



NEWSLETTER



ISSUE 150

NOVEMBER 1994

SECRETARY'S NOTES

DRAW A PENGUIN COMPETITION

A good response from members produced some excellent ideas which the Club's Committee chose Glen Scarley's sketch.

Glen's "Penguin" will now appear on all documents promoting our Beginners Section - congratulations to Glen and thanks to all the other members for their contributions.

ANNUAL COMPETITIONS 1995 DATES

We have decided to re schedule the Sprint trophy and Points Cup as follows: -

Points Cup

		Distances						
		8	10	12	14	16	open	mast
6th January	Freestyle	1	2	3	3	3	3	2
20th January	Breastroke	1	2	3	3	3	3	2
3rd February	Backstroke	1	2	3	3	3	3	2
3rd March	Butterfly	1	1	2	3	3	3	1
17th March	I M (4x1)	4	4	4	4	4	4	4

Sprint Trophy

All strokes and age groups 1 length.....except I.M. (4x1).

31st March	Freestyle
28th April	Breastroke
19th May	Backstroke
9th June	Butterfly
7th July	I.M (4x1)

The Winners of this year's Annual Points Cup competition have been announced with the top three places in each age group gaining the following points. The youngest swimmer ever to win the Points Cup, Terry Ponton, aged 8 deserves special mention.

Age Group	GIRLS	Points	BOYS	Points
8 & Under	Keelie Jenkins	27	Terry Ponton	25*
	Charlotte Bird	19	Christopher Boyle	19
	Jodie Saunders	13	Phillip Brown	16
10&Under	Vicky Chesterton	25	Niki Brandstetter	21
	Laura Moseley	19	Lee Scott	19
	Samantha Peach	14	Mark Nicholls	17
12&Under	Gemma Ford	25	Andrew Bates	24
	Laura Belcher	15	Matthew Walker	17
	Leanne Peile	13	Liam Whitmore	12
14&U	Natalie Walker	23	Paul Nicholls	24
	Danielle Poore	16	Tony Lawrence	18
	Lauren Peile	13	Ian Goode	12
16&Under	Annalise Hill	30*	Ian Magness	22
	Hannah Spencer	19	Mark Dudley	17
	Heidi Green	12	James Willcocks	12
Open	Lisa Finch	25	Mark Russell	30
	Rebecca Russell	18	Paul Dodson	11
	Claire Conner	13	Philip Rush	10
			Roy Burdett	10

* Overall winners of Points Cup Trophies

FOOTBALLS

We are again experiencing problems with Footballs being kicked about the building and in the changing rooms. **THIS MUST NOT HAPPEN.** Anybody seen with a ball in the building will be asked to leave. If you wish to play with a ball, please do it over on the grassy area and leave your footballs outside. Muddy shoes should be removed before entering the building and not put back on until you leave the front entrance of the building.

I have two very unfavourite jobs at 10.15 p.m. on Tuesdays and Fridays - the first is to turn the main shower off in the girls changing room and the second is to mop up the muddy footprints from the floor! Please let me go home a happier person in future by relieving me of these two tasks.

Pam Bedford.

COMPETITION RESULTS

OCTOPUS LEAGUE

GALA 10/9/94

Congratulations everyone on our first win. It was a pity that nobody knew about it until the end of the gala!!!!

I have to say that this was one of the worst galas I have ever attended and the total lack of sound must have been very difficult for the spectators to cope with, especially as there were quite a few close run races and disqualifications that nobody up in the balcony was aware of (not necessarily from our team). Dave and I registered our feelings but were not given much joy. It is a matter that we shall bring up at the Annual General Meeting, so please don't give up on coming to support the swimmers.

Everybody swam fantastically and we registered twelve first places. Our congratulations to Louise Ryan, the 10/u freestyle team (Gemma Merridan, Rory Jenner, Victoria Chesterton & Darren Chappell), Samantha Peach, Adam Bayne, Marc Merridan, Martin West, Sarah Hubbard, 10/u medley team (Dee Scarley, Adam Bayne, Gemma Merridan, Rory Jenner), Victoria Chesterton, Nicola Shepherd and the 11/u medley team (Laura Goode, Beth Keech, Marc Merridan, Paul Wallace).

In keeping with the spirit of the league, it may be necessary to change the team around next time because some of you are getting too good for us. Well done and keep on getting better right up to being picked for Speedo.

1st	ERITH	170
2nd	STREATHAM	151
3rd	OJAYS	149
4th	ELTHAM STINGRAYS	136
5th=	WOODSIDE	134
5th=	ADDINGTON	134

OCTOPUS GALA 1/10/94

Another venue, another gala and a totally different result from last time. We didn't start well and a series of fourth places looked set to have us near the bottom of the results sheet. However, we pulled ourselves up and eventually finished third.

Well done to all the new swimmers this time. We hope you enjoyed the experience and look forward to having you swim for us again. First places were recorded by Marc Merridan, Samantha Peach and the 11/u medley team (Zoe Hubbard, Beth Keech, Marc Merridan and Peter Gravell). Well done to you all.

The gala was slightly better organised this time but they were not going to read the results until some of us complained that it was unfair on the spectators not to give them some idea on what was going on. If you have any views on this please can you tell either Dave or myself so we can pass them on to the powers that be at the next meeting.

Although Dave and I were pleased at the way our younger swimmers swam, we were disappointed in the behaviour of some of the swimmers and we would ask for your co operation in this matter. We would like to make it quite clear that swimmers are NOT to leave the poolside for any reason except to go to the toilet or when their races are finished. They must especially not go into the spectator gallery and sit with their parents. There are a number of reasons for this with safety being the most important. They are wet and the floors are often slippery, an accident means that they can't swim and the team suffers. Also it makes the job of the whips very difficult if they have to go chasing around looking for swimmers for the next race. Please help us to make the whole evening a successful and well organised occasion.

1st	CROYDON	165
2nd	STREATHAM	151
3rd	ERITH	144
4th	BARRACUDA	140
5th	ELTHAM	137
6th	BROMLEY	132

LEAGUE POSITION AFTER SEVEN ROUNDS

		Galas swum
CROYDON	23Pts	5
STREATHAM	22Pts	5
ERITH	21Pts	5
BROMLEY	18Pts	5
BARRACUDA	17Pts	4
OJAYS	16Pts	4
ADDINGTON	14Pts	4
WOODSIDE	9Pts	5
ELTHAM	8Pts	5

R Lawrence

GALA AT BASINGSTOKE 17/9/94

Sited beneath the heart of it's central shopping mall, Basingstoke's 25 metre pool offered cramped accommodation for four teams and their spectators, many of whom had to brave getting wet into the bargain!

Before the competition began, one questionable aspect of the evening involved each manager having to nominate two events which they expected to win... Somewhat reminiscent of "It's-A-Knockout", should they be successful, then the hosts would award them double points. Quite frankly, I hope that this idea doesn't catch on with other clubs.

Relays have always been our forte and whilst the various 11 and Under combinations of Lee Scott, Nikki Brandsetter, Mark Nicholls, Martin West and Darren Chappel are certainly "hot property", the girls 13 and Under quintet of Laura Belcher, Emma Lawrence, Gemma Ford, Sarah McCook and Leanne Piele are ones to watch out for too. With six wins between them, other successes were recorded by the boys 13 and Under, 15 and Under and Open teams, which bodes well for the forthcoming "Speed League".

BRAINTREE AND BOCKING 1/10/94

This is not our favourite pool, but with only four teams competing it was more bearable than usual. It was quite a good programme and it seemed to suit us.

It was pleasing to see swimmers like Kirsten Fedden and Sara McCook get good wins and we were almost unbeatable in the relays. Our outstanding performer on the night was Danielle Poore who won both the backstroke and freestyle and swam in three winning relays... Well done.

ERITH	79
BRAINTREE AND BOCKING	107
CHESHUNT	128
BRAINTREE AND BOCKING B	?

M Thackary

GALA AT ORPINGTON 8/10/94

Having accepted to manage this gala, it was with an air of uncertainty that I stepped onto the poolside not knowing exactly who some of our swimmers were or who we would be competing against. Realisation that Bexley was present seemed to make the task ahead all that more daunting, especially as a fair number of swimmers were required to compete in 4, 5 or even 6 races each.

Nevertheless, I should have realised by now never to underestimate the qualities that have taken the club to success time and time again in the past few seasons. The spirit shown by the more experienced team members soon enveloped those who were having their first taste of inter club competition and once everyone had set their hearts on lifting the Selkent Trophy from the grasp of holders, Crawley, there was no turning back.

Whilst this was a truly team effort, special mention must go to Elizabeth Haynes, aged 9, who didn't bat an eyelid at the prospect of having to swim two lengths butterfly shortly after her second relay race. Also Gemma Sadler, who decided that she wasn't going to let the side down despite feeling somewhat under the weather. The boys were equally on song and with Matthew Barnwell, Stephen Howard and Amit Hindochs also swimming in the older age group, there was hardly time for them to catch their breath between races.

Thanks to a crummy PA system, little did we realise just how well we were doing until the last few races, by which time our rivals had well and truly 'shot themselves in the foot' through numerous disqualifications for inexcusable mistakes.

The gala culminated in an exciting marathon 16x1 squadron relay that saw us locked in battle with Bexley until a storming anchor leg from Kris Carpenter clinched victory and rounded the evening off in style. Everyone earned this victory and the swimmers duly paraded en mass in club colours to collect the trophy. Well done indeed to all swimmers and to the parents for their support. Thanks to Kris and Laura Belcher for their help on poolside and Dave and Rita Lawrence, Simon Porter, Jackie Nicholls and Dave Belcher who officiated at short notice.

1st	ERITH	285Pts
2nd	BEXLEY	257Pts
3rd	ORPINGTON	236Pts
4th	DARTFORD	228Pts
5th	CRAWLEY	204Pts
6th	WHITE OAK	137Pts

P. A. Frost

TROPHY GALA GRAVESEND AND NORTHFLEET

8/10/94

We hadn't swum at this pool for some time and because of holidays and other commitments, namely another gala and ten swimmers in the borough team we had a odd looking team out. it turned out to be a very exciting gala with some good wins by Trevor Faren in the breastroke, back to back wins by Kelly Dudley and her skinny brother Mark, Chris Partlett and our 17/u girls relay (Martina Cooley, Emma Porter, Katie Attridge and Sara Case).

In the end we beat White Oak, who looked like they expected to win, by one point. Well done everybody.

ERITH	112Pts
WHITE OAK	113Pts
GRAVESEND	164Pts
MAIDSTONE	166Pts
FOLKESTONE	229Pts

Dr M Thackary

WHITE HORSE LEAGUE

ROUND ONE 15/10/94 DARTFORD

This is not the best pool we swim White Horse in and as it was so squashed on poolside, there wasn't a good atmosphere.

A few swimmers were missing and a few decisions to change swimmers and strokes may have given the team an odd look to regular watchers. There were good wins by Hannah Spencer, Ian Magness, Andrew Bates and Kelley Dudley. Unusually for us our relays let us down a bit except for our 15/u mixed team of Nat Walker, Paul Nicholls, Hannah Spencer and Ian Magness.

Some very doubtful judging cost us two races and put us in third place by only one point.

GREENWICH B. M	126Pts
BEXLEY	148Pts
ERITH	149Pts
WHITE OAK	155Pts
BROMLEY	180Pts
DARTFORD	194Pts

Dr M Thackary

OTHER NEWS

Congratulations to James Willcocks who repeated his 1993 runners up position in the youth category of the gruelling Sevenoaks Triathlon on the 4th September.

One week later and a little closer to home, nine club members competed in Dartford and District S.C.'s annual Biathlon. Despite a downturn in entries, the standard remained high, as ably demonstrated by Roland Lee, a former British Olympic swimmer!

Even so, after five years involvement with this event, we recorded our best results yet with Ross Jenner and Laura Belcher being placed 9th and 12th in their respective U/13 events and medal winning performances from Emma Lawrence and Andrew Bates in the same events.

Not to be outdone by their younger brethren, the mens team of Tony Peach, Michael Case and Peter Frost was placed third, whilst Nora Norris grabbed third place in the ladies event after a stirring 1000 meters run.

However, the day was capped by Paul Nicholls who won the boys U/15 title receiving a attractive trophy for his efforts.

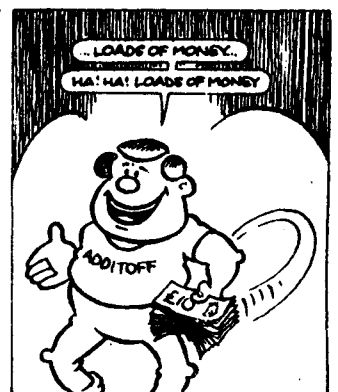
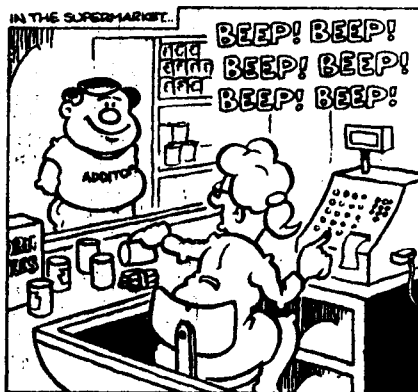
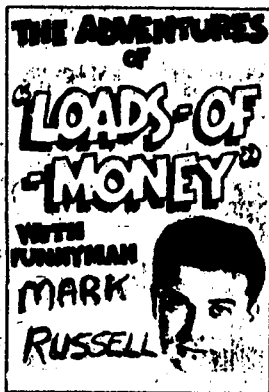
Our hosts, Dartford District SC, retained the overall team title from last years winners, Clacton SC, but perhaps with more entrants from within our own ranks, we could possibly mount a more serious challenge next year?

Well done to everybody and thanks to the Mums and Dads for their support.

Congratulations to Annalise Hill who has been selected for the Kent U/16 Netball team.

Dartford & District S.C. 10K Road Race 30/10/94

Dartford SC are again organising their annual 10K road race on Sunday 30th October. If any older swimmers, (15 years or older) or Mums or Dads would like to take part, please see Peter Frost for an entry form.



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Next week: 'Loads-of-Money' has his car serviced and the bill comes to £186.00

MASTERS SECTION NEWS

MASTERS KENT COUNTY CHAMPIONSHIPS

10/9/94

Fifteen of our masters swam in this annual event at Tunbridge Wells. Everybody swam brilliantly, with a medal tally of twenty nine between them. Of these twenty four were won by the ladies and five by the men (We only had six men competing WHERE WERE YOU ALL). Come on fella's....don't let the ladies whitewash you any more! Please try and enter these gala's, after all that is what training is all about.

Because every body swam so well, I find it hard to single any one person out, but special congratulations must go to Alisson Nye with a amazing total of five gold medals for the five races she swam in, Well done Alisson, well done everyone.

Medals Table

Alisson Nye - Gold in 50m freestyle, 100m freestyle, 100m IM, 50m Breastroke and 50m fly.
Yvonne Berry - Gold in 50m Back, 50m Breastroke and 100m IM. Silver in 50m Freestyle and 50m fly.
Chris Case - Silver in 100m IM. Bronze in 50m fly and 50m Breastroke.
Rosemary Watkins - Silver in 50m Freestyle, 100m freestyle and 100m IM. Bronze in 50m Backstroke and 50m fly.
Liz Wilding - Gold in 100m freestyle, Bronze in 50m breastroke and 100m IM.
Brenda McAloon - Silver in 50m backstroke.
Carol Eastaugh - Bronze in 50m backstroke and 100m IM.
Trevor Holmes - Gold in 50m breastroke. Silver in 100m freestyle.
Buck Ryan - Gold in 100m freestyle. Silver in 50m Backstroke and 100m IM.

Moya Rider

OTTER MASTERS GALA

1/10/94

Nine of our masters took part in this gala at the Queen Mother Sports Centre at Victoria, eight ladies and one man, Dennis Vick, and with a medal total of twenty, they did extremely well.

Yvonne Berry won four golds and two silver medals. Rosemary Watkins won one gold and three silver medals. Carol Eastaugh won one gold, one silver and one bronze medals. Nora Norris won one bronze medal. Liz Wilding won two bronze medals and Michelle Poole (in her first masters gala) won a silver medal. Our only male swimmer won three gold medals. Well done everybody. Many personal best times were recorded by the non medal winners, which was excellent!

Good luck to everyone who is swimming at the Medway Masters Gala in November.

Moya Rider

MASTERS CLUB CHAMPIONSHIPS

This is an attempt to tell the parents of the younger swimmers how the masters events are run and how we arrive at the winners.

In most open competitions, the swimmers are grouped in age bands. A = 25-29 yrs, B = 30-34 yrs, C = 35-49 yrs, etc.. up to M = 80+ and in some cases older! I have personally been at events where there have been swimmers over 90 years old. In one case there was a chap of 94, who had only taken up the sport at the rather young age of 92.

In our club competitions, we have made our age bandings in ten year spans, Group 1 = 25-34, 2 = 35-44 and 3 = 45 and older.

When you enter an event, you submit a time and from this heats are made up, to enable swimmers of the same ability swim together. This can mean that an older swimmer who is very fast may be swimming against younger swimmers in the same heat. This form of competition benefits both the swimmer, who can have a true race and the organisers who may have limited pool time. At the end of the heats, the results are worked out and the winners are declared on time. This is known as heat declared winners.

For the annual gala this year, the masters will not be competing on finals night. At the end of the heats on Sunday 16th October, all the masters swimmers were presented with their medals and the overall best male and female swimmers were presented with their new trophies.

ANNUAL GALA 1994 MASTER WINNERS

CR - Club record

	F/S sprint	1L fly	2L f/s	4L IM	2L brst	2L back
25-34						
Luch Cowell	1	3	1			
Chris Ryan	3	2	2	2	1	2
Michelle Poole	2	1	3	1	2	1cr
Angela Warner				3	3	
Brenda McCaloon						3
35-44						
Chris Case	1	1	1	1	1	1
Jenny Walker	2		2			2
Carol Dudley					2	
45+						
Carol Easlaugh				3cr		
Liz Wilding	3	2	2	1	2	2
Yvonne Berry	1	1	1cr		1cr	1
Pat Griffiths	2	3	3	2	3	
Nora Norris						3

	F/S sprint	1L fly	2L f/s	4L IM	2L brst	2L back
25-34						
Dave Buck	1	1	1	2	1cr	2
John Murray	2	3	3	3	2cr	
Paul Graimes	3	2	2	1	3	1
Dave Ryan						3
35-44						
Peter Day	1		2		1	1
Dave Walker	2		1	2		2cr
Jon Feddon	3	2	3			
Peter Frost		1		1	2	3
Tony Peach				3	3	
45+						
Denis Vick	1		1cr			3
Barry Magness	2					
Frank Rider	3	1	3	3	2	
Buck Ryan		2	2	2	3cr	2
Mick Case		3				
Trevor Holmes				1cr	1cr	1

BEST OVERALL FEMALE - MICHELLE POOLE
 MALE - DAVE BUCK

NATIONAL MASTERS CHAMPIONSHIPS
SHEFFIELD 15-16/10/94

While we were taking part in our club championships, Alison Nye went off on her own to compete in the National Championships. She may have been daunted against the cream of maters swimmers in this country, including many ex internationals, but Alison came home with a bag full of medals. A brilliant achievement.

Next year she hopes to talk some more of us into going with her, at least to keep her company, if not to win some medals.

50m Butterfly	32.31	GOLD
100m IM	1.13.50	GOLD
50m Freestyle	29.53	GOLD
100m Freestyle	1.07.55	SILVER
50m Breastroke	37.15	BRONZE
100m Breastroke	1.22.35	4th

Frank Rider

This is my report on last weeks club champs.



The swimming was bad!
But we all had a good time



Actually the best part
was when the chief coach
fell in the pool and broke
his bloody neck!!!!



SOCIAL SECTION NEWS

Barn Dance Cancelled

Club members will have been saddened to learn of the demise of Picardy School Hall, (Beeches site) in a disastrous fire during the summer holidays. This was the venue for our successful 1993 Barn Dance and the suspected arson attack effectively robbed us of an ideal venue for the 1994 event. Consequently, the Barn Dance has been cancelled and it's place is likely to be taken by another Quiz Night at Carlton Hall in November. Watch this space for further details.....

Peter Frost

IN AT THE DEEP END

As you may have realised, this is my first attempt at writing a (clean) newsletter. If you have any stories, letters, articles or cartoons for inclusion in a future issue please can you contact me either by phone (0322)276651, by letter to 4 Rutland Close, Dartford or by leaving a letter with a club official. Hope to hear from you soon.



PS - I hope that I have managed to spell everybodys name correctly in the gala reports....Also Mick Thackary might not be a doctor, but his handwriting is certainly bad enough to qualify him for the job!

MEDICAL BRIEFING

HOW I KEEP FAT

(As told to our undercover reporter, working in McDonalds, over four quarter pounders with cheese)

Nearly ten years ago, when I was a youngster about to embark on a career with EDSC, I carefully considered obesity. I took pride in my physical fatness and vowed to myself that I would keep out of condition for the rest of my career.

In those days I could swim a mile, but never did. I once swam a length in a relay, but made sure that I had a good meal afterwards to put on any weight I may have lost.

Today I always keep an eye on what I am eating, in case it misses my mouth. I am always conscious of the need to wear the right clothes to show off my fatness, hence my peach running vest. I now, of course, wear a ridiculous vest with the kraut emblem on it, ah yes Germany, a land of fatties over indulging themselves on beer and sausages.

I try to make sure that I have three square meals every lunchtime I can still get from one restaurant to another in under four minutes, providing that they are next door to each other, of course!

Free for all buffets are the best, everybody gets so drunk that they cannot keep count of how many times I visit the food table and load my plate 6" high. All this talk about food is making me feel like my third breakfast of the day.

One final thought before I go and stuff my face, is my advice to anyone who wants to keep fat, is to count the calories carefully and make sure that you are getting enough of them.

Yours in Lard,

John Burdett

PONTINS SWIMWEEK

COST - Approx £160 per chalet - self catering (4 sharing is £40)

WHEN - October 1995 -half term week-

PRICE INCLUDES - All swimming training: Intensive training for the more committed swimmer (two hours a day, land training and lectures).

There are also sessions for stroke improvers and novices.

ADVANTAGES - All sessions are well coached. Although the week is knackering, you finish surprisingly full of renewed enthusiasm. Especially with a large Erith contingent the night life will be good!
Chance to cross fertilise (ie steal) other clubs ideas.

DOWNSIDE - Chalets are basic (but see price). Also the weather... when it's not cold and windy, it's cold, wet and windy.

CONCLUSION - All in all it is an excellent week and would get next season off to a flying start.

INTERESTED? - Please contact Tony Peach on 0181 301-3848.