



NEWSLETTER



NO.117

JUNE 1986

SECRETARY'S NOTES

POOL ARRANGEMENTS

As we anticipated back in January, the work at Riverside Pool is somewhat behind schedule and the reopening, originally planned for the beginning of July, is more likely to take place just in time for the start of the School summer holidays, (if we are lucky!) As I write these words, work on removing the tiles from the pool bottom is in progress but there is no sign of any rectification work around the balcony area to repair the damage caused since the installation of the slide. Although I have little doubt that the new leisure facilities within the former slipper baths area will be first class, I hold reservations as to the extent of the much needed work in the pool area, despite previous assurances. So, until we are notified of the official reopening date of Riverside Pool, we will continue with the existing arrangements at Crook Log and Woolwich Barracks pools. Unfortunately, the summer term at Dartford College ends on the 27th June so that our last swim there will be on Wednesday, 25th. We are presently looking into Club arrangements for September, and beyond, as it seems that we are unlikely to regain our lost Tuesday hour, at the present time. In this context, we hope to arrange some time at either of our existing venues on other evenings. I would like to thank you all for your continued support during our present difficulties, but hopefully we should be back to normal by the time that the next issue of the Club Newsletter appears.

BEGINNERS CLASSES

We would like to apologise for our present late-starting of classes. Due to the earlier start, our teachers find it very difficult to get to Crook Log on time, on occasions, with the inevitable delays as they rush home from work through the heavy commuter traffic. Every effort is being made to maintain our usual service, so please bear with us a little longer as we hope it won't be too long now before we can return to Riverside.

ANNUAL GALA

The most important event in our Club calendar takes place this year on Saturday, 18th October. Heats for all the listed events will be held on Club evenings in the 6 week period between the start of School term until the night before the Gala finals itself.

As such, all members will be receiving their Gala entry forms before the School summer holidays, (the dates for the heats will appear on this form). Please enter as many events as possible and return your completed forms in plenty of time.

HOME GALA, SATURDAY, 5TH JULY

Although booked for Riverside, in the event of our Erith venue not having been reopened in time, we have arranged for the transfer of this match to Crook Log baths.

ONE HOUR POSTAL SWIM

Most of you should have now received your superb badges to mark your achievements in this distance swim. If you wish to see how your efforts compared with others in your age group, we have a complete set of results which will show your world 'ranking', (there is worldwide participation in this event).

A. Bedford

OUR CLUB COACH WRITES.....

I find it very encouraging to see how well our swimmers are coping with this period of disruption to our training sessions and they seem to be able to rise to any challenge. Before the last White Horse 'A' League gala I asked for a win over Bromley which would put us just one point behind them, and sure enough, that is the result that we obtained. If we can do the same thing at the next gala we will have a final placing of equal fourth with Bromley.

We knew we were in for a tough time in the recent gala at Woking and we asked our swimmers to look on it as a "personal best gala", and sure enough, P.B's came by the handfull - and what about Mark Walker!!

While we are name dropping, we must congratulate Kelly Brooker for her great effort in the Kent Schools Swimming Association Championships at the Black Lion Sports Centre in March. Swimming in the junior girls 100m. freestyle, she reached the final with a time of 1.10.23 and finished sixth in that final; sixth in Kent can't be bad! We seem to have a number of swimmers just on the verge of a useful time for their stroke, so, the sooner we can get Claire Hamblin, Mark Walker, Barry Nay, Sammy Hayes, Mark Russell, Tina Bennett and Debbie Carrad to join Lorraine Newitt on the fast side of 1.30.0 for 100m. breastroke, the better. Likewise, Elizabeth Watkins, Kelly Brooker, Marnie Thackray, Debbie Carrad and Lynn Young under 1.10.0 for 100m. freestyle. Unfortunately, a backstroke time of 1.20.0 also seems to be a barrier for a number of swimmers.

So remember what we were saying on the poolside the other week. When it comes to racing over distances of 100m. or more, it is important to swim each length at the same speed so that each length is swum in the same time, (except for the first, which will be a little faster due to the dive start). Your aim should be to start out with 'a full tank of energy' and use it up at the same steady pace until there is none left at the finish.

As for our future training programme, we end our hard training phase at the end of this month, (June) but remember, we are looking for a good result at our Home Gala on 5th July. After that we will ease up a bit and concentrate more on stroke improvement until we start a new training season in October.

W.Lovett

ACHIEVEMENTS - 1 WIDTH

Congratulations to the following beginners:-

Jessica Board
Charis Board
Anthony Cane
Mark Cook

Derek Crabb
Alex Fisher
Jaime Griffiths
Steven Huggins

Martin Lock
Sarah Scott

CLUB RECORDS

As promised, here are the current Club Records for the age groups, distances and events implemented as from January 1985 onwards. They are based on our current 'Standard' programme used for Annual Gala and Points Cup races etc. With your help, I hope to update this list as and when times are superceded. So do please remind me if you think you have bettered any of these records in future individual events, having competed in pools of 36 $\frac{1}{2}$ yards or 33 $\frac{1}{2}$ metres length and which can be verified. So keep this record sheet handy, (alternatively, separate copies, at 5p each, are available on request from the Club Secretary).

*KEY P/C Points Cup
S/T Sprint Trophy
A/G Annual Gala (Heat or Final)

I/C Inter-Club Match
W/H White Horse 'A' League Gala

A.Bedford

CLUB RECORDS (ALL TIMES BASED ON 33¹/₂ YARDS OR 33¹/₂ METRES POOLS)

AGE GROUP	DISTANCE (LENGTHS)	STROKE	TIME	HOLDER	VENUE WHERE SET	KEY *	DATE
10 & U	1	Breastroke	31.18	Keith Walker	Riverside	A/G	16.11.85
"	"	Backstroke	28.73	Matthew Wenham	Crook Log	P/C	20. 3.86
"	"	Freestyle	23.56	Andrew Eastaugh	Riverside	A/G	16.11.85
"	"	Butterfly	30.2	Andrew Eastaugh	Riverside	A/G	16.11.85
12 & U	2	Breastroke	57.29	Mark Walker	W.Wickham	W/H	15. 6.85
"	"	Backstroke	54.2	Simon Gilbert	Riverside	A/G	16.11.85
"	"	Freestyle	46.63	Robin Parkhurst	W.Wickham	W/H	17. 5.86
"	1	Butterfly	23.96	Barry Nay	Riverside	A/G	16.11.85
14 & U	3	Breastroke	1.30.27	Mark Walker	Crook Log	P/C	17. 4.86
"	"	Backstroke	1.25.34	Sammy Hayes	Riverside	A/G	16.11.85
"	"	Freestyle	1.08.86	Philip Rush	Riverside	A/G	16.11.85
"	2	Butterfly	50.78	Philip Rush	W.Wickham	W/H	17. 5.86
16 & U	3	Breastroke	1.27.9	Mark Bragg	Riverside	P/C	20. 4.85
"	"	Backstroke	1.13.7	Mark Bragg	Crook Log	I/C	9. 3.85
"	"	Freestyle	1.07.6	Mark Bragg	Riverside	A/G	16.11.85
"	"	Butterfly	1.32.52	Stephen Watkins	Crook Log	P/C	8. 5.86
OPEN	3	Breastroke	1.21.24	John Murray	Riverside	A/G	16.11.85
"	"	Backstroke	1.13.2	Andrew Callard	Riverside	A/G	16.11.85
"	"	Freestyle	1.03.46	John Murray	Riverside	A/G	16.11.85
"	"	Butterfly	1.21.45	David Ryan	Crook Log	P/C	8. 5.86
10 & U	1	Breastroke	32.25	Elizabeth Bruce	Riverside	P/C	26. 4.85
"	"	Backstroke	29.87	Helen Parkhurst	W.Wickham	W/H	17. 5.86
"	"	Freestyle	25.53	Kirsty Morrison	Crook Log	I/C	9. 3.85
"	"	Butterfly	31.32	Lorraine Stevens	White Oak	I/C	23.11.85
12 & U	2	Breastroke	1.02.25	Claire Hamblin	Riverside	S/T	6.12.85
"	"	Backstroke	55.91	Kelly Brooker	White Oak	I/C	23.11.85
"	"	Freestyle	46.46	Kelly Brooker	Riverside	S/T	13.12.85
"	1	Butterfly	23.13	Suzanne Groce	Riverside	A/G	16.11.85
14 & U	3	Breastroke	1.38.15	Abigail Bruce	Riverside	P/C	26. 4.85
"	"	Backstroke	1.24.08	Elizabeth Watkins	White Oak	I/C	23.11.85
"	"	Freestyle	1.13.05	Elizabeth Watkins	Riverside	A/G	16.11.85
"	2	Butterfly	53.4	Suzanne Groce	W.Wickham	W/H	17. 5.86
16 & U	3	Breastroke	1.31.87	Lorraine Newitt	Crook Log	P/C	17. 4.86
"	"	Backstroke	1.23.46	Tina Bennett	Crook Log	P/C	20. 3.86
"	"	Freestyle	1.12.05	Tina Bennett	Riverside	A/G	16.11.85
"	"	Butterfly	1.25.06	Tina Bennett	Crook Log	P/C	8. 5.86
OPEN	3	Breastroke	1.29.26	Lucianna Romagnolo	White Oak	I/C	23.11.85
"	"	Backstroke	1.26.9	Elizabeth Watkins	Riverside	A/G	16.11.85
"	"	Freestyle	1.09.7	Lucianna Romagnolo	White Oak	I/C	23.11.86
"	"	Butterfly	1.23.32	Jenny Newton	Riverside	A/G	16.11.85

COMPETITION RESULTS

HOME GALA, (CROOK LOG) 22.3.86

We knew that we had invited some strong teams for this Gala, but even so, we competed extremely well. The final results did not do justice to the overall competition, with most events being very close. Dartford and Elmbridge were just too strong for us. Nevertheless, we had first places from Robin Parkhurst, Angela Gill-Carson and Simone Rider and a most pleasing aspect was the enthusiasm shown by everyone in all events. We also have some very competitive young swimmers coming through. Victoria Willoughby swam her first Butterfly race and with more experience, will do well. The friendliness of all the Clubs competing went a long way to making the event an overall success. Thanks to all those who helped - from poolside officials to the Catering 'committee'.

Result:-	1st	Dartford	351
	2nd	Elmbridge Phoenix	334
	3rd	Erith	239
	4th	Leatherhead	227
	5th	Sheerness	157
	6th	Tonbridge	133

T.Holmes

TUDOR LEAGUE GALA 12.4.86

This was our first win for sometime in this League and it came as a nice surprise considering the strength of some of the teams competing this year. There were many good swims, especially from Philip Rush, Steve Willcocks and Tina Bennett. Our girls 17 & Under freestyle relay team deserve a special mention as neither Marnie Thackray, Lynn Young, Tina Bennett or Suzie Groce are 16 yet, but still pulled-off a fine win. One notable debutant that night was Paul Dodson who swam in our victorious Boys 10 & Under freestyle relay team after only joining the Club following an audition the previous Thursday evening. Well done Paul!

Result:-	1st	Erith	195
	2nd	Gravesend & Northfleet	191
	3rd	Greenwich	186
	4th	Dartford	150
	5th	Finsbury	119

TUDOR LEAGUE GALA 10.5.86

All I can say about this Gala is 'Never again!' Running two teams in the same gala is never easy and this was made all the more difficult by the restricted space now at Eltham due to the slide, (yes, they've got one too!) In future, I am thinking of buying a two-way radio to communicate with the other side of the pool! The absence of five children on the night did not help either, but nevertheless, although I did not see more than two races in the whole gala, I considered it a great effort by the Club and officials to field two teams simultaneously. My thanks to all, especially to Bobby and Sarah for helping on the side.

Our official scoring team did very well to come second to Gravesend who have been responsible for fielding very strong teams this season. This was particularly evident at this gala in a last ditch attempt to snatch the Tudor Trophy from Greenwich. As you can see below, they failed to do so, though only on what might be called a split decision, their League points being equal with that of Greenwich but total Gala points proving the deciding factor.

Result:-	1st	Gravesend & Northfleet	209
	2nd	Erith	202
	3rd	Greenwich	191
	4th	Dartford	106

League result opposite

Final League Result:- 1st Greenwich
2nd Gravesend & Northfleet
3rd Erith
4th Dartford
5th Finsbury
6th Eltham

P.S. Thanks to everyone who swam at short notice in the 'Brothers & Sisters' team thus proving just what a family Club we are!

WHITE HORSE LEAGUE 17.5.86

Prior to this Gala, our Coach, Bill Lovett had placed great emphasis on getting a result that would improve our League position. To do so in this class of swimming required that our team beat Bromley. As such, this was achieved as much by good team spirit as by good swimming. Both were very much in evidence that night and I hope will continue for all future Galas, (especially for the last White Horse league gala on the 14th June.)

Result:- 1st Greenwich Borough Mariners 224
2nd Dartford 187
3rd Maidstone 186
4th Erith 158
5th Bromley 139½
6th Addington 88½

M.Thackray

AWAY GALA AT WOKING 31.5.86

This was the first time we had been to Woking, but we knew by the teams that were involved that we would be in for a tough time and we were not mistaken! Bill Lovett had said prior to this event that we would be going for personal bests and this we did with 14 in the individual events.

All the clubs involved were swimming with County standard swimmers and this made our task that much harder. It must be said that every swimmer gave more than his or her best, especially in view of the absence of several key swimmers. Our best performance was with the first place gained by Mark Walker, who is now regaining the form he had prior to breaking his arm. Other notable performances came from Steve Willcocks, Simon Gilbert and Tracey Dodson. Tracey's brother Paul, despite feeling unwell, swam his heart out too.

I would like to thank the swimmers for their sterling efforts on the night concerned.

Result:- 1st Guildford City 177
2nd Bournemouth Dolphins 176
3rd Haywards Heath 160
4th Woking 136
5th Kingston Royals 129
6th Erith 60

We hope that parents and swimmers alike do not get too dispirited with competition like this, but we do not wish to keep entering events where we swim against clubs that we know are of lesser ability. We must assess our own standard and I can only learn what other clubs are like when we swim against them, and then, if they are too strong, we can cross them off the list. As the old saying goes you learn by experience. So come on you swimmers and parents let us have the best team we can select and a challenge at every future gala.

T.Holmes

SOCIAL SECTION

SOUTH DOWNS RAMBLE, FRIDAY, 4TH APRIL.....

We arrived at the starting point of the Ramble to see a large ominous black cloud above us. Luckily, we only had a very light shower of rain and the rest of the day remained cold, dry and sunny.

We left the coach and went to see the Norman Castle in Bramber which sadly is very much in ruins. Retracing our steps, we proceeded to the attractive town of Steyning where most people stocked-up from the local newsagent and a very nice baker's shop. Refreshed, we continued and had to climb up a hill, (mountain to some!) onto the South Downs itself. Ahead lay Chanctonbury Ring, 900 feet above sea-level. The track was muddy, blocked by a fallen tree half-way up and we rested at the top to let the O.A.P's catch-up! When we arrived at Chanctonbury Ring, we enjoyed a well-earned break for lunch. It was once an Iron-age hill fort and the Romans later built a temple here too. Today, a large clump of beech trees act as a landmark for many miles around. Before leaving, we had a mini-photocall for anyone with a camera though a certain person, (Janet Wenham) attempted the impossible without a film in her camera! We then proceeded downhill, past a dew pond and onto Findon where Racehorses are stabled and exercised.

Another steep climb brought us onto Cissbury Ring (an even larger Iron-age hill fort) where spectacular views were to be had across the Downs, the Weald and the English Channel.

We finished our ramble two hours ahead of schedule. After retrieving four members of our party who had wandered on ahead, we awoke the coach driver(!) who, with a little persuasion, agreed to drive us to Brighton for some refreshments. A seafront cafe provided some with nice hot cups of tea, while younger members dashed for the amusements!

Then it was homeward bound after a very enjoyable day in the Sussex countryside. We look forward to another Ramble in the near future....

Mark Russell

FUND-RAISING

On the fund-raising front, our re-scheduled double Jumble Sale was a great success and realised a profit of £187.15. I would like to take this opportunity to thank all our helpers, especially the Mums new to 'Jumbling' and, in particular, the contribution made by our swimmers.

Our next fund-raiser will be our stall at the forthcoming North Kent Show at Stone Lodge, Dartford on Sunday, 22nd June. If you can donate any of the following items we would be most grateful:-

Items for a Tombola; Bottles of any description; cans;
Good-as-new; Bric-a-brac.

Please leave items with the 'ladies on the door'.

WESTBROOK OUTING

Tickets are now on sale for our annual jaunt to the seaside at Westbrook, (near Margate) on Sunday, 29th June. But hurry, for at £2.50 each, they are selling fast! If you intend coming, don't forget our luxury double-deck coach departs Riverside Pool at 8.30 a.m. Amongst all your general beach paraphernalia, remember to take food along for the barbecue!

ROYAL TOURNAMENT

Tickets are now on sale for the Club Outing to the Royal Tournament at Earls Court on Monday, 14th July. Ticket prices, at £8.00 Adults and £6.00 Children 12 years and under, include your coach fare to and from the venue. You will be pleased to learn that our early booking has secured seats directly fronting the arena. At the time of writing, a few seats remain available, so if you would like to see this annual spectacular, add your name to the list now, (remember friends are now eligible to come too). I shall be sending-out a note to all concerned at the start of July, to summarise final details. Until then, I would be most grateful if I could have all monies for tickets as soon as possible please. Thank you.

DARTFORD CARNIVAL

Yes it's that time again and I am pleased to say that it is the Dartford event that remains our focus of attention. The 1985 Carnival was rumoured to be the last, but it has thankfully been retained albeit in a much reduced form. The procession in which we intend to participate takes place on the afternoon of Saturday, 26th July. I know many of you have already added your name to the list of swimmers and parents who wish to join in the fun and you will no doubt have been informed of our intentions in line with this year's given theme, 'Countries of the World'. Our original idea was to depict a country for every letter of the alphabet, but this was soon deemed over ambitious and we decided to concentrate on a single country, namely China. "Why China, I hear you ask?" Well, because it has remained a 'closed' country for so long, the average European knows little about Chinese tradition and lifestyle, and as such, much remains shrouded in mystery. We hope that our depiction will reveal a little of this and the colour and spectacle will appeal to spectators and judges alike.

Of course, this is where you come in! We are asking parents and swimmers to sort out/borrow any items that have any Chinese connections or influence, however vague. In addition, we are after plenty of willing hands to make costumes, decorate the float and apply make-up on the day. So, how about making a sedan chair or even a rickshaw? Have you got any old and unwanted bicycle wheels lying around that could be of use? Here is a short list of other items that are required urgently:-

- Bamboo or wickerwork baskets
- Hessian sacks
- The loan of old 'sit-up and beg' bicycles
- Brightly coloured material however small
- Brightly coloured carrier bags

If you can help, please see Jill, Maureen or Peter and they will only be too happy to give you even more information and to pass on their enthusiasm to you for what will hopefully be, with your help, yet another fun-packed day. In addition, we hope to be collecting money for the British Heart Foundation in memory of Brian Foster.

P.A.Frost

OTHER NEWS AND ACHIEVEMENTS

WATER SAFETY

My goal for the school summer holidays will be to complete as many badges as possible. Between 8 & 9 p.m. on Tuesday and Friday evenings, I will be running through the various stages of the Water Safety Award for those members who have not previously been able to take part but would now like to do so. There are four parts to the Award:-

1. Water Safety Talk
2. Rescue Skills
3. Resuscitation
4. Test

The first three parts can be undertaken in any order, so, if you happen to be on holiday and miss any, you can always catch up at a later date. When you have completed all three parts, you will be able to do the Test paper at home. If you would like to do the Award, please keep a note of the under-mentioned dates and add your name to the list that will shortly be appearing on the Club noticeboard.

- | | |
|-----------------|--|
| Tues. 29th July | Water Safety Talk |
| Fri. 1st Aug. | Rescue Skills |
| Tues. 5th Aug. | Resuscitation |
| Fri. 8th Aug. | Water Safety Talk |
| Tues. 12th Aug. | Rescue Skills |
| Fri. 15th Aug. | Resuscitation |
| Tues. 26th Aug. | Session set-aside for
those who have missed
or required to complete
any of the previous stages. |

WATER SAFETY (CONT'D).

I hope to be able to do Water Skills Awards and Aquapack 1 Awards from 9 to 9.30 p.m. on the dates shown overleaf and from 8 to 9.30 p.m. on 19th & 22nd August and 2nd & 5th September. Again, lists will appear on the noticeboard shortly.

P. Bedford

BEXLEY FUN RUN & RACES 11.5.86

The annual Bexley Fun Run and Races took place in Danson Park on an overcast and windy day with the Club having more participants than in any other year. The races were divided up into age groups, from the Under 11 event in which Gary Lupton and James Cornelius took part, the Under 15 4,000m. races in which Mark Russell took fifth place, with Spencer Wenham also competing, and Simone Rider running in the girls race. David Ryan ran in the 4,000m. team event, finishing well. Next came the 10km. race in which I competed, finishing somewhere in the first 100. In the final event of the afternoon, (the 3,000m. Family Fun Run) we had even more participants. Trevor Holmes, in his 'race' to get fit for the Orpington Supersports finished well up the field (within the first 20), and not far behind was Mark Holmes. Then strung out throughout a large field came the other Club members including Mick and Carole Russell (making their running debut), Mark and Rebecca Russell, Nicola Holmes, Rosemary Watkins (an experienced runner at this event!), Kelly Brooker and Helen Fraser (both in fancy dress). All runners received a medal for their efforts as a souvenir of the occasion - perhaps next year we could have even more swimmers and parents taking part.

More recently, several of these Club members took advantage of a unique opportunity to run around the Grand Prix circuit at Brands Hatch. The event was staged to help finance Dartford Harriers' newly-laid running track in Central Park, Dartford.

LONDON MARATHON 1986

I would like to thank all of you who sponsored me in this year's London Marathon. I was running for the Imperial Cancer Research Fund in a joint effort with a friend, Kevin Perkins. We have just finished collecting all sponsorship money and have a total of just over £650 of which over £110 was collected from the Club - a great effort by everyone.

Thanks also to all those of you, who turned out along the route to give encouragement, it was much needed, especially in the final few miles!

John Murray

SPONSORSHIP PLEA

Not satisfied by already having run two marathons this year, Peter Frost will be taking part in the South Downs Way Run on the 28th and 29th June. This event will take him the 80 miles from Petersfield in Hampshire, to Eastbourne in East Sussex. He hopes to complete the event in time to join everyone on the beach at Westbrook by lunchtime on the 29th! Peter sees this challenge as an ideal opportunity to raise a large sum of money for charity through sponsorship. As such, he has chosen to run for Intermediate Technology, (I.T.) a charity which undertakes projects in the Third World to enable the populations to solve themselves, the problems of poverty. In the wake of 'Sports Aid', this is a particularly topical and appropriate cause and one which Peter hopes you too can support by sponsoring him. Thank you.

'WELL DONE' TO THE FOLLOWING:-

Matthew Wenham, (one of several of our younger swimmers who belong to Long Lane Football Club), rounded-off his season in the Under 10 team in fine style by helping them to the Mercury League Championship and winning the London Youth Football Association Cup. Meanwhile, Neil Young, a member of Long Lane F.C.'s Under 11 team, was voted their 'Sportsman of the Year' at the end-of-season prizegiving.

Continued opposite

In a recent Gymnastics competition, held at Crystal Palace, Roy Burdett won the Under 10's Novices Floor and Vault competition.

Andrew Callard narrowly missed a bronze medal by coming fourth, in his weight category, in the recent British Junior Weightlifting Championships.

Tina Bennett recently took part in a 24 hour Squash Marathon at Erith Squash Club and helped raise nearly £900 towards Cancer Research.

..... and of course, well done again to John Murray in his London Marathon success

If you have any sporting achievements outside the Club, don't be afraid to let us know and we will put your name in print to acknowledge your success.

BIATHLON & TRIATHLON - AN EXTENSION AND BENEFIT TO SWIMMING?

Increasingly, if the recent Fun Runs are anything to go by, a number of swimmers and parents are enlarging their sporting horizons to encompass running. This would seem to destroy a long-standing myth that, to do well in either sport, you should definitely not mix swimming and running. I believe that both sports can go hand-in-hand, indeed, top British freestyler, Robin Brew, regularly undertakes 6 mile runs during his weekly training schedule. Conversely, many athletes also use swimming as a means to maintain fitness during injury and top physiotherapists have firm evidence to justify that swimming and cycling can reduce the incidence or extent of injury. As if to endorse these ideas, let me say a few words about the Modern Pentathlon Association of Great Britain. The aims of the Association, amongst others, are to promote Biathlon and Triathlon as a sport for all ages. This involves swimming and running, plus, in the case of the latter, a third discipline, that of pistol shooting. In both events, the swimming and running disciplines are over distances suited to the age of the competitor. Encouragement is provided by a badge scheme, so, for example, to qualify for a Silver Standard Progress badge, a boy of 13 & Under would have to better a time of 1.30.0 for a 50m. swim and 2.20.0 for a 400m. run. Looks simple doesn't it, but of course, it get's much tougher as you go up the ladder.

With the approval of the Committee, it is our intention to join the Association as we believe sufficient interest and talent lies within our Club membership to make it a useful addition to our swimming training and competition. Other clubs like Dartford obviously think so as their members have been taking part in Biathlon and Triathlon events for many years now.

Of course, if you wish to go all the way by tackling the Tetrathlon or Pentathlon itself (the additional disciplines are fencing and cross-country horse riding), the sport tends to get a little bit more expensive!

If you have any questions about Biathlon or Triathlon, please see me, Peter Frost.

Modern Triathlon is sometimes confused with another flourishing sport that not only shares the same name, but also the disciplines of swimming and running. There the similarity ends as the third discipline is cycling (or sometimes canoeing) and the emphasis is on ability to change between disciplines as rapidly as possible whilst maintaining maximum effort. Having competed in two swim/bike/run events, I can say that the Triathlon is a physically demanding but rewarding challenge.

My enthusiasm has obviously rubbed-off on others as we wish 'Good Luck' to John Murray and David Ryan who will be competing in their first Triathlons this summer.

John's event, the third London Triathlon, requires him to swim 1 mile in open water, cycle 35 miles and run 7 miles. What a way to spend a Sunday afternoon!

P.A.Frost

