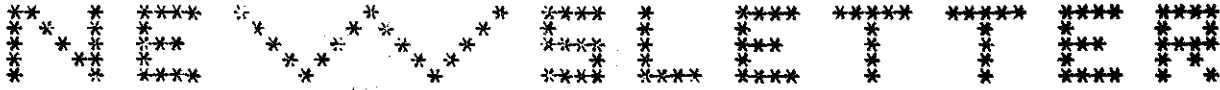


ERITH & DISTRICT SWIMMING CLUB



No.109

AUGUST/SEPTEMBER, 1984

SECRETARY'S NOTES

LONG DISTANCE SWIMMING ASSOCIATION POSTAL CHAMPIONSHIPS

Well, the badges and results sheets finally arrived after a long wait but I think everyone was pleased with their achievement.

The comprehensive result sheet which featured swimmers from Clubs as close as Dartford and as far away as Hong Kong and Australia made interesting reading, notable positions by our swimmers included Simon Gilbert 13th out of 74 in the Under 10 Section, John Murray 12th out of 45 in the 20 - 24 yrs section and our very own 'Buck' (Michael) Ryan in 7th place out of 36 in the over ??? group. Copies of results are available if you are interested.

ANNUAL GALA CHAMPIONSHIPS

Entry Forms are coming in well so don't miss out on our 1st September deadline.

Dates of Heats are:-	Freestyle & Backstroke	-	Friday 14th Sept.	from 7.30 p.m.
	Breaststroke & Butterfly	-	" 21st "	" 7.30
	Individual Medley	-	" 28th "	" 8.00
	Diving and Breaststroke Style	-	" 28th "	" 7.00 - 8.00

REMINDER - VALUABLES

Following further thefts of money, watches and jewelry from both Male & Female changing rooms. We must emphasise once again that we accept no responsibility for these items so, if you must bring them, please hand them to any of the following Club Officials on the door

- Mrs. E. Mc Ardell
- Mrs. M. Holmes
- Mrs. C. Frost
- Mrs. J. Thackray
- Mr. B. Foster

for safe keeping while you are in the Pool, or alternatively put everything in the new 10p Lockers.

A. Bedford

NOTES FROM OUR CLUB COACH

We can think of the very pleasant open-air Gala at Faversham as a fitting end to our swimming year. After an easy going period during the holidays we will start a new training year in September and we want to see everyone getting down to work again. We will gradually increase the distance covered during training until we are swimming at least 2500m in the older groups and a little less for the younger swimmers.

It is important for everyone to understand what our training is all about. If we give our body a repetitive task to do, it will gradually adapt itself just enough to do that task. The task may consist of walking in which case we will not be able to run very far or very fast.

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NOTES FROM OUR CLUB COACH (Continued)

We are interested, not only in swimming but swimming fast and so must gradually increase the quality of effort so that our hearts, lungs and muscles adapt to the increasing work load. We have only two sessions per week in which to create these changes in our body, so it is vital that all those who are interested in effective competitive swimming must complete the training sessions. Remember that this new fitness is obtained very grudgingly and if the work load drops or we just do not attend, then some of that hard won fitness will be lost. In other words - USE IT OR LOSE IT.

I think it would be a good idea to set yourself a target in the coming months, it could be that you want to enter the County Championships, maybe get into the finals. You could set yourself a personal best time as a target or, if you are usually not chosen to represent the Club at Galas, you could say - "This year I will be".

We require as many swimmers as possible to enter the Kent County Time Trials which will be held on Sundays - 21st October, 11th November and 2nd December at Lamb-bey Pool, swimming each time their No.1 stroke plus any other choice of stroke. We will be using these Time Trials to obtain entry to the Kent County Championships early next year, by which time we will once again be well into the White Horse and Tudor Leagues.

W. Lovett

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FINAL WHITE HORSE LEAGUE GALA HELD ON 16th JUNE

The final gala for this season was swum at Maidstone and this time they turned up. A fairly well swum Gala with our older swimmers doing well as they have done throughout the season.

We were a little disappointed by some disqualifications especially on breaststroke and we must watch this in future as judging in this League is quite strict.

A big THANK YOU to all swimmers who took part this season and we look forward to moving up the table next year.

Result:-	Dartford	205
	Maidstone	177
	Bromley	162
	G.B.M.	155
	Erith	135
	Addington	71

OVERALL LEAGUE RESULT

1st	Dartford
2nd	G.B.M.
3rd	Bromley
4th	Maidstone
5th	Erith
6th	Addington

M. Thackray

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GALA HELD AT SOUTHBOROUGH POOL ON 30th JUNE

What a difference a good win makes to a team? This is what happened at the above Gala as it turned out we were too strong in all departments at this Gala for the other teams. It was also good to see the encouragement given to the new and younger members of the squad by the older ones.

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GALA AT SOUTHBOROUGH POOL (Continued)

In the team for the first time, Kirsty Morrison, Steve Wilcocks, and Matthew Wenham, all swam their hearts out.

Result -	1st	Erith	139
	2nd	Atlantis	162
	3rd	East Grinstead 'A'	176
	4th	Mitcham Clarion	230
	5th	Wye Valley	239
	6th	East Grinstead 'B'	311

GALA AT FAVERSHAM OPEN-AIR POOL ON 21st JULY

Despite a quite warm start both in weather and swimming, the weather turned fairly cold which certainly made most swimmers shiver.

This Gala was closely contested between ourselves and Maidstone, with Black Lion well on top. Even so we recorded a very creditable 3rd place with every swimmer doing his or her best and this showed with the 13 Best Times, which is good for an outdoor pool.

The whole day was quite an experience with the Dartford Carnival in the morning and afternoon, success there and the Gala in the evening. The fish and chips weren't bad either.

Result -	1st	Black Lion	205
	2nd	Maidstone	168
	3rd	Erith	166
	4th	Hythe	130
	5th	Dover	83
	6th	Faversham	82

MUTTERINGS FROM THE COMPETITION SECRETARY

Having been in the position of Competition Secretary for the past nine months and being at the break point of our season, a few words on the Gala Scene are appropriate.

Firstly, we would thank everybody for their support from Swimmer to Official to Parent, It certainly does make one's job easier when you have support. One or two things do make life hard - we have tried various ways to make the selection and swim list notification easier with both lists on the Notice Board and slips of paper with all the information on a return slip also included, but we still have to run around chasing both parents and swimmers for their answer whether or not they are swimming. We would be grateful if, when the list goes up all parents and swimmers check to see if they are required. We do try to include as many new swims as possible and with the Club Championships coming up, we will have a better selection for future Galas - so It's up to you swimmers.

Secondly, our behaviour on the poolside is extremely good, for which you are to be congratulated. On the odd occasion we have had to bring some swimmers to task. We do not object to noisy squads during the race, but quiet is required at the time of the start.

We have some interesting Galas coming up in the near future, so please check the lists which are now on the board for September. Next year we are planning a very varied and busy schedule in both Match and League Galas, so your support will be appreciated.

Lastly our thanks go to the Club Captains and Vice Captains for their organisation on the poolside, especially with the very young and first time swimmers who get nervous.

So Christine and Bob keep up the good work.

T.C. Holmes

THURROCK OPEN MEETING 1st JULY, 1984

After a long wait of six hours Mark Bragg swam in 100m Backstroke and being the 6th fastest was presented with a trophy.

We also entered a 1973/4 Boys Relay Team comprising:-

Barry Nay  
Robin Parkhurst  
Mark Walker  
Andrew Stevenson.

Mark Bragg also swam at Crystal Palace on the 14th July representing Bexley Borough in the 100m Backstroke.

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DARTFORD CARNIVAL PROCESSION, SATURDAY 21st JULY

How can one write an account that does full justice to describe the memorable events that took place in the recent Dartford Carnival Procession? Almost impossible.

If you were one of the sixty or so swimmers, Mums or Dads aboard the E.D.S.C. float, then you will surely have experienced one of the highlights of the Club year. Indeed, Mr. Eastaugh could not have made a more truthful statement when, in a preceding handout he wrote, "We are going to show the people of Dartford that we have the most fun of any Club, of any sport, in the area." Mind you, that was probably not the only impression that we were to leave with the thousands of Dartfordians who turned out to watch the procession. As you must surely have noticed Club-nights preceding the Carnival had become a hive of activity so for those of you who were not involved, you probably became well aware of what was in preparation..... namely a float depicting 'H.M.S. Victory', with Club members posing as the crew. Imagine an articulated lorry transformed into Nelson's flagship complete with sails, flags, crew in uniform, cannons, smoke..... people could have well been forgiven for thinking that this was the real thing coming down the road! There were some other small details remaining - hundreds of cannonballs.

As soon as the procession had begun it was apparent that no one was going to be safe from our accurate fire - onlookers, shoppers, pub-goers: not even the Police! Amongst the crowds, Mr. Ryan seemed intent on making an appearance at every corner on the processional route and was duly given a thorough pelting on each occasion. It seems most unlikely that any of his photos will feature anything but cannonballs.

The procession was over all too soon and all that remained was to salute the Mayor of Dartford. But hang on, we were being directed to the centre of the arena... Dammit, our float had won first prize! Hours of dedicated work had paid off and the Carnival judges had been duly impressed by the results.

Jubilation aside, it slowly dawned on us that the remainder of the procession still had to pass us on their way around the arena. Would the Dartford Swimming Club float be amongst them? A cry went up, "enemy in sight", excitement mounted and a hoped for showdown seemed imminent. All remaining cannonballs were mustered together and we watched in eager anticipation as their float slowly made its way around the arena towards us. "Hold your fire, wait until the enemy is in range". The crowds were quite unprepared for what was to happen next. The Dartford float drew alongside "Fire". Cannonballs rained down on the unsuspecting members of Dartford S.C. They could only reply with feeble squirts of their water pistols. How refreshing! As if to admit defeat their float accelerated away - Trafalgar all over again.

Then came the presentation of a super Trophy. Hold on, not only had we won the category for the best charity float, but the Mums and Dads had literally walked off with the prize for the best walking party! Victory certainly was ours.

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### DARTFORD CARNIVSL PROCESSION (Continued)

High spirits meant that the Mayor did not quite get the salute that we had arranged for him - yes you guessed it - he received a full boradside.

The silverware had provided the cherry to the cake and was a well-earned reward for all the effort injected by the many Mums and Dads, boys and girls over many weeks. Well done everybody, we all had a fabulous time.

P.S. By the time you read this Newsletter I expect several people will have received their photographs back from the developers. Many of these will be available for re-ordering, so listen out for notices.

### FUND-RAISING

As you are probably already aware, the Club will simultaneously be running stalls and/or sideshows at both the Erith Show and Bexley Round Table Fayre and Donkey Derby on August Bank Holiday Monday (27th August). If you can possibly donate any of the following items we would be most grateful:-

Bottles - Sauce, Pickle Onions, Lemonade etc. etc.  
Bric-a-Brac  
Eggshells (in as intact a condition as possible)

P.S. Whilst you are rummaging around for Bric-a-Brac and come across anything that would be more suitable for a Jumble Sale, please keep in mind that we have another one on the cards in November (see Forthcoming Events)

All items can be left with the ladies on the door on either Club Night.

### OTHER NEWS

Having completed the Brighton pier to pier swim on Saturday 28th July John Murray showed that he was a real sucker for punishment by joining yours truly in running the Dartford Half Marathon the following day. Although we both have had experience at this distance, the hot weather was to ensure that we performed below our best, as was the result with most of the other competitors.

Whilst we were tackling the undulating course, Central Park was the scene for a 5000 metres Fun Run in which Damien Walton ran to a very creditable second place. Well Done.

With temperatures climbing into the eighties, John followed my entry into the park in unofficial times of 1 hr. 40 min and 1 hr. 30 mins respectively, well outside our best. Whilst I downed pints of liquid refreshment John admitted that he would be going to work the next day for a rest.

P. Frost

P.S. Peter took part in the 1st London Triathlon on Sunday 19th August. He swam, cycled and ran in aid of the Muscular Dystrophy Group as well as the Club. He expects to collect about £60 from his sponsorship.  
MANY THANKS TO HIS SPONSORS.

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### WESTBROOK OUTING - 15th JULY

A brand new luxury Green Line double-decker whisked us in style and speed to our usual venue by the sea. An overcast breezy day with high seas did not deter our party who enjoyed the beach games and especially the 'mass barbecue' which could have smoked out everyone else on the beach if it had not been so quiet. Altogether a very enjoyable day.

A.B.

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ACHIEVEMENTS

The Beginners listed below have gained the following A.S.A. Water Skill Awards:-

Grade 1

Grade 2

Grade 3

Jennifer Attridge  
 Tiffany Belcher  
 Sharon Clarke  
 Allan Deal  
 Bradley Faithfull  
 Wayne Harris  
 Nicola Hursey  
 Sally Ann Hobbs  
 Darren Jarvis  
 Wayne Johnson  
 Michael Joyce  
 Matthew Keall  
 Alan Nowell  
 Royston Mason  
 John Prescott  
 Joanne Rackstraw  
 Luke Reed  
 Russell Waldron  
 James Watkins  
 Steven Weekes  
 Kelly Weekes  
 Christian Williamson

Laura Allison  
 Jennifer Attridge  
 Gemma Brown  
 Carly Cella  
 Lisa Durrant  
 Lisa Flowers  
 Wayne Harris  
 Sally Ann Hobbs  
 Anthony Johnson  
 Natalie Jones  
 Michelle Joyce  
 Michael Joyce  
 Steven Kent  
 James Watkins  
 Jonathan Watkins  
 Louise Webber  
 Kelly Weekes

Laura Bedford  
 William Bell  
 Christopher Blackie  
 Dean Chapman  
 Mark Holmes  
 Simon Gilbert  
 Lee Gilbert  
 Kirsty Morrison  
 Helen Parkhurst  
 Robin Parkhurst  
 Sasha Rider  
 Rebecca Russell  
 Mark Russell  
 James Tindall  
 Spencer Wenham  
 Mark Walker

Many congratulations to the following Beginners who should have received their Club Certificate and Badge and should receive their Penguin Awards on 28th September at 7.00 p.m.

Widths

Lengths

Jennifer Attridge	Alan Nowell
Tiffany Belcher	Sarah Newell
Gemma Brown	John Prescott
Carly Cella	Claire Pomroy
Luke Cella	Joanne Rackstraw
Bradley Faithfull	Susan Taplin
Wayne Harris	Russell Waldron
Sally Ann Hobbs	Jonathan Watkins
Nicola Hursey	Louise Webber
Wayne Johnson	Kelly Weekes
Brian Malone	Steven Weekes
Daniel Mitchell	

Laura Allison  
 Tiffany Belcher  
 Carly Burt  
 Bradley Faithfull  
 Lisa Flowers  
 Sally Ann Hobbs  
 Anthony Johnson  
 Michelle Joyce  
 Daniel Mitchell  
 Kelly Weekes

DISTANCE SWIMS

At the time of going to press the following swims have been completed

1/4 Mile

1/2 Mile

1 Mile

Laura Bedford  
 Christopher Blackie  
 Elizabeth Bruce  
 Simon Gilbert  
 Mark Holmes  
 Gary Lupton  
 Christina Marwood  
 Kirsty Morrison  
 Sarah Robb  
 Lorraine Stevens  
 Clare Tindall  
 James Tindall

Stuart Fitzpatrick  
 Angela Gill Carson  
 Juliette Gill Carson  
 Sarah Goodman  
 Mark Holmes  
 Rebecca Russell  
 Mark Russell  
 Sarah Robb  
 Matthew Wenham  
 Spencer Wenham  
 Steve Willcocks  
 Mark Walker

John Burdett  
 Stuart Fitzpatrick  
 Angela Lapsley  
 Kirsty Morrison  
 Mark Russell  
 Robin Parkhurst  
 Matthew Wenham  
 Spencer Wenham  
 Keith Walker

All will receive their Certificates  
 & Distance Flashes in early Sept.  
CONGRATULATIONS!

FORTHCOMING EVENTS

<u>SEPTEMBER</u>	Friday	14th	Freestyle and Backstroke Annual Gala Heats at Riverside Pool from 7.30. (Beginners Group all combined at 7.00 p.m. only)
	Saturday	15th	Away Gala at Dagenham. Coach from Riverside - Time to be advised.
	Friday	21st	Butterfly and Breaststroke Annual Gala Heats at Riverside from 7.30 (Combined Beginners Group at 7.00 p.m.)
	Saturday	22nd	Away Gala at Witham, Essex. Coach from Riverside. Time to be advised.
	Friday	28th	Individual Medley Heats from 8.00 p.m. Diving and Breaststroke Style finals from 7.00p.m. Beginners Classes as usual
<u>OCTOBER</u>	Saturday	6th	E.D.S.C. Annual Club Championship Night at Riverside commencing 5.30 p.m.
	Friday	19th	Sprint Trophy - Butterfly commencing 8.00 p.m.
	Saturday	27th	Halloween Disco to be held at St. Martins Church Scout Hall, Erith Road, Barnehurst at 8.00 p.m. Tickets available soon.
<u>NOVEMBER</u>	Saturday	3rd	Away Gala at Wimbledon hosts Merton Swordfish. Coach from Riverside Pool for 7.00 ppm. start.
	Saturday	10th	TUDOR 'B' Gala. Eltham commencing 6.00 p.m.
	Friday	16th	Sprint Trophy Breaststroke commencing 8.00 p.m. and Mini Bazaar commencing 7.00 p.m.
	Saturday	17th	Home Gala at Riverside Pool commencing 7.00 p.m.
	Saturday	24th	White Horse League Gala at West Wickham Pool (Provisional Only) OR Leisure Pool Outing.
	Friday	30th	Sprint Trophy Backstroke commencing 8.00 p.m.
<u>DECEMBER</u>	Saturday	1st	Away Gala at Ashford (Details later)
	Saturday	8th	Tudor 'B' Gala at Eltham commencing 6.00 p.m.
	Friday	14th	Sprint Trophy Freestyle commencing 8.00 p.m.
	Friday	21st	Sprint Trophy Winners Presentation at 8.00 p.m. Followed by 'Fun E ening'
	Friday	28th	Normal Club Evening.
<u>JANUARY 1985</u>	Saturday	19th	White Horse League Gala at West Wickham
<u>MARCH</u>	Saturday	9th	Home Match at Riverside Baths commencing 7.00 p.m.
	Saturday	30th	White Horse League Gala at West Wickham
<u>APRIL</u>	Saturday	20th	White Horse League Gala at West Wickham
<u>MAY</u>	Saturday	11th	Home Match Riverside Baths at 7.00 p.m.
	Saturday	18th	White Horse League Gala at West Wickham (Erith Host)
<u>JUNE</u>	Saturday	15th	White Horse League Gala at West Wickham
<u>SEPTEMBER</u>	Saturday	14th	Annual Gala Championship Night (Provisional)
<u>NOVEMBER</u>	Saturday	16th	Home Match at Riverside Baths commencing 7.00 p.m.

LOST PROPERTY

It is appreciated that property now seems to be labelled with names and the losers are more easily found but un-named items are still being handed in. So please try to label any new items of gear which you have, especially goggles.

A D V E R T I S E M E N T

REPAIRS OR RENEWALS TO DAMAGED OR LEAKING ROOFS, CHIMNEY STACKS & GUTTERING

JOHN PRYOR

TELEPHONE: 01-301-0677