



# NEWSLETTER



NO. 128

AUGUST 1989

## SECRETARY'S NOTES

### Dartford College Pool

Training sessions resume after the summer break on Wednesday, 20th September. We are very pleased at the recent response of our newer members to this session. Please keep up your attendance in the autumn. Of course, new faces are always welcome.

### Achievements

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

Rosalind Allford	Zoe Ellesmore	Christopher Read
Caroline Andrews	Richard Gardner	Debbie Read
Christopher Andrews	Luke Goldsmith	Craig Salmon
Mike Arnold	Chris Harrison	Samantha Salmon
Louis Bakewell	Gary Jones	Andrew Scott
Kevin Bint	Emma Lawrence	Maria Theresa D'Silva
Claire Brooker	Joanne Lawson	Malika Smith
Samantha Caton	Kate Magness	Christopher So Woon Yuen
Leanne Clarke	Sarah McLuggage	Eden Tang
Beverley Clarke	Steven McGrath	Cassie Tootell
Jamie Codd	Julia Menzies	Charlotte Walters
John Colmer	Brendan O'Grady	Clare Warren
Richard Dewar	Caraid O'Grady	David Warren
Kelly Dudley	Leanne Piele	Simon Wells
Paul Easter	Rachel Peterson	Laura Williams

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

Debbie Read	Marie Theresa D'Silva
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### Erith Spine Road and it's Implications

In conjunction with the above scheme, further to our submission of a petition to the Planning Dept. of the London Borough of Bexley condemning the possible reopening of Erith High Street, (i.e. the road that passes the pool frontage), we were delighted to receive a reply indicating that our specific objections had been duly noted. As a result, a new route has been chosen to link West Street with Bexley Road although it will result in the severing of Walnut Tree Road. As you may recall, our specific objections against the scheme were the dangers from heavy traffic, reduction in parking, (already very inadequate), possible destruction of part of Riverside Gardens and damage to a recently much improved environment. Anyone who studied the Borough's glossy leaflets outlining the proposed scheme would have found, as we did, that the pool was not even shown or mentioned in the plans!

### 'Penguin Swimathon', 26.2.89

As you may recall, this event included teams from all over the London area. The ten E.D.S.C. teams finished in the following overall positions.

<u>Team Name</u>	<u>Team Members</u>	<u>Overall Position</u>
'Senior Speedsters'	Jenny Newton (C) Marnie Thackray Luch' Romagnolo Elizabeth Watkins	14th

Cont'd...

'Erith 'A' Team'	John Murray (C) Philip Rush Sammy Hayes Mark Russell	16th
'Bermuda Bunch'	Nicola Holmes (C) Miranda Newitt Angela Lapsley Rochelle Springham	34th
'The Lads'	Stephen Watkins (C) John Burdett David Ryan Tony, (Pool Attendant)	35th
'Flying Tomatoes'	Claire Conner (C) Tracey Dodson Suzie Groce Lorraine Newitt	38th
'Erith Penguins'	Lorraine Stevens (C) Eleanor Beeke Alison Walker Rebecca Russell	41st
'Heavy Brigade'	Zak Green (C) Roy Burdett Paul Dodson Steve Willcocks	43rd
'Top Speed'	Mark Walker (C) Martin Eastaugh Simon Gilbert Mark Holmes	45th
..... and then a big gap too .....		
'Erith Old Girls'	Pam Bedford (C) Carol Dudley Pat Griffiths Lynn, (relation of the Greens')	228th
'Boiler Busters'	Peter Frost (C) Allan Bedford Barry Magness David Walker	256th

John Murray, Mark Russell, Trevor Holmes and Buck Ryan accepted the challenge to swim the full 5000 metres, (150 lengths or just over 3 miles) on an individual basis. Mark completed the distance in 1hr 17mins 57secs. just ahead of John in 1hr 18mins 24secs, finishing in 34th and 36th positions overall respectively. This was the third running of this marathon swim event aimed at raising money for charity. In participating we were able to help swell the coffers of the 'Save the Children Fund' and 'Great Ormond St. Childrens Hospital'.

A. Bedford

#### COMPETITION RESULTS

#### Tudor League 4.3.89

We swam two complete teams at this gala with about 70 swimmers competing. This was only possible with the help of many of our older swimmers and all our available officials. Though a little chaotic at times, it proved as always a worthwhile exercise with many of our younger swimmers gaining valuable race experience.

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Our scoring team did well as usual with wins right through the age groups especially in the relays.

<u>Result</u>	Erith	224 pts
	Greenwich	211 pts
	Eltham	163 pts
	Finsbury	132 pts

M.J.Thackray

Supporters Trophy Gala 18.3.89

At last we were able to field a full house for our first home gala of 1989. Very strong competition ensued with Erith eventually ending in third place, not that far behind Dorking, but a fair distance behind the eventual winners Thurrock. Although we only record two freestyle relay wins with our 13 & Under Girls, (Helen Parkhurst, Miriam Hogan, Rebecca Russell and Alison Walker) and the 16 & Under Boys (Robin Parkhurst, Simon Gilbert, John Burdett and Martin Eastaugh), we had numerous 2nd places. Although we were not strong enough for Thurrock, everybody gave of their best as usual and Tracey Dodson broke the Club 16 & U 100m Backstroke record.

<u>Results</u>	1st	Thurrock	362 pts
	2nd	Dorking	291 pts
	3rd	Erith	278 pts
	4th	Elmbridge Phoenix	208 pts
	5th	Dagenham	147 pts
	6th	Folkestone	111 pts

T.Holmes

Final Tudor League Gala 22.4.89

We went into this gala knowing that our usual performance, with either a first or second place would be enough to see us win the league for the third successive year. Dartford fielded a rather stronger team than usual in the hope that by beating us into third place behind Greenwich, they would have sufficient gala points to win the Tudor Trophy.

A great team performance gave us second place and this was enough to win the league by just one point.

It would be unfair to single out any one swimmer but I must congratulate Suzy Groce on winning our own Tudor Trophy as the top points scorer for the Club (overleaf is a points table for all the swimmers who competed in this year's league series).

Well done everybody.

<u>Result</u>	Dartford	228 pts
	Erith	200 pts
	Greenwich	163 pts
	Finsbury	116 pts
	Addington	106 pts

Final League Positions

1st	Erith	34 pts
2nd	Dartford	33 pts
3rd	Greenwich	27 pts
4th	Finsbury	18 pts
5th	Addington	14 pts
6th	Eltham	5 pts
7th	Beaver	5 pts

M.J.Thackray

Cont'd....

TUDOR "B" TROPHY 1988/89

NAME	POINTS	NAME	POINTS
Suzie Groce	100	Helen Brooker	31
Lorraine Stevens	94	Louise Ryan	29
John Burdett	91	Paul Nicholls	28
Marnie Thackray	90	Donna Dunne	27
Lee Gilbert	84	Nicola Garrett	27
Sasha Rider	81	Dagan Barnes	26
Zak Green	77	Robin Parkhurst	25
Mark Dudley	77	Heidi Seal	25
Eleanor Beeke	74	Andrew Stevenson	24
Heather Fort	72	Rebecca Russell	24
James Willcocks	69	Keith Walker	22
Nicola Holmes	67	Anthony Cane	20
Steve Willcocks	64	Jennifer Attridge	20
Mark Russell	62	Penny Tuckfield	20
Victoria Eaton	59	Roy Burdett	19
Ian Magness	53	Joanna Stevens	19
Miranda Newitt	51	Clive Allford	17
James Lawrence	50	Philip Beaney	16
Miriam Hogan	49	Paul Dodson	16
Martin Eastaugh	48	Simone Rider	14
Andrew Eastaugh	47	Stephen Watkins	13
Jay Barnes	44	Megan Ring	13
Keith Jones	42	Neil Bowden-Brown	12
Natalie Walker	42	Neil Allford	11
Lauren Piele	41	Glenn Thackray	11
Laura Bedford	41	Alison Walker	10
Sam Scott	41	Beth Leake	10
Mark Walker	39	Stephen Rumbol	10
Heidi Green	37	Mark Holmes	9
Rochelle Springham	36	James Littell	9
Katie Attridge	35	Paul McGuigan	8
Martina Cooley	35	Joanne Mayes	7
David Springham	35	Jane Palmer	6
Elizabeth Watkins	35	Wendy Howson	6
Simon Gilbert	33	Peter Webb	6
Angela Lapsley	31		

Collated by T.A.Davison

Gala at Bromley, 29.4.89

This Gala certainly brought back memories for Allan Bedford, as he recorded that he swum here years ago, so long in fact that no one else could remember!

This pool showed certain characteristics of that at Crowborough - small and short and commonly known as a 'cockroach pool'.

The Gala proved to be a two horse race between Erith and Woodside & Thornton Heath, with the latter the eventual winner.

Wins were recorded by Helen Parkhurst, Rebecca Russell (5 1sts), Keith Walker (2 1sts), Roy Burdett (3 1sts), Alison Walker, Heidi Green, Sammy Hayes, Lorraine Stevens and Paul Dodson. Several of these swimmers were also victorious in the 8x1 Squadron along with Sasha Rider, James Willcocks, Nicola Holmes, John Burdett, Marnie Thackray and John Murray.

<u>Results</u>			
1st	Woodside & Thornton Heath		71 pts
2nd	Erith		78 pts
3rd	Woodside & Thornton Heath B		136 pts
4th	Bromley A		142 pts
5th	Bromley B		198 pts

Gala at Basildon, 14.5.89

This gala was a departure from the normal as not only was it held on a Sunday, it also had the German twin town of Basildon, Heiligenhausen, as one of the competing Clubs. As a result of illness, we were able to give Sean Norris and Phillip Ellis gala experience.

Again, our swimmers did extremely well against strong opposition and our gala winners included Roy Burdett, Keith Jones, Simon Gilbert, Martin Eastaugh and Mark Walker. Although we were a little disappointed in the form of our Continental opponents, our Club Captains, Jenny Newton and Mark Russell, presented the German team with a friendship trophy which embarrassed their team Captain somewhat!

<u>Results</u>			
1st	Canvey		174 pts
2nd	Basildon A		173 pts
3rd	Erith		141 pts
4th	Becontree		133 pts
5th	Heiligenhausen		113 pts
6th	Basildon B		111 pts

T.Holmes

M11 Diddy League

At first sight, our debut season in this league would appear to have been a little disappointing and perhaps something not to be repeated, but then again, maybe not... Many of our younger swimmers acquitted themselves very well, especially the boys, with several good wins. In addition, our middle age group swimmers swam distances that they had not been asked to do before and for some, it proved difficult.

The indifferent results perhaps affected the Parents more than the kids as the spirit of the side was always good.

We have decided to stay for at least one more season in this league as we understand that the organisers are trying to recruit more teams. This, we hope, will enable the league to be split into two divisions thus making the competition a little more balanced.

As two of this years' galas almost descended in to chaos before they began, we have asked for the organisation and provision of information to be improved.

We shall have to adjust our training to take into account the longer than usual swims and this will involve more stamina work.

I would like to thank all officials and others who helped especially Pip Willcocks and Peter Frost who ran the last gala for me at short notice.

So Parents, follow the example of the swimmers and don't knock the team spirit. Let us hope for some better results next year when the age groups should suit us a little better and we should be a lot better prepared with a season's experience behind us.

M.J.Thackray

M11 Diddy League Gala,(Round 3), 14.5.89

This, the third and final round in the 1989 M11 Diddy League series saw us return to the Potters Bar venue.

Although we eventually finished the gala in 5th place, the competition most definitely saw an upturn in our fortunes with three 1st places between our Boy and Girl 9 year old relay teams. But for the extra distances that many of our swimmers had to race over then we would certainly finished with a higher points tally. The overall performance certainly bodes well for next year.

<u>Results</u>			
1st	Witham		180 pts
2nd	St. Albans		176 pts
3rd	Harlow		153 pts
4th	Hemel Hempstead		149 pts
5th	Erith		124 pts

P.A.Frost

M11 Diddy League Trophy

With trophies being awarded to the Boy or Girl swimmer who accrues most points for the Club in both the 'Speedo' and 'Tudor 'B' League' series of galas, the Committee decided that the 'M11 Diddy League' should be no exception. As such, a new trophy was recently awarded to the swimmer who gained most points for the Club in this three gala series and the worthy recipient was Paul Nicholls. Congratulations to Paul - it doesn't seem that long ago that you were one of many beginners being taught to swim! Our former Club Coach, Mr.T.A.Davison kindly agreed to collate all points awarded to the Club and below is reproduced a table showing the totals obtained by each swimmer who competed in this league.

NAME	POINTS	NAME	POINTS
Paul Nicholls	33	Alison Walker	14
Ian Magness	32	Louise Wickham	14
James Willcocks	31	Lee Gilbert	13
Heidi Green	31	Sasha Rider	13
Katie Attridge	29	Donna Dunne	12
David Case	29	Phillip Beaney	12
Peter Webb	29	Sarah Tuckfield	8
David Springham	28	Martin Lock	7
Mark Dudley	25	Wendy Howson	7
Neil Allford	25	Dagan Barnes	6
Martina Cooley	23	Sam Scott	5
Louise Ryan	23	Jennifer Attridge	5
Anthony Cane	22	Nicola Garrett	5
Natalie Walker	21	Richard Cane	3
James Lawrence	21	Penny Tuckfield	3
Beth Leake	18	Julie Duff	2
Lauren Piele	18	Joanna Stevens	2
Heather Fort	17	Jonothan Baker	2
James Littell	15	Megan Ring	1
Clive Allford	15		

Gala at Canterbury, 3.6.89

Again we came up against some very strong local clubs, and although this reflected in our 4th Place, it did not mean that our swimmers did not give of their best. This was proved by the fact that Jenny Newton (at her ripe old age!) broke the Open 100m Butterfly record once again.

We also blooded one new swimmer, Trevor Jones, who did us proud with a win in the 10 & U Freestyle. Wins, although hard to come by, were also recorded by Mark Russell and Paul Nicholls.

Thanks to Zak Green for coming in as a very late replacement for the ailing Roy Burdett.

<u>Results</u>			
1st	Gravesend & Northfleet	347	pts
2nd	Black Lion	280	pts
3rd	Canterbury	272	pts
4th	Erith	255	pts
5th	Beaver	112	pts
6th	Canterbury B	106	pts

T.Holmes

Gala at Margate 8.7.89

And there was I thinking that all the crowds had come to Erith to see-off our Club team to Margate on their final gala of the season - but no, they had come to witness the passage of the Tall Ships down the Thames instead!

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Shame because the Club was participating in it's first ever triangular match involving two teams of equal strength and ability. This meant that not only was there the obvious rivalry between clubs, but also between our own team members! The combined points scores of both teams decided the final positions.

Sadly, Margate's Hartsdown Pool had also succumbed to the ravages of the nationwide blight of 'Slide-itis' and the pool had only been refilled some 48 hours before our visit.

Because of continuing building work, all swimmers had to suffer the ignominy of having to change in the cramped confines of nothing much larger than a broom cupboard. Fortunately, this did not affect the performances of our swimmers which for our younger members, was over and above the call of duty through having to swim 100m races. As expected, both Redhill & Reigate and Margate proved just a little too strong for us but nevertheless, there were some fine swims from several of our members with 1st places being recorded by Alison Walker in both the 12 & U Individual Medley and Breaststroke races. Tracey Dodson in the 15 & U Freestyle, Luch' Romagnolo in the Open Breaststroke and Penny Tuckfield in the 12 & U Freestyle.

Our usually all conquering relay teams were uncharacteristically muted in their performances but we put this down to the 25m pool not allowing time for our swimmers to get into their stride!

Thanks go to our older swimmers once again for helping Mick and I organise our two teams into some semblance of order!

<u>Results:</u>	1st	Redhill & Reigate	361 pts
	2nd	Margate	378 pts
	3rd	Erith	491 pts

P.A.Frost

### Sprint Trophy

Following the running of this series of races in January and February, the Sprint Trophies were awarded to the following winning Club members at our A.G.M. in March.

Girls - Alison Walker  
Boys - Lee Gilbert  
Ladies - Jenny Newton  
Mens - Mark Russell

### Proposed Visits by Swimming Clubs from Holland

We are presently in correspondence with swimming clubs from both Amsterdam and Utrecht in Holland with the intention of proposed visits to England later this autumn and the spring of 1990 respectively.

Our plans are still at an early stage but there could be a possible return visit to Utrecht in October 1990.

Obviously, various details have yet to be resolved, the most important of which is accomodation for our visitors. This is why I have been canvassing Club members to gain a good idea of how many families would be willing to provide 'bed & breakfast' style accomodation for two swimmers or officials. I have had a good response from parents but I am still looking for a few more homes to house the remainder of the Amsterdam team.

The visit would take place over the weekend of 13th - 15th October and this has necessitated bringing the date of our Home Gala forward by one week. Daytime entertainment is to be arranged by our Social Section.

Although we are aware that a certain amount of disruption may take place, we would appreciate your help if these exciting proposals are to reach fruition. More details will be issued soon after the summer holidays.

T.Holmes

### 'Speedo' League Gala, (Round 1) 30.9.89

Although we still await to learn the venue for this, the first round of the 1989 'Speedo' League division 3 gala series, we have been informed of the teams that we

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will be competing against. They are as follows: Bracknell S.C., Eastbourne S.C., Greenwich Borough Mariners, Merton Swordfish, Newbury S.C.

P.A.Frost

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## SOCIAL SECTION NEWS

### 'Sunkist Can Challenge'

Having extended the deadline, Club members who are still battling to fill their cans with 1 and 2p's are reminded that they should be returned by the end of the school summer holidays. The results will be announced in mid-September and prizes awarded accordingly.

### Bric-a-Brac Wanted

Members and parents alike are reminded that we still urgently need more 'Bric-a-brac' for our fund-raising stall at the forthcoming Bexley Donkey Derby on Monday, 28th August. So, if you have any old and unwanted toys, books, records, kitchenware, even good second-hand clothes cluttering-up your household, why not bring the items along to the Club and leave them with our 'Ladies-on-the-door'. Your efforts will be most appreciated.

### Annual Gala Raffle Draw

Traditionally, the E.D.S.C. Annual Gala has nearly always been held in October but this year, at the request of many of our older members, the Club's premiere event has been moved to a November date, (see Forthcoming Events) thus allowing everyone to reach peak fitness after a lull in training over the summer holiday period. Consequently, it was not felt necessary to issue raffle tickets until September time when nearly everyone has returned from their holidays and all efforts can be channelled into selling as many tickets as possible.

If you were in need of any encouragement, then, in another departure from the norm', we shall be offering big cash prizes to the lucky holders of the winning tickets. Details will be announced soon.

As one of the most important Club fund-raising events of the year, it is hoped that we can rely on your full support to again make this a successful moneyspinning venture.

### Charities Up-date

It really doesn't seem to be just over a year ago that we ran our Charity 24 hour Relay Swim to celebrate the 20th anniversary of the opening of Riverside Swimming Centre. In raising over £6,000 for our three chosen charities, little did we know at the time that we would be helping them to reach their goals ahead of target.

As such, I thought it would be interesting to give you an up-date on their individual projects.

Bexley & Greenwich Hospice Appeal - as you will no doubt have seen in the local media, charity organisers Don Sturrock and Pat Jeavons are in the midst of delicate talks with Bexley and Greenwich Councils over the use of the former 'Shornells' site on Bostall Heath for the building of the hospice. A decision is to be announced soon.

Great Ormond Street Childrens Hospital - as everyone knows, this charity appeal far exceeded it's original target and broke all previous records in the process. The multi-million pound rebuilding and re-equipping of this world famous hospital is now beginning to move into top gear.

Perhaps most satisfying of all is the success of the 'Ronald McDonald House Appeal' at Guy's Hospital. Working at Guy's myself, it is very evident that building work is now well underway on this project, the first of it's kind in Britain. Here, parents will be able to obtain long-term accomodation, thus giving them the opportunity of regular visits to their child in hospital, a proven theraputic. I also understand from appeals organiser, Sylvia Sutton, (herself a mother of former Club members would you believe!) that all organisations or businesses who raised sums in excess of four figures will have their names engraved on a plaque to be placed in the building on completion - an honour indeed!

P.A.Frost



Celebration Disco, 10.6.89

St.Martin's Church Hall was looking good and so were the swimmers, dressed in their 'Sunday best'. It was the night of the E.D.S.C. Celebration Disco. This was to celebrate our winning of the Tudor 'B' league series of galas, (third year in a row). The evening started with all swimmers receiving a medal and each having their photo taken. Suzie Groce received the Tudor Trophy for gaining the most points for the Club in this year's series. After the speeches, the lights went out, the music started and everyone got onto the dance floor. I don't think any of the swimmers stopped dancing until the lights came back on at 12.30 a.m. During the evening, Roy Burdett did his back flips and handstands, (where does he get his energy?). The highlights of the evening were seeing Philip Rush jump onto a table to do his John Travolta to 'Grease Lightning' and when everyone sat on the floor to 'row', being directed by Mick Thackray, who I think may have had one or two too many to drink! It all had to be seen to be believed - really great! Yes, great company, great music, great evening. Well done swimmers and everyone for their hard work and "Good luck for next season".

Jackie Green

Following on from that, in an attempt to inject a little more culture into the proceedings, the E.D.S.C. Newsletter sees the publication of it's first ever poem!

'THE DISCO'

by Heidi Green

We went to the Disco to have some fun,  
Not just me but everyone.  
Our little legs went to and fro,  
And then we sat down on the floor to row.  
The lights kept flashing, the smoke came out,  
Then all us kids began to shout!  
Music thumping, we had a ball,  
Everyone in St.Martin's Hall.  
Hope it won't be long before,  
We're once again on the Disco floor.  
The time it seemed to go so quick,  
So I'd just like to say, "Thank you Mick".

Westbrook Outing 2.7.89

Following a brief hiccup in this long, hot record breaking summer, the weather did not look too encouraging for our annual jaunt to the seaside near Margate. At least I was not alone as the sole person to be wearing shorts and 'T' shirt in the belief that the cold, windy conditions would somehow improve as we headed eastwards. Improve they did and the sun greeted us as we piled off the coach at our destination. A strong onshore breeze dictated the need for windbreaks and within a short space of time, our encampment on the beach resembled a stockade - all that was missing was a moat and drawbridge!

As usual, leather skinned David Ryan was first in the sea which proved to be more suitable for surfing on rather than swimming in. The sea conditions were to prove marginal for Pip Willcock's powered inflatable boat and this led to many white knuckle rides for Club members. This, they admitted, was better than anything they would have experienced at 'Bembons' just down the road.

Open air equates to a healthy appetite and light hearted banter flowed as freely as the wine to compliment the barbecued steaks and burgers.

After lunch, with the tide receding fast, the opportunity was taken to commandeer another acre of beach for the ever enjoyable cricket and rounders matches which carry the usual government health warning of low-flying bats! With the present debacle facing English cricket, Ted Dexter and his fellow selectors would have been well advised to witness some of the action.

All too soon, the day drew to a close and it was time to leave the beach to others. As we boarded the coach we were to witness what appeared to be a real life air-sea rescue.

Yes, another great day had by all ...

P.A.Frost

## The Dartford Carnival Procession 24.7.89

It seemed an age ago that I first became aware of a new excitement within the Club and from overhearing snippets of conversation, it became apparent that the Club was participating at the Dartford Carnival. Soon, Club members and parents were being coersed or volunteered into agreeing to be a Dwarf, a Fairy or whatever. Requests were made for old curtains or clothes that could be transformed into costumes to suit the theme for the day.

I did not know at the time that the Club not only had an appetite for winning swimming events, but also winning carnival events, and using the opportunity to raise money for charity.

One day to go. There's still a shortage of pirates and people to carry collecting cans. I'm finally collared to lend a hand!

The day dawns, and as everybody arrives at the park, it is suddenly apparent as the floats are finalised, and the costumes are put on, what a very talented group of people we have as Club members. Regular faces were transformed into characters from Cinderella, Jungle Book, Pinocchio, Snow White and the Seven Dwarves, the Wizard of Oz, Ali Baba plus harem, Can-Can girls and many more.

Greasepaint was applied and with final touches to the floats, the time for departure arrived. 140 individuals were to be organised into the various team displays.

Enter stage left the show organiser responsible for getting the floats on their way, "Come on Erith, your next". "Sorry, we're not quite ready" shouted Jill, as she ran around pushing and pulling the characters into their positions - exit the show organiser muttering something incoherent!

Suddenly, we were off! The show was on the road - well very nearly! The ageing whale decided that enough was enough and deposited it's wheels on the grass. More problems lay ahead as the pirate ship was scuppered, but fortunately a quick hammer and nail job and we were all off again.

For my own part, and my fellow collectors, this is when we could hopefully reward all the efforts by the creators and participants of the Carnival in beating previous collection totals. Rattling our collection boxes and winking out those 5p pieces stuck in the corner of peoples purses, or by convincing those who might have thought they would watch the Carnival from high up vantage points or behind shop windows without putting their hands in their pocket, we made sure that our Club's efforts were worth coughing up a few bob for!

We all finally arrived back at the park, the judging of the floats having already taken place. The question was on everyone's lips, did we do enough? YES! We had, yet again, won the Walking Troupe Trophy, (for the 5th time in six years - Ed.) Congratulations all round.

Now was the time to sit down, relax and enjoy a soft drink and a bag of crisps, (prior to disappearing to a pub!)

My verdict on the day - what tremendous fun the whole occasion was, and in the knowledge that we beat previous years' collections by raising £251.66 for the British Heart Foundation, this was an added bonus.

Finally, when I next hear the nowfamiliar cry for old curtains or clothes, or see people being measured, I won't need telling - it's DARTFORD CARNIVAL TIME AGAIN!

Dave Lawrence

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## OTHER NEWS

### Best Wishes

I am sure you will join me in offering belated best wishes to Mr. Mike Ellesmore as he continues along the slow road to recovery and full mobility following his recent unfortunate accident whilst competing in the Maidstone Marathon. Mike, whose daughter Zoe is attending our beginners' classes, is well known in running circles as one of the South East's top competitors. Having come to terms with the situation, by way of encouragement to full fitness, may we offer you a place in E.D.S.C. team for next year's Bexley Fun Run - surely an offer you cannot refuse!

P.A.Frost

### 1989 Kent Schools Swimming Gala

The 1989 K.S.S.A. gala, held over two consecutive weekends in March, was a great success for E.D.S.C. swimmers. Although representing their own schools, they somehow managed to all get together. Loyalties were split however - should they cheer on their schools or fellow Club members?

4th March - the relay events were held on this day. Paul Dodson and Roy Burdett, with two other pupils from their school, came 1st in both the freestyle and medley relays, (well done boys - a credit to the Club); Tracey Dodson and colleagues from her school came 2nd in their medley relay and 3rd in their freestyle relay; Claire Conner and Lorraine Stevens put everything into their relay event, but with two non-Club swimmers, they had a difficult task. Even so, they managed to make 1st reserve in the medley relay; Helen Parkhurst, Laura Bedford, Jennifer Attridge and Rebecca Russell also made 1st reserve in their freestyle relay.

10th March - on this Saturday, the individual events were held and we had more success. Mark Russell came 3rd in the Senior 4x2 individual medley; Keith Jones came 6th in the Intermediate backstroke; Tracey Dodson came 4th in the Intermediate backstroke; Helen Parkhurst came 5th in the Junior backstroke; Rebecca Russell came 6th in the Junior breaststroke.

Just missing out on the finals were....

Nicola Holmes, who was 1st reserve in the Senior freestyle; Roy Burdett, who was 2nd reserve in the Intermediate backstroke; Mark Holmes, who was 2nd reserve in the Junior breaststroke.

Alison Walker, Claire Conner, Lorraine Stevens, Heidi Seal and Laura Bedford all had good swims against some very strong competition.

All those swimmers who gained 1st, 2nd or 3rd places went forward to represent Kent Schools against Surrey Schools in early July and in this, Mark repeated his performance in the individual medley with Paul Dodson and Roy Burdett sweeping the board in the relays. Paul, Roy and colleagues now go forward to the National Finals in October. Well done to everyone and good luck.

Carole Russell

### 1989 Kent Primary Schools Swimming Gala

Not to be confused with the above event, this competition was held in mid-May at Black Lion's swimming pool at Gillingham.

Alan Morley, James Littell and colleagues swam to victory in the Freestyle Relay whilst Heidi Green came 3rd in the Backstroke. Their performances brought them instant selection to represent Kent Schools against Surrey Schools in July where they acquitted themselves well.

As runners up in the Borough of Bexley Schools Netball Rally, Heidi Green and team mates went on to compete in the Kent Netball Rally at Chatham in May.

### London Mini Marathon

Lorraine Stevens, Rochelle Springham, Nicola Holmes, Tracey Dodson and Keith Walker represented Bexley when they participated in the London Mini Marathon in April. On top of being an experience of a lifetime, Rochelle raised a magnificent £500 for the Club in sponsorship. Well done indeed.

### Bexley Fun Runs, 4.6.89

With a record entry for the recent 7th running of this annual event in Danson Park, Bexleyheath, the number of E.D.S.C. members, Mums and Dads participating also eclipsed that of previous years.

During the course of the afternoon, the Club encampment around the 'E.D.S.C. tree' grew as the race programme continued to its conclusion with the Family Fun Run. Earlier, as the sun shone and the threat of rain abated, several younger Club members showed their mettle in the U11 and U15 Girls and Boys 1500 and 3000/4000m races respectively. A certain Matthew and Joanne Frost flew the Club flag in the first races of the day whilst in the latter, Miriam Hogan ran exceptionally well to finish a creditable 4th and just missed out on a trophy for her efforts. Miriam

Cont'd ...

was followed in by Penny Tuckfield, Angela Wilton, Alison Walker and Helen Parkhurst. In the following 4000 metres non-athletic mixed team race, the Club was intent on gaining a 'top 3' placing. Despite yours truly finishing 4th, Mark Russell 9th and the rest of the team of David Ryan, Ray Doherty, Luch' Romagnolo, Philip Rush and Jenny Newton placing well, it was possibly an unfortunate administrative error which robbed us of a trophy as our first scoring lady over the finishing line, (Luch') was accredited as a bloke in the race programme (!), something which was not brought to our attention until after the results had been collated. Not to be outdone, the younger Club members entered a team entitled 'The Teenyboppers'. For several of the entrants, this was to be their second but not their final race of the day and joining Miriam and Alison were Victoria Eaton, Laura Bedford, Rebecca Russell and Lorraine Stevens with Andrew Eastaugh, Mark Holmes and Paul Dodson making up the male contingent.

Although the event was open to all age groups, Miriam again showed the way home to many much older than herself.

Having already run once myself, it was with some trepidation that I joined John Murray in the next event, the Senior Open 10K race. The race followed a gruelling 3½ lap course around Danson Park and with over 400 entrants, I was reasonably pleased to hang onto a top 40 placing.

To round-off the afternoon, 1 lap of the park was sufficient distance for the hundreds of people of all ages, shapes and sizes that were inspired to 'have-a-go' in the Family Fun Run itself. This enthusiasm was also reflected in the Club membership and joining those who had already trodden a path around the park were yet more swimmers, many with their Mums and Dads too!

If you want any inspiration to take part in this event next year, here is a list of those who completed the 4000 metres distance and were awarded a medal for their efforts. Well done everybody....

NAME	TIME	NAME	TIME
Mark Russell	14mins. 17secs.	Mark Holmes	19mins. 27secs.
David Ryan	14 " 18 "	Julie ?	19 " 31 "
Sammy Hayes	14 " 20 "	Lorraine Stevens	20 " 14 "
John Murray	14 " 21 "	Tracey Dodson	20 " 45 "
Paul Dodson	14 " 24 "	Nicola Holmes	20 " 46 "
Trevor Holmes	15 " 00 "	Alison Walker	21 " 33 "
Miriam Hogan	15 " 27 "	Rebecca Russell	21 " 35 "
Chris Dodson	16 " 44 "	Carole Russell	21 " 36 "
Andrew Eastaugh	17 " 14 "	Chris Frost	21 " 37 "
Glenn Thackray	17 " 19 "	Paula Hudson	22 " 29 "
Keith Jones	17 " 20 "	Ian Bulmer	22 " 30 "
Matthew Frost	17 " 30 "	Nick Russell	22 " 54 "
Mick Thackray	18 " 53 "	Ruth Stevens	22 " 56 "
Philip Rush	18 " 59 "	Mrs. Newitt	23 " 45 "
Joanna Stevens	19 " 12 "	Rosemary Watkins	23 " 50 "
Miranda Newitt	19 " 14 "	Peter & Joanne	
Lorraine Newitt	19 " 24 "	Frost	24 " 21 "
Marnie Thackray	19 " 25 "	Maureen Holmes	28 " 10 "
		Joy Dodson	

Apologies if you were missed-out from this listing.

Dartford & District S.C. Biathlon

Participation in the Bexley Fun Run must surely have been an influential factor in the decision by so many Club members old and young, to enter the forthcoming Dartford & District S.C. Biathlon.

The event is to be held in and around the Dartford College Pool, (familiar to Wednesday nighters) throughout Sunday, 17th September and such has been the response from members that we will be able to field a total 12 teams.

As stated, these span all age groups and distances to be swum and run are set

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accordingly. Placings are taken on the aggregate times achieved for the completion of both disciplines, so it should be interesting to see how we fare as comparative novices against the likes of Dartford and other Clubs who have members who specifically train for such events.

If you wish to discuss any problems concerned with this event or require transport to and from the venue, please see John Murray, Jenny Newton or the 'Ladies-on -the -door'. P.S. All entrants are reminded to submit their £2.50 entry fee as soon as possible if, of course, you haven't already done so....

P.A.Frost

London to Brighton Bike Ride, 18.6.89

Here Mick Thackray relates a few memories of a long, long day....

The earliest rise for some time with a house full of people. Even Jill was up at 4.30! Lots more people down at the pool ready to get on the lorry, indeed more than I can remember from last year;

We just about get everybody on the lorry with Philip Essex from the pool staff getting jammed in last of all;

En route, Sammy Hayes gets soaked with stagnant water from the roof of the lorry; We arrive at Clapham Common to an incredibly colourful scene of hundreds of cyclists; Capital Radio's Russ Kane drives us all mad with his inane commentary as we prepare ourselves for the 'off';

A better start than last year and not catching as many traffic lights as last time; Passing through Tooting Bec I hear a 'phone ringing and see a middle aged man take a mobile 'phone out of the basket on his bike and proceed to answer it!

The first hill was easier than I remembered and I began to look forward to the rest of the ride;

How easily and quickly you lose all track of the other riders in the group and you end up riding alone;

Back to reality after seeing a girl face down in the road at Whyteleafe;

First main stopping point - I feel really good and go straight through the chaos as others pull over, some stop in the middle of the road and some fall off!

For the first time there are mobile marshalls going up and down the route on big green motorcycles looking very professional. It's good to know that you can get help quickly;

The half way point, Turner's Hill, and I stop after the long ride uphill. I eat a 'Mars' bar, drink my 'Lucozade' and realise how hot it's getting. I'm glad we started early. Coasting down the other side of Turner's Hill for about 3 miles really cools you down. Still feeling good;

I then come across Mick Russell at the side of the road struggling to get his chain back on again;

Walking out from behind a hedge after you know what only to see the two Trevors, Holmes and Gilbert with Pip Willcocks fly past wondering how the hell I got past them without being seen!

It's getting very hot now as I get nearer to the last big climb up Ditchling Beacon which rises some 850' in front of us;

Towards the bottom, I come across Marnie looking up at the hill but not looking forward to climbing it!

Off we set together walking towards the top and being amazed at the number of people who still had the strength left to ride it!

There were loads of people at the top lying about exhausted. We decided that the best thing to do was to get back on the bikes and finish the ride;

Six miles left, five of which are downhill I'm pleased to say!

The worst bit is Brighton itself where we have to deal with the traffic. There's just too many bikes and too much traffic;

Turn left along Madeira Drive, there's the sea and you're there. What a feeling when you see that E.D.S.C. banner and all the supporters who have travelled down by coach. Over the finish line at last remembering to get that form stamped by an official to prove you've done it;

Aplastic cup of iced water is the best thing I've ever tasted!

A long walk back along the prom. to find our supporters. A check to see whose finished

Cont'd....

in front of you; a loving kiss that shows that they're glad to see you're safe and then, surprise, surprise, the presentation of a medal! Everyone was in safe by 3.00p.m. although there had been a great sigh of relief when Sammy and Paula arrived last of all. We learnt later that Sammy had been delayed in a pub!

Into the sea for a swim - VERY COLD - mind the cramp!

As we picniced on the beach, more stories were swapped about various incidents; Time flew by and soon we were all loading our bikes onto the lorry following a double-edged attack by Jill and Carole Russell on a marshall to get permission to bring the vehicle onto the prom!

There was a long, hot run home, but I was in the bike lorry along with our 'Good Samaritan' Chris Dodson, without whom none of this would have been possible.

Just a few last thoughts: It was great to see even more in our team this year. Especially welcome were those ladies who haven't rode before. Will they ride again next year?

As I have mentioned, you have to be careful on this ride and keep clear of the idiots who overtake in the wrong places and purposely speed downhill. I hated seeing people come off and passing ambulances at two separate incidents brought me down to earth. Nevertheless, what a great day and what a great feeling to be part of the E.D.S.C. team.

Home to bed - and was I tired!

On an even more light hearted note....

Think back - What were you doing at 5.00a.m. on Sunday, 18th June? Tucked up in bed, cuddling teddy and dreaming of relaxing by the pool? Probably the furthest thing from your mind was the contemplation of a 58 mile bike ride in the sweltering heat.

A large bunch of crazy men and women began to assemble at Riverside for the annual London to Brighton Bike Ride, (the largest cycle ride in the world!). As the cyclists began to converge for the journey up to Clapham Common for the start, it became apparent that they were forming themselves into three very distinct groups; the 'Mounties', (mountain bikers) who stood around comparing gadgets and gears; the 'Racers', discussing techniques whilst putting the finishing touches to their waxed legs, (John Murray, who received a recent tip from Sean Kelly, waxed everything!). Finally, there were the fun cyclists whose prime objective was to drink the route dry.

At 5.30a.m., with bicycles and cyclists loaded onto Chris Dodson's truck, we set off for Clapham. Rumour has it that Mick Thackray was seen greasing Chris's hand with a five pound note. Guess who rode in the comfort of the cab?! The truck though did lack something - WOMEN! Where were they? Only riding in a luxury car to the start - an opportunity to put on make-up I believe! The ride to Clapham was an adventure in itself. The journey was only marred by the near mental breakdown of Sammy Hayes who saw Phillip Rush's bike gouge grooves into his recently resprayed frame.

We assembled at the start eager to get underway - but where was Mick Russell? Stupidly we thought Mick had adopted the conservative attitude and held back leaving the youngsters to fly off. Philip Essex, (changing room attendant), complete with picnic hamper, found a shady spot under a tree, sat down and tucked into his breakfast, an event which was to be repeated at regular intervals throughout the day.

6.45a.m. and we were finally on our way, except that is for Philip Essex who was left behind waiting for his toast to brown.

A few miles into the ride the real adventures began. John 'The Doctor' Burdett, complete with medical bag strapped to the back of his bicycle, adopted a steady pace ready to attend the roadside injured. Frank Rider was amazed how efficiently his bicycle cogs could mince pedestrians and hedgehogs. Ideas flashed through his head as to how a bicycle could be incorporated into the manufacture of sausages. Meanwhile, Trevor Gilbert, having spent weeks perfecting his motor driven mountain bike, was forced to revert to pedal power after he ran out of fuel.

Fifteen miles into the ride, John Murray, Mark Russell and I, believing ourselves to be in the leading pack, stumbled across Mick Russell. A later cross examination revealed that Mick had ducked under the start tape to obtain an early lead from the following hordes. A few miles later, Marnie came across Mick Russell re-enacting the film 'Bicycle Chain Massacre'.

But what of the ladies I hear you ask? Luch' and Jenny were very disappointed not to find a powder room en route. Chris Frost and Sister-in-law somehow managed to dispose of Peter. Simone Rider's eye liner ran and Nicola 'Hilda' Holmes lost her hat.

Come 10 o'clock, the sun really began to beat down. The ice cream sellers continued to do a roaring trade, Philip Essex having a prior arrangement for a '99' at each. After the exhilaration of the climb at Turner's Hill, the Pub at the top was a welcome relief for most. It was at this stage that we began to contemplate the conquering of the infamous Ditchling Beacon.

Philip Rush, Mark Russell, John Murray and Sammy Hayes adorned themselves with the title 'Kings of the Downs'. Peter Frost and I, for medical reasons, decided not to attempt, our consultant having advised us that our previous prolonged exposure to the smog of the City would result in our bodies not being able to adjust to the altitude. That's our excuse!

It wasn't long before we had the first casualty of the day, (that is apart from Mick Russell's bicycle chain). Glenn Thackray decided to test whether his head could survive the impact of a fall at 20m.p.h. The tests were conclusive - Glenn has a very hard head. Unfortunately, John Burdett arrived too late to administer first aid from the black bag. From Ditchling, it was practically downhill all the way. The first of our group turned onto the seafront and put on a special sprint for the benefit of our awaiting supporters. Unfortunately, the coach had not reckoned on some of the team being up there with best. No supporters! They arrived soon after and gradually one by one, our fellow cyclists came home to rapturous applause. The tandem riders, Barry Magness + 1 came home in style, not once, but twice, (she'd forgotten to load the camera!). Apparently, Barry's friend spent the whole journey describing the view to him as he pedalled along at the rear.

It wasn't long before everyone came in, that is apart from Sammy and Philip Essex. Perhaps Sammy was sharing Phil's picnic hamper? No, Sammy was delayed by opening time. He eventually staggered across the finishing line.

The best part of the day was then spent relaxing and burning on the beach.

Congratulations to Philip Rush for being voted 'Beetroot of the Day'.

It wasn't until departure time that Philip Essex appeared - cream tea at 4 o'clock I believe was the excuse!

Well, a great day was had by all. Many big thank yous' to the organisers and in particular to Chris Dodson for the truck. Well done to all those virgin riders. Remember sponsor money as soon as possible please....

Rob Game

### London Youth Games

Claire Conner and Lorraine Newitt received the honour of being chosen to represent Bexley in the London Youth Games held at Crystal Palace in July. Swimming in a 50 metre pool certainly turned out to be a whole new ball game!

In the same multi-event competition, Roy Burdett represented the Borough once again at Gymnastics and was rewarded with his highest ever placing of 5th. Roy's marvellous efforts helped the Bexley team into a Bronze medal winning position - Well done Roy!

### Orpington Supersports

After nearly three days of intense competition, the E.D.S.C. 'Yellow' team narrowly failed in their bid to retain the 'Supersports' trophy for the fourth consecutive year. Unflinching in defeat, John Murray, Bob Game, Trevor Holmes and colleagues took some rest, well-earned after battling through 23 different sports as diverse as squash, five-a-side football, steeplechasing and moto-cross, (plus swimming of course!).

The team would like to thank those members and Parents who came along to support them in their endeavours.

### Congratulations

Congratulations to both Angela Lapsley and Simone Rider for completing their Duke of Edinburgh's Bronze awards. They recently rounded-off the challenges set them with a week of hiking and youth hostelling on the Isle of Wight and in deepest Sussex respectively.

After three years hard graft at University, congratulations to Bob Game for passing his finals in surveying with flying colours.

P.A.Frost

## FORTHCOMING EVENTS

- SEPTEMBER Saturday 9th Away Gala at Hastings, (coach departs Riverside at 4.30p.m.).  
Sunday 17th Biathlon competition at Dartford College Pool.  
Saturday 30th 'Speedo' League Gala, (Round 1), (venue to be advised).
- OCTOBER Saturday 7th Away Gala at Worthing, (details to be advised).  
Friday, 13th - Sunday, 15th Proposed visit of Amsterdam S.C.  
Saturday 14th British Bakeries Centenary Trophy Gala at Riverside Swimming Centre, (details to be advised).  
NOTE CHANGE OF DATE  
Saturday 28th Away Gala at Basingstoke, (details to be advised).
- NOVEMBER Saturday 11th 'Speedo' League Gala, (Round 2).  
Sunday 12th Annual Gala Heats, (Freestyle and Butterfly), 4.00-7.00p.m.  
Friday 17th Annual Gala Heats, (Individual Medley), commencing at 8.00p.m.  
Saturday 18th Tudor 'B' League Gala at Eltham, (details to be advised).  
Sunday 19th Annual Gala Heats, (Breaststroke and Backcrawl), 4.00-7.00p.m.  
Friday 24th Annual Gala Finals -  
Diving Finals commencing at 7.00p.m.  
Individual Medley Finals commencing at 8.00p.m.  
Breaststroke Style at 9.00p.m.(approx.).  
Saturday 25th Annual Gala Finals Night at Riverside Swimming Centre commencing at 5.30p.m.
- DECEMBER Saturday 2nd Tudor 'B' League Gala at Eltham, (details to be advised).  
Saturday 9th 'Speedo' League Gala, (Round 3).  
Saturday 16th Tudor 'B' League Gala at Eltham, (details to be advised).
- 1990
- FEBRUARY Saturday 17th Supporters Trophy Gala at Riverside Swimming Centre commencing at 6.30p.m.
- APRIL Friday, 13th - Monday, 16th Proposed visit of Utrecht S.C.
- JUNE Saturday 23rd Anniversary Trophy Gala at Riverside Swimming Centre, (Provisional).
- SEPTEMBER Saturday 29th 'Speedo' League Gala, (Round 1).
- OCTOBER ? ? Proposed return visit to Utrecht, Holland.
- NOVEMBER Saturday 10th 'Speedo' League Gala, (Round 2).
- DECEMBER Saturday 8th 'Speedo' League Gala, (Round 3).

## APOLOGIES

The Editor would like to apologise for the late publication of this Newsletter due to other commitments. It is hoped that this has not detracted from your enjoyment of the reports etc. published within. In this, I am indebted to our many scribes, (a record number) who have provided many of the articles and snippets of information that appear within these pages. Contributions are always welcome and I have already started collecting for issue No.129!

P.A.Frost

P.S. Please make any report legible. Proof reading of the 'Swimathon' report has highlighted a mistakenly identified team title transferred into type!!