



NEWSLETTER



Issue No 146

December 1993

SECRETARY'S NOTES

ANNUAL GALA FINALS

Thank you to all competitors for making this year's event one of the most competitive ever with some thrilling races.

The recipients of the Annual Gala special awards are shown overleaf.

NEWSLETTER EDITOR

With this issue No 146, we welcome a new editor, Leigh Chandler, who is only our 6th in 25 years, as the next issue in February will coincide with Issue No 1 published way back in February 1969.

Our thanks to Carol Russell who had done a very good job over the last two years.

Mr and Mrs Chandler's son James aged 8, swims in John Burdett's group during the week, and Pam's on Sundays.

Our aim is to produce seven issues per year in a more compact format so as to keep all members more aware of what's going on.

OBITUARY

We were all saddened by the sudden death of George Gilbert the well known Jeweller from Northumberland Heath, who gave the Club a lot of help over the years, whilst serving on Bexley Sports Council.

Funds provided, thanks to George, included the travelling costs for a small team of our swimmers competing in the Annual International Swim Meet in Bexley's German twin town - Neheim-Husten in 1991, and a provision for some of our computer equipment in 1992.

George organised the early morning swimming club at Riverside for Senior Citizens and was always campaigning for better facilities at Riverside.

He will be sadly missed.

SUBS REFERENDUM

We received 85 replies from individuals and family groups of which 82 supported our proposed overhaul of the way you pay.

The revised method will be published in full shortly to take effect in March 1994.

PRESENTATION DISCO

We received 107 replies of which 100 clearly wanted the existing format to continue.

All relevant comments received will be taken into account when planning future occasions.

ANNUAL GALA SPECIAL AWARDS

This year the following members received these prestigious cups:-

BOYS' PROGRESS CUP

NIKKI BRANDSTETTER
aged 8

Already breaking club records, his 'Steam Roller' technique should prove formidable in next years Diddy Galas!

GIRLS' PROGRESS CUP

KELLY DUDLEY
aged 10

Has shown great determination this year, a regular 'A Team' and League Team member, her attendance at training sessions including the College has certainly paid off.

BOY SWIMMER OF THE YEAR

IAN MAGNESS

A difficult decision as always, but last year's choice Ian aged 14, continues to smash club records and win crucial Gala's for us and seems unstoppable.

GIRL SWIMMER OF THE YEAR

CHRISTINE RYAN

Christine Bucks' eldest daughter joined us from the beginners in 1974 and deserted us for other 'pursuits' in the late Eighties. However her 'Second Coming' over the last year has been worth waiting for, her keen determination is an inspiration

ANDERSON SHIELD

LYNDSAY SMITH

This award is presented annually to the swimmer, Boy or Girl, who gains the most points for the Club at all away Friendly Galas each season (i.e September - July).

This year **LYNDSAY SMITH** with Fifty points clear was our outstanding winner.

LYNDSAY SMITH	190
GEMMA FORD	140
HANNAH SPENCER	138
ANDREW BATES	132
TREVOR JONES	131
LEANNE PEILE	126
LAUREN PEILE	120
JAMES WILLCOCKS	115
GLEN SCARLEY	110
KRIS CARPENTER	107



COMPETITION RESULTS

30th OCTOBER 1993

This was undoubtedly the busiest night ever for E.D.S.C. We had four teams out. Two teams swimming at Tudor League, one at Octopus League and an A team at White Oak.

In total we had nearly 130 swimmers competing on one evening, which was a really great effort by all concerned. My thanks to all swimmers, officials and parents who supported us.

Our A Team at White Oak triumphed, bringing home the biggest trophy we have ever won!

Well done everybody!

TUDOR LEAGUE RED TEAM

This was our first time ever that we had two teams swimming in this league, and it was very lively on the poolside.

All our swimmers did well without being outstanding although there were many P.B's.

Bromley and O'Jays seemed overstrong as usual, and I had a fairly heated conversation with the League Secretary after in an attempt to make all teams stick to the rules so we shall see what happens.

Mick Thackray.

TUDOR LEAGUE WHITE TEAM

Firstly, I would like to thank **Simone Rider** for all her hard work in getting the White Team selection together.

A total of 46 PB's were swum, which is a brilliant total. We also welcomed a few 'older' swimmers that made their debut for Erith S.C in this gala, **Brenda Mcaloon** and **Jamie Marshall**, who both swam very well.

There was a good team spirit and I would like to thank **Eleanor Lawrence** and **Glen Scarley** who both had to swim a log of races, due to swimmers pulling out of the gala at short notice. We had 4 wins, Eleanor Lawrence in the girls 10yrs backstroke, and also the frontcrawl, **Laura Bedford** in the girls open breaststroke and **Paul Graimes** in the boys open

backstroke.

We did not win any relays but we came a close second, twice, to Bromleys so-called B team??, in the boys open medley and freestyle relays, well done to **Paul Graimes**, **John Murray**, **Dave Buck**, **Simon Gilbert** and **Jamie Marshall**. Well done to all the swimmers and lets keep up the great number of PB's in the next Tudor Galas.

Paul Graimes.

TUDOR LEAGUE RESULTS		
1st	Bromley	242
2nd	O'Jays	197
3rd	Rochester	196
4th	Erith White	174
5th	Erith Red	137
6th	Greenwich	117



**CHAMPION OF THE FUTURE GALA IPSWICH
9TH OCTOBER 1993**

For the first time, we visited Ipswich for this young age group gala.

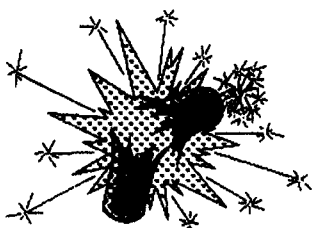
The pool, was 8 lanes, 25metre long, with electronic timing. We thought this is going to be helpful for the records, however, someone should have taught them how to use it, as it proved to be very unreliable and it was soon back to the good old hand timing method!

If we want our youngsters to be the best, then we have to swim against the best, which is what we did in the Gala. If you didn't know, Norwich Penguins are one of the top six clubs in the County, and most clubs in Essex and East Anglia are very strong. But as the results show, the youngsters did not let anybody down.

those who did win were:- Lee Scott with 2 wins in 9yr Breastroke and 9yrs Freestyle, Andrew Bates in the 50mtr Freestyle and Laura Goode in the 9yrs Backstroke. This must be one of Laura's first Gala win. Well done to everybody, I think we must have made some impressions.

CHAMPION OF THE FUTURE GALA		
1st	Norwich Penguin	287 pts
2nd	Ipswich	241
3rd	Waveney	232
4th	Erith	187
5th	Clacton	176
6th	Gt Yarmouth	157
7th	Colchester	146
8th	Bury St Edmunds	109

Trev



**WHITE HORSE LEAGUE No. 1
16TH OCTOBER 1993**

The first gala of the White Horse League was at Fairfield Pool, Dartford. Not my favourite pool because of the lack of spectators and difficulty getting round the pool itself, and lastly the temperature which is always in the high 90's.

The Gala seemed to lack a bit of atmosphere and took a long while to spark into life, but we had many P.B's so we must have been swimming better than I realised.

Our younger ones, the 11&U shone as usual, winning the relays and Andrew Bates winning F/C and Fly.

Wins were not very plentiful, but

WHITE HORSE LEAGUE RESULTS		
1st	G.B.M	85
2nd	Dartford	139
3rd	Erith	151
4th	White Oak	153
5th	Bromley	179
6th	Bexley	243

The result was a little disappointing as it always is when we lose to Dartford, but on the whole not too bad.

Mick Thackray

OCTOPUS LEAGUE GALA
11TH SEPTEMBER 1993

This was our first gala after the summer break - and it showed - with some of our swimmers' times being slower by up to 2 seconds!!

There was, however, a brighter side with personal best times being achieved in individual races by **Chris Goater** 11U Back, **Timothy Bedford** 16U Fly, and **Kevin Jones** 10U Back.

OCTOPUS LEAGUE GALA		
1st	O'Jays	204
2nd	Streatham	155
3rd	Barracuda	154
4th	Addington	153
5th	Erith	141
6th	Piranha	63

Dave Lawrence

OCTOPUS LEAGUE GALA
30th OCTOBER 1993

With 3 other teams out on Galas on the same date, picking a team was difficult for all the Coaches and Team Managers, but it did give us the chance to choose some swimmers who had never swum in a Gala before.

They all swam excellently and many recorded personal best times. Well done to you all. Particularly **Alison Haynes, Laura Tatton, Lauren Coward, Hannah Timberlake, Jamie Coward** and **Adam Jones**.

After a shaky start in the points, we clawed our way back to finish a very good third, and both Dave and I were very pleased with the final result.

Our special thanks goes to our Team Captains **Sara Case** and **Sean Norris** who have been a credit to the Club.

Look out in the New Year for the first gala of the new Season.

Congratulations to our individual winners; **Tony Lawrence** 13U Fly, **Sara Case** 16U F/S, **Nicola Shepherd** 11U Fly, **Peter Webb** 13U Back and our "Birthday Boy" **Paul Wallace** 10U Back, plus our Relay winners **Anokhee Hindocha, Sara Case (2) Claire Smith, Sean Norris (2), Greg Tippet, Johnathan Baker, Hannah Timberlake, Lauren Coward, Peter Webb** and **Tony Lawrence**.

Octopus League Gala		
1st	Croydon Amphibians	195pts
2nd	Streatham	188
3rd	Erith	161
4th	Woodside & Thornton Heath	149
5th	Addington	109
6th	Pirahna	73

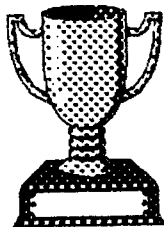
This was our last Gala in the league for this season, and we would like to thank all our swimmers for their effort and commitment.

League Points after 8 rounds		
1st	Barracuda	28
2nd	O'Jays	27
3rd	Erith	23
4th	Streatham	21
5th	Bromley	19
6th	Croydon	19
7th	Addington	13
8th	Woodside & Thornton Heath	12
9th	Pirahna	6

Penny Spencer

**FRED SMITH TROPHY GALA - WHITE OAK
30th OCTOBER 1993**

It's not very often that we single out swimmers for their considerable efforts, as we always swim as a team. However, I would like to mention two young ladies, who, following a very disturbing experience in the unisex changing rooms and in some considerable distress, continued to swim in the events named. This also had an effect on the other members of the team, especially amongst the girls. Because of the incident the thought of pulling the team out of the event crossed my mind, but I thought, no, the best way was to continue and try to win the Gala, which as it happened, we did! The reward was the biggest shield we have won or competed for! Well done **Dave Belcher** and **Carol Bates** for housing it.



The event was not easy, as we had a tit for tat struggle with Dover Life Guards' but towards the latter part of the Gala we pulled away to win. Our individual winners included:-

Paul Nicholls - 3 wins
Ian Magness - 2 wins
Andrew Bates - 2 wins
Lauren Piele, Gemma Ford, Kris Carpenter and Emma Lawrence.

Wins were also recorded in the Mixed 11/U 8x1 Relay, Mixed 14/U Medley, Mixed 13/U 8x1 Freestyle Relay, Mixed 11/U Medley Relay, Mixed 13/U Medley Relay.

FRED SMITH TROPHY GALA		
1st	Erith	286pts
2nd	Dover	275
3rd	Ealing	242
4th	White Oak	240
5th	Gravesend & Northfleet	144
6th	Sevenoaks	110

Well done to all Swimmers for overcoming the troubles that beset us at the beginning.

One of the other notable facts was the demise of swimming clubs that were very strong in the past. Is it the spirit of our club that makes us go from strength to strength? It's sad to see this happen to our swimming friends.

Trevor Holmes



'BLOSSOMS'

Boarding Cattery

Tel: Mrs S. Smith - 081 301 4265
29 Bean Road
Bexleyheath
Kent
DA6 8HW

POWERFUL PIERRE'S DISCO

Weddings-Anniversaries-Firthdays

The Right Sound For All Occasions

Tel: Peter 081 301 5247

**INTER-CLUB BOYS' & GIRLS' TROPHY
GALA - DARTFORD
6TH NOVEMBER 1993**

This gala was not on the original schedule, but we were asked if we could help out when we competed in the recent White Horse Gala.

We decided that we could do it. When we received the programme, we could see that a vacant lane was apparant. Mike thought that it would be useful to use the lane to run more of the Open Swimmer's. However, he decided to swim a second team after confirmation from Dartford that the lane was available.

The 'A' Team was picked, and with frantic phoning by Jill and Mick a 'B' Team was formed.

It became very clear early on that the Boy's squad seemed to be pulling away from the others, one can gauge this quite easily from experience. However the Girls' team was fighting very hard with Dartford.

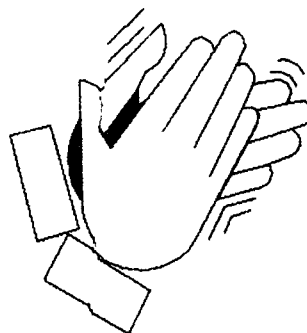
The 'B' Team were progressing very well competing strongly in all departments and what a surprise it was that White Oak and Dartford could not field full teams. Only one of two swimmers were used in both A and B teams!

How envious those clubs must be!

It was strange that when the gala started, both White Oaks and Dartford did not appear to have many swimmers and this was confirmed by one of the Dartford Officials who said that his boy was doing everything.

There were numerous win's within the 'A', but rather than mention names, I would far rather mention that we obtained:

- a: 5 Club Records
Andrew Bates, Mark Russell, Paul Nicholls & Hannah Spencer.
- b: 104 Personal Bests
(this must be a record!)



Please don't expect me to mention all their names! but well done to everybody.

This performance certainly matched the Bonfire and Fireworks display in Dartford Park.

The overall result gave us 1st Place in the Boys' event, and 2nd Place for the Girls', with both Girls' and Boys' B teams finishing in 4th Place.

Take time to look at the results.

INTER-CLUB BOYS' RESULTS		
1st	Erith 'A'	175
2nd	Dartford 'A'	158
3rd	White Oak	155
4th	Erith 'B'	107
5th	Dartford 'B'	55
6th	White Oak 'B'	38

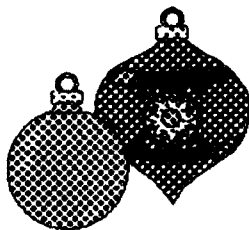
INTER-CLUB GIRLS' RESULTS		
1st	Dartford 'A'	176
2nd	Erith 'A'	166
3rd	White Oak 'A'	158
4th	Erith 'B'	77
5th	Dartford 'B'	71
6th	White Oak 'B'	62

Trevor Holmes

SPEEDO LEAGUE GALA 2
13th NOVEMBER 1993

This was our second gala at home in the League this season. This was not our choice but the league have a great difficulty in finding teams to host galas and who have good quality pools to swim in.

The atmosphere as always with Speedo, was good and we have many supporters both in the balcony and on the poolside from swimmers not taking part.



A really good start winning 3 out of the first 4 races surprised me, as there were some good teams swimming, and our aim before the gala started was to be higher than fourth place.

At one stage we were actually leading, and after the first 15 races there were only two teams in it, us and Hart S.C who come from the Southampton area.

There were three club records on the night, one from **Trevor Jones** who swam brilliantly, despite a heavy cold, and two from **Ian Magness** in freestyle and backstroke. In the backstroke he took 2 seconds off the record which is really something. Other excellent wins came from **Patrick Newsham** in the Open I.M which I think surprised him even a little! **Kris Carpenter** also had two excellent wins in the younger age groups. **Annelise Hill** and **Lyndsay Smith** both won their Fly events in good style.

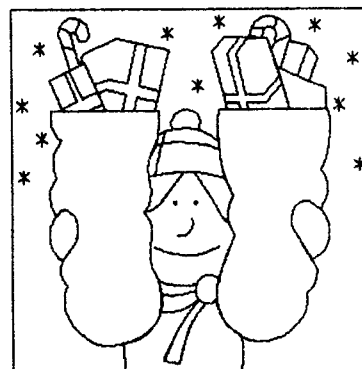
We didn't get it all right though. We had one very unfortunate D.Q and some of our relay teams could have finished a lot better, but overall it was an excellent performance, even more so to see Dartford so many points behind us.

Well done everybody and we look forward to the third gala in early December.

Our aim this season, as it is our first in Division 2, was to finish the top half of the table, and it looks like we will achieve that comfortably.

Speedo League Gala 2		
1st	Hart	233
2nd	Erith	214
3rd	Croydon Amphibians	164
4th	Dartford	156
5th	Bognor	139
6th	Elmbridge	133

Mick Thackray



**GALA AT SOUTHGATE
20th November 1993**

It's not very often that we are worried every time the phone rang, but we had suffered extensively with illness and we had to draft in a number of younger swimmers, who then were asked to swim in age groups at least 18 months older. A number of those who swam were also walking wounded, and how grateful were we that they did swim.

But everyone certainly swam well in all departments against a team that we knew were very strong, however we matched them in most age groups.

Individual wins were recorded by Heidi Green, Hannah Spencer, Ian Magness, Natalie Walker, Annalise Hill, Liam Whitmore and then came the Girls Open 4x2 Relay Squad, who certainly tore the remaining teams apart and the stage was set for the Boys Open to do the same, which they did with the same style as the girls.

The teams consisted of Joanne Mays, Claire Conner, Annalise Hill & Rebecca Russell. Paul Dodson, Paul (I'm in love) Graimes, Robin Parkhurst and Steve Willcocks.

Southgate Gala Results		
1st	Griffin A	70pts
2nd	Erith	102
3rd	Croydon Amphibians	112
4th	Chelsea & Kensington	166
5th	Griffin B	169

Trevor Holmes



CHRISTMAS & NEW YEAR PERIOD

TUESDAY	DECEMBER 21ST	SPLASHNIGHT FROM 8PM
FRIDAY	DECEMBER 24TH	CHRISTMAS EVE - POOL CLOSED
SUNDAY	DECEMBER 26TH	POOL CLOSED
MONDAY	DECEMBER 27TH	BOXING DAY - POOL CLOSED
TUESDAY	DECEMBER 28TH	POOL CLOSED - NO SESSION
FRIDAY	DECEMBER 31ST	POOL CLOSED - NO SESSION
SUNDAY	JANUARY 2ND	SESSION 1PM - 4PM ONE OFF ARRANGEMENT EARLY 1PM - 2PM 2PM - 3PM MASTERS 3PM - 4PM

DARTFORD COLLEGE - LAST SESSION WEDS 15TH - RESUME WEDS 5TH JANUARY

MASTERS SECTION

Well done to all the masters who took part in our Annual Gala heats and I hope everyone who is able, will participate in these sprint races which are held between January and March.

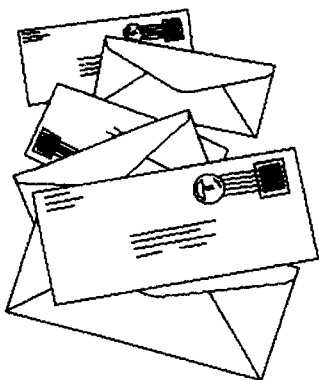
These races are held on Friday evenings beginning on 7th January as follows:

7th January	8.00	Freestyle
21st January	8.00	Breastroke
4th February	8.00	Backstroke
25th February	8.00	Butterfly
11th March	8.00	I. Medley

A notice of all forthcoming galas will be on the notice board if you wish to take part in any of these, please ask me for entry forms as soon as possible.

Don't forget you have a lane at Greenwich University pool Dartford, on a Wednesday evening 7.20 - 8.20pm.

On Sunday 23rd January 94, we are holding the annual Postal swim for our masters. This is a challenge to yourselves to swim for 1 hour without stopping (any stroke). Your lengths are counted and sent of to be calculated with swimmers from all over the country, and you will be able to see how well you have faired, and then next year you will be able to try and improve on your total. There is a small fee approx £3.00, but for this you will receive a badge. I hope as many masters as possible will enter this. I will take a list of names as we need to know in advance how many will be swimming.



Thank you all for swimming so well this year and Good Luck for 1994.

Moya Rider

MASTERS SWIMMING

As reported in the last Newsletter, a lot of Master galas have taken place during the Summer, but the attendance was varied.

Some people may still be nervous about entering, please don't be, there are many who enter these events who are not very experienced.

Training also is somewhat erratic with some attending on a very infrequent basis. If you are going to train, then, to gain benefit it must be more regular. Obviously commitment dictates your attendance, but we do have another night at Dartford College on Wednesdays.



So come on try it out, have a go. It may be necessary to restrict membership to those who attend on a regular basis and not for those who attend when they think fit. We must maintain a standard.

Plans are afoot to make Master swimming more attractive with competitions between other Clubs, just like the Diddies and Wrinklies Gala that took place a while ago.

Trevor Holmes

SOME-CUTS

**Have Your Hair Done in
the Comfort of Your Own
Home**
**I Cater For Anything and
Anyone**
**From a Perm to a Simple
Trim, Young or Old**
Women From £4.00
Men From £3.50
Children From £3.00
Senior Citizens From £3.00
For Further Details phone:-
NICOLA HOLMES - 081 304 1869

**EASTBOURNE OPEN MEET
7TH NOVEMBER 1993**

6 Erith & District Swimmers entered the above Open Meet, they were:

Kevin Jones, Andrew Bates, Trevor Jones, Hannah Spencer, Heidi Green and Rebecca Russell.

The competition was very strong, with swimmers from Beckenham, G.B Mariners and Shivers to name just a few clubs.

All our 6 swimmers swam exceptionally well.

Andrew Bates	4th 4th 5th	Freestyle Butterfly Backstroke
Trevor Jones	2nd (R)	Breastroke
Hannah Spencer	2nd (R) 3rd	Backstroke Breastroke
Heidi Green	4th 5th	Backstroke Breastroke
Rebecca Russell	4th 4th 6th	Freestyle Breastroke Backstroke

Carole Russell



OVERSEAS TRIPS & SPONSERSHIP

At present no plans have been made to go into Europe next year.

We are still to consider whether to go back to Germany or Holland or to invite Het 'Y' over as our guests.

We would still like to know of any Companies that can sponser us on any of these trips. Cost of these trips are quite considerable especially if we take large squads of swimmers.

As we have said, anybody interested in sponserhip, please contact either Trevor Holmes, Mick Thackray or Allan Bedford, and we will be pleased to explain whats involved.



Trevor Holmes

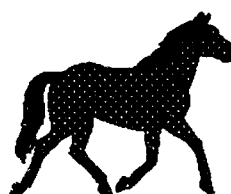


SOCIAL SECTION NEWS

By the time you read these words, an announcement should have been made regarding the sale of tickets for our New Year's Eve bash at Carlton Hall. If you wish to go, don't delay, as tickets will undoubtedly sell-out fast.

RODEO HORSE HIRE

If you still wish to apply for the hire of our Rodeo Horse sideshow for your 1994, Summer Fete etc., don't despair, as there are a few June dates still remaining - but hurry! See Peter Frost for further details...



1993 ANNUAL GALA RAFFLE

(DRAWN 23rd NOVEMBER)

No.	PRIZE DESCRIPTION	WINNING TICKET No	PRIZE RECIPIENT	PURCHASER/DEALER OF WINNING TICKETS
1st	£150 CASH	004685	Richards Family	Same
2nd	£75 CASH	006142	Stephen Whybrow	Same
3rd	£50 CASH	005549	'Express Removals'	Jill Thackray
4th	£10 CASH	001179	Ray Nye	Chesterton Family
5th	£10 CASH	000569	Nikki Brandstetter	Same
6th	£10 CASH	006749	Steve Pepper	Barry Magness
7th	BRANDY	004972	C. Dyer	Saunders Family
8th	VICTORIA WINE VOUCHERS	007578	Laura Belcher	Same
9th	FRANKLIN MINT MUG	002775	Maureen Holmes	Same
10th	WINE IN A BASKET	006234	Wilma Wilding	Richard Wilding
11th	ELECTRIC HOT BRUSH	001252	Graham	Barry Magness
12th	TABLECLOTH	004476	Kieron Phillips	Same
13th	HOME - MADE FRUIT CAKE	002583	S Glen	Glenn Scarley

Once again, on behalf of the Social Section, I would like to thank you for your support of our Annual Gala Raffle.

Whilst our profit of £463.85 is some £50.00 down on last years' sum, we cannot complain considering the economic climate and that other raffles abound at this time of year.

However, of the total number of tickets issued, we shall rue the fact that nearly £300 were neither sold or returned...

Peter Frost
(Social Section Secretary)

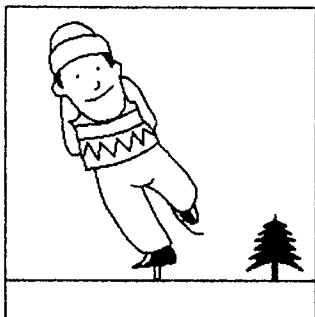
AUTUMN HALF-TERM RAMBLE

For 28 Club members, Parents and freinds, the historic town of Faversham was our starting point for this Autumn half-term ramble.

Fresh air is usally one of the prerequisites of a ramble, but in Faversham, this is replaced by the distinctive aroma of malt liquor from the town's 2 breweries. Of course, what better excuse for finding pub where we could sample some of their products!

So, after a short walk past the Gunpowder mill, and Tower windmill to Oare (? Ed), we stopped for lunch at 'The Three Manners' where, for the next hour of so, we had the bar and garden almost completely to ourselves, (well I had forewarned the publican that E.D.S.C would be paying a visit!)

With rucksacks considerably lightened, we set-off 'hot-foot' across the marshes. Thank heavens we hadn't come one week earlier when the rains were still lashing down. Unfortunately the relative

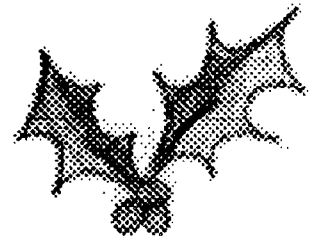


solitude did not last for long...One wag, who shall remain nameless, suggested that we should send up distress flares if we got lost. Having misheard what was said,

this had Barry Walker contemplating the cut of his trousers, and for the poor old wildlife, the resultant hoots of laughter proved more effective than 2 teams of grouse beaters!

It was then that we took the wrong route. We didn't get lost - honest! and we eventually ended up back at the pub! Whilst some made a 'B' line for the toilets, most decided to 'refuel' in the nearby shoebox-sized corner store that looked as if it hadn't seen such trade since the farthing was withdrawn from circulation in the '50's!

Continuing on our way across the fields to Teynham low-flying RAF Tornados, brought more comments about search and rescue missions



etc! We passed 'The Mounted Rifleman' a hostelry that had recently received television coverage as its closure saw the passing into history of Kents las pub where the beer was traditionally brought up by hand from the cellar.

Teynham is rightfully famous for it's market garden produce and the apple orchards were littered with thousands of windfalls, much to the delight of those present who had come prepared with carrier bags etc.. Little Tom Goode appeared to load more than his own body weight into his rucksack, but they were worth every lb - boy, were they delicious!

And so, with a glorious sunset over the Parish Church, the last leg of our ramble took us to Teynham station where, with precision timing, (arranged of course!) we walked straight onto our Dartford-bound train.

Another thoroughly enjoyable day had been had by all.

FOOTNOTE:

Please keep an eye on the Club noticeboard for news of a proposed ramble next February Half Term.

CROSS COUNTRY

Well done to Claire Colmer and Sarah Hubbard who represented Bexley at the recent InterBorough Cross-Country Championships, finishing 12th and 80th in their age groups respectively, and helping the team to 2nd place overall.

AND ON NEW YEAR'S DAY.....

Calling all Masters Swimmers, (and open swimmers)...Have you entered the Southend Masters Competition on New Year's Day?

Are you feeling a real glutton for punishment and want to start 1994 with a bang?

Why not join me in the Erith New Year 10K road-race on Sunday 2nd January. This annual event starts and finishes in Erith Stadium and takes a looped course through Erith, Northumberland Heath and Barnehurst. If you would like to participate, entry forms are available from Peter Frost.

IN THE NEXT NEWSLETTER

Peter Frost looks back over his 25 years with the E.D.S.C and considers our future and role in the local community

Peter Frost.

NEWSLETTER

Thank you to everyone at E.D.S.C for making my first issue of this Newsletter hassle-free! I've got it on good authority that Mick and Trevor will be giving me their reports promptly and in their best handwriting!

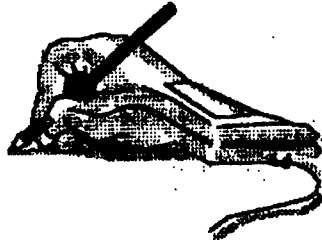
Anyone with any news for further editions can contact me, Leigh, at the Club or by phone, 081 310 7287.



MERRY CHRISTMAS!

DESIGN & PRINT SERVICE

We are the cost effective solution to all your design & print requirements.



- Leaflets
- Invitations
- Business Cards
- Letterheads
- Menus
- Brochures
- Any Advertising literature
- CV's

Any Quantity, Colour or Size.

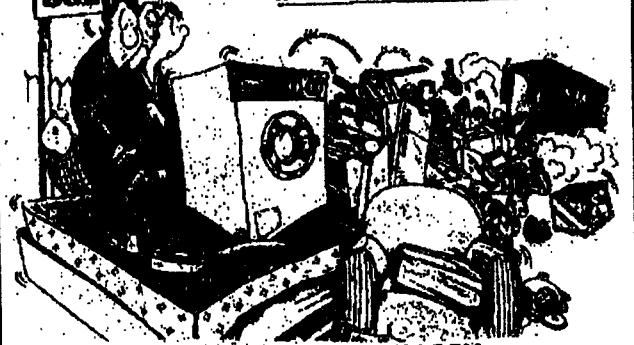
Let us help you promote your business in the best and most economical way possible. CALL NOW for a free quote.

Speak to Nicki on:

081 - 693 8221

Express Removals

WON'T LET THIS HAPPEN TO YOU!!!



LET US TAKE THE WORRY
OUT OF YOUR MOVE

- ★ FREE ESTIMATES WITH 24 HOUR SERVICE
- ★ ALL NEPS OF MOVE CATERED FOR
- ★ FULL REE INSURANCE ON ALL LOADS
- ★ NO EXTRA CHARGE FOR WEEKEND'S
- ★ DISTANCE NO OBJECT
- ★ PACKING CASES SUPPLIED
- ★ DRSS WELCOME
- ★ RELIABLE & CAREFUL SERVICE
- ★ YOUR SATISFACTION OUR GUARANTEE

WE CAN BEAT ANY WRITTEN ESTIMATE

WE SAY IT'S YOUR MOVE!

TEL: 081 511 7372