



Erith and District Swimming Club

NEWSLETTER



January 2000

Issue 166

SECRETARY'S REPORT

PEACE FOR 2000 AND BEYOND!

As Secretary of this club I tend to be approached by swimmers, parents and coaches with various complaints and moans. This has increased by 100% in the past two years and I think it is about time that we ALL looked at ourselves and decided to try and live with each other rather against each other. None of the complaints are about the running of the club but about other members, parents, coaches, etc. We always had a reputation as being a friendly club, but this has sadly slipped in the past two years.

Friendly rivalry between swimmers has always been part of sport but it seems to have gone further than that within the club and parents seemed to be joining in too! Parents are not welcome on poolside except to speak to officials when they are not teaching or coaching and they are definitely not allowed to speak to ANY swimmers during a training session. As a parent, I have always found that children's arguments soon blow over, they are then the best of friends again in no time, but when parents intervene, the argument then becomes between the parents and it goes on for a lot longer. After all, a child will have to sort out its own problems throughout life and early experience in this can help later on.

The group's instructor decides when swimmers move to another group - not the parents.

Can you all take my comments on board and try to work as a team. This includes parents, swimmers, officials and coaches. Please make your New Year's resolution to work in harmony and make club life pleasant again as it was in years' past. Obviously I will be glad to discuss any genuine personal problems with regard to club sessions and competitions.

Your stressed out Secretary!

ANNUAL GENERAL MEETING

Very shortly you will be receiving a large envelope full of important communications. One of which will be about the above. Please try and come along to the meeting as we have received quite a few nominations for positions on the Management Committee and your vote counts if you would like to see the right team managing the club.

There will be changes on poolside in the next year due to the retirement of our Club Coach, Mick Thackray. This is not a retirement from the club, as Mick will still be very much in evidence and will take his 8pm group as normal. I would like to thank Mick for all his efforts over the past 10+ years as coach.

There is also information about the Annual Gala Finals and your increased subscriptions due on 1st March - please read everything carefully and don't throw anything away - it's all important!

Pam Bedford, Hon. Secretary

PRESIDENT'S NOTES

By now most of the Membership would have received a letter from me, depending on the age of your child, outlining a number of ventures that we intend to be involved with in the year 2000. These ventures all take a lot of organisation and help from the Membership.

Of over 200 letters sent out, just 60 have been returned. This is a very poor and surprising response. Out of the 60 that have been returned, the number of members willing to host either swimmers or officials from Het 'Y' has also been disappointing. It is some five years since their last visit, and in that time the club has moved on and the membership has changed, so perhaps you are not aware of what's involved.

Basically, we ask you to provide accommodation for the swimmers for three nights with obviously food and water, to take and pick them up from the various events which will take place over the weekend. We are fully aware that some of you do not have the space - don't worry they will sleep anywhere, on the floor if necessary! Each year when Het 'Y' visit Germany, they sleep in tents, so they are quite used to roughing it!

You will also be invited to take part in any of the events planned for the weekend. We are also aware that you may be going away at Easter, so you're not available anyway. The whole weekend can be tiring, it can be a rush (they don't tend to move themselves very quickly), but above all it really is good fun. It also brings a lot of people together and encourages those that have not previously been involved with the club to get involved and understand the satisfaction you can get from this involvement.

So please, either think again or send back your response so we can get cracking with the planning for this ultimately exciting and fun-filled weekend.

Trevor Holmes, Club President

LONDON TO BRIGHTON BIKE RIDE

We are hoping to enter a Club team again this year and if you would like to take part, please read the poster on our Notice Board. Members over the age of 14, parents and friends are most welcome to take part.

Allan Bedford

ANNUAL GALA FAMILY RELAY

Annual Gala finals night on the Sunday 19th March will see the return of our Annual Gala Family Relay, using the same format and rules as last year:

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! **John Burdett**

EDITOR'S NOTE

Happy New Year to all members! The next few months seem to be quite congested with many friendly galas on top of the usual Tudor/White Horse/Octopus and in early March the start of the Junior Speedo League galas. On top of that we also have the proposed visit from Het 'Y' at Easter and the on-going Annual Gala events.

As Club Captain, I would like to emphasise the fact that it is compulsory for all swimmers to take part in ALL Annual Gala events. Not surprisingly at the heats on Sunday 30th January, the number of swimmers taking part in the Freestyle Sprint was twice that of the Butterfly! It was particularly noticeable in the Open age group. Everyone in the Open age group, and all other age groups for that matter, are quite capable of swimming a Butterfly race, and excuses such as 'I'm not feeling too well,' 'I'm never gonna get anywhere,' and even 'I'm saving myself for the Freestyle sprint,' are just not acceptable! We need times, so you can be picked for galas. The inter-club races are there for swimmers to practice a race under full competitive conditions. Further experience will achieve better results and therefore faster times. Please take note of the remaining Annual Gala heats as included in the Forthcoming Events, and take note of the warm-up times which are posted on the Noticeboard. Best of luck with the heats and the finals!

On the Newsletter front, it is now possible to e-mail me with any information you think relevant for the Newsletter. This will save me typing it up again and save you trying to find either me or Jackie. My e-mail address is: P.W.Nicholls@westminster.ac.uk.

As usual, could all information, results and dates be passed onto either me or Jackie Nicholls as and when it happens. **FRIDAY 7th APRIL** is the deadline for the next Newsletter, to be published in late April. A reminder notice will be put on the Noticeboard nearer the time. Many thanks, **Paul Nicholls**

GALA RESULTS

OCTOPUS LEAGUE

Round 8 - 16th October 1999

Gala Results

POSITION	TEAM	POINTS
1st	Streatham	167
2nd	Barracuda	159
3rd	Erith	143
4th	Eltham	139
5th	Bromley	134
6th	Woodside	121

Dartford & Croydon did not compete in this round

7 first places were recorded in total. Congratulations to the following swimmers who achieved individual wins: **Matthew Hall, Daniel Thompson, Sarah Brimble, Kevin Jones, Nick McMonagle and Laura Carroll.**

Final Octopus League 1999 league table

POSITION	TEAM	GALA POINTS	LEAGUE POINTS
1st	Bromley	971	28
2nd	Croydon	926	27
3rd	Erith	913	24
4th	Barracuda	862	24
5th	Streatham	924	23
6th	Woodside	925	22
7th	Eltham	694	14
8th	Dartford	701	11

Congratulations to Bromley for winning the league.

Congratulations to all swimmers who swam in these galas for Erith. We did really well and I was really pleased with the overall result. We had some really good PB's over the year and introduced a lot of new swimmers to outside competitive swimming. Next year I hope to swim more new swimmers.

Please make sure you attend the Sprint Trophy races and the other inter-club events as they provide up-to-date times and are important for the selection making process for Octopus League galas. *WITHOUT TIMES I CANNOT PICK YOU TO SWIM IN GALAS!!!*

Carol Goodey

WHITE HORSE LEAGUE

Round 1 - 6th November 1999

Gala Results

POSITION	TEAM	POINTS
1st	White Darts	107
2nd	Erith	108
3rd	Beckenham	116
4th	Croydon	152
5th	Bromley	165
6th	Eltham Stingrays	214

9 first places were recorded in this nail-biting first round to the White Horse 1999/2000 League held at Croydon's Trinity School pool. The following swimmers achieved individual wins: **Stuart Russell (2), Louise Hoyne-Butler, Clare Ross, Kelly Bealing, Philip Brown, Katie Glasscock, Matthew Shead and Claire Sweeney.**

Round 2 - 11th December 1999

Gala Results

POSITION	TEAM	POINTS
1st	Erith	96
2nd	White Darts	113
3rd	Beckenham	136
=4th	Croydon	163
=4th	Bromley	163
6th	Eltham Stingrays	232

16 first places were recorded in the second round of the White Horse League held at Riverside. For many it was their last competitive swim of the 20th Century! The following swimmers achieved individual PB's: **Stuart Russell (2), Amy Glasscock, Luke Fuller, Matthew Shead, Emma Hoyne-Butler, Laura Carroll, Ryan Carver, Luch Cowell and Roy Burdett.**

Round 3 - 15th January 2000

Gala Results

POSITION	TEAM	POINTS
1st	White Darts	81
2nd	Beckenham	92
3rd	Erith	121
=4th	Croydon	169
=4th	Bromley	176
6th	Eltham Stingrays	229

7 first places were recorded in the third round of the White Horse League and the first of the year 2000. Held at Croydon's Trinity School Pool, the following swimmers achieved individual wins: **Adele Howard, Kelly Bealing, Freda Ross (2) and Matthew Shead.**

White Horse League Table 1999/2000 after Round 2

POSITION	TEAM	GALA POINTS	LEAGUE POINTS
1st	Erith	204	23
2nd	White Darts	220	23
3rd	Beckenham	252	20
4th	Croydon	315	17.5
5th	Bromley	328	16.5
6th	Eltham Stingrays	446	14

SPEEDO LEAGUE

A TEAM

Round 1 - 9th October 1999

Gala Results

POSITION	TEAM	POINTS
1st	Erith A	207
2nd	Elmbridge Pheonix	204
3rd	Romsey and Totton	198
4th	Staines	189
5th	Worthing	142
6th	Dorking	108

7 out of 50 firsts were recorded. Well done to the following swimmers who achieved individual wins: **Stuart Russell (10-11 yrs 2L Backstroke)** and **Freda Ross (Open Freestyle and Backstroke)**.

Round 2 - 13th November 1999

Gala Results

POSITION	TEAM	POINTS
1st	Southampton	232
2nd	Brighton	186.5
3rd	Erith A	185.5
4th	Staines	162
5th	Slough and Maidenhead	162
6th	Colchester	120

8 out of 50 firsts were recorded. Well done to the following swimmers who achieved individual wins: **Ryan Carver (15/U Butterfly)**, **Freda Ross (Open Freestyle and Backstroke)**, **Matthew Shead (10-11 yrs Breaststroke)** and **Claire Sweeney (Open Breaststroke)**.

Round 3 - 4th December 1999

Gala Results

POSITION	TEAM	POINTS
1st	Romsey and Totton	193
2nd	Hart	184.5

3rd	Chesham	177
4th	Slough and Maidenhead	167.5
5th	Erith A	161
6th	City of Canterbury	160

4 out of 50 firsts were recorded. Well done to the following swimmers who achieved individual wins: **Freda Ross (Open Freestyle)** and **Matthew Shead (10-11 yrs Breaststroke)**.

B TEAM

Round 1 - 9th October 1999

Gala Results

POSITION	TEAM	POINTS
1st	Maidstone	176
2nd	Erith B	162
3rd	Guildford	154
4th	Margate	132
5th	Littlehampton	118

6 out of 50 firsts were recorded. Well done to the following swimmers who achieved individual wins: **Laura Carroll (13/U Breaststroke)**, **Jade Barclay (10-11 yrs Butterfly)**, **Tiffany Brown (13/U Backstroke)**, **Leanne Piele (Open Breaststroke)**.

Round 2 - 13th November 1999

Gala Results

POSITION	TEAM	POINTS
1st	West Wight	262
2nd	Maidstone	174
3rd	Basingstoke B	169
4th	Sevenoaks	168
5th	London Borough of Newham	155
6th	Erith B	120

2 out of 50 firsts were recorded. Well done to the following swimmers who achieved individual wins: **Jade Barclay (10-11 yrs Butterfly)** and **Wayne Slough (10-11 yrs Butterfly)**.

Round 3 - 4th December 1999

Gala Results

POSITION	TEAM	POINTS
1st	Bognor Regis	199
2nd	City of Oxford	194
3rd	Rushmoor Royals B	185
4th	Basingstoke B	178
5th	Sevenoaks	168
6th	Erith B	117

3 out of 50 firsts were recorded. Well done to the following swimmers who achieved individual wins: Simon Facer (10-11 yrs Backstoke and 10-11 yrs Freestyle) and Jade Barclay (10-11 yrs Butterfly).

Final Speedo League Tables 1999

Division 2 (South)

POS.	TEAM	RND 3 POINTS	TOTAL POINTS
1st	Southampton City	208.5	63
2nd	Crawley	198.5	61
3rd	Brighton	170.5	57
4th	Alton and District	165.5	57
5th	Elmbridge Pheonix	163.5	53
6th	Croydon	140.5	51
7th	Romsey & Totton A	193	37
8th	Hart	184.5	37
9th	Chesham	177	35
10th	Erith A	161	35
11th	Slough/Maidenhead	167.5	33
12th	City of Canterbury	160	33
13th	Eastleigh	198	29
14th	East Grinstead	185	26
15th	Seagulls	182	26
16th	Staines	171	25
17th	Beckenham B	165.5	25
18th	Hythe	146.5	22
19th	Colchester	178	20
20th	Dorking	179	18
21st	Cranleigh	177	16
22nd	Orpington Ojays B	164	16
23rd	Bromley	174	15
24th	Bracknell B	171	15
25th	Worthing	206	11
26th	Chalfont Otters	181	8
27th	Andover	178	8
28th	Redhill & Reigate	175	6
29th	Reading B	157	4
30th	Epsom District	147	4

Division 3 (South)

POS.	TEAM	RND 3 POINTS	TOTAL POINTS
1st	West Wight	232	63
2nd	Herne Bay	185	61
3rd	Maidstone	177	58
4th	Burgess Hill	160	57
5th	Gosport Dolphins	156	53
6th	Southend-on-Sea	138	51
7th	Bognor Regis	199	38
8th	City of Oxford B	194	35
9th	Rushmoor Royals B	185	33
10th	Basingstoke B	178	32
11th	Sevenoaks	168	31
12th	Erith B	117	30
13th	Guildford City B	198	29
14th	White Darts B	196	28
15th	Newham London B.	180	26
16th	Fareham Nomads B	174.5	26
17th	City of Rochester	146	23
18th	Woking B	146.5	22
19th	Littlehampton	204	19
20th	Margate	188	18
21st	Hastings Seagulls B	198	16
22nd	Ashford Town	181	13
23rd	Romsey & Totton B	91	11

Speedo League Placings 1999

POS.	NAME	POINTS	POS.	NAME	POINTS
1	Ryan Carver	65	1	Simon Facer	45
2	Freda Ross	64	2	Jade Barclay	41
3	Matthew Shead	59	3	Tiffany Brown	32
4	Stuart Russell	53.5	4	Louise Ryan	31
5	L. Hoyne-Butler	52	5	Leanne Piele	30
6	Mark Russell	51	6	Judith Goodey	28
7	Shelley Carver	45	=7	Natalie Walker	27
8	Philip Brown	44	=7	Daniel Richards	27
9	Amy Glasscock	43	9	Laura Carroll	26
10	Clare Ross	42	10	Wayne Slough	25
=11	Claire Sweeney	41	=11	Natalina Semedo	24
=11	Helen Shepherd	41	=11	Chris Boyle	24

13	Stephen Kihara	39	-11	Dave Buck	24
14	Kelly Bealing	38	-14	Sarah Hubbard	23
15	Mark Nicholls	37	-14	N. McMonagle	23
16	Luch Cowell	36	16	Ian Facer	22
17	Tim Wilkes	35	17	Leanne Thompson	20
18	Ian Magness	33	18	Rory Jenner	19
-19	Rikki Ferguson	32	-19	Mark Holmes	18
-19	Michael Redpath	32	-19	Kerry Dewey	18
21	Paul Nicholls	31	-19	Gary Richards	18
-22	Katie Glasscock	29	-22	Chris Gladwell	17
-22	Luke Fuller	29	-22	Heidi Green	17
24	Joe Carroll	27	-24	Luke Dewey	16
25	Lee Scott	26	-24	Simon Barrett	16
26	Chloe Ross	25	-24	Daniel Thomerson	16
-27	Adele Howard	24	-24	Sammie Pease	16
-27	E. Hoyne-Butler	24	-28	Sam Pilbeam	14
29	Steve Hartley	20	-28	Lee Smith	14
-30	Helen Smith	17	30	Dave Ellingford	13
-30	George Warnes	17	-31	Sam Peach	12
32	Helen Clifton	16	-31	Emma Wallace	12
33	Roy Burdett	13	-31	Andrew Unwin	12
34	Tracey Thomas	11	-34	Paul Wallace	11
35	Gemma Merridan	8	-34	Sarah Case	11
			-36	Susan Murray	8
			-36	David Sharrad	8
			-38	Sarah McCook	7
			-38	Gary Lansdale	7
			-40	Paul Graimes	6
			-40	Hayley Gough	6
			42	Chris Goater	5
			-43	Richard Wilding	4
			-43	Danielle Poore	4
			-45	Eric McMonagle	3
			-45	L. Thorogood	3

Well done to all swimmers. As always it must be stressed that the Speedo League is considered to be the most important of our leagues, therefore a special thanks to the swimmers who had to swim in just one or two races.

TUDOR LEAGUE

Round 1 - Eltham Pool - 31st October 1999

Gala Results

POSITION	TEAM	POINTS
1st	Eltham Stingrays	182
2nd	Bromley	167
3rd	Erith White	165
4th	Dartford	121
5th	Greenwich	118

40 P.B.'s were achieved in total. Congratulations to the following swimmers who achieved individual P.B.'s: Adele Howard (2), Nicholas McMonagle (2), Susan Murray, George Warnes, Rikki Ferguson, Chris Boyle (2), Talisia Quallo, Andrew Unwin (2), Joe Carroll, Tiffany Brown, Amanda Homeward and Rikki Ferguson.

Round 2 - Eltham Pool - 27th November 1999

Gala Results

POSITION	TEAM	POINTS
1st	Erith Red	258
2nd	Dartford	190
3rd	Greenwich	189
4th	Erith White	183
5th	Orpington	183

RED TEAM: 47 P.B.'s were achieved in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Jade Barclay (2), Warren Carver, Lauren Thorogood, Mark Power, Shelley Carver, Luke Fuller, Natalina Semedo (2), Daniel Thomerson (2), Wayne Slough, Emma Wallace (2), Tracey Thomas, Paul Wallace, Simon Barrett (2) and Zoe Hubbard (2).**

WHITE TEAM: 26 P.B.'s were achieved in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Philip Cunningham, Tiffany Brown, Chris Goater (2), Susan Murray, Lisa Dyer, Chris Boyle and Joe Carroll.** Special mention to **Victoria Richards and Robert Crickett** who both swam in their very first Tudor League gala.

Round 3 - Eltham Pool - 8th January 2000

Gala Results

POSITION	TEAM	POINTS
1st	Erith Red	225
2nd	Eltham Stingrays	216
3rd	Bromley	181
4th	Erith White	179
5th	Gravesend and Northfleet	145
6th	Orpington OJAYS	112

RED TEAM: 31 P.B.'s were achieved in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Emma Eady, Warren Carver, Katie Glasscock, Shelley Carver (2), Luke Fuller (2), Joe Thorogood, Jodie Cousins, Hollie Ferguson, David Taylor and Chris Boyle.**

WHITE TEAM: 32 P.B.'s were achieved in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Katherine Nye (2), Jennifer Chan, Rory Jenner, Jade Pilbeam and Robert Shead.** Special mention to **Shaney Piele, Jade Pilbeam, Leanne Mitchell, Rosie Gardner, Daniella Murray, Alex Ryan, Grant Bealing, Matt Kirkup, Nicola Milner and Lucian Colman** who all swam in their first gala for the club. Also a special mention to **Emma Prior**, who swam brilliantly.

FRIENDLY GALAS

Braintree and Bocking - 2nd October 1999

Gala Results

POSITION	TEAM	POINTS
1st	Braintree	178
2nd	Harlow	163
3rd	Canvey Island	159
4th	Bishop Stortford	149
5th	Erith	93

4 out of 50 firsts were recorded. Well done to the two individual winners: Wayne Slough (10-11 yrs Butterfly) and Matthew Shead (10-11 yrs Breaststroke).

GP King Trophy - Tunbridge Wells - 16th October 1999

Gala Results

POSITION	TEAM	POINTS
1st	RTW Monson	213
2nd	Hastings	179
3rd	White Darts	155
4th	Erith	108
5th	Croydon	75

Just 1 out of 49 firsts were recorded. Well done to our only individual winner of the night: Ryan Carver (14/U Freestyle).

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	Julie Craggs	(01322) 528149
	Kim Shead	(0208) 306 7367
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

MASTERS SECTION

NATIONAL MASTERS AT SHEFFIELD: 22nd to 24th October 99

29 Erith Masters travelled to Sheffield in October to compete at the Ponds Forge pool. Over the weekend there were some impressive performances in the pool, and some serious socialising. The focal point of the social side was the 70's night, where a lot of people had decided to come in fancy dress. Shaun Smith came as Mungo Jerry and Mark Russell as Bob Marley, not to mention Rossy and Parfit from Quo and a Bay City Roller.

The masters took part in a wide variety of events with many people setting P.B.'s. Ian Craggs managed to take 5 seconds off a previous best time, well done Ian.

After an entertaining train journey to Sheffield, the competition started well for Erith on Friday evening with wins for Claire Sweeney and Alison Nye. The rest of the weekend continued on that high note, culminating in a British and European record for Claire Ross, Alison Nye, Kathy Smith and Freda Gardner in the Ladies 160 years freestyle team, taking three seconds off the previous record.

Erith Masters received some very good press recently in the national swimming magazines and in the local press. For those people who have missed the reports, here they are:

Erith & District

One of the best swims on Friday came from Alison Nye, Erith & District, who won the 40/44 years 50 Breaststroke in 36.65 secs. The Erith girls are starting to look quite formidable. Alison also starred in the 100 IM and the 50m Butterfly, winning both events with comparative ease. Team-mate, Claire Sweeney won her favoured event, the 400m IM and was supported by Clare Ross and Freda Gardner. Freda winning the 50m and 100m Butterfly and Clare clinching gold in the 50m Butterfly in the 35/39 age group. The girls tend to choose the shorter events with the exception of Claire Sweeney who recorded a very fast 19:11.36 to win the 1500 Freestyle, making the British Record a distinct possibility in her next swim, possibly at the Barnet 1500 meet?

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 at Sheffield this year, then please see me for details.

Alison Nye

Masterly

ERITH Masters took their biggest ever team to the ASA National Masters Championships at Ponds Forge, Sheffield.

Some 22 swimmers from Erith took part, many achieving personal best times.

Claire Sweeney won gold medals in the gruelling 1,500m, 400m individual medley and 400m freestyle, silver in the 200m butterfly and bronze in the 200m freestyle.

Other medals went to: Alison Nye, four golds, three silvers and a bronze; Freda Ross, three golds and two silvers; Tim Wilkes, bronze 100m breaststroke; Clare Ross, bronze 100m freestyle and Luch Cowell, bronze 100m breaststroke.

The highlight of the weekend came when the ladies 160-199 years 200m freestyle team claimed gold in 2.00.83, breaking the British and European records by three seconds.

The same team of Clare Ross, Freda Ross, Kathy Smith and Alison Nye (pictured) also gained silver in the 200m medley team. contributed

TIPS TO TIGHTER, TERRIFIC TUMBLE TURNS

In freestyle and backstroke, a few simple tips can help you get the most out of every turn:

- Approach your turn at maximum speed. Turns are a place to speed up not slow down. Be aggressive - think of things like 'attacking the wall.'
- Don't breathe inside the flags. Use the flags as a signal to accelerate - to speed up. Breathing inside the flags slows you down.
- As you commence your turn, put your chin on your chest. This initiates the turn and starts your body tumbling.
- Place one arm by your side as you commence your turn, stretching out the other arm towards the wall. Use this lead arm to pull your body through the turn, by quickly whipping it under your body to accelerate your turning speed. Be careful in backstroke - you can't take another stroke once you have commenced the turning action.
- Kick fast and hard right up until you start turning.
- The big secret to fast freestyle and backstroke turns is KICK YOURSELF IN THE BACKSIDE! By kicking yourself in the bottom you make your body small, so you can tumble quick and easily.
- Place both feet firmly on the wall shoulder width apart. This allows you to drive hard and kick out with maximum force. It will also minimise the chances of slipping on the wall.
- Push off the wall hard and streamline tightly. This is particularly important if you push off the wall on your back and then kick yourself over onto your front to start freestyle. Place your chin on your chest, keep your body long and tall, hold one hand on top of the other with fingers stretching to the other end of the pool, biceps squeezing your ears, toes pointing to the wall you just pushed off. Kick fast and hard as soon as your feet leave the wall.
- Your bottom hand begins stroking first. This allows you to maintain a long body shape and streamline more effectively.
- In freestyle, take a minimum of three strokes before breathing to maintain the speed you gained from your turn. Begin stroking at race speed.
- In backstroke, keep a tight streamline with short, fast butterfly kicks for as long as you can maintain a speed faster than that you could hold swimming, to the legal maximum of 15 metres.

DEL BOY'S CORNER

If you are interested in purchasing the following second hand goods then please speak to either Paul or Jackie Nicholls or phone (01322) 336747. We are looking to make this a regular feature in the Newsletter. If you have any goods you wish to sell then write down a brief description of what it is, the price you wish to sell it at and a contact name or number. Remember, the next issue of the Newsletter will be out in late April.

- CITIZEN DOT MATRIX PRINTER - £15 - Great for draft printing. Comes with Black and Colour ribbons. New ribbons available from mail order stockists.
- REALISTIC STEREO SOUND MIXER - £15 - Mix up to 8-Channels of music. With sound effects.
- BT RESPONSE 5 ANSWERING MACHINE x 2 - £10 each - Still boxed up as new. Call Screening and Remote Access features. Sells for £25 in shops.

SOCIAL SECTION NEWS

RAMBLE 2000 - "FUNTIME IN FRANCE!"

Instinct told me that our 2 day Ramble in the Pas de Calais region of France had all the right ingredients to be a winner. Of course, one factor that was beyond my control was the weather and as our route was to take us along the beaches and cliffs of the Cote d'Opale, (Opal Coast), I just prayed that the wind and rain would stay away.

And so, for 46 swimmers, Parents and friends, our journey to Folkestone to catch 'Le Shuttle' brought us fine drizzle, and delays in loading threatened to throw all my timings to the wind!

On reaching French soil, a short journey from the terminal to Bleriot Plage, just West of Calais, was to hopefully see us rendezvous with a reception committee from our French walking counterparts of 'Jeunes et Nature.' But, after the delays, would they still be there?

Thankfully, they were, and after appropriate greetings with their President, Edmond Tellier and four of his members, we made for the beach and the start of our 20km, (sorry, 12 mile!) journey to Cap Gris Nez. For those burdened with rucksacks, the soft sands made progress demanding added to which our Gallic guides had set off at a cracking pace!

Within half an hour, we were blessed with warm sunshine more akin to Springtime than late Autumn and for those kilted-out for the worst, it was a case of strip-off or start steaming! In the sunshine, you could really appreciate the wide-open expanses of sand bounded by high dunes on one side and the English Channel on the other complete with ferries that tracked our progress before changing course towards Dover.

All too soon, we reached Sangatte where our French friends had to leave us but not before a photo call, an exchange of Club badges and a promise to invite them to Kent for a future EDSC Ramble.

Now 'on our own,' with map in hand, the next stage of our Ramble was simply to follow the footpath as it climbed the cliffs to Cap Blanc Nez, clearly visible in the distance. Not so! We hadn't reckoned on the erosion which had caused the path to fall into the wares below and there were several time-consuming diversions before we began to climb proper.

On reaching the summit, our hoped-for views of the English coastline were obscured by sea mist. For those who elected to have their packed lunches 'al fresco' instead of reboarding the coach, there was time to explore more of the many German WWII fortifications that litter this coastline or to be entertained by aerobatics from a rather large radio-controlled model glider.

The descent of Cap Blanc Nez was considerably quicker and with many more walkers now in evidence, they were met with a polite 'Bonjour!'. On the other hand, Roy Wallace would plant another Union Jack Flag as a defiant gesture against France's British Beef ban!

At times, our route brought us perilously close to the cliff edge and there was ample evidence that erosion had altered the course of the path many times before.

Returning to sea-level, a further delay ensued as we debated where the footpath actually went! A local inhabitant confirmed that it followed the coastline but it was not possible for another hour until the tide had turned! OK, so most of us were swimmers but I did have a responsibility for the safety of our party and I did not want anyone getting marooned by the murky waters of the English Channel. We decided to make a go of it although this meant clambering over huge clods of glutinous clay and dodging the incoming breakers! Inevitably, most people got wet feet and just as we were about to reach the relative safety of an open beach, we then had to negotiate around an unexploded wartime shell sticking out of the mud!

The remaining kilometre to the fishing village of Wissant took us straight through a German blockhouse that sat at a haphazard angle astride the beach. On reaching Wissant, we again rendezvoused with our coach where the decision was taken to drive to Cap Gris Nez as delays had left us with insufficient time to reach there by foot.

The cliffs at Cap Gris Nez overlook the point where the English Channel meets the North Atlantic and from an EDSC point of view, was where Captain Webb completed the first cross-Channel swim in 1874. After a short exploration of the headland, we reboarded the coach for the drive South to Boulogne, a brilliant ruby red sunset providing a fitting end to Day 1 of 'Ramble 2000.'

1st class accommodation awaited us in Boulogne's modern Youth Hostel and as we dined on salmon, our coach driver Lee set the mood by 'tinkling the ivories' on a rather battered piano before we retired to the bar and eventually to our beds. Rumour has it that some Mums and Dads were kept awake by the noise of coded messages being tapped-out on the central heating system but I had already slipped into the 'land of nod.'

Having put our watches forward 1 hour, dawn on Day 2 was unnervingly 'late' when we arose at 7.30 am. Breakfast completed and rooms tidied, we said our fond farewells to our hosts and set-off through the streets of Boulogne towards the old town with its impressive Cathedral, (Dome) and fortified walls. A short time was spent browsing in shops and buying souvenirs before we headed back to the harbour for our visit to 'Nausicaa,' Europe's largest Marine Life Centre.

With the centre's restaurant empty the opportunity was taken to eat first from this well appointed venue overlooking the sea. The Marine Life centre certainly lived-up to it's billing and whether you were seduced by the shoals of beautiful tropical fish or amused by the antics of the Sea Lions, 2 hours was not enough to see everything.

On returning to our coach, the decision was taken to drive the few kilometres North for our next visit, to the British Military Cemetery at Terlincthun. With France only a week away from Armistice Day, poignant minutes were spent wandering amongst the headstones reflecting on the conflicts that had brought death and destruction throughout the 20th Century.

Returning to the coast, I felt it was only proper that we ended our 2 day trip to France by walking the remaining kilometres to the seaside town of Wimereux. This met with a mixed reaction from those with tired and aching limbs but the cliff-top route and the setting sun soon dispelled such thoughts and a final photo call was made before we entered the sleepy seaside town and reboarded the coach for the last time for the drive back to Calais.

Inevitably, we couldn't leave French soil without stocking up on cheap(er) wine and beer at one of the many Duty Paid outlets and then it was back on 'Le Shuttle' and a return to a rather damp Kent...

Taking aside the extraordinary value for money, this has to rank as one of our most enjoyable EDSC Rambles in the 15 years of walking. Thoughts have already turned to a 60th 'Diamond Jubilee Ramble' 'somewhere in Europe' but before then, why not join me for the North Downs Way III, a Ramble in East Kent on Thursday 24th February (during school half term). By the time these words are read, details should already be on display in the pool foyer...

PRESENTATION TO ROSEMARY WATKINS

A stalwart supporter of the Club for over 20 years, although Rosemary is today perhaps more familiar to most members as the lady on poolside in the blue 'Leisure Link' shirt, her involvement in EDSC activities had known no bounds. Whether arranging venues for our first Presentation Disco, officiating at Club and County level or Masters Swimming, (to name but 3!) her decision to stand down from the Social Section provided the opportunity to thank her for work with the recent presentation of a Royal Doulton horse.

E.D.S.C FAMILY DISCO 2000

For those of us old enough to remember where they were when JFK was assassinated, so in years to come will a new generation be asked where they celebrated the dawn of a new Millennium. As for 200+ Club members, Parents, relatives and friends, St Joseph College's superbly decorated hall was the place to be and whilst Cardiff may have been rocking to the 'Manic Street Preachers' and Glasgow to 'Texas', our never-to-be-repeated cabaret eclipsed the lot with appearances from Elvis Presley, Roy Orbison, The Beatles, Gary Glitter, Abba, Cher and Take That! What a line-up - what a night! The Holmes family had separate cause to celebrate whilst Marnie Thackray will remember the evening for completely different reasons, (hope the foot heals soon!).

Our thanks to everyone involved in the Hall decoration/clear-up but perhaps first and foremost to Pete and Chris Ellingford at the CD decks who were again on top form.

Peter Frost

FORTHCOMING EVENTS 2000

FEBRUARY	Saturday 12th Sunday 13th Saturday 26th	Braintree and Bocking Friendly 'A' gala Points Cup (heats for the Annual Gala) Octopus League Gala Round 2 - Orpington <i>and</i> Braintree and Bocking Friendly 'B' Gala
MARCH	Saturday 4th Sunday 5th Tuesday 7th Friday 10th Sunday 12th Sunday 19th Saturday 25th	Tudor League Round 5 - Eltham M11 Junior Speedo League Round 1 - Erith Host Annual Gala Finals - 4x2 I.M. Annual Gala Finals - Sprint & 4x1 I.M. Annual Gala Finals - strokes to be advised Annual Gala Finals - strokes to be advised Octopus League Gala Round 3 - West Wickham
APRIL	Sunday 2nd Saturday 8th Saturday 15th Sunday 16th Saturday 22nd	M11 Junior Speedo League Round 2 White Horse League Gala Round 4 Octopus League Gala Round 4 - Orpington Tudor League Round 6 - Eltham (Red only) West Suffolk Friendly 'A' Gala upto 15/Under
MAY	Saturday 6th Saturday 13th Saturday 20th Sunday 21st	Kent Primary Schools Championships <i>and</i> Elmbridge Pheonix Friendly 'A' Gala White Horse League Gala Round 5 <i>and</i> Kent Primary Schools Championships Tudor League Round 7 - Eltham (White only) M11 Junior Speedo League Round 3
JUNE	Saturday 10th Sunday 11th Friday 23rd Saturday 24th	West Suffolk Junior Novice Friendly 'A' Gala Tudor League Round 8 - Eltham Woodside & Thornton Heath 'A' Gala upto 12/U Redhill and Reigate '150' Friendly 'A' Gala
JULY	Saturday 1st Saturday 15th	White Horse League Gala Round 6 Woking Friendly 'A' Gala
SEPTEMBER	Saturday 16th Saturday 30th	Octopus League Gala Round 5 - West Wickham Braintree and Bocking Speedo A Team Warm Up
OCTOBER	Saturday 7th Saturday 14th Saturday 28th	Ipswich Friendly Junior 'A' Gala Speedo League Gala Round 1 <i>and</i> Octopus League Gala Round 6 - Orpington Enfield Friendly 'A' Gala
NOVEMBER	Saturday 11th Saturday 25th	Speedo League Gala Round 2 Ashford Friendly 'A' Gala
DECEMBER	Saturday 2nd	Speedo League Gala Round 3