



NEWSLETTER



NO.121

JULY 1987

SECRETARY'S NOTES

TUESDAY SESSIONS

We have now heard from the Pool Management that they do not wish to organise any additional activities for public use on Tuesday evenings between 7.00-8.00 p.m. Consequently, this hour has been granted to us for a further year until May 1989, and so we can continue to organise classes for a full three hour session on Tuesday evenings until further notice.

WEDNESDAY CLASS - DARTFORD COLLEGE POOL

Attendance at the College Pool has been very satisfactory as of late and well worth everyone's effort. We will close for the summer holidays on the 22nd July and resume again on the 9th September.

DISTANCE SWIMS

On Tuesday evenings during August from 7.30 p.m. we will be organising swims of $\frac{1}{4}$, $\frac{1}{2}$ and 1 mile distance for those younger members who have not previously received these awards from us. All successful swimmers will receive a certificate and embroidered flash for each swim. However, to qualify for each award they must be swum separately.

To enable us to organise these swims with the minimum of fuss, please write your name on the list shown on the Club Noticeboard under the date that you are available to swim on.

ANNUAL GALA

You will all be receiving a Gala entry form shortly before the school summer holidays. We expect all swimmers to enter as this is the most important event in the Club calendar.

Again, Annual Gala raffle tickets will follow under separate cover and we hope you will sell as many as you possibly can.

NEW MEMBERS

A very warm welcome to all our new swimmers, many of whom are former Beginners. To enable you to improve your swimming, it is most important you attend a minimum of two sessions per week. Our main Clubnight is Friday when all Club competitions take place and which you will be expected to compete in sooner or later.

After the initial three month trial period, you will be able to purchase all our exclusive 'Club Products' i.e. swimbags, tracksuits, leisure shirts, 'T-bag' shirts, sweatshirts, which are all of excellent quality and value.

We meet throughout the year except when the Pool is closed due to Public Holidays.

TUDOR TROPHY

Congratulations to all those who competed in the 1986/87 winning Series. Since it's inception, we have now won the Trophy a record four times, more than any

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other club competing in this League. We become the second holders of the new Trophy, presented last year, and also the first club to benefit from the medals presented to all winning team swimmers. The Celebration Disco at which these medals were presented was a smashing night, much enhanced by those of you who came in red and white, (a special mention for Pip Willcocks and his socks and George Conner with that woolly hat!)

A total of 67 team members received medals all individually engraved with their name - a nice memento in our 75th Anniversary Year.

CONGRATULATIONS!

Congratulations to John Murray and Christina Foley on their recent marriage at St. Mary of the Crays, Crayford. Bobby Game was best man.

B.L.D.S.A. 1 HOUR POSTAL LONG DISTANCE SWIM

As the results of this championship have only been in our possession for a short while, Bill Lovett, our Club Coach, has not had time to study them in detail or draw any conclusions on your performances either. Needless to say, the improvements shown by Club members during the swim back in February are reflected in these overall results. Indeed, Michael (Buck) Ryan was surprised to discover that for his age group, he is world-ranked No.3! He was even more surprised by the recent Clubnight presentation where he was awarded a B.L.D.S.A. Bronze Medal in recognition of this fact.

A reminder to those of you who competed in this swim in that the B.L.D.S.A. cloth badges are now on sale at £1.75 each.

A. Bedford

OBITUARY

It is with regret that we read of the death of Mr. Ernest W. Keighley who was a good friend and adviser to E.D.S.C. for many years.

My husband first met Mr. Keighley when our Club joined Woolwich & District Amateur Swimming Association, (formed by Clubs who used Eltham, Plumstead and Woolwich Baths). As he was an Official with Kent County A.S.A., later becoming President, he was kind enough to give us his help and advice in our early stages. He and Mrs. Keighley came along to Galas to present prizes and help whenever they could. As a member of Woolwich S.C. (now Greenwich Borough Mariners), during the pre-war period he competed in many local galas including the invitation team race at the E.D.S.C. Annual Regatta Galas.

He will probably be best remembered for his voice on television when he was Starter at two Olympic Games, many National Championships and International Meetings, the familiar deep voice said 'Take your Marks' and without even seeing him, we all knew who the voice belonged to.

Mrs. Keighley died in January and Mr. Keighley on 13th June. Their long lives were devoted to swimming and they will be sadly missed by all their friends.

E. McArdell

COMPETITION RESULTS

TUDOR LEAGUE GALA 9.5.87

With this, the last gala of the season, it was our chance to clinch the League title for the first time in several years. Despite some other clubs seemingly finding some extra swimmers from somewhere we took third place with our usual team and won the League.

This was very gratifying for the Club and myself because we had tried to stick to our policy of giving as many swimmers as possible a chance of a competitive swim.

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Many thanks to all swimmers and especially to parents who supported us. We always seemed to have more support than anybody else and I know the swimmers appreciate it as much as I do.

1st	Greenwich	192 pts
2nd	Gravesend & Northfleet	181 pts
3rd	Erith	177 pts
4th	Dartford	154 pts
5th	Addington	135 pts

Final League points and positions:

1st	Erith	32 pts
2nd	Greenwich	27 pts
3rd	Gravesend & Northfleet	25 pts
4th	Dartford	23 pts
5th	Addington	21 pts

TUDOR 'B' LEAGUE - THE 'TOP TWENTY' POINTS SCORERS

The recent Celebration Disco provided the Club with a unique opportunity to award a Trophy not usually presented until later in the year at the Annual Gala. I write of the Tudor Trophy, awarded to the boy or girl swimmer who attains the highest tally of points throughout a Tudor 'B' League series of galas, and in this memorable 1986/87 season, the winner was Sasha Rider. Congratulations to Sasha and to the other 19 swimmers whose points tally gained them a 'top twenty' placing, (see below), and, of course, to all the other swimmers who made our victory in the Tudor 'B' League possible. We look forward to the 1987/88 season with anticipation.

<u>Name</u>	<u>Points</u>
Sasha Rider	81
Nicola Holmes	75
Marnie Thackray	65
Tina Bennett	63
Suzanne Groce	62
John Burdett	61
Alison Walker	61
Dylan Emmett	51
Tracey Dodson	51
Lorraine Newitt	50
Mark Walker	50
Mark Russell	46
Stephen Watkins	46
Simone Rider	45
Lee Gilbert	44
Elizabeth Watkins	42
Victoria Eaton	39
Keith Walker	36
Rebecca Russell	35
Rochelle Springham	34

WHITE HORSE LEAGUE GALA 9.5.87

With this gala being on the same night as our last Tudor League gala, it gave us some headaches with logistics, transport etc. but we still managed to field two teams.

This gala was a bit of an anticlimax really, being the last time we shall swim in this League for a few years, and the fact that we finished fifth.

1st	Dartford	189 pts
2nd	Greenwich Borough Mariners	171 pts
3rd	Maidstone	148 pts
4th	Bromley	120 pts
5th	Erith	106 pts

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Overall, we finished this league season in third place, our highest position. The White Horse League has been a disappointment to me in that the galas have mostly been swam at West Wickham, (a pool that I detest), and results have always proved to be unpredictable; for example, this season we have been in every position from 1st to 5th!

I also think a "boredom factor" has set in with the swimmers and this can't be a good thing. Next season we will be swimming in the Speedo League and we shall see what we shall see. It should be interesting swimming at different venues and against new clubs and this may gain us some invitations to other friendly galas.

Many thanks to all swimmers who swam for us this year, especially the older swimmers who always did us proud even though they only swam relays.

M.J.Thackray

GALA AT ROCHESTER 23.5.87

This gala was one of those that you are not certain that you have selected correctly for. Being a Bronze Standard Gala, time is of the essence, for if you are too fast, (by going under the permitted time by more than three seconds) you will not score any points. So you can see the problem I had in selection, but fortunately we got it right where other teams did not. We had individual wins from Jamie Willcocks who had two wins and went for a hatrick but just missed it with a second place. Also wins from Jay Barnes, Amanda Stevens and the 10 & Under Mixed F.S. relay squad with Jennifer Attridge, Jay Barnes, Joanna Stevens and Lee Gilbert. We eventually finished in 2nd place close behind Beavers Swimming Club. Unfortunately I have not got the overall points positions!

GALA AT LEATHERHEAD 6.6.87

This was a most eventful Gala. I always allow plenty of time for all Galas, but on this occasion, I did not expect a coach driver who comes from Greenwich not know how to get to the M25. Upon leaving Riverside we did a circular tour of Plumstead, Woolwich Common and Eltham Well Hall before eventually hitting the A2. When we eventually got to the Leatherhead turn-off on the M25, he then made another mistake and had to travel onto the next turn-off. By this time the Gala should have started, so it was decided, among total chaos, to get our first event swimmers changed on the coach causing a certain embarrassment for those concerned. Fortunately on the advice of the Gilbert Family they had held up the Gala for us. From then on our swimmers did extremely well with most swimming 100 metres for the first time. Steve Willcocks was our only winner, with a number of good 2nd places from Lee Gilbert.

The return journey proved to be uneventful!

1st	Staines	86 pts
2nd	Leatherhead	126 pts
3rd	Redhill & Reigate	163 pts
4th	Erith	175 pts
5th	Merton	211 pts

T.Holmes

OTTERS MASTERS CHAMPIONSHIP 13.6.87

Trevor, Buck and I set off on Saturday 13th June in Trevor's car to the Otters Masters Swimming Competition at the Queen Mother Sports Centre, Victoria, London. Trevor and Buck were suffering from the effects of colds and weren't sure of the wisdom of their actions.

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However, Trevor and I entered for the 4x1 Individual Medley, 100 metres and 50 metres freestyle events. Buck entered everything in sight because in his geriatric age group he only had to do 50 metres in most events with no I.M. at all!

I proudly gained 3rd place in all 3 of my events but honesty compels me to mention that there were only 3 in each race, but I wasn't too far behind! Trevor and Buck had 'hundreds' in their events, well up to 11 in all! Trevor came 6th in the I.M. and 100 metres freestyle and 7th in 50 metres freestyle. Buck came 3rd in 100 metres freestyle and 50 metres breaststroke, 5th in 50 metres backstroke and 6th in 50 metres 'fly and freestyle. Well done to them against very stiff competition. The quality and speed of the swimming was very impressive with some swimmers in their 50s and 60s faster than some of our fastest swimmers!

It was an enjoyable day although the seats got a bit hard after a while (as I'm sure parents and regular spectators know only too well). At lunch time, Trevor stretched out for a snooze and was almost at the snoring stage when the starter decided to test the starting gun! Of course, that was the end of that!

Trevor and I also practised our starts with the keenness, (nervousness on my part) to get a good start ending in the embarrassment of falling in the water! A great day was had by all and was rounded off by Trevor getting wet once again, whilst dashing through the torrential rain to fetch the car!

Pat Griffiths

GALA AT HYTHE 20.6.87

Unfortunately we had to cancel this Gala, as we had a happy event in the Club, namely the Wedding of the now John and Christina Murray, with a large number of swimmers and Club Officials attending the evening reception.

ANNIVERSARY TROPHY HOME GALA 4.7.87

Once again we had to field two teams as we did not have sufficient teams to fill all the lanes. Anyhow, this gave more of our swimmers the chance of competition. Although we had a strong second half to this Gala, Saxon Crown were too strong for us and went on to win this, the first Anniversary Trophy Gala.

We gained 10 first places, with Mark and Keith Walker, Susie Groce, Tina Bennett, Vicky Eaton, Paul Dodson, John Burdett and Rebecca Russell being our individual winners. There were a number of the 'B' team swimmers who beat their 'A' counterparts, which proves that you cannot get every team selection right every time(!), so well done to Alison Walker, Tracey Dodson, Susie Groce. As you can see, the 'B' team gave a very good showing with a 4th place.

Thanks to all swimmers for giving their best as they always do.

1st	Saxon Crown	348 pts
2nd	Erith 'A'	307 pts
3rd	Bromley	235 pts
4th	Erith 'B'	202 pts
5th	Ashford	157 pts

T.Holmes

Since the printing of the Club records table in the March issue of the Newsletter, a number of records have fallen and are included in table overleaf. Of particular note is the time set by Philip Rush for the Boys 16 & U 100 metres Butterfly during the Points Cup. Not only did his time of 1.17.08 break the old record by over 7 seconds but it also bettered the existing Boys Open record and would have been accredited as such had not John Murray swum to better this and lower his own record (to 1.15.36) just five minutes later!

CLUB RECORDS (ALL TIMES BASED ON 364 YARDS OR 334 METRES POOLS) AS AT 30.6.87

AGE GROUP	DISTANCE (LENGTHS)	STROKE	TIME	HOLDER	VENUE WHERE SET	KEY	DATE
10 & U	1	Breaststroke	29.56	Steve Willcocks	Riverside	S/T	12.12.86
"	"	Backstroke	23.02	Matthew Wenham	Riverside	S/T	21.11.86
"	"	Freestyle	21.79	Paul Dodson	Riverside	I/C	29.11.86
"	"	Butterfly	25.45	Paul Dodson	Riverside	S/T	12.12.86
12 & U	2	Breaststroke	57.29	Mark Walker	W.Wickham	W/H	15. 6.85
"	"	Backstroke	53.9	Simon Gilbert	Riverside	A/G	13.10.86
"	"	Freestyle	46.63	Robin Parkhurst	W.Wickham	W/H	17. 5.86
"	1	Butterfly	23.96	Barry Hay	Riverside	A/G	16.11.85
14 & U	3	Breaststroke	1.27.91	Mark Walker	Riverside	P/C	13. 3.87
"	"	Backstroke	1.22.89	Philip Rush	Riverside	A/G	13.10.86
"	"	Freestyle	1.06.36	Philip Rush	Riverside	A/G	12. 9.86
"	2	Butterfly	47.67	Philip Rush	W.Wickham	W/H	6. 9.86
16 & U	3	Freastroke	1.24.56	Mark Walker	Riverside	I/C	28. 3.87
"	"	Backstroke	1.13.7	Mark Bragg	Crook Leg	I/C	9. 3.85
"	"	Freestyle	1.03.34	Sammy Hayes	Riverside	A/G	18.10.86
"	"	Butterfly	1.17.08	Philip Rush	Riverside	P/C	15. 5.87
OPEN	3	Breaststroke	1.21.24	John Murray	Riverside	A/G	16.11.85
"	"	Backstroke	1. 6.58	Gareth Newton	Riverside	I/C	28. 3.87
"	"	Freestyle	1.03.34	Sammy Hayes	Riverside	A/G	18.10.86
"	"	Butterfly	1.15.56	John Murray	Riverside	P/C	15. 5.87
10 & U	1	Breaststroke	29.96	Rebecca Russell	Riverside	A/G	18.10.86
"	"	Backstroke	29.58	Rebecca Russell	Riverside	A/G	18.10.86
"	"	Freestyle	24.47	Rebecca Russell	Riverside	A/G	13.10.86
"	"	Butterfly	31.32	Lorraine Stevens	White Oak	I/C	23.11.85
12 & U	2	Breaststroke	57.77	Claire Conner	Riverside	S/T	12.12.86
"	"	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	22.77	Claire Conner	Riverside	I/C	29.11.86
14 & U	3	Breaststroke	1.33.6	Claire Hamblin	Riverside	P/C	13. 3.87
"	"	Backstroke	1.23.54	Kelly Brooker	Riverside	P/C	10. 4.87
"	"	Freestyle	1.09.7	Kelly Brooker	Riverside	A/G	18.10.86
"	2	Butterfly	50.52	Suzanne Groce	W.Wickham	W/H	7. 3.87
16 & U	3	Breaststroke	1.30.76	Claire Conner	Riverside	I/C	28. 3.87
"	"	Backstroke	1.21.73	Tina Bennett	Riverside	A/G	18.10.86
"	"	Freestyle	1.09.6	Tina Bennett	Riverside	A/G	18.10.86
"	"	Butterfly	1.24.59	Marnie Thackray	Riverside	P/C	15. 5.87
OPEN	3	Breaststroke	1.29.26	Lucianna Romagnolo	White Oak	I/C	23.11.85
"	"	Backstroke	1.21.73	Tina Bennett	Riverside	A/G	18.10.86
"	"	Freestyle	1.09.04	Tina Bennett	Riverside	I/C	28. 3.87
"	"	Butterfly	1.22.34	Jennie Newton	Riverside	A/G	18.10.86

SOCIAL SECTION NEWS

ERITH SKI GROUP'S VISIT TO SORRE CHEVALIER, FRANCE (this report just missed the deadline for the last Newsletter)

Monday 9th March

We were gathering at the meeting point along Northend Road, talking, chattering or contemplating the next 8 days. The Erith Ski Group were off to Sorre Chevalier in the French Alps. We were a mixed bunch from first timers to experienced black run specialists, but all with one aim - to enjoy ourselves. Everything went to schedule during the journey and we were soon looking out upon snow covered fields and impressive ranges of mountains. The resort and our hotel, called Hotel L'Adret, was swathed in sunshine when we arrived and looked comfortable, clean and well managed. As it turned out all these points were true plus the added joy of a staff very keen to please and entertain, as we were to find out on several evenings.

On that first evening we settled into our rooms, had our skis and boots distributed and mentally prepared ourselves for the skiing.

The following six days started with breakfast and then most of the group gathering for their lessons which started at 9.30 a.m., and the remaining members having the opportunity to free ski until 11.30 a.m. when their lessons started. Lessons were 2 hours and our instructors were mainly English plus a few French. We all agreed that the standard of instruction, assistance and understanding was excellent so that we all finished the week with a better understanding, a better standard, and plenty of enthusiasm - plus a few bruises, but happily no major injuries. The variation of runs was amazing giving all standards plenty of scope to vary the routes and test their skills.

The snow conditions were marvellous on the top of the mountain and it was even better when we had a fall of snow on Friday night. An added bonus was that we were all able to ski down to the hotel on the last 2 days. I think most people would have noticed from the sun tans and 'panda eyes' that have been wandering around the pool just how great the weather was. We would wake up to clear blue skies and brilliant sunshine and this stayed until sunset around 5 p.m. Now for the apres ski, our agenda was as follows.

Monday: Time to settle in and know our way around.

Tuesday: Welcoming Disco.

Wednesday: Skating trip. This was cancelled as the rink had melted but was replaced by a Cabaret evening put on by the hotel staff followed by a Disco.

Thursday: Fondu meal. I didn't go, but those that did told me it was good.

Friday: Miss Sorre Chevalier evening. In time the photographs should be available - so no comment other than wonderful.

Saturday: Surprise, Surprise! A swimming trip! To keep the training going, we virtually took over the local pool. (Not as good as Riverside, but still enjoyable).

Sunday: Presentation night followed by Disco.

An additional bonus was the Video room. Every evening the hotel showed a well known film and people were able to relax in comfort.

Highlights of the week.

- 1) Numerous close fought matches on the table football game.
- 2) Untold stories of events and happenings on the slopes including Lee and Trevor Gilberts desire to ski off the piste which we still believe resulted a helicopter search. There are several versions as to what happened. The truth was that Lee lost his feet on a drag lift,

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Trevor came off with him, as did the instructor, and they then had to get back to base. Of course, the rest of the party found themselves at the top with no instructor and their adventure was getting back too! All ended well with several laughs and a few drinks.

- 3) Friday was Trevor and Rick's 40th Birthday and the hotel put on a great show. We had lovely waitresses, in great attire, presenting cakes and bottles - we have the evidence (!) and the room was decorated with balloons, banners and streamers.
- 4) Race day - everybody entered the downhill special - style was good, we all finished and John Murray's cister Ann found it so good she could not stop - until she hit the stream! No injuries just lots of laughs.

Conclusion

Well lets just say that the next Ski week has already been planned and most, if not all, of the party are booking to go again. What better recommendation? Finally, our thanks to Carol & John (Eastaugh) for organising, sorting out the problems and having the courage to do it all again next year. Thanks a lot from us all.

Les Crosets in Switzerland looks great for '88!

Pip Willcocks

SOCIAL NEWS (cont.)

Although June 1987 will surely be remembered as one of the wettest on record, for many Club members and parents, the month will certainly hold memories of a much happier kind. I of course refer to the various Club events that have taken place over recent weeks, from which a series of recollections are reported upon on the following pages of this Newsletter

'RED & WHITE CELEBRATION DISCO' 13.6.87

It was pouring with rain outside, but inside St. Martin's Hall, a great time was being had by all. The Club had organised a 'Presentation Disco' for all the Swimmers in our victorious Tudor 'B' League team and the hall was crowded with them and their families.

A lot of hard work had gone into decorating the hall which was a mass of red and white. Once everyone had arrived, Mick Thackray called all the swimmers out individually and, as guests of honour, Club President Mr. Sandy Fitnum and his wife Betty presented each with a personally engraved medal. This was followed by a photo call. Then Sasha Rider was presented with the Trophy for gaining the most points for the Club in the Tudor 'B' galas this year.

After a lot of dancing, everyone was ready to eat the delicious food prepared for the evening.

A further presentation from the Club was made to John Murray and his fiancée Christina on their forthcoming marriage and they were both wished every happiness for the future.

The Disco finally came to an end after what had been a really good evening. We are sure we speak for everyone who went in saying a big 'Thank you' to the Social Committee for all the hard work they put into making this 'Presentation Disco' evening a success.

'The Walker Family'

"THE CHALLENGE"

Following the report in the last Newsletter, "The Challenge" by the Open Swimmers, (led by Stephen Watkins and Dylan Emmett) was taken up by what they called "The Geriatrics".

Well, the Geriatrics certainly showed the younger element that age has no boundaries!

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The first event cricket, was no contest as "The Geriatrics" won by some 165 runs. The second event swimming, we gave them a chance for some glory by coming swimming. So this set up an interesting final event, this being a six-a-side football match. All the youthful enthusiasm was soon put aside by our excellent forwards who kept on running and running. Those old legs certainly had wise heads! The final result was 15-9 to "The Geriatrics", making "The Challenge" result 2-1 in our favour! - Well here's to next time lads!

Seriously, it was another example of how well the members of the Swimming Club can mix with one another, both young and young at heart! Well done to Ray Burdett, Mick Thackray, Pip Willcocks, John Murray, Trevor Gilbert and yours truly, Trevor Holmes. Also to Bobby Game, Stephen Watkins, Dylan Emmett, Michael Hayes, Philip Rush, John Burdett, Mark Walker for being such good sports.

Trevor Holmes

'IT'S-A-WATER-KNOCKOUT 20.6.87

Twelve children (6 boys and 6 girls) took part in 'It's-a-water-knockout' at Eltham Baths. The host team fielded a strong side, who had obviously practised the mad games earlier, but were not quite up to our standard! Each child was in four team games. We took part in walking across the pool on a float bridge, bursting balloons, musical hoops, standing and sitting on a floating mat, and swimming under submerged hoops. All this plus an objection raised with the referee and we still came 1st with 56 points. Each child ended up with a red Arena swimming hat and a medal, with the team overall winning a small trophy.

The team consisted of: Dagan & Jay Barnes, Amanda, Joanne & Lorraine Stevens, Sasha Rider, Philip Beaney, Matthew Green, Paul Dodson, Gary Dennis, Helen Parkhurst and Heidi Seal.

Thank you to all who took part, and to Simone Rider and Stephen Watkins who helped with the running of this competition.

1st	Erith	56
2nd	Eltham 'B'	53
3rd	Greenwich	48
4th	Eltham 'A'	39
5th	G.B.M.	29

Rosemary Watkins

LONDON TO BRIGHTON BIKE RIDE 21.6.87

In the knowledge that we had to be at Riverside Swimming Pool by 5.30 a.m. to meet our 6.30 departure time from Clapham Common, for those of us who had been at John & Christina's Wedding reception it was perhaps not the ideal way to prepare for this 56 mile cycle ride. For Trevor Holmes, it certainly showed as he had only managed about an hours sleep. The journey to Clapham was made unusually in almost total silence, probably because those present were unaccustomed to such an early start on a Sunday morning and with some trepidation at how they would fare once on the ride. The intrepid 13 were: David Ryan, Mick Thackray, Trevor Holmes, Sammy Hayes, Philip Rush, Stephen & Eric Watkins, Dylan Emmett, Kevin Barnes, Mark Russell, Ian Bulmer and yours truly, Peter Frost. At least there was no sign of the rain that everyone feared.

This is an appropriate point in this report to again say a big 'Thank You' to Kevin Barnes and his colleagues from Selector Lifts for their generosity in not only supplying transport for a dozen would-be cyclists and their two-wheeled steeds to Clapham but also for sponsoring a coach on which

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families and friends could travel to Brighton to greet us there, if and when we made it! Without this back-up our preparations may have come to nothing. At least our saddle-sore venturers could also be thankful in the knowledge that they would be able to make the journey home in relative comfort.

On arrival at Clapham Common we were greeted with the sight of literally hundreds of people, their bikes glinting in the early morning sunshine. Our first job was to rendezvous with our remaining team rider, Mark Russell but he was nowhere to be seen. Reluctantly we decided to start the ride, the hope of seeing him diminishing as yet more and more cyclists arrived. The next hurdle; seconding two of our number through the check point proved surprisingly easy with full help from the organisers! As we had to wait in the start funnels whilst the bottlenecks on the roads cleared, there were anxious moments whilst everyone pondered on whether they had checked their brakes, worn the right clothing etc. Dylan was more involved in ensuring that his personal stereo speakers were strapped firmly to his handlebars and fussing over his selection of cassette with which to start the whole thing off! Then came the signalnine minutes to 7.00 a.m. and we were off albeit at a snail's pace.

This slow meander, shoulder to shoulder with so many other riders would continue well into the London suburbs and we were able to maintain contact with our team members reasonably well. Once out into the country though, the riders began to become more dispersed. Although the event is not a race, the pace began to pick-up and inevitably, we lost contact with each other. The Surrey hills and rolling Downland, and the true nature of this ride became apparent with most people deciding to walk up hills and freewheel down the other side, some at hair-raising speeds, seemingly oblivious at what they might find around the next corner.

An encounter was made with Sammy and Philip, for Sammy had lost all use of his front brake. A quick on-the-spot repair was made and we were off once again. We soon parted company and as cyclists became yet more dispersed,

after so much rain you began to appreciate a warm sunny morning in the countryside. These few lapses of concentration were soon awakened by the sound of a vehicle coming towards you, (few roads were closed to traffic). Having made the halfway point at Turner's Hill with relative ease, I cast my thoughts back to our other intrepid team members and wondered how they were faring given the fact that some of them, apart from a little preparative training, had not ridden a bike for a considerable time, (years maybe?)

It was now a matter of would the bike rather than the body hold out until the end of the ride although there was still one challenge yet to meet, namely, the infamous climb over Ditchling Beacon. At over 900 feet above sea level, this is one of the highest points on the South Downs and having crossed it several times on foot, I was determined that I was not going to let it get the better of me on this occasion either. With the Downs looming closer and closer, and the temperature still rising the idea was hastily dropped and I happily joined the line of cyclists plodding up the steep ascent! To those behind, Ditchling must have looked like the north face of the Eiger! Once at the top, I stopped for some well earned refreshment and surveyed the scene to the south and the sea beyond and north to the Weald with flashes of glinting metal highlighting the route that I had rode along some minutes earlier. It was now practically downhill all the way to Brighton and the lunatic element again seemed intent of getting to the finishing line first with little regard for the traffic which built up rapidly as we entered the suburbs of this seaside town.

Passing the Royal Pavilion, I was hooted by a coach and thought I had jumped a red light. I later found out that this was our support coach acknowledging my arrival! A final 400 yard sprint to the finish line, a look at the watch, 10.31 a.m. the Bike Ride form stamped and it was all over, at least for me. I now set out to find our other team members whom I believed had already finished. Much to my surprise I saw David and Mark Walker arrive behind me.

Cont'd

Mark was waiting on the other side of the finish line and may have indeed arrived before me. David had ridden 56 miles and then punctured on the final ride down Madiera Drive. He had news of Sammy and Philip who had miraculously met Mark Russell at the foot of Ditchling Beacon and helped him repair a puncture he had gained earlier. We then met up with our families and friends who had now secured a spot on the roadside ready to cheer in our missing team members. Of course we could give little indication to those waiting how they were faring and so many anxious minutes ticked by as wave after wave of cyclists streamed past to finish the ride. There came a shout that Mick, Trevor and Kevin had been spotted further up the road and so we craned our necks ready for our first sighting ready to cheer them in. Sure enough, they rode in together three abreast, arms held aloft in victory! They had not suffered as much as they (or we!) had feared but the news concerning Ian was not so encouraging. Nevertheless, Ian soon pedalled into sight seemingly none the worse for wear. It now only remained for Stephen and Eric to arrive and although they had anticipated completing the ride in 6 hours, we grew more and more anxious as the time ticked by. The stream of riders had now grown into huge groups and we were worried that we might even miss them go by. Indeed, there were several false alarms as we mistook someone's bald head and glasses as that belonging to Eric himself (sorry Eric!). Of course, we need not have worried, for almost 6 hours to the minute, in rode Stephen and Eric to the biggest cheer of the morning. Having collected everyone, bikes and belongings together it was off for another surprise to a pub for liquid refreshment, a full salad spread and barbecue, courtesy of another of Kevin's friends. What better way to round off another experience of a lifetime.

FOOTNOTE: Apart from our thanks to the weather, on behalf of all participating cyclists, supporting families and friends, may I again take the opportunity of thanking Kevin Barnes, his colleagues from Selecter Lifts and his Licencee friends for making this day possible, bearable and in the end, so memorable. Thank You.

Following our return home, Kevin provided 'stabling' facilities for our bikes at his home until we could come and collect them. Mick decided that after 56 miles, the best way to get his bike home would obviously be to ride it. Alas, he came a cropper whilst riding through Bexleyheath, the front wheel collapsing, sending him over the handlebars but fortunately without any lasting injuries - just dented pride. The consequences of this happening on the bike ride the previous day whilst descending a steep hill are not dared thought about. In addition to the self-esteem of having completed the ride, we estimate that between us, we will have raised in the region of £500 towards the British Heart Foundation (B.H.F.) who jointly organise this annual event. Thank you to those members and parents within the Club who sponsored us.

It is shameful that the actions of the lunatic element reported in the national newspapers should put the running of next year's ride in jeopardy and spoil what is an enjoyable challenge to so many thousands of people and a major fund-raiser for the B.H.F. Let us hope that the Police do allow the 1988 ride to take place because many more people within the Club have voiced their intention of taking part too.

If the London to Brighton was not enough, David Ryan recently completed the 60 mile London to Cambridge ride too!

WESTBROOK OUTING 28.6.87

Dare we hope that the weather we had enjoyed the previous Sunday whilst on the Bike Ride could possibly last? The dismal June weather weighed heavily against the odds and forecasts can never be guaranteed! Nevertheless, our choice of date once again proved fortuitous and we experienced another scorching hot day at Westbrook.

Cont'd

Sammy Hayes, maintaining a tradition of Club members cycling to Westbrook, arrived a little before 8.00 a.m. (!) to stake a claim for our usual slice of the beach.

Following the arrival of the coach party, we were joined by other members, parents and friends; the Willcocks' with their powered inflatable, the Eastaugh's with their sailing dinghy and the Gilbert's with their windsurfers. Along with Buck Ryan's two canoes, an interesting day was in prospect. Of course, their willingness to bring their craft to Westbrook and then allow everyone to experience and enjoy the free use of their property should not be taken for granted and I am sure you will join me in thanking them for doing so. Along with the barbecue, swimming and beach games, the extra dimensions added to the day surely made this Westbrook Outing the most enjoyable ever. Unfortunately, it may also be prove to have been the most memorable in other respects as many, somewhat unprepared for such weather were to suffer painful consequences from exposure to the hot sun.

FOOTNOTE: At the recent Anniversary Trophy gala, we learnt that Bromley S.C. had experienced a miserable wet day at Eastbourne on their annual seaside outing. They stated that they wished to be advised by us before selecting a date for their 1988 outing!

ANNUAL GALA RAFFLE

Yes, it's that time again! All members will shortly be receiving four books of Annual Gala Raffle tickets revealing some intriguing prizes on offer. As you are probably aware, this Raffle has proved to be the single largest fund-raising event in the Club calendar and I cannot emphasise the importance of the sale of these tickets in the light of the additional coach hire necessitated through the impending 'Speedo' League Galas.

Having sold your tickets, please return the counterfoils and money to the Ladies on the door. If you can sell even more tickets, we would be most grateful. Thanking you in anticipation

REQUEST FOR 'BRIC-A-BRAC'

Through a recent handout, many of you are aware of our fund-raising stall at the Dartford Show on Sunday, 26th July, (the day after the Carnival). Indeed many of you may have assisted the cause by making cakes etc. or digging out old toys and books. For this, we are most grateful, but now follows a new request for items to fill our stall at the Bexley Donkey Derby on August Bank Holiday Monday, (31st), namely with Bric-a-brac.

So, if you have had a summer clear-out of the shed, loft etc. and you have anything suitable for our stall, please bring it along on Clubnights and hand to the Ladies on the door. Again, we will be most grateful.

OTHER NEWS

Well done to Tina Bennett and Neil Young who competed in the London Mini-Marathon back in May. These races preceded the Marathon itself in which Peter Frost was a participant, finishing in a time of 3hrs 09 mins. He would like to take this opportunity to again thank all Club members and parents who sponsored him, a cheque for £375.00 having recently been handed to the treasurer of the Guy's Kidney Patient Association, (Guy's K.P.A.).

Congratulations to Lisa Whitehead who has passed her Bronze Personal Survival.

BEXLEY PRIMARY SCHOOLS ANNUAL GALA 20.6.87

Congratulations to all our swimmers that swam for their individual schools in the recent Bexley Primary Schools Annual Gala.

Cont'd

In their respective age groups, 1st places went to Victoria Eaton (Backcrawl), Matthew Wenham (Backcrawl), Rebecca Russell (Breaststroke), Mark Holmes (Breaststroke), Gary Lupton (Ind. Medley) and Miriam Hogan (Frontcrawl). 2nd places to Heidi Green (Backcrawl) and Jenny MacDonald (Breaststroke). 3rd place to Zak Green (Butterfly).

ERITH SCHOOL ANNUAL SWIMMING GALA

Well done to all our swimmers who took part in the recent Erith School Annual Gala. Everybody swam really well:- Claire Conner*, Mark Russell*, Philip Rush*, Simon Gilbert*, Sarah Goodman and Tina Bennett all excelled themselves by winning their races. Several of them broke School records (*).

Well done to Katie Attridge, Helen Parkhurst, Sasha Rider, Amanda and Joanna Stevens who showed the Brownies what swimming is all about at their recent District Swimming Gala. To help things run smoothly, yours truly, Peter Frost and Trevor Holmes were present as M.C. and Starter respectively.

Unfortunately, because our recent Home Gala coincided with the Bexley Water Festival, it was with some reluctance that we had to decline an invitation to enter the London Fire Brigade Bath Tub Race, an integral part of Festival Saturday. Nevertheless, several members toyed with the idea of entering the Triathlon on the Sunday but as canoeing replaced the usual cycling section, this rather put them off. In the end, only one member took part, namely Mark Russell, and this despite having only sampled canoeing for the first time at Westbrook the previous weekend! Mark's swimming and running ability held him in good stead and he made-up time lost in the canoeing discipline to finish first in his age group, (gaining himself a trophy) and only just over a minute behind the overall winner. Well done Mark....

Congratulations indeed to Andy Callard, Bobby Game, Trevor Holmes, John Murray and Julian Torregianni for successfully defending their Orpington Supersports title for the second year running, (full report in the next Newsletter).

Whilst our team was giving all in defence of their Supersports title, Crystal Palace was the venue for more intense sporting activity, namely the London Youth Games. Representing the Borough of Bexley were Tina Bennett, (Squash), Roy Burdett, (Gymnastics) and Mark Russell, (Athletics).

Mark Russell, Mark Walker, Tina Bennett, Susie Groce and Nicola Holmes have been shortlisted as possible Bexley representatives in the London Youth Games Regatta Triathlon in mid-September.

Peter Frost and John Murray have been accepted to compete in the 4th London Triathlon in August.

We wish good luck to John Murray who will be attempting to swim the Solent on Saturday, 25th July. The crossing, from Skanklin on the Isle of Wight to Southsea on the mainland is a distance of 5 miles but John may have to swim further than that depending on shipping and the vagaries of the wind and tide.

Once again, we are encouraging Club members and parents alike to enter the Bexley Fun Runs on Sunday, 13th September. Peter Frost has the entry forms if you do indeed wish to enter.

FORTHCOMING EVENTS OVERLEAF

STOP PRESS: The Faversham gala went ahead in heavy rain and the results were as follows, (full report in the next Newsletter):

1st	Beechfield	179 pts
2nd	Erith	149 pts
3rd	Rochester	136 pts
4th	G.A.B./B.P.	121 pts
5th	Faversham	90 pts

FORTHCOMING EVENTS

<u>JULY</u>	Saturday	25th	Dartford Carnival.
	Sunday	26th	Fund-raising Stall at the Dartford Show.
<u>AUGUST</u>	Tuesdays		Distance Swims, (please refer to Club Noticeboard).
	Monday	31st	Fund-raising Stall at the Bexley Donkey Derby.
<u>SEPTEMBER</u>	Friday	11th	Annual Gala Freestyle Heats (8.00 p.m.).
	Sunday	13th	Bexley Fun Runs, Danson Park.
	Friday	18th	Annual Gala Breaststroke Heats (8.00 p.m.).
	Friday	25th	Annual Gala Backstroke Heats (8.00 p.m.).
	Saturday	26th	Away Gala at Hartsdown Pool, Margate (team coach requested).
<u>OCTOBER</u>	Friday	2nd	Annual Gala Butterfly Heats (8.00 p.m.).
	Saturday	3rd	'Speedo' League Gala at Crawley (team coach requested).
	Friday	9th	Diving Finals (7.00 p.m.) Individual Medley Heats (8.00 p.m.)
	Saturday	10th	Away Gala at Dartford (warm-up 6.00 p.m.)
	Friday	16th	Annual Gala Individual Medley Finals (8.00 p.m.) Breaststroke Style (9.00 p.m. approx.).
	Saturday	17th	Annual Gala Finals Night (commencing at 5.30 p.m.).
	Thursday	29th	Half-term Outing.
	Saturday	31st	Away Gala at Gravesend (warm-up 6.30 p.m.).
<u>NOVEMBER</u>	Saturday	7th	Home Gala at Riverside Pool (commencing at 6.30 p.m.)
	Saturday	14th	'Speedo' League Gala at Sevenoaks (team coach requested).
	Saturday	21st	Tudor 'B' League Gala at Eltham.
	Saturday	28th	Away Gala at Braintree (team coach requested).
<u>DECEMBER</u>	Saturday	5th	Tudor 'B' League Gala at Eltham.
	Saturday	12th	'Speedo' League Gala at White Oak.
<u>1988</u>			
<u>JANUARY</u>	Saturday	16th	Tudor 'B' League Gala at Eltham.
<u>FEBRUARY</u>	Saturday	13th	Tudor 'B' League Gala at Eltham.
<u>MARCH</u>	Saturday	12th	Tudor 'B' League Gala at Eltham.
	Saturday	19th	Home Gala at Riverside Pool (commencing at 6.30 p.m.).
<u>APRIL</u>	Saturday	9th	Tudor 'B' League Gala at Eltham.
<u>MAY</u>	Saturday	7th	Tudor 'B' League Gala at Eltham.