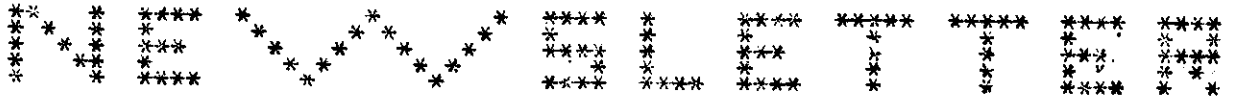


ERITH & DISTRICT SWIMMING CLUB



No.107

MARCH, 1984

SECRETARY'S NOTES

COMPETITION SCENE

Following our recent A.G.M. we welcome Mr. & Mrs Trevor Holmes as our new match Secretaries who are responsible for organising all Home & Away Galas, except League Fixtures (i.e. Tudor Trophy and White Horse), which will continue to be arranged by Mr. & Mrs Thackray.

I would ask all swimmers and parents to keep an eye on our Notice board on Club evenings for details of swimmers selected for these fixtures and to let the above know immediately if they are not available on a particular evening.

Having spent seven years arranging these events myself and knowing full well all the problems involved in arriving on a Saturday Gala evening with the strongest team available, I cannot over-emphasise the importance of being available if selected whenever humanly possible if we are to achieve the desired result.

For the record Mr. & Mrs Thackray can be contacted on Dartford 338910
and Mr. & Mrs Holmes on 01-304-1869

TELEPHONE NUMBERS

I am sure some of you have been given Dartford numbers recently, if so, would you let us know to update our records.

Please advise us if your phone number is altered or any change of address.

ANNUAL SUBSCRIPTION

Just to remind you subscriptions become due on 1st April. New rates are £20 per annum payable quarterly, half-yearly or yearly to suit you. As from Tuesday 3rd April admission on Club evenings will be 10p for swimmers and beginners and 5p for all spectators.

New Membership Cards will be issued on renewal.

AGE GROUPINGS

For newer Members and parents a reprint of some previous notes on the above. In most competitions held under A.S.A. (Amateur Swimming Association) Laws, and certainly any organised by our Club, the Age Group your child swims in is dependent on his age at the 31st December of the current year. Therefore if your child was born in 1973 or 1974 (i.e. born between 1st January 1973 - 31st December, 1974) he will swim this year in our own annual events as an under 12.

In Inter-Club Galas various definitions of Age Groups may appear in the programme and the same swimmer could swim in an event listed as

12 & Under	{ Born 1972 & younger }
11 & Under	{ Born 1973 & younger }
10 & Under	{ Born 1974 & younger }
Under 12	{ Born 1973 & younger }
Under 11	{ Born 1974 & younger }

but the definition in the Programme is the important one to read and understand, age as at 31st December of the current year.

I hope this is quite clear!

POINTS CUP

A good start to the series with the Front Crawl Event held on 9th March with an excellent turn-out, close and exciting heats and good times.

The remaining dates are:-

13th April	Breaststroke
11th May	Backstroke
8th June	Butterfly.

Please make every effort to attend.

ERITH SCHOOL GALA - TUESDAY 10th APRIL

Please note owing to the above Gala the Beginners Group will not be held. All those normally in Groups from 7.00 p.m. can swim from 7.30 instead.

BRITISH LONG DISTANCE ONE HOUR POSTAL CHAMPIONSHIP

A total of 33 swimmers from 8 years upwards successfully completed an hour's swim over the three sessions held.

All will receive an embroidered badge for their achievement (Cost £1.75)

Breakdown of full lengths completed:-

<u>Name</u>	<u>Age</u> (as at 1.1.84)	<u>Lengths</u>	<u>Name</u>	<u>Age</u> (as at 1.1.84)	<u>Lengths</u>
Keith Walker	8	60	Simon Gilbert	9	87
Andrew Eastaugh	8	62	Jeffrey Hayes	11	87
Neil Young	9	62	Sammy Hayes	12	87
Nicola Holmes	10	67	Lynn Young	12	88
Glen Thackray	9	69	Helen Coulson	14	88
Karen Kidley	12	70	Kelly Brooker	10	90
Martin Eastaugh	10	72	Tara King	12	91
Susanne Grose	10	73	Marnie Thackray	12	93
Mr. Trevor Holmes	Over 21	74	Mr. Peter Frost	Over 21	94
Joanne White	12	75	Elizabeth Watkins	11	96
Mark Walker	10	78	Graham Byers	13	96
Jackie Wood	12	78	Mr Michael Ryan	Over 21	97
Stephen Watkins	13	82	David Ryan	15	98
Mr. Derek Byers	Over 21	82	Andrew Callard	15	104
Debbie Carrad	12	84	Christine Ryan	16	104
Michael Hayes	13	86	John Murray	20	106
Sarah Hobbs	13	86			

WELL DONE ALL!

A. Bedford

GALA REPORTS

ELTHAM 'B' GALAS

We have swum in two League Matches at Eltham recently one on 18th February and the other on 3rd March. As usual they were exciting and well swum.

On 18th February we came second behind City of London which was a very good result for us and there were many good swims especially by Andrew Stevenson & Julian Torregiani and our under 14 girls who did well in the relays.

On 3rd March we were a little disappointed at coming last out of four teams by a very narrow margin in one of the tightest galas we have swum in this League.

Results:-	<u>18.2.84</u>		<u>3.3.84</u>	
	City of London	153	Dartford	161
	Erith	145	City of London	152
	Greenwich	139	Greenwich	144
	Dartford	138	Erith	142
	Eltham	52		

GALA AT HYTHE 25th FEBRUARY 1984

This was our first gala for some time and although we enjoyed it the result was a little disappointing. Some good swims from Robin Parkhurst and Graham Byers for the boys and Lynn Phillips and Kay Bloomfield made up for this a little.

Another exciting journey, this time with the coach breaking down on the way home and me lying underneath it repairing the engine, halfway up the M20. Nobody would talk to me on the rest of the journey because of the smell of diesel.

Result:-	Hythe	217
	Folkestone	207
	Hastings	197
	Ashford	195
	Erith	166

I would like to say how well the children behaved, especially the younger ones, under very trying circumstances and I forgive the boy who, when he saw my arm appearing from underneath the engine, reaching into the coach, thought I was a stowaway and tried to make the rest of them capture me.

WHITE HORSE LEAGUE GALA, WEST WICKHAM 17th MARCH, 1984

This became, in the end, a very difficult Gala for us to swim with many drop outs due to illness and other reasons. In the end we were surprised just how well our members swam. Our older boys, including Martin Lovett making his debut for us, did very well in their relays and gave us all a boost. The enthusiasm that was shown was very gratifying and we were quite pleased with the result, getting very close to Greenwich Borough Mariners and Bromley.

Result:-	Dartford	193
	Bromley	140
	G.B.M.	131
	Erith	128
	Addington	54

M. Thackray

HOME GALA HELD ON 10th MARCH, 1984

Following frantic phone calls in the morning, a chase across London and a red hot telephone in Mrs Thackray's house, we managed to form a 'B' team as Hackney Central had dropped out on the morning of the Gala, due to illness amongst their team, as well as a full 'A' team.

Some terrific swims took place especially in the relays, 30 Best Times were recorded in both 'A' and 'B', although we were unable to match Redhill & Reigate an intensive battle took place with Halstead and ourselves, with Halstead just getting the better of us. Sarah Robb & Helen Fraser were blooded for the first time, Claire Hamblin and Bobby Game returning after illness.

All round a great team effort performance for both teams despite the panics earlier in the day.

Result:-	Redhill & Reigate	308
	Halstead	251
	Erith 'A'	246
	Battersea	183
	Rochester	149
	Erith 'B'	104

'B' GALA AT GRAVESEND AND NORTHFLEET ON 24th MARCH, 1984

Despite the cramped conditions and many spectators needing 'wellie' boots, this was a successful Gala, with the winning of the 'B' Trophy which we will hold for 6 months, unfortunately we will not be able to defend this due to prior commitments.

With what is known as a lapping pool a number of our team had difficulty in their turns, but for the record, our swimming discipline showing, with everybody around us having numerous disqualifications, the training programme was beginning to show.

It was a good all round team performance with all swimming above themselves with 14 best times with Laura Bedford and Matthew Wenham swimming for the first time and doing well.

Lynn Phillips and Lyhn Young collected the trophy from the Gravesend President.

Result:-	1st	Erith	
	2nd	Gravesend & Northfleet	104
	3rd	{Hythe	126
		{Rochester	
	5th	Beaver	139

B.S.C.A. GALA - BEXLEY S.C. - 14th APRIL, 1984

As you will no doubt be aware, we shall be competing soon in a six-way Match at Crook Log which will run on times laid down by the B.S.C.A. for Bronze and Silver Standards in age groups.

This means that a swimmer competing must have swum over or equal to the times below in any of the four strokes and Individual Medley.

If a swimmer is faster on the night by more than one second a length no points will be awarded to his or her team for that event.

No limits are placed on 4 x 1 Relays, but all the swimmers taking part in the Relays, must have competed in the individual events.

<u>Bronze 1 Length</u>		<u>Silver 2 Lengths</u>
Front Crawl	27.1	51.2
Breaststroke	33.7	1.05.9
Backstroke	30.5	58.8
Butterfly	32.0	1.03.1
4xl Individual Medley	2.35.0	2.16.0

T. Holmes

ODDS & ENDS

Some of our swimmers are having problems with their backstroke turns. The swimmer must be in the normal backstroke position when the hand touches the wall and when the feet leave the wall after the turn. If it seems convenient to roll onto your front just as your hand touches the wall so that you push off on your back you are living dangerously and will probably be disqualified. Likewise if you touch while in the normal back position and turn a complete somersault you will push off on your front and it is not very likely that you will be on your back by the time your feet leave the wall. The safe way is to remain on your back throughout the turn, as if you are lying on a record player turntable with its centre halfway down your back, lift your legs out of the water to reduce resistance to the turn. Remember your hand or head must touch the wall before the backstroke turn, hands are best, heads hurt.

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ODDS & ENDS (Continued)

As far as butterfly races are concerned, remember that all arm recovery must be over the surface of the water, even the last one before the finishing touch. If you find yourself close to the wall with arms straight out in front either kick in to touch or fit in another fly stroke. Do not be tempted to use a breast stroke type pull to finish, if you do, even if you are first to touch you will not win, you will be disqualified.

In the case of team or relay races remember that it is your job to finish your swim as fast as possible. Disqualification during relay takeovers are usually blamed on the swimmer who takes off too early but it is often the fault of the incoming swimmer who, thinking they have done their bit, starts slowing down making it very difficult for the new swimmer to judge when the touch will be made.

Goggles, if there is any doubt about them remaining where they are supposed to be throughout the race, leave them off. If you find your goggles around your mouth after the start of your breaststroke or butterfly race, you must put up with it. There is no provision for adjusting goggles in the laws governing swimming strokes and if you attempt to do so you have a good chance of disqualification.

One last thought, if your best stroke is other than freestyle it is important for you also to become a good freestyle swimmer. For example, if you are the fourth fastest breast stroke swimmer in your age group you do not stand much chance of being selected for galas because the fastest swimmer is enough for both individual and medley team events but the four fastest freestyle swimmers are required for the freestyle team events, this applies also to County or even National selection.

W. Lovett

SOCIAL SECTION

EAST KENT RAMBLE - WEDNESDAY 22nd FEBRUARY

Unfortunately, due to illness, of the original 20 people who had intended to go on the half-term Ramble, only 13 were to experience an enjoyable and interesting day out.

If the weather had given parents cause for concern then they needn't have worried because it remained dry and mild for us, (back home it was pouring). Anyhow, thanks to yours truly, we got off on the wrong foot and missed our train. Nevertheless, after a quick perusal of the timetables, to regain our schedule, I decided that we would alight at Canterbury and then undertake the Ramble in the reverse direction as to what had originally been planned.

This worked out well as we began the Ramble walking along a section of the medieval wall that still encircles the old City of Canterbury. Turning eastwards took us out onto heathland bordering the Great Ouse. From here, we were able to look back over the City with it's magnificent Cathedral prominent.

We continued onwards to Fordwich, a village which straddles the Ouse and was once the port outlet for Canterbury. The river bank beside the Tudor town hall provided the spot where we sat and had our lunch. Refreshed, the next leg of the Ramble took us through dense woodland. Back on country lanes, the map pinpointed where we were to diverge on a footpath to Wickhambreaux, but there was no such path to be seen. Knowing that some public rights of way are so infrequently used and rapidly become overgrown, I ventured to enquire of its whereabouts at a nearby house. The occupiers reply was that it ran through her front and back gardens!

So on we continued and about half a mile distant we happened upon a hunt in progress. What the hounds were chasing we were unable to ascertain.

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EAST KENT RAMBLE (Continued)

A short stop was made in Wickhambreaux to view its splendid weatherboarded watermill complete with wheel.. Its future was assured as it had recently been converted into expensive flatlets!

After passing through Ickham, we were on the homeward leg of the Ramble, walking across ploughed fields adjacent to hop gardens.

We had just crossed a main road to continue along another footpath, when from out of the blue appeared a gentleman enquiring as to our intentions. We immediately thought that we were about to trespass on someone's private property but on introducing himself as the Secretary of the local Ramblers Association, he informed us that there had been problems with landowners concerning the exact route of the footpath we were about to follow and was prepared to show us the legal right of way. This was an amazing coincidence as had we been at the main road seconds earlier, we would never have met this gentleman and may have either become 'lost' or have encountered an angry farmer! He was pleased to see 'foreigners' using the footpaths, and on enquiring about our origins added to our surprise by saying that he had only been out walking our way on Bostall Heath and Lessness Woods the previous week! We thanked him for his help and continued on our way.

The path eventually led us down to the banks of the River Nailbourne, (a tributary of the Great Ouse), but instead of the fast flowing waters that we had seen downstream at the watermill, here, only a dried-up river bed remained. We had encountered a geographical phenomenon, unusual in Southern England, whereby the water level of the surrounding land had dropped to such an extent, that, in effect effect, the river was now flowing underground!

With the light failing, we headed for Bekesbourne Station to catch our train home, changing at Canterbury for some well-earned refreshment in the station buffet.

Once again it had been a thoroughly enjoyable day.

If you missed out on the fun book a date for the next Ramble on the South Downs in Sussex (Amberley - Bignor Hill - Arundel) at the end of the school Easter Holidays on Saturday, 28th April. Mums, Dads and friends are all very welcome and once again, Free Rail Tickets will be used to cut travelling costs.

ICE SKATING, WEDNESDAY, 18th APRIL

For our annual Ice Skating pilgrimage it was decided that on this occasion we would try the recently opened Lee Valley Ice Centre in Hackney. At the time of writing I have not heard any reports to discover whether there are advantages or disadvantages over our usual venue of Streatham, (it should certainly be easier to get to).

All tickets have now been sold and would those people who haven't already paid please do so by or on Friday 13th April (Breaststroke Points Cup night) Failure to do so will lead us to assume that you have changed your mind about going and we will release the ticket(s) for sale to other Club Members who have a genuine intention of attending.

There are several Mums and Dads who are going Ice Skating, but there will be several adults in attendance purposely to keep an eye on unaccompanied children, their coats etc. We do not wish to accept responsibility for your valuables so it might be wise to leave your jewellery, watches and excessive amounts of money at home.

SKATERS - (especially first-timers), it is advisable to wear jeans or cords as if you're one of those people who are prone to falling over, they are more suitable in reducing the process that leads to that well-known feeling of wetness! Also wear thick woollen socks to cushion your feet in unfamiliar and used footwear. For your information there is a bar and cafeteria at the Ice Rink. In addition, I understand that Wednesday evenings are uninterrupted public sessions. (i.e. no periods are set aside for just speed skaters etc.). /Cont'd

ICE SKATING - CONTINUED

REMEMBER - Please be at the pool on the 18th by 7.30 p.m. We should be back by 11.15 approx.

Finally with the booming popularity of Ice Skating and as a result of Torville and Dean & Co. please do not hold out any illusions about having the ice to ourselves, even on a midweek evening.

OTHER NEWS

WELL DONE to those Club Members who took part in the recent Bexley Fun Runs held in Danson Park. The results show that one can successfully mix running with swimming.....Thus in large fields of boys and girls, Robin Parkhurst came third in the under 11s 2000 metres and Damian Walton was 3rd overall in the same event. For their efforts they each received prizes from the Mayor of Bexley. The Bartrum family a combination of events and achieved high placings in all. John Murray and yours truly entered the 10000 metres 'Run for Britain' and came 73rd and somewhere in the top 50 respectively! Early reports suggest that the day was a great success and may be held as an annual event. If this is the case, then next year, an appearance in greater numbers could help advertise the Club and place us on the running map too! Once again, well done.

FORTHCOMING SOCIAL EVENTS ARE INCLUDED IN GENERAL FORTHCOMING EVENTS

P. Frost

ACHIEVEMENTS

CONGRATULATIONS TO THE FOLLOWING

Beginners Widths

Christopher Allen
Dean Chapman
Juliette Dewsall
Nigel Durrant
Jenny Freshwater
Malcolm Graves
Joanne Greenaway
Emma Sullivan
Samantha Smith
Kelly Taylor
Mark Williams

Lengths

Karen Bohee
Scott Bolton
Dean Chapman
Kevin Clarke
Daniel Lock
Joanna Stevens
Amanda Stevens
Alison Walker

A.S.A. Water Skills
Grade I

Christopher Allen
Gary Elcome
Amanda Stevens
Joanna Stevens
Stephen Williams
Mark Williams

A.S.A. Water Skills
Grade II

Karen Bohee
Matthew Byers
Martin Fryer
Paul Gurr

A.S.A. Water Skills
Grade III

Laura Bedford
William Bell
Christopher Blackie
James Cornelius
Paul Gurr
Alex Murphy
Claire Rice
Rebecca Russell
James Tindall
Lorraine Stevens

TEACHING GROUPS 7 - 8.30 TUESDAY & FRIDAY

Please note new Groups operate from Tuesday 3rd April. Please look at the Notice Board for details of time and Instructor.

LOST PROPERTY

We are still being handed items of clothing, track suits, swim suits etc. as lost property, bearing no names. The high cost of these items surely merits a few minutes spent in writing or sewing in a name tab.

It would make our task of identifying items (especially when there are two claimants for them), so much more simple.

Your co-operation would be appreciated.

E. Mcardell

FORTHCOMING EVENTS

- APRIL
- Friday 13th Points Cup Races - Breaststroke 8.00 p.m.
- Saturday 14th 1) Tudor 'B' Gala, Eltham 5.45 for 6.00 p.m.
Hosts Erith
- 2) B.S.C.A. Bronze & Silver Standard Gala, Crook Log
Hosts Bexley S.C. (Age Groups 11 - 14)
SEE NOTICE BOARD FOR TEAM DETAILS NOW.
- Tuesday 17th B.S.C.A. Middle Distance Swims 7.30 - 8.30
SEE NOTICE BOARD
- Wednesday 18th Ice Skating Trip (Coach leaves Riverside Pool
at 7.30 p.m.)
- Tuesday 24th B.S.C.A. Silver/Gold Standard Sprint & Individual
Medley Swims 7.30 - 8.30. SEE NOTICE BOARD
- Saturday 28th Ramble in Sussex (Amberley - Bignor Hill - Arundel).
All the family welcome - details on Club Notice Board.
- MAY
- Friday 11th { Mini Bazaar - Riverside Clubroom from 7.00 p.m.
{ Points Cup Races - Backstroke 8.00 p.m.
- Saturday 12th White Horse League Gala at Riverside commencing 7.00 p.m.
Hosts E.D.S.C.
- Saturday 19th Away Gala at Fairfield Pool, Dartford
- JUNE
- Saturday 2nd Outing to Portsmouth D-Day Anniversary (Details soon)
- Friday 8th Points Cup - Butterfly 8.00 p.m.
- Saturday 9th Away Relay Gala at Burgh Heath, Banstead Pool (25M)
Hosts Redhill & Reigate S.C. (Age Group U.11 to Open)
- Sunday 10th 'It's a Knockout' to be held in the field behind
Fairfield Pool, Dartford (Provisional)
- Saturday 16th White Horse League at Maidstone, time to be advised.
- Saturday 23rd Proposed Morning Jumble Sale & evening Family Barbecue
& Disco at Scout Hall, Erith Road, Barnehurst.
- JULY
- Saturday 21st Annual Dolphin Trophy Gala at Faversham Open Pool
Dartford Carnival Procession. Club float and lots
of fun.
- Sunday 22nd Annual Club Outing to Westbrook (Margate)
- AUGUST
- Monday 27th Club Fund raising Stall at Annual Round Table Donkey
Derby, Bexley. (Rugby/Cricket ground opposite
Black Prince.)

