



NEWSLETTER



No. 127

MARCH 1989

SECRETARY'S NOTES

ANNUAL SUBSCRIPTION FEES 1989-90

I write to remind you that Club Annual Subscription Fees fall due for payment on the 1st April and regretablely, they must be increased. We last revised our fees in October 1986 and have been able to absorb two increases in pool hire during that time. With a further increase in pool hire of £1.00 per hour due, also from the 1st April, from that date it will cost the Club £19.00 per hour for training sessions and £53.00 per hour for Gala hire. The additional training session on Monday evenings has also placed an additional strain on our resources.

Consequently, from the 1st April 1989, Annual Subscription Fees will be as follows:

Annual Subscription Fee, if paid in full - £30.00

OR, if paid in two 6 monthly instalments - £15.50 each.

From the same date, the swimming session fee will be increased to 25p each. Similarly, all spectators fees will be increased to 10p.

Despite these increases, for a maximum outlay of £1.60 per week, the Club is able to offer most members four hours of water time - so, get the most out of your Club!

ANNUAL GENERAL MEETING

The E.D.S.C. Annual General Meeting will be held at 2.00p.m. on Sunday, 5th March in the Clubroom at Riverside following the lunchtime training session.

All members should have already received notification of this meeting together with balance sheets for the Club and Social Section which give a breakdown on our finances in 1988.

EASTER POOL ARRANGEMENTS

Please note that Riverside Swimming Centre will be closed on Good Friday, 24th March. On all other dates, the Club will meet as usual at Riverside.

However, there will be no classes held at Dartford College Pool on the following dates: Wednesdays the 22nd and 29th March and Wednesday, 5th April.

BEGINNERS ACHIEVEMENTS

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

Dee Adams
Joshua Bache
Richard Bradford
Daniel Buscombe
Michelle Chilton
Holly Crouch
Michael Flatley
Mark Harwood
Kim Hughes

Mark Kemp
Donna Kinchen
Steven Lawrence
Ben Leach
Daniel Lovett
Matthew Linsdell
Gregory Norman
Katie Portis
Hayley Romagnoli
Deborah Roche

Glen Rawlings
Lewis Shead
Carly Sullivan
Ben Turner
Michael Waller
John Watts
Simon Wells
Sarah Young
Martin Younger

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

Steven Dickens
Matthew Hammond

Gavin Kemp
Steven Lawrence
Glen Rawlings

Michael Waddington
Stuart Wickham

The present Beginners classes end as follows:

Tuesday classes on Tuesday, 28th March;
Friday classes on Friday, 31st March.

SPRINT TROPHY/POINTS CUP RACES

We were all delighted with the fantastic attendance at the Sprint Trophy races. The winners' presentations will be held at our A.G.M. on Sunday, 5th March. We look forward to the same level of support for the series of Points Cup races. (See forthcoming events for dates).

B.L.D.S.A. ONE HOUR POSTAL SWIM, 7/2/89 and 14/2/89

Congratulations to all who swam in this annual event. On the first swim, all the youngsters who started completed the hour without any problem. For the first time since 1985, when we began this event, two 7 year olds swam - well done to Gary Cook and Anthony Keehan.

A new record distance for our Club was swum by Mark Russell just pipping Philip Rush's 1987 total and Tracey Dodson set a new record for the ladies beating Tina Bennett's previous distance by some 68 metres.

Our results have now been submitted and in approximately 3 months time, the embroidered badges will be available, together with a copy of the full result sheet. This will give each individual their position, according to age group, based on all results received from the U.K. and around the world!

Below is a table of the distances swum by our members.

COMPARISON OF 1988 & 1989 B.L.D.S.A. 1 HOUR SWIM

SWIMMERS NAME	AGE 1ST JAN. 1989	DISTANCE IN METRES		CHANGE IN METRES 1988-89
		1988	1989	
1. Mark Russell	16	3970	4032	+ 62
2. Tracey Dodson	14	3806	3999	+193
3. John Murray	25	3950	3937	- 13
4. Zak Green	12	3352	3774	+422
5. Jenny Newton	25	3701	3730	+ 29
6. Claire Conner	14	3587	3692	+105
7. Miriam Hogan	12	3127	3683	+556
8. Lorraine Stevens	13	3390	3534	+144
9. Rebecca Russell	12	3252	3462	+210
10. Helen Parkhurst	12		3367	
11. Trevor Holmes	41		3352	
12. Penny Tuckfield	11	2715	3318	+603
13. Paul Dodson	12	3094	3295	+201
14. Peter Frost	31	3252	3271	+ 19
15. Andrew Eastaugh	13		3266	-
16. Sasha Rider	11	2906	3261	+355
17. Michael (Buck) Ryan	51	3218	3214	- 4
18. Glenn Thackray	14	3520	3166	-354
19. Heidi Seal	12	2825	3080	+255
20. Heidi Green	10	2868	2980	+112
21. David Springham	10		2950	
22. Joanna Stevens	11	2950	2936	- 14
23. Amanda Stevens	11	2801	2841	+ 40
24. Donna Dunne	11		2830	
25. Mark Dudley	9		2826	
26. Katie Attridge	10	2264	2715	+451
27. Claire Garrett	12	2432	2702	+270
28. Lindsay Goodes	14		2673	
29. Philip Beaney	11		2639	
30. Beth Leak	10		2634	
31. Ian Magness	9		2614	
=32. Martina Cooley	10		2581	
Clive Allford	10			

Continued....

34.	Sarah Case	11		2544	
35.	Jonathan Baker	11		2472	
36.	Martin Lock	11	2313	2467	+154
37.	Hayley Bradley	12		2423	
38.	Richard Cane	11	2365	2405	+ 40
39.	Louise Ryan	8		2380	
40.	Craig Moore	11		2343	
41.	Ben Phelps	10		2294	
42.	Neil Bowden-Brown	10		2246	
43.	Lauren Piele	8		2199	
44.	Anthony Cane	9		2179	
45.	Natalie Walker	8		2137	
46.	Lisa Whitehead	10		2122	
=47.	Heather Fort	9		2093	
	Paul McGuigan	9		2083	
49.	Sarah Tuckfield	9		2078	
50.	Desmond Keehan	9		2070	
51.	Julie Duff	9		2050	
52.	Neil Allford	8		2036	
53.	Anthony Keehan	7		1998	
54.	Alan Wake	10		1993	
55.	Aaron Shone	9		1959	
56.	Louise Wickham	8		1935	
57.	David Palmer	8		1902	
58.	Catherine Mann	9		1897	
59.	Matthew Frost	8		1892	
60.	Timothy Bedford	9		1776	
61.	Claire Thorogood	9		1768	
62.	Ross Payne	9		1729	
63.	Gary Cook	7		1657	
64.	David Case	8			

A.Bedford

OBITUARY

It is with great regret that I have to report the sad death of Mr. John Bullet on the 6th February. He had suffered a series of strokes and passed away without regaining consciousness.

John was a founder member of the Tudor League and was the starter for many years. He was well known in swimming circles as one of the most accomplished trainers of Channel swimmers in the country having succeeded in crossings with both the youngest girl and the youngest boy ever. He was also a leading light in Life Saving and practically ran Eltham Training & Swimming Club single-handed.

John was a small man in stature but 'big' in every other way and well liked by many other people.

Despite the fact that he had no family at all, the funeral service was packed with over 300 people of all ages.

I am glad to say that I looked on him as a friend and like many others, I will miss him.

M.J.Thackray

COMPETITION RESULTS

Gala at Harlow 7.1.89

What a start to the New Year - a win in the Anniversary Trophy Gala at Harlow! A terrific fight took place between Basildon S.C. and ourselves and it was 'nip and tuck' all the way through until the very last event.

Continued.....

This was the 8x1 freestyle relay and who ever won was sure to win the Trophy. Fortunately we were successful, leaving our Club Captains Jenny Newton and John Murray to collect the silverware.

It was an excellent all round team performance and moral was high despite the recent events that had shook the Club. Individual wins were recorded by Alison Walker, Sasha Rider, Ian Magness, (hurry up and get that arm mended!), John Murray, Sammy Hayes and Lee Gilbert. There were wins for the Boys under 11 relay team, including Paul Nicholls in his first swim for the Club, the Boys under 15 relay team, the Mixed Open medley relay team, both the Boys and Girls Open freestyle relay teams, the Girls under 13 freestyle relay team and of course, to finish it all off, the Mixed 8x1 freestyle relay team.

Results:	1st	Erith	203 pts
	2nd	Basildon	197 pts
	3rd	Canvey Island	167 pts
	4th	Harlow	154 pts
	5th	Thurrock	115 pts
	6th	Pisces	91 pts

T.Holmes

Tudor League Gala 28.1.89

This was the first Tudor League Gala of the New Year and of course the first where the new age groupings came into effect. There were therefore some new swimmers blooded, especially in the younger age groups.

It was a very tight Gala, very enjoyable and with some very good swims, especially in the relays.

Results:	1st	Dartford	196 pts
	2nd	Erith	163 pts
	3rd	Greenwich	159 pts
	4th	Addington	128 pts
	5th	Finsbury	119 pts
	6th	Eltham	110 pts

M.J.Thackray

Novices Gala at Rochford 4.2.89

We had painful memories of the last time we swam at this Gala in Rochford when we literally took the word novices as to it's true meaning and with all new swimmers, got truly hammered.

This was not to happen on this occasion although we did use a number of new swimmers, namely Claire Thorogood, Peter Webb, Tony Lawrence, Megan Ring and Neil Allford along with some 'recent additions' including Paul Nicholls, Lauren Piele and Sam Scott. For such a relatively inexperienced squad swimming in a large pool with lots of noise, the young ones did us credit helping the team to a third place.

The 'stars of the show' were undoubtedly Heidi Green and Katie Attridge, not exactly novices but still very young, with individual wins in all their age group events and one relay - not a bad nights work!

Our other winners included Neil Allford, (his second win in successive galas), Alison Walker, Paul Nicholls and Ian Magness. We also recorded wins with the Girls under 13 freestyle relay team, the Girls under 12 medley relay team and the Boys under 10 freestyle relay team.

Results:	1st	Runnymede	287 pts
	2nd	Bishops Stortford	273 pts
	3rd	Erith	238 pts
	4th	Rochford	234 pts
	5th	Hatfield	200 pts
	6th	Thurrock	167 pts
	7th	Walthamstow	158 pts
	8th	Basildon	107 pts

T.Holmes

B/C Gala at Basildon 18.2.89

This B/C Gala was supposed to be of a standard similar to what we experience in the Tudor League. However, it soon became apparent that Southend, Romford and Basildon had some of their more experienced swimmers competing and the battle for honours became something of a 'three horse race'. If that was not enough, our swimmers also had to contend with two other factors beyond their control, namely a dismally lit deep end to the pool, making the judgement of turns difficult, and a pool filtration system that chose our lane to demonstrate the disturbing effect of pushing each of our swimmers into the antiwave line as they passed across it's outlet!

Nevertheless, this Gala gave some of our members their first taste of competition and there were many excellent performances despite the weariness felt by some following their exertions in the long distance swim a few days beforehand. Our only winners were Neil Allford, (third Gala on the trot!) and the evergreen Heidi Green, (sorry, I couldn't resist that!). From their performances in this Gala, two swimmers who have suddenly come to the fore are Joanne Mayes and Jane Palmer and this continues a recent welcome trend within the Club which is very encouraging to all.

Spare a thought for Dunmow who seemed to be dogged with one disqualification after another.

Results:	1st	Southend	203 pts
	2nd	Romford	198 pts
	3rd	Basildon	192 pts
	4th	Erith	141 pts
	5th	Dunmow	111 pts
	6th	Canvey Island	78 pts

P.A.Frost

Tudor League Gala 26.2.89

We were back to our winning ways this time for as you can see from the results, it was a tight Gala once again between the top 3 teams.

Once again, the team spirit was excellent and I am pleased to see that the younger swimmers are beginning to learn some 'racecraft' and get more into the spirit of things. Excellent swims by Susie Groce, Penny Tuckfield, Mark Dudley, Donna Dunne and members of our relay teams helped us to regain our lead in the League.

Results:	1st	Erith	216 pts
	2nd	Dartford	208 pts
	3rd	Greenwich	197 pts
	4th	Addington	141 pts

M.J.Thackray

COMPETITION SECRETARIES NOTES

We are noted at Galas for our appearance on the poolside as it is a Club rule that Club costumes are worn at all competitive events. However, at the recent Gala at Rochford, we had cause to speak to a number of swimmers who decided to wear swimming hats that did not bear the Club logo but other forms of decoration instead. We are sure this is only a 'one-off' and you will return to the wearing the correct swimming hats. In case of emergency, either Mick or myself will now take along a supply of hats to future galas.

We would like to draw the Parents attention to the fact that a lot of swimmers, mainly younger ones are coming onto the poolside at Galas or 'in-house' competitions ill-dressed. By this, we mean that they either have no tracksuit tops and bottoms or sweatshirt with which to wear to prevent them from getting cold. Being cold before or after an event will affect a swimmers performance and he or she should be able to wrap-up warm instead of shivering as some do. In short, they are doing themselves and the Club no favours. So please if possible, remember to fill your kitbag with additional clothing before you leave home for a future Gala.

N.B. Club tracksuits and sweatshirts are available from the Club desk on Tuesday and Friday Clubnights.

I would like to reiterate a few words of wisdom that was passed to our swimmers not so long ago and that is "Please refrain from consuming fizzy canned drinks either directly before or during Gala competition". I can appreciate the temptation when these drinks

are readily available on the team coach or at the pool itself but their is strong evidence to suggest, and experiences of our older swimmers will bear this out, that a stomach full of 'fizzy pop' will certainly impair your performance and even lead to muscle cramps. So swimmers, get Mum or Dad to buy you a can for after the Gala when you can then celebrate a P.B. or a team victory. You know it makes sense!

M.J.Thackray & T.Holmes

Credit where credit is due...

When you have been a member of the Club for as long as I have, I sometimes stop to think of the vast numbers of swimmers who have passed through our ranks and consider the array of talent which never realised it's full potential. Of course, there are exceptions and several former members have and are presently enjoying County and International success with other Clubs. However, many of our former 'heroes' would pale in mediocrity when compared to the standard of swimming we are currently witnessing. In view of this , it would be quite understandable if a member was to become disheartened and lose interest if, through no fault of their own and after training week in, week out, they were to rarely appear in the swimming limelight. It is an unfortunate fact that many members have left us for these very reasons but, in recent months, it has become apparent that there is a new will to succeed being nurtured within the Club. In particular, I refer to a growing number of swimmers that have been members of the Club for a relatively long time and despite many, many months, even years of training, they have often missed-out on 'the big time'. With this in mind, I unashamedly wish to give due credit to a group of swimmers who fall within this category, namely Jennifer Attridge, Donna Dunne, Martin Eastaugh, Keith Jones, Angela Lapsley, Simone Rider and Penny Tuckfield whose continuing efforts to succeed I am pleased to say, are now begginnig to bear fruit. Their strength of character and dogged determination to get to the top should be an encouragement to us all, not least to any current member who may be going through their own period of dissolusionment. The message is clear - don't 'throw in the towel' - be prepared to put in some hard work and you too will succeed and be a better person for it.

P.A.Frost

SOCIAL SECTION NEWS

Fund Raising

I would like to take this opportunity to thank everyone who supported the Christmas Raffle and also to those who donated a record number of prizes towards this fund raising event. The appeal of so many prizes proved it's worth, as shown by the profit of £90.07 realised.

Again, many thanks to you all for supporting the recent Points Cup Raffle (24/2/89) which realised a record profit of £72.16.

There will of course be other fund-raising events, including further raffles during the course of the year and in this respect, as you have already seen, 1989 has begun well for us. However, the momentum will need to be maintained as this year sees the Club involved with it's heaviest gala programme ever and the Social Section is committed to fund the hire of transport to the various venues throughout the South-east of England and the Home Counties. Using the current gala programme as a basis, it is estimated that the Social Section will need to raise over £3,000 to hire the required transport. A fund-raising 'thermometer' will shortly be appearing on the Club noticeboard to show you if we are keeping pace with this monetary target. On past record, I think with your support we will get there!

P.A.Frost

Valentine's Celebration 11/2/89

Unlike all other celebrations and discos before it, this years' Valentine's Disco was to be different.

The live band 'Stagefright' were given the chance to entertain us for one night. As per usual, beforehand a production line was set-up turning-out hundreds of golden hearts. (Don't ask me why they were not red!)

Continued....

Listening to the band showed that all ages and tastes were accounted for, although the same could not be said for our own singer, Peter Frost. Peter, whilst on stage, decided to sing his favourites, which got everyone up; and out, as in the case of Chris, his wife! She told me that she only found out about this nature, after they had got married! Peter's new lyrics such as, "...blur, em, um, ...oh, damn ..." went unnoticed, (he thought).

By now, with everyone felling rather merry, a superb pair of sunglasses went on the rounds along with some long dangling things - yes, the earrings, 'borrowed' from various ladies! Mick Thackray, John Murray and Sammy Hayes managed to dance with the extra tonnage, whilst Mr. Murray cleverly complimented the weight with an extra pint in either hand!

Across the hall, the returning skiers, consisting of Philip Rush, David Ryan, Simon Gilbert and Asa Barnes were singing and jumping around in formation circles. After the sound of the band had died away, alcohol had been consumed and food eaten, the remaining souls cleared the hall to bring to an end yet another great evening.

Mark Russell

'Race Night'

The Social Committee is arranging another 'Race Night' on Saturday, 15th April and all prospective punters are forewarned that tickets and horses will be on sale soon. Please note that because our usual venue is unavailable we have booked the North Heath Social Club Hall in Mill Road, Northumberland Heath in which to hold this social event instead. Those of you with even a cursory knowledge of the area will have noted that this venue is little over a mile from St. Martin's Church and is just off the same stretch of main road. Having a greater capacity, even those who always come to us to buy tickets at the very last moment will not be disappointed!

London to Brighton Bike Ride

By the time you read this Newsletter it is highly probable that the 30 or so Club team places will have already been allocated. However, if you wish to take part in the 'World's Biggest Bike Event' on Sunday, 18th June ring Peter Frost for details on 01-311-8557 and we may just be able to squeeze you in, (sorry definitely no Under 14's are allowed on the ride).

A reminder to those of you that have already received an entry form - that they must be returned to me completed with the appropriate fee no later than Friday, 10th March. Further details will be announced soon

Dartford Carnival

Following our self enforced 'breather' from this event last year, the Social Committee have agreed to enter the 1989 Dartford Carnival procession fully aware of the organisational implications this involves.

The event is to be held on Saturday, 29th July and the chosen theme is 'World Friendship'!

As before, we have really had to put our thinking caps on as to how best to attempt a depiction of this theme using over 100 swimmers, parents and friends and still have a whole lotta' fun in the process!

However, we have decided to depict a selection of internationally famous fairy tales from around the world and despite it's tentative links with the theme, through their universal appeal to all children, it gives enormous scope with which 'to go to town' on costumes and props. Yes, I can just see it now - Buck Ryan dressed up as Cinderella's Fairy Godmother! Get the idea!

More details will be forthcoming in the near future, but in the meantime, if you wish to take part or can provide materials, props or badly needed sewing skills, please add your name to the list on the Club noticeboard or see Jill Thackray or Maureen Holmes.

P.A.Frost

OTHER NEWS

Penguin Swimathon 26/2/89

If our experiences of this grand London-wide sponsored swim were anything to go by, then I certainly hope that the event was far better supported in other Boroughs. Had it not been for our entry into this swim then our pool would have been nigh on empty and the pool staff would have outnumbered swimmers! Maybe all the Bexley residents swam in the session held at Crook Log the previous evening, but being the eternal pessimist that I am, I expect they were just too lazy to get up early on a Sunday morning and do a little bit to help those not as fortunate as themselves. Of course, maybe if the slide had been in operation

However, I digress. Our swimmers put in their usual best efforts despite many having been whooping it up into the small hours! John Murray had already swum the maximum 5000 metres solo at Plumstead Baths the day before but could not prevent the top flight girls team from beating the boys. Likewise, the ladies team beat the elder statesman by a considerable margin. At one point our thoughts went back to last year's Charity 24 hour relay swim but within two and a half hours it was all over and the assistant pool manager was left in the embarrassing position of showing the recently arrived Deputy Mayor and Mayoress a near empty pool.

Completing the session as a Club benefit, I would like to take this opportunity to thank all the Mums and Dads who came along to lane score.

Now begins the task of collecting sponsorship money for the various charities and at this point I would like to congratulate Mark Russell who expects to collect in excess of £1800 for the Royal Marsden Hospital Leukaemia Research Fund. Well done - and well done to you all!

London Mini Marathon

This column always tries to keep abreast of our members other achievements and evidence of their all-round sporting ability was again to the fore as shown by some excellent performances in the recent London Mini Marathon trials held at Erith Stadium. Congratulations are therefore in order to Keith Walker, Rochelle Springham and Lorraine Stevens who will be representing the London Borough of Bexley in these series of races held over part of the London Marathon course shortly after the start of the big race itself on Sunday, 23rd April 1989. Keith, Rochelle and Lorraine maintain a tradition of having representatives from the Club running for Bexley in this event and indeed, for Keith, it will be his second successive year in which to gain one of those cherished medals. Incidentally, Rochelle is being sponsored for running the 5km course, (all proceeds to the E.D.S.C.) and more sponsors would be most welcome.

Simone Rider has just begun a series of projects that will ultimately earn her a Duke Edinburgh's Bronze Award and in this we wish Simone the best of luck.

I am sure you will join me in wishing Ian Magness a speedy recovery to full fitness following his recent accident in which he fractured his arm. It is obviously a very frustrating time for Ian but we are sure he will return to training with a vengeance.

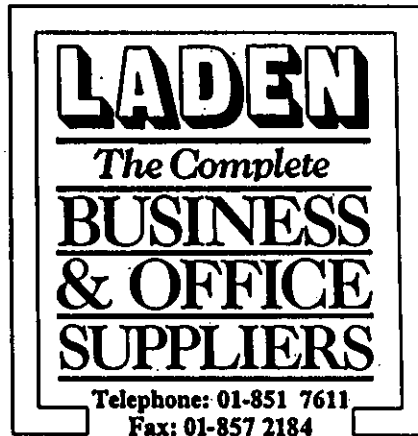
P.A.Frost

CLUB RECORDS EXCLUDING INDIVIDUAL MEDLEY AS AT 1.3.89. - BASED ON 36³ YDS/33METRES 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	27.45	Ian Magness	Riverside	A/G	15.10.88
"	"	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	43.22	Roy Burdett	Riverside	I/C	26.11.88
"	1	Butterfly	22.54	Paul Dodson	Riverside	A/G	15.10.88
14 & U	3	Breaststroke	1.24.83	Mark Walker	Crawley	SP	3.10.87
"	"	Backstroke	1.20.16	Simon Gilbert	Walnuts	SP	1.10.88
"	"	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	1.19.63	Mark Russell	Riverside	A/G	9.10.88
"	"	Backstroke	1.13.70	Mark Bragg	Crook Log	I/C	9. 3.85
"	"	Freestyle	1.00.86	Philip Rush	Riverside	A/G	15.10.88
"	"	Butterfly	1.11.21	Philip Rush	Walnuts	SP	1.10.88
OPEN	3	Breaststroke	1.19.14	John Murray	Riverside	I/C	26.11.88
"	"	Backstroke	1.13.20	Andrew Callard	Riverside	A/G	16.11.85
"	"	Freestyle	1.00.86	Philip Rush	Riverside	A/G	15.10.88
"	"	Butterfly	1.11.21	Philip Rush	Walnuts	SP	1.10.88
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	28.06	Heidi Green	Riverside	A/G	9.10.88
12 & U	2	Breaststroke	57.77	Claire Conner	Riverside	S/T	12.12.86
"	"	Backstroke	54.02	Helen Parkhurst	Riverside	A/G	15.10.88
"	"	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	1.20.73	Tracey Dodson	Walnuts	SP	1.10.88
"	"	Freestyle	1.06.34	Tracey Dodson	Riverside	I/C	26.11.88
"	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	1.20.73	Tracey Dodson	Walnuts	SP	1.10.88
"	"	Freestyle	1.06.34	Tracey Dodson	Riverside	I/C	26.11.88
"	"	Butterfly	1.21.11	Susie Groce	Riverside	I/C	26.11.88
OPEN	3	Breaststroke	1.28.81	Claire Conner	Riverside	T/T	5. 2.88
"	"	Backstroke	1.20.73	Tracey Dodson	Walnuts	SP	1.10.88
"	"	Freestyle	1.06.34	Tracey Dodson	Riverside	I/C	26.11.88
"	"	Butterfly	1.20.38	Jenny Newton	Walnuts	SP	1.10.88

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

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