.m.
Saturday, 24th November	'B' Match Tudor Series (Hosts Eltham - Drop-out team Dartford)
Friday, 30th November	MINI BAZAAR in Clubroom 7 - 8.30 p.m.
Saturday, 1st December	'B' Match Tudor Series (Hosts Sevenoaks - Drop-out Gr'end & Erith)
Saturday, 8th December	'A' Match Riverside Baths
Friday, 14th December	MINI BAZAAR in Clubroom 7 - 8.30 p.m.
Saturday, 12th January	'B' Match Tudor Series (Hosts Erith - Drop-out Sevenoaks)
Saturday, 9th February	DANCE at Welling Community Centre.
Saturday, 23rd February	'B' Match Tudor Series (Hosts Greenwich - Drop-out City of L)
Sunday 1st March	'A' Match at Riverside Baths
Saturday, 8th March	'B' Match Tudor Series (Hosts City of London - No drop-out)
Saturday, 22nd March	'B' Match Tudor Series (Hosts Dartford - Drop-out Eltham)

The date of the final friendly 'B' Match is yet to be confirmed.