



# NEWSLETTER

MARCH 1996

Issue :- 155

## SECRETARY'S REPORT.

### Sprint Trophy 1996

Well done to all swimmers who took part in this year's races. The winners are as follows in their respective age group :-

8/Under	Boys	Points	Girls	Points
	<b>Billy Jenkins</b>	<b>56*</b>	Lisa Dyer	50
	Stuart Russell	46	Adele Howard	40
	Wayne Slough	32	Rachel Ashby	38
10/Under	Phillip Brown	42	<b>Keelie Jenkins</b>	<b>56*</b>
	Christopher Boyle	39	Charlotte Bird	48
	Terry Ponton	38	Shelley Carver	38
12/Under	Lee Scott	50	Tracey Thomas	50
	Mark Nicholls	40	Elizabeth Haynes	41
	Darren Chappell	38	Gemma Merridan	37
14/Under	Andrew Bates	52	Emma Lawrence	50
	Matthew Walker	35.5	Laura Belcher	35
	Liam Whitmore	32	Gemma Ford	34
16/Under	David Case	42	Louise Ryan	40
	David Sharrad	42	Sarah Hubbard	33
	Paul Nicholls	40	Natalie Walker	32
Open	<b>Mark Russell</b>	<b>54 *</b>	<b>Hannah Spencer</b>	<b>50*</b>
	James Willcocks	33	Suzanne Orman	26
	Ian Magness	27	Lisa Finch	24

\* Overall winners of Trophies.

## ASA CLUB HELPER AWARD

The Club will be putting on a seven week course for the above award starting Tuesday, 30th April 1996. The Course will run from 6 - 8 p.m. for the first three weeks and then from 7 - 8 p.m. for the last four weeks. The cost will be £20.00 per person and the aim of the course is to learn basic teaching skills i.e. for beginners and improving pupils strokes. After you have done this course you may wish to go on to do the Assistant Teachers or you may feel that the basic course is sufficient for you. If you are willing to help the club using your new teaching skills, your subscription will be drastically reduced. Anyone over the age of 14 can do this award. If you would like to do the Course, please see **Pam Bedford**.

## IMPORTANT NOTICE

**It is the responsibility of all Parents to ensure that their children behave in a proper manner in and around the Swimming Baths. It is not acceptable for Children to play ball games on the premises of the Baths or outside particularly by or against the windows of the Baths.**

**Being a Club that excels in performance in the pool, we should all want to be associated with a Club that acts in a responsible and safe manner whether in or out of the pool.**

**Your cooperation in ensuring that the above is adhere to would be appreciated by all.**

**Allan Bedford**

## COMPETITION REPORT

### Friendly Galas

#### Held at Dartford - 25th November 1995

This was a tough Gala for us as many of our swimmers had been selected to swim for the borough. The opposition was extremely good especially the team from Thurrock. **Leanne Peille** set a new club record in the 50m breaststroke and didn't even win the race. 33 PB's were recorded.

The Gala positions were given separating the Girls from the Boys Team, the Girls coming 2nd to Thurrock and the Boys coming 5th giving us an overall position of 4th. A very pleasant Gala with even the poor hard working spectators being given soft drinks throughout the evening.

<b>Result:</b>	1st	Thurrock	258	points
	2nd	Saxon Crown	211	"
	3rd	Bethal Green	192.5	"
	4th	Erith	169.5	"
	5th	Dartford	161	"

### The Banwells

#### Held at Staines - 13th January 1996

Here we are again on the M25 for our first gala of 1996. What a start it was. As we sweltered in the spectators gallery we watched a brilliant performance by all our swimmers.

First win of the evening came from **Steven Hartley** in the 11/U 2L Breaststroke, followed by a further 18 first places. We would have achieved more first places, as many of the first and second places recorded the same times.

We would like to congratulate **Shelley Carver** for third place in her first 2L Butterfly race.

Credit must go to **Hannah Spencer** and **Patrik Newsham** for the support and encouragement they gave all to all the swimmers as well as giving good performances themselves in their races.

Well done to all that swam another enjoyable gala.

<b>Result:</b>	1st	Erith	101	points
	2nd	Staines	124	"
	3rd	Teddington	131	"
	4th	Chelsea & Kensington	175	"
	5th	Fulham	222	"

### S.Brown and S.Carver

#### Waltham Abbey Cup - Held at Braintree - 10th February 1996

We left Riverside just a little late waiting for one swimmer who will remain nameless. Going down the A12 we took the wrong turn off and went towards Hanningfield, doing a U turn on the dual carriageway to take us back to the A12, we arrived at Braintree just in time.

This was a 25 metre pool, very small spectator gallery and as always very hot. However, we all managed to squeeze ourselves in.

The Individual Medleys were pretty gruelling as they were 4 x 50 metres, but **Leanne Peile, Chris Partlett, Laura Belcher, Matthew Walker, Natalie Bennett** and **Roy Burdett** kept going and most recorded PB's.

Considering many members were swimming for Kent Schools and even more were off sick, our swimmers recorded 39 PB's and some were swimming above their age group.

Winners were:- **Ian Magness** Boys Open 100m Backstroke, **Hannah Spencer** Girls Open 100m Breaststroke, **Lee Scott** 13/U 100m Breaststroke, **Elizabeth Haynes** 11/U 50m Freestyle, **Suzanne Orman, Nichola Anderson, Hannah Spencer** and **Natalie Bennett** Girls Open Freestyle Relay and **Lee Scott, Stephen Kihara, Ryan Carver** and **Phillip Brown** Boys 11/U Medley Relay.

As there were only five teams we had a spare lane and **Lee Scott** swam the 50 metres Breaststroke and recorded a time of 41.18 beating **Paul Nicholls** 1992 club record.

<b>Result:</b>	1st	Braintree	107 points
	2nd	Witham	130 "
	3rd	Colchester	144 "
	4th	Oulton Broad	180 "
	5th	Erith	181 "

**Chris Thomas**

### SPEEDO LEAGUE

#### Round 3 -Team 1 - Held at Redhill & Reigate - 9th December 1995

An air of expectancy on the coach sooned turned to one of apprehension after witnessing the early events of this supercharged final gala, as we soon came to realise that this was no picnic. We came "ready to rumble" but looked set to tumble as our aspirations of winning promotion as champions were blitzed by storming swims from Havant, ( a combined Isle of Wight and a Guildford City team ) that bore scant resemblance to the one we had beaten earlier in the campaign.

The Isle of Wight team were soon to boast a national junior record holder after the 100m Boys Open Breaststroke, breaking the old record in a time of 1m.04s, with Patrik Newsham finishing a creditable second amid all the noise and hubbub of the record breaking victor; we noticed you Pat!

Our own now slim chance of joining the "big boys at the deep end" was to finish fourth and pick up an extra promotion place due to Beckenham "B" relinquishing their place in division 1.

We were currently lying fifth and we developed our own "gala within a gala" with Croydon Amphibians for division onesville and fame! We hadn't come this far only to finish as the bridesmaid like the last two years, no siree! With the last race upon us we were unbelievably neck and neck with Croydon after trailing them the latter half of the evening, with our Men's Open Relay team finishing a brilliant third, to their sixth, to ensure our place in the big league.

We seem to have developed a liking for a good scrap so that when the chips are down, and I mean down, we can draw on extra reserves of guts and determination to see us through. We must of caught the bouquet last year.

Make no mistake, our swimmers have swum out of their fins this year and thoroughly deserved this long overdue success.

We will surprise a few people next season, but not ourselves.

The coach journey home was strangely subdued, brought on by a mixture of disappointment at not finishing higher, such was our new found confidence, slight trepidation over the enormous battles that lie ahead and the fact that some were confused as to the different permutations of promotional possibilities open to us. But, as I write this report a couple of days later, I can't help but feel a warm glow at the thought that little EDSC have made it to the big time and nothing has given me more pleasure in the 10 years or so of my family's involvement, than to see that the hard work, patience, skill and understanding of everyone involved at the club, has come to fruition in this rewarding fashion and all for free! which you won't find at any other club. HISTORY HAS BEEN MADE.

As always our swimmers were a credit to themselves in and out of the water, with notable swims from **Darren Chappell** 11/U Butterfly 1st, **Lee Scott** 11/U Freestyle 1st, **Andrew Bates** 13/U Butterfly 1st, and the dream team of **Darren Chappell, Lee Scott, Mark Nicholls and Niki Brandsetter** recording 1st places in 11/U Freestyle and Medley Relays. **Ian Magness** and **Mark Russell** who broke two club records in the Men's Open Backstroke and Men's Open Freestyle respectively.

<b>Result:</b>	1st	Guildford City	204 points
	2nd	Havant & Waterlooville	196 "
	3rd	Isle of Wight	182 "
	4th	Erith (1)	167 "
	5th	Croydon Amphibians	165 "
	6th	White Oak	136 "

**Arthur Peile and Dave Walker**

### **Round 3 - Team 2 - Held at Fleet - 9th December 1995**

This gala was again in a 25m pool, which was overflowing and being my first SPEEDO gala I didn't wear my waterproofs and wished I had.

Although all the swimmers swam very well Erith came 5th, maybe a little disappointing but it wasn't through lack of enthusiasm. All the competitors and spectators cheered and coaxed the swimmer racing. None of us being able to compete against our Peter Frost who spurred the swimmers on single handed.

Throughout the evening there were 27 PB's.

Our relay teams once again showing good spirit, the Boys 9-11 4x1 Freestyle and 4x1 Medley relay and the Ladies 4x1 Medley relay for getting first places.

**Martin West** gained first place in the 50m Backstroke and a personal best time.

Well done to all our swimmers for giving their best once again.

<b>Result:</b>	1st	Alton	212	points
	2nd	Hart (B)	193.5	"
	3rd	Dorking	180	"
	4th	Tigersharks	174	"
	5th	Erith (2)	153.5	"
	6th	Rochester	134	"

**C.Goater**

### 1995 SPEEDO LEAGUE SWIMMERS POINTS TABLE

#### TEAM ONE

<u>Position</u>	<u>Name</u>	<u>Points</u>
1st	Darren Chappell	71
2nd	Lee Scott	69
3rd	Paul Nicholls	61
4th	Andrew Bates	60
5th	Mark Russell	55
6th	Patrik Newsham	47
6th	David Sharrad	47
8th	Alison Nye	46
9th	Hannah Spencer	44
10th	Tony Lawrence	42

  

Niki Brandstetter	41	Roy Burdett	31	Freda Ross	18
Emma Lawrence	40	Ian Magness	31	Sarah Hubbard	16
Natalie Bennett	38	Peter Gravell	26	Samantha Peach	16
Laura Belcher	38	Leanne Peile	25	Gemma Ford	16
Richard Wilding	38	Sarah McCook	25	James Willcocks	15
Mark Nicholls	36	Louise Ryan	25	Amit Hindocha	13
Mathew Walker	36	Clare Ross	25	Mathew Banwell	13
David Case	32	Tracey Thomas	24	Victoria Chesterton	13
Nicola Anderson	32	Gemma Merridan	22	Amy Sharp	11
Natalie Walker	31	Stacey Hoare	21	Katie Jefferson	6
Danielle Poore	31	Lisa Finch	20	David Buck	5
				Liam Whitmore	4

## 1995 SPEEDO LEAGUE SWIMMERS POINTS TABLE

### TEAM TWO

<u>Position</u>	<u>Name</u>	<u>Points</u>
1st	Adam Bayne	57
2nd	Martin West	52
3rd	Trevor Jones	44
4th	Elizabeth Haynes	43
5th	Ryan Carver	42
6th	Stephen Kihara	40
7th	Christopher Goater	39
8th	Lee Gilbert	38
9th	Claire Conner	36
10th	Sara Case	35

  

James Parker	32	Nicholas Fowler	20	Marnie Thackray	11
Stephen Howard	31	Emma Porter	19	Christine Ryan	11
Glen Scarley	31	Gemma Tippett	18	Amy Sharp	11
Katie Attridge	30	Joanne Mays	18	Kelly Dyer	10
Gary Richards	29	David Buck	18	Lucy Porter	9
Paul Graimes	28	Lisa Fench	17	Christopher Partlett	9
Laura Moseley	28	Gareth Goodger	16	Marc Merridan	9
Suzanne Orman	27	Gemma Sadler	15	Mark Holmes	8
Katie Jefferson	24	Heather Wallington	15	Mark Still	8
Kelly Dudley	23	Joanne Frost	15	James Willcocks	7
Heidi Green	22	Lauren Peile	14	John Burdett	5
Peter Webb	22	Hannah Timberlake	14	Gemma Anderson	5
Stephen Whybrow	21	Clare Greemaway	13	Shelley Carver	4
David Ellingford	20	Nicola Shepherd	11	Louise Wickham	2
				Kirsteen Fedden	1

### WHITE HORSE LEAGUE

#### Round 1 - Held at Crook Log - 20th January 1996

To win is good - to win adversity is brilliant. 'Adversity?' I hear you ask. After gaining a healthy lead two White Team swimmers were very unfortunate to be disqualified from first and then second place. Despite this setback the team rallied strongly in the second half of the Gala to gain a close win in the final race.

The Red Team also did us proud with some good finishes against some very strong competition. No wins, but some very gritty performances.

It is always hard to single out individuals, especially with some swimmers representing both teams. However, **Alison Nye, Hannah Timberlake, Samantha Peach** (writers privilege), **Daniel Tippett** and **Lisa Finch** all deserve praise for some good races.

The roll of honour for race winners are **Niki Brandsetter** ( a new club record in 2L Backstroke ), **Hannah Spencer, Leanne Peille, Stephen Kihara, Andrew Bates** ( a new club record in 110yds Freestyle ) and **Elizabeth Haynes**.

Its' not just winners that contribute to a team win. Other fighting performances to note came from **Kelly Dudley** storming home on the last length of backstroke. **Darren Chappell** and **Laura Belcher** gaining a crucial second place.

Other memories of the evening were of Peter Frost eloquent ( LOUD) condemnation of the "poxy" P.A. system.

Also, of a certain other clubs' relay team which was going so well until third swimmer forgot to go in until every other team had finished!

Congratulations to all those who achieved personal best times and who took part in an excellent gala, supported as vocally as ever from the balcony.

<b>Result:</b>	1st	Erith White	106	points
	2nd	White Oak	107	"
	3rd	GBM	116	"
	4th	Bromley	154	"
	5th	Erith Red	197	"

**Tony Peach**

### **Round 3 - Held at West Wickham - 17th February 1996**

This pool has had some major refurbishing , it was a very nice bright pool and not too hot this time And for a change , (with the acceptance of our Peter) a PA system we could all hear and understand.

It was good to see the lane draw printed on the programme, even though it was confusing when Bromley changed from lane 6 to lane 1.

Erith White started well, winning seven first places and eleven second places after the first 25 races.

Erith Red did well with **Jodie Tye** swimming 2 lengths Butterfly for the first time in the Girls 11/U and **Ryan Carver** in the Boys 11/U Butterfly, a good second place .

Well done to **Gemma Merridan** for her 110 yards Freestyle, taking seven seconds off her PB and that was for stepping in for poor Heather Wallington, who pulled out with a sickness bug.

A brilliant first place for **Lee Scott** in his 110 yards Freestyle, losing four seconds off his PB. **Shelley Carver** taking ten seconds off her PB in 2L Breaststroke and **Charlotte Bird** improving her PB by seven seconds in 2L Freestyle.



The White Team continued to do well throughout the Gala, gaining even more first and second places and a good first time 3L Butterfly from **Tracey Thomas**. Having many swimmers off sick or not 100% fit, well done to those who came in at the last minute, although maybe not as late as our **Tiffany**, who was virtually sitting in the spectators gallery when she was called to swim in the last race of the evening and ended up with a PB.

The White Team won the Gala by eleven points from G.B.M with 19 PB's and although Erith Red didn't win, all of them swam well too, achieving 24 PB's. All of this, helped along by the usual and noticeable team spirit, encouragement and a supportive, loyal poolside.

<b>Result:</b>	1st	Erith White	95 points
	2nd	G.B.M	106 "
	3rd	White Oak	111 "
	4th	Bromley	168 "
	5th	Erith Red	187 "

**Peter & Sheila Brown**

## TUDOR LEAGUE

### RED TEAM

#### Round 1 Held on 2nd December 1995

The first gala of the new season saw us off to a good start and we were managing to stay ahead of Bromley by 1 or 2 points up until event 35 when we slowly slipped back into 2nd place, only 2 points ahead of 3rd place White Oak at the finish.

Many PB's were recorded and our 12/U, 15/U and Open Boys Medley Teams all took 1st places quite easily.

This was a very competitive gala for the first 3 teams, but not so good for the others with G.B.M swimming their first Tudor Gala. By their own admission afterwards they realised that their team was not strong enough.

Unfortunately as Secretary of the League I received a complaint after the Gala that some Kent Swimmers had taken part in one of the team. Consequently a warning was issued to all teams that the referees had been informed and they would be on the look out at the next Gala.

<b>Result:</b>	1st	Bromley	227 points
	2nd	Erith Red	209 "
	3rd	White Oak	207 "
	4th	Dartford	175 "
	5th	Greenwich	162 "
	6th	G.B.M	84 "

**Jill Thackray**

**Round 3 - Held 16th December 1995**

With the first gala only two weeks before - almost the same teams took part in this Gala - but the roles were reversed this time. As in the first gala we were neck & neck with Bromley at the start, but we were the ones to pull away and win this time. With 23 wins in this gala against only 11 in the first - I think the other teams must have been suffering from some pre-Xmas celebration losses.

Our boys teams were again very successful. The 10/U team of **Simon Barrett, Tom Goode, Phillip Brown and Ryan Carver** winning the Freestyle relay. The 12/U, 15/U and Open Medley Teams all gaining 1st places.

The bonus at the end of the gala was to see the Girls and Boys 8x1 teams coming home first as well.

Again, a very competitive gala with many PB's and good swims by the whole team. The next gala will see a different team with the age group changes - will we hold our first place!!!

<b>Result:</b>	1st	Erith Red	243 points
	2nd	Bromley	207 "
	3rd	White Oak	188 "
	4th	Erith White	187 "
	5th	G.B.M	129 "
	6th	Eltham Stingrays	111 "

**Jill Thackray**

**WHITE TEAM**

**Round 2 - Held on 16th December 1995**

This was a really good start to the new season for the team, the gala was very closely run between White Oak and us, who just pipped us to the post.

Our swimmers attained 56 PB's with some great swims from the older boys, **Jamie Wilcox, Zak Green, Dave Buck and Mark Still.**

Especially good also, were swims by **Charlotte Bird, Katie Jefferson, Chris Boyle, Hannah Timberlake and Stephen Howard.**

My special thanks goes to **Natalie Walker, Dave Buck, Mark Still and Danielle Poore** who all helped me greatly with wiping and watching the 'little ones' relays.

The overall result was disappointing, but being beaten by one point always is. Fingers cross for next time!

<b>Result:</b>	1st	Erith Red	243 points
	2nd	Bromley	207 "
	3rd	White Oak	188 "
	4th	Erith White	187 "
	5th	G.B.M	129 "
	6th	Eltham Stingrays	111 "

**Simone Rider**

### **Round 3 - Held on 24th February 1996**

We must of had our fingers crossed! This was the most exciting Tudor Gala I have been to since the White team has existed. Every swimmer swam their 'socks off'. The personal best times gained are too numerous to mention, as are the excellent swims.

There were many swimmers new to the Tudor League in the team. For five of our 10/U swimmers this was their first ever gala. They were so professional and took the gala in their stride that if you were watching from the balcony you would never of known!

My special thanks goes to the new **Tudor Captains Kate Attridge and Mark Still**, too

**Natalie Walker** and **Heidi Green** for staying with the relay teams and keeping an eye on the young swimmers at their first gala.

Well done also to **Elizabeth Haynes, Sarah McCook, Victoria Chesterton, Hannah Timberlake** and **Heidi Green**, who swam at least two extra races than planned, due to sickness within the camp, or in the case of one swimmer who 'just forgot'!

Once again well done.

<b>Result:</b>	1st	Erith White	220 points
	2nd	Eltham Stingrays	177 "
	2nd	Dartford	177 "
	4th	Greenwich	174 "
	5th	White Oak	174 "
	6th	G.B.M	138 "

**Simone Rider**

### **Round 3 - Held 20th February 1996**

Well, as usual I arrived just in time for the warm-up, and too my amazement I got a parking space without going round and round in circles. I was even more surprised to

find every seat taken, even the opposition teams' space. Spectators packed in and late comers had to sit on the steps.

The gala I think, started on time, with one of our chief timekeepers not turning up.

Well done to all our first time swimmers in the 9/10 years age group:- **Rachel Hazzard, Samantha West, Rikki Ferguson, George Warnes and Danny Bayne.** All of which recorded PB's.

Congratulations to **Elizabeth Haynes** and **Victoria Chesterton** who swam in the 15/U achieving first places and PB's.

At the end of the gala there were 65 PB's, fourteen 1st places, eight 2nd places and thirteen 3rd places.

If I might be so bold as to say the White Team swam brilliantly together, the best I have ever seen them swim as a team.

Congratulations to all those who swam with the team this time, keep up the brilliant team attitude.

**Ena McCook**

### **Tudor League**

Following complaints of Kent Swimmers swimming in the first two galas of the season, a meeting took place with all participating teams at the beginning of the year.

After the "interpretation" of the rule that restricts Kent Swimmers taking part was agreed, a further agreement was reached restricting the Open Age Group Swimmers to the 16/U Kent Times Limits. i.e. If you are an 'Open Boy' your current Frontcrawl time must not be less than 1.02.00. This applies to all strokes.

This will affect our Open Boy Teams and see the loss of some of our Masters from both teams. Also some of the younger Open Boy's will be affected too.

As much as we all love to watch our Open Men's Team romping home, we must stay within the agreements made with the other teams.

This rule applies to current times and if next season your current times are outside the Kent Times then you will be considered once again for the team.

Our thanks to all swimmers that this affects, for your participation and efforts made whilst swimming for the Tudor Teams.

**Jill & Mick Thackray**

## OCTOPUS LEAGUE 1995 SWIMMERS POINTS TABLE

<u>Position</u>	<u>Name</u>	<u>Points</u>
<b>1st</b>	<b>Mark Whent</b>	<b>62</b>
<b>2nd</b>	<b>Peter Webb</b>	<b>61</b>
<b>3rd</b>	<b>Mark Still</b>	<b>59</b>
<b>4th</b>	<b>Rory Jenner</b>	<b>56</b>
<b>5th</b>	<b>Alison Leith</b>	<b>55</b>
<b>6th</b>	<b>Martin West</b>	<b>53</b>
<b>7th</b>	<b>Laura Moseley</b>	<b>49</b>
<b>8th</b>	<b>Lucy Porter</b>	<b>47</b>
<b>8th</b>	<b>Rachel Stevens</b>	<b>47</b>
<b>10th</b>	<b>Jennifer Still</b>	<b>46</b>

  

Steven Lawrence	45	Mathew Whitmore	31	Helen Shepherd	19
Christopher Howard	43	Stephen Kihara	29	Kelly Garoghan	15
Emma Clarke	43	Edward Spencer	28	Amit Hindocha	14
Louise Morgan	39	Nadia Saleh	28	Simon Barrett	14
Stephen Howard	39	Alexandra Sheahan	27	Anokhee Hindocha	12
David Peach	38	Gary Richards	25	Katie Collins	12
James Parker	37	Dee Scarley	24	Christopher Goater	10
Kirsteen Fedden	37	Gemma Tippet	23	Tom Goode	8
Joanne Frost	36	Richard Harris	23	Vickki Cave	4
Zoe Hubbard	35	Daniel Richards	23	Cheryl Montague	3
Louise Wickham	35	Amy Jones	22	Craig Bassett	2
Anushka McCook	34	Laura Hazzard	22		
Kevin Jones	34	Timothy Bedford	21		
Daniel Belcher	34	Kelly Cooper	20		

### Gala held at Walnuts Leisure Centre - 27th January 1996

Well done to the team! The first gala of the season saw us off to a great start with a good win. Following the A.G.M when it was felt that some teams were not playing the game by submitting teams that were too strong for the league no-one wanted to win this gala or at least not by a large margin. However, we managed to pick a good team and we won, not by always coming first, but, by being consistent.

The gala was swum n an excellent spirit with the competition being much more evenly matched and there were some close finishes.

A special well done to all those swimmers who swam for the first time, t won't be as bad ever again!

Congratulations to our winners **Mark Whent** 11/U Breaststroke, **Marc Merridan** 13/U Butterfly, **Darren Cooper** 13/U Freestyle, **Peter Webb** 16/U Backstroke, 11/U Medley Relay team :- **Mark Whent, Laura Cummings, Daniel Belcher, Nadia Saleh** and the Mixed Breaststroke Squadron who got us off to a good start:- **Ashleigh**

**Starbuck, David Peach, Laura Cummings, Tom Goode, Jessica Chan, Marc Merridan, Anushka McCook and Edward Spencer.**

As well as these wins there were a total of 42 PB's which is what it's all about at the beginning of the season, giving you all new targets to aim for through the year.

Our thanks go to our new captains, **Anushka McCook** and **Peter Webb** for their help on poolside. Keep up the good work.

The next gala is on the 30th March so look out for the team selection on the notice board.

<b>Result:-</b>	1st	Erith	177 points
	2nd	Bromley	168 "
	3rd	Croydon	167 "
	4th	Woodside	162 "
	5th	Dartford	126 "
	6th	Streatham	78 "

**Penny Spencer**

### MASTERS SECTION

#### Southend Masters Gala - Held 6th January 1996

To talk Masters to enter a gala straight after Christmas and the New Year celebrations is not easy, but twenty six of our Masters carried on celebrating on Saturday 6th January by collecting 67 individual and 4 relay medals.

Of the four relay events we almost had a clean sweep by taking three gold and one silver medal.

In the individual races seven new club records were set with four improvements on previous record times by:- **Clare Ross, Peter Bealing, Dennis Vick** and **Tim Wilkes.**

The rest of the medal winners were:-

<b>Ladies</b>	100 F/S	1 L F/S	100 B/S	1 L B/S	100 Fly	1 L Fly	100 B/C	1 L B/C
<b>C. Ross</b>	1	1			1	1		
<b>R. Watkins</b>	2	2	2	2		2	2	2
<b>I. Murphy</b>	1	1		1		1	1	1
<b>C. Case</b>		2	2	1		2		
<b>P. Griffiths</b>		1		1		1		1
<b>Y. Berry</b>		3	1	2		1		1
<b>S. Knapman</b>			2	1				
<b>P. Bennett</b>						3		
<b>N. Norris</b>							2	
<b>J. Walker</b>								3

Men's	100 F/S	1 L F/S	100 B/S	1 L B/S	100 Fly	1 L Fly	100 B/C	1 L B/C
<b>D.Buck</b>	1			3				
<b>P.Bealing</b>	2	2				3		
<b>D.Walker</b>	3						2	1
<b>C.Thomas</b>	2			3				
<b>B.Magness</b>	3							3
<b>D.Vick</b>	1	1				2		
<b>T.Holmes</b>		3	1	1		2		2
<b>T.Wilkes</b>		3	1	1		2		
<b>M.Case</b>			2	2				
<b>D.Greenaway</b>			2					3
<b>F.Rider</b>			2	2			3	
<b>S.Middleton</b>								1

## SOCIAL SECTION NEWS

### New Year's Eve Family Celebration

Once again, Carlton Hall throbbled to the combined forces of Peter Ellingford's disco and the antics of some 300 party revellers. With a reputation as 'the best New Year's do in town' Mick and Trevor's alternative club awards were hugely entertaining whilst 'our man with the marigolds' was on hand to ensure proceedings remained suitably clean!

The first stroke of midnight signalled the simultaneous release of 1001 balloons and party poppers - with obvious ear-splitting results.

Following a guest appearance by Bjork, it was with considerable reluctance that we finally had to bring celebrations to an end.

With the news that the adjoining Friary has been granted a stay of execution, we hope that Carlton Hall will be available for another New Year's Eve Family Celebration in 1996. Sadly, it could also prove to be our last.....

### Presentation Disco - Held 11th February 1996

Our return to Crayford Town Hall witnessed another enjoyable evening culminating in awards to the top 10 SPEEDO and Octopus League swimmers. The event also provided an ideal platform to unveil the new Club track suits - and very attractive they look too!

Our thanks once again to Peter and Chris Ellingford for their time and effort with their disco.

Those of you not particularly taken by the Sunday scheduling, (we had no option) will be pleased to learn that the White Horse, Tudor and Junior SPEEDO League Presentation Disco will be held on Saturday, 13th July.

### **Annual Gala Raffle**

By the time you read these words, every Club member should have received their Annual Gala Raffle tickets. Historically, the Annual Gala Raffle has always proved to be one of our most important fund-raising activities, so with last year's rearrangement of the Club calendar, it's enforced exclusion was unfortunate at a time when coach hire costs reached a record level, (over £5,500!)

With a growing membership, we hope you can help us to redress the balance by selling as many tickets as possible to your family, relatives or work mates.

Remember, there are big cash prizes on offer and when compared to the National Lottery, the odds on winning are considerably more favourable!

Additional raffle books can be obtained from 'the Ladies-on-the-door' and it is to them that all counterfoils and Monics should be returned prior to the draw on Tuesday 30th April. Happy selling...

### **Family Ramble - held 22nd February 1996**

The vagaries of the British weather are well known and as I write these words, the sun is shining and Spring is in the air. However, the preceding week saw much of Britain in the grip of Winter part III placing the arrangements for the half-term ramble in jeopardy.

With the weatherman indicating that there would be an improvement towards the end of the week, I took the decision to proceed with our 48th trek into the Kent countryside on the understanding that everyone came suitably attired for the Arctic-like condition.

The day dawned to yet more snow. Maybe those who considered we were mad to contemplate this ramble were right after all? I cursed our luck for the umpteenth time! Everyone duly arrived to board the coach and so we set-off for Penshurst.

With a dusting of snow, the village appeared to have stepped straight off the front of one of those Edwardian style Christmas cards. Of course, within minutes of alighting from the coach, the first snowball was whizzing it's way in my direction!

Donning hats, gloves and scarves showing their allegiance to a variety of football teams, 30 hardy souls disappeared into the murk to begin our 11 mile route to Westerham.

With hardly a whisper of a breeze, the condition were not unpleasant although the hard ground reduced our rate of progress.

After a slight 'detour' the snow abated as we reached the attractive village of Chiddingstone. For David Ryan, these conditions were reminiscent of a 1983 ramble when he was a mere lad and the snow was up to our knees in places! Forever the inquisitive one, David decided that shock treatment from a farm electrified fence was not the answer to keeping warm!



The hilly terrain certainly worked-up a healthy appetite and after passing a frozen Bough Beech reservoir, we paused for lunch at 'The Red Lion' public house. As their only patrons that lunch time, it's little wonder that so many of the south-east's pubs are shutting for good.

Whilst the snow had now stopped, the decision was taken to truncate the ramble at Ide Hill.

Conditions underfoot became muddier but there was still sufficient snow around to support the occasional snowball fight led by one Dave Walker!

By the time we reached Toys Hill, there had been a noticeable rise in temperature and the sun made a vain attempt at an appearance. Several of the girls succumbed to the slippery slopes and ended-up rather muddier than the rest of us! All around us we were reminders of the decimation wrought by the hurricane nearly a decade ago.

We reached Ide Hill as eerie mists enveloped the valley below and the light began to fade.

On reflection, we had enjoyed an exhilarating day in the Kent countryside - but a bit more sunshine wouldn't go amiss next time!

Whilst plans are being formulated for our celebratory 50th ramble, (to the Isle of Wight, possible in October) we hope to arrange an additional Easter ramble for our South African visitors on Thursday 11th April. Details will be announced shortly.....

**P.A.Frost**

## **100 CLUB**

With the return of our Annual Gala Raffle we shall be putting out to grass the '100 Club' at the end of April ( Until the next time ). We would like to thank everyone who took part.

Allocation of prizes were :- 1st £15.00. 2nd £10.00. 3rd £5.00. and the next five winners received £1.00 Lottery Ticket

<b>May</b>	<b>No</b>	<b>Name</b>	<b>June</b>	<b>No</b>	<b>Name</b>
1st	12	Rachel Stevens	1st	81	Mr&Mrs.Chesterton
2nd	52	Simone Rider	2nd	50	Rosemary Watkins
3rd	50	Rosemary Watkins	3rd	85	D.Chan
4th	20	Eileen Lawrence	4th	94	Danielle Poore
5th	78	L.Goode	5th	121	Sheila Carpenter
6th	7	Peter Sadler	6th	140	S.Jenkins
7th	4	Jefferson	7th	14	Rachel Stevens
8th	45	D.Greenaway	8th	51	Rosemary Watkins

<b>July</b>	<b>No</b>	<b>Name</b>	<b>August</b>	<b>No</b>	<b>Name</b>
1st	117	Allan Bedford	1st	105	Marc Merridan
2nd	63	D.Chappell	2nd	112	Nadia Saleh
3rd	145	J & M.Thackray	3rd	109	Nora Norris
4th	88	Mrs.V.Richards	4th	95	G.Poore
5th	91	Matthew Banwell	5th	24	Andrew Bates
6th	121	Sheila Carpenter	6th	82	Mr&Mrs.Chesterton
7th	81	Mr&Mrs.Chesterton	7th	147	P&T.Brown
8th	85	D.Chan	8th	23	Carol Bates
<b>Sept</b>	<b>No</b>	<b>Name</b>	<b>October</b>	<b>No</b>	<b>Name</b>
1st	50	Rosemary Watkins	1st	57	Carol Easthaugh
2nd	57	Carol Easthaugh	2nd	127	Simon Middleton
3rd	43	Mr.D.Hartley	3rd	15	Bill Nicholls
4th	71	Derek Cooley	4th	75	Mrs.J.Goode
5th	64	Mrs.C.Walker	5th	126	Carol Goater
6th	103	Jane Still	6th	65	Mrs.C.Walker
7th	60	Niki Brandstetter	7th	110	Amy Jones
8th	93	Mr&Mrs.McCook	8th	16	Barry Magness
<b>Nov</b>	<b>No</b>	<b>Name</b>	<b>Dec</b>	<b>No</b>	<b>Name</b>
1st	89	Linda Banwell	1st	133	Pip Willcocks
2nd	10	Melanie Jane Sadler	2nd	112	Nadia Saleh
3rd	73	Wendy Ford	3rd	144	J&M.Thackray
4th	44	Mr.D.Hartley	4th	84	Mr&Mrs.Warnes
5th	104	Marc Merridan	5th	50	Rosemary Watkins
6th	148	A.Partlett	6th	92	Mr&Mrs.McCook
7th	51	Rosemary Watkins	7th	82	Mr&Mrs.Chesterton
8th	147	P&T.Brown	8th	75	Mrs.J.Goode
<b>Jan 96</b>	<b>No</b>	<b>Name</b>	<b>Feb</b>	<b>No</b>	<b>Name</b>
1st	69	Martina Cooley	1st	51	Rosemary Watkns
2nd	115	L.Harris	2nd	9	Gemma Sadler
3rd	106	Neal Spencer	3rd	22	Peter Gravell
4th	110	Amy Jones	4th	30	John Hubbard
5th	107	M.Sharrad	5th	144	J&M Thackray
6th	12	Rachel Stevens	6th	109	Nora Norris
7th	38	Joyce Timberlake	7th	52	Simone Rider
8th	36	Matthew Walker	8th	121	Nicholas Fowler

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**M11 JUNIOR SPEEDO LEAGUE GALA ROUND 1 - CATHALL ROAD**

Third place in this series of three galas has seen us off to a very good start. To be beaten by Griffins of Enfield and Barnet Cophall was no surprise to us, although we came within 5 points of Barnet three quarters of the way through the gala. It still puzzles us how Griffins have such a strong team for this league but their Speedo Team can only manage 14th place in Division Three , two places lower than our 2nd team. Have they not got any swimmers over the age of 12?

On to the success of our swimmers - Our 9 years girls **Samantha West, Lauren Mahoney, Lauren Thorogood, Shelley Georgiou, Rachel Hazzard**, gained 2nd place in the Freestyle Relay and 3rd place in the Medley Relay.

The 9 years boys **George Warnes, Billy Jenkins, Lee Smith, Danny Bayne and Warren Jones** managed 2nd places in the Medley and Freestyle Relays. These girls and boys also swam two Mixed Relays in which they got two 2nd places as well.

Excellent performances by them all in their debut M11 Junior Speedo League gala. Keep it up for the next two galas.

First places were very hard come by in this gala with such strong opposition but the two new Kent Champions **Niki Brandstetter and Darren Chappell** both gained 1st places in the 11yrs and 12yrs 2L Fly with Darren setting a new Club Record. Niki also went on to win the 11yrs 2l Freestyle, not forgetting **Lee Scott** who won the 12yrs Freestyle and went on to break his own club record in 2L Breaststroke that he set only three weeks previously.

**Laura Cummings** made her debut swim for the club doing the Breaststroke in the girls 11/U Medley Relay team with **Amy Sharp** on Backstroke, **Elizabeth Haynes**, on fly and **Rachel Stevens** Freestyle. The team gained third place. Laura was only there for this one race but it made all the difference. Thanks to Laura and **Luke Fuller** also there for one race but putting in a really blinding leg and gaining a 'PB' in the boys 10/U Freestyle Relay team with **Chris Boyle, David Peach and Philip Brown**

Thanks to all the "older" swimmers (the 12's) for their help on poolside with the younger swimmers, also to Club Captains **Hannah Spencer and Patrik Newsham** for being their to help and encourage the whole team.

Special mention to **Lee Scott and Gemma Merridan** who are this seasons M11 Junior Speedo League Team Captains. They took their responsibilities seriously and did a really good job on poolside.

A tough gala overall but really enjoyable from a spectators point of view, and well swum by everyone.

All swimmers please attend as many training sessions as possible in the next few months, so that we can achieve a place in the final and improve on our 6th League position of last year

**RESULT**

1st	225	Griffins of Enfield
2nd	184	Barnet Cophall
3rd	166	Erith
4th	118	Bishops Stortford
5th	102	Dartford
6th	92	St. Albans

**Jill Thackray**