



NEWSLETTER



20 years
at
Riverside

No.124

JULY 1988

20 years
at
Riverside

In this issue....

ERITH RETAIN 'THE TUDOR TROPHY'
THE CHARITY 24 HOUR RELAY SWIM IS ON !

SECRETARY'S NOTES

THAMES POLY-DARTFORD COLLEGE SESSIONS

Please note that the weekly Wednesday sessions, (6.30-7.30p.m.) will continue until the 13th July and resume again on the 28th September. We still have room at these sessions for more swimmers of 10 years and under, so if you want some extra water time, here's your chance!

POINTS CUP RACES

A very comprehensive competition was held this year and with few absentees, produced some excellent races and further Club records and personal bests. Thank you for your participation.

ANNUAL GALA

Most of you will have already received your entry form for the Annual Gala on Saturday, 15th October. Please enter as many events as you can and return your entry forms promptly.

A. BEDFORD

BEGINNERS ACHIEVEMENTS

Congratulations to the following Beginners who have swum their first width of the pool:-

Joanne Frost
Lucy Gordon
Faye Merrington
Gary Newman
Carrie Rogers
David Wayman
Michelle Parker
Gregory Tatton

Steven Fox
Laura Gibbs
Paul Hennessy
Jon Hughes
Phillip Moore
Simon Taplin
Louise Hallis
Peter Webb
Dawn Wignall

Kathryn Brice
Stephen Ellis
Rebecca Hammond
Paula Osborne
Jonathan Thompson
Zoe Turner
Sally Wake
Katy Ellsmore

Congratulations also to the following Beginners who have swum their first length of the pool:-

Steven Fox

Louise Hallis

Peter Webb

MRS. P. BEDFORD

NOTES FROM OUR CLUB COACH

With the coming of July, we are at the time of the year when the hardest part of the swimming season is behind us and we can expect to see our gala commitments easing off somewhat. This is not to say that we are not looking for a good result from the galas that we do encounter.

The swimmers who train in the late session can expect, during the next three months, to get more kicking, more drills, more distance work and less sprints, a recipe which, we hope, will allow you to hang onto the fitness already gained and improve swimming skills a little.

Cont'd. overleaf...

This year, we have, for the first time, a means of showing training videos during training sessions which helps a lot.

For the younger swimmers, the training pattern will not change and this might be a good moment for our younger members to think about what goes into making a successful swimmer. The skills required are skill, strength, stamina, flexibility and a will to succeed. If we can improve one or more of these qualities, the result is a more useful swimmer.

By skill I mean a correct understanding of the stroke, good co-ordination of the limbs and a good feel for the water.

Strength does not have to be explained any more than to say that a strong person will be fast over a very short distance but as the distance increases, so the stamina ingredient becomes more important. Good stamina or endurance is evidence of an efficient breathing and blood circulation system and is improved by work sessions in the pool.

Flexibility is what we need to concentrate on and with the limited time we have at our disposal, this is centered upon the shoulder and ankle joints. The greater the range of movement at these points the better.

Lastly, we come to the will to succeed. Perhaps I should have started with this one but we often leave the tastiest looking bit until last! A will to succeed in swimming will be made evident by good attendance, intelligent use of water time and an understanding that a slap-dash approach to training is no good at all. We often see young swimmers with what seems an unfair allocation of say strength or a quick grasp of what the various strokes are all about and they only have to attend only once or twice a week to romp away with every competition they enter. Unfortunately, they do not need to possess a will to succeed - they can't help succeeding. But, as the years go by, these swimmers find that others who are willing to work harder gradually catch up on their performance and one day actually pass them. This comes as a bit of a shock because from then on, the only way our first swimmer can stay up front is to work harder or fall by the wayside, and this often happens.

Real champions are the people who have a generous ration of skill, strength, stamina and flexibility and still have the motivation to keep on improving on these qualities by hard work.

An important point which has to be made at this stage is that it is essential not to eat sweets and snacks while you are waiting on the poolside for your event.

It is doubly important not to consume fizzy drinks before competition as this will probably cause a good deal of discomfort resulting in a poor performance.

It is not true that eating sweet things just before a competition enables a swimmer to perform better. It is quite possible that the reverse will be the case.

There is a nice little quote in James Councilman's 'The Science of Swimming'. In it he says "It is not uncommon for me to be asked, Coach, what must I eat to develop strength and endurance? My reply is that no one ever ate his way to good physical condition. Strength and endurance and other desirable qualities are improved through training, not eating".... And of course, he should know.

The dates for this year's Speedo League galas are 1st October, 12th November and 10th December and needless to say, we must enter our teams in the strongest form possible. That means swimming the events that you are asked to without moaning or adverse comment. If you have something to say, present it in a constructive way when we are off the poolside. One disgruntled swimmer can create chaos in the team because, human nature being what it is, there are always others ready to get on the band-wagon and we see all our efforts over the past months go down the drain in an hour or two.

B.LOVATT

CONGRATULATIONS

Congratulations to Pam Bedford and Rosemary Watkins who have passed their Advanced Teachers Certificate.

COMPETITION RESULTS

Tudor 'B' League Gala 11th March

This was the fifth gala in the 1987/88 series and just to be different, we held this one on a Friday night.

This seemed to suit us quite well and caused us no problems with transport etc. It also seemed to suit the swimmers who rewarded us with another win by a narrow margin over Dartford by only 3 points.

Our youngest swimmers at last seem to be improving and our Girls medley team had a good win.

Result:	Erith	206 pts
	Dartford	203 pts
	Gravesend & Northfleet	194 pts
	Beaver	123 pts
	Addington	122 pts

M.J.Thackray

Supporters Trophy Gala 17th March

This Gala was the first in which we had swum for the Supporters Trophy, which was paid for largely, by contributions from Parents.

Although we only came fourth, the final position did not do justice to the efforts of all swimmers.

Five Club records were broken that night. Tina Bennett broke two in the Open Freestyle and Backstroke, Tracey Dodson in the 16 & U Freestyle and Jenny Newton and Philip Rush in the respective Open Butterfly events.

Our only first place came from Claire Conner, although we attained numerous second places.

Again we can record that our swimmers set a good example to others in their presentation and behaviour.

Result:	Black Lion	321 pts
	Leatherhead	279 pts
	Redhill & Reigate	276 pts
	Erith & District	224 pts
	Beachfield	201 pts
	Feltham	150 pts

Crook Log Gala 26th March

One of the reasons behind us accepting this Gala was to measure our standard against our local neighbours. Although the outcome may look disappointing, with a little more luck, better starts, a thrust into the wall, that position may have improved somewhat. For those who are not aware of the strengths of the clubs above us, they must rate in the Top Ten of those in the Southern Counties, which shows you what we were up against.

It was also unfortunate that we lost three important 1st Team Swimmers which again would have made a difference.

Despite some lost morale, we did manage one 1st place by Philip Rush in the Butterfly and also a number of 2ns Places.

All in all we consider that the swimmers acquitted themselves very well.

Result:	Bexley	320 pts
	Tunbridge Wells	295 pts
	Thurrock	286 pts
	Croydon	263 pts
	Erith & District	155 pts
	Greenwich	96 pts

T.Holmes

Tudor 'B' League Gala 9th April

Although I had not drastically altered the team and surprisingly with Greenwich swimming, we amassed the largest points total we have ever had in winning this Gala. I think everyone must have been on top form and with 14 wins and 20 second places, this was an exceptional win.

Result:	Erith	220 pts
	Greenwich	202 pts
	Dartford	174 pts
	Addington	137 pts
	Beaver	116 pts

M.J.Thackray

Elmbridge Gala 23rd April

Although the scribe was not present at this Gala, the report was that again, we acquitted ourselves remarkably well in this, a relay Gala. Always reliable, our open girls Luch Romagnolo, Jenny Newton, Tina Bennett, Lorraine Newitt, Eliz Watkins, Marnie Thackray, Claire Conner had a hatrick of wins between them. All the other relay squads worked extremely hard which showed in the spread of results between 2nd to 4th Places.

Again, behaviour was good considering the large number of swimmers represented.

Result:	Teddington 'A'	78 pts
	Sutton & Cheam	118 pts
	Elmbridge 'A'	130 pts
	Erith & District	143 pts
	Teddington 'B'	215 pts
	Elmbridge 'B'	249 pts

T.Holmes

Tudor 'B' League Final Gala 7th May

You have probably heard all about this gala and you may have even seen the video, but if you weren't there, you cannot imagine the atmosphere. This built up throughout the evening as the points between us and our main rivals, Greenwich, became closer and closer. For us to win the League outright, we had to beat Greenwich and after a marvellous evening, it all boiled down to the last 8x1 relay. In this, we were in third place for the first three lengths and then fought back brilliantly for John Burdett to storm home the winner. The noise had to be heard to be believed! It soon became clear that after all, we had drawn with Greenwich, and that was enough for us to win the League by just one point.

Result:	Erith	184 pts
	Greenwich	184 pts
	Gravesend & Northfleet	172 pts
	Dartford	160 pts
	Addington	104 pts
	Eltham	90 pts

Final League Position and Points:

Erith	31½
Greenwich	30½
Dartford	29
Gravesend & Northfleet	20
Addington	15
Beaver	10
Eltham	5

I really enjoyed this season and I must thank all the swimmers especially the four captains, my partner Trevor Holmes, all the Parents for the fantastic support and lastly, to my wife Jill, who as always gave me great support and worked very hard for the whole League.

M.J.Thackray

POINTS FOR THE TUDOR 'B' LEAGUE 1987-88

NAME	POINTS	NAME	POINTS
Heidi Green	112	Stephen Watkins	32
Mark Russell	108	Asa Barnes	31
John Burdett	106	Martin Eastaugh	29
Miriam Hogan	95	Kelly Brooker	28
Roy Burdett	94	Clive Allford	28
Marnie Thackray	87	Heidi Seal	28
Steve Willcocks	85	Penny Tuckfield	27
Zak Green	80	David Springham	26
Jamie Willcocks	77	Ian Magness	25
Suzie Groce	71	Laura Bedford	24
Rochelle Springham	67	Craig Moore	24
Victoria Eaton	65	M. Cooley	23
Claire Conner	62	Mark Dudley	22
Rebecca Russell	59	Martin Lock	22
Keith Walker	58	Donna Dunne	21
Mark Walker	50	Nicola Holmes	21
Miranda Newitt	48	Philip Rush	20
Simon Gilbert	48	Glenn Thackray	20
Jay Barnes	46	Neil Bowden-Brown	19
Andrew Eastaugh	44	Andrew Stevenson	18
Katharine Attridge	44	Elizabeth Watkins	18
Natalie Webster	43	R. McQuigan	17
Sasha Rider	41	Matthew Wenham	16
Simone Rider	41	Dagan Barnes	16
Nicola Garrett	41	Claire Hamblin	16
Angela Lapsley	40	Tracey Dodson	16
Lorraine Newitt	39	Paul Dodson	14
Helen Parkhurst	39	Lee Gilbert	14
Alison Walker	38	Lorraine Stevens	11
Eleanor Beeke	37	Tina Bennett	11
Robin Parkhurst	37	Leon Halsey	9
Keith Jones	35	Natalie Walker	8
Joanna Stevens	34	S. Leeke	7
Dylan Emmett	32	S. Freeman	4

68 swimmers competed for the Club in the 1987/88 Tudor 'B' League Series. At the recent Celebration Disco, the opportunity was again taken to present our Tudor Trophy to the Boy or Girl who had accrued most points for the Club throughout the series of Galas. Congratulations then to Heidi Green for amassing 112 points for the Club.

Our thanks to Mr.T.A.Davison for collating these points from the gala results.

Staines Gala 14th May

This Gala was supposed to be for the less experienced swimmer, but the standard was very high. We did include in our squad some of our seasoned swimmers, but competing with their 'alternative' strokes.

As can be seen by the results, only 3 points separated us from the winners. For those swimmers who do not normally get into the regular team, the distances that were required to be swum gave them a chance to prove something, which they did. We had wins from Lee Gilbert, Miranda Newitt, Helen Parkhurst, Martin Eastaugh, the Boys U12 Medley Relay Squad, John Burdett (he hates Butterfly!) and both the Girls and Boys U16 Medley Relay Squads.

Result:	Staines	111 pts
	Erith & District	114 pts
	Amersham	121 pts
	Ruislip	161 pts
	Staines 'B'	185 pts
	Southgate	187 pts

Beaver Gala 21st May

On looking back through our records, we have only had one other Gala where we have had more first places than we did with this competition at Strood.

Our team amassed 26 1st Places in what was known as a Bronze/Silver Standard Gala, and needless to say, we won the Gala.

At the time of selecting the team, it took Jill & Mick Thackray, Allan Bedford and myself, a good number of hours to get the selection right. For those who are not aware, a swimmer has a certain time in which to complete the distance set, plus, an allowed time, in seconds, to exceed this. If they then swim the distance even faster, they are disqualified. It was a bit like wait and see on the selection, as most swimmers become faster with more training, (or should do!)

Well, on the night we got it right, with only two disqualifications and with a number of new swimmers also 'blooded', which is good for the Club.

Although I will not list all 26 swimmers, (we would need a separate Newsletter!), well done to them all.

Result:	Erith & District	91 pts
	Beaver	120 pts
	GAV/BP	165 pts
	Birchington	171 pts
	Sheerness	203 pts

Open Age Group Gala at Dorking 4th June

This was an additional Gala that was chosen due to our older swimmers not having had much competition of late.

To some people, the idea of an open age group gala was strange. In other words, a swimmer of any age could compete in any event and this proved to be very interesting.

The whole Gala lacked atmosphere with most vocal support coming from our faithful band of travelling supporters.

We did experience some trouble with the turns which could have led to us not recording any 1st Places, but we had a number of close 2nd Places.

All in all, our team acquitted themselves extremely well in strange surroundings.

Result:	Dorking	123 pts
	Leatherhead	90 pts
	Erith & District	70 pts
	Wey Valley	43 pts

Beachfield Gala 18th June

We were extremely disappointed at the standard of judging at this Gala, having suffered 6 disqualifications, which is extremely rare, especially from swimmers who do not normally swim the stroke, let alone the distance and at the age of only 9.

We at least made up for it with 7 1st Places through Alison Walker, Penny Tuckfield (her first individual win), Heidi Green, Ian Magness, Keith Walker, plus the 'heavy brigade' of Paul Dodson, Roy Burdett, Steve Willcocks and Zak Green in their Freestyle and Medley Relays. In all respects, everyone gave their best, spoilt by heavy-handed refereeing.

Result:	Redhill & Reigate	155 pts
	Smiths Swim Squad	167 pts
	Beachfield	183 pts
	Canterbury	188 pts
	Erith & District	201 pts

T.Holmes

Speedo League Division 3 South

The Round 1 draw for the Gala on the 1st October 1988 to be held at The Oaks, Orpington is as follows:

Erith & District Swimming Club
Elmbridge Phoenix
Orpington 'B'
Seagulls (Bournemouth)
Worthing
Canterbury

CLUB RECORDS EXCLUDING INDIVIDUAL MEDLEY AS AT 6. .88 - BASED ON 36 $\frac{2}{3}$ YARDS/33 $\frac{1}{3}$ METRES POOLS

AGE GROUP	DISTANCE (LENGTHS)	STROKE	TIME	HOLDER	VENUE WHERE SET	KEY*	DATE
10 & U	1	Breaststroke	29.96	Steve Willcocks	Riverside	S/T	12.12.86
"	"	Backstroke	28.02	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	53.90	Simon Gilbert	Riverside	A/G	18.10.86
"	"	Freestyle	45.35	Paul Dodson	Riverside	P/C	4. 3.88
"	1	Butterfly	23.04	Paul Dodson	Riverside	P/C	29. 4.88
14 & U	3	Breaststroke	1.24.83	Mark Walker	Crawley	SP	3.10.87
"	"	Backstroke	1.22.89	Philip Rush	Riverside	A/G	18.10.86
"	"	Freestyle	1.05.14	John Burdett	Riverside	I/C	7.11.87
"	2	Butterfly	47.67	Philip Rush	W.Wickham	W/H	6. 9.86
16 & U	3	Breaststroke	1.21.63	Mark Walker	Riverside	P/C	20. 5.88
"	"	Backstroke	1.13.70	Mark Bragg	Crook Log	I/C	9. 3.85
"	"	Freestyle	1.01.92	Philip Rush	Riverside	A/G	17.10.87
"	"	Butterfly	1.14.44	Philip Rush	Riverside	A/G	17.10.87
OPEN	3	Breaststroke	1.20.70	John Murray	Northolt	SP	14.11.87
"	"	Backstroke	1.13.20	Andrew Callard	Riverside	A/G	16.11.85
"	"	Freestyle	1.01.92	Philip Rush	Riverside	A/G	17.10.87
"	"	Butterfly	1.13.39	Philip Rush	Riverside	I/C	19. 3.88
10 & U	1	Breaststroke	28.37	Alison Walker	Northolt	SP	14.11.87
"	"	Backstroke	27.49	Alison Walker	Riverside	A/G	17.10.87
"	"	Freestyle	22.33	Alison Walker	Northolt	SP	14.11.87
"	"	Butterfly	29.14	Joanna Stevens	Northolt	SP	14.11.87
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	1.28.81	Claire Conner	Riverside	T/T	5. 2.88
"	"	Backstroke	1.22.67	Kelly Brooker	Riverside	A/G	17.10.87
"	"	Freestyle	1.08.10	Tracey Dodson	Riverside	I/C	19. 3.88
"	2	Butterfly	48.62	Claire Conner	Riverside	P/C	29. 4.88
16 & U	3	Breaststroke	1.28.81	Claire Conner	Riverside	T/T	5. 2.88
"	"	Backstroke	1.21.73	Tina Bennett	Riverside	A/G	18.10.86
"	"	Freestyle	1.09.60	Tina Bennett	Riverside	A/G	18.10.86
"	"	Butterfly	1.24.59	Marnie Thackray	Riverside	P/C	15. 5.87
OPEN	3	Breaststroke	1.29.21	Lucianna Romagnolo	Riverside	A/G	17.10.87
"	"	Backstroke	1.20.88	Tina Bennett	Riverside	P/C	25. 3.88
"	"	Freestyle	1.07.79	Tina Bennett	Riverside	I/C	19. 3.88
"	"	Butterfly	1.22.15	Jennie Newton	Riverside	I/C	19. 3.88

* A/G - Annual Gala T/T - Time Trial I/C - Inter Club P/C - Points Cup
 SP - Speedo S/T - Sprint Trophy W/H - White Horse

Charity 24 hour Relay Swim Friday 8th & Saturday 9th July

It does not seem five weeks ago that I received a phone call from the Woolwich Equitable Building Society to say that they were willing to sponsor our Relay Swim to the tune of £250. This sum was the key to proceeding with the event for up until that time, the venture looked doomed with negative responses from many other potential sponsors.

On reflection, we were perhaps being a little optimistic to successfully get this event off the ground in such a short period of time but from past experience, we believed that you would all rally around to give us your full support.

Consequently, we are now in a position where over 250 Club members, past and present, Mums, Dads and friends from Eltham T.S.C. and Gravesend & Northfleet S.C. will be taking part in this unique event to celebrate the 20th anniversary of the opening of Erith's Riverside Swimming Centre.

Each individual swimmer, family or team member have been allocated a swim time during the 24 hour period, many a lane counting slot or lifeguard duty, whilst the Mayor and Mayoress of Bexley will be present to meet the swimmers at the conclusion of the event on the Saturday evening and to receive a cheque for the Mayor's chosen charity, the 'Bexley & Greenwich Hospice Appeal'. The other charities to benefit from sponsorship sums raised are as you know the Great Ormond Street Children's Hospital 'Wishing Well Appeal' and the 'Ronald McDonald House Appeal' for Guy's Hospital.

Mums and Dads have been out hounding local businesses for sponsorship and donations of raffle prizes. Their success on this count is just the tip of the iceberg of the intense background of activity that has been preceeding these last few weeks. As a Club P.R. exercise alone, it is doubtful whether it will ever be equalled. Let us truly hope that all our efforts will have been worthwhile.

HAVE A NICE DAY!

P.A.Frost

SOCIAL NEWS

Fund-raising

Since March, little has happened on the fund-raising front with the exception of the occasional Raffle to coincide with the Points Cup Races. The response to the 'Pepsi can Challenge' has been most encouraging and, as you know, a percentage of the 1p and 2p coins collected will be destined for Club funds whilst the rest will be donated to the G.O.S.H. 'Wishing Well Appeal'. The Personal Stereo will be awarded to the boy or girl who has managed to collect the largest sum of copper coinage in one can and it is hoped that the presentation of the prize will take place on Friday, 8th July during the Relay swim.

However, as we move closer to the summer holiday period, the tempo will change for we have stalls at the Eltham T.S.C. Summer Fete on Saturday, 16th July and the Bexley Round Table's Donkey Derby on Bank Holiday Monday, 29th August. If you would like to help us in our fund-raising, donations of bric-a-brac or items suitable for a tombola will be gratefully received by the 'ladies on the Door'.

Of course, our single largest annual fund-raiser will be with us again soon with the distribution of Annual Gala Raffle Tickets. This year, the 1st prize is a Portable Colour Television so we would like you to try and sell as many tickets as possible.

LARKFIELD LEISURE POOL OUTING 16.4.88

This long awaited event was enjoyed by all concerned. Now, with the opening of similar facilities at the Waterfront Leisure Centre, Woolwich, this could now become an annual event.

SWIMMERS DISCO 30.4.88

Although we were slightly disappointed with the number of tickets that remained unsold, the 80 or so swimmers who attended had a thoroughly enjoyable evening.

CELEBRATION DISCO 11.6.88

Little did we realise that we would within the space of just over a month be enjoying ourselves to the sounds of the very same Disco thanks to our winning Tudor 'B' League swimmers and the organising efforts of the members of the Social Committee. The evening proceeded with every swimmer receiving a winners' medal from Club President Sandy Fitnum and his wife Betty with our Tudor Trophy presented to Heidi Green as the highest points scorer for the Club and special presentations to both current and outgoing Tudor Captains, (Tina Bennett, Stephen Watkins and Marnie Thackray, Mark Russell respectively).

The energy expended on the dance floor that night would probably have been sufficient to have lit a small town! On the evidence of our earlier performance at the Swimmers Disco, the father of the Disco frontman was in attendance to see us 'do our own thing' and he came away saying that in all his years of experience, he had never seen a crowd of people enjoying themselves so much together. Our wish to arrange a future Disco together is surely mutual for it was certainly a night to celebrate and a night to remember.

DARTFORD CARNIVAL

All Parents asked were unanimous in their support of our views concerning this years' Dartford Carnival theme which as 'The William & Mary Celebrations', (the 300th anniversary of the extraordinary events which put William and Mary on the throne) historically has undesirable political overtones, something which we do not particularly want to get our members involved in. Discussion with the Carnival organisers proved fruitless as they thought our fears of trouble were unfounded despite knowledge of several newspaper reports to the contrary. So it was with a tinge of sadness that the trophies were returned to Dartford Borough Council and it will remain to be seen whether they find themselves at a loss without our usual participation. Anyhow, the break may be good for us all and, of course, we have the Relay swim to worry about first!

P.A.FROST

OTHER NEWS

Winter Ski Trip

This year, the Ski party went to Les Crosets in Switzerland, a wonderfully picturesque resort, as detailed in the brochure, but would it be as good in real life?

Our party gathered at the meeting point along Northend Road all waiting for the coach to Gatwick. One hour later, it arrived! Thankfully, the driver was good and we arrived at the airport just in time for a hurried check-in through the gates and onto the plane.

We had a wonderful flight with sunshine to greet us at Geneva. There was one problem, our skis didn't arrive and we were one suitcase missing! Never mind, the papers were sorted-out and we boarded the coach for Les Crosets. It was a good journey around Lake Lucerne and into the mountains which got whiter and whiter as we climbed.

The hotel, like last year, was clean, comfortable and welcoming with, to our surprise, the same holiday representative as last year! I think she (Stephanie) was just as pleased to see us as we were to see her. Fortunately, the skis turned-up the day after our arrival.

Our skiing was marvellous with plenty of snow, 'doorstep' skiing and an endless variety of pistes. We skied in sunshine, in snowstorms and at night in a memorable downhill descent all holding torches.

The holiday was only marred by Trevor Gilbert's attempt to upstage his adventures of last year, but this time with a more serious result. Happily, the damage was torn ligaments and nothing broken.

It was exciting to see the improvement of all skiers, from the novice through to the more experienced, and we can only put this down to the excellent conditions and the good instructors.

I do not hesitate in passing on the many thanks and sincere appreciation to Carol and John Eastaugh for organising yet another wonderful winter wonderland!

Next year, we are off to Folgarida in Italy. The beer and wine is cheap and the skiing great - we speak from experience!! Keep up the good work Carol and John.

P.S. The missing suitcase was located and collected on the way home.

Pip Willcocks

(On behalf of the Erith Ski group).

On Sunday, 17th April, Simone and Sasha Rider, Mark and Rebecca Russell and Keith Walker represented the London Borough of Bexley in the London Mini-Marathon sampling some of the pre-race atmosphere and collecting very attractive medals for their efforts in the process.

Congratulations to Andy Callard who came 14th in his weight category in the World Junior Weightlifting Championships held in Athens in April.

Congratulations to Simone Rider, Elizabeth Watkins, John Burdett, Marnie Thackray, Nicola Holmes, Angela Lapsley and Tina Bennett who have passed their Bronze Medallion life saving award. They will now progress on the Pool Bronze and Award of Merit life saving courses.

Three of our younger swimmers featured in a local football Cup Final in April and were successful. Martin Lock, Philip Ellis and James Willcocks are all members of the Long Lane F.C. 9/10 year old team and they were playing against Elms. The game was well staged as two weeks previous, the two teams had met in the league when Long Lane had scraped homewinners by 2 goals to 1, the winning goal being scored in the last minute! Although the Cup Final was competitive, it was not so close as before and Long Lane won comfortably by 5 goals to nil.

They were not as lucky in the League as due to crowding of fixtures, they were unable to play all their games and finished the season in second place.

On a happier note, they were asked to play an invitation Cup Match against Metro Gas of Gillingham. A very tight game followed and after full time, the score was 1-1. After extra time, the score remained unchanged and the game had to be decided

on penalties. After 5 a-piece, the score was 4-4 and a sudden death penalty shoot-out was the only option. In this, Long Lane were successful, James saving the crucial penalty to become the hero of the match!

Whilst on the subject of football, congratulations to Mark Holmes who was voted Teviot Rangers F.C. 'Player of the Year'.

Bexley Fun Runs

Again, a large contingent of Club members, Mums and Dads took part in a variety of runs around Danson Park. Everyone was rewarded with a medal for their efforts and although Joanna Stevens was unable to match her success of last year, she still received a very attractive trophy for her 3rd place in the 11 and under 1500 metres race.

'Super Team Challenge'

As a showcase for their new Waterfront Leisure Centre, Greenwich Borough Council organised a 'Super Team Challenge' to coincide with the 'Thames T.V. Telethon' on Spring Bank Holiday, Sunday, 29th May. Apart from the fun element, the main reason for the 'Challenge' was to raise money for 'Telethon' although it was inevitable that the competitive urge would over-ride this sooner or later.

Having scraped together a team of eight, Tina Bennett, David Ryan, Stephen Watkins, John Murray, Jenny Newton, Luch', Trevor Holmes and yours truly, we assembled along with 24 other teams at the Woolwich Barracks Assault Course. Yes, it was bite your finger nails down to the bone time heightened by John and Stephen describing their previous experiences over the obstacles. Our worst fears were confirmed as several muscle-bound Army regulars gave everyone a 'guided tour' of the course for our own safety sake. Fortunately, some of the worst obstacles were to be omitted but it was still going to be arduous, wet and very muddy!

Teams were sent off in pairs at two minute intervals and it was whilst waiting for our turn to come that Luch', adrenalin pumping, uttered a memorable quote "I'd rather be swimming a 100 metres butterfly!" No time to raise a smile then, we were off, running up a hill, over a bar, across a water jump, over the six foot wall, another water jump, a jump off a 10 foot wall, a jump between two raised walls and then a run up, around and down into a wooded glade, attractive at any other time but now holding the worst of what was yet to come! Into the thick mud, into a stream and under some logs....there was no way that anyone was going to complete the course without getting very, very wet. But then there was no time to think of the cold and we certainly paid little respect to the other teams as we overhauled them and literally pushed and pulled them back into the mud and water in our efforts to finish the course as quickly as possible! The course continued on hands and knees through a drainpipe and then back into the water if you were unable to balance yourself on a tree trunk that spanned a lake. The course finished with a 400 yard dash back to the start point and boy, did we look a state! Surprisingly, we had finished 2nd out of the teams competing only to be pipped by the 'professionals' from Crook Log Sports Centre. With no changing facilities available, we appreciated the forethought of providing our own tent, (Stephen's) to clean-up in.

It was then back to the relative comfort of the new Leisure Centre adjacent to the Woolwich Ferry. Here we subjected our bodies to further punishment, John, Luch' and Tina courageously undertaking the Gym tests whilst David, Trevor and myself attempted to do the London to Brighton in 5 minutes flat on computerised bike machines.

The next event was somewhat incongruous - throwing a beachball into a dustbin! Not too successful here but on our calculation we were in first or second place overall. Event F was right up our street as it was a 6x1 relay although there was a catch in that a small baton had to be carried and most of the other teams lost theirs on the bottom of the 25 metre pool. The fact that we were beaten in this event confirmed the presence of ex-Woolwich swimming club members.

There was a lapse whilst other teams completed their events and then it was back into the water, the wave pool this time, for the raft race. Our life saving skills certainly paid off here, although a team of Greenwich Borough Lifeguards, including David's sister Christine, proved even quicker.

For the final event, it was off to the cafeteria for a Sports trivia quiz. This was hurried as the winners of the 'Challenge' were due to be taken up to London to

appear on a 'Live' transmission for the 'Telethon'.

However, the day ended in controversy, the organisers admitting that they had mistakenly placed a bias for the points awarded to the total number of press-ups, star jumps and sit-ups completed in the Gym tests, so much so in fact that the winning team, (judo and wrestling experts) could have participated in this event alone, forgotten about the others and still have won. Nevertheless, downhearted though we were being pushed back into 5th place overall, our team still performed remarkably well and the whole 'Challenge' raised over £6000 for 'Telethon' charities.

Apart from scratches and bruises, we each came away with a 'goody bag' of mug, pen and stickers for our efforts.

Once again, thanks team for giving-up your Bank Holiday Sunday afternoon in the name of charity fund-raising and thank you to those who sponsored us.

P.A.FROST

London to Brighton Bike Ride

Feeling inspired after hearing of the adventures of our intrepid bikers? Read the following reports and then decide. The first is from our youngest participant, Glenn Thackray.....

On Sunday, 19th June, I experienced my first taste of the London to Brighton Bike Ride. My Dad woke me up at 4.45 a.m. We dressed, had breakfast and along with Ian Bulmer, my Cousin, we rode our bikes to the swimming pool. We arrived at 5.10 a.m. to find Carole Russell with her video camera filming us all. Of course, there was an awful lot of posing going on!

The bikes were loaded onto Chris Dodson's lorry and secured tightly. Some riders got into the lorry with their bikes while others into two 4WD 'Shoguns' supplied by Kevin Barnes. I went in the cab of the lorry with my Dad and Trevor Holmes.

At Clapham Common, all 28 riders, including my Uncle, (who we were incredibly lucky to find in the same starting chute as us) left for Brighton at about 6.45 a.m.

We got going and were soon into a good pace. I was in a group with Trevor, Kevin, Pip Willcocks, my Dad and Uncle. My Dad had orders from Mum not to lose me and I had orders from Mum not to lose Dad!

Amazingly, we all managed to stay together, joining up at the many stops along the way for refreshments, repairs and toilets, (one of these stops had funny tents that you zipped yourself up into!).

Just before Turner's Hill, about 25 miles out, I started to go through a bad patch, finding the going hard, much harder than I had imagined. But in true E.D.S.C. spirit, everyone in our group took turns in encouraging me on and got me back into a rhythm. At the notorious Slugwash Lane, it was like going down a rollercoaster and there were hay bales at the bottom in case you got out of control. I'm glad I didn't have to use them!

With the South Downs and Ditchling Beacon approaching, we pressed on regardless. I couldn't believe the hill when I saw it for it was about 900 feet high and 1½ miles to the top, bending and twisting all the way. I didn't attempt to ride up the Beacon and neither did the others in our group! Dad was behind me struggling, (he said he won't ride in the L to B next year, but I bet he does). We stopped a few times to rest and have a drink but when we got to the top, the view was spectacular, especially of the other riders struggling up behind us!

Unexpectedly, we found Sammy Hayes at the top of Ditchling Beacon, just waking up from a nap! We expected him to have reached the finish about two hours earlier but he fell asleep after this climb. Too much partying the night before was his excuse! We then started the final leg of the ride down to Brighton itself.

We were about 500 yards from Madeira Drive, approaching some traffic lights, when I did my Roy Burdett impression. A pedestrian walked out in front of the riders after the Police had stopped them crossing and in trying to stop, I did a somersault over the handlebars, ending up on the floor with Kevin on top of me! Luckily, I was only bruised, scratched and sprained my wrist. The Policeman then wanted to stop me riding on and we were having a tussle in the middle of the road because I wanted to get back on my bike and finish! Because he didn't stop the pedestrians properly, my Dad had a go at the Policeman, most of it unrepeatable! We all got back on our bikes and carried on, Kevin's bike looking a bit like a circus fun bike with a buckled

back wheel. We came round the corner into Madeira Drive onto the Brighton seafront and were cheered by our supporters. After a little burn-up with Trevor, I crossed the finish line with a great sigh of relief. But what a great day.....

.....and then a report from Luch and Jenny.....

Sunday, 19th June had arrived, a day which we had both been secretly hoping would never quite arrive. We walked from Tranquil Rise to the swimming pool to meet the other cyclists, the youngest Glenn Thackray and the oldest Eric Watkins. What a team of padded shorts and caps, (no one told US about the caps though).

5.30 a.m. - all aboard the lorry, though we managed a ride in the 'Shogun', and off to Clapham Common.

The lorry was a bit late arriving but finally, we are ushered to the start which is a huge triangle filled with hundreds of riders and where Mick Thackray finds his brother! Then we were off, very slow at first having to stop for the bike jams and traffic lights with all the associated changing up and down of gears, (all 5!).

Everyone of our team had long gone and we were already resigned to coming in last when, two miles out, we saw, how can we put it, the small hulk of Mick Russell looming up in front of us, (we are not sure if he was made to ride a bike!).

The next 20 miles or so went 'swimmingly' by, (do you think we were doing it right?), with the odd hill up, quite a lot of chatter and some good hills down. Anyway, it was all very pleasant and a refreshment stop was needed. Effingham Park seemed a nice place and we add that this was not the first and certainly not the last stop we made. Here running repairs were effected as Luch's bike stand was loose, (bike stand?! - Ed.) and a kind gentleman whose 11th London to Brighton this was, fixed it with an elastic band! After a quick drink, on we went.

Turner's Hill was now signposted but we got up that one no trouble so we don't know what they are all complaining about. Ditchling next - no problem.

On we went and we had to keep chatting for if Luch got a chance to daydream, the handlebars on our bikes became inexplicably entangled! So the conversation continued along with the odd bit of eavesdropping. One man was heard to say that his bum was so numb, he could not feel his toes. We felt decidedly better after this!

In front of us a massive line of hills was developing - we were beginning to have second thoughts about Ditchling. There was a very slight almost imperceptible rising of the road and we were both tiring rapidly when we hit the beginning of Ditchling. This is certainly the biggest hill in living memory so we dismounted and started the long and gruelling walk. The less said the better because we shall never forget it!

Eventually we got to the top. The views were almost worth it and the ride down was brilliant. We were almost to Brighton now and still in one piece.

Brighton was a mass of cars and bikes and amongst it all we met up with Ian, (someone was actually as slow as us!). The seafront was the final stretch and what a relief to finish "Le tour à Brighton" with the tumultuous cheers from the E.D.S.C. supporters with banner, (I wonder how many miles Jill made them all walk to find two posts just the right distance apart from which to suspend the banner?!).

Once back and off the bikes, we caught up with all the gossip. David Ryan was first in, (in 3 hours), Sammy fell asleep in a field and Tina made John carry all her bags and wouldn't stop on the way either!

The day was finished off nicely with a visit to a pub and a fantastic barbecue - but did it really have to be at the top of a hill?!

Thank you Glenn, Luch and Jenny and well done. Special mention should be made of Eric Watkins who only had his ankle taken out of plaster on the Tuesday beforehand having had a prang on his bike some four weeks earlier and of course of my Wife Chris and Sister Sandra who took just over 6 hours to complete the ride on old but trusty 18" wheeled 'shoppers' bikes featuring on TVS television in the process! Of course, well done to everyone for we believe that by the time all sponsor monies have been collected, together we will have raised over £3000 for the British Heart Foundation. A special pat on the back for Pip Willcocks who alone will collect over a £1000 in sponsorship. Finally, our thanks once again to Chris Dodson and Kevin Barnes for their time and help in supplying transport and arranging the pub catering. Here's to 1989.....

P.A.FROST

FORTHCOMING EVENTS

<u>JULY</u>	Friday	8th	Charity 24hr Relay Swim
	Saturday	9th	
	Saturday	9th	Anniversary Trophy Gala at Riverside Swimming Centre commencing at 7.30 p.m.
<u>SEPTEMBER</u>	Saturday	10th	Away Gala at Dagenham, (team coach requested)
	Saturday	24th	Away Gala at Brighton, (team coach requested)
<u>OCTOBER</u>	Saturday	1st	Speedo Gala Round 1 at White Oak commencing at 6.30 p.m.
	Sunday	2nd	Annual Gala Heats 4.00 - 7.00 p.m. Freestyle & Backstroke
	Sunday	9th	Annual Gala Heats 4.00 - 7.00 p.m. Breaststroke & Butterfly
	Friday	14th	Annual Gala Diving, Breaststroke Style, Individual Medley Finals (details to be advised)
	Saturday	15th	Annual Gala Finals Night commencing at 5.30 p.m.
	Saturday	22nd	Away Gala at Northfleet (team coach requested)
	Thursday	27th	Ice Skating Outing (provisional)
<u>NOVEMBER</u>	Saturday	12th	Speedo Gala (details to be advised)
	Saturday	26th	British Bakeries Centenary Trophy Gala at Riverside Swimming Centre commencing at 6.30 p.m.
<u>DECEMBER</u>	Saturday	10th	Speedo Gala (details to be advised)
<u>1989</u>			
<u>FEBRUARY</u>	Saturday	11th	Valentine's Disco with live band (details to be advised)
<u>MARCH</u>	Saturday	18th	Home Gala at Riverside Swimming Centre (details to be advised)

STOP PRESS

Q. What is the connection between the following:

- a) Where we go for our annual seaside outing;
- b) The venue for the Men's Singles Tennis Final;
- c) The name of a chart-topping pop group.

A. They're all Wet, Wet, Wet!

Yes, a full report on Westbrook in the next issue of the Newsletter.

We wish David Springham a speedy recovery back to full health and fitness following his recent operation.