



Nicholls

NEWSLETTER



No.145

October 1993

SECRETARY'S REPORT

NEW MEMBERS

In October we welcomed another group of youngsters from our beginners section into the club, along with some other new faces. Welcome to you all.

Please give us you maximum support and attend as often as possible.

We hope to see all of you taking part in the Sprint Trophy races starting in January, 1994.

ANNUAL GALA

All events in this years programme have been very well supported, leaping to a record entry.

Congratulations in particular must go to our Masters Section and to the many very young swimmers who have entered the Butterfly and Individual Medley only to be disqualified.

As we have said before, don't let this put you off competing again in the future.

JERSEY SWIMMERS

A Big Thank You to all families and individuals who provided accommodation and food for the team from 'Regent Tiger B' who were unable to obtain host arrangements with club's in their gala in Division 3.

Letters for you to read.

Allan Bedford

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The *SPEEDO* Swimming League (South)

Alan Bedford,
120 Brook St,
Erith,
Kent,
DA8 1JF

10.10.93

Dear Alan,

The League would like to officially thank Erith S.C. for offering to accommodate Regent Tigers B team in the last round. As I'm sure you are aware, your action in the present economic climate saved the Jersey club large additional expenditure in the form of a hotel from their often stretched sponsorship budget. A gesture for which they and the League are extremely grateful.

Yours sincerely



Mike Harker
Hon Secretary



REGENT TIGERS SWIMMING CLUB

JERSEY, CHANNEL ISLANDS

AFFILIATED TO SCASA, HCASA & RLSS

Mr Alan Bedford,
120, Brook Street,
Erith,
Kent, DA8 IJF
0322 439892

Mrs Gill Militis,
Le Mont Billot,
Trinity,
Jersey, C.I.
0534 861962

30th Sept., 1993

Dear Alan,

Please could you pass on the club's thanks to all those families who very kindly hosted our swimmers and adults last weekend. We were very grateful for it, as we thought at one stage it was YMCA beds for the night! It really makes such a difference to us if we are hosted, so many thanks for stepping in at the last moment to accommodate us.

It was certainly a long weekend for the team, especially the younger ones who are not used to travelling, but I think they all enjoyed the experience, although some of them looked pretty jaded arriving back last Sunday evening!

Many thanks again for all your care and attention to the hosting.

Yours sincerely,

Gill Militis

Points Cup 1993 Top Three
Swimmers in each Age Group

Girls		Boys	
8 years			
Elizabeth Hayes	27	Nikki Brandstetter	25
Keelie Jenkins	13	Kieron Phillips	13
Ashleigh Starbuck	12	Simon Barrett	9
		Terry Ponton	9
		Tom Goode	9
10 years			
Leanne Peile	22	Chris Partlett	24
Kelly Dudley	22	John Colmer	15
Heather Wallington	13	Luke Dewey	15
Eleanor Lawrence	10	Robert Keehan	10
12 years			
Lyndsay Smith	26	Andrew Bates	21
Gemma Ford	17	Kris Carpenter	19
Laura Belcher	13	Glen Scarley	14
14 years			
Hannah Spencer	30	Ian Magness	27
Lauren Peile	17	Trevor Jones	20
Natalie Walker	16	Mark Dudley	10
16 years			
Heidi Green	25	Lee Gilbert	22
Joanne Mays	18	James Willcocks	22
Alison Walker	16	David Ellingford	14½
		Jon Baker	8½
Open			
Rebecca Russell	26	Mark Russell	18
Jannicke Newsham	21	Robin Parkhurst	18
Christine Ryan	9	Patrik Newsham	13
		Paul Dodson	13
		David Buck	7

Allan Bedford

COMPETITION RESULTSOctopus Gala 10.7.93

The gala was swum at West Wickham Pool as usual, but this time some new rules had been introduced. The most important one being that all relay starts were from the shallow end and would start in the water. This produced some interesting results, one race having all the teams disqualified apart from one because the referee decided that the swimmers were not to put their feet on the pool bottom whilst they were waiting for the swimmer to come in for the takeover.

The fact that our swimmers are not used to starting in the water meant that our takeovers were not as crisp as they might have been and this all added up to a rather disappointing gala. We eventually finished fourth behind Barracuda, Bromley and Croydon who all seemed to have improved dramatically since the last gala we attended. There were some good swims however, especially by our 16 under boys, all two of them, who between them swam all the events in their age group with commitment and apparent enjoyment! Toby Larkman recorded a PB in his Breaststroke and Sean Norris recorded a PB on the last leg of the Freestyle Relay. Although wins were not very forthcoming congratulations go to John Colmer 10/U Freestyle and 10/U Breaststroke, Tony Lawrence 13/U Fly, Martina Cooley 16/U Freestyle and Sara Case 16/U Backstroke. We will need to look carefully at the team selection for the next gala so keep an eye on the board for the team list.

Well done to all the swimmers that have taken part so far, and lets try to get back on the top next time.

Result:

1st	Barracuda	189
2nd	Bromley	152
3rd	Croydon	140
4th	Erith	136
5th	Addington	135
6th	Woodside	105

Penny Spencer

HASTINGS SEAGULLS C.B. SHIELD GALA 11.9.93

This was our first gala of the new season and a good chance to see how we had come through the summer training. It was an all sprint gala which was probably appreciated by most swimmers. An excellent all round performance produced around 25 P.B'S and on her first appearance for Erith Annalise Hill took a club record in the Freestyle Sprint. Well done. We came out comfortable victors in the end.

Result:

1st	Erith	343
2nd	Littlehampton	323
3rd	Hastings 'A'	294
4th	Eastbourne	257
5th	Hythe	168
6th	Hastings 'B'	160

Mick Thackray

ROMFORD TOWN ANNIVERSARY GALA 18.9.93

When I saw the teams competing in this gala I thought Trevor must be mad to take it. Tunbridge Wells and Romford being very strong Clubs.

This pool at Romford has not always been lucky for us but I got a good draw for a change and an excellent all round performance especially by our younger swimmers saw us hold our own against good competition.

Leanne Piele, Lee Scott, Andrew Bates and Martin West had good wins for the youngsters. Paul Nicholls, Trevor Jones and Ian Magness also did very well. Annaliese Hill took her 2nd club record in the 100 fly.

But for a doubtful disqualification and a few swimmers missing we could have won this one but who's complaining when we were so close to Tunbridge Wells and beat Romford. Romford's coach made his usual excuse about having most of his good swimmers away at the Mongolian Long Course Championships or some such event but we shed no tears for them. Well done everybody.

Result:

1st	Tunbridge Wells	200
2nd	Erith	191
3rd	Romford	167
4th	Dover Lifeguard	120
5th	Romford 'B'	79

Mick Thackray

SPEEDO ROUND 1 25.9.93

This is our most important Gala of the year and it seems inevitable nowadays that we are drawn at home. We don't always like this, but because of the lack of pools with good spectators facilities and also reliable clubs to host gala's the Speedo organisers appear to have little choice.

We were against old rival Greenwich Borough Mariners and also Windsor who were promoted with us last year and always fancy themselves against us.

Some swimmers were pulled in at the last minute due to late

injuries and did us proud. There was an excellent spirit on poolside with the older swimmers egging the younger swimmers on and vice versa.

The points were very close all the way through and at race 40 there was a three way tie with us, Windsor, and Greenwich Borough Mariners, all on 161.

Near the end Greenwich Borough Mariners got away a little and left us to battle it out with Windsor for 2nd Place, it all depended on us beating them in the last relay which we duly did, by just one place.

An all round excellent gala which gave us good points in the league.

Result:

1st	Greenwich Borough Mariners	204
2nd	Erith	193
3rd	Windsor	190
4th	Farnham	166
5th	Isle of Wight	144
6th	Redhill & Reigate	143

Mick Thackray

NB

Next Speedo will also be swum at Riverside, this time against Croydon Amphibians, Elmbridge Phoenix, Bogner Regis, Dartford and Hart. It should be a good gala.

MASTERS SECTION

POINTS CUP 1993

	F/S	B/S	B/C	FLY	I.M	TOTAL
Jenny Newton	6	DNS	6	6	6	24
Chris Case	4	6	4	4	4	22
Pam Bedford	3	2	2	3	DNS	10
Carol Dudley	DNS	4	3	DNS	DNS	7
Carol Eastaugh	DNS	3	1	DNS	DNS	4
Nora Norris	2	DNS	1	DNS	DNS	3
Rosemary Watkins	1	1	1	DISQ	DNS	3
John Murray	6	4	6	6	6	28
Trevor Holmes	4	6	3	4	4	21
Peter Frost	1	1	1	3	3	9
Buck Ryan	2	DNS	4	1	DNS	7
Frank Rider	1	3	2	1	DISQ	7
Mick Case	1	1	1	1	2	6
Danny Donovan	3	1	DNS	1	DNS	5
Dave Walker	DNS	DNS	1	2	DNS	3
Barry Magness	1	DNS	1	DNS	DNS	2
Sean Enright	1	1	DNS	DNS	DNS	2

Peter Day	DNS	2	DNS	DNS	DNS	2
John Lawrence	DNS	1	1	DNS	DNS	2
Pip Willcocks	1	DNS	DNS	DNS	DNS	1

Now that all the presentations have been made for 'Points Cup' I thought you may be interested in all the results. As you can see, by not swimming the totals are reduced considerably. I know that a Friday evening when these events take place is not always a good time for some of you, but please do try to make them if you can as an up to date time does help when you are entering for galas.

KENT MASTERS CHAMPIONSHIPS 11.9.93 - TUNBRIDGE WELLS

21 of our Masters took part in this event, which was good to see. There was a hiccup in the proceeding when an electricity cable in the Tunbridge Wells swimming pool car park began to arc sending sparks very close to some of the parked cars, this meant some of the swimmers had to leave the warm up to move their cars to a safer place. The gala then started fifteen minutes late. Thirty minutes into the gala the electricity board had to turn the power off, all the swimmers were asked if they were prepared to swim under emergency lighting and no P.A. System, everyone agreed, and the gala proceeded in the gloom. However this did not deter our swimmers they all swam brilliantly, winning between them 5 Gold, 12 Silver and 12 Bronze Medals, plus many personal best times, including Rosemary Watkins who knocked an amazing eight seconds off her best Butterfly time, just to mention two more personal best times were achieved, very well done everyone.

Rosemary Watkins	Silver	100m Freestyle
	Gold	50m Breaststroke
	Silver	50m Freestyle
	Bronze	50m Backstroke
Elizabeth Wilding	Silver	100m Freestyle
	Silver	100m Individual Medley
Pat Griffiths	Bronze	100m Individual Medley
Chris Case	Bronze	100m Individual Medley
	Gold	50m Butterfly
	Silver	50m Breaststroke
Jenny Newton	Silver	100m Individual Medley
	Silver	50m Breaststroke
	Silver	50m Butterfly
Luch Cowell	Silver	50m Breaststroke
	Bronze	50m Freestyle
Chris Ryan	Bronze	100m Individual Medley
	Bronze	50m Butterfly

Buck Ryan	Silver Gold	100m Individual Medley 50m Backstroke
Frank Rider	Gold Bronze	50m Backstroke 50m Breaststroke
Peter Frost	Bronze Bronze	100m Individual Medley 50m Butterfly
John Murray	Bronze	100m Individual Medley
Paul Graimes	Gold Bronze	50m Backstroke 50m Freestyle
Dave Buck	Silver Silver Bronze	100m Freestyle 50m Freestyle 50m Breaststroke

CITY OF OXFORD - MASTERS & 17-20 21-24 AGE GROUP GALA 19.9.93

On this Sunday we embarked on a new venture for our Masters, a gala further afield and for this we hired a coach. This we were able to do as the gala also included 17-20 21-24 age groups and so we were able to persuade ten of our Open Swimmers to enter. This made the hire of the coach a little more viable, although it would have been better to have had a few more Master swimmers and supporters.

Our coach left Riverside at 9.30am plenty of time we thought to reach Oxford for 12.30pm to post all the entry card, but we had not reckoned for so many roadworks and traffic jams and we only just made it in time. Phew!

The competition was very tough and the standard very high, never the less everyone swam well. Two of our lady Masters were competing in their very first Gala, Jenny Walker and Carol Russell, this was a very tough initiation which they both took in their stride and swam very well.

It was good to have some Open Swimmers with us, they encouraged our Masters and made the competition more interesting.

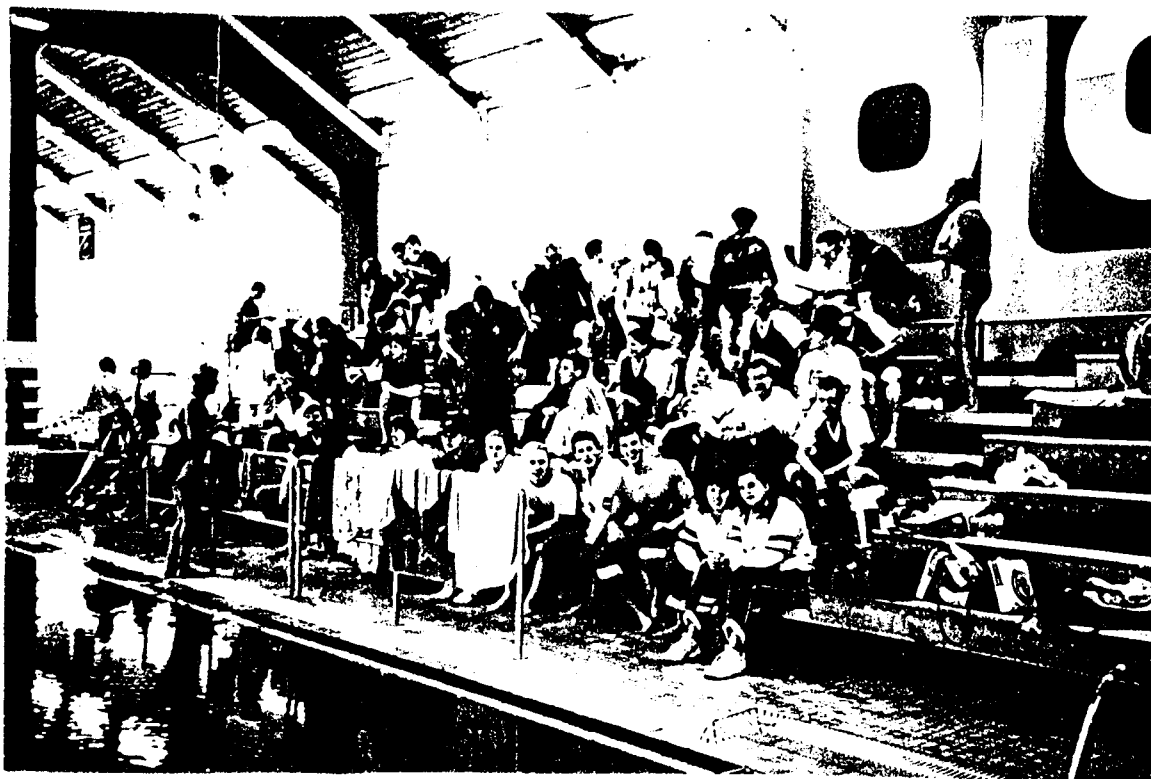
The gala was in two sessions, afternoon and evening and finished at 8.00pm. the coach driver was very kind and drove us to 'Macdonald's' in Oxford before taking us back to Riverside at 10.30pm after a very, very long day.

Despite the tough competition we did win some medals:

Chris Case	Silver	50m Breaststroke
Chris Ryan	Bronze	50m Butterfly
Mark Russell	Bronze	50m 21/24 Freestyle
Robin Parkhurst	Silver	50m Freestyle
Ladies	Bronze	17/20 Freestyle Relay Team
Ladies	Bronze	17/20 Medley Relay Team
Mens	Bronze	21/24 Freestyle Relay Team
Mens	Bronze	21/24 Medley Relay Team

Well done to everyone.

PHOTO OF SWIMMERS 'CITY OF OXFORD'

SOUTHERN COUNTIES SHORT COURSE - BARNET COPTHAL 25.9.93

Four of our Masters took part in this Gala at Barnet Copthall. Brenda McAloon, Carol Eastaugh, Paul Graimes and Frank Rider. As usual the competition was very stiff, but the experience has encouraged them all, especially to see a 93 year old gentleman competing and on hearing his time commented 'I should have done better'. This was a long gala especially when we only had four swimmers competing. Come on Masters, enter more gala's, practise makes perfect and the experience helps a great deal.

OTTERS MASTERS GALA -QUEEN MOTHER SPORTS CENTRE SW1

Only five of our Masters entered this gala, the results were brilliant, each one winning medals.

Nora Norris	Bronze	100m Breaststroke
	Silver	100m Backstroke
Chris Case	Gold	100m Breaststroke
	Silver	100m Individual Medley
	Silver	50m Butterfly
Rosemary Watkins	Bronze	100m Individual Medley
	Bronze	50m Breaststroke
Frank Rider	Silver	100m Breaststroke

Mick Case

Bronze

100m Breaststroke

Perhaps next year more of our Masters will be encouraged by these results and will enter.

PHOTO OF SWIMMERS - OTTERS MASTERS GALA



Moya Rider

SOCIAL SECTION

BARN DANCE 2.10.93

Enjoyed by over 100 members, parents and friends, Picardy School hall (Beeches Site) Belvedere proved to be the ideal venue for this year's Barn Dance. After some 3 hours of promenading and dose-e-doing just about everyone's legs had decided that enough was enough! If you missed out on the fun, we look forward to a repeat event next year.....

RODEO HORSE SIDESHOW HIRE

Book early and avoid disappointment! That's our advice if you

would like to hire our ever popular Rodeo Horse sideshow for next year's School Summer Fete. So to give interested P.T.A.'S equal opportunity, bookings will be accepted from Monday 1st November, 1993 on a first come, first served basis. So don't delay - pick-up an application form today! See Peter Frost for further details.

ANNUAL GALA RAFFLE

The Countdown to our most important domestic championship is well and truly underway, and by the time you read these words you all should have received your Annual Gala Raffle tickets. This raffle remains our single most important fund-raising event and with the provision of one or more swim benches, the sale of these tickets will go some way towards our aims. By way of incentive there is the 1st prize of £150 cash to be won, so if you can sell even more tickets to your relatives, friends and work colleagues, it would be very much appreciated. Extra tickets can be obtained from the 'Ladies on the door' and it is to them that all counterfoils and monies should be returned by Sunday 21st November the raffle draw taking place 2 days later on Tuesday (clubnight) 23rd November. Thanking you for your help

Peter Frost

OTHER NEWS

While on holiday in the Isle of Wight in August this year, Trevor Jones took part in the Sandown to Shanklin 'Pier to Pier' swim. He completed the 2½ mile swim in 31 minutes, coming in 4th place. Trevor also took part in Shanklin's Regatta sea swims, winning the mens 100yds Freestyle, 100yds Breaststroke and 600yds Freestyle. This was the first time anyone had ever won all three event. Trevor's sister Janice came 2nd in 100yds Freestyle, 3rd in the 100yds Breaststroke and 2nd in 440yds Freestyle.

Mrs D Jones

BIKE RIDE SPONSORSHIP

Members of our 1993 London to Brighton Bike Ride team will be pleased to learn that sponsorship totalling £1,125 was collected by us for the British Heart Foundation. Coming so soon after the Charity 24 hours Relay Swim, this is a very creditable achievement, so well done all....

SEVENOAKS TRIATHLON 12.9.93

With the advent of Triathlon in next year's Commonwealth Games, this tough endurance sport is at last receiving the media

coverage it deserves.

Whilst only a short course event (400m swim, 19 mile bike, 5 mile run) the Sevenoaks Triathlon was no less demanding and over 250 competitors prepared to do battle in and around the confines of Knole Park.

Amongst those competing were James Willcocks and your truly Peter Frost, and neither of us had been on a bike in earnest since the London to Brighton Bike Ride in June! The swim was in Sevenoaks 25m pool and the standard surprisingly poor, gave us hope. However, nearly all good triathletes always seem to be born cyclist and the undulating roads around Knole Park soon sorted everybody out! The run began with a quad crunching 1 in 5 descent and continued across soggy parkland where the only spectators were the deer. Worse still, it finished on the same hill with a knee buckling climb!

James finished overall 2nd in the Junior section in a time of 1hour 57mins whilst I was reasonable pleased with a time of 2 hours 01 mins (some 35 mins behind the winner of the competition)

Well done James!

Peter Frost

PRE-LIM COACH AWARD

We are holding a course for the above award starting on Sunday 8th January. The course will run for seven weeks between 3.30pm and 6pm. Anybody over 16 can take this course and the cost will be £40 plus an exam fee of £7.50. It might be worth some of you taking the course to see how schedules are made up and why. Would all those interested in doing the course please put their names on the list of the noticeboard.

Allan Bedford

KENT SCHOOLS CHAMPIONSHIPS

The dates and venues for next years Kent Schools Championships are as below:

12th March 1994	Black Lion - Gillingham
19th March 1994	- Canterbury
14th May 1994	Black Lion - Gillingham

KENT ASA CHAMPIONSHIPS

Dates and events for next years Kent Championships are as follows:

KENT COUNTY A.S.A. CHAMPIONSHIPS 1994 - PROGRAMME SET OUT IN EVENT ORDER

PROVISIONAL

Gala 1 Sevenoaks Saturday 22nd January, 2 p.m.

- | | |
|---|--|
| 1) Girls 4x50M Freestyle Team | 10) Boys 4x50M Medley Team |
| 2) Boys 4x50M Freestyle Team | 11) Girls 4x50M Medley Team |
| 3) Girls 12/U 4x50M Freestyle Team | 12) Boys 12/U 4x50M Medley Team |
| 4) Boys 12/U 4x50M Freestyle Team | 13) Girls 12/U 4x50M Medley Team |
| 5) Girls 13/14 yrs 4x50M Freestyle Team | 14) Boys 13/14 yrs 4x50M Medley Team |
| 6) Boys 13/14 yrs 4x50M Freestyle Team | 15) Girls 13/14 yrs 4x50M Medley Team |
| 7) Girls 15/16 yrs 4x50M Freestyle Team | 16) Boys 15/16 yrs 4x50M Medley Team |
| 8) Boys 15/16 yrs 4x50M Freestyle Team | 17) Girls 15/16 yrs 4x50M Medley Team |
| 9) Ladies/Girls 800M Freestyle (H.D.W.) | 18) Mens/Boys 1500M Freestyle (H.D.W.) |

Gala 2 Sevenoaks 29th January, 2 p.m.

- 1) Ladies 4x100 Medley Team
- 2) Mens 100M Butterfly
- 3) Girls 15 yrs 100M Backstroke
- 4) Boys 13 yrs 4x50M Ind. Medley
- 5) Girls 17/18 yrs 100M Freestyle
- 6) Girls 16 yrs 100M Backstroke
- 7) Mens 4x50M Ind. Medley (H.D.W.)
- 8) Girls 14 yrs 100M Freestyle
- 9) Boys 14 yrs 4x50M Ind. Medley
- 10) Ladies 100M Breaststroke
- 11) Boys 17/18 yrs 100M Breaststroke
- 12) Girls 13 yrs 100M Freestyle

Gala 3 Sevenoaks 29th January, 6 p.m.

- 1) Ladies 4 x 100M Freestyle Team
- 2) Mens 200M Backstroke (H.D.W.)
- 3) Girls 13 yrs 4x50M Ind. Medley
- 4) Girls 16 yrs 4x50M Ind. Medley
- 5) Boys 15 yrs 100M Backstroke
- 6) Boys 17/18 yrs 100M Freestyle
- 7) Ladies 50M Freestyle
- 8) Girls 15 yrs 4x50M Ind. Medley
- 9) Boys 16 yrs 100M Backstroke
- 10) Girls 14 yrs 4x50M Ind. Medley
- 11) Mens 100M Breaststroke

Gala 4 Tunbridge Wells 12th February, 2 p.m.

- 1) Mens 4x100M Medley Team
- 2) Boys 10/11 yrs 4x50M Ind. Medley
- 3) Girls 10/11 yrs 100M Breaststroke
- 4) Mens 200M Breaststroke (H.D.W.)
- 5) Ladies 200M Butterfly (H.D.W.)
- 6) Boys 12 yrs 4x50M Ind. Medley
- 7) Girls 12 yrs 100M Breaststroke
- 8) Boys 16 yrs 100M Freestyle
- 9) Girls 14 yrs 100M Backstroke
- 10) Boys 15 yrs 100M Freestyle
- 11) Girls 13 yrs 100M Backstroke
- 12) Girls 17/18 yrs 4x50M Ind. Medley

Gala 5 Tunbridge Wells 12th February, 6 p.m.

- 1) Mens 4x100M Freestyle Team
- 2) Ladies 200M Freestyle (H.D.W.)
- 3) Boys 10/11 yrs 100M Breaststroke
- 4) Mens 50M Freestyle
- 5) Girls 13 yrs 100M Breaststroke
- 6) Boys 12 yrs 100M Breaststroke
- 7) Ladies 100M Butterfly
- 8) Boys 16 yrs 4x50M Ind. Medley
- 9) Girls 14 yrs 100M Breaststroke
- 10) Girls 17/18 yrs 100M Butterfly
- 11) Boys 15 yrs 4x50M Ind. Medley

Gala 6 Black Lion 19th February, 2 p.m.

- 1) Boys 10/11 100M Butterfly
- 2) Girls 10/11 100M Freestyle
- 3) Ladies 4 x 100M Ind. Medley (H.D.W.)
- 4) Boys 14 yrs 100M Breaststroke
- 5) Girls 16 yrs 100M Butterfly
- 6) Boys 17/18 100M Butterfly
- 7) Girls 15 yrs 100M Butterfly
- 8) Boys 13 yrs 100M Breaststroke
- 9) Girls 12 yrs 100M Freestyle
- 10) Mens 400M Freestyle (H.D.W.)
- 11) Boys 12 yrs 100M Butterfly
- 12) Ladies 100M Backstroke

Gala 7 Black Lion 19th February, 6 p.m.

- 1) Girls 10/11 yrs 100M Backstroke
- 2) Boys 10/11 yrs 100M Freestyle
- 3) Ladies 400M Freestyle (H.D.W.)
- 4) Boys 17/18 100M Backstroke
- 5) Girls 17/18 yrs 100M Breaststroke
- 6) Boys 13 yrs 100M Butterfly
- 7) Girls 12 yrs 100M Backstroke
- 8) Mens 100M Backstroke
- 9) Girls 13 yrs 100M Butterfly
- 10) Boys 14 yrs 100M Butterfly
- 11) Girls 14 yrs 100M Butterfly
- 12) Boys 12 yrs 100M Freestyle
- 13) Mens 200M Butterfly (H.D.W.)

Gala 8 Sevenoaks 26th February, 2 p.m.

- 1) Boys 10/11 yrs 100M Backstroke
- 2) Ladies 200M Breaststroke (H.D.W.)
- 3) Boys 12 yrs 100M Backstroke
- 4) Girls 10/11 yrs 100M Butterfly
- 5) Boys 17/18 yrs 4x50M Ind. Medley
- 6) Boys 16 yrs 100M Butterfly
- 7) Ladies 4x50M Ind. Medley (H.D.W.)
- 8) Boys 15 yrs 100M Butterfly
- 9) Boys 13 yrs 100M Backstroke
- 10) Girls 15 yrs 100M Freestyle
- 11) Boys 14 yrs 100M Backstroke
- 12) Girls 16 yrs 100M Freestyle
- 13) Girls 12 yrs 100M Butterfly
- 14) Mens 200M Freestyle (H.D.W.)

Gala 9 Sevenoaks 26th February, 6 p.m.

- 1) Ladies 200M Backstroke (H.D.W.)
- 2) Mens 100M Freestyle
- 3) Girls 10/11 yrs 4x50M Ind. Medley
- 4) Boys 13 yrs 100M Freestyle
- 5) Girls 17/18 yrs 100M Backstroke
- 6) Boys 16 yrs 100M Breaststroke
- 7) Girls 16 yrs 100M Breaststroke
- 8) Mens 4x100M Ind. Medley (H.D.W.)
- 9) Girls 12 yrs 4x50M Ind. Medley
- 10) Girls 15 yrs 100M Breaststroke
- 11) Boys 15 yrs 100M Breaststroke
- 12) Boys 14 yrs 100M Freestyle
- 13) Ladies 100M Freestyle

To correct entries please return to the organisers by 10.00 on the day of the event.

CORRECT FOOTWEAR ON POOLSIDE

It has become more and more obvious that some swimmers and adults are disregarding the request from Riverside Poolstaff regarding the wearing of outside shoes poolside. NO SHOES/TRAINERS etc or **ANYTHING** that has been worn outside is allowed on Poolside. Please either keep a separate pair of shoes/trainers to wear or take off your outside footwear before walking round the pool. Thank you for you co-operation in this.

RE: NEWSLETTER 'EDITOR'

The Club is currently looking for a willing volunteer to take over from me as 'Editor' of the Newsletter. If you have a Word Processor at home it would be a great help to you, but it can be done on the typewriter. (as I did many moons ago). If you think that you would like to have a go at this job, please see Pam or Alan Bedford, or if you would like any advice see me.

Carol Russell

DARTFORD DISTRICT SWIMMING CLUB Biathlon 19.9.93

D.D.S.C'S annual Biathlon on Sunday 19th September was blessed with glorious sunshine and a record entry from 23 of the South-East's top swimming clubs. Not surprisingly our 7 competitors found tough opposition, but Katie Attridge, Martina Cooley, Sarah Hubbard, Clair Colmer, John Colmer, Tony Peach (David and Samantha's Dad) and your truly performed well against seasoned biathletes and each improved their positions after the run discipline. (the results are shown in the table below. Much to their chagrin, for the first time ever Dartford District S.C lost out to Clacton on Sea S.C. for the best team trophy - and it was only the second Biathlon they'd entered! Whilst we missed-out on the medals, the event was enjoyed by all concerned. Thanks to the parents for their support-

Name	Class	No In Class	100m Swim Time	100/200m Run Time	Overall
John Colmer	5a	27	1.28.58	4.18	14
Clair Colmer	11	40	1.29.63	3.37	11
Sarah Hubbard	11	40	1.21.33	4.00	13
Martina Cooley	10	16	1.18.04	4.08	13
Katie Attridge	10	16	1.16.06	3.58	9
Peter Frost	6	23	1.24.27	7.26	8
Tony Peach	6	23	1.32.61	8.37	19

Footnote: We hope to enter more Biathlon/Dualthon type events in the future, so why not give it a try? Keep an eye on the Club notice board for details...

Peter Frost

ERITH & DISTRICT SWIMMING CLUBClub Shop Goods

The following goods are available for sale as follows on Tuesdays and Fridays. Please ask at the table if you cannot find what you require :-

*Club Costumes

Girls - 28" - 30"	£11.50	32" With Seahorse logo	£16.20
38" - 42"	£13.50	34"-38" With Seahorse logo	£19
Boys - 28"		With Seahorse logo	£11
- 38" - 40"	£8.75	30"-38" With Seahorse logo	£13

Caps

*Club Caps	£1
Plain & Fun Caps	90p
Silicone Caps	£3.25
BARGAIN SILVER CAPS 50p	

*Sportsbags

Small Sportsbags	£7.50
Large Sportsbags	£17

*Exclusive Club Tracksuits

6/7 yrs. - X Large Adult	£27.95 - £41	(To order only)
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Goggles

Assorted Goggles	from £1.05 - £5.80
Spare elastics	30p & 75p for 2
Spare rims	40p each
Oggles (elastic & nosepiece) ..	£1.40
Anti Fog Drops	£1.60

Club Shirts

T Bags -26/28" - 46/48"plus special Masters shirts	£4.60 - £6.95
T Shirts - Red or White - 32"-XXL -	£7.25
Polo Shirts- Red or White - 32"-XXL -	£11
Sweatshirts - Red or White - 32"-XXL -	£11

*Club Towels (Hand Size)£4.50

Club Mugs£2.75

Club Clipboards£2.50

Club Baseball Caps£3.50

Badges

BSCA Large	85p
BSCA Flashes	35p
ASA Water Skills	95p

Ultraswim Shampoo & Conditioner£3.50 per set
Progress Cards'10p

PLEASE NOTE THAT ALL ITEMS MARKED WITH * ARE ON SALE TO FULL MEMBERS ONLY. 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.

ORDER FORM

NAME.....DATE.....

IF YOU WOULD LIKE TO PLACE AN ORDER FOR ANY OF THE FOLLOWING PLEASE TICK THE CORRECT BOX FOR GARMENT, SIZE, AND IF MORE THAN ONE NUMBER REQUIRED.

ALL GARMENTS COME WITH THE CLUB SEAHORSE LOGO EMBROIDERED ON ONE SIDE AND THE GERRARD "PAW PRINT" ON THE OTHER. IF YOU WOULD PREFER YOUR GARMENT WITHOUT THE PAW PRINT PLEASE PUT "NPP" (NO PAW PRINT) IN THE BOX WITH YOUR TICK.

PLEASE NOTE THAT NO RESPONSIBILITY WILL BE TAKEN FOR GARMENTS ORDERED IN THE WRONG SIZE OR ANY MISTAKES MADE BY YOU ON THIS ORDER FORM. IF YOU ARE NOT SURE PLEASE TRY SOMEONE ELSE'S GARMENT FOR SIZE BEFORE YOU ORDER.

THE PRICES QUOTED BELOW ARE VALID UNTIL 31ST JANUARY 1994.

SIZES	I 32"	S	M	L	XL	XXL	
T-SHIRT RED	I						£7.25 EA
T-SHIRT WHITE	I						
POLO SHIRT RED	I						£11.00 EA
POLO SHIRT WHITE	I						
SWEAT SHIRT RED	I						£11.00 EA
SWEAT SHIRT WHITE	I						
TOWELS BLACK ONLY	I						£9.45 EA

All of the items above can also be embroidered with your name, nick name, "Masters", EDSC, or anything else you require under the logo at an extra cost of £2.00. Please write your requirement below taking care that the spelling is correct. No responsibility will be taken for garments embroidered incorrectly if you fill the form in wrong.

EXTRA EMBROIDERY REQUIRED.....

ADVERTISEMENTS

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Tel: Peter 081 301 5247

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Men From £3.50
Children From £3.00
Senior Citizens From £3.00
For further details please phone:
NICOLA HOLMES - 081-304 1869

JOSIES ENERGETICS

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

No Advanced Payment - No membership - No Enrolment

Just turn up for the fun.

MONDAY 19.30pm 'AEROBICS' at Erith C.I.U. Club Avenue Road, Erith. (next door to the Squash Club).

TUESDAY 09.45am 'ADVANCE STEP' at Crook Log Sports Centre.

WEDNESDAY 19.30pm 'AEROBIC-STEP-CIRCUITS' at Belvedere Methodist Church hall, Picardy Road, Belvedere.

For details on these and other classes, please phone: 0322 349516.

IF YOU WOULD LIKE TO PLACE AN ADVERT IN THE NEXT NEWSLETTER PLEASE CONTACT:

CAROL RUSSELL Tel: 0322 342068.

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