



Erith and District Swimming Club

NEWSLETTER



July 1999

Issue 164

SECRETARY'S REPORT

The pool management has recently put down some rules - all of which are for everybody's safety and must be carried out:

- All bags brought onto the poolside must be placed on the hot slab - these must not be placed anywhere near the First Aid Room as if there was an emergency, access would be difficult;
- All outdoor shoes must be removed when coming onto poolside;
- Due to insurance regulations, members only are allowed on poolside - no friends, relations, etc.;
- Only personnel with a current Leisure Link payroll number may enter the First Aid Room excepting injured members in need of first aid!
- No balls of any kind are allowed past the foyer and must not be played with in any part of the building;
- Nobody under the age of 18 must enter the Fitness Studio to obtain water - please bring a non-fizzy drink in a proper plastic sports bottle for use whilst swimming or circuit training. Glass bottles, cans and food are strictly forbidden from poolside;
- All muddy shoes to be taken off before entering the changing rooms.

NEW POOL UPDATE: You will be glad to know that fixed wooden benches will be placed along one end of the poolside for use during internal galas, etc.

The plans have been submitted for approval by the Council and the lottery bid has been submitted and it is hoped that there will be some news on this in September or October.

LAND TRAINING: This will recommence on Tuesday 1st September 1999 and groups will be put up on the noticeboard nearer the time. All Masters Swimmers are invited to join in every Tuesday from 9-10pm. Will all swimmers please bring their swimming kit as well as their training kit in case we have to cancel land training at the last minute.

CONGRATULATIONS go to Mrs. Angela Watkins who has formally been elected as our Hon. Treasurer.

ANNUAL GALA: This seemed a very long process this year, and a great disappointing number of swimmers did not compete in ANY events! This should be our most important event of the year but unfortunately a lot of swimmers did not realize this. Please wear club costumes and trunks for all Finals next year.

Pam Bedford, Hon. Secretary

GALA RESULTS

WHITE HORSE LEAGUE

Round 2 - Eltham Pool - 10th April 1999

Gala Results

POSITION	TEAM	POINTS
1st	White Darts	86
2nd	G. B. M.	129
3rd	Croydon	142
4th	Erith	146
5th	Bromley	175

6 out of 45 firsts were achieved in the second round White Horse league gala held at the 30 metre Eltham Pool and hosted by G. B. M. Congratulations to the following swimmers who achieved individual wins:

Stuart Russell (2), Alison Nye, Matthew Shead, Ryan Carver and George Warnes.

Round 3 - Trinity School Pool, Croydon - 15th May 1999

Gala Results

POSITION	TEAM	POINTS
1st	White Darts	105
2nd	Erith	117
3rd	Croydon	125
4th	G. B. M.	142
5th	Bromley	172

8 out of 44 firsts were achieved in the third round White Horse league gala held at the 25 metre Trinity pool and hosted by Bromley. Congratulations to the following swimmers who achieved individual wins:

Stuart Russell, Alison Nye, Simon Facer, Stephen Hartley and Freda Ross.

Round 4 - Black Lion, Gillingham - 3rd July 1999

Gala Results

POSITION	TEAM	POINTS
1st	White Darts	91
2nd	Croydon	118
3rd	Erith	129.5
4th	G. B. M.	158.5
5th	Bromley	166

8 out of 44 firsts were achieved in the fourth and final White Horse league gala held at the 25 metre Black Lion pool at Gillingham and hosted by White Darts.

Congratulations to the following swimmers who achieved individual wins:

Stuart Russell (2), Ryan Carver (2), Stephen Kihara, Matthew Shead and Claire Sweeney.

Final White Horse League Table 1998/1999

POSITION	TEAM	GALA POINTS	LEAGUE POINTS
1st	White Darts	381	48
2nd	Erith	492.5	41
3rd	Croydon	522	41
4th	G. B. M.	604.5	37
5th	Bromley	678	33

The White Horse League 1999 saw us achieve a much higher ranking than 1998, finishing runners up in the league behind a very strong White Darts team and ahead of Croydon, G. B. M. and Bromley, which we are sure you will agree is no mean feat.

The league took a different format this year as it was decided that we could only fit in 4 galas instead of the normal 6. Also, age groups changed from gala to gala, the aim being to give more swimmers a chance to compete at this level. This proved an advantage to us in some galas and disadvantageous to us in others.

The standard of swimming throughout the 4 galas was extremely high and it was good to see our swimmers continuing to improve their personal best times from gala to gala, culminating what we feel to be one of our strongest ever performances in the final gala on July 3rd (well done to **Ryan Carver** for at last equalling Andrew Bates' 14 and under 100 metre Butterfly record!).

Next year should see the White Horse League take on a whole new look with a mix of new programmes incorporating relay galas, sprint galas and Speedo programmes, and also the possibility of some new clubs joining the League and some old faces departing. We, as a club, will continue to support this League as it is an extremely important competition for our top swimmers.

John Burdett

TUDOR LEAGUE

Round 6 - Eltham Pool - 24th April 1999

Gala Results

POSITION	TEAM	POINTS
1st	Larkfield	195
2nd	Erith Red	184
3rd	Greenwich	179
3rd	Eltham Stingrays	173
5th	Erith White	164
6th	Dartford	150

RED TEAM

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

Kelly Bealing, Warren Carver, Luke Fuller, Jade Barclay, Paul Wallace, Daniel Thomerson, Gary Lansdale, Amy Glasscock, Simon Barrett, Lauren Mahoney, Simon Facer and Steven Lawrence.

WHITE TEAM

29 P.B.'s were recorded in total (exactly the same as the Red Team). Congratulations to the following swimmers who achieved individual P.B.'s:

Amanda Homewood, Susan Murray (2), Danny Bayne, Rikki Ferguson, Christopher Boyle, Helen Smith, Adele Howard, George Warnes (2) and Andrew Unwin.

Round 7 - Eltham Pool - 22nd May 1999

Gala Results

POSITION	TEAM	POINTS
1st	Eltham Stingrays	205
2nd	Erith White	196
3rd	Orpington OJAYS	186
4th	Erith Red	183
5th	Greenwich	142
6th	Bromley	131

RED TEAM

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

Warren Carver, Shelley Carver, Luke Fuller and Wayne Slough.

WHITE TEAM

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

Susan Murray (2), Rikki Ferguson, Stuart Redpath (2), Talisia Quallo, Judith Goodey, George Warnes and Gemma Merridan.

Round 8 - Eltham Pool - 12th June 1999

Gala Results

POSITION	TEAM	POINTS
1st	Dartford	195
2nd	Erith Red	194
3rd	Bromley	180
4th	Orpington O'JAYS	170
5th	Larkfield	163
6th	Eltham Stingrays	161

RED TEAM

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

Lauren Thorogood, Lee Smith, Shelley Carver, Luke Fuller, Kelly Bealing, Amy Glasscock, Chris Gladwell, Kerry Dewey and Simon Facer.

CONGRATULATIONS to the White team on winning the Tudor League this year. This was a brilliant result for the Whites. Many thanks to Clare Greenaway and Mark Still, the team captains.

Thanks 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. I look forward to seeing you all next season!

Simone Rider - Team Manager

Final Tudor League Table 1998/1999

POSITION	TEAM	LEAGUE POINTS
1st	Erith White	30
2nd	Erith Red	28
3rd	Bromley	21.5
4th	Eltham Stingrays	20
5th	Larkfield	17.5
6th	Dartford	17
7th	Orpington OJAYS	16
8th	Greenwich	15

TUDOR LEAGUE PLACINGS 1998/1999

<u>Tudor Red Team</u>			<u>Tudor White Team</u>		
1st	Luke Fuller	120	-1st	Gemma Merridan	97
2nd	Louise Ryan	104	-1st	Danny Bayne	97
3rd	Shelley Carver	99	3rd	George Warnes	95
4th	Mark Holmes	97	4th	Helen Smith	93
5th	Heather Wallington	95	-5th	Sarah McCook	90
6th	Kelly Bealing	94	-5th	Claire Greenaway	90
7th	Jade Barclay	93	-5th	Rikki Ferguson	90
8th	Tracey Thomas	89	-8th	Helen Shepherd	86
-9th	Lauren Thorogood	88	-8th	Adele Howard	86
-9th	Simon Facer	88	10th	Emma Philips	85
11th	Lee Smith	86	11th	Fred Kibisu	78
12th	Kerry Dewey	83	12th	Joe Carroll	76
13th	Sammie Jo Pease	81	13th	Andrew Unwin	74
-14th	Hayley Gough	76	-14th	Laura Carroll	69
-14th	Amy Glasscock	76	-14th	Mark Still	69
16th	Chris Gladwell	74	16th	Lucy Craggs	66
17th	Paul Wallace	71	17th	Michael Pennington	62
18th	Wayne Slough	69	18th	Lisa Dyre	60
19th	Emma Wallace	66	19th	Judith Goodey	59
-20th	Simon Barrett	64	-20th	Nicholas McMonagle	55
-20th	Gary Lansdale	64	-20th	Chris Boyle	55
-22nd	Lauren Mahoney	62	-20th	Michael Redpath	55
-22nd	Mark Power	62	23rd	John Murray	53
24th	Jodie Cousins	58	24th	Matthew Kirk	52
25th	David Ellingford	55	25th	David Peach	51
26th	Jo Frost	51	26th	Susan Murray	50
-27th	Marc Marridan	48	27th	Chloe Ross	45
-27th	Holly Ferguson	48	28th	Tiffany Brown	43
29th	Jo Thorogood	44	-29th	Rory Jenner	40
30th	Ellen Greenaway	43	-29th	Robert Shead	40
31th	Daniel Thomerson	41	31st	Nadia Saleh	36
-32nd	Leanne Thompson	40	32nd	Catherine Nye	35
-32nd	Philip Power	40	33rd	Samantha Peach	34
34th	Warren Carver	39	34th	Daniel Byskup	33
35th	Trevor Holmes	32	35th	Ian Facer	31
36th	Steven Lawrence	29	36th	Gary Richards	30
37th	Richard Goodey	24	37th	Charles Kibisu	29
38th	Matthew Shead	23	38th	Rebecca Long	26
-39th	Chris Howar	22	39th	Frank Rider	25
-39th	Stuart Russell	22	-40th	Amanda Homewood	24

-41st	James Willey	20	-40th	Luke Hoare	24
-41st	Amy Sharp	20	-40th	Daniel Richards	24
43rd	Natalina Semedo	16	-43rd	Heidi Green	21
-44th	Jenny Still	13	-43rd	Tracey Cooper	21
-44th	Darren Abbott	13	-45th	Hannah Timberlake	20
-46th	Emma Hoyne-Butler	12	-45th	Stuart Redpath	20
-46th	Abbie Thompson	12	47th	Jermaine Back	19
48th	Katie Glasscock	11	48th	Talisia Quallo	18
49th	Emma Eady	10	49th	Joseph Spence	17
50th	Scott Pontin	2	50th	Ben Wallace	16
51st	Darren Cooper	1	-51st	Sherie Silver	13
			=51st	Anushka McCook	13
			-53rd	Holly Coventry	12
			-53rd	Amy Robinson	12
			-55th	Steven Howard	10
			-55th	James Parker	10
			-55th	Phil Cunningham	10
			58th	Terry Ponton	9
			-59th	Simone Rider	8
			-59th	Christine Nye	8
			-61st	Eric McMonagle	7
			-61st	Robert Facer	7
			63rd	Madelaine Williams	6
			-64th	Jennifer Chan	3
			-64th	Darren Fuller	3

OCTOPUS LEAGUE

Round 3 - Walnuts Pool, Orpington - 17th April 1999

Gala Results

POSITION	TEAM	POINTS
1st	Croydon	179
2nd	Erith	163
3rd	Woodside	156
4th	Bromley	153
5th	Eltham	115
6th	Dartford	104

Barracuda & Streatham did not compete in this round

An incredible 39 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s:
Abbie Thompson, Daniel Byskup, Amy Dalton, Simon Barrett, Jennifer Chan, Stevie Kirkup, Sam Pilbeam, Andrew Unwin, Katie Glasscock, Richard Morrison, Holly Coventry, Chris Gladwell, Amy Glasscock, Rebecca Long, Nicholas McMonagle and Leanne Thompson.

Round 4 - Walnuts Pool, Orpington - 15th May 1999

Gala Results

POSITION	TEAM	POINTS
1st	Barracuda	166
2nd	Woodside	153

=3rd	Croydon	152
=3rd	Erith	152
5th	Bromley	132
6th	Dartford	115

Eltham Stingrays & Streatham did not compete in this round

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

David Taylor, Kirsty Dobberson, Jennifer Chan, Philip Cunningham, Ian Facer (2), Andrew Unwin, Judith Goodey, Holly Coventry, Gary Lansdale, Rebecca Long, Joseph Hodges and Sam Pilbeam.

League Table To Date

POSITION	TEAM	GALA POINTS	LEAGUE POINTS	GALA SWIMS
1st	Croydon	926	27	6/6
2nd	Woodside	804	21	5/6
3rd	Bromley	654	17	4/6
4th	Barracuda	599	17	4/6
5th	Erith	593	16	4/6
6th	Streatham	562	11	4/6
7th	Eltham Stingrays	463	10	4/6
8th	Dartford	580	8	5/6

M11 JUNIOR SPEEDO LEAGUE

Round 1 - Erith Riverside Pool - 21th March 1999

Gala Results

POSITION	TEAM	POINTS
1st	Erith	189
2nd	Basildon	177
3rd	Barnet Copthall	159
4th	Bishops Stortford	136
5th	Dartford	125
6th	Witham Dolphins	87

An excellent 46 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s:
Matthew Shead (2 + club record for 10/Under 2L Breaststroke), Adele Howard, George Warnes, Jade Barclay, Stuart Russell (2), Danny Bayne, Lauren Thorogood, Emma Hoyne-Butler, Lee Smith, Kerry Dewey, Nicholas McMonagle, Michael Redpath (2), Katie Glasscock and Judith Goodey.

Round 2 - Runnymede Pool - 18th April 1999

Gala Results

POSITION	TEAM	POINTS
1st	Hoddesdon	197
2nd	Romford	183
3rd	Erith	171
4th	Bishops Stortford	143
5th	Witham	100
6th	Castle Point 'B'	63

An even better 59 P.B.'s were recorded in the second of three Junior Speedo League rounds held at the 25 metre Runnymede pool. Congratulations to the following swimmers who achieved individual P.B.'s:

Matthew Shead (2), Adele Howard, George Warnes (2), Jade Barclay (2), Emma Hoyne-Butler, Lauren Thorogood (2), Lee Smith, Nicholas McMonagle, Adele Howard, Michael Redpath (2), Katie Glasscock and Judith Goodey.

Round 3 - Romford Pool - 23rd May 1999

Gala Results

POSITION	TEAM	POINTS
1st	Castlepoint 'A'	182
2nd	Griffins of Enfield	179
3rd	Romford	148
4th	Hoddesdon	136
5th	Basildon	122
6th	Erith	118

League Table 1999

POS.	TEAM
1st	Castle Point 'A'
2nd	Griffins of Enfield 'A'
3rd	Basildon
4th	Romford
5th	Hoddesdon
6th	Erith

If there's one constant in Junior Speedo, it's the choice of Romford's Harold Hill pool to act as the venue for the 'Top 6 Final' and whilst many would agree that it was a great improvement on the facilities endured at Castle Point, in round 2, our previous encounters there against some of 'Essex's finest' always seems to be a bittersweet experience. And so it was to prove as our valiant 'Diddy' swimmers fought to defend a 4th position in the league against the might of the home team, Romford, Basildon (last years' champions), Griffins of Enfield 'A' (the new superteam elect), Castle Point 'A' (arisen from the ashes of Runnymede S.C.), and a fellow non-Essex qualifier, Hoddesdon, from Hertfordshire.

As usual, the swimming was of exceptionally high standard and as if proof were needed to show everyone that 'that lot from south of the River' were going to be no pushovers, our swimmers recorded 4 second places with **Matthew Shead** (10 yrs 2L F/S); **Jade Barclay** (10 yrs 2L B/S); **Chloe Ross, Ellen Greenaway, Jodie Cousins and Katherine Nye** (9 yrs 4x1 F/S relay) and **Adele Howard, Jade Barclay, Kelly Bealing and Rebecca Long** (10 yrs 4x1 medley relay) plus 5 first places with **Adele Howard** (10yrs 2L F/S); **Katherine, Jodie, Ellen and Chloe** again (9yrs 4x1 medley relay); not to be outdone - **Adele, Kelly, Jade and Rebecca** (10yrs 4x1 F/S relay); **Matthew Shead** (10yrs 2L B/S) and the effervescent **Miss Barclay** once again (10yrs 1L fly).

A total of 27 P.B.'s were also achieved. Congratulations to the following swimmers who achieved individual P.B.'s: **Kerry Dewey (2), Matthew Shead, Jade Barclay, Judith Goodey, Lauren Thorogood, Emma Hoyne-Butler and Hollie Ferguson.**

A special mention to **Matthew Shead** for improving his 10/Under 2L Breaststroke

club record (which he obtained in the first round) by a further 1.5 seconds.

Whilst highlighting these performances, it would be remiss of me not to congratulate the whole team for a fine effort during this gala and throughout the league series. In the face of stiff competition and a team of officials who were equally keen to obtain their quota of DQ's, had it not been for 2 silly disqualifications, we would have improved on our final league position of 6th place, (and received a bigger trophy!).

Lessons learned and disappointment aside, well done again to our Junior Speedo swimmers and for the support throughout the series from both parents and officials.

Keep up the hard work in the pool for it augers well for the future...

Peter Frost

M11 JUNIOR SPEEDO LEAGUE PLACINGS 1999

1st	Adele Howard	79	21st	Andrew Unwin	23
2nd	Matthew Shead	70	22nd	Judith Goodey	22
3rd	Jade Barclay	69	=23rd	Katie Glasscock	21
4th	Stuart Russell	65	=23rd	Kerry Dewey	21
5th	Warren Carver	53	=23rd	Gary Lansdale	21
6th	Robert Shead	52	26th	Daniel Thomerson	19
7th	Joe Thorogood	50	=27th	Lucy Craggs	18
=8th	Katherine Nye	49	=27th	Sam Pilbeam	18
=8th	Jodie Cousins	49	=29th	Lisa Dyer	17
=8th	Michael Redpath	49	=29th	Lauren Thorogood	17
11th	Chloe Ross	46	31st	Danny Bayne	16
12th	Ellen Greenaway	44	=32nd	Hollie Ferguson	15
13th	Nicholas McMonagle	36	=32nd	Joe Carroll	15
=14th	Kelly Bealing	35	34th	Simon Facer	14
=14th	Lee Smith	35	=35th	Jade Pilbeam	11
16th	Richard Goodey	30	=35th	Rebecca Long	11
17th	Wayne Slough	29	37th	Charles Kibisu	9
18th	Emma Hoyne-Butler	27	=38th	Lauren Mahoney	8
19th	George Warnes	25	=38th	Susan Murrey	8
20th	Natalina Semedo	24	40th	Joseph Spence	6

FRIENDLY GALAS

'A' Gala - Woking - 17th July 1999

Gala Results

POSITION	TEAM	POINTS
1st	Woking	247
2nd	Teddington	200
3rd	Erith	177
4th	Henley	136
5th	Rochester	133
6th	Maidstone	131

Congratulations to the following swimmers who achieved individual wins:

Stephen Kihara (2), Matthew Shead and Ryan Carver.

This was to be myself and Penny's last friendly gala. We would like to thank all swimmers and parents for all their support over the past 2 years.

Chris Case & Penny Spencer

OTHER RESULTS

KENT COUNTY CHAMPIONSHIPS 1999

This year we only had 8 swimmers who qualified for the championships but we had a very successful year with many of the swimmers achieving good results and personal best times.

Congratulations to **Stuart Russell** and **Ryan Carver** who made two finals each and to **Matthew Shead** who also made the finals giving the club a total of 4 medalists this year. These three swimmers qualified for the Southern Counties Championships. The results of this event held at Crystal Palace will be in the next Newsletter due out at the beginning of October.

Stuart won the 12yrs Backstroke and came 3rd in the fly and **Ryan** (14yrs fly) and **Matthew** (10/11yrs B/S) both got 2nd place.

RESULTS:

Stuart Russell	<i>10/11yrs Backstroke</i>	1st
Stuart Russell	<i>10/11yrs Butterfly</i>	3rd
Ryan Carver	<i>14yr Butterfly</i>	2nd
Ryan Carver	<i>14yr Freestyle</i>	4th
Matthew Shead	<i>10/11yrs Breaststroke</i>	2nd
Stephen Kihara	<i>14yr Breaststroke</i>	11th
Stephen Kihara	<i>14yr Freestyle</i>	12th
Michael Redpath	<i>10/11yrs Freestyle</i>	10th
Katie Glasscock	<i>10/11yrs Breaststroke</i>	-
Louise Hoyne-Butler	<i>13yr Breaststroke</i>	-
Philip Brown	<i>13yr Backstroke</i>	11th
Philip Brown	<i>13yr Individual Medley</i>	-
Philip Brown	<i>13yr Freestyle</i>	9th

Many thanks to the parents who supported the swimmers at these Championships.

KENT COUNTY RELAY CHAMPIONSHIPS 1999

This year we again entered teams in the championships at Crystal Palace and for the first time we had a team in the Open Ladies made up mainly by Masters Swimmers. We reached 4 of the finals in the morning and afternoon and although it was a little disappointing we did not win any medals I am sure that most swimmers enjoyed the experience of swimming in a long distance pool.

TEAM SWIMMERS AND RESULTS:

<i>Girls 12 U Med</i> - Kerry Dewey, Susan Murray, Adele Howard, Lauren Thorogood	
<i>Girls 12 U F S</i> - Kerry Dewey, Adele Howard, Lucy Craggs, Jade Barclay	
<i>Girls 13 14 Med</i> - Shelley Carver, Rikki Ferguson, Louise Hoyne-Butler, Amy Glasscock	
<i>Girls 13 14 F S</i> - Shelley Carver, Tiffany Brown, Rikki Ferguson, Amy Glasscock	
<i>Girls 15 16 Med</i> - Clare Greenaway, Leanne Piele, Helen Shepherd, Helen Smith	8th
<i>Girls 15 16 F S</i> - Leanne Piele, Helen Shepherd, Helen Smith, Heather Wallington	8th
<i>Ladies Open Med</i> - Luch Cowell, Lisa Burdett, Clare Ross, Freda Ross	7th
<i>Ladies Open F S</i> - Luch Cowell, Lisa Burdett, Clare Ross, Freda Ross	8th
<i>Boys 12 U Med</i> - Stuart Russell, Michael Redpath, George Warnes, Lee Smith	6th

Boys 12/U F/S - Stuart Russell, Michael Redpath, George Warnes, Lee Smith	6th
Boys 13/14 Med - Ryan Carver, Stephen Kihara, Philip Brown, Luke Fuller	8th
Boys 13/14 F/S - Ryan Carver, Stephen Kihara, Philip Brown, Luke Fuller	8th
Boys 15/16 Med - Adam Bayne, Mark Nicholls, Luke Dewey, Paul Wallace	-
Boys 15/16 F/S - Mark Nicholls, Luke Dewey, Paul Wallace, Lee Scott	-

My thanks to everybody who supported our swimmers at this event.

Chris Case

BRITISH HEART FOUNDATION LONDON TO BRIGHTON BIKE RIDE

A group of 36 members, parents, friends plus a contingent from Leisure Link took part this year in our annual pilgrimage on 20th June. Despite predictions of poor weather, the day turned out to be a scorcher in the afternoon, some of the early finishers did, however, catch a downpour climbing the mighty Ditchling Beacon on the South Downs.

The organizers caused confusion by allocating differing times to our 'team' but these were ignored and a prompt departure of bikes and riders from Riverside to the start on Clapham Common allowed the planned 6:30am getaway. Unfortunately, as last year, a few of our younger riders were involved in a collision which left **Chris Goater** with a broken collar bone with which necessitated missing quite a few weeks' swimming.

All in all though, another great day with **Tim Wilkes** and the 'Shead contingent' amongst the early finishers, and well done to **Rosemary & Eric Watkins** for their excellent ride. A big thank you to all those who gave lifts for the riders to Clapham.

All sponsorship money raised will be donated to the BHF in due course.

Allan Bedford

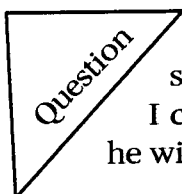
USEFUL TELEPHONE NUMBERS

SPEEDO LEAGUE A AND B TEAMS	John Burdett	(01322) 351414
WHITE HORSE LEAGUE	John Burdett	(01322) 351414
M11 JUNIOR SPEEDO LEAGUE	Mick or Jill Thackray	(01322) 338910
TUDOR LEAGUE - RED TEAM	Glenn Thackray	(01322) 410472 or (01322) 338910
TUDOR LEAGUE - WHITE TEAM	Simone Rider	(01322) 660640*
OCTOPUS LEAGUE	Carol Goodey	(01322) 408408
INTERNAL COMPETITIONS (POINTS CUP, SPRINT TROPHY, ANNUAL GALA) & ALL OTHER ENQUIRIES	Pam Bedford	(01322) 439892
E.D.S.C. NEWSLETTER	Paul or Jackie Nicholls	(01322) 336747

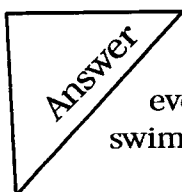
* PLEASE NOTE THE AMENDMENT TO SIMONE RIDER'S NUMBER!

ASK THE COACH

EXTRACTED FROM THE UK SWIMMING MAGAZINE...



My lad likes swimming but does not seem to have the skills needed to progress to even County standard. I cannot see any reason for him to continue in a sport where he will not succeed.



It is nice to have a son or daughter who excels at sport. Quite naturally we are proud parents and want them to get even better. But there is far more to sport, especially swimming, than medals and winning races.

I believe that there is more to swimming than pounding up and down in training and trying to win races in competitions at weekends. I believe that a 10 year swimming career for a youngster, say from 7 to 17, is an important stepping stone in growing up. With a club that has a stable environment and a coach that has a sound philosophy, swimming can be not only a rewarding experience but it can sow the seeds for a happy and fruitful adulthood.

- Swimming teaches swimmers about themselves, their fellow team-mates and their competitors.
- Swimmers learn to adapt to being in groups where they don't necessarily get on with all the members or like the instructor. They learn that they sometimes need others to see them through and sometimes others need them.
- Swimming teaches that barriers sometimes cannot be easily got over without enlisting the help of others.
- Swimming teaches that things can be achieved if the swimmer is prepared to work hard enough and become focused enough.
- Swimming also teaches that sometimes success does not arrive even if everything seems to suggest that it should.
- Swimming demonstrates that the world is not fair and things do not always go to plan.
- Swimming teaches how to come to terms with the unexpected.
- Swimming teaches how to organise ourselves.
- Swimming teaches not to give up when the going gets tough.
- Swimming teaches that the pursuit of a goal is every bit as rewarding as the attainment.
- Swimming teaches us about our bodies, what is good for them, what is bad, what is exercise and what is abuse.
- Swimming teaches us more than swimming - swimming teaches us about people and life.

Ours is a sport where we can't all win but can all be winners. It is our duty to adopt a sound philosophy, to establish worthwhile values, and to promote the view that if you have truly done your best then you can be proud.

SOCIAL SECTION NEWS

ANNUAL GALA RAFFLE

Although the Annual Gala and it's Raffle will be a mere memory by the time you read these words, at the time of writing, ticket sales were proceeding slowly but surely and I wanted to take this opportunity to thank everyone who had or were about to make the effort to sell their quota of books or more to relatives, friends, etc. Of course, all proceeds go towards Social Section funds and a list of the winning ticket numbers and the lucky prize recipients will appear on the Club noticeboard (copies are available on request). Once again, many thanks...

'RAMBLE 2000'

A 2 Day Ramble in the Pas de Calais, France
Thursday 28th & Friday 29th October 1999

'Don't delay' is the call if you want to secure one of the remaining places for 'Ramble 2000' and with arrangements already well in-hand, our 2 day Ramble along the coastal paths of the Pas-de-Calais looks set to be a real cracker!

So if you want to experience a little bit of the real France, see where Captain Webb finished the first successful Cross-Channel swim or visit Europe's largest marine life centre, see me, **Peter Frost**, or add your name to the list in the pool foyer where further details are displayed every clubnight.

NEW YEARS' EVE FAMILY CELEBRATION

Friday 31th December 1999

For those of you not intending to hold or go to other Millenium celebrations, the E.D.S.C. Social Section is pleased to confirm that our 'Millenium Party' will be held at **St. Joseph's College, Woolwich Road, Belvedere** - on Friday 31st December of course!

Tickets will cost £12.50 each and will be available from 8:30pm on Tuesday 7th September on a first come first served basis. A £5 non-returnable deposit will secure each ticket and the full balance must be paid by 3rd December.

Peter Frost

A PLEA TO ALL M.C.'S (FOR EVERYONE'S SAKE!)

Have you ever got lost on your way to a gala, had that final car park space snatched from under your nose by a rival team member, been accosted for your entry fee by an equally apologetic official who has just run-out of programmes and then, to top it all, failed to find an empty seat in the spectator's gallery? You have? Well, console yourself in the knowledge that your fellow Parents will have endured similar experiences yet would agree that the aggravation is but a small price to pay in return for the excitement of competition and the personal enjoyment of cheering on your offspring to victory or a new P.B.

And there's the rub as it is my considered opinion that an increasing number of galas are being marred by a deterioration in the standard of M.C.'ing. Realistically, it shouldn't be a factor that you have to contend with.

Granted, many P.A. systems leave a bit to be desired but even here, it remains the responsibility of the M.C. to check for audibility as the sound level of an empty pool will differ immensely from one that is brimming with swimmers and spectators. Volunteers they may be, but for many M.C.'s, or Master of Ceremonies in full, it is a case where they have failed to line-up to their rather grandiose title, time and time again. So what has rattled my cage and why?

There are simply no excuses for their failure to announce either the names of the competing teams or the corresponding lane draw. Others seem to be unable to provide an update of your teams' league standing. If this was football, there would be uproar!

Not convinced? How many of you have been diligent in keeping your own points record of a gala only to discover half-way through that they do not tally with those announced by the M.C. because he omitted to inform you that they're using the reverse points scoring system! Or equally annoying, how about the impromptu, gabbled announcement of the winning raffle numbers before you've even been given a chance to find your tickets!

It might not mean that much to those on poolside, but the M.C. should not need reminding that it is their duty to provide clear and concise information to everyone involved in the gala, especially the parents.

O.K., so I have a vested interest in this role and some may accuse me of 'blowing my own trumpet,' but just for the moment (and with respect) forget the well-informed, clipboard and stopwatch toting individuals and place yourself in the shoes of one of the many parents who may be attending their very first gala. What must their immediate impressions be? At the very least, confused. At worst, perceived as downright disrespectful to you, the swimmers and other officials. Perhaps it's not surprising that so many people leave a gala before it's conclusion.

So what do I feel is the answer for those M.C.'s who seem ill-prepared to provide basic information or inject about as much enthusiasm into the proceedings as a wet Bank Holiday weekend? I suggest that anyone volunteering for this post should avail themselves of a simple code of practice based on the rules required by the Speedo League. Surely that's not too much to ask? After all, gala referees and timekeepers are volunteers too, but are professional in their duty in all but name, having had to undergo training and exams to qualify for their posts. And then there are the swimmers, and we all know how much effort they put into their training.

And the parents? Well I for one do not want to see them alienated from our sport all because of the paltry efforts of yet another poor M.C. After all, these parents may be next years' 'new blood' officials set to continue the good work of their predecessors.

So I say to all my fellow M.C.'s out there, if you really want to help our sport and see it flourish into the new Millennium, for everyone's sake, it's time you pulled your socks up!!

Peter Frost