



# NEWSLETTER



No 141

FEBRUARY 1993

## SECRETARY'S NOTES

### AGE GROUPS

For the benefit of our newer members and parents, an explanation is needed to show how age groups work in the swimming world. Our club uses the most common 2 year grouping, always based on the age a child has reached by 31st December each year.

Let us consider good and bad examples:

Child 'A' born 31.12.82 would swim from 1.1.93 as a 12 and under until 31.12.94.

Child 'B' born 1.1.83 would swim from 1.1.92 as 10 and under until 31.12.93.

Some clubs hold competitions based on the age at date of gala, whilst others stipulate under U10/U12 etc. for example 9 years or 11 years of age attained during the year of competition up to 31st December. I hope this helps you to understand the system.

### SUNDAY 14th MARCH, 1993 - Training Arrangements (4-7pm)

Please note, owing to our club hosting at 'Riverside' 1 of the 3 first round 'M11 Diddy League Gala's', there will be no training on the above date.

The teams swimmings with us will be:-

Thurrock - Barking - Hatfield - St.Albans -Romford Town.

### ANNUAL GENERAL MEETING - SUNDAY 28th MARCH, 1993

(11am to 2pm. to be confirmed)

The A.G.M. will be held again this year in the Clubroom at Riverside Swimming Pool.

We would like to see as many of you as possible at this meeting, as it does concern all of you. Please try to attend.

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Re-Door Money

It has come to our attention that quite a few people are forgetting to pay their door money (35p each swimming session) on a regular basis. 'THIS IS PART OF YOUR SUBS' and spot checks will be made.

ALLAN BEDFORD

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COMPETITION RESULTS

THANET VIKINGS S.C. GALA - 9.1.93

Our first Gala in 1993 proved very tough, with the opposition being very strong, also we had a number of senior swimmers missing, and there was a severe bout of Christmas Pub and Beer Bellies.

That however, was not an excuse for our 4th place finish, as we were in contention in most events. Longer reach at the ends and faster take-overs may have given us a better finish.

We did however beat Thanet Viking's French guests.

Individual winners included: Heather Wallington, Trevor Jones, Eleanor Lawrence, Ian Magness and the mixed 14/U Freestyle Relay with again Ian Magness, Paul Nicholls, Hannah Spencer and Natalie Walker. One club record was recorded by Paul Graimes in the Open Backstroke.

Result:

1st	Thanet Vikings	97
2nd	Leander	121 1/2
3rd	Black Lion	164 1/2
4th	Erith	180
5th	Amien	198

Thanet Vikings 'B' was non scoring.

TREVOR HOLMES

WHITE HORSE LEAGUE No.2 - 16.1.93

This was a disappointing result after a very good start that saw us in first place at the halfway mark.

There were some good swims, especially by Paul Nicholls, with 2 excellent first places, and our youngest teams performing well in both relays and solo swims.

There were only 21 points between first and fourth places at the

end of the gala, and it shows how important it is to gain that extra place in each race and also not to get disqualified. I look forward to a much better performance in the remaining fixtures in this league and also a little more committment in training to improve our times so that we can get back on terms with Dartford, Bexley and the other good teams in the league. It is disappointing to go downhill after such success in our Speedo campaign. Let us all try a little harder next time.

Result:-

1st	Bexley	130
2nd	Greenwich Borough Mariners	137
3rd	Dartford	146
4th	Erith	151.5
5th	White Oaks	178
6th	Bromley	186.5

MICK THACKRAY

TUDOR LEAGUE No 3 - 13.1.93

The first Tudor League gala of the new year saw quite a few new faces, especially amongst the younger ones and also some familiar faces returning as they reach the top year in their age groups.

Our youngest age group did well, but showed a little inexperience as we expected, and we had a few diqualifications.

Obviously I have a little more work to do with some of them. Nevertheless, a good all round performance and an exciting gala, especially after it was spoilt by the no diving rule.

Bromley seem determined to win at all costs this year, and even appeared to have swimmers going slow so as not to make it too obvious. All the other teams seem to have got it about right, as can be seen from the results, and it should be quite a good second half to the season. It was good to see so many supporters, both familiar and unfamiliar.

The close result also shows how important it is not to get disqualified, as we lost a place to Rochester by only 2 points because of this.

Result:-

1st	Bromley	217
2nd	Rochester	168
3rd	Erith	166
4th	Dartford	156
5th	Greenwich	131

MICK THACKRAY

KENT COUNTY A.S.A. CHAMPIONSHIPS 1993

SEVENOAKS 30.1.93

I was once again privileged to act as Team Manager on behalf of our swimmers that had attained qualifying times for the most 'Prestigious' event in the Swimming Calendar Year.

Paul Nicholls, Ian Magness and Trevor Jones all swam magnificently in the gruelling 4 x 2 Individual Medley. Heidi Green and Natalie Walker broke Club Records. Hannah Spencer, Rebecca Russell, Steve Willocks, Roy Burdett, James Willocks and Paul Dodson all swam their hearts out.

The next event will be held at Tunbridge Wells on 13th February. Good Luck to all those taking part in the afternoon session, and a special mention for Paul Graimes who will be our only swimmer in the evening session flying the flag for us.

Carol Russell

MASTERS SECTION

SOUTHEND MASTERS GALA 2.1.93.

10 of our more intrepid Master swimmers took part in this gala soon after the festive season and all its indulgences. (or in Frank's words "Pigs Out").

All our swimmers swam brilliantly, especially Paul Graimes who won a Gold medal with a personal best time of 1.10.51 in the 100m Backstroke. Well Done!!

A total of 36 medals were won by Erith Master Swimmers. 5 Gold, 20 Silver and 3 Bronze, plus 4 Gold medals for the Mens Medley Relay team of Paul Graimes, Frank Rider, Trevor Holmes and Danny Donovan, and 4 Bronze Medals in the Mens Freestyle Relay team, Trevor Holmes, Jon Feddon, Frank Rider and John Murray.

It was a pity that we only had 3 ladies at this gala, and so we were unable to swim any ladies relays, so come on girls, enter these gala's and show these men how it's done.

Good luck to all who are going to Crystal Palace in February, and don't forget club members, your support would be appreciated whenever you can spare the time. (remember one day hopefully, you will all become Masters).

MOYA RIDER

## OPEN MEET SECTION

### MILTON KEYNES OPEN AND MASTERS MEET 6.12.92

4 Masters and 5 Open swimmers entered the above competition. We left early on the Sunday morning, warm up was from 8.15am to 9a.m. The pool at Milton Keynes is 25 metres, very good for spectators and plenty of facilities. 2 bars and hot food was being served. The competition was very strong, but we did come away with some medals. Claire Connor came 2nd in the Ladies Open 50m Butterfly and 4th in the Ladies Open Breaststroke. Rebecca Russell came 3rd in the Ladies Open Breaststroke and 6th in the 50m Freestyle Sprint. We came 1st in both the Medley and Freestyle Open Relays with Claire Connor, Miranda Newitt, Rebecca Russell and Lorraine Stevens. Samantha Norris and Sasha Rider both swam well in their events.

The Masters swimmers were Frank Rider, Trevor Holmes, Jenny Newton and Norah Norris.

CAROL RUSSELL

### WHITE OAKS OPEN MEET 13.12.92

We had a magnificent turn out of swimmers for this meet, but conditions at the pool were not good. The morning session was not too bad and many of the younger swimmers did very well, but as the day wore on the heat on poolside and the temperature of the water took its toll. After checking around and talking to coaches from both Dartford S.C. and Beckenham S.C we all found that our swimmers were dropping times due to the extreme heat. Swimmers please note: dehydration happens quite easily, and non fizzy drink should always be available.

By the evening session the conditions were laughable and Ian Magness's face was a picture when he found out that he had made another final! and had to swim again. Well done Ian! you did extremely well under very difficult conditions.

We did however achieve some medals: Hannah Spencer and Heidi Green 3rd and 4th in the 100m Breaststroke, Laura Belcher and Tanya Chapman 5th and 6th in the Butterfly, Andrew Bates 5th in the Butterfly, Paul Nicholls 4th in the Butterfly, Gemma Ford 5th Freestyle, Andrew Bates 3rd Freestyle, Hannah Spencer 6th Backstroke, Gemma Ford 4th Backstroke, Andrew Bates 2nd Backstroke, Claire Connor 3rd Breaststroke, Rebecca Russell 6th Breaststroke and Ian Magness 2nd Freestyle.

To all the others that swam, Beverely Donovan, Trevor Jones, David Ellingford, Sasha Rider, Alison Walker, Martina Cooley, Lauren Piele, Lyndsay Smith, Glen Scarley and Sharon Ewers, Well Done.

CAROL RUSSELL

Footnote

The next Open Meet is at Basildon Swimming Club to be held on Sunday 4th April, 1993, for swimmers 10 - 15/16 years. Entry fee for each event is £1.50. This meet is ideal for our swimmers, as the pool is the same length as ours, and swimmers must not be faster than Essex County Qualifying times.

10 years and 11 years all events 1 length .12, 13, 14 and 15/16 years 3 lengths (100m), all strokes.  
If you are interested in entering, see me.

CAROL RUSSELL

PAST EVENTS SECTION

continuation of report on "Swimweek" Southport.

STALAG SOUTHPORT

4pm Sunday - we arrive at the camp in the pouring rain. We are allocated our billet by the guard at reception and exchange hard cash for cardboard electricity tokens. Little do we know how much hard cash will be involved.

We scan the lists of swimmers only to find that Lucy has ceased to exist. We are assured that she will be allocated a group at the Commandant's welcoming meeting that evening.

We make our way to our "luxury" accomodation where Simon spends the next half hour in darkness head in a cupboard trying to get the electricity meter to accept these dodgy cards. At last there is light but I think it may have been better in the dark "Mmmm" what a palatial surroundings.

We turn on the heating to try and raise the temperature above zero and decide that what is required is a nice cup of tea, but no! you can't have the kettle on at the same time as the heating. Well of course you can't everybody knows that.

I start to make up the beds only to find that Pontins are obviously of the opinion that all their guests suffer from incontinence. "Oh these lovely plastic mattresses".

We adjourn to the bar. "Well what else can you do in these circumstances." Inferior beer at inflated prices.

At 8pm we are greeted by the Chief Coach who gives us a run down on the weeks activities. Lucy is allocated a group. The coach informs us that the chalets have been greatly improved this year with the addition of heating. I rush off immediately to see if I can find any but it is only a rumour.

Monday 6am.

God am I really up this early I try and get Emma out of bed. She seems reluctant. 6.45am. We are now on poolside. Water drips continuously down upon us from the condensation on the roof. The pool, like the chalets, is clearly only designed for summer use.

With 3 swimmers, all swimming at different times, the day consists of constant wet towels and costumes and running an all day restaurant.

Tuesday.

We have devised a foolproof method for heating the chalet. We build a bucket of chilli and invite the other E.D.S.C. inmates to an impromptu chalet party. It works we are warm for the rest of the week.

Thursday.

"Oh good"!!! Emma is now swimming at 6am for the rest of the week so I can get up really early, what bliss! Simon has devised an escape plan and disappears for London having managed to avoid the barbed wire and the dogs.

Meanwhile I use the cover of early morning darkness to shake the earth from the legs of my thermal pyjamas. The tunnel is nearly complete.

Friday 6pm.

Simon has been recaptured together with Steve Norris. 9pm The secret signal has been given from my contact on the outside. I enter the tunnel dragging my sack of soggy towels with me. It works and I surface in the saloon bar of the Sands Hotel. My contact is there and we leave immediately before the alarm goes up.

Home to a warm house and a comfortable bed.

Would I go again?

Well, the girls all benefitted from the training and in that respect the week was very well organised. The weather was appalling which certainly did not help.

I guess if the girls want to go again we will be back, you never know, I may even swim myself next time. Help what am I saying. I did gain something from the week, I am now fully qualified to open a Cafe or a Chinese Laundry.

MARIA PORTER

Footnote

If anybody is interested in booking a week at Pontins for their swim week in the half-term in October, please see me, as I have some booking forms.

CAROL RUSSELL

## SOCIAL SECTION NEWS

### NEW YEARS' EVE FAMILY CELEBRATION

Built on a reputation of several years standing, it seems that the E.D.S.C New Years' Eve 'do' is THE place to be if you want to celebrate the advent of a new year in style, and with the sale of tickets breaking all previous records, once again, it lived-up to all expectations.

With Calton Hall surroundings in tarten, everybody had been encouraged to wear something in keeping with this theme and whilst most were content with a ribbon, shirt or skirt, the looney minority elected to the whole hog, (haggis?!) and don look-a-like Russ Abbott "See-u-Jimmee" outfits, much to the amusement of all concerned.

Bopping to a newly souped-up 'Powerful Pierre' was interjected by more hilarity, courtesy of Mick and Trevor's E.D.S.C. Alternative Awards.

Yes, a great time was had by all and the partying concluded sometime around 2.00am - well, thats what someone told me anyway!!!

### Footnote

The winner of the Caption competition was Kay Scarley, one of a dozen or so entrants. Kay had to think of an amusing caption to complement a photo of two 1920's swimmers in suitable period costume. The photo, taken from November's issue of 'The Swimming Times' had been suitable 'doctored' to depict one of the swimmers as a certain Mr Ryan, complete with beard, (Buck promptly shaved off his beard after this!). Anyhow, Kays winning caption was....."I knew they were going to raise 'The Titanic'. but I didn't think they'd find any survivors!"  
Kay will receive her prize shortly.

### VALENTINES DISCO 13.2.93

Hardly had the dust had time to settle in Carlton Hall than its Valentines Disco time! However, before the cuddling and smooching can begin, this years' event will also provide the setting for a presentation to our victorious Speedo League Swimmers. Playing the passionate platters will be 'Powerful Pierre', and at £4.00 each, tickets are selling fast, (Speedo swimmers go free) So, please hurry to avoid disappointment.

### FAMILY RAMBLE 18.2.93

Nothing to do during School half-term? Looking for something a little bit different? Well, why not join us for a Ramble in the Kent countryside on Thursday 18th February. We'll be walking from Cuxton to Gravesend via the celebrated village of Cobham



where we will stop for lunch. Full details are given on the Club noticeboard, so if you want to come, just add your name to the list. Don't forget, Mums and Dads can come too!

Planning is already underway for a ramble during the summer half-term on Thursday, 3rd June. With the longer days and warmer weather, we'll be heading further afield, so watch this space!

#### LONDON MINI-MARATHON

If you would like to continue a Club tradition and represent the London Borough of Bexley by participating in the London Mini-Marathon on Sunday, 18th April there is still time to enter the trials which take place at Erith Stadium on Sunday, 7th March.

If you would like an entry form, see Peter Frost as soon as possible.

#### LONDON TO BRIGHTON BIKE RIDE 20.6.93

By the time you read these words, it is likely that the list for E.D.S.C. entrants to the World's Biggest Bike Ride will have been closed. However, whether you are an 'old hand' or a 'first timer', I shall shortly be issuing full entry details to all members/parents who have committed themselves to be a part of the E.D.S.C. bike ride team.

#### RODEO HORSE HIRE

If your school P.T.A., Scout Troop etc. are still undecided whether to hire the Club Rodeo Horse sideshow for their fete or bazaar this Summer, there are only a few dates left available, such is Rodeo's popularity. Please see Peter Frost to find out more details about this surefire money-spinner.

PETER FROST

#### STOCK IN HAND

We would like to bring to your attention some of the stock that we have for sale, some at bargain prices.

##### Teamstripe Costumes

28" - 30" - 32" Price £5.00 (No reasonable offer refused)

##### Teamstripe Trunks

32" - 34" - 36" - 40" - 42" Price £3.50 (No reasonable offer refused).

Club Tracksuit in Stock

7 - 8 at £27.95.  
9 - 10 at £28.95.  
11 - 12 at £29.95.  
13 - 14 at £28.95.  
small at £38.70.

Clipboards £2.50.  
Baseball Caps £3.50.  
Anti Fog Drops £1.60.  
Shampoo £1.00.  
Shampoo £3.50.  
S/Caps Erith £1.00.  
" Het 'Y' £1.00.  
" Fun 80.  
" Silicone £3.50.  
Shammys (small) £4.50.  
" (large) £7.20.  
S. Club Towels £4.50.  
Odd costumes £10.50 - £12.50.  
Odd trunks £4.50 - £7.99.

Girls Club Costumes

28" - 42" prices £11.50 to £13.50.

Boys Club Trunks

28" - 40" prices £7.50 - £8.75

T.Bags ('T'Shirts)

All sizes available - prices from £3.50 to £6.25.

Goggles

Various from £1.05 - £8.50.

WE WILL BE HAVING A BARGAIN SALE OF MANY OF THESE ITEMS ON 25th FEBRUARY 7pm ONWARDS.

PAM BEDFORD

LOST

Can all the older swimmers please check to make sure that they have the correct track suit top. An XXXL top which was made especially for someone has somehow got switched by mistake. If you find that you have it, please contact me.

CAROL RUSSELL

THE NEXT NEWSLETTER WILL COME OUT IN APRIL. DEADLINE FOR ALL INFORMATION WILL BE 31ST MARCH, 1993.

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JOSIES ENERGETICS

Local weekly fitness class run by a fully qualified and very experienced teacher - these friendly long established classes welcome all newcomers.

New term start 4th January 1993 No advance payment - No membership - No enrolment.  
Just turn up and join the fun.

MONDAY 7.30pm 'AEROBICS' at Erith C.I.U. Club, Avenue Road,  
(next door to Squash Club)

TUESDAY 9.45am 'ADVANCE STEP' at Crook Log Sports Centre.

WEDNESDAY 7.30pm 'AEROBICS-STEP-CIRCUITS' at Belvedere Methodist Church Hall, Picardy Road, Belvedere.

For details and other classes please phone : 0322 349516.

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