



NEWSLETTER



No.133

MARCH 1991

SECRETARY'S NOTES

ANNUAL SUBSCRIPTIONS

Having remained unchanged since 1989, membership subscription fees will be increased from the 1st April following further increases in pool hire charges and A.S.A. fees. Subscription fees are as follows:

Swimmers, (Full year)	£35.00
" " , (Half year)	£18.00
Masters Swimmers, (Full year)	£18.00
Club Officials	£ 7.50

For the time being, attendance fees will remain at 25p per session. We would remind all Parents that a spectator fee of 10p still applies.

DARTFORD COLLEGE POOL, (WEDS. 7.20p.m.)

Since Christmas, the attendance at these training sessions has been extremely disappointing, (even on fine evenings).

Please remember that all members of 12 years and under are welcome at these sessions. The instructors make every effort to get to the pool but without your support, they are wasting their time and the Club is losing money on pool hire, (currently £30.00 per hour).

All members will be most welcome.

A.Bedford

BEGINNERS ACHIEVEMENTS

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

Owen Ashton	Philip Handley	Candace Ricketts
Jonathan Barge	Daryl Higgs	Liam Ridgewell
Kenneth Bishop	Nicholas James	Shelley Roberts
Jennifer Boakes	Amy Jones	Kim Ruddy
Joanna Boakes	Terri Kirk	Mark Sims
Holly Brace	James Knight	Mihir Swali
Sarah Cripps	Kirsty Larner	Nicola Thomas
Daniel Dewdney	Kieran McCormack	Maria Upcraft
Alain Fernando	David McGonigle	Steven Whiston
Helen Fletcher	Eleanor Nurse	Helen Willis
Harmeet Gabhri		

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

Owen Ashton	Oliver French	Joanna Linney
Joanna Boakes	Louise Henson	Mark Ruddy
Lloyd Carrall	Rory Jenner	Samantha Salter
Laura Croasdell	Joanna Kapsalis	Jason Stokes
Leigh Croasdell	James Knight	Nicola Thomas

Pam Bedford

SPRINT TROPHY, (AND THE SNOW!)

Thank you to all members and Parents who made the effort to attend Sprint Trophy races during the recent spell of bad weather. We took the decision to cancel one Club evening, (Friday, 8th February) owing to the appalling conditions earlier that day. However, judging by the number of 'phone calls received from both members and Parents, we would probably seen quite a few of you at the pool anyway!

On the following Tuesday evening, many of you made the effort to get to the pool despite a further fall of snow. In worsening conditions, with West Street and Walnut Tree Road

Cont'd overleaf...

rapidly coming to a grinding halt, all swimming was abandoned at 9.30p.m. The mandatory snow ball fight followed outside. With the local bus services flung into chaos, several bus drivers were seen pushing a certain member's red Ford Fiesta in an effort to move it from Walnut Tree Road!

The postponed Sprint Trophy races were held that following Friday.

In concluding this seasons series of Sprint Trophy races, the Individual Medley races on Friday, 8th March produced many close and exciting finishes with unprecedented vocal support from swimmers and Parents alike. As on previous evenings, many Parents remained in the balcony to see just how well our Masters swimmers would perform. Whether through curiosity or as a reflection of the enthusiasm shown by our 'older' members, they were not to be disappointed and an inspiring performance from Chris Case ranks alongside Paul Nicholls earlier record shattering swim as one of the most memorable highlights of the evenings' competition.

The winners of the Sprint Trophies are due to be announced shortly.

A.Bedford & P.A.Frost

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

We again received an enormous response to this annual event with a total of 76 members completing the hour swim including several Masters swimmers. All entrants will in due course receive an embroidered badge and will be able to check their overall placing, for their respective age group, from results collated from Clubs throughout the U.K. The full E.D.S.C. results appear below:-

COMPARISON OF 1990 & 1991 B.L.D.S.A. 1 HOUR SWIM

SWIMMERS NAME	AGE	DISTANCE IN METRES		CHANGE
	1st JAN. 1991	1990	1991	IN METRES 1990-91
1. Robin Parkhurst	16	3999	4090	+ 91
2. Glenn Thackray	16	3821	4038	+117
3. Jenny Newton	27	4022	3989	- 33
4. John Murray	27	3855	3855	=
5. Paul Nicholls	10	3118	3697	+597
6. Trevor Jones	11	3352	3692	+340
7. Trevor Holmes	43	3535	3620	+ 85
8. Sasha Rider	13	3535	3617	+ 82
= 9. Laura Bedford	14	3372	3607	+235
Lorraine Stevens	15	3453	3607	+154
11. Rebecca Russell	14	3684	3602	- 82
12. Elizabeth Watkins	18		3478	
13. Peter Frost	33	3401	3243	-158
=14. Buck Ryan	52		3218	
Andrew Eastaugh	15		3218	
16. Hannah Spencer	11	2615	3210	+595
17. Beth Leak	12	3060	3171	+111
18. Lauren Peile	10	2975	3128	+153
19. Des Keehan	11	2720	2998	+278
20. Glen Scarley	9	2548	2983	+435
21. Daniel Mikulskis	9		2936	
=22. Peter Webb	10	2648	2916	+268
Natalie Walker	10	2687	2916	+229
=24. Lyndsay Smith	9	2070	2883	+813 (!)
Tony Lawrence	10	2831	2883	+ 52
26. David Palmer	10	2323	2863	+540
27. Claire Colmer	10	2347	2854	+507
=28. Mark Dudley	11	2210	2849	+639
Wayne Maunders	10	2692	2849	+157
30. Richard Whybrow	12	2615	2802	+187
31. Anthony Keehan	9	2179	2795	+616
32. Tim Bedford	11	2702	2782	+ 80
33. Frank Rider	45		2774	

Cont'd opposite...

34.	Louise Wickham	10	2590	2673	+283
35.	Sharon Ewers	11	2486	2666	+180
36.	Malika Smith	10	1944	2662	+728 (!)
37.	David Walker	38		2625	
38.	Sarah Hubbard	10		2601	
39.	Carole Dudley	31		2524	
40.	Ian Goode	10		2499	
41.	Rebecca Hammond	9		2467	
42.	Roy Parker	37		2462	
43.	Pam Bedford	43		2457	
44.	Matthew Walker	8	2078	2456	+378
45.	Andrew Bates	9		2436	
46.	Anokhee Hindocha	11		2429	
47.	Michelle Parker	10	2011	2405	+394
48.	Steven Lawrence	8	2093	2395	+302
49.	Aaron Shone	11		2390	
50.	Gary Cook	9		2343	
51.	James Parker	8	2045	2333	+288
52.	Oliver Mikulskis	9		2304	
53.	Gregory Tatton	11		2292	
54.	Mark Cook	12		2276	
55.	John Colmer	7		2264	
56.	Edward Spencer	9	1609	2212	+603
57.	Kris Carpenter	8		2159	
58.	Penny Spencer	39		2127	
59.	Sue Palmer	34		2070	
60.	Kevin Jones	7		2029	
61.	Georgina Light	9		2024	
62.	Robert Keehan	7		1988	
63.	Emma Ewers	8		1986	
64.	Laura Belcher	8		1962	
65.	Laura Tatton	8		1953	
66.	Matthew Hammond	8		1944	
67.	Kelly Dudley	7	1351	1937	+586
68.	Kirsteen Feddon	8		1924	
69.	Carol Eastaugh	47		1921	
70.	Tanya Chapman	8	1681	1825	+144
71.	Rosemary Watkins	52		1792	
72.	Gemma Sadler	7		1686	
73.	Cassandra Tootell	7		1676	
74.	Leanne Peile	7	1441	1670	+179
75.	Amit Hindocha	8		1624	
76.	Zoe Hubbard	7		1572	

A. Bedford

1991 NATIONAL SWIMATHON

Following 'hot on the heels' of the 1 hour postal swim, the Swimathon offers everyone the chance to swim 5000 metres, (3.1 miles) and raise money for charity in the process. This year saw the return of the Swimathon to Riverside and whilst John Murray, Buck Ryan, Trevor Holmes and Rebecca Russell had successfully completed the full distance at Eltham on the Saturday, the weary foursome returned to take part in their team relay swims the following day.

Our 36 representatives again outnumbered those members of the public attempting the distance and together, they will have surely raised a fair sum of money for 'Childline' and the 'British Sports Association for the Disabled' through sponsorship.

With Tim and Laura Bedford along with Wayne Maunders also successfully completing the solo swim, it was the quartet of Keith Jones, Philip Rush, Simon Gilbert and Robin Parkhurst, ('The Wallabies') that recorded the fastest team performance of the day in a time of 1hr. 10mins. 52secs. Well done everyone.

P.A. Frost

MASTERS SWIMMING

Well, we have now been operating the Masters swimming section at Riverside for just over 6 months and it seems to be proving very popular. Following our recent success in the Southern Counties Masters Championships, (see report in Competition results), I find myself having to don two hats in respect of Masters and main Club swimming. Whilst we would like more pool space, (one lane is not sufficient for our numbers to operate in properly) we also have to think of our younger swimmers and the increasing numbers that attend Sunday sessions. At present, we have sufficient numbers in our Masters swimming section but if anyone else is interested in joining us, they can contact Maureen or myself for further details, (unfortunately, we cannot take non-swimmers). The training is quite tough - just ask anyone who swims at present..! Masters swimming is surely on the road to success at Riverside...

T.C.Holmes

OUR OLDEST 'MASTER'?

Whilst our Masters section continues to flourish under the guidance of Trevor Holmes, members perhaps doubting their own ability should take inspiration from our oldest 'Master', Mrs. Evelyn Anderson. Many of you will be unfamiliar with that name as Mrs. Anderson left the Club on retirement and moved to East Anglia nearly 30 years ago! However, as a Life member, she still maintains contact with her former Club colleague, our own Vice President, Mrs. Eileen McArdle, and at the age of 84, she remains a very active swimmer. In the following extract from Mrs. Anderson's most recent correspondence with Mrs. McArdle, she describes her latest swimming exploits and memories of her time with the E.D.S.C. The letter reads...

"...I'm still a fine swimmer, I'm told I look 60 in a bathing cap etc. My hair has gone for a burton now, it's very wispy. I cannot care, I'm so happy swimming. I often help girls to learn synchronised swimming which is so effortless to me, yet they take ages to learn.

I swim daily so the marathon was O.K., ('Swimfit'90' - Ed.). I just did 1½ miles or 100 lengths of our pool. It was a difficult time as we were 8 to a lane and one hefty great man knocked all 7 of us about. I had 8 bruises. Visitors shouted at this clumsy man. He only did 50 lengths and got out. We battered 7 plodded on and a blind young man managed 3 miles and got a gold medal. A few of us had silver medals. I enjoyed taking part. I still run R.L.S.S. Club.

Hope you are well and Erith Club still has 80 members and is flourishing with daughter still helping them...", (referring to Pam Bedford - Ed.).

P.A.Frost

VISIT TO UTRECHT, HOLLAND - EASTER, 1991

Arrangements have now been completed for our Easter weekend visit to Utrecht. This follows a scare regarding the height of the coach, but thankfully, this has now been resolved. We have also received the allocation of swimmers which will have been issued by the time you read these words. I hope everyone has obtained or updated their passports and if you are still stuck for gifts, please see the 'Ladies on-the-door' for suggestions. If you have any questions regarding our visit to Utrecht, please see any member of the Dutch committee as soon as possible.

T.C.Holmes

AWAY DAY & GALA, BURNHAM-ON-SEA, SOMERSET 5.5.91

Following last years' successful venture to the Isle of Wight, similar arrangements are in hand for our forthcoming 'Away day' and gala to Burnham-on-Sea on Saturday, 5th May. A team announcement will be made in due course and there will be an additional fee payable by Parents and non-swimmers wishing to accompany them aboard the coach. Whilst an itinerary has yet to be finalised, we expect the day to look something like this...

- 6.30a.m. Dep. from Riverside Swimming Centre;
- 11.30a.m. Lunch stop in either Cheddar or Wookey Hole, Somerset;
- 1.30p.m. Dep. for Brean;
- 2.30p.m. Arr. Brean Sanda Leisure Centre;
- 4.30p.m. Dep. for Burnham-on-Sea;
- 5.00p.m. Gala warm-up;

Cont'd opposite...

8.30p.m. Dep. Burnham-on-Sea;
12.30p.m. Arr. Riverside Swimming Centre.

(N.B. Timings are approximate).

P.A.Frost

VISIT TO ARNSBERG, GERMANY - MAY, 1991

People may wonder what we are doing going to Germany? Well, Bexley London Borough have asked us to send a small squad of young swimmers to represent the Borough at the forthcoming Swimming Festival in Arnsberg. We unfortunately have had to keep the numbers small as the Borough is paying a large percentage of the costs involved. Do not think we are creating an elite squad but this was one opportunity that we could not miss. As Bexley is 'twinned' with Arnsberg, this is an experiment that we hope to develop for later years...

T.C.Holmes

'THE 1500 CHALLENGE'

Following the welcoming response and exceptional performance by our members in the recent 1 hour postal swim and National Swimathon, we believe it is time to set you all another challenge!

We have decided to instigate a new Club challenge which will involve a 1500 metre swim against the clock. However, members accepting the challenge must abide by the following rules:

- i) Challengers must be 'top group' swimmers;
- ii) Any swimmer wishing to attempt the 1500 challenge must inform a Club official;
- iii) A challenge will only be accepted at the discretion of the Club Coach;
- iv) On acceptance, you will be informed of the date when you are expected to swim*;
- v) One lane will be set aside for the swim;
- vi) Anti-wave lanes will be provided if available;
- vii) The swim will be against the clock only.

*Because we do not wish to disturb our main clubnights, challenges will only take place during either Sunday afternoon or Monday night training sessions.

After the initial 6 challenges, a trophy will be awarded to the boy and girl who hold the fastest times. These times will be deemed as Club records until as such time that they are bettered. In this event, a record holder will relinquish his/her trophy to the successful challenger.

If you are seriously considering accepting this challenge, please register your name with a Club official now...

'THE FAMILY CHALLENGE'

Later in the year, we also intend to instigate 'The Family Challenge'. This will be based on a relay competition involving 3 family members of which 2 should be active swimmers, (one a Club member) and the other a Parent.

We recently compiled a list of over 20 families who were capable of forming a 3x1 relay team so 'The Family Challenge' could provide us with a very interesting evening.

Watch this space for more details...

M.J.Thackray

COMPETITION RESULTS

Gala at Harlow 5.1.91.

We made a good start to the year with a win at Harlow. Although primarily a 'B' team gala, a number of 'A' team swimmers were included although they swam in older age groups.

As you are aware, we are not particularly happy swimming in 25 metre pools but, on this occasion, both our starts and turns were good. Once again, we excelled in the relays winning 8 out of the 13 events and finishing second in the others.

Whilst the names of the relay winners are too numerous to mention here, individual wins were recorded by Alison Walker, James Willcocks, Hannah Spencer (2), Trevor Jones, Daniel Mikulskis, Ian Magness, Lyndsay Smith and Glen Scarley.

Cont'd overleaf...

Well done to Ian. Lyndsay, Alison and Miranda Newitt for breaking Club records in the process.

<u>Result</u>	1st	Erith	178pts
	2nd	Hoddesdon	175pts
	3rd	Harlow	127pts
	4th	Saffron Walden	96pts
	5th	Haringey	93pts

Gala at Woodside & Thornton Heath 18.1.91.

This was the first of two galas that will be held at the Thornton Heath pool this year and both are aimed at the younger age groups.

The result was extremely close between Saxon Crown and ourselves and it was perhaps unfortunate that two disqualifications, (one very dubious) that were to lose us the gala in the end. However, we proved to be very strong in some of the age groups and individual wins were recorded by Kris Carpenter, Lyndsay Smith (2), Daniel Mikulskis, Natalie Walker, Paul Nicholls, Emma Lawrence, Andrew Bates and Hannah Spencer. With wins in 7 relays, the future looks very bright.

<u>Result</u>	1st	Saxon Crown	183pts
	2nd	Erith	180pts
	3rd	Bromley	145pts
	4th	Woodside & Thornton Heath, (Blue)	104pts
	5th	" " " " " " , (Gold)	33pts

Inter Borough Gala, (Intermediate Age Group) at Eltham 19.1.91.

This type of gala is one of a series that is supposed to be swum with a combination of swimmers drawn from all Clubs within each Borough, (just two Clubs in our case, E.D.S.C. and Bexley S.C.). However, as before, we were left 'holding the baby' with no hint of support from Bexley. Other Boroughs were not so unfortunate and this left us to compete against the likes of Beckenham, Enfield and Greenwich Borough Mariners.

Against such strong opposition, we were made to look strugglers, although with a little more luck, the result could have been closer. Magnanimous in defeat, everybody did the Club proud.

<u>Result</u>	1st	London Borough of Bromley	134pts
	2nd	" " " " " Enfield	125pts
	3rd	" " " " " Greenwich	101pts
	4th	Bexley London Borough	84pts

T.C.Holmes

White Horse League Gala at Gillingham 19.1.91.

Black Lion pool was the venue for the third gala in a very hectic weekend for the Club with some swimmers competing in all three! With an Inter Borough gala being held at Eltham that very afternoon, we have to thank the Parents for speeding the swimmers between venues.

This League has been rather 'bitty' for us this season because we knew that we could not fulfill all of the dates when we rejoined. Nevertheless, this gala saw a great improvement on our October performance and we managed to close the gap on our Dartford and Greenwich Borough Mariner rivals. Once again, our youngest swimmers did us proud and with 7 first places, we have great hope for the future. Well done everybody, especially to Paul Nicholls for another Club record in the 12 & under Butterfly.

<u>Result</u>	1st	Dartford	116pts
	2nd	Greenwich Borough Mariners	118pts
	3rd	Erith	132pts
	=4th	Maidstone	=203pts
		Bromley	
	6th	Mote Park	243pts

Tudor 'B' League Gala at Eltham 26.1.91.

This was the first gala after the New Year age group changes and WHAT A SHOCK! - Only 4th place!

Cont'd opposite...

This must have been our lowest finishing position for 5 years. However, on checking our times and positions after the gala, it suggests to me that we swam as normal and that the age group changes must have suited Clubs other than us. In saying this, we always do our level best in the Tudor 'B' League - firstly, to 'blood' new swimmers and secondly, to reward other swimmers who train hard, but don't quite make the 'A' team.

As you are aware, a new rule was introduced into the Tudor 'B' League this year stating that any swimmer capable of swimming a County qualifying time in any stroke should not be eligible to compete. Even so, one of our rivals in this competition believe they can ignore this ruling, (they shall remain nameless but don't come a million miles away from us!). I have already spoken to the League Secretary and told him that next time we will be checking any 'outstanding' times against comparative distance tables. Then, if any swimmer is blatantly outside the letter of the law, let alone the spirit of it, I will be compelled to complain to the Committee, as is our right.

Forgetting these problems for a minute, this gala saw several new swimmers 'blooded' and with strong Parental support, our team spirit was as good as ever. We only had 3 first places to report from our 9/10 year old Boys relay team of Andrew Bates, Glen Scarley, Matthew (Romeo) Walker and Oliver Mikulskis.

<u>Result</u>	1st	Dartford	213pts
	2nd	Bromley	179pts
	3rd	Greenwich	165pts
	4th	Erith	160pts
	5th	Eltham	106pts

M.J.Thackray

Gala at Feltham 26.1.91.

With two teams out, what a busy day this turned out to be with one team at Eltham for the Tudor 'B' gala and the 'A' team for this gala at Feltham. Mick Thackray and myself spent many hours selecting the teams to ensure each squad would be as strong as possible.

Whilst we were very strong in some age groups and weaker in others, it did not detract from the effort made by the team. Individual wins were recorded by Heidi Green, Jenny Newton, Trevor Jones, Lyndsay Smith (2), Paul Nicholls (2) and Luch' Romagnolo. In addition, 6 Club records were also broken - two apiece by Paul and Luch' and the others from Lyndsay and Ian Magness. Unusually, we only recorded two relay victories. As usual our appearance was excellent.

<u>Result</u>	<u>Girls</u>	<u>Boys</u>
1st	Teddington 'A' 47pts	1st Teddington 'A' 57pts
2nd	Elmbridge Phoenix 51pts	2nd Elmbridge Phoenix 58pts
3rd	Erith 70pts	3rd Erith 68pts
4th	Feltham 'A' 94pts	4th Feltham 'A' 74pts
5th	Teddington 'B' 121pts	5th Feltham 'B' 130pts
6th	Feltham 'B' 126pts	6th Teddington 'B' 132pts

1991 Kent Championships

We entered a small but very able team of swimmers in this years' series of Kent Championship races. This compared with other Clubs who seemed to enter any swimmer that could just about swim a 100 metres. The embarrassment of these swimmers contrasted with the experience of others and whilst we took the decision to enter our best, no champion emerged. However, we must have made some Clubs take note with our increase in representatives compared with a few years ago. Hannah Spencer, Natalie Walker, Paul Nicholls, Trevor Jones and Ian Magness all gave very good performances and recorded P.B's.

We look forward to entering more swimmers in next years' Championships.

Gala at Redhill & Reigate 2.2.91.

Success always gives a team a lift especially when this proved to be our second victory of the year. Whilst we took a 'B' team with us bolstered by a few 'A' team swimmers, the result of this gala was never in doubt. We try to find events to suit all levels of swimming ability and for those who do not get many gala outings, this was an excellent all round performance. Individual winners included Tony Lawrence, Lyndsay Smith, Trevor Jones, David Case, Miranda Newitt, Paul Dodson, Peter Webb, Louise Ryan and Malika Smith. What a talent we shall lose when Malika moves home - we wish her good luck for the future,

Cont'd overleaf...

(Malika hopes to join Beachfield S.C. who are based on the Isle of Sheppey. So, who knows, we may find ourselves swimming against her in the not too distant future! -Ed.). Wins were recorded in 9 relay events and Club records were again broken by Steve Willcocks, Paul Dodson and Roy Burdett.

<u>Result</u>	1st	Erith	119pts
	2nd	Becontree	152pts
	3rd	Godalming	184pts
	=4th	East Grinstead	=194pts
		Leatherhead	
	6th	Redhill & Reigate	218pts

T.C.Holmes

Tudor 'B' League Gala at Eltham 23.2.91.

What a difference a gala makes - and we only changed three swimmers! Of course, for a rival Club, I believed it may have been significant that the County Championships were being held the very same day - but perhaps I'm being uncharitable! A brilliant performance by our team produced a very exciting gala reminiscent of the good old days of the Tudor 'B' League. There were too many first places to mention here but our younger swimmers certainly do look promising. A big 'Thank You' at this point to our open swimmers on poolside whose help makes these galas very easy for me. There was a welcome return for Sammy Hayes seeking 'match fitness' in his first gala since the car crash. We all hope he will be back 'Sub One' very soon!

<u>Result</u>	1st	Erith	203pts
	2nd	Dartford	198pts
	3rd	Bromley	182pts
	4th	Greenwich	168pts
	5th	Woodside & Thornton Heath	105pts

M.J.Thackray

Southern Counties Masters Championships at Crystal Palace 23/24.2.91.

Following last years' efforts by Buck Ryan, John Murray and myself, we took a larger contingent to this recent Masters event held in the 50 metre pool at Crystal Palace. In addition to those mentioned, the team included Jenny Newton, Luch' Romagnolo, Christine Case, Carole Dudley, Penny Spencer and Frank Rider. Despite the event being held for long sessions over two days, everyone enjoyed the experience. With events run in age groups from 25 years upwards, it proved particularly successful for Luch', Jenny and Frank with Luch' winning Gold in the 50 metres Freestyle and Silver in both the 100 metres Freestyle and 100 metres Breaststroke; Jenny with Silver in the 4x50 metres Individual Medley and 200 metres Freestyle and Bronze in the 100 metres Breastsstroke and Frank gaining Bronze in the 100 metres Breaststroke too. Our relay girls were extremely unlucky in finishing 4th in both their Medley and Freestyle relays. John Murray was 5th in his 100 metres Breaststroke and Penny Spencer, having already won her heat, was 9th in the 50 metres Freestyle final. Finally, yours truly was 4th in his 100 metres Breaststroke race. We hope to enter several more Masters events in 1991.

T.C.Holmes

Gala at Southend-on-Sea 2.3.91.

We often have difficulty selecting a single team but when we are asked to field a second, then our troubles become two-fold. Nevertheless, what satisfaction there is in the knowledge that we are fortunate enough to have so many talented swimmers, there being no need to swap or double-up between teams. One thing we never seem to be fortunate with is the lane draw and on this occasion, we drew lanes 1 and 6! The result was never in doubt with Orpington proving to be runaway winners. However, there was a running battle between Southend, White Oak and ourselves. Our individual winners included Glen Scarley, Heidi Green, Hannah Spencer, Trevor Jones and Daniel Mikulskis. In addition, there was a fine first victory for Gary Cook in the Under 10 years Breaststroke. With Glen, Daniel and Andrew Bates, he then went on to help record one of only two relay victories with the Boys Under 10 years Medley team. Another notable factor was the performance of our Masters swimmers who helped the 'A' and 'B' teams to 1st and 2nd places in the final event of the evening, the 12x1 squadron relay. Well done to Ann Burt, Penny

Cont'd opposite...

Spencer, Mick Thackray, John Murray, (who, along with Trevor Holmes, had already swum 5000 metres earlier in the day!), Jenny Newton, our 'newest' member Luch' Romagnolo and yours truly, (what about me? -Ed.). Trophies were awarded to all competing teams.

<u>Result</u>	1st	Orpington	252pts
	=2nd	Erith White Oak	=207pts
	4th	Southend 'A'	199pts
	5th	Erith 'B'	112pts
	6th	Southend 'B'	80pts

T.C.Holmes

Supporters Trophy Gala 20.4.91.

Saturday, 20th April sees the second home gala of the season. In this, the following teams will be competing for the Supporters Trophy:-

Halstead S.C.	St.Albans S.C.
Brentwood S.C.	Dorking S.C.
Black Lion S.C.	

Even if you're not swimming, why not live up to the Trophy's title and come to Riverside to give the team added support. There's surely no better way to spend a Saturday evening!

P.A.Frost

SOCIAL SECTION NEWS

Mayor of Bexley's Sponsored Charity Walk 14.4.91.

The Club are looking for as many members and Parents to participate in this annual 10 mile charity walk around Bexley. The walk is being organised in aid of the Mayor's charity appeal which this year focuses on the Acorn Unit at Queen Mary's Hospital and a Minibus/Ambulance for Bexley Voluntary Services Council, (B.V.S.C.).

So, if you would like a stroll around the Borough in the company of fellow swimmers and Parents, please see Peter Frost for entry details. Completed entry forms should be returned to Peter as soon as possible.

Presentation Disco 22.6.91.

This years' Presentation Disco is set to look like a 'who's who of the E.D.S.C.' as, for the first time, we will be incorporating presentations to swimmers who have competed in the 3 Speedo League galas as well as the Tudor'B' and M11 Diddy League competitions. The venue will again be Carlton Hall, Bexley Road and it's going to prove particularly interesting trying to squeeze everyone in! More details will be issued in due course.

Westbrook Outing 7.7.91.

This year, our annual seaside jaunt to Westbrook, (near Margate) will be on Sunday, 7th July. Unbelievably, this will be our 20th visit to our favourite stretch of beach so, we hope for some sunnier weather in July with which to celebrate this memorable landmark.

London to Cambridge Bike Ride 21.7.91.

Having participated in the 'World's Biggest Bike Event' for the past 3 years, everyone felt that the London to Brighton was becoming just a little too popular and it was time for a change. So, as not to clash with gala dates, we decided to plump for the London to Cambridge Bike Ride on Sunday, 21st July. Whilst the ride may not appear to hold the glamour of the London to Brighton, our very own cycling correspondent, David Ryan, has ridden the 58 mile course and says that there are enough surprises in store to make up for the challenge of Ditchling.

Whilst the London to Brighton traditionally raises money for the British Heart Foundation, the London to Cambridge's chosen charity is the World Wide Fund for Nature, particularly topical following the devastating pollution in the Gulf.

Cont'd overleaf...

If you would like to take part in the ride, please see Peter Frost for an entry form now. For those of you who have already filled them in, don't forget to return them to Peter Friday, 16th April including your entry fee cheque/P.O. made out to 'Bike Events Ltd'. Further details will follow in due course.

Barn Dance 19.10.91

Those of you who enjoyed last years' Barn Dance will be pleased to learn that we hope to arrange another event this autumn on Saturday, 19th October. Once again, more details will be issued in due course.

Autumn Half-term Ramble 31.10.91.

After an absence of almost 5 years, I am pleased to announce the return of the E.D.S.C. half-term Ramble. Whilst provisionally booked for Thursday, 31st October, those of you old enough to recall our experiences across the North and South Downs in beautiful English countryside will remember the enjoyment had by swimmers and Parents alike - irrespective of blisters! As a taster for possible future events, the forthcoming Ramble will cover some 10 miles starting at Aylesford in the Medway valley, climbing to the North Downs Way near the village of Boxley and returning to our start point via the Kit's Coty burial tomb. As before, we will take advantage of the cheaper out-of-hours fares offered by British Rail to get us to and from our Ramble start point. If you are interested, please keep an eye on the Club noticeboard for more details.

"We want your 'Free Gift' tokens!"

You know how frustrating it is! You've been stuffing yourself silly with Cornflakes for the past 3 months in the hope of collecting enough tokens off the back of the packet to obtain your 'Free Gift' cuddly Bart Simpson and then, you go to the supermarket the following week to find they've now changed the offer to something completely different or, worst still, you've exceeded the 'offer closes' date! So what happens? You bin the tokens having put on two stone in weight and wasted hours of your precious time cutting round those damn dotted lines! FEAR NOT!! WE HAVE THE ANSWER!! Why not hand us your unwanted tokens off your cereal, tea, washing powder packets etc. or even from the local garage and when we've collected enough together, we will send off for these 'Free Gifts' which can be turned into raffle and tombola prizes suitable for Club fund-raising purposes. By pooling everybody's tokens, we should certainly be more successful in obtaining those elusive 'Free Gifts' and besides, I'm nousey and want to know what powder gets your undies whiter than white! Seriously folks, if you can hand us those unwanted tokens, it will be much appreciated and you will be 'doing your bit' for Club funds.

Calling all Organisers of Fetes, Bazaars etc.

Parents! Are you organising a School fete, a Scout Bazaar or any other fund-raising activity? You are! Well, we have just the ideal fund-raiser for you in the shape of 'Rodeo', the rodeo horse, (see picture below). 'Rodeo' is a guaranteed money spinner and

Cont'd opposite...



'Rodeo' in action at the Bexley Donkey Derby.

is particularly popular with children. All he needs is a reasonable space in which to be tethered, (preferably outdoors) and you're off with an instant queue of people just itching to ride him! If you are interested in hiring 'Rodeo' for a weekend, he comes complete with assembly instructions for a fee of £15.00, deductible from a £50.00 deposit. Users have to arrange collection, ('Rodeo' fits snugly into the rear of most estate cars) and provide their own mattresses and prizes. Interested? Then please see Peter Frost for more details and an application form...

Urgent plea! - When he's not out and about raising funds, 'Rodeo' still needs a caring family for long-term stabling. Can anyone with a sizeable garage help?

OTHER NEWS

Congratulations!

Belated congratulations to John and Christina Murray on the birth of their daughter, Daniella Christina on the 17th December last year. Daniella's birth kept everybody waiting and the happy event just came too late for inclusion in the last Newsletter publication. I'm sure it won't be too long before John and Christina give Daniella that first opportunity for a paddle at Riverside..!

Many congratulations to Luch' and Steve Cowell on the recent announcement of their engagement. Catching everyone on the hop, we've at least discovered their Wedding is set for Saturday, 21st September...

Well Done!

Always prepared to report the success of our swimmers in other sporting fields, if you have been following the fortunes of our running starlets in recent months, this season's Cross Country Championships have proved particularly successful for Heidi Seal and Beth Leak. In the Kent Schools Championship at Chatham on the 2nd February, Heidi and Beth finished 3rd and 26th respectively and helped their team to the Silver medal. Heidi's performance was good enough to earn her a place in the English Schools Cross Country Championships at Taunton on the 2nd March where she finished in a very creditable 32nd place out of 700 runners.

Earlier, in the National Cross Country Championships, (this time in Liverpool!) Heidi finished 12th in her age group whilst Beth, (who's a year younger than Heidi incidentally) finished 162nd in a field of nearly 600 runners.

To round off an impressive season, Heidi finished 2nd overall in the eight race Kent Cross Country League and her success was recognised by the presentation of 'Bexley's most promising Female Athlete' Trophy at the recent Whitehouse Awards.

Mark's 'Marathon' Run

University life is certainly never dull and for Mark Russell, Bradford University's Rag Week, (18th - 22nd February) saw him participating in a Charity relay run with a difference from Land's End to Bradford, a distance of some 395 miles!

Mark was one of a team of 18 runners that set-off for Cornwall on Friday, 15th February for what was to prove a particularly gruelling week. It had been calculated that to complete the run by the 22nd, the team would have to run for some 12 hours each day with each member taking turns to pound the roads for 30 minutes at a time.

To ensure that their charity collecting tins remained full, a route was chosen to encompass major towns and cities. Then, those team members who were not running or resting would don fancy dress and make regular forays into centres of population to persuade members of the public to part with their cash.

The route took them via Plymouth, Exeter, Cheltenham, Warwick, Stoke-on-Trent and Sheffield and it is a testament to their fitness that the team arrived back at their University campus on schedule. However, the three support vehicles did not fare so well with one being written-off en route!

Once all sponsorship money has been collected, Mark expects this venture to have raised in excess of £11,000.00 which will be divided equally between 'Action Research into Multiple Sclerosis', (ARMS), 'The Pilgrims Trust', (dedicated to sending handicapped children to Lourdes) and 'Bradford War on Cancer'. Well done Mark...

Good Luck!

Once again, I am pleased to report that five E.D.S.C. members will feature in the forthcoming London Mini-Marathon on Sunday, 21st April. This race series precedes the Marathon itself and tackling the 3.5 mile course between Tower and Westminster Bridges will be Heidi Seal, Beth Leak, David Springham, Alison Walker and her brother Keith. Heidi will be hoping to repeat her success in last years' run when she gained a magnificent 2nd place. Whilst Heidi and Beth will be running on behalf of the 'Bexley Moorings' charity, David has chosen to support the E.D.S.C. Your sponsorship would be most welcome.

Whilst Heidi, Beth, David, Alison and Keith are 'hot footing it' along the Embankment in the Mini-Marathon, Simon Porter, (Emma and Lucy's Dad) will be lining-up with 25,000 other competitors to run in the London Marathon itself. A seasoned distance runner, cyclist and canoeist, this will be Simon's first 'London' and he hopes to complete the course in under 3½ hours. Simon will be running on behalf of Alzheimer's Disease Society, (ADS) and I am sure he would be pleased of your support in the form of sponsorship. Whether they will be running 3.5 or 26.2 miles, we wish them the best of luck in their endeavors on the 21st...

Well, we all knew how fast Wayne Maunders can be in the water but I bet few of you knew just how fast he can be on it! Wayne, a keen water skier, can often reach speeds of up to 70 mph(!) when participating in offshore and inshore races. So, as Wayne prepares himself for his first race of the new season, (in Milford Haven, South Wales) we wish him good luck in the hope that success and his pre-selection to train with the British Water Ski team could lead to European and International competition.

P.A.Frost

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STOP PRESS (Full details in the next issue of the Newsletter).

M11 Diddy League Gala at Erith 17.3.91 Erith beat Dartford to win a very exciting gala...

Sprint Trophy Lyndsay Smith, Paul Nicholls, Miranda Newitt and Keith Jones are victors...

Life Saving Keith Jones and Simone Rider attain their Bronze Medallion awards...

Tudor 'B' League Gala at Eltham 23.3.91 Trophy hopes end in defeat by Dartford...

Bexley Fun Runs, Danson Park Keep a date for Sunday, 2nd June...