



Erith and District Swimming Club

NEWSLETTER



September 1999

Issue 165

SECRETARY'S REPORT

The summer is now over and we are back to hard work, with galas most weekends. A warm welcome to all new members - quite a few of which have joined us from our new Improvers course. This has been a great success and given the Penguins another chance to improve their stamina.

With regard to the summer holidays, some members disappeared for the whole six weeks or more, leaving us wondering if you had, in fact, left the club! If you have a long absence from training through the holidays or illness, please let me, or your instructor know - otherwise you may be eliminated from our records. May I remind you that we run through all the school holidays and long absences do not help your swimming progression.

We are holding Sprint Trophy races during November and every member of the club is expected to take part. Our club rules state this and, due to the number of members who did not compete in the Points Cup and Annual Gala races, we will, in future, bring them into force. This is the only way we can pick our teams for galas, and if we do not have recent times for you, we cannot choose the best team.

We will shortly be introducing a new *training* club costume for all those younger swimmers who do not participate in inter-club galas or older ones who like to wear a club costume during club sessions. It will be more hardwearing and should last twice as long as a competition costume. We still expect you to wear our present design for inter-club galas, as it is more lightweight for racing but the PBT costume is ideal for training having a bigger drag factor.

Just a reminder, please put *ALL* litter in the bins - *DO NOT* leave it on the changing room floor or hotseat especially during internal races when you are not supposed to be eating anyway.

It may also be noted that the club's Management Committee meeting minutes are now to be made available from the Ladies-on-the-door, where any club member or parent are able to view them on request since the Management Committee is about the running of your club.

Finally, as from this season and on the basis of a poor turn-out of swimmers last year, we have decided to incorporate the Points Cup into the Annual Gala, whereby the Points Cup races will become the heats for the Annual Gala Finals. Dates are in the forthcoming events - please note them down. The strokes are yet to be advised.

Pam Bedford, Hon. Secretary

GALA RESULTS

OCTOPUS LEAGUE

Round 4 - 11th September 1999

Gala Results

POSITION	TEAM	POINTS
1st	Streatham	143
2nd	Bromley	135
3rd	Erith	132
4th	Dartford	121
5th	Barracuda	104
6th	Eltham Stingrays	92

Woodside & Croydon did not compete in this round

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

Simon Barrett, Matthew Hall, Philip Cunningham, Chris Gladwell, Ian Facer, Talisia Quallo, Daniel Thompson, Sarah Brimble, Holly Coventry, Rory Jenner and Jennifer Chan.

FRIENDLIES

Redhill & Reigate - 18th September 1999

Gala Results

POSITION	TEAM	POINTS
1st	Guildford City	72
2nd	Erith	125
3rd	Isle Of Wight	138
4th	Redhill & Reigate 'A'	161
5th	Redhill & Reigate 'B'	256

5 first places were achieved in total. Congratulations to the following swimmers who achieved individual wins:

Mark Nicholls, Michael Redpath and Luke Fuller.

Speedo Warm-Up Friendly, Riverside - 25th September 1999

Gala Results

POSITION	TEAM	POINTS
1st	Hastings Seagulls 'A'	265
2nd	Erith Red	239
3rd	Witham Dolphins	179
4th	Erith White	123
5th	Redhill & Reigate	121
6th	Hastings Seagulls 'B'	117

13 first places were achieved in total. Congratulations to the following swimmers who achieved individual wins:

Mark Russell (2), Grant Cooper, Wayne Slough, Philip Brown, Matthew Shead, Louise Hoyne-Butler, Adele Howard, Stephen Kihara, and a special mention must go to Paul Nicholls, Roy Burdett, Stephen Kihara (again), Ryan Carver, Grant Cooper (again) and Mark Russell (again) who all competed in the nail-biting 4x2 finale which finished with us in first place.

TUDOR LEAGUE NEWS

TUDOR LEAGUE DATES 1999/2000

Sunday	31st October	White Team Only	Red Team Drop Out
Saturday	27th November	Red & White	
Saturday	8th January	Red & White	
Saturday	5th February	Red Team Only	White Team Drop Out
Saturday	4th March	Red & White	
Saturday	16th April	Red Only	White Drop Out
Saturday	20th May	White Only	Red Drop Out
Sunday	11th June	Red & White	

These dates are also in the forthcoming events at the back of this Newsletter.

There were a few changes made at the Tudor AGM held at the end of September. The first one is that the league is to be re-named again and the 'B' dropped from the title. We are now back to being called 'The Tudor League.' This has been done to stop confusion over selection of swimmers. The Tudor League rules allow swimmers who are just below county standard to take part. Having 'B' in the league title was thought to be confusing and contradictory to the rules.

The second change is that Larkfield have resigned and it looks like Gravesend & Northfleet will be taking their place.

Number three is not a change but an addition. At the moment the Kent County 100m Times are used to determine whether a swimmer is eligible to compete in the league. If a swimmer has a Kent time in any stroke or is thought to be capable of a Kent time or enters in the Kent Championships even though he/she has not got the time or does not attain the time in the championships then they CANNOT swim the Tudor League.

Last year 50m races were held at Crystal Palace as Kent Championships on a trial basis. These times were not used as Kent Times for the purpose of the Tudor League because it was thought to be a 'one off.'

The races will be repeated this year and from information that we have it looks as though it may become permanent. Therefore 50m times will now also be used FROM 1.1.2000 to determine whether a swimmer may take part in the Tudor League.

We think this may cause considerable disruption to our Red & White teams as we may have to rely on converted times for a while. Please bear with us - we will be doing our best for the swimmers and the club.

**Glenn & Jill Thackray
Simone & Frank Rider**

OTHER RESULTS

SOUTHERN COUNTIES CHAMPIONSHIPS 1999

Held at Crystal Palace

This year we had three swimmers who qualified for these championships: **Ryan Carver, Stuart Russell and Matthew Shead.**

Ryan qualified for the 14yrs 100 metres Butterfly and Freestyle. His best result was in the Butterfly where he just missed out on getting into the final coming 9th to make first reserve and he came 12th out of 35 in the freestyle.

Stuart, after his success in the Kent's, qualified for the 11yrs Backstroke and came 12th overall.

Matthew achieved the entry time in the 11yrs 100 metres Breaststroke but due to the rules of the Southern Counties he was unable to swim as he is too young at the age of 10.

Congratulations and well done to the above swimmers on achieving the entry times and hopefully next year we can have more entries.

Chris Case

LONDON HEATHROW YOUTH GAMES - JULY 1999

Several members of EDSC were selected to swim for Bexley at the London Heathrow Youth games.

On Thursday 8th July the following swimmers were picked to swim in the Primary Schools youth games:

Adele Howard	Matthew Shead
Lauren Mahoney	Richard Morrison
Lauren Thorogood	Joe Thorogood
Natalena Semedo	Warren Carver
Leanne Thompson	
Abbie Thompson	

Matthew won a silver medal in his Breaststroke event.

On Saturday 10th July, the morning session was represented by:

Lauren Thorogood	George Warnes
Leanne Thompson	Gary Lansdale
Karry Dewey	

The afternoon session was represented by:

Shelley Carver	Luke Fuller
Amy Glasscock	Steven Hartley
Rikki Ferguson	

Amy won a bronze medal for the 50m Backstroke. Shelley, Amy and Rikki won bronze medals for the medley relay with the help of 'Rebecca' from Bexley S.C.

Sue Carver

Open		
Butterfly	Sarah Hubbard	Paul Nicholls
Breaststroke	Helen Clifton	Paul Nicholls
Freestyle	Lisa Burdett	Ian Magness
Backstroke	Helen Clifton	Ian Magness
Sprint	Louise Ryan	David Ellingford
I.M. 4x1	Lisa Burdett	Ian Magness
I.M. 4x2	Freda Gardner	Paul Nicholls

MISCELLANEOUS EVENTS

Swimmer Of The Year	Freda Gardner	Matthew Shead
Progress Cup	Leanne Thompson	Nicholas McMonagle
Junior Diving	Katherine Nye	Daniel Thomerson
Senior Diving	Jenny Still	-
Breaststroke Style	Anushka McCook	Frank Rider
Friendship Cup	-	Paul Nicholls

LONDON INTERBOROUGH SWIMMING CHAMPIONSHIPS

West Norwood Pool - 2nd October 1999

The following swimmers teamed up with swimmers from Bexley S.C. to win Bexley's heat of the Interborough Championships:

Event	Name	Position
12/Under Freestyle	Michael Redpath	3rd
12/Under Breaststroke	Lee Smith	4th
12/Under Butterfly	Stuart Russell	3rd
12/Under Backstroke	George Warnes	3rd
13/14 yrs Freestyle	Stephen Kihara	2nd
13/14 yrs Butterfly	Ryan Carver	1st
15/16 yrs Backstroke	Mark Nicholls	3rd
15/16 yrs Breaststroke	Lee Scott	4th
15/16 yrs Butterfly	Luke Dewey	4th
15/16 yrs Freestyle	Leanne Peile	2nd
17/Over Backstroke	Freda Gardner	1st

Congratulations to **Ryan Carver** for once again breaking his own club record for the 14 and under 100m Butterfly.

EDITOR'S NOTE

This is now my third Newsletter as editor and it has also been the hardest to obtain the information which you are now reading. Please note, it is vitally important to hand in gala results (with final positions and, with league galas, the league tables) along with all relevant material as and when it happens. So when the final deadline is set for the Newsletter please try your upmost hardest to get it to

either me or Jackie Nicholls before or on the date mentioned. This Newsletter will be out 3 weeks late. The previous was 4 weeks late! All text produced on a word processor can be handed to me directly (without printing it off) as long as it is in ASCII text format and saved on a MS-DOS 1MB capacity formatted disk. Once again, please make a special effort to get all contributions towards the Newsletter before or on the date stated. This way there is no last minute rush when we have to start chasing up results from upto 3 months before!

The next Newsletter will be in the New Year, so can all contributions be in by **FRIDAY 7th JANUARY 2000**. A reminder of this date will be posted on the noticeboard nearer the time. Many thanks...

Paul Nicholls

USEFUL TELEPHONE NUMBERS

Please keep this list of numbers in a safe place - it is updated every Newsletter issue

SPEEDO LEAGUE A AND B TEAMS	John Burdett	(01322) 277754*
WHITE HORSE LEAGUE	John Burdett	(01322) 277754*
FRIENDLIES	John Burdett	(01322) 277754*
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 JOHN BURDETT'S NUMBER!**

MASTERS SECTION

CANTERBURY MASTERS: Saturday 10th July 1999

This event does seem to last a long time with the first warm-up at 1:30pm and the last race finishing at 9:00pm. However, it seems to suit our team, as well as winning 6 of the 8 relays we entered, the other 2 we came 2nd and 3rd. Erith retained the top club trophy making 3 wins in 5 years. 9 ladies and 11 men made up our team and after the hard efforts of winning medals and collecting the trophy most went for a meal out to celebrate Alison Nye's birthday.

Notable races were the ladies 50m F/S with 5 out of the 6 lanes in the fastest heat filled by Erith swimmers. Clare Sweeney, Clare Ross, Luch Cowell, Alison Nye and Freda Gardner with Alison and Freda touching in under 30 seconds and Claire S, Clare R and Luch less than an arms length away. I'm glad I wasn't the touch judge. The same happened in the 50m fly with Freda touching in at 32.06.

Another good day for E.D.S.C.!

KENT COUNTY MASTERS CHAMPIONSHIPS:

Saturday 11th September 1999

11 ladies and 11 men took the club to victory for the 3rd year running making Erith again the top masters club in the county.

Some notable performances were Mark Russell's new county record of 28.32 for 50m fly and a new club record for Freda Gardner of 1.02.95 for 100m F/S. Also Kim Shead in her first masters gala winning the gold medal in the 50m B/S. Alison Nye, Clare Ross and Freda took the gold medals in all the events they entered.

In individual events 28 gold medals were won, 17 silver and 18 bronze.

In the 16 relays we entered the teams won 11 golds, 4 silvers and 1 bronze.

Team results were:

1st	Erith	136 points
2nd	Bromley	107 points
3rd	Sevenoaks	70 points
4th	Canterbury	60 points

HAYWARDS HEATH INTER-CLUB MASTERS GALA

Saturday 3rd October 1999

With only 7 ladies and 9 men in our team this year we were a very small band but we made a big bang and once again came runners-up to Haywards Heath. Most of our swimmers were in at least 6 50m races with some of the ladies in 10!

It was a bit like follow my leader, as you got out at the end of a race you walked back to get on the blocks for the next. Very thirsty work! There are no medals or prizes as it is a charity event and this year a donation is being sent to Papworth Hospital's Sports Trust to send competitors to the world Transplant Games. One of our team, Barry Matthews, was in Budapest 3 weeks before in the world games. His full report of the event follows on from this.

Well done to the team and best of luck in the Nationals at Sheffield on 22-24th October.

Frank Rider

BUDAPEST OR BUST

Or

Life Begins again at 58

Almost three years ago, I was fortunate to receive a new heart in a transplant operation at Papworth Hospital in Cambridge. Following the operation and in order to keep as fit as possible and make the best use of my new heart, I decided to return to my first love of swimming. During my working life I had represented the Metropolitan Police at both swimming and water polo and so now at the tender age of 58 years I returned to the pool.

In 1998 I entered the British Transplant Games which were held in Belfast. These games are open to anyone who has undergone a lifesaving transplant operation. The games are organised on an age group system and I qualify in the Super Veteran class (over 55). I was fortunate to win two gold and two silver medals at these games which attract some 850 entrants from all over Britain. This year I again competed in the British games which were held in Birmingham and won five silver medals. Following these successes I was selected to represent Great Britain in the World Transplant Games which were held in Budapest, Hungary in September.

The event is attended by 2000 athletes from 46 countries. The swimming events were held in the national pool complex which has to be seen to be appreciated and the athletics are held in the national stadium. Both of these locations have in the past hosted World and European Swimming and Athletic Championships. The picturesque outdoor 50 metre x 8 lane swimming pool is located on Margaret Island which is in the middle of the River Danube very close to the centre of the city centre.

The swimming programme was held over two days, I was entered in the 50m F/S, 50m B/S, 100m F/S and 100m B/S. The competition was very keen but I did manage to qualify for the finals in each event. All four races were won by a Hungarian called Lazlo Kharri who was an Olympic Gold Medalist with the Hungarian Water Polo team in 1960 and for a sixty year old he was pretty fast. However, all was not lost and I was placed 7th in the 100m F/S, 5th in the 50m F/S, 4th in the 100m B/S, and 3rd in the 50m B/S missing the silver by just 0.02 seconds to an American, so I did come home with one bronze medal which was possibly more than I was expecting.

As a team, Great Britain were clear overall winners in the pool claiming some 32 gold, 26 silver and 17 bronze medals. All the events at the games were well organised and there was also an extensive social programme which ended in a Gala dinner, firework display and a moonlight cruise along the River Danube on the last evening. It was an experience which I will never forget. There was a good team spirit in the 85 strong Great Britain team and it was great to meet and compete against fellow transplantees from all over the world. It is not very often that at the age of 61 years they give you a track suit with Great Britain on the back and tell you to go out and represent your country for the first time. The next World Games are in Japan in 2001 so I will have to keep training and hope that I can get selected again.

Barry Matthews

TOP 20 TRAINING TIPS

A message from top Olympic Coach, Doug Campbell.

"These Top 20 training tips will enhance your Performance and Maximise your potential."

- 1 Each training session is a chance for you to improve and to best your rivals;
- 2 Attend as many sessions as you possibly can;
- 3 Be early for your training to do plenty of stretching exercises;
- 4 Stretching before training decrease the chance of injury and increases joint mobility as well as warming up muscles;
- 5 Perfect practise makes perfect;
- 6 Learn how to use the pace clock so you know your times during training;
- 7 Drink plenty of fluids during training to avoid dehydration (not fizzy);
- 8 Ensure that all of your turns are done correctly & quickly;
- 9 Finish each length correctly and swim fast on to the wall;
- 10 Train at the intensity your coach asks you to;
- 11 Good technique is important to excel in training;
- 12 Pace yourself in your sets;
- 13 Arrive at the pool in a positive frame of mind ready to train hard;
- 14 Leave the pool after each session having accomplished something positive;
- 15 Do all that is asked of you... Cheating is not for winners;
- 16 Make sure that you have your training equipment: costumes, goggles, kick board, paddles, pull buoy, flippers, etc.;
- 17 Remember, your coach is there to help you, give you good advice and make you a better swimmer;
- 18 Eat a small snack immediately after the session to help restore lost energy and drink some more fluids to avoid dehydration;
- 19 A small swim down after a hard session will avoid muscle stiffness;
- 20 Keep a log book so you can see how much you have trained and how you are improving in training as well as in competitions.

JENNY NEWTON is looking for a useable shopping trolley to help her in transporting the swim shop goods from her home to the swimming pool. If you can offer a solution to this problem then please see Jenny on club nights. Help would be much appreciated.

SOCIAL SECTION NEWS

QUIZ NIGHT - 20th November 1999

Another of our popular Quiz Nights will be held on Saturday 20th November following the Tudor League Gala that evening. Whilst the venue has yet to be confirmed, tickets at £3.00 each will be on sale soon.

CHRISTMAS DISCO - 18th December 1999

If family committments preclude you from attending our New Years' Eve Millenium Disco, why not get in the festive spirit by coming along to our Christmas Disco on Saturday 18th December in Carlton Hall. Tickets, at £3.00 each, will go on sale at 8.00pm on Tuesday 19th November.

Peter Frost

NEW YEARS' EVE MILLENIUM DISCO

Dear Club Members,

After much discussion at both the Management Committee Meeting on the 16th September 1999 and the Social Committee Meeting held 30th September 1999, it was agreed a reply should be communicated to all members re the above event through the club's Newsletter.

It was a very difficult task to get a hall for this evening at all and this was the largest hall we could hire, the arrangements for the sale of tickets for this event were carried out the same way as any other event, the ticket price of £12.50 was set only to break even on the outlay of the hall, DJ and decorations, etc. the Social Committee do apologise for tickets going on sale at 8.00pm instead of 8.30pm as advertised, however nobody envisioned the response for tickets would be so demanding. The first come first served ticket allocation was never intended to offend members who missed out on tickets. Many members who couldn't attend on the evening arranged for members who did, to buy their allocation for them, hence the bulk buying of tickets.

Accusations of one member buying 60 tickets is totally unfounded, the largest allocation was 19 and a complete breakdown of the ticket allocation numbers and members can be viewed through Andy Silver, Peter Frost or Jill Thackray on either a Tuesday or Friday evening at the pool.

It must be stressed that this is only a deposit stage and that if any member has additional tickets they do not require it is imperative to please return them where a reserve list of members are waiting for tickets.

Yours Sincerely,



Andy Silver, Social Committee Secretary

FORTHCOMING EVENTS 1999/2000

OCTOBER	Friday 22nd - Sunday 24th Thursday 28th - Friday 29th Sunday 31st	Masters Nationals - Sheffield Ramlie 2000 Tudor League Round 1 - Eltham (White only)
NOVEMBER	Saturday 6th Sunday 12th Saturday 13th Friday 26th Saturday 27th Saturday 28th	White Horse League Gala Round 1 Sprint Trophy Speedo League Gala Round 2 Sprint Trophy Quiz Night Tudor League Round 2 - Eltham
DECEMBER	Saturday 4th Saturday 11th Saturday 12th Friday 18th	Speedo League Gala Round 3 White Horse League Gala Round 2 Family Christmas Dinner - Carlton Hall Disco 2000 - St Joseph's College, Bevedere
JANUARY 2000	Saturday 8th Saturday 15th Sunday 16th Saturday 22nd Saturday 29th Sunday 30th	Tudor League Round 3 - Eltham White Horse League Gala Round 3 Points Cup (heats for the Annual Gala) Octopus League Gala Round 1 - Erith Host at West Wickham <i>and</i> Kent Secondary Schools Championships Speedo & Octopus Leagues Presentation Disco <i>and</i> Kent Secondary Schools Championships Points Cup (heats for the Annual Gala)
FEBRUARY	Saturday 5th Sunday 13th Saturday 26th	Tudor League Round 4 - Eltham (Red only) Points Cup (heats for the Annual Gala) Octopus League Gala Round 2 - Orpington
MARCH	Saturday 4th Sunday 5th Thursday 7th Friday 10th Sunday 12th Saturday 25th	Tudor League Round 5 - Eltham Annual Gala Finals - strokes to be advised Annual Gala Finals - 4 x 1 I.M. Annual Gala Finals - Sprint & 4x1 I.M. Annual Gala Finals - strokes to be advised Octopus League Gala Round 3 - West Wickham
APRIL	Saturday 8th Saturday 15th Sunday 16th	White Horse League Gala Round 4 Octopus League Gala Round 4 - Orpington Tudor League Round 6 - Eltham (Red only)
MAY	Saturday 6th Saturday 13th Saturday 20th	Kent Primary Schools Championships White Horse League Gala Round 5 <i>and</i> Kent Primary Schools Championships Tudor League Round 7 - Eltham (White only)
JUNE	Sunday 11th	Tudor League Round 8 - Eltham
JULY	Saturday 1st	White Horse League Gala Round 6
SEPTEMBER	Saturday 16th	Octopus League Gala Round 5 - West Wickham
OCTOBER	Saturday 14th	Speedo League Gala Round 1 <i>and</i> Octopus League Gala Round 6 - Orpington
NOVEMBER	Saturday 11th	Speedo League Gala Round 2
DECEMBER	Saturday 2nd	Speedo League Gala Round 3