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NEWSLETTER NO.125

"20 YEARS AT RIVERSIDE"

OCTOBER 1988

SECRETARY'S NOTES

NEW MEMBERS

May I extend a warm welcome to all our new members. Please take full advantage of all swimming sessions available to you to get the most out of your membership. The Club meets every Tuesday and Friday evenings from 7.00 - 10.00 p.m. and Sundays between 12.30 - 1.30 p.m., (except when the pool is closed for public holidays).

ANNUAL GALA HEATS

We have received a good response with gala entries and look forward to a 100% turnout for the heat races, (see forthcoming events for dates and times). All swimmers should refer to the lists published on the notice board advising of those required for the appropriate Sunday heats. All swimmers attending the heats must register at the reception table in the foyer between 3.30 and 3.55 p.m. Anyone arriving after this time will not be allowed to compete.

DARTFORD COLLEGE TRAINING

All under 12's are reminded that they can obtain extra training on Wednesday evenings between 6.30 - 7.30 p.m. in the 25 metre pool at the rear of the College in Oakfield Lane, Wilmington. We would like to see as many of our newer members here as possible as it is an ideal teaching pool.

HONDAY TRAINING

All those who swim in the top squad and Bill Lovett's junior coaching group are reminded that the extra hour is now available for training between 9.00 - 10.00 p.m. every Monday evening.

A. Bedford

CONGRATULATIONS

Congratulations to the Beginners who have completed the following distances:

1 Width

Sarah Anne Alpe	Cassie Dobson	Chandra Nair
Nicola Ashall	Elizabeth Goode	Scott Noye
Timothy Ayres	Donna Godfrey	Ross Norris
Linsey Best	Victoria Green	James Parker
Sarah Best	Magit Kassim	Mark Richards
Carly Burkett	Gavin Dagness	Paul Tewkesbury
Mark Colville	Sally Kattin	Scott Walker
Joseph Dawson	Victoria Mulford	Ian Webber
Laura Dent	Rahim Nanji	Camantha Younger
Joanne Dobson		

Cont'd ....

1 Length

Claire Bryce  
Kathryn Bryce  
Katy Ellesmore  
Stephen Ellis

Laura Gibbs  
Michelle Parker  
Gregory Tatton  
Zoe Turner

Sally Wake  
Scott Walker  
Dawn Wignall

P. Bedford

DISTANCE SWIMS

Congratulations to all younger members who completed distances of  $\frac{1}{2}$ ,  $\frac{3}{4}$  and 1 mile during August. All have or will receive certificates and embroidered 'flashes' in due course in recognition of their efforts.

THE SPINE ROAD AND IT'S IMPLICATIONS

In two to three years time, major changes will have taken shape in the road systems within Erith. The through route using West Street and Lower Road will no longer exist with the planned Spine Road linking-up from the roundabout by Erith station through to the existing flyover near Erith and Belvedere Football ground. You may ask, "What has this to do with us?". Well, the plan proposes to sever Walnut Tree Road at the roundabout and reopen the High Street to through traffic past our pool. We are opposed to this section of the road being reopened and believe the planners have failed to notice the existence of the pool as it does not warrant a mention in the glossy handout recently published. If the road is reopened it will bring added hazards to an area packed with parked cars on most nights of the week, and spoil an area which has much improved over the last decade. We have written to the Planning Department expressing our fears and have asked what provisions have been made for car parking. If you feel as strongly about these proposals as we do, why not add weight to the opposition by writing to the Planning Department in Sidcup too.

LOST PROPERTY

At the end of all Club evenings, the communal changing areas, (school changing rooms) and the poolside are checked for any clothing, swimming costumes or accessories left behind by members. Most items found, (excluding odd socks and other unmentionables!) are kept for a period of time in a box which is normally taken to all our sessions at Riverside. However, to help us avoid this problem, we would urge everyone to put their clothes in the '10p' (refundable) lockers. We cannot be held responsible for any item lost, stolen or taken in error.

Please do not leave items of value, money or jewellery in the changing areas. Better still, leave them at home or, ask the ladies on the door to look after them for you.

I follow this plea by reproducing a humorous item that recently appeared in the Daily Mail. It reads "The foot shaped room ...."

Somewhere in the hidden areas of our local council premises, in a secret room never seen by the public, are a lot of socks.

Single socks. In a variety of children's sizes. Most of them grey and suitable for school, with name tapes, but none quite matching any of the others.

I suppose at least a dozen of them are ours, but we abandoned all claim to them years ago, when we gave up the Swimming Run.

The Swimming Run, of course, is when Suburban Man and Suburban Woman, being conscientious parents, take it in turns with others of like mind to transport carloads of children to the local baths for lessons after school.

Cont'd .....

There the parents sit in the balcony and gossip, while the children learn how to swim.

When they can swim competently, they progress to the advanced class, where they spend a lot of time making do-it-yourself water-wings out of pyjama trousers - which by then they don't need, because they can swim well enough without them - and learning to dive to retrieve bricks from the bottom of the pool.

Quite what the relevance of this was escaped me for years, until somebody's flip-flop fell into the harbour when we were on holiday on a Greek island. Then all became clear in an instant, when brick-retrieving-trained No.1 son became the hero of the hour by diving to rescue it.

I'm sure he'd have done it with his pyjamas on as well, if asked. Or, indeed, his socks. Or even one sock. If, of course, he still had any socks left - they were probably all in the aforementioned secret room. Because on the Swimming Run, Morrison's First Changing Room Law consistently applied. This states that, notwithstanding any instructions, exhortations or threats to the contrary issued beforehand, your child - or mine, anyway - will always be the last one out of the changing room. And even then he or she will be minus at least one sock.

A. Bedford

#### GALA RESULTS:

##### DOLPHIN TROPHY GALA - FAVERSHAM 16.7.88

Like Westbrook, over the last few years this gala is one that has become an annual fixture. It always holds some worries for us as far as the weather is concerned, being an outdoor pool. Memories return to last year when we swam in the torrential rain.

On this occasion, we put out a fairly strong squad. This certainly paid off with the Club being successful in winning the striking wooden Dolphin Trophy, (this we won some years earlier).

Everybody who swam said that the outdoor conditions made them feel sluggish, but this did not deter Tracey Dodson from having three individual wins plus a part in a medley relay win, Helen Parkhurst with two individual wins and more relay success, with brother Robin making it a family double. Mention must also go to Angela Lapsley who once again went all the way to the gala to provide her artistry in the diving, with only poor judging robbing her of 1st place.

Again the team was well presented as far as behaviour and turn-out was concerned.

As usual we raided the Fish & Chip Shop on the way home. They must have felt it was their lucky day!

Result:	1st	Erith & District	94 pts
	2nd	Dover	88 pts
	3rd	Beachfield	87 pts
	4th	Faversham	63 pts

The result of the gala held at Dagenham on 10th September is held over to the next issue of the newsletter.

##### BRIGHTON GALA 23.9.88

Memories played a very large part again in this gala, as a few year's ago at an earlier fixture here we were well and truly beaten.

Cont'd .....

This time it was a very different story. However, although it may seem that a 4th place is not very good, the team swam very consistently and at the half way stage were in with a shout of winning. In the final result, only some 15 points separating 1st and 4th showing how close things were. The Girls team proved the most successful with nine 1st Places in individual and relay events, from Helen Parkhurst, Katie Attridge (Club Record), Rebecca Russell and Tracey Dodson, the U11 relay squad of Heidi Green, Martina Cooley, Katie Attridge and Patricia "Clint" Eastwood (1st swim for Club), the U13 relay squad with wins in both Medley & Freestyle events with Helen Parkhurst, Rebecca Russell, Miriam Hogan and Laura Bedford, also the Girls Open Medley Squad with Tina Bennett, Lorraine Hewitt, Jenny Newton and Luch Romagnolo. As far as the Boys were concerned, Paul Dodson was the only winner. Other notable success came with Philip Rush setting two new Club Records for both the 100m Freestyle and Butterfly. Altogether it was a very enjoyable Gala, with encouraging comments from the Gallery, which again, was well supported. The behaviour on the coach was vastly improved from that on the previous Gala to Dagenham. Keep it up! This Gala was very similar in format to those that we are scheduled to swim in the forthcoming 'Speedo' League series of galas. We wish all swimmers well in this series and we hope we are as successful as last year.

M. Holmes

Full results of Brighton Gala not available.

#### SOCIAL AND OTHER NEWS

#### DEXLEY DOCKEY BENEY, AUGUST BANK HOLIDAY BOARD

May I take this opportunity to thank all Club members who either donated Bric-a-brac or items suitable for the Tombola at this annual fund-raising event.

Untypically, I was not present to assist on the day so I thank the members of the Social Committee, Lums, Dads and swimmers whose hard work realised a profit of over £250. Another successful fund-raising event behind us - well done everyone!

#### ANNUAL GALA RAFFLE

With the countdown to the Annual Gala already begun, please endeavour to buy or sell as many Raffle tickets as possible, if, of course, you have not already done so. There is still time to pick up extra tickets but remember all counterfoils must be returned by Friday 14th October. If you need added incentive, may I remind you of the prizes on offer.

- 1st Portable Colour Television
- 2nd 35mm Camera
- 3rd 5" B/W Television

#### ICE SKATING

Tickets will soon be on sale for the annual Ice Skating trip to Gillingham's Ice Bowl on Thursday, 27th October. If you would like to go, remember tickets will be sold on a first come, first served basis, so hurry to avoid disappointment.

SOCIAL AND OTHER NEWS CONT'D

Surprisingly there is little other news to report for once. Has it been a quiet Summer or are you just a little shy to let me know of your sporting achievements outside the confines of the Club? Do let me know of your successes for printing in future issues.

ORILLINGTON SUPERSPORTS

Whilst the 24 hour Charity Relay Swim was in progress, John Murray and Bob Game were spearheading the challenge for the yellow team once again in this two day multi-sport event. Again, after an exhaustive 48 hours, they succeeded in defending the trophy for the third year in succession.

LONDON YOUTH GAMES

Roy Burdett and Tina Bennett again took part in this annual Inter-Borough multi-sport event. Roy helped the Bexley Gymnastic team to a 4th place, (a repeat I believe of last year) whilst Tina's efforts in the Squash helped the Bexley team to a magnificent victory.

Commiserations to Sean Roper who narrowly failed in his bid to swim the Channel at the start of September. After some 9 hours in the water and some 2 miles from the Kent coastline, Sean had to concede defeat to the strong offshore currents. Sean says he plans to have another go next year.

GOOD LUCK

I am sure you will all join me in sending Stephen Watkins our best wishes and good luck for the future as he eases into his first term at Birmingham University. Stephen is taking a degree course in Civil Engineering.

LONDON TO BRIGHTON LIKE RI

To date the collective sponsorship from participants in this annual event exceeds £1,500 with yet more promised. Receipt of a large portion of this sum has been rewarded with colourful certificates from the British Heart Foundation.

24 HOUR CHARITY SWIM

In retrospect, there is little I can add in the praise of all members, parents, relatives, ex-members and our friends from the Tudor League clubs for their marvellous efforts in this Charity swim. I have already summarised many of the highlights of this event (they have appeared on the noticeboard), and the personal achievements young and old alike were the icing on the cake of an event which fulfilled all expectations. Firstly, in the absence of any official celebrations, the Club undertook to organise an event worthy of the 20th anniversary of the opening of Riverside Swimming Centre. That the event should raise a large sum of money for Charity proved to be a challenge too with only a month available for everyone to seek sponsorship between the go-ahead being given and the swim itself. Securing the visit by the Mayor and Mayoress of Bexley was nothing short of a coup with the previous occasion that we had received such recognition some 16 years earlier. Then, in the midst of it all was the amazing swimming of the eleven members of Eltham U.L.C. several being in the water for periods of six hours. Of course, they were using the pool time as stamina training for forthcoming attempts at swimming the English Channel and little did we realise it at the time that one of these swimmers, 11 year old Timothy Gregory, would become the youngest person to complete this epic crossing early in September.

Cont'd ....

Everyone will have their own personal memories of an incredible 24 hours capped by the announcement that we had raised in excess of £5,000 for the three chosen charities. This success would not have been possible without the magnificent support of all participating swimmers, Mums and Dads, the pool staff and the many local businesses who sponsored us or donated raffle prizes.

As I write the bulk of the collected sponsor money remains to be forwarded to the charities and with a few remaining sums still to be collected, the E.D.S.C. Charity Swim Account holds over £5,400. I would also like to think that the success of the event was a factor in the decision by the Borough to award us additional training time on a Monday evening.

N.B. Together, the Bike Ride and the Swim have raised nearly £7,000 for four charities, an outstanding achievement for a small Club.  
Well done all.

P.A.Frost

FORTHCOMING EVENTS

<u>OCTOBER</u>	Saturday	1st	Speedo Gala Round 1 at 'The Walnuts', Orpington, commencing at 6.30 p.m.
	Sunday	2nd	Annual Gala Heats 4.00 - 7.00 p.m. Freestyle and Backstroke
	Sunday	9th	Annual Gala Heats 4.00 - 7.00 p.m. Breaststroke and 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	Way Gala at Northfleet, (team coach requested).
	Thursday	27th	Ice Skating Outing, (tickets on sale soon).
<u>NOVEMBER</u>	Saturday	12th	Speedo Gala Round 2 (details to be advised).
	Saturday	19th	Tudor 'A' League Gala at Eltham, commencing 6.00 p.m.
	Saturday	26th	British Bakeries Centenary Trophy Gala at Riverside Swimming Centre commencing at 6.30 p.m.
<u>DECEMBER</u>	Saturday	3rd	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.
	Saturday	10th	Speedo Gala Round 3, (details to be advised).
<u>1989</u>			
<u>JANUARY</u>	Friday	13th	Sprint Trophy Races commencing at 8.00 p.m. Freestyle and Backstroke
	Friday	20th	Sprint Trophy Races commencing at 8.00 p.m. Breaststroke and Butterfly
	Friday	27th	Sprint Trophy Races commencing at 8.00 p.m. Individual Medley
	Saturday	28th	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.
<u>FEBRUARY</u>	Tuesday	7th	B.L.D.S.A. 1 Hour Distance Postal Swim
	Saturday	11th	Valentine's Dance with live band, (details to be advised).
	Tuesday	14th	B.L.D.S.A. 1 Hour Distance Postal Swim
	Friday	24th	Points Cup Races commencing at 8.00 p.m. Freestyle
	Saturday	25th	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.
<u>MARCH</u>	Saturday	11th	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.
	Friday	17th	Points Cup Races commencing at 8.00 p.m. Backstroke
	Saturday	18th	Supporters Trophy Gala at Riverside Swimming Centre, commencing at 6.30 p.m.
<u>APRIL</u>	Saturday	8th	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.
	Friday	21st	Points Cup Races commencing at 8.00 p.m. Butterfly
	Saturday	22nd	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.

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FORTHCOMING EVENTS CONT'D

<u>MAY</u>	Friday	19th	Points Cup Races commencing at 8.00 p.m. Breaststroke
<u>JUNE</u>	Friday	9th	Points Cup Races commencing at 8.00 p.m. Individual Medley
	Saturday	24th	Anniversary Trophy Gala at Riverside Swimming Centre commencing at 6.30 p.m.
<u>SEPTEMBER</u>	Saturday	30th	Speedo Gala Round 1
<u>OCTOBER</u>	Saturday	21st	British Bakeries Centenary Trophy Gala at Riverside Swimming Centre commencing 6.30 p.m.
<u>NOVEMBER</u>	Saturday	11th	Speedo Gala Round 2
	Saturday	18th	Tudor 'B' League Gala at Eltham, commencing 6.00 p.m.
	Saturday	25th	Annual Gala Finals Night commencing at 5.30 p.m.
<u>DECEMBER</u>	Saturday	9th	Speedo Gala Round 3
	Saturday	16th	Tudor 'A' League Gala at Eltham, commencing 6.00 p.m.



CLUB RECORDS EXCLUDING INDIVIDUAL MEDLEY AS AT 1.10.88 - BASED ON 36<sup>3</sup>/<sub>4</sub> YARDS/33<sup>1</sup>/<sub>2</sub> 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	45.15	Paul Dodson	Brighton	I/C	24. 9.88
"	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	1.01.61	Philip Rush	Brighton	I/C	24. 9.88
"	"	Butterfly	1.14.44	Philip Rush	Riverside	A/G	17.10.87
OPEN	3	Breaststroke	1.20.66	John Murray	Riverside	T/T	20. 9.88 †
"	"	Backstroke	1.13.20	Andrew Callard	Riverside	A/G	16.11.85
"	"	Freestyle	1.01.61	Philip Rush	Brighton	I/C	24. 9.88
"	"	Butterfly	1.12.22	Philip Rush	Brighton	I/C	24. 9.88
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	28.58	Katie Attridge	Brighton	I/C	24. 9.88
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	1.21.31	Jennie Newton	Brighton	I/C	24. 9.88

\* 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

† Yet to be ratified.