



NICHOLLS MARK PAUL.

# NEWSLETTER



No 139

OCTOBER 1992

## SECRETARY'S NOTES

We have made a wonderful start to the new competitive year with another memorable trip to 'Het V' in Amsterdam. We had a great win at the first gala of the season at the hated 'Baintree and Bocking' pool and some breathtaking swims at the first Speedo.

Regarding Speedo, after years of steady progress followed by the disappointment last season, I share Mick Thackray's belief that we must surely gain promotion this time. Much of our effort in recent years has been thwarted by new appointments to the league with very strong teams who often gain division one status within 2 years. Round 1 this year saw us drawn against Portsmouth/Northseas 'B' whose 'A' squad often make the National Final of all Speedo Leagues. In 1989 their 'B' team gained promotion from Division 2 but owing to them facing the prospect of competing against their 'A' squad they withdrew from the League, only to reapply last season and was unfortunately granted as other clubs on the waiting list declined. This situation naturally brought questions at the Speedo League A.G.M. and we can only hope this underhand attitude is not repeated.

## ANNUAL GALA

Our Annual Gala heats commence on Sunday 11th October and I hope to see plenty of support from parents and friends. All the times recorded will help the selection of swimmers for forthcoming competitions, and if for any reason you cannot swim because of illness or other problems please contact Pam or Allan Bedford with as much notice as possible to enable changes to be made as all heats and finals are worked out well in advance.

## Beginners Section

You may have noticed the new Banners, Posters and Leaflets in the pool foyer for the 'Southern Water' learn to swim scheme, which both our Club and 'Leisurelink' will be promoting. After 9 years United Biscuits the makers of 'Penguins' have withdrawn their sponsorship of the very successful nationwide 'Learn to Swim the Penguin Way' scheme, which our club has supported from the outset. During these 9 years over 1,000 children have been taught to swim by our instructors, and many of our current 'Household Names' joined us via the 'Penguins'. When we look back at the names in our Penguin Register we find the following swimmers.

1983	Laura Bedford Claire Conner Lee Gilbert	Helen Parkhurst Alison Walker Rebecca Russell
1984	Carley Burt	David Ellingford
1985	Katie Attridge	Ian Magness
1986	Natalie Walker	
1987	David Case Paul Nicholls	Heather Fort Claire Colmer

cont.

	Tony Lawrence	Glen Scarley	Louise Wickham
1988	Andrew Bates Rebecca Hammond	Peter Webb	Tanya Chapman
1989	Kris Carpenter Heather Wallington	Kevin Jones	Matthew Walker
1990	Laura Belcher		

'The Southern Water Scheme' is at present the only sponsorship deal the A.S.A has been able to obtain and restricted to Kent, Sussex, Hampshire, I.O.W. and parts of Surrey. We are extremely lucky to get this support as we are actually in the Thames Water area! However, we will be given equipment and financial support for the next 12 months. All instructors will now wear the tee shirts supplied and all beginners will also be given a free tee shirt and badge on their first night. Our previous Penguin courses were restricted to the Club only, but part of the new deal must involve the centre who can thank the Club for obtaining some excellent Equipment, Publicity and Customers for them. Owing to our long term association with 'Penguins' we have decided to continue to refer to our beginners under this name.

Allan Bedford.

### COMPETITION RESULTS

#### GALA AT BRAINTREE & BOCKING 20.9.92

We were not really looking forward to this Gala as it is probably the worst pool for both swimmers and spectators that we compete at. In the end though it turned out to be a great success. We were able to send a mixed ability team and because of the absence of quite a few swimmers especially our open age group that is what we took. There were some good swims and many 1st places, and our exceptional relays helped us yet again. There were 4 club records recorded from Laura Belcher, Lyndsay Smith, Rebecca Russell and Paul Graimes. A special mention for two swimmers Beverly Donovan for her first win ever and incidentally the first gala her mum had ever missed (Stay away Mum) and Alex Hill who came in as a very late substitute and swam with great enthusiasm in his first gala in 4 years. Also a special mention for Peter Webb who missed his turn in his Freestyle race, went back and touched and still won. The trophy was presented to our 2 Vice Captains Keith Walker and Rebecca Russell.

Well done all for an excellent win.

#### Result

Erith	1st	100 points
Colchester	2nd	128 "
Braintree Dolphins	3rd	141 "
Romford	4th	179 "
Braintree Seagulls	5th	203 "

MICK THACKRAY

SPEEDO LEAGUE GALA AT FARNBOROUGH 26.9.92

The first Speedo gala of the season can sometime be a lottery and can often depend on the draw. It is also important to do well in the first one as bonus points are awarded for the first 3 places in each gala. Our boys team was at full strength on this occasion but our girls team was up to four swimmers short and I thought this may cause us problems in some strokes but with excellent substitutes and our younger swimmers growing up faster than I realised this did not turn out to be the case. The pool was excellent and my lane draw even better as we were swimming in lane 3. An excellent all round performance saw us into second place only 7½ points behind Portsmouth.

There were 7 club records on the night from Roy Burdett, James Willcocks, Alan Bates, Paul Nicholls, Ian Magness, Natalie Walker and Mark Russell. What a great place and time for these and other swimmers to swim Personal Bests. Excellent relay results especially from our 13 &/ Under boys and girls and Open swimmer really helped.

Well done to all concerned and my special thanks to all those swimmers who came for only one swim. I do not very often take swimmers for only one swim, but in Speedo as it is so important and helps me to gauge our position against all other clubs, I make an exception.

Result

1st	Portsmouth	241 points
2nd	Erith	233½ "
3rd	Seagulls	157 "
4th	Hythe	151½ "
5th	Alton	150 "
6th	Winchester	107 "

Footnote

It may interest you to know that the team that beat us Portsmouth 'B' are the 'B' team of the overall winners of the National League title last year. This 'B' team began swimming in the Speedo League 2 years ago and they won division 3, they were promoted to division 2 and won it, they were promoted again to division 1. Because they did not want to swim against their 'A' team they resigned from the league and asked to go back on the waiting list. As somebody had resigned from division 3 they were put back into division 3 and started again. I find this slightly dishonourable especially as they might yet again take a promotion place at the end of the season and prevent us the privilege of going up. This also proves that we could compete well in division 2 and I would really like to be there next season.

MICK THACKRAY

KENT MASTERS 12.9.92

21 of our Masters swimmers took part in this event and for 4 of them this was their very first gala. What a credit all of them were to our Masters section and Erith & District Swimming Club. They came away with a total of 29 medals, 10 Gold, 9 Silver, 10 Bronze a super result. It was great to have a few more spectators than usual on the balcony, support is always very welcome. Our next Gala will be on Sunday 22nd November at Black Lion Pool, Gillingham. See Moya or Frank if you would like more details.

Result

100m	Freestyle	Rosemary Watkins	Bronze	F
"	"	Beryl Coshall	Gold	F
"	"	Luch Cowell	Bronze	A
50m	Backstroke	Lorraine Coward	Silver	C
"	"	Beryl Coshall	Gold	F
"	"	Daniel Donovan	Bronze	D
"	"	Frank Rider	Silver	E
"	"	Buck Ryan	Gold	G
"	"	Paul Graimes	Gold	A
50m	Breaststroke	Rosemary Watkins	Silver	F
"	"	Chris Case	Gold	L
"	"	Jenny Newton	Bronze	A
"	"	Luch Cowell	Gold	A
"	"	Frank Rider	Silver	E
"	"	Peter Frost	Bronze	C
"	"	Trevor Holmes	Gold	E
50m	Butterfly	Chris Case	Gold	D
"	"	Ann Jones	Silver	C
"	"	Trevor Holmes	Bronze	E
100m	I. Medley	Buck Ryan	Silver	G
"	"	Peter Frost	Silver	C
"	"	Chris Case	Silver	D
"	"	Lorraine Coward	Bronze	C
"	"	Luch Cowell	Bronze	A
50m	Freestyle	Chris Case	Bronze	D
"	"	Lorraine Coward	Silver	C
"	"	Beryl Coshall	Gold	F
"	"	Luch Cowell	Gold	A
"	"	Buck Ryan	Bronze	G

MOYA RIDER

Michael and I attended our first Masters Competition (as SPECTATORS I hasten to add). We were greatly impressed with all 21 swimmers who took part. but as Moya says it would be nice to see more MASTERS TAKING PART plus lets have more spectators at these events, these Masters are flying the flag for E.D.S.C. so lets give them some extra support with more spectators to cheer them on. I must add this was one of the rare occasions when Michael was a spectator and watching one swimmer he observed a dipped left shoulder and commented on it, the response from a certain young lady initial M.T. was 'Which left shoulder?'

CAROL RUSSELL

PAST EVENTSBEXLEY DONKEY DERBY 31.8.92

Fortunately, the abysmal August weather relented sufficiently to enable this annual Bank Holiday event to proceed as planned and I would like to take this opportunity to thank everyone who 'manned' our bric-a-brac stall and sideshows, helping to raise some £190.00 for Club funds in the process. Well done everyone.

Peter Frost

LONDON TO BRIGHTON BIKE RIDE

Many thanks to all our members who have collected sponsorship following this event. The beneficiary is the British Heart Foundation and we recently sent cheques to them amounting to some £650.00. If however, you have any outstanding monies, please hand them to me as soon as possible. Thank You.

Peter Frost

REPORT FROM TREVOR JONES-AUGUST HOLIDAY

We set off for our holiday at 4.00am on Sunday 16th August and arrived in Shanklin on the Isle of Wight at 9.00am. I noticed a poster for the Sandown-Shanklin Pier to Pier swim that was taking place that afternoon. I went along to Sandown at 1pm to book in. We all had to put our clothes in to a van which would take them to the finish at Shanklin. We then had to walk to the end of the Pier where we were told to jump in, I could not breath because it was so cold as we waited to be set off. Then we were off, swimming against the tide, it felt that I was not getting anywhere. Halfway through I felt like giving up, then I caught up to a man and he kept me going, we swam ashore and raced to the finishing line. We were then given a cup of soup and a sandwich while we waited for the presentations. I had completed the 2½ mile swim in 36.07 minutes and finished 13th, the fastest time was 27.45 minutes. On Wednesday 19th August it was the Shanklin Regatta and I took part in the sea races, it was held in the afternoon and the sea was quite rough. The first race was the boys 50yds Freestyle, we were called over and told to swim out to a boat for the start. The man fired the gun and we were off, you could not see where you were going even with goggles on, then it was over and I had come 2nd. The next race was the men's 100yds Freestyle, this time I came 3rd. The next was the Mens 100yds Breaststroke, but I was just pipped and came away with a Silver Medal. The last race was the 600 yds Freestyle and I was up against Adrian Godwin who won the Pier to Pier race on the previous Sunday and swims in the England Squad. I gave him a good race and did not let him beat me by much. I came just 2nd and received another Silver Medal.

Trevor Jones

DARTFORD DISTRICT S.C. BIATHOLON 27.9.92

When it comes to Biathlon, our Club has much to learn about this Swim/Run event and despite previous experience, our small band of competitors expected strong opposition from their contemporaries. Fortunately Beverly Donovan and Dad Danny are 'old hands' at this event and they were able to unravel a few mysteries about Biathlon and give us hints on the form of some of our rivals.

The swimming took place in a venue familiar to many of us - Dartford College Pool. Despite some feeling the effects from the previous evenings Speedo Gala, our team all performed well with one exception (me!). Andrew Bates finished 7th in his age group whilst Rosemary Watkins recorded a P.B. in her 100 metre swim.

By the conclusion of the swimming, the run had already begun just down the road at Wilmington Boys School. Thankfully the day had developed warm and sunny, drying out what would otherwise have been a wet and muddy course. All younger age groups were to run 1000 metres and many wore spikes, a sure sign of just how serious they were taking this event. Unfortunately, Andrew was unable to run a time sufficient for points to give him a top 6 placing and a medal, but his 13th position was a very commendable debut into Biathlon. Gemma Ford found the run tough going and finished 26th in her class whilst Lauren Piele, Claire Colmer, Hannah Spencer and Beverley all improved on their overall positions by doing well in their runs, none more than Claire who ran a storming 1,000 metres to record the 14th fastest time over that distance (3min 48secs) from any class Boy or Girl.

Realising that Danny Donovan had been entered with the wrong birth date, (this would have had a bearing on his points tally) the officials were informed of the correction and the computer system promptly 'went down!' this was to delay production of the final results considerable but we pressed on regardless. Danny blamed lack of training on a 2,000 metre run that dropped him to 10th place whilst yours truly improved on a poor swim and finished 4th earning myself a nice 'gong'. The ladies on the other hand were revelling in the sunshine and Carole Eastaugh, Angela Watson (Carole's sister) and Rosemary Watkins finished 7th, 10th and 12th respectively, receiving 2nd place team medals for their efforts.

All in all, an enjoyable day and well done to everyone. Next time we hope to see a lot more Club member prepared to 'have-a-go' at Biathlon.

PETER FROST

Congratulations to Simone Rider on passing her Swimming Teachers Exam which she took this summer at Crystal Palace.

### Forthcoming Events

#### White Oak 25th Anniversary Open Meet 13.12.92

Whilst primarily an 'Open Meet' for which many of you have already entered to help White Oak S.C. celebrate their 25th Anniversary, there will also be dryside events on Sunday 13th December and we are currently considering having a Club stall at the event and entering the Darts and 8-10 year olds in a 5 a-side Football Competition. So keep an eye on the Club noticeboard for further information.

PETER FROST

HALF TERM RAMBLE 29.10.92

If you expect to be at a loose end this coming school half-term, why not make a date to join me for our next Club Ramble 'somewhere in Kent' on Thursday 29th October.

Details will appear on the Club noticeboard shortly.

PETER FROST

NEW YEARS' EVE FAMILY CELEBRATION

We hope to be able to make an announcement about our annual New Years' Eve do in the near future, so please keep an eye on the Club noticeboard for details.....

PETER FROST

HELP APPEAL

Whilst it was particularly gratifying to see a sprinkling of 'new faces' at the Bexley Donkey Derby, I wish to remind all Parents of our recent appeal for help and ideas which to date has received limited response. Remember, "No Social Section, No Funds, No Club," is no unfounded tactic. Were we unable to maintain funds at a level ahead of our predicted expenditure then the quality of Club life would certainly have to suffer. Of course, the alternative would be to increase membership fees to cover all those little extras that we have come to expect, but that's the last thing that anyone would wish for in these recession hit times. Realistically, the 'old hands' on the Social Committee need to enlist your support now otherwise the stagnation and decline witnessed in fellow Clubs could probably set-in. We don't wish for that to happen, so don't be shy, if you can be of any help at all, please see the ever-present Ladies -on-the-door.

ANNUAL GALA RAFFLE

By the time you read these words, every Club member should have received their Annual Gala Raffle Tickets. Following the plea for help, we hope that you will be able to sell as many tickets as possible to your relatives, friends, workmates etc. thereby maintaining this event as our single most important fund-raising venture. It may come as a surprise to learn that the Social Section will have to find some £2,800 for the hire of Gala coaches in the periods leading-up to Christmas, so, if you can sell additional books of tickets to help offset this expenditure, we will be most grateful. This year, by way of additional enticement, we have increased the overall cash prize total on offer. Extra books of tickets can be obtained from our Ladies-on-the-door, and it is to them that you should return all counterfoils and monies, (plus any unsold tickets). Please also note that due to time limitations, the Raffle draw will NOT be made on Annual Gala Finals Night and in fact will take place the following Tuesday, 10th November, 1992 at approximately 8pm.

Thanking you for your help.

PETER FROST

NATIONAL SCHOOLS SWIMMING CHAMPIONSHIP 3.10.92

Good Luck to Hannah Spencer and Alison Walker who will be competing for their schools in the above events. More information in the next Newsletter.

Carol Russell

CLUB RECORDS

Updated copies of Club Records can be seen on our Notice Board - a new issue will be printed after the Annual Gala Heats and will be included in the Annual Gala Final Programme of events.



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