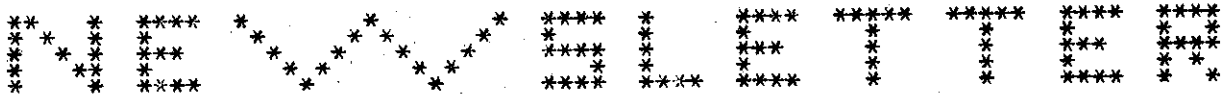


ERITH & DISTRICT SWIMMING CLUB



No.112

MARCH, 1985

SECRETARY'S NOTES

ANNUAL SUBSCRIPTIONS

In spite of a further increase in Pool Hire Charges from Bexley Borough we will be able to maintain current subscriptions and admission charges at existing levels.

We would ask all of you paying your subscription by instalments to pay promptly when fees are due to save the persistent reminders to a number of you. THANK YOU.

B.L.D.S.A. 1 Hour POSTAL SWIMS

A total of 51 swimmers from 7 year old Lee Gilbert to the three swimming Ryans completed their course successfully.

The super embroidered badges will take several months to arrive, so please be patient. Price will be £1.75 each. WELL DONE ALL!

POINTS CUP

Some outstanding swims got this year's races off to a good start. Please make sure you are available for the remaining swims. We would especially like to see all the 7/8 year olds competing.

Remaining Dates	Friday 15th March	Backstroke
"	" 26th April	Breaststroke
"	" 17th May	Freestyle

All start at 8.00 p.m.

A. Bedford

COMPETITION NEWS

WHITE HORSE GALA - 19th JANUARY, 1985

Obviously we were not as pleased with this result as the first Gala in this League but it was still quite pleasing to beat Maidstone. Nevertheless, but for some bad disqualification on relay takeovers, we may have even beaten Greenwich. We must learn that it is difficult enough getting points without giving them away in this fashion. Some good swims by our older swimmers helped us as usual and we extend a great welcome to Jenny Newton on her first Club swim.

Result:	Dartford	198
	Bromley	191
	Greenwich B.M.	176
	Erith	139
	Maidstone	133
	Addington	77

White Horse League points after two Galas	Bromley	10	points
	Dartford	10	"
	Erith	9	"
	G.B.M.	7	"
	Addington	3	"
	Maidstone	2	"

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TUDOR LEAGUE GALA - 19th JANUARY, 1985

In this League each team picks one Gala when it does not score League Points. This time it was our turn and it was an ideal opportunity to try out new swimmers, and this we did.

The final result was slightly misleading as we swam average swimmers in some races and therefore did not score points.

It was pleasing though that we were able to field two complete teams on the same evening.

Result	1st Greenwich	229
	2nd Dartford	190
	3rd Finsbury/Col	170
	4th Erith	154

TUDOR LEAGUE GALA - 2nd FEBRUARY, 1985

After the recent confusion over Age Groups this was the first Gala where we were allowed to swim 9 year olds, though only in relays.

As this League appears to have become a little stronger this year, we fielded a slightly more experienced team and this yielded dividends with a second place and 37 personal bests recorded.

An excellent swim all round and we look forward to the rest of the Season.

Result	Gravesend & Northfleet	224
	Erith	190
	Dartford	159
	City of London	144
	Eltham	90

League Points after 3 Galas

Dartford	14	points
Greenwich	12	"
Erith	9	"
Gravesend & Northfleet	9	"
Eltham	4	"

M. Thackray

ROCHFORD NOVICES GALA - 9th FEBRUARY, 1985

We started out with this Gala with every intention to "blood" new swimmers, which we did with:-

Katherine Brook, Keith Jones, Mark Holmes, John Burdett, Helen Fraser, Juliet Gill-Carson and Victoria Willoughby.

With the remaining swimmers being fairly inexperienced and with what we were led to believe, the wording 'Novices' being interpreted as someone who has little competition experience. Well that was the theory. All swimmers were very keyed up despite the very bad weather conditions and looking forward to some interesting racing. That was soon put to the test when we started to find the opposition had no resemblance to the working novice, with some swimmers in the opposition of county standard.

We must say despite all, our spirit was very high and everybody giving their all. A special mention must be given to Matthew Wenham for his two individual backstroke successes.

We have made official complaint to Rochford over the misleading interpretation, but do not expect anything to come of it. The results are not being printed as we consider the eventual outcome somewhat of a farce.

COMPETITION SECRETARY'S NOTES

Well here we are in 1985 and the start of a new season, which did not start off too well with the farce at Rochford, one always learns by one's mistakes. It should be an interesting year with some new venues and interesting Competition.

It must be said that if we are to maintain the standard we achieved in 1984, our training schedules as laid down by Mr. Bill Lovett must be strictly adhered to. What has been noticed lately is that our starts and turns need a good deal of improvement. It has always been said to all swimmers that a race is won or lost by the start, and the turns cause many disqualifications especially on backstroke. So it's up to you swimmers.

As you may or may not know, the Social Section of the Swimming Club are of considerable help to the Competition Section as they organise the finance to enable us to travel in the comfort of coaches to our Galas. This year it is intended that we use Coaches to all venues except that those that will be held locally at Dartford and Orpington, so your support at all functions is greatly appreciated.

Finally, we are always looking for interesting ideas to improve the running of the Club, so anybody who has suggestions or even constructive criticism will always be listened to by any member of the Training Staff.

T. Holmes

WELL DONE!

Kelly Brooker and Elizabeth Watkins entered the Southend-on-Sea Open Age Gala. Kelly did very well in her two swims, 100M Frontcrawl and 100M Backcrawl.

Elizabeth got through to the finals of the 4x2 Individual Medley to be disqualified on the butterfly leg. Two week's later she again got through to the finals and came 6th in the Backstroke, winning a very nice medal.

SOCIAL SECTION

JUMBLE SALE, SATURDAY 16th FEBRUARY

Once again on behalf of the Social Committee I would like to thank all the Mums, Dads and Swimmers who helped to make this recent fund-raising event such a success, either by providing us with Jumble or through giving us a helping hand at the Sale itself. A record amount of Jumble and a large attendance by salegoers resulted in a magnificent profit of £150.00. Thank you again.

Following the Jumble Sale, that very evening

VALENTINE DISCO

"When are you holding the next one?" was an enquiry voiced by several people after the recent Valentine Disco. This, I am sure, will have been echoed by all the Mums, Dads, Swimmers, Relatives and friends who were in attendance having had an exciting evening 'shaking it about' and generally 'letting their hair down! To cap everything there was a little birthday surprise for Christine Ryan, our Girls Captain, and this was duly supplied by Messrs Eastaugh, Holmes and Thackray in the form of - wait for it - a flashergram.

What else can one say - just great fun! Family social events such as this are certainly here to stay - don't miss out next time.

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SOCIAL SECTION (Contd.)

The Club is running a Bric-a-Brac stall at the forthcoming Pro-celebrity Football Match and Fayre to be held at the Dartford F.C. football ground on Sunday, 21st April, so if you do come across any unwanted items in the intervening period, they will be gratefully accepted by the ladies on the door.

P.A. Frost

VISIT TO GUY'S HOSPITAL - WEDNESDAY, 20th FEBRUARY

On the Wednesday of the recent school half-term 31 swimmers, Mums, Dads and friends started out from Belvedere Station for a unique visit to Guy's Hospital.

Firstly we went to the Medical School's Anatomy Department where we looked at specimens of 'picked limbs'. We then went to laboratories in the Biochemistry Department where we saw Peter (Frost) have a blood sample taken and tested in one of several scientific demonstrations. Peter temporarily felt a little wesk at the knees but continued with a very interesting talk. This was followed by lunch in the Department Library.

Suitably refreshed, we then went to the nearby St. Thomas' Hospital Old Operating Theatre. The guide gave us a vivid account of a 19th Century operation which made us all feel very pleased to be alive in this day and age.

Returning to Guy's Hospital, we then visited the Electron Microscopy Unit for a look at some very specialised equipment. This was followed by a hot drink in the staff restaurant.

For our final visit of the day, we walked via Tower Bridge to St. Katherines Dock to see the historic ships moored there. Peter successfully talked the 'gate-keeper' into letting us in for a while as the Dock had already closed for the day and so we had the freedom to look around the ships entirely to ourselves.

We then walked back to London Bridge Station to catch our train home.

We had all thoroughly enjoyed an interest-packed day out.

Rosemary Watkins

Peter writes:- Such was the enthusiastic response and subsequent reception to this Outing that there will certainly be another like it in 1986. So if you are studying any of the Sciences at school and would like a first-hand insight into Medical research - watch this space. Hospital visits for younger Secondary School children are quite unheard of, so it will be a unique opportunity not to be missed.

As this Outing also saw the use of a number of Free Rail Tickets bringing considerable savings on fares, I would like to take this opportunity to thank those of you who have donated the appropriate Persil etc. tokens with which to gain these tickets. More tickets will be used on the next rail-based outing at Easter (see forthcoming events).

CLUB NOTICEBOARD

If you are not already aware the Club now has use of its own personal Noticeboard (adjacent to the old one). Although Social Section funds have paid for most of the materials, we are very much indebted to Mr. Hayes who has been responsible for the professional touch in its construction.

Reasons behind the need for a noticeboard of our own became evident shortly before Christmas, it was then that a Council official in his infinite wisdom, deemed that after 16 years of continued usage private notices pinned on the Pool Noticeboard were, in his words, 'becoming untidy' and would have to be removed forthwith to make way for official display purposes. Not wishing to cause any arguments, we reluctantly complied by transferring our few permanent notices to a less desirable position on the partition adjacent to the pool ticket

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CLUB NOTICEBOARD - Continued

office. We hoped that this arrangement would only be temporary and as a result consulted with the powers-that-be over permission to erect a separate Noticeboard of our own. Once granted unlike certain other matters that are now in progress in and around the pool, this has been executed quickly and efficiently and the pleasing results are plain to see.

With a multiplicity of unsightly free-standing Noticeboards making the foyer look untidier than it has ever been before, one can only hope that said official will also be duly impressed, turning an act of folly to our own advantage.

Once again, we extend a big THANK YOU to Mr. Hayes for his time and work spent in constructing the Club's very own Noticeboard.

NEWSLETTER SNIPPETS

A former member Miguel Kaute has gained entry to Cambridge where he will be taking a degree in Engineering. We wish him every success.

Tina Bennett had a notable success in a recent Squash match, her losing opponent - Trevor Holmes.

Not content with competing against Dartford S.C. in both the White Horse 'A' and Tudor 'B' League galas, by the time you read this item, the outcome will be known of an unofficial challenge between Erith and Dartford Club members running in a local 10 Km road race. A serious aspect of this competition is that all sponsorship monies will be going towards the Ethiopian Famine Appeal.

P.A. Frost

A FEW WORDS OF ADVICE FROM OUR CLUB COACH

We are now working at the highest work-load required for this year and I want to continue this up to the end of the White Horse League series, after which we will decrease the distance as we come up to the summer holidays. We started off by achieving first place in the first White Horse Gala and are now in third place after the second one, partly because of careless disqualifications. These are luxuries which we just cannot afford when we are against the type of opposition encountered in the League.

Can we please see an improvement in our attitude to warm-ups before galas. Some people seem to have a theory that they have only so much energy to last them through the evening and if they use up some of it before their race they will not swim so fast when the time comes. In fact you cannot produce your best performance if you have not swum something like 400 Metres (more for the older swimmers) and have put on clothing that will keep you warm right up to your race. I think you should walk to your starting block with a track suit on. A towel draped over your shoulders is not good enough.

The One Hour Postal Swim has produced some interesting results with a good number of swimmers increasing their distance over last year and both David Ryan and John Murray exceeding 4,000 yards in the hour. Most of the 8 year old entrants bettered the 2,000 yard mark.

The top ten are:-

1 & 2	John Murray & David Ryan	4021 yards	7	Kelly Brooker	3740 yards
3	Jenny Newton	3848 "	8	Luciana Romagnolo	3676 "
4	Elizabeth Watkins	3833 "	9	Michael Ryan	3666 "
5	Christine Ryan	3818 "	10	Sammy Hayes	3550 "
6	Robin Parkhurst	3786 "			

W. Lovett

ACHIEVEMENTS

1 Width

Tristan Belcher
Richard Cane
Iain Cunningham
Matthew Caney
Daniel Eaton
Claire Garrett (Friday)
Kendra Hall
Gillian Harvey
Philip Hare
Andrew Hunt

1 Width (Contd)

Nicola Anderson
Colin Congdon
Nicola Garrett
Julie Tremlett
Trevor Twine

1 Length

Stuart Peaper
Sarah Parminter
David Springham
Benjamin Thompson
Lee Tucker

WATER SKILLS BADGES

Grade 1

Keith Freshwater
Stuart Peaper
Stuart Smith
Sally Smith
Lee Tucker

Grade 2

Benjamin Allen
Lee Abbitt
Deborah Caney
Keith Caulstock
Mark Cutler
Richard Cane
Daniel Eaton
Nina Flowers
Claire Garrett
Ann Harrap
Royston Mason
David Marshall
Sarah Parminter
David Springham

Grade 3

Gemma Brown
Carley Burt
Lisa Durrant
Bradley Faithfull
Lisa Flowers
James Watkins
Jonathan Watkins
Louise Webber

Grade 4

Sarah Brook
Victoria Eaton
Gary Lupton
Christine Nay
Simone Rider
Andrew Smith
Elizabeth Watkins
Stephen Watkins

Grade 5

Eleanor Beeke
James Cornelius
Daniel Howlett
Mark Holmes
Lee Gilbert
Gary Lupton
Helen Parkhurst
Robin Parkhurst
Bradley Scott
Andrew Smith
Rochelle Springham

Grade 6

Eleanor Beeke
Mark Holmes
Nicola Holmes
Claire Hamblin
Simone Rider
Rebecca Russell
Bradley Scott
Lorraine Stevens
Helen Parkhurst
Glen Thackray
Stephen Watkins
Matthew Wenham
Steve Willcocks
Victoria Willoughby

WELL DONW AND CONGRATULATIONS TO YOU ALL!

FORTHCOMING EVENTS

MARCH

Saturday 9th Home Gala at Riverside Pool commencing 7.00 p.m.
Friday 15th Points Cup Races - Backstroke commencing 8.00 p.m.
Saturday 30th White Horse League Gala at West Wickham

APRIL

Wednesday 3rd Ice Skating Trip to New Gillingham Ice Rink.
Coach departs 6.30 from Riverside Pool. Returning 11.15 approx. Tickets £2.90 on sale now.

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FORTHCOMING EVENTS (Continued)

<u>APRIL</u>	Wednesday 10th	Ramble (Details on Club Notice Board or see Peter Frost)
	Saturday 13th	Tudor Trophy Gala at Eltham commencing 6.00 p.m.
	" 20th	White Horse League Gala at West Wickham
	Sunday 21st	Fund-raising stall at a Pro-celebrity Football Match and Fayre, Dartford F.C. Football Ground (details to be announced shortly)
	Friday 26th	Points Cup Races - Breaststroke commencing 8.00 p.m.
	Saturday 27th	Tudor Trophy Gala, Eltham commencing 6.00 p.m.
<u>MAY</u>	Saturday 11th	Home Gala at Riverside commencing 7.00 p.m.
	Friday 17th	Points Cup - Freestyle commencing 8.00 p.m.
	Saturday 18th	White Horse League Gala at Lamorbey Hosts E.D.S.C. (Note Venue Change)
<u>JUNE</u>	Saturday 8th	Away Gala at Redhill & Reigate. Commencing 5.45 Coach from Riverside 4.00 p.m.
	Saturday 15th	White Horse League Gala at West Wickham.
	Saturday 22nd	Away Gala at St. Johns Pool, Southborough, Tunbridge Wells. Hosts East Grinstead S.C. Commencing 7 p.m.
<u>JULY</u>	Saturday 6th	Away Gala at Maidstone
	" 13th	Away Gala at Hastings. Commencing 7.00 p.m. Coach from Riverside
<u>SEPTEMBER</u>	Saturday 14th	Home Gala at Riverside. Commencing 7.00 p.m.
	" 21st	Away Gala at Crowborough. Hosts Beacon S.C. Commencing 3.00 p.m. Coach from Riverside 1.30
	" 28th	White Horse League Gala at West Wickham
<u>OCTOBER</u>	Saturday 12th	Family Outing to Larkfield Leisure Pool
	** * 5th	Away Gala at Witham - Time to be advised
	" 26th	Away Gala at Leatherhead. Commences 6.45 Coach from Riverside approx. 5.00 p.m.
<u>NOVEMBER</u>	Saturday 2nd	White Horse League Gala at West Wickham
	" 16th	Annual Gala Championship Night (Heat dates to be advised)
	" 23rd	Away Gala at White Oak Pool, Swanley
	" 30th	Away Gala at Fairfield Pool, Dartford. Hosts D.D.S.C. Commencing 6.30 p.m.
<u>DECEMBER</u>	Saturday 7th	Away Gala at Kingsmead Pool, Canterbury.

MORE DATES INCLUDING SPRINT TROPHY AND ANNUAL GALA HEATS TO BE

ADVISED LATER

ADDENDUM

WE APOLOGISE FOR OUR RECENT ENFORCED ABSENCE DURING THE
INSTALLATION OF THE SLIDE.

WE WILL OBVIOUSLY EXPERIENCE A FEW HEADACHES BY ITS PRESENCE
AND HAVE NO DOUBT THAT MANY OF ITS USERS WILL SUFFER
LIKEWISE.

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