



NEWSLETTER



Issue No 147

February 1994

CLUB AGM

Our Annual General Meeting will be held on Sunday March 6th in the Clubroom Riverside Swimming Centre commencing at 10am. We apologise for the late calling of this important event.

Official notices giving full details, including balance sheets and nomination papers, will be sent to all members shortly.

KENT ASA OFFICIALS

Congratulations to the following who have qualified as poolside officials for the County.

JOHN HUBBARD TIMEKEEPER
KAREN HUBBARD TIMEKEEPER
CAROL RUSSELL TIMEKEEPER
PENNY SPENCER J U D G E &
 TIMEKEEPER

SPEEDO LEAGUE 1993

Congratulations to all swimmers and to Mick Thackray for their fine performance this season.

To make the top six final in Division 2 in our first season is a tremendous achievement.

The four clubs who gained promotion swam in Division 2 last year when they finished as follows.

	Position '92	Position '93
LEANDER	7	1
WOKING	8	2
HART	9	3
G.B.M	11	4

Hastings Seagulls who finished behind us in Sixth place also came up to Division 2 with us, having finished in Second place in last years nail biting final.

Let us now consolidate our position as Top 'Non Promoted' club and plan for 1994.

M11 DIDDY LEAGUE

We will again be contesting the three gala series in 94 which is for swimmers of 9-12 years (Born 1985-1982)

In future the league we swim in will be known as the M11 NATIONAL JUNIOR LEAGUE.

Competiting Clubs for '94 as shown overleaf.

We will be competing at Romford in Round one against

BARNET
DARTFORD
 & **ROMFORD**

CHELMSFORD
HARROW

ALLAN BEFORD

DIDDIES cont...

BARKING	BASILDON
BARNET COPTHALL	BRAINTREE & BOCKING
BRENTWOOD	BISHOPS STORTFORD
CHELMSFORD	DARTFORD
ERITH	GRIFFINS OF ENFIELD
HARLOW	HATFIELD
HODDESTON	ROCHFORD
ROMFORD	RUNNYMEADE
ST ALBANS	WITHAM DOLPHINS

Dates for Diddy's all sundays

13/3/93
24/4/94
15/5/94

We will host one of the Gala's in the final round on 15/5/94 at Riverside.

SPEEDO NO 3 LADYWELL 4TH DECEMBER 1993

This was undoubtedly the most important gala we have ever swum since I have been coach. We had made the top five in our first year in Division 2. In itself a great achievement, but we wanted more. A top four place would give us promotion into Division 1.

Throughout the evening it was very close and I think as each set of points was called, we occupied every position from 1st to sixth. Our younger swimmers especially were excellent winning most of their relays and solo races. Congratulations to **Sara McCook** especially for her first solo win in the Freestyle.

An excellent swim by **Annalise Hill** in 100m Fly gave her a new Club record. Considering it was in effect a 'Cup Final' the gala was

rather muted with not a lot of atmosphere. In the end we came fifth only 2 points behind G.B.M our local rivals.

Although everybody was disappointed perhaps we were also a little relieved to get another year to prepare ourselves for Division 1 status.

An excellent effort, well done to all swimmers.

SPEEDO No 3		
1st	LEANDER	195
2nd	WOKING	190
3rd	HART	179
4th	G.B.M	166
5th	ERITH	164
6th	HORLEY	152

TUDOR GALA RED TEAM 11TH DECEMBER 1993

This was the second gala in this season and was a much better all round performance by the 'Reds'. There was a better team spirit and it showed. Special mention to **Lisa Finch** in her first gala winning both Front and Backcrawl and an amazing swim by **Lorraine Stevens** winning the Butterfly. Our Open girls also wong the Freestyle Relay. In fact it was a great performance by our open swimmers altogether with **Sara Case** and **Steve Wilcock** winning the Breastroke.

Well done everybody, lets keep it up.

TUDOR GALA REDS		
1st	BROMLEY	246
2nd	ERITH RED	200
3rd	GREENWICH	184
4th	ERITH WHITE	160
5th	O'JAYS	146
6th	DARTFORD	125

ELMSLEIGH TROPHY STAINES SATURDAY 11TH DECEMBER 1993

Having travelled a fair distance to this Gala to be told that two Clubs had dropped out of the Friday, did nothing to give this event the excitement it was due. There is much written about clubs that pull out of gala's at the last minute. The excuse was illness. We find it hard to believe that any club cannot find replacements no matter what standard of swimmer they may have.

However, with only three clubs, this event lacked something, maybe noise, encouragement etc.

Our tally of 1st places was 25 out of a possible 41, with only two third places, the remainder being second places. It would again be like a roll of honour to note the winners.

The Trophy was picked up by Claire Connor and Paul Dodson.

Well done to all Swimmers

ELMSLEIGH TROPHY		
1st	ERITH	58
2nd	STAINES	85
3rd	TEDDINGTON	104

WHITE HORSE LEAGUE NO 2 ERITH 15TH JANUARY 1994

This was the first time we had swum this particular programme and quite interesting it turned out to be with a 6 x 1 Fly to start for the Open Swimmers.

Our 15 & Unders were unstoppable and only a disqualification stopped us winning both relays.

There were good wins by **Paul Nicholls, Chris Partlett, Annalise Hill** and **Ian Magness**. Perhaps the best swim of thenight was by newcomer **Lisa Finch** who broke the backstroke record by about 4 seconds. What an asset she will be to us.

Considering we were short of some swimmers we did quite well to get so close to Bexley, with whom we would have tied but for the disqualification.

WHITE HORSE LEAGUE No 2		
1st	G.B.M	133
2nd	BEXLEY	142
3rd	ERITH	150
4th	BROMLEY	158
5th	WHITE OAK	170
6th	DARTFORD	174

CLOTHING, PERSONAL BELONGINGS & VALUABLES

Following a spate of reported thefts, some without doubt the work of 'members of the public', as apposed to fellow members, we again urge you to use the lockers provided (50p refundable deposit).

Do not bring jewellery to the pool and leave nothing to temptation of others. We regret the Club does not accept responsibility for any personal property or clothing lost or stolen

PLEASE USE THE LOCKERS

ALLAN BEDFORD

ELMBRIDGE PHOENIX RELAY GALA 22nd JANUARY 1994

We always do well at relay gala's, our speciality. This was no exception with a number of our younger swimmers taking part in their first Gala. It was very obvious that the parents of these swimmers were getting very excited and should have been cooled down with a dip in the pool as some of the mums' and dads' (or Masters) did in their relays! Well done to Elizabeth Haynes, Amy Sharp, Nikki Brandstetter, Kieron Phillips and James Chandler.

It was unfortunate that we had a disqualification, with our U/10 suffering the most with a debatable decisions and some over efficiate officials.

A lesson was learned to improve them on certain race techniques, which will take time with more Gala's and hard work in training.

CLUB COSTUMES

Quite a few parents have asked why they can no longer buy Club Trunks and Costumes without the seahorse logo on the 'Bum'. When we placed our last order (enough costumes and trunks to last at least 6 months) we requested that 50% of the order should have the embroidered logo and the balance to be left plain. Unfortunately, our instructions were ignored and the whole stock was embroidered. As it would have been impossible for the stitching to be undone, we had no choice but to accept the order as it was.

We therefore apologise for the but the situation is not of our making!

Pam Bedford

Our disqualifications were the cause of us not winning as we deserved at the end of the day, with only one point between us and Sutton & Cheam.

ELMBRIDGE PHOENIX		
1st	SUTTON & CHEAM	83
2nd	ERITH & DISTRICT	84
3rd	REDHILL & REIGATE	100
4th	GUILDFORD CITY	109
5th	KINGSTON ROYALS	116
6th	ELMBRIDGE PHOENIX	131

Trevor Holmes

QUESTION TIME

Q. I'm new to the Swimming Club, what are all those officials looking for?

Q. My son/daughter swim breastroke, why are they disqualified?

Q. Why do the instructors and coaches teach my children to swim and dive different than before they joined the swimming club?

Q To whom do I moan about the disqualification?

Q The referees and officials come in for a lot of 'stick' - is it justified?

A. To all these and others - come to the creche at riverside pool on Friday 11th February 94 and/or Tuesday 15th February 94 between 7:30 - 9:00.

This is absolutely not a 'heavy' session - more a light hearted look at some of the rules and if needs be, a recap on the officials uties. Questions are welcome on these subjects.
Sandy Fitnum

OCTOPUS REPORT

We have now received the final league table for 1993.

		LEAGUE PTS	GALA PTS
1st	BARRACUDA	34	1093
2nd	O'JAYS	32	1114
3rd	STREATHAM	24	930
4th	ERITH & DIST	23	918
5th	BROMLEY	23	899
6th	CROYDON AMP	19	855
7th	ADDINGTON	15	820
8th	WOODSIDE & THORNTON HEATH	13	703
9th	PIRAHNA	6	499

Congratulations to all the swimmers that took part. 4th place is a very creditable performance. Penny and I look forward to seeing you all at the Presentation disco on Saturday 12th March.

The league will have a new club joining this year (Name as yet unknown) as at the last minute Piranha have dropped out. Due to this we have agreed to swim in the first round gala to replace them and we will not now be swimming in the gala on the 7th May and will be hosting the gala on the 10th December. This change unfortunately did not enable us to give more than five days notice to our parents and swimmers, but as usual you all came up trumps with the team taking part in the gala on Saturday 22nd January and finishing in a creditable 3rd place.

Wins were achieved by Laura Goode 11u Back, Tony Lawrence 16U Fly, Mark Nicholls 10U Back and Breast, Kevin Jones 11U Breast, Marc Merridan 11U Fly, Peter Webb 16U Back and the Medley relay teams of:

11U Laura Goode, Zoe Hubbard, Marc Merridan and Jamie Coward.

16U Martina Cooley, Katie Attridge, Tony Lawrence and Toby Larkman.

Also all our newcomers to the team including Gemma Merridan, Dee Scarley, Amy Jones, Rory Jenner, Martin Wright, Victoria Chesterton and Gary Richards all swam very well. Our thanks to Katie and Toby as team captains who organised without apparent problems the swimmers for each race.

On a final note, will all parents and swimmers please remember that our club rules require that all swimmers taking part in gala's should wear the Club costume and hat (where necessary) and that forgotten goggles are a real problem, also that swimmers should not leave the poolside during a gala unless their races are completed and have been given the 'OK' by the team manager.

OCTOPUS GALA		
1st	BROMLEY	177
2nd	CROYDON	175
3rd	ERITH & DIST	157
4th	ADDINGTON	140
5th	STREATHAM	131
6th	WOODSIDE	98

Dave Lawrence.

OUR MASTERS START THE NEW YEAR IN STYLE

Having spent the night before dancing the night away at our New Year Club Disco, (which was brilliant as usual), fourteen of our masters swam in the New Years' Day Masters Meet at Southend. The results were spectacular.

15 1st, 17 2nd and 12 3rd Places.

Tony Peach in his first open gala won 3rd place in the 100m Freestyle and in the 1 length Freestyle. Well done!

Jenny Walker in only her second open gala won 3rd place in the 1 length backstroke, taking an incredible 14 seconds off her previous best time. Well done Jenny!

Our relay teams also swam well with Mens' team of **Peter Frost, Frank Rider, Dave Buck and Trevor Holmes** winning 1st place in the Freestyle and medley races. Our second mens Relay Team of **Dave Walker, Mick Case, Paul Graimes and Barry Magness** came second in both the Medley and Freestyle team events.

The Ladies team of **Jenny Walker, Chris Case, Chris Ryan and Rosemary Watkins** came second in the Medley relay and the team of **Nora Norris, Chris Ryan, Rosemary Watkins, Chris Case** came 3rd in the Freestyle relay.

	1st	2nd	3rd
CHRIS RYAN	5	-	-
JENNY WALKER	-	-	1
NORA NORRIS	-	1	1
CHRIS CASE	2	-	-
ROSEMARY WATKINS	2	1	3
DAVE BUCK	2	3	1
PAUL GRAIMES	1	3	1
PETER FROST	-	2	1
DAVID WALKER	1	2	-
TONY PEACH	-	-	2

TREVOR HOLMES	2	3	-
FRANK RIDER	-	2	1
MICK CASE	-	-	1

A great start to the New Year, there are lots more Gala's to enter this year. (Keep your eye on the notice board). So I hope these results will be an inspiration to all Masters to enter some open Gala's, after all this is what you train for.

Well done and good luck for the next gala.

CAMDEN SWISS COTTAGE MASTERS 22nd JANUARY 1994

Four of our masters took part in this gala at Highgate, **Yvonne Berry, Nora Norris, Rosemary Watkins and Frank Rider**.

Yvonne Berry in her very first open masters gala came first in her age group winning the gold medal in the 50m Backstroke and the silver medal in 100m Breastroke. Well done! I hope this will inspire some more of our new masters to enter some galas.

Nora Norris won a silver medal in the 100m Breastroke and **Rosemary Watkins** won gold in 100m Freestyle, silver 50m Backstroke, bronze in the 100m Breastroke and the 50m Breastroke. **Frank Rider** swam well but was not on this occasion a medal winner.

1 HOUR POSTAL SWIM (MASTERS) 23rd JANUARY 1994

Eleven of our masters took part in this event, a little disappointing as so many had said they would enjoy the challenge, never the less those who took part completed their swim and felt a sense of achievement. The official results will be published later in the year.

Good Luck to all our masters swimming in the Southern Counties Gala at Crystal Palace on 26th/27th February, and the Chelmsford Masters at Chelmsford on 26th March.

Moya Rider

**VISIT BY HET Y" AMSTERDAM
EASTER WEEKEND**

1ST - 4TH APRIL 1994

Further to Trevor Holmes introductory letter of the 21st January 1994, I expect that by the time you read these words, you will all have decided whether or not to offer yourselves as prospective hosts to our Dutch swimming friends from Het Y" Amsterdam who will be visiting us again this Easter.

Whilst it may be several weeks before you learn if you are to receive anyone and even longer before team selections are made, please do not be disappointed or offended if one or either option is not fulfilled.

We wish to make this a weekend for every Club member and parent to enjoy, irrespective of whether you are hosting or swimming, or not, as the case may be.

As this is the 3rd visit by Het Y" to these shores, a percentage of the swimemrs will have a fair idea of what to expect, or so they think!

So after the necessary welcoming reception in Carlton Hall on Friday evening, the following day we'll be up early for a trip to Southend to sample a typically British seaside atmosphere with time for shopping,

should anyone so wish! A separate coach will be provided for Club members and parents who wish to go.

Returning home, there will be a little time to recover before the evening gala gets underway at Riverside Swimming centre.

On Easter Sunday we're off of Gillinghams Ice Bowl (no coach provided but super-cheap party rates available) where our Dutch friends are certain to show us a trick or two!

After lunch, there may be time to join in the afternoon training before we return to Carlton Hall for a humdinger of a Farewell Disco!

Finally, on Monday morning, we say our fond farewells to Het Y".

So that's the way the itinerary looks at the moment. Obviously, times and other information have yet to be confirmed but I think you can see why Easter 94 is going to be particularly hectic, but there's no doubting the rewards which everyone achieves from a weekend like this.

One way or another, I advise you not to miss out on the fun!

P A Frost.

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NEW ASA AWARDS FOR COMPETITIVE SWIMMERS

The ASA have at last launched a series of awards designed for swimmers who belong to a competitive club. The awards come in three stages:-

STAGE 1 Competitive Start Award

This award consists of a series of racing dives from the poolside and blocks at both ends of the pool. These dives must show the correct technique for each stroke.

STAGE 2 Competitive Swimmer Award

There are five certificates and badges (one for each stroke plus individual medley) to gain. The swimmer must do the correct racing dive, swim 2 lengths legally according to ASA laws, do a correct turn and finish. There are no time limits.

STAGE 3 Competitive Performance Awards

These are Bronze, Silver and Gold awards for each stroke, plus I.M and our Sprint Trophy races are ideal for trying to gain the qualifying times. These are as follows:-

Frontcrawl	29:50	25:70	23:30
Backstroke	34:50	30:10	27:30
Breastroke	38:20	33:40	30:30
Butterfly	32:70	28:70	26:10
Ind Medley	2:44:60	2:23:80	02:10:60

How do I qualify for these awards?

John Burdett will be holding a 'Badge Club' on Sunday, - Dates to be advised and these will be to achieve Stage 1 & 2.

Check your times during the Sprint Trophy and if you qualify, and you would like the badge and certificate give your name to Moya Rider.

All awards cost £1 (Certificate and Badge)

Pam Bedford

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NICOLA HOLMES - 081 304 1869

SOCIAL SECTION NEWS

NEW YEARS' EVE FAMILY CELEBRATION 31/12/93

Once again, nearly 200 people boogied their way into our annual New Years' "Do" in Carlton Hall. Not satisfied with dancing the night away, Mick Thackray and Trevor Holmes had again everyone wondering as to what embarrassing "tit-bit" they would dredge-up for their 1993 alternative "Honours Awards". (All done in the best possible taste of course!). If that didn't have you cowering in a corner, then

some of the Karaoke performers certainly did, whilst the picture quiz proved to be a challenge of a different kind. Our thanks to "Powerful Pierre" for kindly volunteering his services once again, and for bringing the extra tonnage of video equipment with him, (we hope your "VW" camper will be back on the road by the time you read these words...).

PRESENTATION DISCO 12/3/93

Calling all Octopus and Speedo League swimmers! You and your families are invited to our Presentation Disco which we're holding in your honour on Saturday 12th March at a new venue - Slade Green Community Centre, Bridge Road, Slade Green.

Tickets for the Presentation Disco will go on sale on Friday, 25th February and whilst all 1993 Octopus and Speedo League swimmers go FREE, there will be a charge of £3.00 per ticket for Mums and Dads, brothers and sisters.

Whilst the Community Centre has a greater capacity and is better appointed than Carlton Hall, it doesn't necessarily mean that we will be leaving our old Erith Road venue for good.

See you there....!

Peter Frost

OTHER NEWS

FAVERSHAM RAMBLE 28.10.94

After an early start from Dartford Station, we arrived at Faversham about 10:30 am. We had an historic walk around Faversham and the children kept asking if the ramble had started yet?

Lunch was at a 'Shepherd Neame' pub in Oare, which was a well-earned rest before the ramble well and truly started.

Walking at a steady pace towards the Swale, the wind kept blowing hard, helping us on our way.

Moving on towards Luddenham, we took a wrong turning, "Where are Luddenham marshes? We seem to have missed them? Lost again, Peter?!"

We found our way again after coming back to Oare. Leaving Oare, we traipsed through a

number of fields which had been ploughed. Lucky for us, it was dry!

After this, we came to the orchards which was a long hard trek, taking twice as long with every one collecting apples and pears which weighed us all down, (even Tom). Then Anthony Keehan and Matthew Walker entertained us by juggling with the apples! (Hope you all enjoyed the pies and crumbles?).

At last we arrived at Teynham Station - What a sigh of relief! On the homeward bound journey to Dartford, we were very tired after a very enjoyable day. When's the next Ramble Peter?

"THE GOODES"

"25 YEARS ON" . . .

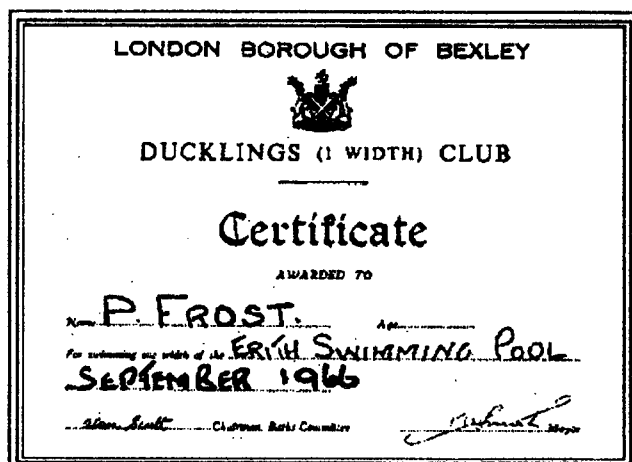
In a two-part article, Peter Frost reflects on his 25 years in Erith & District Swimming Club.

Last November, whilst on a visit to the historic town of Faversham, I was pleasantly surprised to find that its old open air-pool had survived the ravages of time. Nothing mind-blowing about that you might say, but as I had just celebrated 25 years as a member of the E.D.S.C., I began to reminisce about our regular summer galas there in the '70's and I felt an overwhelming compulsion to write the following article. By relating some of my early experiences, I hope to jog a few memories, to illustrate how the intervening years have changed Club life so dramatically and why today, we should all feel proud of our association with one of Kent's foremost Swimming Clubs.

Like Faversham's old pool, I suppose I count myself a survivor of a time when swimming wasn't taken so seriously and the pace both in and out of the water was a lot slower.

When Riverside Swimming Baths opened in 1968, the facilities were light years ahead of anything that had gone before it. Indeed, I took my first tentative strokes in Erith's war damaged open-air pool in Stonewood Road. Mind you, I hated every minute of it and every conceivable excuse was used to try and avoid these Sunday morning classes.

I finally managed my first width in late September 1966, (Breastroke of course!) but only after the



poolstaff had dispersed the ice that had formed on the still waters overnight! And that was that, or so I thought... Nearly 2 years later, Dad persuaded me and my sister Sandra to go along for an audition with the E.D.S.C at Riverside's new pool. The Club had only recently given up its 'lodgings' at Plumstead pool and returned 'home' to spanking new facilities for a single 3 hour session every Friday night.

Despite a waiting list,

Sandra and I were both accepted but for me, it was purely on the strength of my breaststroke as I still hadn't had any formal training on Backstroke or Frontcrawl. (I could only manage about half a length of each!)

Anyhow, we soon began to look forward to the single 30 minute training session each week and started to get to know those Club stalwarts who remain familiar to you all today - Allan and Pam Bedford, Sandy and Betty Fitnum, Alan Davison and of course, a little later, the Ryan family.

Very few people swam Butterfly or performed tumble turns and whilst early gala competition rarely warranted the need for either, in fairness, Messrs Fitnum and Davison had an impossible task in the time that was available to us all.

The stigma regarding Butterfly was to remain until Bexley Council towed to pressure and granted us an extra training night on Tuesdays. That was in the autumn of 1977 but what about those early galas?

Many gala venues were a legacy of the Victorian/Edwardian bathing boom and if you were chosen to swim in one of their open-air edifices, you soon learnt to take those little extras with you in your duffle-bag - umbrella, hat, bovril and a brush. A brush?! Yes, it wasn't particularly pleasant changing in those draughty little wooden poolside cubicles, especially when the floor was littered with weeks of accumulated leaf mulch and the odd snail!

At last, the opportunity came to exorcise the horrors of my days as a duckling when I was chosen to swim in my very first gala at Dartfords old open-air pool in Burnham road. The date was Monday, 8th September 1969, (yes a Monday!) and as a 12year old, I was feeling over the moon about the whole thing. By strange coincidence astronauts Armstrong, Aldrin and Collins had just returned from the Moon in Apollo 11, whilst Creedance Clearwater Revival were at No.1 in the hit parade with 'Bad Moon Rising', an omen for things to come? Well, the pool was just about the dingiest place I have ever swam in, it was cold and wet and that wasn't even describing the water! Not surprisingly, I cannot remember how I swam, but the most important race seemed to be to get the gala over and done with before

the light finally faded, or before the swimmers succumbed to hypothermia! However, it can't have been all that bad as the next Club newsletter reported that we beat Dartford S.C by 115points to 75points!

This was the first of numerous ventures into open-air pools, and it was always particularly gratifying to return to the 'tropical' waters of Riverside Baths, (the hot seat was also 'hot' then too!)

Nevertheless, by the mid 70's, economics had finally brought about the closure of most of these pools. Even Sevenoaks hilltop 'chapel' finally succumbed to the developers and despite the fact that it had a roof, no longer would our supporters have to face a soaking from their poolside positions!

In 1972, (the E.D.S.C's Diamond Jubilee Year), long before the Club decided to 'go into Europe' with our Dutch counterparts, we combined forces with our neighbours Bexley S.C to host a mixed bag of swimmers and athletes from our Germain twin-town, Neheim-Hüsten. We took it for granted that we would get the opportunity to visit our German friends the following year but when the invite came, Bexley S.C

conveniently overlooked us. It was to be another 16 years before we fulfilled an ambition to visit Neheim-Hüsten, and even now, the thought of what happened still wrankles with me and I long for the day when we become the dominant Club in the Borough!

In 1973, I was elected Boys Club Captain and for the next 3 years, shared responsibilities with Girls Captain, Gillian Fitnum, Sandy and Betty's eldes daughter. Up until that time, our success in galas was few and far between and we became quite accustomed to Sandys oft-used phrase in his Newsletter reports. "We came last, but everyone gave of their best..." However, after joining the 'B' League, (later to become the Tudor League) we actually began to win galas on a regular basis.

In 1976, in our final months of captaincy, we were vying with Sevenoaks for 'B' league honours and everything hinged on the last gala at Downham Baths. We narrowly beat Sevenoaks into 2nd place and tying on league points, the decision rested on who had the greater number of gala points. The M.C duly announced that Erith were victors and amid huge cheers, Gillian and I went to receive the trophy. What should have been one of the highlights of our captaincy

...One small step for mankind....

..."We came last, but everyone gave of their best..."

went down in Club annals for another reason because within minutes, the officials realised that they had made a miscalculation and the trophy was ignominiously returned and handed-over to our Sevenoaks counterparts! Of course, we have since won the Tudor trophy on 5 occasions but how times change. In the past couple of years, our strength has seen us regularly bringing 'home' the silverware and it's a great shame that we are unable to find a secure location within the pool to display them all.

I then began to take a keen interest in teaching and as anyone knows if you've spent time at the shallow end of the pool with 25 non-swimmers, Beginners classes are the real proving ground! Equally daunting were the Life Saving classes I attended every Sunday lunchtime and were a natural progression from Personal Survival which the Club placed a great emphasis on at that time.

By the end of the 70's, the extra training was paying dividends and whilst I wasn't getting any faster, those around me certainly were! Gala selection was becoming more infrequent and like so many swimmers before me I considered calling it a day. However, it was about this time that I took over the M.C role from Peter Mount and with my teaching commitment and increasing involvement with the Social Section, I finally came through this period of

self appraisal. It was after watching the first London Marathon in 1981 that my appetite for competition was rekindled and swimming proved to be the ideal foil for long distance running!

With Bill Lovatt as our coach, swimming took on a whole new scientific approach, and with our introduction firstly into the White Horse League and later, the Speedo League, things really began to get serious, and training, now extended to an hour on both Tuesdays and Friday evenings, was considerably tougher too! I managed to stay the pace but my running finally proved beyond all doubt that I was definitely no sprinter!

Sunday training became part of the scene and when Mick Thackray assumed full coaching responsibilities in 1989, our gala commitments mushroomed still further with the introduction into the M11 Diddy League. We knew that the 'big-time' was just around the corner when Sammy Hayes became the first Club swimmer to break the magic 1 minute barrier for 100 metres freestyle. The excitement that followed this milestone in Club history could be compared with that of another of our former swimmers, Tony Barker who became the first Club member to officially break the 70 seconds barrier with 1:05:76 in 1976.

Then, it seemed inconceivable that it would

take 13 years of hard slog to reduce those times by a mere 6 seconds, but a huge advance in real swimming terms. Today, with the awarding of an extra hour on Monday nights, the varied Social life, our successful forays abroad and the new Octopus league, hardly a day goes by without involvement in some Club related activity.

With the flourishing Masters section, a whole new lease of life has been given to many former Club swimmers who thought the glory days had gone for good.

My enthusiasm for swimming has never been greater, (witness by football-esque passion for our team at any gala whenever I'm not announcing!)

Naturally, my children Matthew and Joanne learnt to swim with the E.D.S.C and the benefits of the hard training means that Joanne will soon be faster than me on all strokes!

Do I have any regrets? Simply, I wish I'd had the opportunities that our swimmers have today. Just look at what our current crop of 11 year olds are capable of. I never would have been accepted if I had come along for an audition today, such has been the improvements in our standards.

Yes, like that old open-air pool, I'm a survivor and I hope to carry on for another 25 years if the body is willing....

As a Club that is entirely reliant on the time and energies volunteered by dedicated individuals, I would like to take the opportunity to say Thank You to the following for a job well done and long may it continue in whatever capacity...

to **Sandy Fitnum, Alan Davison and Mick Thackray** for their time and patience in allowing me to remain active in the top group: to **Pam and Allan Bedford** for the inestimable amount of behind-the-scenes work that they have put into the Club in excess of 25 years. to **Michael 'Buck' Ryan** for inspiration and colourful suggestions about my strokes! to **Trevor Holmes** for getting the Masters section 'off the ground'

To all other swimmers, officials and Parents for being a great bunch of people to be with...

IN THE NEXT NEWSLETTER...

"25 Years on..." In part 2 entitled "...And now for something completely different!", Peter considers why the role of the E.D.S.C in the

....and last, but by no means least, to my wife **Chris** for her continued support despite odd instances when Club life has taken precedence over important domestic matters!

Well, Riverside Swimming Centre may remain basically as it was built in 1968, but those ensuing 25 years have seen enormous changes within the E.D.S.C and despite the hard work, I've enjoyed (nearly!) every minute of it! I hope that one day you too will be able to reflect on your time with the E.D.S.C in a similar way.

Simply, E.D.S.C is the best!

community should not be underestimated and why being a swimmer can make you a better person.

Peter Frost

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