



NEWSLETTER



No. 129

DECEMBER 1989

SECRETARY'S NOTES

CLUB MEETING TIMES

For the benefit of newer members and beginners, please note that the Club operates at Riverside Swimming Centre 52 weeks of the year on the following days:-

SUNDAY - 4.00-6.00p.m. (from January 1990);
MONDAY - 9.00-10.00p.m. (older swimmers only);
TUESDAY & FRIDAY - 7.00-10.00p.m.

The only times we will not meet at Riverside are on public holidays or due to any circumstances beyond our control, (e.g. pool repairs).

So, during School holidays etc., you will always find us at Riverside carrying on as usual. We hope to see you as often as possible.

CHRISTMAS/NEW YEAR CLUB ARRANGEMENTS

Following on from the information given above, the Club will not meet at Riverside on the following days:-

Monday, 25th December;
Tuesday, 26th December;
Monday, 1st January.

Similarly, training sessions at Dartford College Pool will not be held on the following days:-

Wednesday, 20th December;
Wednesday, 27th December;
Wednesday, 3rd January.

Training will resume at Dartford on Wednesday, 10th January 1990.

SUNDAY TRAINING SESSIONS

As you have seen above, with effect from Sunday, 7th January 1990, we will be changing our Sunday training arrangements to a two hour session between 4.00-6.00p.m. We hope this will prove beneficial to all age groups by giving everyone the opportunity of more room and training at a time of day which should suit many others. Full details should already have been received by all members so why not start the new year off by supporting us in this new venture.

In 1989, we have witnessed some remarkable achievements by our swimmers and so, it is hoped that with this additional training time, we can continue to further improve the Club's standards and fortunes. Please make every effort to train at least 3 times a week to make these aims possible and don't forget that Dartford College Pool is available to all under 12's for extra training on Wednesdays during term time between 6.30- 7.30p.m.

A. Bedford

BEGINNERS ACHIEVEMENTS

The following Beginners from our October classes have successfully completed a width of the pool. Congratulations to them all:-

James Bates
Jenny Barnes
Stacey Bradford
Kris Carpenter
Emma Clarke
Andrew Cooper
Mark Cray
Hayley Craddock
Andrew Dockrie
David Easter

Emma Ewers
Jonathan Fairclough
Robert Fairclough
Alex Gee
David Harris
Katie Hayward
Zoe Hubbard
Kevin Jones
Lawrence Kennedy
Robert Keehan

Alexander Lally
Corrinne Lally
Nicholas Long
Matthew Morrell
Ann Marie Parsons
Kamal Phull
Alana Powell
Kevin Regan
Lawrence Sparkes
Liza Todd

Cont'd overleaf...

BEGINNERS ACHIEVEMENTS Cont'd...

Stephen Todd
Rajesh Upadhyaya
Danny Upcraft

Constance Wallington
Heather Wallington

Nicholas Watson
Esther Watt
Karen Weavers

Pam Bedford

B.S.C.A. AWARD SCHEME

The Club has for many years encouraged all swimmers to improve their personal best times, for all strokes, by aiming for the various levels - Bronze/Silver/Gold, set for these awards.

The youngest swimmers will gain the Bronze award in their best stroke by the time they are 10 or 11 years old. They should then aim to get the remaining Bronze stroke 'flashes', progressing in time over the years to Silver and then Gold standard.

For easy reference, the B.S.C.A. qualifying times are on permanent display on the Club noticeboard, (for the length of Riverside pool, read 36 $\frac{2}{3}$ yds./36.66 metres). If you swim in a gala at a pool of differing length, the times you achieve will be shown on the result sheets. However, you can only 'claim' a qualifying time for individual swims as the relay split times shown are approximate only. With all members competing in the Annual Gala events recently, many will have achieved these standards, perhaps for the first time. So, buy your badges at the table in the foyer today and aim for more at every opportunity in the future.

A.Bedford

'THANK YOU'

Pam and I were deeply touched by the wonderful surprise presentation at the recent Annual Gala where we received a magnificent lead crystal decanter beautifully engraved with the Club 'sea horse' logo. In addition, we also received a very large '21 Key' to mark the number of years we have spent at Riverside, helping in one capacity or another until in 1980, when we both took over our present responsibilities. Even after all these years, I find that in both the 1969 and 1989 Galas I was a placing judge!

Just for the record, Pam joined E.D.S.C. in 1955 and I followed in 1964, but our retired though still active former Club Coach, Mr.T.A.Davison, has been around for 40 years! Mr.Davison, (Alun) helped us again at this years' event and keeps the records from all of our Galas to determine the winners of, amongst others, the Anderson Trophy, Tudor Trophy and 'Speedo' Rose Cup - quite a task I think you'll agree!

A.Bedford

A CLUB TRANSFORMED

With the remarkable transition of our Club over the past few years, it proved interesting reading to look back just 10 years to 1979 and to our Annual Gala, held in September of that year. On that occasion, I compiled a list of Annual Gala 'best times' based on records dating back to 1973. This list was updated annually until superceded by our current Club records list.

AGE GROUP	DISTANCE (LENGTHS)	STROKE	TIME - GIRLS		TIME - BOYS	
			1979	1989	1979	1989
10 & U	1	Breaststroke	35.8	28.37	32.2	29.73*
"	"	Backstroke	35.9	27.49	29.7	26.10*
"	"	Freestyle	28.6	22.33	26.1	21.79
12 & U	1	Butterfly	28.2	22.77	28.7	22.54
16 & U	3	Backstroke	1.34.8	1.19.24*	1.25.0	1.13.70
"	"	Freestyle	1.18.0	1.06.34	1.13.4	1.00.46
"	4	I/M	2.13.3	1.48.25	1.54.2	1.39.82
OPEN	3	Breaststroke	1.41.2	1.28.23*	1.27.5	1.19.06*
"	"	Backstroke	1.31.2	1.19.24*	1.24.4	1.12.44*
"	"	Freestyle	1.16.2	1.06.34	1.06.2	59.45*

Cont'd opposite...

Although many of the events, distances and age groupings have changed over the years, of those that can be compared, the table opposite shows the very proof that with the extra training now available to us, along with the motivation and commitment shown by swimmers, the Club has experienced a dramatic transformation in these past few years. (*Club records actually set in 1989).

A. Bedford

ANDERSON TROPHY

As previously mentioned, Mr. T.A. Davison, our former Club Coach, has collated every swimmers' points tally from all Inter-Club galas, (non-league) held between September 1988 and July 1989. So, congratulations to Alison Walker who was this year's top scoring swimmer, receiving the Anderson Trophy at the recent Annual Gala. The 'Top 20' swimmers scores are listed below:-

1.	Alison Walker	190
2.	Lee Gilbert	157
=3.	Roy Burdett	151
	Zak Green	
	Luciana Romagnolo	
6.	Heidi Green	139
7.	Rebecca Russell	134
8.	Tracey Dodson	128
9.	Miriam Hogan	115
10.	Paul Dodson	108
11.	Claire Conner	102
12.	John Murray	100
=13.	Philip Rush	99
	Helen Parkhurst	
15.	Jenny Newton	98
16.	James Willcocks	97
17.	Marnie Thackray	85
18.	Ian Magness	84
=19.	Keith Walker	78
	Mark Walker	

ACHIEVEMENT AWARDS

Congratulations to the following swimmers who received the Club's most coveted awards at our recent Annual Gala:-

Girl's Progress Cup - Heather Fort

Boy's Progress Cup - Paul Nicholls

Swimmer of the Year (Girls) - Jenny Newton

Swimmer of the Year (Boys) - Sammy Hayes/Mark Russell

ROSE CUP

The Rose Cup is awarded to the boy or girl swimmer who attains most points for the Club in the three Speedo League Galas. This Cup is due to be presented to our top scoring swimmer on Club 'Fun Night', Friday 22nd December.

A. Bedford

PAM & ALLAN - AN APPRECIATION

With the 1980's rapidly drawing to a close, the recent Annual Gala seemed an appropriate time to make a special presentation and to honour two very special people without whose hard work and unswerving dedication to the Club over the past 21 years we have been at Riverside, we would not be revelling in this, the most successful year in our long history.

By now, many of you will be aware that for those two very special people, Pam and Allan Bedford, their involvement with the Club extends beyond the opening of Riverside in 1968. However, it is in that 21 year timespan, following an almost unbroken presence on the poolside and through their involvement with all aspects of Club life, that they have provided the firm foundations on which to build today's successful institution of which we can all be immensely proud of.

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PAM & ALLAN - AN APPRECIATION Cont'd...

How very different things were back in the heady days of 1968 when our membership had to squeeze themselves into a single 2½ hour session on a Friday night, galas were few and far between, anyone attempting to swim butterfly was given hero worship and the Social Section, another one of Pam and Allan's inspired ideas, was in it's infancy.

Together, the time they have devoted to the Club in those 21 years is incalculable, yet somehow, in addition to the thousands of hours spent at Riverside, they still manage to squeeze their own personal lives inbetween the many administrative duties that they carry-out at home, be it tending to the Club's finances, typing letters, making endless 'phone calls, ordering new swimming costumes or even to preparing those delicious cakes that are so popular with Club officials whenever they attend one of the numerous meetings held at No.120, Brook Street.

Many of you may be asking yourselves why do two people, quite voluntarily, devote such a large part of their lives to the running of our Club, undertaking such unglamorous, yet essential duties for it's well being? There are two reasons that I can immediately identify... Firstly, the immense satisfaction that they gain from teaching young children to swim. Indeed, in those 21 years at Riverside, Pam and Allan have taught nearly 4000 boys and girls and are now in fact teaching a second generation of youngsters whose Parents themselves learnt to swim under their direction 20 or more years ago. Secondly, and perhaps of more significance than ever before, they also derive satisfaction in the knowledge that the Club continues to provide so many young people with the fitness, discipline and character building that can so often place them head and shoulders above their contemporaries when they step-out into that big wide world.

By anyone's standards, 21 years is a very long time to have been involved with any one organisation. May I add my own personal thanks in appreciation of what your hard work and dedication has accomplished and, with our support, will continue to do so as we step into the 1990's.

P.A.Frost

COMPETITION RESULTS

Gala at Hastings 9.9.89

This was the first occasion that we have been to this complex as memories were drawn to an older venue, somewhere else in Hastings.

This Gala was not particularly memorable and we ended up in 3rd Place behind Hastings and Leander.

Wins were recorded by our Girls 16 years & under Freestyle relay squad, (Claire Conner, Miranda Newitt, Tracey Dodson and Suzie Groce) and also our Girls 12 years & under Freestyle relay squad, (Alison Walker, Penny Tuckfield, Heidi Green and Sasha Rider).

We also recorded numerous 2nd Places but we were unable to catch Leander.

<u>Result</u>			
1st	Hastings	297	pts
2nd	Leander	273	pts
3rd	Erith	258	pts
4th	Hythe	192	pts
5th	Ashford	167	pts
6th	Folkestone	97	pts

Gala at Orpington 23.9.89

It was decided to take this Gala at very short notice, firstly to help out Orpington S.C. and secondly, because the events were the same as in the 'Speedo' League, it gave an opportunity for the competing clubs to try out their 'Speedo' teams.

Although we knew that we had no chance of any success against Orpington or Bromley, it gave us an idea of how our swimmers would fare in the first 'Speedo' league gala which was to be held at Lewisham the following weekend. As they had a spare lane, it was also an opportunity to give a run out for two squads.

Cont'd opposite...

Helen Parkhurst was our only individual winner and she was also successful in the Girls 13 years & under Freestyle squad together with Alison Walker, Sasha Rider and Heidi Green. Sammy Hayes was still attempting to break that elusive sub 60 second barrier for 100metres Freestyle.

<u>Result</u>			
1st	Orpington (Gold)	278 pts	
2nd	Brighton	205 pts	
3rd	Erith (1)	170 pts	
4th	Orpington (Black)	169 pts	
5th	Orpington (White)	96 pts	
6th	Erith (2)	93 pts	

T.C.Holmes

'Speedo' League Gala Round 1 Ladywell Baths, Lewisham 30.9.89

This was the first gala in the new 'Speedo' League Season and what a good start we made.

The pool, very much like our own, really suited us and we enjoyed an excellent all round performance.

I rate this gala as probably the best we have ever swum since I have been selecting teams for Erith. Although only three first places were recorded by us, a solid performance was shown by the whole team to push us into second place.

Well done everybody!

Coincidentally, the winning team, Greenwich Borough Mariners had two star performers who learnt to swim with us at Erith.

<u>Result</u>			
1st	Greenwich Borough Mariners	223 pts	
2nd	Erith	151 pts	
3rd	Bracknell 'B'	147 pts	
4th	Newbury	118 pts	
5th	Eastbourne 'B'	105 pts	

M.J.Thackray

Gala at Worthing 7.10.89

Again, this was a venue that we had not visited before, resulting in competition against teams that we had not previously met.

However, it proved to be a two horse race between us and the Isle of Wight team, and we were only pipped to first place by a silly disqualification, mainly through a lack of concentration. So please remember swimmers - at the end of a race, stay in the water until you are told to get out by the Referee.

On the brighter side, we recorded 7 first places including individual wins from Heidi Seal, Claire Conner (2 wins) and Tracey Dodson and our usual crop of relay successes featuring Helen Parkhurst (twice), Rebecca Russell, Laura Bedford, Alison Walker, Lorraine Stevens (twice), Tracey Dodson (twice) and Claire Conner (twice).

You will be interested to learn that we have accepted an invitation to visit the Isle of Wight in 1990, (see forthcoming events).

<u>Result</u>			
1st	Isle of Wight	209 pts	
2nd	Erith	205 pts	
3rd	Worthing	187 pts	
4th	Littlehampton	185 pts	
5th	Bognor	165 pts	
6th	Chichester	72 pts	

Visit of Het"Y"/British Bakeries Centenary Trophy Gala 14.10.89

Much will continue to be spoken of or written about the visit of Het"Y" back in October. It now seems very strange how a simple idea rapidly involved into the actual weekend. It all began following a gala at Basildon earlier this year. There we met with a German swimming club who annually arranges competition with the host club. On their suggestion, I began to scan the pages of the 'Swimming Times' where I noted that two Dutch swimming clubs wanted to visit England and were especially looking for host clubs in the London area. And so the correspondence began and following a hectic spell where letters, 'phone

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Visit of Het"Y" Cont'd...

calls and 'faxes' were to-ing and fro-ing across the North Sea, we were delighted when both Clubs accepted our offer - Het"Y" from Amsterdam and Utrecht S.C.

More correspondence followed and as the days flew by, so the time finally arrived when we travelled up to meet our new friends off the Harwich ferry. Allan Bedford and yours truly formed a reception committee only to find that the boat was going to be delayed by over an hour. We decided that whilst we were waiting, we would go on a 'Peter Frost ' type of ramble around the streets of Harwich, nearly losing our way in the process! After seeing the ferry steaming it's way into dock, we quickly retraced our steps. As their team coach disembarked, Allan helped them to identify our presence by placing the Club lane marker on the roof of his car. Following introductions to many of the Het"Y" squad, I travelled back to Erith on their coach. This proved very interesting trying to understand their language but in the end, I found it not to be too difficult.

Once at Erith, the Social Section took over until Saturday evening, (their events are chronicled elsewhere in this Newsletter).

The Saturday evening British Bakeries Centenary Trophy Gala proved to be somewhat of a headache at the start as the Dutch team officials had interpreted the competition somewhat differently to everyone else. As yet, we have failed to understand how they run their galas but we believe it may be on an Open meet basis. However, it became a very one horse race for the winners Basildon but it was a very close battle between Het"Y" and Erith, with Het"Y" eventually pipping us for 2nd place. It was obvious that Het"Y" did not have sufficient swimmers, so they elected to borrow one of ours and instantly, Katie Attridge became their mascot, (didn't she do well!). Roy Seal was also seconded to the Dutch and after meeting all those very nice young ladies, he has not been the same since!

Due to a late drop-out from one of the visiting teams, we were able to swim two squads. This also allowed several Dutch swimmers the chance to take part by using this lane too. Our winners included Marnie Thackray, Bob Game, Lorraine Newitt, Philip Rush, Luch' Romagnolo, Sammy Hayes, Jenny Newton and John Murray in the Open Freestyle Squadron relay with Helen Parkhurst and Roy Burdett gaining individual victories. Our other winners were Jennifer Attridge, Heidi Green, Sasha Rider and Alison Walker in the Girls 12 years & under Freestyle relay. In the end, the Gala received favourable comments from all concerned and trophy presentations were made to all teams as a souvenir of the event regardless of their finishing position.

<u>Result</u>			
	1st	Basildon	236 pts
	2nd	Het"Y"	213 pts
	3rd	Erith 'A'	207 pts
	4th	Beechfield	203 pts
	5th	Dartford 'B'	144 pts
		Erith 'B'	D.N.S.

The final day of the Het"Y" visit was also very entertaining, especially the Disco which will live in our memories for ever. By this time, we had all become very good friends with certain affection being felt by both parties, (this alone would make very interesting reading if we were to publish details!).

I would like to take this opportunity to thank firstly Allan for spending so much time chasing up swimming clubs. Secondly, the Social Committee for the entertainment side of the visit and finally, but most importantly, to you, the Parents, who put yourselves out to be host to our Dutch friends for the weekend. A questionnaire has been given to all our host families and we will publish the findings shortly. The initial opinion is that everyone was well behaved and all enjoyed themselves. Any modifications necessary to the itinerary and programme will take place before the visit of Utrecht S.C. next Easter. As you know, we have been invited back to Amsterdam in October 1990 but obviously, as we have already stated, we cannot guarantee who will be going. We trust that people will understand the situation we find ourselves in, both in team and official selection.

T.C.Holmes

Inter-Borough Junior Age Group Gala at Eltham 20.10.89

This annual event, for which, over the years, Bexley S.C. have always supplied a team for, was offered to us on account of the fact that the Bexley club was involved in it's 21st Birthday celebrations.

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The programme, set by Greenwich A.S.A., had some some difficult rules, for example, swimmers were not allowed to compete in an older age group. Our youngsters however swam their hearts out but owing to strong teams fielded by Bromley, (mostly Beckenham and Orpington S.C. swimmers) and Greenwich, (principally composed of Greenwich Borough Mariner members) they were just pipped for first place on several occasions. However, in the 32 event gala, we managed 12 'seconds' and 16 'thirds' and swam all events without disqualification. Many thanks to all Parents and swimmers for turning up at Eltham for the 6.00p.m. start.

<u>Result</u>	1st	Borough of Bromley	217 pts
	2nd	Borough of Greenwich	176 pts
	3rd	Borough of Bexley	151 pts
	4th	Borough of Southwark	104 pts

A very creditable performance!

N.B. It is still hoped that one day, a team drawn from E.D.S.C. and Bexley S.C. will be able to represent the Borough.

A.Bedford

Gala at Basingstoke 28.10.89

Unfortunately, the only thing worth reporting about this gala was the rather eventful journey to Basingstoke. With the high winds which buffeted the coach on the way there and back, it was a wonder that none of the swimmers were seasick! As regards the gala, how can a Club win nearly half of the events and still come last! Well, that's what happened as we were regularly disqualified for swimming too fast! The sight of Lee Gilbert virtually doing 'doggy paddle' was something to be seen! Just how do you tell a swimmer to slow down when it is in their nature to swim fast? To select this team, it took Mick and Jill Thackray plus myself a whole evening with a calculator to make some sense of the times required. However, we will not be going to this type of gala again!

<u>Result</u>	1st	Basingstoke	150 pts
	2nd	Fareham	148½pts
	3rd	Bracknell	147 pts
	4th	Erith	123½pts

T.C.Holmes

'Speedo' League Gala Round 2 Riverside Swimming Centre, Erith 11.11.89

We were delighted to be drawn at home for this, the second gala in the 1989 'Speedo' League series. It gave us the opportunity to show everyone that we could organise an important gala and run it well - which we surely did.

In addition, we were asked to host swimmers from Jersey S.C., and with our recent experience in this field, we managed this successfully too! A big 'Thank You' to all our host families.

For the Gala itself, few changes were made from our first 'Speedo' gala team but, because of our high position in the league, we were drawn against some strong teams. This obviously spurred us on for in one night, 6 Club records were broken topped by Sammy Hayes' magnificent swim to break the 1 minute barrier for 100 metres Freestyle, the first person in Club history to do so. Another good all round performance gave us a well deserved 4th place.

	1st	Greenwich Borough Mariners	225 pts
	2nd	Jersey	221 pts
	3rd	Gravesend & Northfleet	186 pts
	4th	Erith	163 pts
	5th	Windsor	136 pts
	6th	Hythe	101 pts

Tudor 'B' League Gala at Eltham 18.11.89

This was the first gala in the 1989/90 Tudor 'B' League series and with an earlier start

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Tudor 'B' League Gala Cont'd...

time plus two new teams, it is going to be an interesting season. It was nice to give some less experienced swimmers the opportunity to compete and also nice to see them do well. Our younger boys were all conquering as usual and it is good to be able to swim two relay teams in this age group of nearly equal ability. Good swims by Zak Green, Eleanor Beeke, Hannah Spencer and Martin Eastaugh with 1st places helped us into a joint 2nd position with Dartford, with new Club, Bromley, a mere 4 points ahead.

<u>Result</u>	1st Bromley	202 pts
	2nd= Dartford	198 pts
	Erith	
	4th Greenwich	133 pts
	5th Eltham	96 pts

M.J.Thackray

Tudor 'B' League Gala at Eltham 2.12.89

The contemptible manner in which Addington S.C. decided to withdraw from the league has left us with a spare lane to fill in the remaining galas. As a result, we were able to field two teams in this gala giving the opportunity of competition to both experienced and not so experienced swimmers. The opposition must have wondered whether we were trying to take over the whole pool as our swimmers and supporters together packed one side of the gallery whilst, in the water, on several occasions it boiled down to a battle between our 'Red' and 'White' team members as to who would touch first, leaving the rest trailing in their wake. For the likes of Dartford and Greenwich, this should certainly put all doubts to rest that we are unable to field an entirely separate 'B' team. Incredible although it may seem, the 'Red' team, (scoring) won 23 of the 43 events and it is even more suprising to note that, taken on a time basis, had the 'White' team been scoring too, they would have beaten the 'Red'! In the 'Red' team, the advent, (no pun intended!) of two 'new' swimmers, Natalie Wells and Wayne Maunders, onto the competition scene was particularly pleasing. Similarly, 'first-footers' of those I can recognise in the 'White' team were Aaron Shone, Des Keehan, Lindsey Smith, David Palmer and Eleanor Hogan. Well done to all swimmers.

Following our defeat at the hands of Bromley in the 1st gala, the scene is now well and truly set for a real battle for the Tudor Trophy.

1st Erith	221 pts
2nd Bromley	198 pts
3rd Woodside & Thornton Heath	175 pts
4th Greenwich	158 pts

'Speedo' League Gala Round 3 Sevenoaks 9.12.89

Cheer up everyone - it's Christmas! Yes, I know that the bitter pill of defeat seems all the harder to swallow when we'd all brainwashed ourselves into believing that anything short of victory was really unthinkable. The result of this gala can be seen as a mere blip on our continuing uphill road to success so a few well chosen words here may help to dispell the intense disappointment felt by so many swimmers and Parents at the end of this competition.

Let me start by saying that this was in fact one of the finest galas we have ever swum in a 25 metre pool, the usual achilles heel, our turns, not letting us down on this occasion thanks to the recent practice our swimmers have gained from using Mr.Beaney's patent turning boards. However, several swimmers were still suffering the lingering after effects of the dreaded lurgy, ('flu) and whilst there was drama both in and out of the pool, this unfortunately did little to help our cause. All was not lost - far from it. There was many a quality race that had yours truly hanging over the gallery balcony performing his usual antics in an attempt to urge our swimmers on and leave opposing spectators of the opinion that I should be confined to a padded cell! Indeed, in the Mens Open Freestyle, Sammy Hayes' 'blast' from 5th to 2nd place in the space of the final length, caught everyone napping and whilst most had already resigned themselves to the delights of their 'Cornetto' ice creams, in another fit of 'gentle encouragement', it was my wife, Chris who pointed out that the sight of my eppiglottis had sent Bracknell's female team manager into apoplexy. Ah, now I know why there was a two seat exclusion zone around me! Sorry, I digress. Back to the swimming....

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'Speedo' League Gala Cont'd...

Our youngsters were again magnificent and the Boys 9-11 years Freestyle relay team of Ian Magness, James Lawrence, Trevor Jones and David Ellingford recorded our first win of the evening with Trevor later going on to record two superb individual wins in the Freestyle and Breaststroke events. Equally impressive was Hannah Spencer's victory in the Girls 10-11 years Breaststroke. For me, perhaps the most heartening result of the evening was Heidi Seal's well paced victory in the Girls 13 years & under Breaststroke. Unfortunately, the two disqualifications in Events 41 and 42 really put paid to our chances of keeping pace with Sevenoaks and despite a glimmer of hope following victory in the Ladies Open Medley relay, featuring Tracey Dodson, Claire Conner, Susie Groce and Luch' Romagnolo, we finished the gala in third place behind Bracknell. This was somewhat ironic as they had overturned us by the same four point margin that we had beat them by in the earlier Round 1 gala at Lewisham. They were no doubt still on a high following the recent news that their top Club member, Sharron Davies, had just been elected Captain of the England Commonwealth swimming team. Our swimmers should in no way despair as we have competed against a rejuvenated Sevenoaks side. Congratulations to them following many years in the doldrums after their old 'pool on the hill' was condemned and demolished.

Although at the time of writing I do not know how this result will affect our final position in the 'Speedo' League, I'm sure we can do even better next year, (especially if G.B.M. have gained promotion and are out of the way!). I know one thing for sure - the 'Speedo' League makes compulsive viewing and I'll be there to cheer our own swimming stars on in my own inimitable way!

<u>Result</u>	1st	Sevenoaks	206 pts
	2nd	Bracknell 'B'	192 pts
	3rd	Erith	188 pts
	4th	Seagulls	156 pts
	5th	Slough Dolphins	140 pts
	6th	Eastbourne 'B'	129 pts

P.S. Swimmers take note - We're back at Sevenoaks next February!, (see Forthcoming Events).

P.A.Frost

SOCIAL SECTION NEWS

'Sunkist Can Challenge'

A big 'Thank You' to all Club members who participated in this our second 'Can Challenge', in an attempt to cram as 1 and 2p coins into an empty soft drinks can. There were prizes on offer to the three members who could squeeze as much copper coins into their cans as possible. The results were as follows:-

- 1st Prize (Personal Stereo Cassette) - Tracey Dodson (7.73 collected)
- 2nd Prize (Voucher) - John Burdett (£7.50 collected)
- 3rd Prize (Voucher) - Clive Allford (£7.33 collected)

In total, this fund raising event realised £297.41 for Club coffers.

Bexley Donkey Derby 28.8.89

Again, although the event is now little more than a memory, a big 'Thank You' to all Parents and members who either donated items or assisted with our Bric-a-brac stall at this annual August Bank Holiday Monday event. A special thank you to Chris Ellingford for the lengths she had to go to obtain the rodeo horse. This side show proved both appropriate and successful, being a major contributor to an overall profit of £160.62.

Annual Gala Raffle

I'm fast running-out of 'Thank You's', but Parents and members alike should know that they really excelled themselves on this occasion, your support confirming this to be

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Annual Gala Raffle Cont'd ...

the single most profitable fund-raising event in the Club calendar. The £472.30 profit, a magnificent sum, speaks for itself. It far outstripped all previous records and even left those on the Social Committee somewhat shell shocked!

I remind you that the monies raised will help subsidise next year's proposed return visit to Amsterdam's 'Het Y', so your efforts will certainly not have been in vain. Well done and thank you again.

P.S. A nice note to finish on ... the 1st prize of £150 went to a Mr. Cornell who was highly delighted to learn of his winnings as he had just got engaged!

New Year's Eve Family Celebration

Why not celebrate a memorable 1989 and see in the new decade in style by joining us at Carlton Hall, Bexley Road, Erith on New Year's Eve, (Sunday 31st December) between 8.30 p.m. and 1.00 a.m. Fun is guaranteed for all, with a picture quiz and a 10th anniversary 'row' for all those who like getting their backsides dirty! Intrigued? Well, tickets are available at £2.00 each, but hurry, as they're selling fast!

Ice Skating

The Social Committee have pencilled in an Ice Skating outing to the Gillingham Ice Bowl on the evening of Thursday 22nd February. This date falls during school half term and so should again prove popular. Please keep your eye on the Club noticeboard for the announcement of full details in the New Year.

P.A.Frost

OTHER NEWS

Bike Ride Sponsorship

Collecting promised sponsorship monies can sometimes be an onerous task, especially when many people disappear on their holidays during the summer. Nevertheless, that intrepid group of Club Cyclists who participated in the London to Brighton Bike Ride way back in June should be given a pat on the back for raising a total of £2,250.00 in aid of the British Heart Foundation. Well done all.

Not content with riding from London to Brighton, David Ryan, our cyclist extraordinaire, participated in October's London to Paris, (yes, Paris!) cycle ride. Details are sketchy, but I understand that of the two, it was the bike that rather came off the worse for wear from this experience.

Anyhow, on the last occasion that I spoke to David seriously, he was in the throes of preparing for his first parachute jump. Maybe Dave would like to elaborate for us?!

Well Done

Having followed the progress of Roy Burdett and Paul Dodson through the various stages of the National Schools Swimming Championships they met particularly strong opposition when they swam in the recent finals held in Bournemouth. Their efforts as members of both the 4x1 Freestyle relay and 4x1 Medley relay teams just failed to earn them medals. Anyhow, two 4th places in this competition is a very creditable performance. Well done both of you.

Many of you are aware of Roy's gymnastic skills so it came as no surprise to learn of his success at the recent National Gymnastic Championships in Shropshire. His performance in the various disciplines was sufficient to earn him 9th place in a field of more than 30 boys in his age group.

However, in the team competition, Roy's efforts helped them to victory for the second successive year. Well done again.

Jane Palmer and our new breaststroke record holder, Trevor Jones were not content to let swimming take a back seat whilst holidaying on the Isle of Wight this summer. They both entered respective races in this year's Shanklin Regatta and although swimming against opposition several years their senior, Jane came 3rd in her 50metre Freestyle event whilst Trevor was 2nd in the boys event.

Sheppey Triathlon - Sunday 1st October 1989

The E.D.S.C. team consisted of Bob Game, Dave Ryan and John Murray. In this event there was to be no break between the swim, bike and run!
The Triathlon started with a half mile sea swim at Sheerness in nil visibility. The water temperature was about 55°F (and felt *?#!* freezing!) and it tasted even worse! There were about 150 competitors and the event was started in 3 groups of 50 with everyone running down the beach and into the sea. We somehow managed to get ourselves entered in amongst the first group of Elite Triathletes!!
However, come the end of the swim, all 3 of us were in the top ten, (Dave would have been better placed if he hadn't started swimming off towards Holland!).
A quick sprint up the beach, on with cycling shorts and off on a 15 mile bike ride, (still dripping wet.) Dave stormed round in one of the quickest times closely followed by myself and Bob. (Don't ever let anyone tell you that the Isle of Sheppey is flat!)
On completion of the bike section, it was on with the running shoes and off on a 4½ mile run along the sea wall at Sheerness, (what a scenic route!) including a lengthy section on the pebbly beach. An onshore gale was the last thing we wanted. Nevertheless we all managed to maintain our positions in the run, with Dave Ryan finishing 36th, myself 43rd and Bob Game 58th.
Any more volunteers for next year?!

Dartford Triathlon - Sunday 12th November 1989

This was the Club's first venture into Biathlon Competition (swimming and running). The E.D.S.C. entered 16 competitors in various age groups although this number would have been far higher had the event not been postponed from it's original October date. The swim took place at Dartford College Pool with each age group swimming various distances. The cross country run was held a short distance away at Wilmington Grammar School for Boys.
In the Mens 19-35 years age group Bob Game, Peter Frost, Steve Watkins and Dave Ryan all swam well over the 300m, with Steve recording the fastest time of the day.
In the 4000m run, Bob recorded the fastest time of the day, closely followed by Peter.
The Ladies 19-35 years age group saw Jenny Newton, Luch Romagnolo and her cousin Alison in action. Luch recorded the fastest time in the 200m swim and all 3 ran well on a wet and muddy cross country course.
In the U.13 Girls we were represented by Heidi Seal and Penny Tuckfield. Their age group had a very large entry (41). Penny recorded an excellent 100m swim time, whilst in the run Heidi posted the 2nd fastest run time of the day in her age group.
In the U.13 Boys, both Dagan and Jay Barnes and Steve Willcocks all swam and ran well against tough competition in an age group that also had a large entry, (35).
The 'highlight' of the day however, saw three finely tuned athletes in action - Trevor Gilbert, Roy Seal and Kevin 'Digger' Barnes, competing in the Mens Over 35 years age group. Kevin recorded the fastest swim time of the Erith contingent in a close heat, with Roy and Trevor just 'happy to finish'. In the 2000m run, if their training schedules were to be believed, expectations were high for some fine performances. In the event, Roy recorded an excellent time (one of the fastest of the day), with Trevor close behind and Kevin finishing well.
Although our Mens and Ladies team collected team and individual awards, I hope everyone who competed enjoyed the day, even though the rescheduling of the event meant that it clashed with the first of the Annual Gala Heats.
The Club is hoping to enter similar biathlons in the near future, to give all those who couldn't compete this time another chance! (Ladies over 35 years too!!)

John Murray

Congratulations

It is most pleasing to report that the ranks of qualified teachers present on the poolside has grown by a factor of 3 following confirmation that David Lawrence, Sue Palmer and John Burdett all passed their A.S.A. Preliminary Teachers Awards. Our congratulations to David, Sue and John.
Just think, a mere 6 months ago David was just a humble street collector in the Dartford Carnival. What a transition!

Cont'd overleaf...

Congratulations Cont'd ...

I am sure you will join me in wishing the best of luck to Carole Dudley and Roy Seal who are in the midst of taking examinations that will take them to their A.S.A. Teachers Awards.

Congratulations to Andy Callard, erstwhile Club swimmer, turned international weight-lifter, who has qualified for the team to represent England at the forthcoming Commonwealth Games in Auckland, New Zealand in February.

Conincidentally, Ben Offner, another of our top Club swimmers from the 1970s, recently paid us a surprise visit whilst on holiday from New Zealand where he is now domiciled.

"The greatest weekend in Club history" - The visit of Het"Y"

"The greatest weekend in Club history" - Mick Thackray's simple, yet succinct statement that summed-up the true feelings of all Club members and Parents that had just experienced 48 hours of pure magic as hosts to our new found friends from Holland. It was those 6 words that were met with a tumultuous cheer from everyone present at the Farewell Disco, arranged to conclude the visit of our Dutch guests from Het"Y". It signified that the two days had indeed been an outstanding success. Interestingly, music is oft quoted as the medium which can so often cross the barriers between people regardless of their colour, race or creed.

If any had existed, then such misconceptions were swiftly dispelled following the arrival of the Amsterdam based team at Riverside on the Friday evening. Although this was Het"Y"'s first visit to the U.K., they had already experienced several years of exchange visits on the Continent and if they were not to go-away feeling disappointed, then our organisational skills were going to be put to their sternest test yet.

An excellent buffet in the pool Clubroom provided the perfect ice-breaker from which to find out a little bit about our Dutch guests. Firstly, we were surprised how well everyone had mastered English and secondly, it provided an inobtrusive way in which to introduce them to their elected host families. In this, some unusual, if not novel sleeping arrangements had been concocted to make these plans workable. For some of our younger members, this was going to be just as much an adventure for them as for those in the visiting team!

A large percentage of the weekend activity relied heavily on the weather being kind to us and thankfully, Saturday dawned bright and sunny. Het"Y" had requested a London sightseeing tour and we duly responded with a traditional red double deck bus, the overspill following on behind in the Dutch team coach. Mr.Piele Snr. and yours truly became guides for the remainder of the morning. Fully genned-up, the driver promptly decided to take us on a route not previously prepared for, leaving us to make do with the historical infill as best we could. Although the use of the London bus may have been lost to some of our visitors, they soon found the relative sanctuary of the upper deck an ideal place from which to hurl derision at every London 'bobby' we passed! Funny how our foreign friends react to things that seem so familiar to us.

The tour proved to be a little too long and for many, the preoccupation turned to finding the nearest available loo! There was also disappointment when our guests learnt that we were not going to let them loose on the West End shops. There was simply no way we could guarantee that nobody was going to get lost!

Back home and it was time for lunch. If any Mums thought that their cuisine was not being fully appreciated, we didn't at that time realise that the Het"Y" swimmers have a strict dietary regime in the hours before an important gala.

And so it was back to the pool for the evenings' British Bakeries Centenary Trophy Gala. Although the details of the competition are related elsewhere in this Newsletter, the bonds of friendship were further sealed by the generosity of Basildon S.C. who presented their own trophy as a memento of the meeting. It was perhaps symbolic then that the winning Club should make this gesture as it was they who first put the idea of an exchange visit into our heads. Mark, one of the older Het"Y" swimmers, decided that he would thank the Girls Captains of the competing Clubs in the only way he knew how!

The next problem arose when the word spread through the Het"Y" camp that after the gala, the older members were being invited by their hosts to 'Zen's' nightclub in Dartford. Nothing wrong in that, except that nearly everybody wanted to go! The Dutch have a far more liberal attitude and think nothing of letting their youngsters out and into the small hours. An uneasy situation was quickly dissolved by Kitty, the senior Het"Y"

Cont'd opposite...