



NEWSLETTER



No.130

MARCH 1990

SECRETARY'S NOTES

ANNUAL SUBSCRIPTIONS

A reminder that Club membership fees become due on the 1st April. We are pleased to announce that there will be no increases in these fees. Payment can be made by either one instalment of £30.00 or by two 6 monthly instalments of £15.50. Early payment would be appreciated.

SUNDAY TRAINING SESSIONS

Thank you for your wonderful support of our revised training sessions on Sunday afternoons. All members are welcome to attend. The session for our younger swimmers runs from 4.00 - 4.50p.m. and for our 'top group', from 4.50 - 6.00p.m.

EASTER POOL ARRANGEMENTS

Riverside Swimming Centre The pool is closed on Good Friday, (13/4/90) and Easter Monday, (16/4/90). However, the pool is OPEN on Easter Sunday and as this coincides with the visit of Utrecht S.C., our Dutch guests are invited to join us in the later training session.

Dartford College Pool This pool is closed on Wednesdays 11th and 18th April and reopens for training on Wednesday, 25th April.

CHANGING ROOMS

Recently, we have had a number of instances of watches being stolen along with bags and clothing being thrown around the boys communal changing rooms. Any person found either stealing or interfering with other peoples belongings will subject to suspension or dismissal. We strongly advise everyone to place their belongings in the metal '10p' lockers after changing as we cannot take responsibility for any items lost, stolen or damaged.

LOST PROPERTY

This is a perrenial problem which is especially bad after we have held races on Friday nights, when a collection of clothing etc. is often left on the poolside. We have many excellent items of clothing, even watches and these often go unclaimed! Items of clothing are now kept for 3 months before disposal as we cannot continually keep bringing them back and forth to the pool. Any clothing with a name in it can easily be returned to it's rightful owner. So be wise - please put your name on your costumes, towels etc.

A.Bedford

BEGINNERS ACHIEVEMENTS

Congratulations to the following Beginners who have completed 1 width of the pool:-

Joanne Ashton	Laura Goode	David Parsons
Laura Belcher	Lyndsey Hartland	Tony Powell
Holly Cantwell	Mark Huckstepp	Lee Scott
Gemma Constable	Alan Hyland	Kelly Shipston
Laura Dorney	Natalie Kempshall	Edwin Tang
Sarah Fletcher	Anna Lebar	Vicky Taylor
	Kyra Oates	

Congratulations to the following Beginners who have completed 1 length of the pool:-

James Bates	Emma Ewers	Laura Goode
Kris Carpenter	Jonathan Fairclough	Katie Hayward
Laura Dorney	Robert Fairclough	Alan Hyland

Cont'd,overleaf...

BEGINNERS ACHIEVEMENTS Cont'd.

Lawrence Kennedy
Ann-Marie Parsons
Kevin Regan

Lee Scott
Liza Todd

Stephen Todd
Constance Wallington
Heather Wallington

PRE-LIM. COACHES COURSE

As some of you are probably aware, Mick Thackray, Buck Ryan, Rosemary Watkins and myself have, for the past seven weeks, been going through our paces on the above course. It is a course designed to put us on the first rungs of the Coaches ladder. We've all learnt a lot as you've probably noticed by the schedules which Mick has produced recently. We hope that you will find your swimming more enjoyable as a result. Our thanks go to all the swimmers who came to Dartford pool to act as 'guinea pigs' for the duration of the course. Without you, there would not have been a course and I'm glad to say that we have all passed, (Well done! - Ed.).

Pam Bedford

THANK YOU

Very many thanks to Roy Seal for arranging for the services of a carpenter to make our splendid new display case in the pool foyer. Currently on display are mementoes from the Net"Y" visit last autumn although we propose to change the items on show from time to time. This, together with our new poolside 'Nobo' schedule board, will shortly be complemented by a large Timer/Clock to replace that presently in position.

SPRINT TROPHY/POINTS CUP RACES

The recent Sprint Trophy races were very well attended with just a few noticeable absentees. All swimmers should again make every effort to swim the forthcoming Points Cup races. Whilst our younger members will gain valuable competition experience, team selection can only be made with up to date times for all other eligible swimmers. Similar to the Sprint Trophy, all Points Cup races are on Friday evenings commencing at 8.00p.m. The dates are as follows:

- 30th March - Frontcrawl
- 27th April - Breaststroke
- 18th May - Backcrawl
- 22nd June - Butterfly
- 6th July - Individual Medley

At the recent Club A.G.M., the Sprint Trophies were presented to the swimmers who had accrued the highest number of points for the five races. Congratulations to Heidi Green and Robin Parkhurst, winners of the Girls and Boys trophies, and to Jenny Newton and Sammy Hayes, winners of the Open trophies respectively. The top scorers in each category are listed below:-

BOYS			GIRLS		
	POINTS	*AGE GROUP		POINTS	*AGE GROUP
1 Robin Parkhurst	74	4	1 Heidi Green	72	2
2 Simon Gilbert	66	4	2= Rebecca Russell	66	3
3= XXXXXXXXXX	64	1	Lauren Piele	66	1
4= Keith Walker	64	4	Elenore Beeke	62	4
5 Trevor Jones	62	2	4= Natalie Walker	62	1
6 Paul Dodson	57	3	6= Louise Ryan	61	1
7 Glenn Scafiley	55	1	Katie Attridge	61	2
8 James Willcocks	54	2	8 Tracey Dodson	59	4
9 Neil Ailford	52	1	Beth Leak	58	2
10 Glenn Thackray	52	4	9= Helen Parkhurst	58	3

*Age group key

- 10 & U 1
- 12 & U 2
- 14 & U 3
- 16 & U 4

MENS OPEN		LADIES OPEN	
1 Sammy Hayes	67	1 Jenny Newton	58
2 Mark Russell	64	2 Luciana Romagnolo	53
3 Mark Walker	40	3 Susie Cross	48

B.L.D.S.A. 1 HOUR POSTAL SWIM

We again received an enormous response to this annual event with a total of 73 members completing the hour swim. Mark Russell set a new Club record of 4224 metres, (126 lengths or 2.6 miles) whilst 6 year olds Kelly Dudley and Leanne Piele completed 1351 and 1441 metres respectively. For a small fee, all entrants will in due course receive an embroidered badge and can check their overall placing, for their respective age group, from results collated from Clubs throughout the United Kingdom. The full E.D.S.C. results appear below:-

COMPARISON OF 1989 & 1990 B.L.D.S.A. 1 HOUR SWIM

SWIMMER NAME	AGE 1st JAN. 1990	DISTANCE IN METRES		CHANGE IN METRES 1989-90
		1989	1990	
1. Mark Russell	17	4032	4224	+192
2. Jenny Newton	26	3730	4022	+292
3. Robin Parkhurst	15		3999	
4. John Murray	26	3937	3855	- 82
5. Marnie Thackray	18		3846	
6. Glenn Thackray	15	3166	3821	+655
7. Miriam Hogan	13	3683	3764	+ 81
8. Rebecca Russell	13	3462	3684	+222
9. Zak Green	13	3774	3654	-120
10. Sasha Rider	12	3261	3535	+274
=10. Trevor Holmes	42	3352	3535	+183
12. Helen Parkhurst	13	3367	3478	+111
13. Lorraine Stevens	14	3534	3453	- 81
14. Peter Frost	32	3271	3401	+130
15. Laura Bedford	13		3372	
16. Trevor Jones	10		3352	
17. Heidi Green	11	2980	3318	+338
18. Heidi Seal	13	3080	3252	+172
19. Mark Dudley	10	2826	3210	+384
20. Ben Phelps	11	2294	3143	+849
21. Paul Roberts	9		3118	
22. Jenny Attridge	12		3099	
23. Donna Dunne	12	2830	3088	+258
24. Beth Leah	11	2634	3060	+426
25. Clive Allford	11	2581	3017	+436
26. Louise Ryan	9	2380	2983	+603
27. Lauren Piele	9	2199	2975	+776
28. Richard Cane	12	2405	2921	+516
29. Tony Laurence	9		2831	
30. Martina Cooley	11	2581	2816	+235
31. Carley Burn	12		2797	
32. Des Heenan	10	2078	2720	+642
33. Tim Bedford	10	1892	2702	+810
34. Wayne Saunders	9		2692	
35. Natalie Walker	9	2137	2687	+550
36. Anthony Cane	10	2179	2682	+503
37. Peter Webb	9		2648	
38. Neil Allford	9	2050	2640	+590
39. Craig Brown	12	2343	2620	+277
40. Hannah Thomas	10		2615	
=40. Richard Thomas	11		2615	
=42. Jennifer Hogan	8		2548	
42. Glen Cooley	8		2548	
44. Hector Burn	10	2093	2496	+403
45. Sharon Burn	10		2486	

Cont'd overleaf ...

46.	Claire Thorogood	10	1776	2429	+653
47.	Louise Wickham	9	1959	2390	+431
48.	Sarah Tuckfield	9	2083	2372	+289
	Claire Colmer	9		2347	
=49.	Jolene Seal	10		2347	
51.	David Palmer	9	1935	2323	+388
52.	Eleanor Hogan	8		2179	
53.	Cathy Mann	10	1902	2232	+330
54.	Anthony Keehan	8	2036	2179	+143
55.	Stephen Whybrow	8		2160	
56.	Alan Wake	11	1998	2132	+134
57.	Steven Lawrence	7		2093	
58.	Matthew Walker	7		2078	
59.	Lyndsey Smith	8		2070	
60.	James Parker	7		2045	
61.	Michelle Parker	9		2011	
62.	Phillip Moore	8		1978	
63.	Malika Smith	9		1944	
	Matthew Frost	9	1897	1931	+34
=64.	Joanne Frost	8		1931	
66.	Charlene Maunders	8		1897	
67.	Maria Cleary	7		1887	
68.	Kylie Lockwood	9		1743	
69.	Sally Wake	8		1686	
70.	Tanya Chapman	7		1681	
71.	Edward Spencer	8		1609	
72.	Leanne Peile	6		1441	
73.	Kelly Dudley	6		1351	

CONGRATULATIONS

At the recent Kent Age Group Championships at Sevenoaks, Roy Burdett swam an excellent 100 metres Freestyle to become the 6th fastest qualifier from the heats. In the finals, he bettered his time to finish 4th overall in his age group - a remarkable achievement. As a result of this, we are proud to announce that Roy has now been selected to represent Kent in the Southern Counties Inter County Age Group Competition at Crystal Palace on the 21st April. Roy becomes the first E.D.S.C. swimmer to be selected to swim for his County and he will be competing in the Boys 4x100 metres Freestyle Relay. Many congratulations to Roy.

STOP PRESS Our Vice President, Mrs. Eileen McArdle, informs us that another E.D.S.C. swimmer has indeed represented his County. That was a Mr. Ernie Smith who swam for Kent at the Wembley Empire Pool in 1937!

BEXLEY WATER FESTIVAL

The organisers of this annual event have approached Mr. Paul Newton, (Riverside Swimming Centre Manager) for his ideas and support. Paul has suggested that a Challenge Trophy Gala be held at Riverside on Saturday, 21st July and has asked us to help with it's organisation. Consequently, all regular team swimmers are asked to keep this date free. It is essential that we enter the strongest team available as there will be top local competition swimming, e.g. Bexley S.C. The age groups will be 10 & U, 12 & U, 14 & U and Open, (to include 16 and 17 year 'olds).

It is hoped that a local dignitary will present the Trophy and obviously, the Club aim to gain local publicity from this event which hopefully will become an annual fixture. Remember the date - Saturday, 21st July, warm-up 6.00 for 6.30p.m.

DISCIPLINE IN AND AROUND THE POOL

Although the Club is primarily responsible for the safety of members during their time on the pool premises, we are also concerned for the well being of a nucleus of swimmers who see fit to treat the pool environs as some form of glorified playground. With the return of the lighter evenings, this problem has again reared it's ugly head and it is only a matter of time before we receive an official complaint from Council staff or worse still, someone is seriously injured. As late arrival for training sessions is another

unacceptable face of this reccurring problem, I find that I must ask Parents of swimmers involved to ensure that their activities cease forthwith.

A. Bedford

COMPETITION RESULTS

Tudor 'B' League Gala at Eltham 13.1.90

This was yet another occaision when Erith fielded two teams. Our scoring team came second to Dartford who seem very determined to win the league this year. Our younger swimmers swam particularly well winning all boys and girls relays along with four of the six individual events. Well done to Louise Ryan, Natalie Walker, Lauren Piele and Lindsay Smith along with Neil Allford, David Case, Tony Lawrence and Peter Webb.

<u>Result</u>	1st	Dartford	211 pts
	2nd	Erith	198 pts
	3rd	Bromley	195 pts
	4th	Eltham	119 pts

M.J. Thackray

Gala at Feltham 20.1.90

At the time of accepting this Gala, we did not know that there were two trophies at stake, one for boys and one for the girls. It was unfortunate then just how close we came to taking not one, but both trophies. However, we were pipped in both cases by Windsor S.C. We had a hatfull of winners in both relay and individual events including Louise Ryan, Neil Allford, Heidi Green, Roy Burdett, Lyndsay Smith, Natalie Walker, Lauren Piele, Peter Webb, ~~Paul Dodson~~, Tony Lawrence, Alison Walker, Laura Bedford, Helen Parkhurst, Rebecca Russell, Paul Dodson, Steve Willcocks and Zak Green. We did not disgrace ourselves in any area and if our intention to include 25 metre times within our Club records reaches fruition, then a number would have been broken including times by Jenny Newton and Sammy Hayes. As you can see, it was a two horse race throughout the Gala and we look forward to meeting Windsor S.C. on home territory in the future.

<u>Results</u>	<u>BOYS</u>	<u>GIRLS</u>
1st	Windsor 41 pts	1st Windsor 46 pts
2nd	Erith 43 pts	2nd Erith 51 pts
3rd	Feltham 58 pts	3rd Feltham 79 pts
4th	Barracuda 70 pts	4th Elmbridge 90 pts
5th	Elmbridge 73 pts	5th Barracuda 107 pts
6th	Hounslow 106 pts	6th Hounslow 134 pts

T.C. Holmes

Gala at Sevenoaks 3.2.90

With specific reference to Sevenoaks S.C., it seemed so strange that they could be so competitive in one Gala and yet indifferent in this one, a mere six weeks after they had beaten us in the final Speedo League gala of 1989. Nevertheless, we had a good scrap with Gravesend & Northfleet although we were finally beaten into second place in the later stages of this Gala. Wins were recorded by Rebecca Russell, Roy Burdett, Mark Russell, Luch' Romagnolo, Steve Willcocks, John Burdett, Lorraine Newitt and Claire Conner.

<u>Result</u>	1st	Gravesend & Northfleet	207 $\frac{1}{2}$ pts
	2nd	Erith	180 $\frac{1}{2}$ pts
	3rd	Sevenoaks (White)	170 pts
	4th	Rochester	91 pts
	5th	Sevenoaks (Red)	81 pts

T.C. Holmes

'111 Diddy League' Gala (Round 1) at Thurrock 19.3.90

After last seasons poor showing, we thought long and hard about carrying on with this

Cont'd overleaf...

League. However, we decided to give it one more try and I'm very glad we did! I don't know whether it's been the extra training or the hard work put in by our instructors, (especially Buck Ryan), but our swimmers coped so much better with the two length races than they did last year. The improvement was evident throughout the four age groups and it must auger well for the future.

As for the Gala, it was very close throughout between us and Thurrock with Southgate way out in front. For some of our swimmers, this was one of their first Galas and for Joanne Frost, it was her very first scoring Gala. We had only four first places so this shows our strength in depth throughout the team to finish in second place overall. Our winners were Louise Ryan and Neil Allford in the 10 years 2L Backcrawl and Tony Lawrence in the 10 years 1L Butterfly which, incidentally, was one of the best races in the Gala with a very close finish. Our only relay win was in the Boys 11 & U 4x1 medley relay with Trevor Jones, Mark Dudley, Ian Magness and James Lawrence. Congratulations to all swimmers, especially to my new team captains, Heidi Green and James Willcocks, who not only led by example in their swimming but also helped Trevor and I with the whipping on the poolside. Thank you to all officials and especially to all Parents who came and gave their support.

<u>Result</u>	1st	Southgate	197½ pts
	2nd	Erith	142 pts
	3rd	Thurrock	139 pts
	4th	St.Albans	133 pts
	5th	Clacton	130½ pts
	6th	Rochford	95 pts

Our next Gala in this League may be a little bit tougher than this one but I am looking forward to it. The Gala is at Borehamwood and we will be swimming against the following teams:-

Witham Dolphins	Rochford
Runnymede	Norwich Penguins
St.Albans	(One of the top Clubs in Britain! - Ed).

Incidentally, out of the 18 teams competing in this League, we are currently lying in 7th place.

M.J.Thackray

Tudor 'B' League Gala at Eltham 24.2.90

For us, this was a non-scoring Gala although it afforded us the chance to try out some new swimmers, especially our 9 year olds who were set to take part in the 'M11 Diddy League' Galas. We also swam a veterans Open medley relay team with a combined age of over 170 years. This brought great amusement to all!

With Dartford winning the Gala by a substantial margin, the result leaves us in 3rd place as far as our League position is concerned, (see below). With Bromley yet to drop out of a Gala, Dartford remain the biggest threat to our Trophy hopes.

League Points as at 25.2.90

Bromley	20 pts
Dartford	16½ pts
Erith	15½ pts
Greenwich	10 pts
Woodside & Thornton Heath	7 pts
Eltham	7 pts

M.J.Thackray

Supporters Trophy Gala at Riverside Swimming Centre, Erith 17.3.90

Although Thurrock S.C's victory was not as emphatic as last year, they again proved too strong for us and were ultimately successful in their defence of our Supporters Trophy. Several of our 'B' team members outswam their 'A' team rivals and were effectively responsible for Erith 'A' finishing one point adrift of Saxon Crown S.C. Well done to them! Competition experience was gained by swimmers competing in our non-scoring 'C' team and this also allowed for the reappearance of the veterans team in both the freestyle and medley relays.

Well done to all swimmers for their performances in this Gala, especially to those who were perhaps feeling a little jaded after returning from the Kent Schools Championships

Cont'd opposite...

in Canterbury that very afternoon, (full report appears in 'Other News').

<u>Result</u>	1st	Thurrock	219 pts
	2nd	Saxon Crown	188 pts
	3rd	Erith 'A'	187 pts
	4th	Erith 'B'	74 pts

P.A.Frost

Tudor 'B' League Gala at Eltham 24.3.90

With the Thackrays and Holmes' on a Club fact-finding mission to Holland, Pip Willcocks and I took over the reigns and witnessed a very exciting Gala that saw 100% maximum effort by each and every one of our swimmers. Our strength in the relays was again readily apparent and 7 wins compared with our only individual win as supplied by Mark Dudley in the Boys 12 & U Frontcrawl. Dartford's disqualification in the Mixed 8x1 Breaststroke relay received little sympathy from the Erith camp and despite this adding a further relay victory to our tally, we were unable to gain a sufficient points buffer between us and our rivals to maintain our lead. Marnie Thackray swam a captains length in each of her Freestyle relays to make up a 5 metre deficit in both instances, just two of many races that had our supporters on their feet. Despite all our efforts, Dartford finally came out the victors. With the Dartford team manager encroaching on our poolside every time they had been in a winning position, perhaps I should have pushed her in after all! Well done to all swimmers, League captains and to our Parents who again showed everyone else what supporting is all about!

Unfortunately, with only two Galas left to swim in the 1989/90 Tudor 'B' League series, nothing less than victory in both will give us the slimmest of chances of retaining the Trophy. If Dartford come second in both, this will only put us on an equal League points tally as our closest rival. The Trophy will then be awarded to the Club that has attained the highest total of Gala points for the series. An exciting conclusion to this years' League competition is certainly in the offing!

<u>Result</u>	1st	Dartford	201 pts
	2nd	Erith	198 pts
	3rd	Bromley	150 pts
	4th	Greenwich	139 pts
	5th	Woodside & Thornton Heath	115 pts
	6th	Eltham	81 pts

Well at least we're consistent. That's the third time we've finished with a total of 198 points this season!

P.A.Frost

COMPETITION SECRETARIES NOTES

Firstly, from Mick Thackray...

As you have probably noticed, we have been trying a few different things in training recently. Some of these are ideas picked-up on the Prelim. Coaches course that Pam, Buck, Rosemary and myself have recently finished at Dartford pool. I hope that you can all gain something from these new ideas and it will help to make training more varied and interesting. I am glad to see that many more of you are now swimming on Mondays and Sundays but there is always room for more.

However, it was rather noticeable during the recent Sprint Trophy races that some swimmers who train quite regularly did not swim in all the events. On the other hand, some swimmers who train only rarely, appeared on the poolside to swim. At this stage, it may be worth reminding all swimmers of the Club rules which ask that you swim a high percentage of available training time, swim in all internal Club competitions and at all times, show satisfactory progress. Please bear this in mind as our aim in the Club is for every swimmer to swim in Galas at some stage. If we don't have your current times available, then we cannot pick teams properly. Please also realise that space in all our groups is very valuable and all our poolside teachers and coaches are trying to use it in the very best way possible. If you do not use your time properly, you are cheating not only yourself and your instructor, but most important of all, your fellow swimmers. I ask all Parents to encourage their children to swim whenever they can and to use their time as effectively as possible. Remember as well that ALL swimmers are in with a chance of going on our trip to Amsterdam later this year as the team will be picked solely on merit.

Cont'd overleaf...

Finally, I would like to thank the Committee for naming me as Club Coach. I will try to live up to their expectations and I am sure that you, the swimmers, will let me know if I ever start slacking!

...and from Trevor Holmes

It takes a considerable amount of time to organise and select teams for any Gala. Parents may think that it is easy for Mick and myself but I can assure you that we spend a lot of our own free time in undertaking team selection. In doing so, we are always looking for the best combination of swimmers, especially in relays. By operating as a team, not as individuals, it may be necessary to drop a swimmer out of a specific event and replace with another, no matter what another person may think. I often think it may be good for someone else to pick a team and experience the worry of selection, the worry of which swimmers will be able to compete and those who may drop out at the last moment. It's not all fun, although we try to take it less seriously than other Clubs. So, if people do have criticism, please make your points of view constructive, not obstructive.

CLUB RECORDS

In case you're wondering why the Club Records table is not included in this Newsletter, suffice to say that none have been broken since December's Christmas issue went to press. Well, that's not exactly true as we had two records set in the recent Sprint Trophy individual medley races - but then they don't appear on the table anyway. So, come on swimmers - let's see a few records broken by the time I start preparation for the June issue. Incidentally, we still hope to bring you a new table for records set at 25 metre pools. Watch this space!

Oh, the two new records? Yes, I nearly forgot. They were:-

Boys 12 & U Individual Medley	Paul Mitchell	2.08.37
Boys Open	" " "	Sammy Hayes 1.36.21

AN APOLOGY

The Editor would like to apologise for the transposition of the Competition results from their correct calendar order. By the time the error was discovered, typing was too far advanced to warrant alteration. This major lapse in concentration can be traced back to a 'phone call from the Mother-in-law!

P.A.Frost

SOCIAL SECTION NEWS

Ice Skating Outing

The decision to cancel this outing to 'The Ice Bowl' at Gillingham was taken after much soul searching. We were somewhat surprised at the lack of interest shown for this outing as our previous visit had been oversubscribed. We can only assume that many people were otherwise involved over the School half term and/or the combined coach fee/skate hire ticket price of £4.50 was unacceptably high to others. Serious consideration will have to be taken before we organise another outing of this nature in the future.

Utrecht S.C. Visit

With the forthcoming visit of Utrecht S.C. now only a matter of weeks away, arrangements for the Easter weekend itinerary are well in hand. With few alterations, this will take on a similar format to that which was proven by the visit of Het "Y" Amsterdam last October. The itinerary is as follows:-

Friday, 13th April (Good Friday)

- 8.00 - 8.30p.m. Utrecht S.C. arrive at Carlton Hall, Bexley Road, Erith. Reception and refreshments in the Hall for our Dutch guests and Club officials.
- 9.00 - 10.00p.m. Our Dutch guests meet their host families and depart for home.

Cont'd opposite...

Saturday, 14th April

- 8.30a.m. Guests and host families meet at Riverside Swimming Centre. Sightseeing visit to London. Our visit will allow for shopping at 'Harrods' Department Store.
- 2.30p.m. Home with host families for lunch.
- 7.00p.m. International Trophy Gala at Riverside Swimming Centre.
- 10.30p.m. Home with host families.

Sunday, 15th April (Easter Sunday)

- 9.15a.m. Guests and host families meet at Riverside Swimming Centre for trip to Greenwich. Our guests will have the option of games in the park or a sightseeing visit.
- 2.00p.m. Home with host families for lunch.
- 4.00 - 6.00p.m. Sunday training. Our Dutch guests welcome.
- 8.30 - 12.00
midnight Farewell Party at Carlton Hall, Bexley Road, Erith.

Monday, 16th April (Easter Monday)

- 8.30a.m. Our Dutch guests depart from Riverside Swimming Centre.

These times are subject to alteration. For any members or Parents who are not actively involved as host families but still wishing to attend the Sightseeing visit to London and/or the Farewell Party, tickets will be on sale soon. They will be priced at £1.00 and £2.00 respectively.

Barn Dance 12.5.90

Many members and Parents have shown their intention of attending an event that is new to the Club social scene, namely a Barn Dance. This will be held at Howbury Grange Technical School, Slade Green on Saturday, 12th May, between 7.00 and 11.00p.m. Dancing will be to a band called 'Afore Ye Go' and fun is certainly guaranteed for all. A ticket price has yet to be confirmed although further details will be available shortly.

Dartford Carnival

We have received details about this years' Dartford Carnival to be held on Saturday, 28th July. Our entry will be dependant on ideas to encompass the theme 'Into the Nineties'. One idea that seems to show favour with the Social Committee and would certainly prove popular with the membership is the depiction of space travel. This would give us the opportunity to bring many famous characters to life from such famous T.V. serials as 'Star Trek' and 'Dr.Who' and films such as 'Star Wars'. Food for thought? Your own ideas would be most welcome...

Fund Raising

Aside from the occasional Friday night raffle, we shall shortly be starting an Easter Egg Tombola. Then, if you have any odd change left in your pockets/purse, you will soon be able to deposit it in our very own gallon sized whiskey bottle!

P.A.Frost

OTHER NEWS

Commonwealth Bronze success

Former Club swimmer, Andy Callard, recently paid us a visit to thank everyone for their support and telegram following his medal winning success at the Commonwealth Games in New Zealand. Those of you who sat glued to the television throughout the duration of the Games will have spotted Andy competing for medals in the combined section of the 82kg weightlifting category. His Bronze medal is just reward for years of hard work set against a background of injury and other problems as reported in the local press.

Cont'd overleaf...

As a competitor who is defiantly against the use of drugs, Andy hopes that the current investigation into the misuse of such substances within the sport will not undermine his ambition of competing for his Country at the Olympic Games in two years time. Well done Andy - we wish you every success in your training...

P.A.Frost

Cross-Country Running success

On Saturday, 13th January, children from various schools within the Borough met at Thamesmead School for the Bexley Schools Cross-Country races. When we arrived, it had fortunately stopped raining, but the ground was still very muddy and waterlogged in places. Between 60 and 70 girls participated in these races, the first one for 1st years and the second for 2nd and 3rd years.

The first race started, the going not too bad. However, as they progressed round the course, the mud and puddles became much worse, at times even covering their ankles! Beth Leak came a mud-splattered 6th in the 1st years race whilst Heidi Seal did extremely well, coming 1st in her age group. Other E.D.S.C. swimmers participating were Miriam Hogan, Penny Tuckfield and Alison Walker, all of them completing the course.

The first 25 runners to finish from each age group in these races were selected to represent Bexley Borough in the Kent Cross-Country Championships at Chatham on the 10th February.

On the day in question, when we arrived it was pouring with rain. It had been raining all morning and as the course had quite a few steep hills, previous races had left it very slippery and extremely muddy. All the competitors completing the course were covered from head to foot in mud, but in spite of this, our two representatives from Erith did well. Following a very poor start, (they were the last to go) Heidi Seal came in 13th and Miriam Hogan came in 55th(?). From 200 starters, only about 138 finished!

From these races, the first 8 were selected to run for Kent in Cornwall on the 3rd March and although Heidi was selected as a reserve, she was not called upon to race.

In the boys race, Keith Walker was selected to run, but unfortunately, due to a fall, was unable to complete the course. Better luck next time Keith.

Roy Seal & Edna Leak

Southern Counties Masters Swimming Championships, 24 & 25.2.90

The 25th February 1990 had finally dawned and with it, my debut in the Southern Counties Masters Swimming Championships at Crystal Palace.

The warm-up was held at 9.00 a.m.(!) for 1 hour - enough time to clock up an 800 metres swim. The atmosphere was relaxed - so relaxed that one man who caught me up said he would go slower on the next length!

Trevor Holmes and John Murray were also completing, (it was John's first Masters competition too). They had competed the previous day and brought me back tales of how cold the water was and that the second length was so, so long! For those that are unaware Crystal Palace is a 50 metre pool.

With the warm-up over, it was time to settle down and wait for my one and only event, the 100 metres Butterfly. All ages swim together, (from 25 to 70+ years), the heats being seeded by times given on the application forms. I ended up in the fastest heat and boy, were the top three fast, all recording times of around 1 min. 10 secs!

Remarkably, my event soon came round and I wandered up towards the end of the pool with "Good Luck" ringing in my ears from our supporters, the Holmes family, Christina Murray and Martin Lovett, (Bill Lovett's son from the Isle of Wight). There I was standing on the block, trembling and unable to swallow, but 1 min. and 18secs. later, it was all over, the scoreboard over our heads immediately showing our times and finishing places.

This, as I am assured by Trevor and Buck, will be the first of many Masters competitions that I shall be entering! All I can say is that I thoroughly enjoyed the experience, however nerve shattering it proved to be!

The final results were as follows:-

Event	Trevor Holmes	John Murray	
50 metres Breaststroke	5th	5th	
100 metres Breaststroke	5th	6th	Positions shown in respective age group.
50 metres Freestyle	10th	12th	

Cont'd opposite...

Event	Trevor Holmes	John Murray	Jenny Newton
100 metres Freestyle	10th	12th	-
100 metres Butterfly	-	-	4th

Jenny Newton

Kent Schools Swimming Championships

This year witnessed an ever growing presence of E.D.S.C. swimmers representing their Schools at both the relay team events, (at Black Lion) and individual events, (at Canterbury). Among those at Black Lion were:- Angela Wilton, Jane Palmer, Elenore Beeke and Vicky Eaton, (all Bexley Tech.); Roy Burdett and James Willcocks, (both Bexley & Erith Technical High School); Keith Walker, (St.Columbus); Lorraine Stevens, Laura Bedford, Helen Parkhurst, Heidi Green and Jennifer Attridge, (all Erith School).

At Canterbury, swimmers spotted were:-

Again Elenore Beeke, Laura Bedford, Heidi Green, Lorraine Stevens, Helen Parkhurst, Jane Palmer, Jennifer Attridge along with Heidi Seal, Sasha Rider, (both Bexleyheath School) Craig Moore, Richard Cane, Oliver Eden, Claire Conner and Rebecca Russell.

In the relay events, James Willcocks, swimming for BETHS gained a Bronze medal in the medley relay and a Silver medal in the freestyle relay. The Erith School Girls medley relay team of Helen Parkhurst, Heidi Green, Laura Bedford and Jennifer Attridge gained a Bronze medal each for their excellent 3rd place in the final.

Helen Parkhurst was our most successful individual swimmer gaining a Bronze medal in the 100 metres Backstroke event.

Medal winners receive automatic selection to swim for the Kent Schools team against Surrey later this spring. Congratulations to everyone.

A.Bedford

London Mini-Marathon

In keeping with a Club tradition, I am pleased to report that Heidi Seal, Beth Leak, Miriam Hogan, Joanna Stevens and Keith Walker have all been selected to represent Bexley Borough in the forthcoming London Mini-Marathon on Sunday, 22nd April. The races, now an integral part of Marathon day actually takes place along a 3½ mile section of the London Marathon route. I am sure you will join me in wishing them the very best of luck in their preparation and in the races themselves.

Bexley Fun Runs 3.6.90

Feeling left-out of the running so to speak! Well, why not join the ever growing band of swimmers and Parents who participate in the annual Bexley Fun Runs in Danson Park. This year, the event is arranged for Sunday, 3rd June, the day after our trip to the Isle of Wight.

Every participant receives a medal on finishing his/her race and these are organised for all age groups and abilities. If you would like to take part, entry forms are available from me, Peter Frost.

London to Brighton Bike Ride

We are again entering a team in this, the World's biggest bike ride which takes place on Sunday, 17th June. At the time of writing, 38 swimmers and Parents are set to ride the 56 miles to Brighton and will be collecting sponsorship for the British Heart Foundation. Your support would be most welcoming.

I expect that by the time entrants read these words, they may have already received their Riders registration packs. With the lighter evenings, you may also be thinking of taking those old boneshakers out of winter hibernation. If so, before getting back on your bike, do check to see whether it is still in a roadworthy condition. Once back on the bike, please take particular care as the roads are potentially dangerous places. Good luck in your training.

'Swimfit 90' - 90 miles in '90

Are you keeping a check on the distances that you're clocking up in training every week?

Cont'd overleaf...

Mark Russell is one swimmer who certainly is having already passed the half way mark notching up over 75000 metres. Can any Club member better that? On that basis, Mark should reach the 90 mile target by the middle of June although the majority of us will still be totting up the mileage well into the autumn. Just to put things into perspective one young lady, (name and Club unknown) was reported in the national press as having completed the 90 miles in just 6 days (!) whilst many of the Australian Commonwealth Games swim stars regularly put in 50 to 60 miles in training each week!

P.A.Frost

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FORTHCOMING EVENTS

<u>MARCH</u>	Friday	30th	Points Cup Races, (Freestyle), commencing at 8.00 p.m.
<u>APRIL</u>	Saturday	7th	Away Gala at Bromley.
	Sunday	8th	'M11 Diddy League' Gala at Borehamwood, Herts. (team coach requested).
	Friday	13th-	Visit of team from Utrecht, Holland, (see itinerary for details).
	Sunday	15th	
	Friday	27th	Points Cup Races, (Breaststroke), commencing at 8.00 p.m.
	Saturday	28th	Tudor 'B' League Gala at Eltham Baths, (4.40 p.m. warm-up).
	Sunday	29th	Away Gala at Hornchurch, Essex, (details to be announced).
<u>MAY</u>	Saturday	12th	Barn Dance, Howbury Grange School Hall, (details to be announced).
	Sunday	13th	'M11 Diddy League' Gala, (venue to be announced).
	Friday	18th	Points Cup Races, (Backstroke), commencing at 8.00 p.m.
	Saturday	19th	Tudor 'B' League Gala at Eltham Baths, (4.40 p.m. warm-up).
<u>JUNE</u>	Saturday	2nd	Away Gala on the Isle of Wight, (all day trip - details to be advised).
	Sunday	3rd	Bexley Fun Runs, Danson Park.

Cont'd opposite...