



NEWSLETTER



No137

MAY 1992.

SECRETARY'S NOTES

New Members

A warm welcome to all our new swimmers, many of them from the Penguin Classes. The Club operates throughout the year, the only time we miss our Club nights at Riverside is when the pool is shut for Public Holidays. Please attend as often as possible, which should always include Fridays when all Internal Competitions are held.

SPRINT TROPHY

The top 3 swimmers in the age groups were:

<u>GIRLS</u>			<u>BOYS</u>		
8/U	Dee Scarley	59	8/U	Martin West	62
	Samantha Peach	59		Rory Jenner	51
	Laura Moseley	38		Jon Palmer	40
10/U	Gemma Ford	53	10/U	Kris Carpenter	60
	Laura Belcher	49		Andrew Bates	54
	Emma Lawrence	46		Matthew Walker	44
12/U	Natalie Walker	68	12/U	Paul Nicholls	70
	Lyndsay Smith	56		Glen Scarley	42
	Lauren Peile	52		Peter Webb	39
14/U	Heidi Green	64	14/U	David Case	39
	Hannah Spencer	52		Ian Magness	62
	Katie Attridge	50		James Willcocks	58
16/U	Rebecca Russell	64	16/U	Trevor Jones	47
	Alison Walker	48		Roy Burdett	66
	Laura Bedford	39		Paul Dodson	58
Open	Eleanor Beeke	58	Open	Steve Willcocks	56
	Claire Connor	55		Robin Parkhurst	50
	Miranda Newitt	38		Keith Walker	42
				Keith Jones	35
				Philip Rush	35

A. BEDFORD

COMPETITION RESULTSDIDDY LEAGUE 8.3.92

Our first Gala of the new League Season saw me a little dissappointed with 3rd place, only 2 points behind Dartford.

These are always difficult Gala's to pick, being the first one, and this was no exception. Two club Records were broken by Peter Webb and Paul Nicholls.

We only won 7 races, this was most unusual for us.

The Gala organisation itself, and the pool left a lot to be desired and this may have had some effect on us.

Result:

1st	Romford	198
2nd	Dartford	157
3rd	Erith	155
4th	Braintree	150
5th	Barking	113
6th	Hoddesdon	83

MICK THACKRAY

GALA AT BRAINTREE AND BOCKING 15.3.92

We return to the scene of the Diddy League the week previous, for this Invitation Gala. We endeavoured to restrict the number of parents due to the dreadful viewing facilities. Although every swimmer certainly did their best, especially an improved performance from Natalie Walker, the Gala was fraught with problems. Debatable disqualifications and re-run races. Ian Magness having swum a record breaking Freestyle event had to swim it again when the event was re-swum due to a late recall on a false start. On the 2nd swim Ian equalled the record. Well done Ian. Other winners included Hannah Spencer, Stephen Whybrow, Glen Scarley, Lyndsay Smith plus the boys 11/U Medley Relay Squad and the Girls 13/U Medley Squad.

Well done to all again, under trying conditions both in and out of the water.

Result:

1st	Bishops Stortford 'A'	81
2nd	Braintree and Bocking 'A'	129
3rd	Erith	142
4th	Bishops Stortford 'B'	171
5th	Braintree and Bocking 'B'	224

TREVOR HOLMES

GALA AT RICHMOND 22.3.92

This must rate as one of our best performances for a long time, especially with the rewards of a win and the beating of our local rivals 'Dartford', who took it well, but must have found it very difficult to accept. We can certainly swim good relay's. It was a very close contest throughout with a three sided fight with Dartford, Leander and ourselves.

One Club Record was broken by Paul Nicholls in the U/13 Boys Individual Medley. Our swimming techniques are improving with no disqualification. Safe and sure was the word, with some swimmers being a little slow off the blocks. The list of winners would be like a telephone list, but congratulations to all who swam. Our newly installed Club Captain's, Claire Connor and John Burdett received the Trophy on behalf of the Club.

Result:

1st	Erith	79
2nd	Dartford	84
3rd	Leander	87
4th	Colchester	100
5th	Redhill and Reigate	107
6th	Staines	159

TREVOR HOLMESGALA AT BROMLEY 28.3.92

This Gala gave us a chance to put out a team of swimmers who do not normally have a chance of regular competition.

Although not many first places were achieved, this did not detract the teams attitude. However, we did get an apology from Redhill and Reigate who did get the team selections wrong, not realising it was a 'B' Gala, and walking away with this result.

Winners included Sharon Ewers, Alison Walker, Mark Holmes, Lorraine Stevens in the 17/U Medley Relay Team.

Result:

1st	Redhill and Reigate	207
2nd	Bromley	175
3rd	Erith	144
4th	Orpington	133
5th	Greenwich	109
6th	Sevenoaks	96

TREVOR HOLMES

GALA AT SUTTON & CHEAM 4.4.92

We, as you will no doubt know, we can certainly swim good Relay Gala's and this was no exception, unfortunately we did not win this one this time, but it was a two horse race between Sutton & Cheam and ourselves. The pool itself was one of those that gave an appearance of being an old cinema or theatre with stage and all. The most succesful squad was the U/14 Girls who won all their events, this team included Hannah Spencer, Claire Thorogood, Heather Fort, Lauren Peile and Natalie Walker.

Result:

1st	Sutton & Cheam 'A'	61
2nd	Erith	76
3rd	Epsom	128
4th	Greenwich	159

TREVOR HOLMES

DIDDY LEAGUE 5.4.92

When we received the draw for this Gala we thought we could make 3rd place behind the very strong Bishops Stortford and Southgate, but after what can only be decided as a brilliant performance we emerged easy winners. This was undoubtedly our best performance in this League and gave us great hope for the future. Home advantage and good organisation helped us of course and all age groups swam well to give us 12 first places this time. Well done all swimmers and supporters.

Result:

1st	Erith	182
2nd	Southgate	151
3rd	Bishops Stortford	146
4th	Barking	132
5th	Basildon	109
6th	Hatfield	101

This win puts us in 3rd place in the League, 2 places in front of Dartford. This also puts us in the top six Gala on May 17th and we look forward to a great performance on that day.

MICK THACKRAY

TUDOR 'B' GALA AT ELTHAM 11.4.92

Another good result leaves us in a strong position in this League, but with no room for slip ups. Another strong performance especially in Relays, saw us winners by 4 points in front of Bromley.

Result:

1st	Erith	160
2nd	Bromley	156
3rd	Greenwich	138
4th	Dartford	116
5th	Eltham	66

MICK THACKRAY

INTERCLUB GALA WITH HET "Y" AT RIVERSIDE ON 18.4.92

Much will be spoken and written about the visit of Het "Y" to Erith over the Easter Weekend, but this report seeks solely with the Gala. We reckon that no other Club could get together 100 competitive swimmers for a Gala, with not one swimmer letting themselves down, every swimmer gave their all.

What a difference two years make in performance as then we were no match for Het "Y" in all departments, but now we can compete with them albeit that we loaned them swimmers for the younger age groups, as they decided that they would not bring any 10/U's. We did see some excellent swimming by the older swimmers from Holland, but we must have impressed them in other departments. Winners included Paul Nicholls (3 wins), Natalie Walker, Andrew Bates, Hannah Spencer, Ian Magness, Leanne Peile, Kris Carpenter and Jamie Willcocks, plus wins in 8 relays. Mick Thackray was not impressed with some of my selection for swimmers for the Dutch with them contributing to a number of successes for the Het "Y" squad, but that's how good our swimmers were. We would also like to thank Ian Magness, Emma Porter, Jamie and Steve Willcocks for swimming after returning from holiday only hours before. Mick and I would like to express our gratitude to all those who whipped the teams.

Result:

1st	Erith 'A'	331
2nd	Het "Y"	312
3rd	Canterbury	269
4th	Erith 'B'	175
5th	Hety "Y" 'B'	169
6th	Ashford	99

TREVOR HOLMESWHITE HORSE LEAGUE GALA 25.4.92

With Mick Thackray being away for this Gala yours truly was in charge. We got off to a very good start with wins in the first two relays, which surprised a few people, especially for our rivals Dartford, and we also finished on a high with the final event the 8x1 Squadron Relay. With some very good swim's throughout the evening we came very close to the eventual winner Dartford. Sammy Hayes continued his return to form, improving the time in his Breastroke event, but his reward was only 2nd Place. 1st places were recorded by Paul Nicholls, Lyndsay Smith, Hannah Spencer, Glen Scarley, Stephen Whybrow, Andrew Bates, also the Mixed Open Breastroke Squadron, Mixed 11/U Relay, Mixed 13/U Medley. What this proves is that we are very consistent, we are now in 2nd place in this League behind Dartford.

Result:

1st	Dartford	89
2nd	Erith	116
3rd	Greenwich Borough Mariners	136
4th	White Oaks	147
5th	Bromley	182

TREVOR HOLMES

MASTERS SWIMMINGSOUTHERN COUNTIES MASTERS 29th February - 1st March, 1992.

11 of our Master Swimmers took part in this week-end long Gala at Crystal Palace, some of them for the first time at this 50m pool, they all swam well despite the very strong competition from all over England, three world records were broken at this meet.

Jenny Newton won a Bronze Medal in the 200m Individual Medley and Luch Cowell a Silver Medal in the 50m Breastroke, Chris Case came 5th in the 50m Butterfly and 100m Breastroke and Frank Rider came 5th in 50m Breastroke. Our other swimmers were John Murray, Rosemary Watkins, Peter Frost, Barry Magness, Caroline Whitmore, Trevor Holmes and Ann Burt. We also had a Men's Freestyle Relay Team and a Ladies Medley Team.

MOYA RIDERMASTERS

We again report that the Masters Section is still flourishing, and beginning to make an impression on everyone that has a glimpsed the training on a Sunday Night.

Numbers have remained fairly constant since January, with a few dropping off as expected, but others are replacing those gone. We do have room for further swimmers who do have some ability and would like to show it. It is sad to hear that Lorrain Coward has burnt her hand quite badly following an incident in doors, we wish her a speedy recovery as we need her in the Relay events in Canterbury.

It is somewhat disappointing that more Master Swimmers do not compete in either Sprint or Points Cup Races and other competition events! Congratulations are in order to Chris Case for winning the Ladies Masters Sprint Trophy, and for the record, yours truly won the Mens's section. Our next Competition will be at Canterbury in a few weeks time, we hope for future success in this event.

TREVOR HOLMESKENT SCHOOLS CHAMPIONSHIPS BOYS 14.3.92

Two schools entered Erith Swimmers to compete in the Kent Schools Championships- Junior Boys Age Group.

The boys involved were:- Tony Lawrence, Richard Morgan and Paul Nicholls all representing Bexley-Erith Technical High School for Boys. Peter Webb swimming for Erith School.

All boys swam exceptionally well swimming one individual race each - Richard competing in the 100m Breastroke, Tony Butterfly and Peter Backstroke. Paul competed in the 100m Freestyle event obtaining 4th place in the final in a Personal Best Time. The 3 boys from BETHS teamed up with a Bexley swimmer to compete in the 4 x 2 Medley Relay Team event finishing 4th in the final and they were also placed 6th in the 4x 2 Freestyle Team Final. The Red and White tracksuits of E.D.S.C. once again stood out on Poolside and the boys were a credit to the Club.

JACKIE NICHOLLS

KENT SCHOOLS CHAMPIONSHIPS BOYS 14.3.92 2nd REPORT

Several members of E.D.S.C. attended as representatives of their respective schools and as usual carried the banner high.

BETHS fielded teams at all levels of the competition which included E.D.S.C swimmers and the following notable results were achieved.

JUNIORS

Freestyle relay team included Paul Nicholls, Tony Lawrence and Richard Morgan - qualified and finished 4th 3.24.57.

Medley relay team included Paul, Tony and Richard - qualified and finished 6th 3.53.84.

Paul Nicholls qualified and finished 4th in the Freestyle Individual 100m 1.09.05.

INTERMEDIATES

Freestyle Relay team included James Willcocks -qualified and finished 3rd 2.45.00

Medley Relay team included James - qualified and finished 2nd 3.04.01

SENIORS

Freestyle Relay team included Paul Dodson, Roy Burdett and Steve Willcocks-qualified and finished 2nd 2.36.73

Medley Relay team included Paul, Roy and Steve-qualified and finished 3rd 2.58.15

Paul Dodson qualified and finished 4th in the Freestyle Individual

Roy Burdett qualified and finished 3rd in the Backstroke Individual .

Steve Willcocks qualified and finished 3rd in the Breastroke Individual.

For BETHS the day proved to be extremely successful, and a total of 20 medals were to be won by their swimmers. As all swimmers were competing at the lower end of their age bracket, it is hoped that next year will prove to be even more successful.

My apologies to E.D.S.C.swimmers that represented schools other than BETHS, for not mentioning them, but on this occasion my loyalties were to Bexley and Erith Technical High School.

PIP WILLCOCKS

KENT SCHOOLS CHAMPIONSHIPS GIRLS 28.3.92

Several of our swimmers represented their schools in the Annual Kent Schools Championships. They were Heather Fort, Claire Colmer, Heidi Green, Laura Bedford, Carly Burt, Katie Attridge, Helen Parkhurst and Rebecca Russell. The Intermediate Relay Team representing Erith School were very unlucky (their 4th swimmer, not a club swimmer) left the water and the team was disqualified, otherwise they would have been 3rd or 4th. Heidi Green was 1st Reserve in the 100m Intermediate Breastroke, Katie Attridge came 4th In the 100m Junior Butterfly, Helen Parkhurst came 6th in the Intermediate Backstroke and Rebecca Russell came 4th in the 4 x 2 Senior Individual Medley, all swimming for Erith School.

Hannah Spencer swam for her school in both the Junior Medley Relay and Junior Freestyle Relay Teams, they achieved 1st place in both these events. Well done to all of you.

CAROL RUSSELL

CHAPTER 4

REBIRTH

At the outbreak of the war, the Club Secretary was Mrs.H.Smith who, in January, 1948, approached John and Eileen McArdell with a view to restarting the Club by affiliating with the newly formed Erith Sports Club. This grandiose and short lived organisation also catered for the needs of the following other Erith Sports Clubs:- Athletics, Boxing, Rowing, Motor Cycling, Tennis, Table Tennis, Hockey, Football, Weight Lifting and Cycling. The inaugural meeting of the reformed club was held on 22nd January, 1948 at Riverside Hall (opposite the present pool and demolished in about 1970). At this meeting, John McArdell agreed to become the Hon.Secretary again - for three months! On hearing of the re-establishment of the Club, an old member, Mrs E.Anderson rejoined and became the Club's Chief Instructor until moving from the district in 1961. Before the war, she had been a leading member of the Erith Ottor's floating team. Upon joining, Mrs Anderson loaned the Club the sum of £5 (a dept never repaid) as no funds remained in the bank, all the meagre capital the Club possessed in 1939 having been used up in the insurance of the Club's trophies during the war years. Unfortunately, the pool had been seriously damaged in 1940 when a parachute mine landed on the Riverside Gardens (opposite the present pool) causing death and destruction including the cracking of the pool bottom. Public use of the pool after the war was deemed unsafe as a concrete liner had been used to effect repairs, reducing the depth by 1 foot, restricting its use to teaching purposes only. Following the inaugural meeting, Woolwich Council were approached for pool time at Plumstead Baths, at that time the nearest indoor pool. At first the application was refused as the Council Policy prevented the hiring to organisations outside the Borough of Woolwich. During the Summer of 1948, however, the Club was successful in obtaining the use of Plumstead Small Pool initially on a Wednesday evening at a charge of 17/-d (87½p) per week.

By 1949, the Club were hiring Erith pool on Saturday afternoons for teaching purposes from the Kent Education Committee who administered the pool for school swimming teaching during the summer months. In the winter months during this period it became the custom of members of Dartford Swimming Club to join us during the months their own open air pool was shut, at half yearly subscription. One of those who became an E.D.S.C.swimmer by this means was Derrick Firmin of Stanham Farm, Dartford who was to play a leading role in the future, initially becoming a member of the committee in 1955.

In 1952 a modest programme of races was organised with medals awarded and as the financial position improved, over the next two years, a full programme of races was held at both Erith and Plumstead pools including the return of Points Cup Races. It became a tradition to present cups at an Annual Prizegiving evening at the end of the season in September, the prizes usually being presented by the Mayor or Mayoress of Erith.

Lack of support around this period led to the Club suspending winter sessions.

In 1953 the Committee included Mr T.A.Davison, another personality who was to play an important role during the next thirty years.

The Committee decided to introduce a new Club Badge in 1954, inviting designs to be submitted and the very pleasing design eventually chosen was the stylised Sea Horse designed by the Club Secretary, John McArdell which has remained to the present. Both Plumstead large and small pools and Woolwich Baths were utilised at different times and seasons during the fifties, dependant on the availability granted at pool allocation meetings. In using the pools of the then Woolwich Borough Council, the Club became affiliated with the Woolwich & District Amateur Swimming Association (after 1965 Greenwich District ASA) and we were therefore eligible to enter swimmers in their Annual Championships held each Autumn.

The pressure for a new pool for the town gained momentum during the mid-fifties with the Club lobbying the Council and local press in their quest. The Club Secretary, Mr.John McArdell visited local factories some of whom had sports clubs with swimming sections to gain support from the workforce as part of his campaign to impress upon the Council the urgent need for better facilities. However, the plight of Erith was repeated throughout the country when it was claimed as late as 1956 that only one new pool had been built since the end of hostilities in 1945 and between Plumstead and Maidstone there were no indoor pools! The Council for their part were sympathetic and even carried out feasibility studies in 1954 on the old Corporation Tram Depot site close to the existing pool and again in 1957 when the Ritz Cinema at the top of Pier Road closed down but all to no avail.The dependance on public transport can be gauged as in 1958 the summer programme included the Points Cup etc. had to be rearranged owing to the protracted bus

strike which took place. A new Manager was appointed for Erith Pool during this period Mr. Brian Slade, who became a good friend of the Club during his few year's in charge. He was a firm supporter of the Club's ideas for a new pool and at a meeting in the home of John McArdeall, their joint ideas for a new pool was sketched out. With the exception of the omission of a teaching pool, Riverside when completed was as they had planned it. The design chosen proved successful as a number of other pools of the same design were built during the sixties.

At last on September 19th, 1959 after a lapse of 21 years, the Club held an Annual Gala at Plumstead large Pool which proved a great success and has continued each year since. In the same year the Club's Hon. Secretary Mr. John McArdeall, in recognition of his services to swimming locally became President of both the Woolwich & District ASA and Lamorbey S.C. (now Eltham T & SC). By 1960 the need for a new pool became an issue worthy of discussion by the various ward candidates in the local elections held that year, and neighbouring Bexley Council published their plans for a new indoor pool at Crook Log at a proposed cost of £280,000.

In 1961 the Assistant Secretary and Club Instructor, Mrs Evelyn Anderson moved to Oulton Broad in Suffolk after 30 years association with the Club. Her enthusiasm for the sport, however, did not diminish as she was responsible for starting Clubs and campaigning for new pools both in Suffolk and Stourbridge in Worcestershire where she moved to some years later. As recently as 1984 at over 80 years of age she was still competing in Masters Swimming events. Her place at the Club to encourage an interest in serious swimming at a time when most youngsters merely came for a 'splash session' was taken by Alan Davison who, particularly after the move to Riverside, built the Training Section from scratch with similar dedication and enthusiasm. Mr Michael Hind, who in his short time as our Chairman, had also campaigned vigorously for better swimming facilities for the town, also departed in 1961 for Canada. In the following year, after heart surgery, John McArdeall, our Secretary died at an early age. This was a bitter blow to the Club at a time when the reality of a new pool seemed to be a little nearer. Mr Derrick Firmin agreed to take over the job of Hon. Secretary and his wife Moira became Treasurer in place of Eileen McArdeall who became Assistant Secretary.

With under three years before the formation of the London Borough of Bexley a new pool Manager was appointed at Erith, Mr Ken Russell, who was to take a very active part in the running of the new Council's pools in the years to come. In July 1963 a deputation from the Club attended a Council meeting and were assured by the Town Clerk that a new pool was high on the agenda and its site had been chosen at the corner of Walnut Tree Road and the High Street. By April 1964 plans were revealed in the Kentish Times complete with a sketch of 'Riverside' with an estimated cost of £348,095 to complete. With less than a year to go before the new London Borough No 18 'Bexley' came into being both Erith and Bexley Councils were pressing ahead with their respective pool plans but there was a suggestion that if Bexley built their pool adjacent to the planned Civic Centre between Gravel Hill and the Clock Tower, instead of at Crook Log, Erith need not build a pool as the Bexley site would then be central for both areas. We can only consider ourselves very fortunate that by April 1st 1965 'GLC Day' the respective plans were by then too far advanced to deny Erith a new pool. The Club feared however, after the formation of the new body that, the new Greenwich Council might consider outside organisations like ourselves could no longer use the Plumstead facilities and that we would be without a home until Riverside was ready, thankfully, our fears were unfounded. The new Borough's Baths Management had plans to form a Borough Swimming Club once the new pools were built and explained the plans to us during 1966. At that time although we always held a 'core' of competitive standard swimmers, a large percentage of the membership came for a good splash. The proposals of swallowing us into a purely competitive club and losing our identity to the all conquering 'Bexley' name did not have any support.

Bexleyheath's new pool at Crook Log opened its doors on 14.1.67 but work at Erith had fallen well behind earlier expectations, with the old open air pool operating for its last season from May to September of that year. However, the boilers installed in the old pool five years previously, were deemed suitable for the new pool and served their purpose for a further 18 years. In May, 1966, with over two years to go before the opening of the new pool, the Hon. Secretary Mr Derrick Fermin, entered into lengthy correspondence with the Borough Engineers Dept. London Borough of Bexley applying for pool time.

pool time. Initially, Wednesday evening was applied for as this was the Club evening at Plumstead. By October 1967, the Club Committee had decided that Friday evenings would be better suited especially for children of under 12 years of age who had only been able to attend the Saturday afternoon sessions at the open air pool. During this period Erith had many youth organisations, many of whom were also planning to apply for pool time. A consortium of youth clubs formed 'Erith Youth Services Swimming Club' and had also applied for Friday evening. Our Club, discovering this situation, decided that their original preference i.e. Wednesday would suffice if Fridays were out of the question but pointed out that the young aspiring swimmers of the town would lose out with the planned 8pm start on Fridays. The council's reply received in March 1968, stated that Wednesday was to be granted to the Central Council for Physical Recreation and Fridays to the Youth Organisations and nothing for us! Behind this decision the Council had taken into consideration the planned formation of the London Borough of Bexley Swimming Club and their need for an evening at Riverside. Further correspondence continued until following changes on the Council, we were finally granted Friday evening in May just two months before opening day (the youth groups taking Thursday).

to be continued.....

PAST EVENTS

BASILDON OPEN MEET 26.4.92

We had a very successful day at the Basildon Open Meet which lasted all afternoon an evening .

We won in total 16 medals and 23 Trophies. 2 Club records were broken by Heidi Green and Roy Burdett.

Swimmers who took part were: Lauren Peile, Lyndsay Smith, Lucy Porter, Emma Porter, Martina Cooley, Beverley Donovan, Heidi Green, Samantha Norris, Alison Walker, Sasha Rider, Joanne Mays, Rebecca Russell, Paul Nicholls, Trevor Jones, Ian Magness, Sean Norris, Zak Green and Roy Burdett.

The next Open Meet is at Brentwood on Sunday 5th July, entry fee £1.25. per event. If you are interested please see me A.S.A.P.

CAROL RUSSELL

B.T.NATIONAL SWIMATHON 1992.

Congratulations must go to our swimmers who took part in the gruelling 5,000m individual swims that were held at both Crook Log and Erith Swimming Pools. Robin Parkhurst, Trevor Jones and Rebecca Russell were in the top 4 in the Borough of Bexley.

Others that competed were Ian Magness, Timothy Bedford, Peter Frost, John Murray, Buck Ryan and Trevor Holmes.

the Relay Team 'The Force' headed by Sasha Rider came 3rd in the Borough and were the 1st to finish the swim at Erith pool.

CAROL RUSSELL

PRE-LIM DIVING COURSE

Congratulations to ROSEMARY WATKINS AND SIMONE RIDER on passing their Pre-Lim Teaching and Diving Course Exam.
Well Done.

MOYA RIDER

LONDON MINI MARATHON 12.4.92

Well Done.....

to Keith Walker, David Ellingford, Claire Colmer, Katie Attridge, Heidi and Jolene Seal who ran for Bexley in the London Mini-Marathon. Whilst Heidi took 3rd place and Keith and Claire were placed in the top 30 of their respective age groups, the overall performance of our swimmers helped the Bexley team to a triumphant 1st place amidst entries from all London Boroughs. Following in their footsteps was Simon Porter who, despite illness in the week preceding the Marathon, did exceptionally well to complete the 26 mile course in under 4 hours.

PETER FROST

ON THE SPOT REPORT OF THE LONDON MINI MARATHON

On the 12th April, 1992 whilst many thousands of keen joggers/athletes attempted the gruelling 26 miles of The London Marathon, one thousand five hundred youths representing their respective Boroughs took part in The London Mini Marathon. Although the distance appears relatively insignificant, 2 $\frac{1}{4}$ miles, a sense of achievement is especially gained by the younger age groups or some who do not run on a regular basis. For many competitors however, the race did not begin here as numerous Borough's had a pre-liminary race which decided the selection of their teams. Qualifiers for Bexley from our Swimming Club included Claire Colmer, Katie Attridge Jolene Seal in the 11-13 age group. Heidi Seal and David Ellingford 14-15, and myself 16-17.

Early Sunday morning (7am) The Bexley Team met at Crook Log, each age group with their own coloured A.D.T. Mini Marathon T-Shirt, to travel to the start by coach. Despite the weather, spirits were high and so was the usual coach madness. All 32 London Borough's were represented and met in a car park near Tower Bridge. Fortunately or unfortunately depending on how you view running I did not have long to wait as the boys 16-17 race was the first to start.

Special congratulations must go here to the organisers who easily could have been overwhelmed by many over-enthusiastic athletes. All age groups contained a variety of talents from the serious competitor to the casual fun runner/walker. My race was started by the Lord Mayor in front of South East Television Cameras. No doubt race critics here would start "The weather conditions were great and the scenery was inspirational" but somehow that doesn't seem to matter when your trundling down a street faster than your legs can carry you.

The course was flat and fast along the Embankment past the various bridges (Southwark, Blackfriars etc.) and finally into Westminster Bridge and the finish. The atmosphere of the occasion was enhanced by the crowds lining the route who enthusiastically cheer all passers by. Once through the banner and into the finish we were paraded into queues where we received our medal, kiss, silver cape and 'goody bag'. Again the organisation was remarkable, as despite our aching limbs we were escorted by officials back to our Borough coach.

Congratulations to all E.D.S.C. members who took part, their result was as follows.

<u>Girsl 11-13</u>	<u>Position</u>
Claire Colmer	36
Jolene Seal	170
Katie Attridge	175
<u>Girls 14-15</u>	
Heidi Seal	3
<u>Boys --14-15</u>	
David Ellingford	149
<u>Boys 16-17</u>	
Keith Walker	11

KEITH WALKER

MEMORIES ARE MADE OF THIS

Easter weekend, fondly known as a long weekend to us Brits, became one of the shortest for those involved with the invasion of Het Y.

It started in earnest on Good Friday evening with the welcoming of our Dutch Friends. Old acquaintances were rekindled and new ones started at this reception, highlighted by the mostly unaided bi-lingual speech from our -"microphone unnecessary"- Peter Frost.

Early Saturday morning the Het Y contingency gathered together with some of their Erith hosts to spend a morning in London, essentially to visit Harrods. They had a sight seeing tour before being off loaded outside "the" shop. Based on conversations I had with some of our friends, they thought Harrods extremely interesting but also extremely expensive. Whilst most of the party returned as scheduled to spend the PM with their host families, some of them stayed in London with Glen Thackray and John Burdett and visited other sights including The SWIM SHOP and the Tate Gallery.

Saturday evening featured the Gala. Het Y together with Canterbury and Ashford and I think the whole of Erith's swimmers combined to give a good display of sportsmanship and competition with the evening resulting in a team win for Het Y and a gala win for Erith -EQUAL HONOURS - but a headache for organising. Well Done to you all. But for some the evening did not end there. Off went the older lads and lasses to dance the night away at Ts night club, consuming some bottles of champagne in celebration.

Sunday AM and yet another stage in the agenda. All congregated at FantaSeas for a morning zooming about on the aqua zooms. Many thanks to Marnie for making this possible. I for one really enjoyed my first visit, despite the bumped elbows and head. Considering the amount of time these swimmers spend in the water we still had a hard time getting them to leave and down to Riverside Pool where they had a training session. (I thought this was a holiday!!). Anyway, under the instructions of Big Ben and Mighty Mick they were put through their paces until it was time to go home and prepare for the evening Disco.

Sunday evening saw us all back at Carlton Hall for the knees up and, as usual, very few bums stayed on chairs as the dance floor was packed, stomping to the beat of Powerful Pierre - and what about the entertainment? - The Blues Brothers, drafted in especially for the occasion, performed a spectacular. Well done to Big Ben and Microphone Pete.

Interspersed only by the presentations, the evening was great and the promises of return trips, "we'll meet again" and "until the next time" brought the night to a close.

Monday morning, all down to Riverside Pool, but not to swim, regrettably to see our good friends off on their return trip home. Kissing, hugging and waving, (male and female), again "see you again soon" "until the next time", they boarded the coach and drove away, under the guidance of Mighty Mick, to find the Motorway and make tracks for Holland. We also made tracks for home and rest, rest, rest.

Yet another eventful and succesful calendar date fulfilled for EDSC with the enthusiasm and natural help from Het Y.

WHERE DID THAT LONG WEEKEND GO!!!

PIP WILLCOCKS

We would like to thank everybody who billeted the swimmers from Holland, without you this would not have been a success. A big thank you also to the Social Committee for organising all the additional events to keep everybody on the move.

TREVOR HOLMES

FUTURE EVENTS

RAMBLE IN THE CHILTERN HILLS 28.5.92

If you want a refreshing break from revision this coming half-term why not join me for a Ramble in the Chiltern Hills of Hertfordshire on Thursday, 28th May.

The 12 mile route will take us along canal towpaths, past windmills, through woodland and thence to Ivinghoe Beacon, one of the highest points on the Chiltern. Parents are very welcome to come too, (a Pub will be our venue for lunch!)

If you would like to go, please add your name to the list on the Club Notice Board. This will reserve you a seat on the coach that will take us to and from Hertfordshire and full Ramble details will be handed to you on receipt of the £4.50 fare per person.

HURRY! 30 of the 45 seats have already been snapped-up!

PETER FROST

BEXLEY FUN RUN 31.5.92

If you have been inspired by our Mini-Marathoners and have not been selected to participate in the Gala at Beacontree, (please check) why not join us in Bexley's annual Fun Run in Danson Park on Sunday 31st May. Entry forms are available from me.

PETER FROST

LONDON TO BRIGHTON BIKE RIDE 21.6.92

By the time these words are read, almost everyone in the 42 strong E.D.S.C team should have received their Registration packs containing number and essential information for participating in 'The Worlds Biggest Bike Ride' In due course I will issue a fact sheet that will detail our transport/support coach arrangements etc. until which time, please take note of the following:

1. Whilst you might not get much for your £8.50 entry fee, don't lose your Registration pack. Please keep the contents safe in the envelope they arrived in.
2. If the departure time printed on the Registration pack envelope is not 6.30am IGNORE IT!
WE DEPART CLAPHAM COMMON AT 6.30am O.K.!
3. Our thanks again to Chris Dodson who has kindly agreed to provide transport to Clapham Common and from Brighton in the afternoon.
4. The support coach, (an 84 seater) will depart from Riverside Swimming Centre at 8.15am.
5. All cyclists and spectators must each pay £5.50 to subsidise the hire of the support coach, promenade parking fee and, possibly unique amongst the 30,000 + riders who will make it to Brighton, our own E.D.S.C moments of the event.
6. Please start collecting sponsorship now and help add to the £5,000 that E.D.S.C has raised for the British Heart Foundation from previous rides.
7. Starting to train? Beware! Take the utmost care as the condition of many of our roads is potentially as hazardous as the vehicles that travel upon them.
8. If you're buying new cycle wear, be wise and put a cycle helmet at the top of your purchase list.
9. If you have any questions, please see me as soon as possible.

PETER FROST

CELEBRATION DISCO 28.6.92

If you've been a Speedo, Tudor, White Horse or Diddy League swimmer this season, please make a date for our annual award presentations at the forthcoming Celebration Disco in Carlton Hall, Erith on Sunday 28th June. Unfortunately, gala commitments and hall availability have dictated that the event is to be held on a Sunday and with many of you having to go to school the next day, presentations will commence at 6.00pm. prompt with the Disco continuing until 10.30pm. Further details and tickets will be available shortly.....

PETER FROST

SOCIAL SECTIONWANTED! BRIC-A-BRAC.

Remember the Club when you are clearing out that loft or garage as your unwanted 'bric-a-brac' can be a useful source of fund raising at forthcoming outdoor events. All items from Books, toys, records etc. will be gratefully accepted by our 'Ladies on the door' Thank you

PETER FROST

RODEO HORSE SIDESHOW

If you are still contemplating whether to hire this sideshow for your school fete etc. there are still a few dates available this Summer. Please see me for further details.....

PETER FROST

STOP PRESSHET "Y" SEPTEMBER 1992

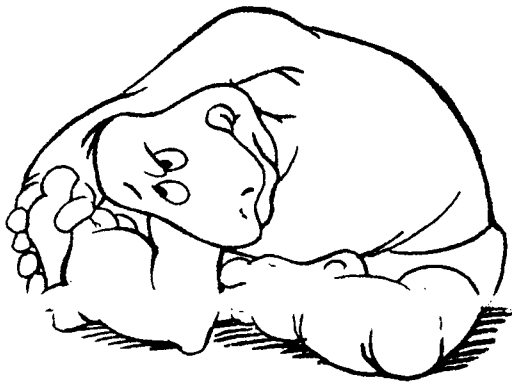
We have been invited to celebrate Het "Y"'s 100 year Anniversary in Amsterdam in September, 1992. Plans are underway for the visit which will include a party of 45 swimmers (not confirmed) plus officials. Details will be published shortly, please do not be disappointed if you are not selected, but your chance will come.

TREVOR HOLMES

GALA AT STROOD 9.5.92Result:

1st	Canterbury	101
2nd	City of Rochester	122
3rd	Beaver	128
4th	Erith	133

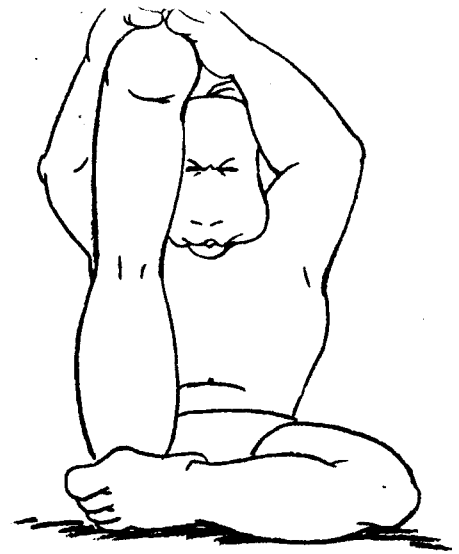
TREVOR HOLMES



9

**WARNING!
AVOID DIFFICULT STRETCHES!**

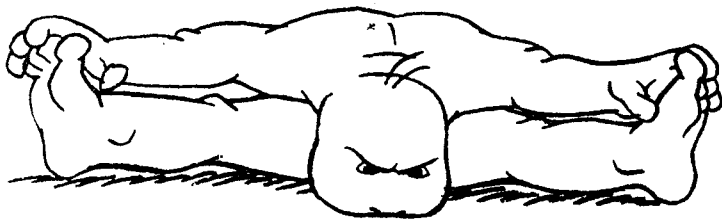
Start with your right leg extended forward and the bottom of your left foot against your right inner thigh. With your right hand, grasp the top of your right foot and place your elbow on the ground in front of you. Stretch by reaching behind your head with your left hand to try to grasp the bottom of your right foot.



10

IF IT IS PAINFUL - STOP!

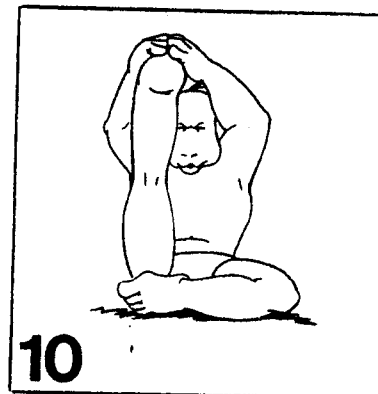
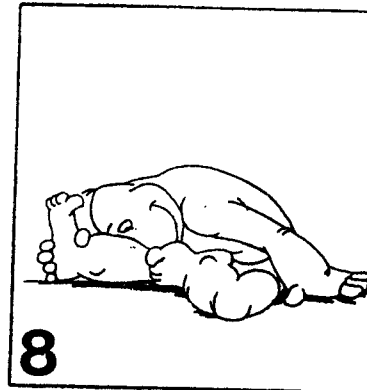
Sit with your right leg in front of you and the bottom of your left foot against your right inner thigh. Hold the bottom of your right foot with both hands. Stretch by lifting your right leg straight up toward your head. Keep your leg straight as you try to touch your forehead to your knee.



12

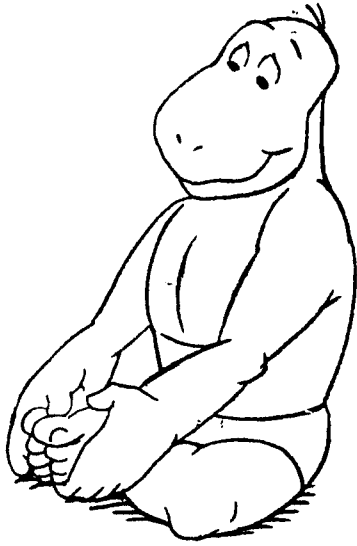
STRETCH SLOWLY! NEVER BOUNCE!

Sit with both legs spread out to the sides. Slowly slide your hands forward on the ground while bending from your hips. Try to touch your chin to the ground without bending your knees. Repeat the same stretching motion while holding your toes.



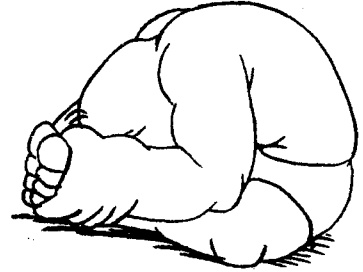
11

Relax and repeat stretches 7 through 10 with your left leg extended and your right foot against your inner left thigh. Reverse the positions used by your arms.



13

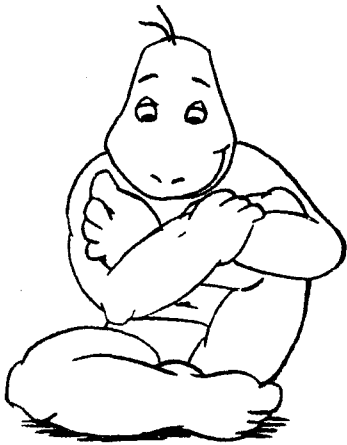
Sit on the ground and place the soles of your feet together in front of you. Stretch by drawing your feet toward your body with both hands. Keep your knees close to the ground and your feet on the ground.



14

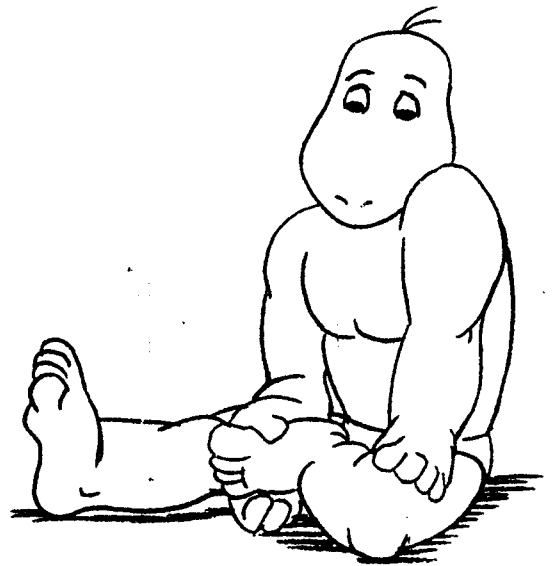
NEVER BOUNCE!

Remain sitting with the soles of your feet together in front of you. Stretch your forehead toward your toes by bending from your hips, not your waist.



15

Sit on the ground and place your right leg in front of you with the knee comfortably bent outward. Stretch by picking up the lower part of your left leg with both arms and drawing it toward your chest.



16

Sit on the ground and extend your right leg in front of you. Place your left ankle on top of your right thigh. Stretch by pressing down on your left knee while lifting the top of your left foot.

CLUB SHOP GOODS

Below are just some of the items that the ladies on the door sell.

Club Costumes

Girls	£11.50. - £13.50
Boys	£ 7.50 - £ 8.75

Teamstripe Costumes

Assorted Costumes Various prices

Caps 80p - £1.00

Sportsbags £ 5.75 small
 £17.50 large

Goggles

 Various prices

Tea Bag Shirts £ 4.60 - £ 6.95

Exclusive Club Tracksuits

 £27.95 - £41.00

Club Towels (Hand size

 £ 4.50

Club Mugs

 £ 2.75

Club Clipboards

 £ 2.50

Club Baseball Caps

 £ 3.50

Progress Cards

 10p

Please note that all items bearing the Club Badge are on sale to full Club Members only. Note Penguins and members must have completed their three month trial period before purchasing 'Badge Bearing' goods unless asked to swim in an Inter-club Match.

ALL MEMBERS REPRESENTING THE CLUB IN MATCHES MUST WEAR CLUB SWIMWEAR AND CLUB HAT.

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