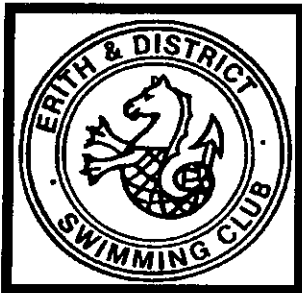


Frost



NEWSLETTER EXTRA

JULY 1997

With so many events still to report we have published this "Newsletter Extra" to bring us up to date before the Summer Break. Gala Dates have been added into the Forthcoming Events, please look through them and make a mental note if you can of the ones you think you will be needed for especially League Fixtures. Sprint Trophy dates have also been added into November.

OCTOPUS LEAGUE REPORT

January '97 commenced with the AGM where Penny Spencer and I again raised the issue of the too high standard of swimmers being used by some clubs. It was agreed that a new rule be introduced whereby no club shall exceed 28 League points from the 6 galas they swim in a year. Any club exceeding this total will be suspended from the League. We also criticised the poor announcing of results at galas and stressed the need to keep parents regularly informed of the points position of the gala.

WEST WICKHAM 1.3.97

We were the hosts of our first gala, several new swimmers were brought into the team and we finished in a creditable 4th place with wins coming from Lee Smith boys 10 yrs Freestyle, Terri Kirk, girls 13/u Breaststroke, Kerry Dewey, girls 10 yrs Butterfly and Kerry Dewey, Warren Jones, Lucy Craggs and Daniel Caulfield 10/u Freestyle Relay Team.

RESULT

1st	Woodside	186 points
2nd	Streatham	152 points
3rd	Dartford	151 points
4th	Erith	141 points
5th	Croydon	119 points
6th	Bromley	118 points

Thanks to all our Officials, Recorders and Helpers.

WEST WICKHAM 19.4.97

Our second gala clashed with other galas taking place the same night and we were short of swimmers in the 11/u age group. **Lauren Mahoney** and **Lauren Thorogood** agreed to swim up an age group and both did very well. We again finished in 4th place with wins being achieved by **Stephen Howard**, 16/u Butterfly, **David Peach** 11/u Breaststroke and **Daniel Caulfield** 10yrs Butterfly.

RESULT

1st	Dartford	179 points
2nd	Streatham	175 points
3rd	Woodside	147 points
4th	Erith	125 points
5th	Eltham	124 points
6th	Barracuda	110 points

WALNUTS - ORPINGTON 17.5.97

Our third gala had several swimmers unavailable due to personal commitments, but we went into it believing we had a strong enough team to do well. Early in the gala it was obvious that the other teams had strengthened their squads and even with 27 PB's, wins from **Amy Glasscock** 11/u Freestyle and **Rory Jenner, Terri Kirk, Gemma Tippett** and **Luke Hoare**, 13/u Medley Relay we finished in 6th place.

RESULT

1st	Croydon	172 points
2nd	Eltham	160 points
3rd	Barracuda	147 points
4th	Bromley	144 points
5th	Dartford	133 points
6th	Erith	122 points

The League position with all teams having swum 3 galas each :-

1st	Woodside & Thornton Heath	16 points
2nd	Dartford	12 points
3rd	Streatham	12 points
4th	Eltham Stingrays	11 points
5th	Croydon Amphibians	11 points
6th	Barracuda	10 points
7th	Erith	7 points
8th	Bromley	5 points

Our next gala is Saturday 13th September at The Walnuts, Orpington

DAVE LAWRENCE

3.

M11 JUNIOR SPEEDO LEAGUE REPORTS.

ROMFORD 27.4.97 ROUND 2

The gala started well for us with a second place in the first event the Mixed 9 yrs Freestyle Relay, and then a close finish in the second event where **George Warnes** touched first in front of the swimmer from Romford S.C.

The boys 11/u Medley Relay came first with some impressive swimming and later repeating the result in the Freestyle Relay.

As the gala progressed the strength of the host team Romford became apparent as the rarely finished lower than second.

Danny Bayne came first with a very good swim in the 10yrs 2L Breaststroke, and so did the girls 9yrs Medley Team.

Niki Brandstetter swam impressively coming first in the 12/u 2L Butterfly and second in the Freestyle. Overall Erith came second, the team spirit was good and everyone gave 100% effort. A very good result.

RESULT

1st	Romford	228
2nd	Erith	176
3rd	Witham	157
4th	Rochford	136
5th	Greenwich	105
6th	Hitchin	78

ALISON NYE

Our Thanks for a job Well Done must go to **Peter & Joanne Frost, Sarah Hubbard, Glenn, Kellie & Simone**, for stepping into the breach for us on this gala. Our holiday dates unavoidably clashed with this gala, one that we really enjoy and were disappointed not to be at; instead we were in Central Park New York saying to each other at regular intervals "I wonder how the kids are getting on". A telephone call to Glenn later on confirmed our prediction if all went well of a 2nd place. Well Done all the team and to the parents of the younger swimmers for their undying support.

JILL & MICK THACKRAY.

4.

ROMFORD 8TH JUNE ROUND 3 (FINAL)

A relatively short trip through the Dartford Tunnel saw us arrive safely despite having to negotiate a right turn on the A12, at a cross roads, with traffic lights that were not working - Problem 1.

Having settled in our seats we discovered that the P.A. system had come out in sympathy with the traffic lights, that didn't work either - Problem 2.

The programme indicated where Problem 3 was coming from - a very strong opposition. Lacking a P.A. system our eyes soon confirmed this as Griffins were seen to be winning with monotonous regularity while Erith looked as though they were not doing so well. All was not doom and gloom though as 28 PB's were recorded with one worthy of a special mention **Elizabeth Haynes** in the 12/u 2L Butterfly set a new club record, breaking Laura Belchers' set in 1994. Well Done Elizabeth.

Eriths best results were 4 second places. The first was the boys 11/u 4 x 1 Medley Relay team of **Phillip Brown, Steven Hartley, Luke Fuller and Terry Ponton**. **Danny Bayne** collected another in the 10/u 2L Breaststroke while **Niki Brandstetter** gained the other two 2nd places in the 12/u Butterfly and Freestyle.

A great team effort against really strong opposition.

RESULT

1st	Griffins	210
2nd	Barnet Cophall	170
3rd	Romford	161
4th	Braintree & Bocking	134
5th	Hoddesdon	122
6th	Erith	98

DON HARTLEY

The above result is also the League Position after the 3rd and Final Gala. We have reached the final gala for many years now and I was happy to see us in the Final again. We went in at 4th position and I had hoped that we would come at least 5th but it was not to be. The clubs in Essex & Herts are traditionally very strong in their younger age groups and we did very well to reach the final and must strive to reach their standards and better our 6th position once again. Thank you parents and swimmers for your support and also John Hubbard for travelling to Romford to officiate for us.

MICK THACKRAY

5.

TUDOR LEAGUE REPORTS

WHITE TEAM 11TH MAY

An excellent start by the White Team winning 4 of the first 7 races. Wins in the 10/u age group for **Sherie Silver, Danny Bayne, George Warnes, 12/u Emma Phillips** and 14/u's **Gemma Merridan**

and **Clare Greenaway** also **Sarah McCook** in the Open age group. Erith red were never far behind but some good wins by our relay teams ensured that we held onto our lead. An excellent team performance, well done the White Team.

JULIE CRAGGS & BARBARA MURRAY

RED TEAM 11TH MAY

Another very exciting gala at Eltham, a neck and neck race to the end between Erith Red and Erith White who just beat us by a small margin.

There were some excellent swims by the relay teams and the individual swimmers produced a good spread of personal bests right across all the age groups.

The younger swimmers, many of them new to galas this year took the events in their stride like true professionals. An absolutely brilliant team effort. "Well Done" to everyone who attended.

DARYL GEORGIU

RESULT

1st	Erith White	207
2nd	Erith Red	202
3rd	Dartford	191
4th	Eltham	181
5th	GBM	135
6th	Bromley	130

RED TEAM 7.6.97

As new parents to the club, our son Darren only joined the club in November, I was a little daunted when Jill asked me to write the report on the gala. Help!, I thought, I don't know anyone's name or how they help in the team, how do I do a report? Well if it is all wrong I can always hide in the corner.

We welcomed **Leanne** and **Michelle Thorogood**, swimming for the first time with the Red Team. As host team for this final gala of the season we had the lovely "**Buck**" **Ryan** on the starting gun, and **Peter Frost** straining his vocal chords to shout the results above the crown when the

6.

microphone failed. With excellent swims by Boys Tudor Captain **Mark Holmes** in the Open Freestyle and **Mark Power** in the 10/u Breaststroke plus the brilliant relay teams. We had thirteen first places in all putting us in second place in the gala , not quite good enough to win the league from the White Team but to come a well deserved second in the League. Well done to all swimmers.

RESULT

1st	Eltham	235
2nd	Erith Red	219
3rd	GBM	165
4th	Greenwich	147
5th	White Oak	144
6th	Bromley	141

ANN ABBOTT

WHITE TEAM

Congratulations to White Team swimmers on winning the Tudor League this season. A brilliant result for the Whites. Thanks to **Katie Attridge** and **Mark Still** the Team Captains. and also to all of our supporters who did an excellent job of cheering the team on at each and every Gala we took part in.

Details of when the medals will be presented will be advised as soon as it is arranged.

SIMONE RIDER - TEAM MANAGER

TUDOR LEAGUE NEWS.

The final league positions for the 1996/97 season were as follows :-

1st	Erith White	32 League Points
2nd	Erith Red	31 League Points
3rd	Dartford	29 League Points
4th	Eltham	25 1/2 League Points
5th	GBM	16 League Points
6th	Greenwich	13 League Points
7th	White Oak	12 League Points
8th	Bromley	9 1/2 League Points

Next season we will have two new teams joining the Tudor League, Orpington and Mote Park. White Oak have decided not to swim next season so we will have 9 galas and each team will swim 6 and drop out of 3. The first gala will now be in October instead of November and like last season there are likely to be some **Sunday** dates. As soon as I have confirmation of the dates they will go into the Forthcoming Events at the back of the Newsletter or on to the Notice Board in the Foyer.

7.

I hope this will make the galas even more exciting than usual with both our teams doing as well as they did this season.

This season has also seen the retirement of **Sandy Fitnum** from the Tudor League. Sandy has been Chairman, Referee and an Official at the Tudor League for as long as I have been going there some 16 years and a long while before that with his own daughters Gillian (now a Masters Swimmer) and Suzanne.

All the League Teams would like to thank Sandy for his help and I would personally like to thank him for helping me along the way to run the league.

Our Best Wishes Sandy on your retirement and if you ever get "Withdrawal Symptoms" don't hesitate to let me know and I'm sure I can find you a job.

JILL THACKRAY

FRIENDLY GALAS

G.P. KING TROPHY GALA TUNBRIDGE WELLS 31.5.97

This was a long drawn out gala in very warm conditions (in the balcony anyway). It was not helped by the announcer reading out every swimmers times and position and having about 20 raffle prizes.

From the outset there were only going to be two teams in it, those being R.T.W. Monson (one of the strongest teams in Kent) and Bexley, who seem to have improved dramatically. With the competition being very good, it brought the best out in our swimmers who produced a total of 41 PB's.

Ryan Carver was our only individual winner in the 50m Fly and Freestyle (both Pb's). He then combined with **Stephen Kihara, Phillip Brown and Terry Ponton** to win the 12/U Freestyle Relay. Personal Bests went to **Leanne Peile (4), Lee Scott (3) Liam Whitmore (3), Matthew Walker (3), Phillip Brown (2), Gary Richards (2), Hannah Timberlake (2), Natalie Bennett (2), Claire Greenaway (2), Helen Clifton (2), Shelley Carver (2), Laura Belcher, Emma Phillips, Adam Bayne, Luke Dewey, Stacey Hoare, Chris Goater, Tiffany Brown, Mark Holmes, Peter Gravell, Stephen Kihara and Gemma Merridan.**

With all these fine results the team should not be down hearted as we finished a creditable third. Well Done Everyone.

RESULT

1st	R.T.W. Monson	212
2nd	Bexley	157
3rd	Erith	125
4th	Stevenage	113
5th	Bromley	109

DAVID WALKER

8.

LONDON TO BRIGHTON BIKE RIDE - 15TH JUNE 1997

This year was the 11th year that the swimming club have entered riders in this event. After a very damp start delayed some riders they got underway without any serious mis-haps. It was a glorious day to be watching, it was brilliant sunshine and the atmosphere as ever was very jolly.

The riders arrived at Brighton in the following order :-

- 1 Steve Willcocks
- 2 Tim Wilkes
- 3 Mark Still
- 4= David Ellingford
Roy Burdett
James Willcocks
- 7 Allan Bedford
- 8 Tim Bedford
- 9 Andrew Eastaugh
- 10 Peter Brown
- 11 David Graves
- 12 Paul Dodson
- 13= Ian Magness
Mark Holmes
- 15= Andrew Magness
Joe Mansell
Keith Gill
- 18 Ian Morrison
- 19= Chris Thomas
Mike Chesterton
- 21= Barry Magness
Chris Ellingford
- 23 Zoe Hubbard
- 24 David Walker
- 25= Robert Wright
Ian Craggs
- 26 Carol Eastaugh
- 27= Frank Rider
John Murray
- 29= Rosemary Watkins
Eric Watkins

Arrival Time Not Known
Clare Greenaway
Dean Greanaway
Gary King
Michael Tremlin

I would like to remind all riders to hand their sponsor money in to me as soon as possible please.

MOYA RIDER

SOCIAL SECTION NEWS.

DONT FORGET TO GET YOUR TICKETS FOR "LINE DANCING" ON JULY 19TH, BRING YOUR FRIENDS (ESPECIALLY IF THEY CAN "DO IT") AND LOOK AND LISTEN FOR FURTHER DETAILS ON THE AUGUST "PUB WALK".

FOR MORE DETAILS ON THE WEEKEND AWAY TO HAYLING ISLAND FOR A "COUNTY WEEKEND" PLEASE SEE JENNY WALKER OR GILL PEILE AS SOON AS POSSIBLE - ROOMS ARE RUNNING OUT FAST.

THE SOCIAL SECTION ARE ALWAYS IN NEED OF UNWANTED GIFTS AS RAFFLE OR TOMBOLA PRIZES - PLEASE HAND ANY UNWANTED ITEMS TO ANY MEMBER OF THE SOCIAL SECTION AS LISTED BELOW OR THE "LADIES ON THE DOOR"

Social Section Members

Peter Frost	Jill Thackray	Maureen Holmes
Rosemary Watkins	David Walker	Peter Bealing
Chris Wallace	Tracey Ferguson	Chris Thomas
Moya Rider	Chris Ellingford	Ian Morrison
Jackie Nicholls	Ian Craggs	Lesley Morrison
Gill Peile		

E.D.S.C.'S 24 HOUR CELEBRATION OF SWIMMING

Saturday 7th June arrived, almost with relief I looked forward to the next 36 hours without sleep, after the weeks of effort to organise this event.

John Burdett, as usual, had Lisa & I fully employed the 3 hours before the event started, blowing up balloons, sorting raffle tickets, getting out tables & chairs, checking Timothy Bedford was coping with the food & drinks, doing sound checks for Richard Wilding, who was laying on the "sounds" for the night, & so on & so on.

All too soon it was 5pm & right on schedule Mr B fired the gun to start the next 24 hours. The first hour was tremendous with what seemed like hundreds of swimmers in the pool & already £787 raised. The atmosphere was electric & boded well for the hours ahead.

The night passed quickly with always jobs to be done-checking swimmers had arrived-making sure the relay team knew the correct rules-counting money-drawing the raffle-writing certificates-and occasionally John, Lisa or I got a swim.

As a short interlude, away from the pool, the body heat competition took place upstairs in the gym. I was entered with Glenn as my partner & the general feeling from all the competitors was "No problem.....only 3 exercises.....we're fit!!"

If anyone suggests this event again, they better lock me away before I kill them!!

This was the hardest & most painful 13 minutes and 2 seconds of my life-but none the less great fun.

Dawn arrived, about 4am actually, unfortunately Maureen with the bacon rolls did not until 10am! The only "happening" between these hours was the moving of Stuart Redpath's new BMW, to allow Erith Festival to set up their stalls. I can recommend the BMW to anyone looking for a car to do 0-90 mph in under 10 seconds!

On with the swimming, after 8am life got easier, with only one lane swimming for the next 4 hours, but trepidation soon began as Mark Russell was nowhere to be found, & our first water polo competition loomed. As usual, he arrived late, but sort of in control of the situation!?!- think- and while the Mums & others were flexing their muscles in aqua-fit led by Christine Ryan, who was drenched from her exertions,-a vague outline of the water polo rules were explained.

Dennis & Mark took it in turns to referee, & I am pretty certain that one way or another, Erith, with three times the number of players, managed to beat Bexley in a penalty shoot out. The games were enormous fun, even if I seemed to see the bottom of the pool more than anything else, and perhaps if Mark had worn his glasses there would have been a few more penalties! But who knows?

The Kent Synchro Squad were next to calm down proceedings-they put on an excellent display & Lisa longed to return.....but only for a second!

4.30 pm - 30 minutes left and the highlight-the Grand Finale Relay, this was BRILLIANT-need I say more? But watch out next time, the masters team are out for revenge! Did I say next time?-well maybe in 4 years or so when we have recovered from this one.

John, Lisa & I enjoyed staging the event and would like to thank the whole of the swimming club who made this event such a success. It would seem we have raised approximately £ 6,000, but PLEASE COLLECT YOUR SPONSOR MONEY as quickly as possible, so that the final count can be made & the money donated to the charities & ourselves.

Many thanks to everyone!

Jenny Newton

MASTERS NEWS**ANNUAL GALA**

This years Masters Annual Gala was swum by 27 Men and 16 Women. It was spread out over a long period of time. In the end we arrived at our best overall Masters Swimmers. They were Alison Nye for the Ladies and Tim Wilkes for the men.

The results were very close with our runners up of Chris Case and Dave Buck only just behind. Medal winners were :-

	<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>	<u>NEW CLUB RECORD</u>
Luch Cowell	3	1		1
Carol Goodey		2	1	
Clare Ross	3	1		1
Marnie Thackray		2	2	
Alison Nye	4			3
Lorraine Storey		4		
Julie Craggs		2	3	
Christine Power			1	
Gillian Fitnum	2		1	
Kathy Smith	3	1		1
Chris Case	1	5		
Rosemary Watkins			2	
Nora Norris			2	
Yvonne Berry	2			
Carol Eastaugh			1	
Dave Buck	6			3
John Murray		3	2	
David Ryan		3		
Chris Spence			1	
Sean Spence			1	
Simon Middleton			1	
Tim Wilkes	5	1		3
Keith Russell		1	2	
Ian Morrison			1	
Stuart Redpath			1	
Jason Schultz	1	3		1
Eric McMonagle		1	2	
Trevor Holmes	4	1		2
Buck Ryan		1	1	2
Denis Vick	2	1	1	
Frank Rider		2		
Chris Thomas			3	
David Walker		1	1	

FRANK RIDER

12.

CANTERBURY MASTERS GALA

Saturday 31st May 1997

Thirteen Master swimmers turned up on a sunny Saturday for this gala, and between us we won 50 medals, 34 Individual and 16 from relays. Overall we came equal second out of twenty six teams.

We had 3 ladies in B & E age groups so managing a medal in those age groups you had to swim your best. I mentioned I hadn't done a very good time in one of my swims, and Jenny (my coach) said I should swim more often.

These are the people who won medals :-

Luch Cowell 'B'	Clare Ross 'B'	Jenny Newton 'B'	Kathy Smith 'E'
50 F/C GOLD	50 F/C SILVER	100 B/S SILVER	50 F/C SILVER
100 B/S GOLD	100 F/C GOLD	100 B/F SILVER	100 F/C BRONZE
50 B/S GOLD	100 F/C GOLD	4X1 I/M SILVER	
4X1 I/M GOLD	50 B/F GOLD	50 B/F BRONZE	
		100 F/C SILVER	
Yvonne Berry 'E'	Chris Case 'E'	Rosemany Watkins 'G'	Frank Rider 'F'
100 B/S Gold	100 B/S Silver	50 F/C Silver	4 x 1 I.M. Bronze
50 B/S Gold	50 B/S Bronze	50 B/C Silver	100 B/C Silver
4 x 1 I.M Silver		100 B/S Silver	50 F/C Silver
50m B/F Bronze		50 B/S Silver	50 B/C Silver
		4x1 I.M Gold	100 B/S Bronze
		100 F/C Gold	50 B/S Silver
		100 B/C Gold	
Tim Wilkes 'C'	Keith Russell	Dean Greenaway	
4x1 I.M Gold	4x1 I.M. Bronze	4x1 I.M. Bronze	
50 F/C Bronze			
100 B/S Gold			
50 B/S Gold			

We also won gold in 120 years and 200 years ladies relay and silver in the 160 yrs mens relay events.

Other races were swum getting 4th, 5th and 6th giving us a grand total of 100 points overall.

EDMONTON PHOENIX MASTERS GALA

Saturday 28th June 1997

Three ladies made their way across London to Enfield for the 1st Edmonton Phoenix Masters Gala. Between us we managed 13 medals.

13.

Carol Eastaugh 'F'
100m B/S Silver
33 1/3 m B/S Silver
33 1/3 m F/C Bronze

Rosemary Watkins 'G'
100m B/S Silver
33 1/3 m B/C Silver
100m F/C Silver
33 1/3 B/F Gold
100 m B/C Gold
33 1/3 m B/S Gold
33 1/3 m F/C Gold

Kathy Smith 'E'
100m F/C Gold
33 1/3 m b/f Gold
33 1/3 m F/C Gold

The pool was 33 1/3 m long but seemed a lot longer when swimming it. I thought I had swum 6 races and forgot to collect one of my gold medals, maybe it was because we didn't have our usual minders "The Riders" with us.

ROSEMARY WATKINS.

STOP PRESS STOP PRESS * STOP PRESS* STOP PRESS

THE MCGINTY TROPHIES GALA - WANDSWORTH 14TH JUNE 1997

We arrived at this very nice pool in plenty of time for the warm up. When they did the lane draw the look on Trevors face said it all, we'd got Lane 6 again! It didn't seem to matter to the team and we made a good solid start. Bexley had sent a very strong team and it was clear they were going to be hard to beat. There were 17 PB's and first places for **Danny Bayne** and **Ryan Carver**. Despite Trevors promise of Macdonalds all round if we won, we couldn't quite catch Bexley. It was an excellent team performance and a well deserved second place.

RESULTS

1st	Bexley	93
2nd	Erith	123
3rd	Teddington A	127
4th	Wandsworth	150
5th	Chelsea & Ken.	159
6th	Teddington B	199

JULIE CRAGGS

SWIMMERS MEETING

TUESDAY 22ND JULY - 8.00 P.M

IN THE CRECHE

THIS IS FOR ALL SWIMMERS IN

MICKS 8.00 P.M CLASS AND JOHN

& MICKS 8.45P.M. CLASSES -

PLEASE ATTEND.

FORTHCOMING EVENTS

1997

JULY

Friday	11th	Points Cup Butterfly 8/U 10/U 12/U 14/U
Saturday	12th	Away Gala Faversham
Saturday	19th	Line Dancing

SEPTEMBER

Saturday	6th	Away Gala Dartford
Saturday	13th	Octopus League Gala No. 6.
Saturday	27th	Speedo Warm Up Home Gala

OCTOBER

Saturday	4th	Away Gala Hastings and White Horse League Gala 1
Saturday	11th	Speedo League Gala Round 1
Saturday	18th	Octopus League Gala No. 7 and Away Gala Elmbridge Phoenix
Saturday	25th	Away Gala Redhill & Reigate

NOVEMBER

Saturday	2nd	Tudor League Gala 1
Saturday	8th	Speedo League Gala Round 2 and Away Gala Faversham
Saturday	15th	Octopus League Gala No. 8
Saturday	22nd	Away Gala Haverhill and White Horse League Gala 2 Erith to Host
Sunday	23rd	Sprint Trophy Races Freestyle & Breaststroke
Sunday	30th	Sprint Trophy Races Backstroke & Butterfly

DECEMBER

Saturday	6th	Speedo League Gala Round 3
Saturday	13th	White Horse League Gala 3
Wednesday	31st	New Year Disco (Provisional)

1998

JANUARY

Saturday	17th	White Horse League Gala 4
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MARCH

Sunday	1st	M11 Junior Speedo Round 1
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APRIL

Saturday	4th	White Horse League Gala 5
Sunday	26th	M11 Junior Speedo Round 2

MAY

Saturday	16th	White Horse League Gala 6
Sunday	31st	M11 Junior Speedo Round 3