



Erith and District Swimming Club

# NEWSLETTER



March 1999

Issue 163

## SECRETARY'S REPORT

A warm welcome to all our new members. We hope you will be with us for a long time and enjoy all aspects of the club.

I was very disappointed with the numbers of swimmers taking part in the Points Cup races this year, and would remind everybody that it is a condition of membership to do all the internal races. You cannot be picked for galas if we have no times for you! Please make a real effort to swim all Annual Gala heats.

Continuing on the same subject, and it has been decided, for the first time, that the Annual Gala finals will be split into two main events, to give the swimmers a better chance of performing well and achieving more P.B.'s and breaking club records. The Breaststroke and Butterfly finals will take place on Sunday 6th June, while the Freestyle and Backstroke finals, along with the family relay, will take place on Sunday 13th June. Please keep these dates in mind.

We are going to run an ASA Assistant Teachers Certificate on Tuesdays for eight weeks commencing 20th April. I would like to see some of the 16-18 year olds coming forward to do this course, please see me for details. If any parents would like to join in, we would be pleased to see you too.

## CONGRATULATIONS!

Well done to:	Jonathon Baker	Peter Bealing
	Vikki Cave	Carol Goodey
	Sarah Hubbard	Ian Morrison
	Christine Power	Clare Ross
	Andy Silver	Natalie Walker

...on passing your ASA Teachers Certificate - it was worth all the hard work.

Thank you, and good luck to Paul Nicholls for taking over the Editorship of this Newsletter.

**Pam Bedford, Hon. Secretary**

# GALA RESULTS

## WHITE HORSE LEAGUE

### Round 1 - Erith Riverside Pool - 16th January 1999

#### *Gala Results*

POSITION	TEAM	POINTS
1st	White Darts	99
2nd	Erith	100
3rd	Croydon	137
4th	Bromley	165
5th	G. B. M.	175

#### *League Table*

POS.	TEAM
1st	White Darts
2nd	Erith
3rd	Croydon
4th	Bromley
5th	G. B. M.

15 out of 45 firsts were achieved in this very close first round gala on home territory. Congratulations to the following swimmers who achieved individual wins: **Stuart Russell (2), Amy Glasscock, Philip Brown, Louise Hoyne-Butler, Freda Ross (2), Katie Glasscock, Matthew Shead, Adele Howard and Michael Redpath.**

## TUDOR LEAGUE

### Round 3 - Eltham Pool - 9th January 1999

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith White	198.5
2nd	Erith Red	197
3rd	Bromley	185
3rd	Larkfield	185
5th	Eltham Stingray	161
6th	Orpington OJAYS	125.5

### RED TEAM

It was nice to be back to a Tudor gala after a couple of years. I had forgotten how crowded and hot it got.

A big welcome to all our new swimmers who swam in their very first gala. A special thank you to **Abbie Thompson** for swimming at the last minute due to a swimmer being ill.

An excellent evening with the Red Team coming a close second. 47 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s:

**Kelly Bealing (2), Daniel Thomerson (2), Lauren Thorogood, Lee Smith, Shelley Carver, Luke Fuller, Jade Barclay, Kerry Dewey, Wayne Slough, Amy Glasscock, Steven Lawrence, Lauren Mahoney, Simon Facer, Shelley Carver and Chris Gladwell.**

**Sue Carver**

## WHITE TEAM

On Saturday 9th January at Eltham swimming pool, Erith White Team took part in the 3rd round of the Tudor B League. In a closely contested competition Erith White Team won by a whisker.

The swimmers performed impeccably achieving 8 individual first places. These winners were **Adele Howard (2), Nicholas McMonagle, Mark Still, Rikki Ferguson, Sarah McCook, Andrew Unwin** and **George Warnes**. The team also had 2 relay wins in the Boys 9/10 years 4x1 medley relay and Men's Open 4x1 Free-style team.

Congratulations should go to **Nicholas McMonagle, Amanda Jane Home-wood, Chloe Ross, Joe Spence, Daniel Byskup, Robert Shead, Talisia Quallo** and **Catherine Nye**. These swimmers were tasting their first gala experience who all overcame their nerves to achieve P.B. performances.

After an enjoyable and exciting evening of swimming 44 P.B.'s were recorded in total and victory was sweet beating the Erith Red Team by 1.5 points.

Well done to the following swimmers who also achieved individual P.B.'s : **Adele Howard (2), Sherie Silver, Danny Bayne (2), Andrew Unwin (2), Susan Murray, Rikki Ferguson, Judith Goodey, George Warnes.**

**Tony Ross**

## Round 4 - Eltham Pool - 6th February 1999

### *Gala Results*

POSITION	TEAM	POINTS
1st	Bromley	221
2nd	Erith Red	203
3rd	Greenwich	198
4th	Orpington OJAYS	160
5th	Dartford	148
6th	Larkfield	120

## RED TEAM

30 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s:

**Jade Barclay (2), Warren Carver, Natalina Semedo (2), Daniel Thomerson, Simon Barrett** and **James Willey.**

## Round 5 - Eltham Pool - 6th March 1999

### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith White	202
2nd	Larkfield	195
3rd	Orpington OJAYS	192
4th	Dartford	164
5th	Eltham Stingray	158
6th	Greenwich	148

## WHITE TEAM

Thanks to the nine swimmers who travelled straight from Crystal Palace to the gala at Eltham. They were: **Adele Howard, Rikki Ferguson, Helen Smith, George Warnes, Clare Greenaway, Helen Shepherd, Suzie Murray, Lucy Craggs and Tiffany Brown.**

22 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s:

**Amanda Homewood, Susan Murray, Charles Kibisu and Lucy Craggs.**

Also well done to **Chloe Ross and Laura Carroll** who obtained P.B's in a relay and swam particularly well.

A special thanks to the 2 masters who aided the open boys in having a complete team. Namely, **Stuart Redpath and Frank Rider.**

**Simone Rider**

## OCTOPUS LEAGUE

### Round 1 - West Wickham Pool - 23rd January 1999

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Woodside	210
2nd	Erith	148
3rd	Streatham	147
4th	Croydon	131
5th	Eltham	129
6th	Dartford	100

*Barracuda & Bromley did not compete in this round*

This was my first gala as team manager and I was really pleased with the team I selected. For a lot of swimmers it was their first gala and there were 29 P.B.'s - what team manager could ask for more!

I had 2 new team captains - Alison Haynes and Kevin Jones - who did an excellent job with good support from Nicola Blowey and Ian Facer.

Second was a very pleasing result. The only person who let the team down was me - I had left the programmes at home and had to send Lee racing home for them, another P.B and no speeding ticket. Thanks to everyone.

Congratulations to the following swimmers who achieved individual P.B.'s: **Abbie Thompson, Daniel Byskup, Amy Robinson, Peter Gill, Laura Facer, Jennifer Chan, Daniel Thomerson, Stevie Kirkup, Darren Abbott, Katie Glasscock, Holly Coventry, Ian Facer, Rebecca Long and Andrew Unwin.**

**Carol Goodey**

### Round 2 - Eltham Pool - 27th February 1999

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Bromley	174
2nd	Croydon	164

3rd	Barracuda	137
4th	Woodside	133
5th	Erith	130
6th	Streatham	104

*Eltham Stingrays & Dartford did not compete in this round*

41 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s:

**Abbie Thompson, Daniel Byskup, Emma Prior, David Taylor, Laura Facer, Alison Haynes, Jennifer Chan, Rebecca Amato, Stevie Kirkup, Darren Abbott, Katie Glasscock, Robert Crickett, Ian Facer, Rebecca Long, Andrew Unwin, Kirsty Dobberson and Jermaine Back.**

*League Table To Date*

POSITION	TEAM	GALA POINTS	LEAGUE POINTS	GALA SWIMS
1st	Woodside	343	9	2/2
2nd	Croydon	295	8	2/2
3rd	Erith	278	7	2/2
4th	Bromley	174	6	1/2
5th	Streatham	251	5	2/2
6th	Barracuda	137	4	1/2
7th	Eltham Stingrays	129	2	1/2
8th	Dartford	100	1	1/2

## FRIENDLY GALAS

### Winter Cup 'B' Gala - Erith Riverside Pool - 20th February 1999

POSITION	TEAM	POINTS
1st	Sevenoaks	237.5
2nd	Ashford Town	225
3rd	Erith White	210
4th	Erith Red	192.5
5th	Chelmsford	167

Congratulations to the following swimmers who achieved individual wins:  
**Tiffany Brown (3), Mark Nicholls, Sarah Hubbard, Gary Lansdale, Stephen Hartley, Sam Peach, Wayne Slough, Louise Hoyne-Butler, Helen Shepherd (2), Amit Hindocha, Laura Carroll, Gemma Merridan, Daniel Richards (2), Natalie Walker, Mark Power, Philip Brown (2), Steven Kihara, Danielle Poore and Mark Holmes.**

Well done to the following relay swimmers who achieved first place in two of the races: **Leanne Thorogood, Kirsty Dobberson, Shelley Carver, Sammie Pease, Zoe Hubbard, Tracey Thomas, Natalie Walker, Wayne Slough, Danny Bayne, Steven Hartley, Simon Barrett, Rory Jenner, Luke Fuller, Chris Goater and Jonathon Baker.**

## OTHER RESULTS

### KENT SECONDARY SCHOOLS' CHAMPIONSHIPS 1999

#### Kingsmead Pool (Canterbury) - 23rd January 1999

Well done to the following E.D.S.C. swimmers who swam in these championships for their secondary school:

<b>Hannah Timberlake</b>	<i>Dartford Boys Grammar (?)</i>	Senior I.M.	<b>6th</b>
<b>Helen Smith</b>	<i>Dartford Girls Grammar</i>	Medley Relay	<b>4th</b>
<b>Paul Wallace</b>	<i>Hurstmere</i>	Intermediate Fly	
<b>Luke Dewey</b>	<i>Hurstmere</i>	Intermediate Free	
<b>Mark Nicholls</b>	<i>Hurstmere</i>	Intermediate Back	<b>6th</b>
<b>Laura Carroll</b>	<i>Townley Grammar</i>	Junior B/S	

#### Black Lion Pool (Gillingham) - 30th January 1999

Well done to the following E.D.S.C. swimmers who swam in these championships for their secondary school:

<b>Ryan Carver</b>	<i>Erith School</i>	Intermediate Fly	<b>4th</b>
<b>Chris Gladwell</b>	<i>Hurstmere</i>	Freestyle Relay	<b>5th</b>
		Medley Relay	<b>7th</b>
		Intermediate B/S	
<b>Claire Greenaway</b>	<i>Dartford Girls Grammar</i>	Inter Med. Relay	<b>2nd</b>
		Inter F/S Relay	<b>2nd</b>
<b>Gary Langsdale</b>	<i>BETHS</i>	Junior F/S Relay	
<b>Luke Fuller</b>	<i>Hurstmere</i>	Junior F/S Relay	<b>5th</b>
		Junior Med. Relay	<b>7th</b>
		Junior Fly	
<b>Sarah McCook</b>	<i>Townley Grammar</i>	Intermediate F/S	
<b>Stephen Kihara</b>	<i>BETHS</i>	Inter F/S Relay	
		Intermediate B/S	<b>7th</b>
<b>Helen Shepherd</b>	<i>Bellar's School</i>	Intermediate F/S	

### OCTOPUS LEAGUE TOP TEN SWIMMERS 1998

POSITION	NAME	POINTS
1st	Judith Goodey	83
2nd	Steven Lawrence	82
3rd	Simon Facer	78
4th	Jennifer Still	76
5th	Matthew Kirk	75
6th	Kerry Dewey	60
-7th	Hollie Ferguson	58
-7th	Sam Pilbeam	58
-9th	Christopher Gladwell	57
-9th	Gary Lansdale	57

## FINAL LEAGUE TABLE 1998

POSITION	TEAM	GALA POINTS	LEAGUE POINTS
1st	Erith	1033	29
2nd	Streatham	1004	28
3rd	Barracuda	917	24
=4th	Bromley	885	21
=4th	Woodside	885	21
6th	Dartford	702	17
7th	Eltham Stingrays	705	13
8th	Croydon	690	12

## SPEEDO PLACINGS 1998

### Speedo A Team

1st	Freda Ross	63
2nd	Alison Nye	62
3rd	Mark Russell	55.5
4th	Stephen Kihara	50
5th	Ian Magness	47.5
=6th	Stuart Russell	45
=6th	Lee Smith	45
8th	Richard Wilding	43.5
9th	Tim Wilkes	41.5
10th	Adam Bayne	39
	Claire Ross	37
	Kerry Dewey	33
	Luke Dewey	30
	Philip Brown	29
	Lisa Burdett	28
	Ryan Carver	28
	Elizabeth Haynes	28
	Leanne Piele	28
	George Warnes	27
	Luke Fuller	26
	Peter Gravell	26
	Michael Redpath	24
	Mark Merridan	22
	Lauren Mahoney	21
	Luch Cowell	21
	Claire Greenaway	20
	Lauren Thorogood	20
	Helen Clifton	17
	Heather Wallington	17
	Roy Burdett	16
	Susan Murray	16
	Paul Nicholls	16
	Tiffany Brown	15
	Helen Shepherd	13
	Shelley Carver	11
	Louise Hoyne-Butler	11
	Hannah Timberlake	11
	Emma Philips	9
	Lucy Craggs	8
	Adele Howard	8

### Speedo B Team

1st	Trevor Jones	57
2nd	Heidi Green	49
=3rd	Sue Wilding	46
=3rd	Sam Pilbeam	46
5th	Mark Nicholls	42
=6th	Helen Smith	41
=6th	Sarah Hubbard	41
8th	Sam Peach	39
9th	Joe Carroll	37
10th	Louise Ryan	36
	David Case	35
	Matthew Shead	32
	Darren Cooper	30
	Paul Wallace	29
	Chris Goater	28
	Steven Hartley	26
	Chris Boyle	25
	Daniel Richards	25
	Natalie Walker	25
	Amy Glasscock	24
	Sam Hayes	23
	Paul Graimes	23
	Rikki Ferguson	21
	Terry Ponton	21
	Kelly Bealing	21
	Samantha Pease	20
	Danny Bayne	19
	David Sharrad	18
	Katie Glasscock	17
	Amy Sharp	17
	Sherie Silver	15
	Sarah McCook	15
	Zoe Hubbard	15
	Gemma Merridan	15
	Fred Kibisu	15
	Simon Barrett	14
	Gary Lansdale	14
	Eleanor Lawrence	13
	Dave Buck	12
	Leanne Thompson	11
	Laura Carroll	10
	Mark Still	9
	Judith Goodey	9
	Luke Hoare	8
	Hayley Gough	8
	Jade Barclay	8

Shelley Georgiou	7
Lee Gilbert	6
Danielle Poore	6
Rachel Ashby	5
Tracey Thomas	5
Mark Power	4
Laura Cummings	3

### FINAL LEAGUE TABLES 1998

#### Division 2 (South)

POS.	CLUB	ROUND 3 GALA PTS	TOTAL POINTS
1st	City Of Oxford A	243	63
2nd	Whitedarts 'A'	195	61
3rd	Guildford	173.5	56
4th	Newbury	169	55
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5th	Erith 'A'	141.5	55
6th	Cranleigh	122	51
7th	Crawley	207.5	39
8th	Canterbury City	156	36
9th	South'ton City	195	35
10th	Romsey 'A'	175	35
11th	Croydon	150	33
12th	Epsom District	149.5	32
13th	Colchester	191	28
14th	Hythe	202	27
15th	Staines	165	26
16th	Slough	151	25
17th	Chesham	190	24
18th	Seagulls	143	23
19th	Chalfont Otters	190	19
20th	Elmbridge Phoenix	221	18
21st	Alton & District	184	18
22nd	Beckenham 'B'	166	17
23rd	Bracknell 'B'	165	23
24th	Andover	119	13
25th	Dorking	190	11
26th	Reading 'B'	181	10
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27th	Bromley	179	8
28th	Redhill & Reigate	146	7

#### Division 3 (South)

POS.	CLUB	ROUND 3 GALA PTS	TOTAL POINTS
1st	Brighton	232	63
2nd	Worthing	196	61
3rd	Whitedarts 'B'	126	61
4th	Orpington/Ojays	183	59
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5th	East Grinstead	180	56
6th	Southend	133	54
7th	Farnham	192	38
8th	Hastings 'B'	179	35
9th	Maidstone	171.5	35
10th	Basingstoke 'B'	169.5	34
11th	L. B. Of Newham	167	33
12th	Gosport	152	30
13th	Erith 'B'	208	28
14th	Burgess Hill	199	28
15th	Bognor Regis	184	27
16th	Fareham 'B'	159	25
17th	Hart 'B'	148	24
18th	Gravesend/N'Fleet	139	23
19th	City Of Oxford B	188	18
20th	Ashford Town	186	18
21st	Rochester City	175	17
22nd	Margate	174	16
23rd	Sevens Oaks	167	14
24th	Rushmoor 'B'	154	13
25th	Woking 'B'	195	11
26th	Reading 'C'	182	10
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27th	Littlehampton	176	9
28th	Romsey 'B'	118	6



## MASTERS SECTION

### NATIONAL MASTERS - SHEFFIELD

23rd-25th October 1998

Twenty-six Erith masters travelled to Sheffield in October '98 to compete at the Ponds Forge pool. Over the weekend there were some impressive performances in the pool, and some serious socialising.

The masters took part in a wide variety of events and unlike many of the larger clubs we entered two teams in many of the team events.

After an entertaining train journey to Sheffield, the competition started well for Erith on Friday evening with a P.B for Freda Ross and Claire Ross in the 100m Butterfly, gaining bronze and silver medals respectively. Mum to be, Jenny Newton swam the 400m freestyle, and Claire Sweeney the 200m breaststroke, both swimming well.

Following a good night out most people managed to get to the pool for the morning session. Luciana Cowell just missed out on a medal in the 100m breaststroke, but Alison Nye got a silver.

The men's 100m breaststroke was an interesting spectacle with Chris Spence and Shaun Smith in the same heat. There was a faulty start, which not all the swimmers heard. The officials were eventually persuaded to restart the event after a 5-minute break and the competition continued without further delay. When eventually Tim Wilkes swam he just missed out on a medal.

The ladies 50m butterfly saw some of our youngsters swimming against some tough competition, and Mark Russell and Richard Wilding only just missed out on the medals. Trevor Holmes and Dennis Vick swam well, unfortunately due to an injury Trevor was unable to compete in any more events.

Less people arrived at Ponds Forge early for the Sunday morning session in which Claire Sweeney had an excellent swim to take a gold medal.

Tim Wilkes swam well in the 50m breaststroke and so did Luciana Cowell in the women's event to get a bronze medal.

The 4x50m men's freestyle team 110-119 yrs got a bronze medal and the women's 120-159 yrs 4x50m freestyle team won gold, with all four swimmers swimming faster than they ever had done before.

The competition in the 50m freestyle was hot, with many Erith swimmers setting personal best times and Alison Nye set a new British record in her age group.

The teams performed well in the last session of these championships with bronze medals for the men's 120-159 yrs and 110-119 yrs medley teams. The ladies took silver medals in the 120-159 yrs medley team.

Everybody who went to Sheffield enjoyed themselves with the majority of swimmers setting personal best times and the number of medals won was awesome.

If you are interested in competing in Sheffield this year, then please see me for details.

**Alison Nye**

## **SOCIAL SECTION NEWS**

### RAMBLE ON THE NORTH DOWNS WAY, KENT

Thursday 18th February 1999

Despite overcast conditions, the Spring half-term saw 31 swimmers and parents (+3 dogs) enjoy a leisurely walk along the North Downs Way between Lenham and Wye, a distance of some 12 miles.

Our pre-arranged lunchtime stop in Charing's 'Royal Oak Inn' witnessed the presentation of a makeshift cake to birthday boy, Luke Fuller.

Suitably refreshed, and with a little time to spare, a short visit was made to Charing's 13th Century church before we resumed our journey eastwards along the Downs.

Evidence of the 1987 hurricane was still very apparent whilst there were fine views to the South across the Kentish Weald and to the coast of Sandwich.

A visit to the ruins of Eastwell Church signalled the last leg of our ramble which we finished in complete darkness, spot on time, at Wye railway station.

### ANNUAL GALA RAFFLE

Once again, our biggest single fund-raising event will soon be upon us, running concurrently with the build up to our Annual Gala finals in June.

With sizeable cash prizes on offer, once you have received your tickets, please, please, please do your utmost to sell as many as possible to friends, relatives and/or work colleagues. Remember, it's all for a good cause...!

### SWIM CLINIC

Provisionally booked for Sunday 27th June 1999.

Watch this space for further details...

### PRESENTATION DISCO - 10th July 1999

All Junior Speedo, Tudor and White Horse League swimmers will be invited to attend our Swimmer Presentation Disco which has been provisionally arranged for Saturday 10th July.

Whilst a venue has yet to be decided, our guest of honour has already been pencilled in - he's 6 foot+, handsome, and one of our top international swimmers... Sorry girls, you will have to wait for further details to be announced!...

### 'RAMBLE 2000'

A 2 Day Ramble in the Pas de Calais, France

Thursday 28th & Friday 29th October 1999

So you want to join us in France for our biggest walking venture to date? Over 35 people have already expressed their intent to go on this autumn half-term, 2 day ramble amongst the sand dunes and along the cliff tops of the Cote D'Opale in

Northern France. So if you want to join us, don't delay! The cost of £45.00 Adults and £40.00 under 12's includes all coach travel and return journey on 'Le Shuttle', hostel accommodation in Boulogne including evening meal and breakfast and a visit to 'Nausicaa', Europe's largest Marine Life Centre.

If you would like to know more before putting pen to paper, please refer to the 'Ramble 2000' display in the pool foyer or see Peter Frost for further details.

## **RE-LIVE THE 70's! BUY THE MUSIC OF A GENERATION AND HELP THE N.S.P.C.C.**

Have you dug out those flares or tank tops yet? Yes, the 70's Weekend is fast approaching and whether you're actively seeking to re-live your youth or were too young to remember but want to know what all the fuss is about, then may I recommend you buy "Journey Through the 70's" as it will surely help to get you in the mood!

Presented on five 90 minute cassettes, "Journey Through the 70's" is a unique compilation of 120 original Top 20 hits featuring over 40 No.1's and many long since deleted tracks.

Even if you're not joining us on the 70's weekend, here's the ideal opportunity to replace those old 45's that you regretfully disposed of when you bought that new CD player.

When you buy "Journey Through the 70's" a percentage of the cost is forwarded to the National Society for the Prevention of Cruelty to Children, (the N.S.P.C.C is the chosen charity for this year's B.T. Swimathon in March) and to the E.D.S.C. funds.

"Journey Through the 70's" is available as a set of 5 cassettes for just £12.00 of which £7.00 will be divided equally between the N.S.P.C.C. And E.D.S.C. (the balance covers the cost of buying good quality TDK cassettes).

Cassettes will also be available individually at £3.00 each with £1.50 of this again being divided equally between the N.S.P.C.C. And E.D.S.C.

If you would like to purchase "Journey Through the 70's" as a set or as individual cassettes, please refer to the playlists of all 5 cassettes on the current display in the pool foyer and see Peter Frost to place your order.

Please pay the appropriate cost in advance and allow 7 days for delivery of goods.

The following unique music compilations are also available:-

"Psychedelic '60's"

"Rock Around The Clock"

...or how about an original Birthday or Anniversary present for your loved one? A cassette featuring the Top 10 or Top 20 Chart hits on the appropriate Date of Birth, Wedding, etc... See Peter Frost to discuss options and price...

**Peter Frost**

## EDITOR'S NOTE

I hope all members have found my newsletter interesting and informative. My thanks to all team managers and officials for supplying me with all information needed, without which there would be no newsletter.

I intend for the next newsletter to go to print by mid-June. To ensure the smooth running of each three monthly issue, I would be grateful for all information to be passed on to me as and when it happens to save any last minute rush.

**Paul Nicholls**

## SPECIAL NOTICES

### SAFETY OUTSIDE THE POOL

With lighter evenings approaching, could we please remind all children and parents that we now have speeding traffic passing.

**\* PLEASE USE EXTREME CARE WHEN CROSSING THE ROAD \***

WE DO NOT WANT ANYBODY INJURED OR WORSE!

***The Management Committee***

### ANNUAL GALA FAMILY RELAY

Annual gala finals night on the 13th June will see the return of our Annual Gala Family Relay, this year taking a new format:

#### **RULES AS FOLLOWS:**

1. Relay to be swum as a 3x1 freestyle relay
2. Entry fee = £1 per family
3. Minimum one parent and one child (one or both being a club member) per family team, 3rd swimmer can be either parent or swimmer (member or non-member).

This "FUN" event is open to all members of the club, no matter what level you swim at. The aim being to entice more families to finals night and to finish the proceedings in a light hearted manner.

A very shiny trophy will be presented to the winning team. Let's have as many entries as possible, please!

Please give your £1 entry fee to either of your club captains, Paul Nicholls or Lisa Burdett.

See you there,

**John Burdett**