



Erith and District Swimming Club

# NEWSLETTER



July 2000

Issue 168

## SECRETARY'S REPORT

**SPRINT TROPHY SERIES 2000:** We have decided to hold this competition in September at the start of the new season. The times will be a very good guideline for the team managers when selecting the various league and friendly teams. **All swimmers are expected to swim.** If, for any reason, you are unable to attend on either of the two dates, please tell your instructor. If you don't inform us, we will be asking you why you did not swim.

The age groups have changed for this competition and we have done this to fit in with most of the leagues and friendly galas. The new age groups will be 7 and Under (Mixed), 9 and Under, 11 and Under, 13 and Under, 15 and Under, Open and Masters (25-34, 35-44, 45+ for Masters).

The dates will be Sunday 10th September (Freestyle and Breaststroke) and 24th September (Backstroke and Butterfly). Warm up at 4pm for age groups up to and including 13 and under, warm up at approximately 5:30pm for all other age groups.

The points system is quite complicated - everybody ends up with two points for swimming and an average time is worked out for each age group and all swimmers attaining a time lower (or faster) than this receive an extra point. First place receives 14 points, second 12, third 10, fourth 8, fifth 6, sixth 4, everybody else 2. Of course if the placed swimmers do not make the average time, 1 point is deducted and, in the other circumstance, other swimmers receiving 2 points would have 1 point added if they attain the average time. I hope this makes some sense!

**BEHAVIOUR BOOK:** Anybody found misbehaving during any club activities inside or outside Riverside will be entered into the Behaviour Book. If a name appears three times the swimmer will be suspended. This does not mean that swimmers would not be suspended for 'one off' misdemeanours depending on the severity of the matter. Anybody found to be bullying another member will also appear in this book. If anybody is bullied or witnesses any bullying, please report it to your instructor. This will not be tolerated in this club!

***Pam Bedford, Hon. Secretary***

**WANTED  
PARENTS AND SWIMMERS OVER 16  
WHO WOULD LIKE TO TEACH SWIMMING**

Our bank of teachers is beginning to deplete and we would like to hear from any parents (especially those who have children swimming in the earlier groups) or any swimmers over the age of 16 who might be interested in becoming a swimming instructor.

We are hoping to run an Assistant Teachers Course in October during our club sessions on a Tuesday evening. The course fees would be greatly reduced for any parents or members willing to help out with club groups.

Please see Pam Bedford at the pool or ring on 01322 439892 if you are interested or need further details.

## PRESIDENT'S NOTES

As you all know, EDSC are renowned for having a good time especially at Club Social events, such as Disco's and Presentations and no more so than myself. We all like a good drink at these events, but it has been brought to our attention that a considerable number of our younger swimmers are openly consuming alcohol to excess, even though they are well below the legal age limit.

We do not in any way intend to stop our swimmers having a good time, but the responsibility lies solely with the Parents not to allow it. We have in the past had to take disciplinary action on a number of swimmers, who have taken excesses of alcohol at Club events, which have led to lengthy bans.

We do not like to take such action, but it has been necessary for the good of the club, as it will reflect not only on the parents, but also on the club and its officials, if nothing is done. We would also request that older swimmers resist the temptation from giving alcohol to the younger swimmer, even if they are put under pressure from them. Disciplinary action could also be taken on them.

What parents allow swimmers to do in the surrounds of their own homes or family functions is entirely up to them, but when it comes to club events, we would ask that you do not allow swimmers who are under the legal age limit to consume alcohol, even if they consider they are big enough.

Always have a good time, but remember these few words.

***Trevor Holmes, Club President***

## COACHING UPDATE - JULY 2000

Welcome to what I hope will be a regular feature in the Club Newsletter. In it I hope to update you on any coaching/teaching changes that will affect you, highlight the highs and lows of recent months and generally keep you informed about what is going on.

**AIMS:** Everyone from the youngest beginner to the oldest master should have aims for their swimming. If you don't swim with an aim, you should be asking yourself what you are doing in the pool. You must set yourself reasonable goals that are achievable. There is little point setting out to attain the impossible. If you would like help in setting your goals, speak to your teacher/coach or ask me. I have aims in my new position, which I feel would be good to share with all of you:

*TO IMPROVE THE QUALITY AND PROFESSIONALISM OF **ALL SWIMMERS**;  
TO IMPROVE THE QUALITY AND PROFESSIONALISM OF ALL TEACHERS AND COACHES;  
TO CONTINUE THE E D S.C. FRIENDLY AND SOCIABLE ATMOSPHERE;  
TO MAKE SURE **EVERYONE ENJOYS** THEIR SWIMMING.*

**SQUAD SYSTEM:** Thank you to all who attended the meetings held at the end of May. I hope it gave you all an insight into the thoughts that have gone into the newly introduced squad system. The immediate benefits of more consistent coaching and teaching can be seen now. As time goes by I will be holding regular meetings with all poolside helpers to ensure that we are all trying to work towards the same goals. The long term benefits of the

new squad system will take more time to show, but , will be worthwhile in the end.

It is good to see that everyone now seems happy in their new group. Remember, when the squads were arranged no swimmer was demoted or promoted. Each person was put into a group that suited their overall performance. As I have explained to some swimmers, it would be unfair of any coach to ask a swimmer who trains once a week to swim the same programmes as someone who trains six times per week. We have enough pool hours to accommodate swimmers of all abilities. This is something that EDSC has prided itself on in the past and we will continue to do so in the future.

**GALAS:**

**Junior Speedo:** Congratulations to this years team on achieving their highest ever position, coming runners up in the league. Keep up the good work and I see no reason why we shouldn't bring the trophy home next year!

**Kents:** What a year! Our highest ever entry in the Kents (27 swimmers), with our boys team achieving 12th place overall and the girls managing a 14th. Congratulations to all who took part, I hope you enjoyed the experience and look forward to seeing more of you there next year bringing back more medals for us.

**Southern Counties:** Congratulations to our 5 individuals and 2 teams that qualified for this event. Remember that qualifying is a hard task in itself. A special well done to **Matthew Shead** on his 2nd place in the final of the 50m Breaststroke and his brief holding of the Southern Counties Record for this event.

**Friendly Galas:** Kim Shead and Julie Craggs are settling into their new jobs. Please give them your support when they put team sheets on the notice board, as theirs is one of the most difficult jobs to do. **DON'T LET THEM HAVE TO CHASE YOU TO TICK THE SHEET!**

**Speedo League 2000:** This year's campaign will be on the following dates: 14/10, 11/11 and 2/12. You may already be aware that we will only be swimming one team this year as I do not currently believe that we have the number of swimmers in some age groups to field a 'B' team. I hope that we will be in a stronger position next year and be able to swim 2 teams again. **PLEASE KEEP THE ABOVE DATES FREE.** We want to gain promotion to Division 1 this year and will only do this if we swim full teams at each gala.

**ASK THE COACH:** Ever wondered why we do some of the things we do? Are you reliant on balcony chit-chat to find out the answers? We shall soon be introducing one evening per month when one of the coaches will be available for answering questions in the pool foyer. Please don't be frightened to come and see us and solve your problems.

**COMING UP:** Over the next few months we will be taking squads aside for chats in the Club room. These will be about various subjects such as diet, stretching and racing skills. Please make every effort to attend these group sessions.

**SQUAD NAMES:** All good squads deserve a good name. We have been racking our brains trying to think of some names for our 5 squads and we can't agree. This is where you come in. Suggestions are needed from you! I may even be able to talk the committee into giving out a prize for the successful entrant. All ideas to me in writing by the end of August please.

**THAT'S ALL FOLKS:** That is all for my first contribution to the Newsletter. I thank you all enormously, for all your help and support in my first few months. Please keep up the good work, enjoy your summer holidays if you are going away. I look forward to seeing you all on your return and to a successful 2000/2001 swimming season.

**John Burdett, Club Coach**

# **GALA RESULTS**

## WHITE HORSE LEAGUE

### Round 5 - White Oak Pool - 13th May 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith	79
2nd	White Darts	86
3rd	Croydon	134
4th	Bromley	147
5th	Eltham Stingrays	185

*Beckenham did not swim*

16 out of 41 firsts were achieved in the fifth round White Horse league gala held at White Oak Leisure Centre and hosted by White Darts. Congratulations to the following swimmers who achieved individual wins: **Kelly Bealing, Leanne Thompson (2), Ryan Carver (2), Freda Ross (2), Jade Barclay, Susan Murray, Louise Hoyne-Butler, Mark Russell.**

### Round 6 - Beckenham Spa - 1st July 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith	100
2nd	Beckenham	125
3rd	White Darts	136
4th	Croydon	140
5th	Bromley	177
6th	Eltham	227

16 out of 43 firsts were achieved in a very tense final White Horse league gala of 1999/2000 held at the 25 metre Beckenham Spa pool and hosted by Beckenham. We needed White Darts to finish in 3rd place and us to win it to give us enough league points. Plus, we needed to beat White Darts by more than 36 points. By the end of the gala we had realized that despite winning and White Darts finishing third, we had not achieved a 36 point lead over them. Much to our relief, due to the points being added up incorrectly, we had in fact achieved that 36 point gap, and are rightly so this year's joint league winners. Congratulations to the following swimmers who achieved individual wins: **Matthew Shead (2), Leanne Thompson, Stephen Kihara, Amy Glasscock, Ryan Carver (2), Clare Ross and Adele Howard.**

### *Final White Horse League Table 1999/2000*

POSITION	TEAM	GALA POINTS	LEAGUE POINTS
<b>=1st</b>	<b>Erith</b>	<b>619</b>	<b>67</b>
=1st	White Darts	619	67
3rd	Croydon	926	54.5
4th	Beckenham	590	54
5th	Bromley	1007	52.5
6th	Eltham	1311	43

**\*\* SEE PAGE 8 FOR WHITE HORSE LEAGUE PLACINGS \*\***

## TUDOR LEAGUE

### Round 6 - Eltham Pool - 16th April 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith Red	271
2nd	Eltham Stingrays	196
3rd	Greenwich	188
4th	Orpington	179
5th	Dartford	168

#### RED TEAM

30 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Katie Glasscock, Shelley Carver, Kelly Bealing, Jodie Cousins, Hollie Ferguson (2), Luke Fuller, Ellen Greenaway and Chris Gladwell.**

### Round 7 - Eltham Pool - 20th May 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Greenwich	219
2nd	Eltham Stingrays	206
3rd	Bromley	180
4th	Erith	179
5th	Orpington	138
6th	Dartford	134

#### WHITE TEAM

30 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Matt Kirkup, Rory Jenner, Holly Coventry and Lisa Dyer.** Congratulations also to **Tierni Clarke** and **Paul Foster** who both swam in their very first Tudor League gala, and **Sarah McCook** and **Rory Jenner** who are the new White Team captains.

### Round 8 - Eltham Pool - 11th June 1999

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith Red	238
2nd	Bromley	188

3rd	Erith White	184
4th	Orpington OJAY'S	157
5th	Gravesend	147
6th	Dartford	139

#### RED TEAM

18 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Jodie Cousins, Warren Carver, Richard Morrison, Chris Gladwell.**

#### WHITE TEAM

23 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Judith Goodey, Andrew Unwin, Tiffany Brown (2), Paul Foster, Natalie Walker, Nicholas McMonagle, Lucy Craggs, Raymond Green and Helen Smith.**

#### *Final Tudor League Table 1999/2000*

POSITION	TEAM	LEAGUE POINTS
1st	Erith Red	36
=2nd	Bromley	25
=2nd	Eltham Stingrays	25
4th	Greenwich	23
5th	Erith White	22.5
6th	Orpington OJAY'S	14.5
7th	Dartford	14
8th	Gravesend	4

**\*\* SEE PAGE 8 FOR TUDOR LEAGUE PLACINGS \*\***

**FIRST GALA OF THE NEW SEASON SATURDAY 28TH OCTOBER. SEE FORTHCOMING EVENTS FOR FURTHER DATES!!!**

## M11 JUNIOR SPEEDO LEAGUE

### Round 2 - Harlow Pool - 2nd April 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Erith	214
2nd	B.O.C.P. "A"	181
3rd	Braintree	178
4th	Harlow	133
5th	Colchester	114
6th	B.O.C.P. "B"	64

An astonishing 49 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Joe Thorogood, Simon Facer, Emma Hoyne-Butler (2), Jodie Cousins (2), Joe Carroll, Nicholas McMonagle, Matthew Shead (2), Kelly Bealing, Warren Carver, Chloe Ross, Jade Barclay, Robert Shead and Andrew Unwin.** Plus a special congratulations to **Matthew Shead** who broke the club record for the 12 and Under's 50m Breaststroke.

## Round 3 - Haileybury College - 21st May 2000

### *Gala Results*

POSITION	TEAM	POINTS
1st	Griffins	189
2nd	Erith	166
3rd	Romford	161
4th	Stevenage	152
5th	Hoddesdon	132
6th	B.O.C.P. "A"	102

Another excellent 43 P.B.'s were recorded in total. Congratulations to the following swimmers who achieved individual P.B.'s: **Emma Hoyne-Butler, Nicholas McMonagle (2), Adele Howard, Matthew Shead (2), Kelly Bealing, Warren Carver, Jade Barclay and Robert Shead.** Once again, a special congratulations to **Matthew Shead** who managed to take another 2 seconds off of his own club record for the 12 and Under 50m Breaststroke, and also to **Adele Howard** who broke the club record for the girls 11 and Under 50m Backstroke. Well done to the whole team for finishing 2nd in the league - our highest ever placing.

**\*\* SEE PAGE 10 FOR JUNIOR SPEEDO LEAGUE PLACINGS \*\***

### WHITE HORSE LEAGUE PLACINGS 1999/2000

1st	Ryan Carver	157	23rd	Mark Russell	41
2nd	Matthew Shead	126	24th	Andrew Unwin	39
3rd	Clare Sweeney	115	25th	Rikki Ferguson	37
4th	Stephen Kihara	108	26th	Luke Fuller	36
5th	Shelley Carver	93	27th	Ian Magness	34
6th	Paul Nicholls	88	28th	Michael Redpath	32
7th	Freda Ross	84	29th	Luch Cowell	31
8th	Stuart Russell	75	30th	Tiffany Brown	30
9th	Adele Howard	74	31st	Roy Burdett	26
10th	Amy Glasscock	70	32nd	Lauren Thorogood	25
	Kelly Bealing	70	33rd	Mark Nicholls	24
	Nicholas McMonagle	70	34th	Katie Glasscock	23
13th	Leanne Thompson	67	35th	Emma Hoyne-Butler	16
14th	Louise Hoyne-Butler	60	36th	Joe Carroll	14
15th	Jade Barclay	58	37th	Robert Shead	13
16th	Chloe Ross	57	38th	Laura Carroll	13
17th	Philip Brown	55	39th	Helen Smith	12
	Sam Pilbeam	55		Andrew Bates	12
	Clare Ross	55	41st	Steven Hartley	11
20th	Helen Shepherd	53	42nd	George Warnes	9
21th	Tim Wilkes	52	43rd	Simon Facer	8
22th	Susan Murray	51	44th	Paul Graimes	6

### TUDOR LEAGUE PLACINGS 1999/2000

<u>Tudor Red Team</u>			<u>Tudor White Team</u>		
1st	Joe Thorogood	147	1st	Nicholas McMonagle	108
2nd	Luke Fuller	144	2nd	Helen Shepherd	106
3rd	Shelley Carver	138	3rd	Helen Smith	101
4th	Hollie Ferguson	132	4th	Sarah McCook	92
5th	Wayne Slough	130	5th	Robert Shead	90



6th	Leanne Thompson	128	6th	Tiffany Brown	87
7th	Warren Carver	123	7th	Joe Carroll	84
8th	Jodie Cousins	120		John Murray	84
9th	Gary Lansdale	114	9th	Judith Goodey	80
10th	Richard Goodey	111	10th	Natalie Walker	71
11th	Tracey Thomas	105	11th	Ben Wallace	69
12th	Paul Wallace	103	12th	Andrew Unwin	68
13th	Mark Holmes	102	13th	Lucy Craggs	61
14th	Chris Gladwell	96	14th	Philip Cunningham	57
15th	Katie Glasscock	93		Lisa Dyer	57
16th	Lauren Thorogood	87		Katherine Nye	57
17th	Emma Wallace	85	17th	Gemma Merridan	53
18th	Ellen Greenaway	84	18th	Holly Coventry	50
19th	Sam Pilbeam	83		Rory Jenner	50
20th	Kerry Dewey	81	20th	Matt Kirkup	47
21st	David Taylor	79	21st	Amanda Homewood	42
22nd	Zoe Hubbard	77		Daniel Byskup	42
23rd	Jo Frost	67		Fred Kibisu	42
24th	Kelly Bealing	64		George Warnes	42
25th	Richard Morrison	61	25th	Grace McCalla	41
26th	Natalina Semedo	58	26th	Adele Howard	39
27th	Daniel Thomerson	56	27th	Rosie Gardner	38
28th	James Willey	55		Joseph Spence	38
29th	Simon Barrett	54	29th	Victoria Richards	37
	David Ellingford	54		Grant Bealing	37
31st	Steven Lawrence	53	31st	Daniel Richards	35
32nd	Annabel Unwin	49	32nd	Jennifer Chan	34
	Sara Case	49		Shaney Peile	34
34th	Katie Dobberson	46	34th	Susan Murray	32
35th	Emma Eady	45		Jade Pilbeam	32
	Darren Cooper	45		Darren Fuller	32
37th	Sarah Brimble	39	37th	Daniella Murray	30
38th	Lawrence Smale	35	38th	Laura Carroll	29
39th	Heather Wallington	32	39th	Ian Facer	27
	Luke Dewey	32	40th	Rikki Ferguson	25
41st	Jade Barclay	29	41st	Emma Prior	25
42nd	Luke Morris	22	42nd	Jon Baker	24
43rd	Lee Smith	19		Leanne Mitchell	24
44th	Abbie Thompson	18	44th	Alex Ryan	23
	Sarah Hubbard	18	45th	Paul Foster	21
46th	Marc Merridan	16	46th	Tierni Clarke	19
47th	Simon Facer	14	47th	Miranda Retour	16
48th	Sarah Craggs	12		Raymond Green	16
	Mark Power	12	49th	Lucian Colman	15
50th	Philip Power	11		Michael Pennington	15
	Laura Porritt	11	51st	Chris Goater	14
52nd	Ben Lennoz	10	52nd	Talisia Quallo	12
53rd	Kirsty Dobberson	7	53rd	Nicola Milner	11
				Chloe Ross	11
			55th	Eric McMonagle	9
			56th	Robert Cricket	8
			57th	Robert Facer	7
				Frank Rider	7
			58th	Ashley Martin	4
			59th	Tracey Cooper	3

## M11 JUNIOR SPEEDO LEAGUE PLACINGS 2000

1st	Matthew Shead	100	20th	Thomas Rose	37
2nd	Chloe Ross	80	21st	Ellen Greenaway	36
3rd	Adele Howard	65	22nd	Joe Carroll	33
4th	Robert Shead	64	23rd	Richard Goodey	33
5th	Kelly Bealing	62	24th	Katherine Nye	32
6th	Katie Dobberson	61	25th	Simon Facer	31
	Rosie Gardner	61		Natalina Semedo	31
8th	Joe Thorogood	60	27th	Daniel Thomerson	30
9th	Matt Kirkup	59	28th	Emma Hoyne-Butler	27
10th	Jodie Cousins	58	29th	Hollie Ferguson	25
11th	Nicholas McMonagle	55	30th	Stuart Russell	19
12th	Grant Bealing	53	31st	Katie Glasscock	16
13th	Andrew Unwin	49	32nd	Sarah Brimble	15
14th	Warren Carver	47	33rd	Lisa Dyer	9
15th	Jade Barclay	42	34th	Judith Goodey	7
	Laurence Smale	42	35th	Wayne Slough	5
17th	Sarah Craggs	39			
18th	Michael Redpath	38			
	Laura Porrit	38			

## FRIENDLY GALAS

### Selkent Trophy 'B' Gala - West Wickham - 8th April 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Orpington Purple	341
2nd	Epsom	257
3rd	Erith	253
4th	White Darts	248
5th	Orpington Black	158
6th	Haggerston	106

Despite picking lane 6 in the draw we had some excellent swims with 21 P.B.'s. Individual wins for **Katie Glasscock**, **Emma Prior**, **Ben Wallace**, **Hollie Ferguson**, **Laura Carroll**, **Steven Hartley** and **Judith Goodey**. Orpington won the gala quite convincingly but the next three places were very close. Many thanks to **Ian Morrison**, **Karen Hubbard** and **Ian Craggs** for their help on poolside and to **Sarah Hubbard** and **Gary Richards** for keeping the swimmers organised. A very enjoyable gala.

### Redhill and Reigate 'A' Gala - 24th June 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	RTW Monson	111
2nd	Crawley	127
3rd	Erith	164
4th	Sutton	174
5th	Epsom and District	209
6th	Redhill & Reigate	250

This gala was completely different to any others, as not only was it just made up of relays, but most of the relays only had two legs. We had a number of first places: **Robert Shead/Matt Shead, Luke Fuller/Ryan Carver, Adele Howard/Kelly Bealing, Warren Carver/Nicholas McMonagle, Steven Hartley/Stephen Kihara, Jade Barclay/Kelly Bealing, Joe Thorogood/Matthew Shead, Adele Howard/Chloe Ross**, both Under 12 Medley relays, the boys Under 16 Medley relay and the girls U12 Freestyle relay. Thanks to **Clare Ross, Carol Thorogood and Peter Brown** for all their help on poolside.

### Woking 'A' Gala - 15th July 2000

#### *Gala Results*

POSITION	TEAM	POINTS
1st	Rushmoor Royals	166
2nd	Woking	131
3rd	Erith	115
4th	Horley	76

This was the last gala of the season and it was a very quick one! The first race got off to an unfortunate start when **Richard Goodey** jumped in as the starter pressed the buzzer before saying take your marks. He was barely up on the blocks again before the re-start. As a result the race had to be re-swum. **Richard** swam well and got a very close 2nd place. Individual first places also went to: **Mark Nicholls, Chloe Ross, Stuart Russell, Kelly Bealing, Warren Carver, Matthew Shead**. A big thank you to **Lisa and John Burdett** for swimming at short notice and **Stuart Redpath, Carole Goodey and Peter Brown** for all their help on poolside. Can we thank everybody who has helped us since we took over the friendly galas and to all parents for their support. A big thank you to **Chris Wallace** for all the supplies of drinks and sweets for the coach.

***Kim Shead and Julie Craggs***

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### USEFUL TELEPHONE NUMBERS

<b>SPEEDO LEAGUE</b>	John Burdett	(01322) 351414
<b>WHITE HORSE LEAGUE</b>	John Burdett	(01322) 351414
<b>FRIENDLIES</b>	Julie Craggs	(01322) 528149
	Kim Shead	(020) 8306 7367
<b>M11 JUNIOR SPEEDO LEAGUE</b>	Mick or Jill Thackray	(01322) 338910
<b>TUDOR LEAGUE - RED TEAM</b>	Glenn Thackray	(01322) 410472 or (01322) 338910
<b>TUDOR LEAGUE - WHITE TEAM</b>	Simone Rider	(01322) 660640
<b>OCTOPUS LEAGUE</b>	Carol Goodey	(01322) 408408
<b>INTERNAL COMPETITIONS (POINTS CUP, SPRINT TROPHY, ANNUAL GALA) &amp; ALL OTHER ENQUIRIES</b>	Pam Bedford	(01322) 439892
<b>KENT OFFICIAL</b>	Karen Hubbard	(020) 8310 7170
<b>E.D.S.C. NEWSLETTER</b>	Paul or Jackie Nicholls	(01322) 336747

## **OTHER RESULTS**

### SOUTHERN COUNTIES CHAMPIONSHIPS 2000: Crystal Palace

After our success in the Kent Championships we had five swimmers **Ryan Carver, Matthew Shead, Stuart Russell, Stephen Kihara and Amy Glasscock** who qualified for this year's championships.

**Ryan** qualified for 6 events and his best result came in the 15yrs 100m Freestyle in which he had a PB coming 14th overall with the fastest time for a Kent swimmer. **Ryan** was selected to swim for Kent in the Inter-County championships which were held at Crystal Palace in May. **Ryan** swam in a Freestyle relay and had a very good swim bringing the team from 3rd to 1st place.

**Matthew**, swimming in his first Southern Counties, was just pipped by 0.04 for the Gold medal in the 50m Breaststroke. **Matthew** broke the Southern Counties record in the heats and both the winner and **Matthew** went on to break the record again in the final. **Matthew** also just missed out on a medal in the 50m Freestyle.

**Stuart**, swimming for the 2nd year in these championships came 24th in the 100m Butterfly. Both **Stephen** and **Amy** were swimming in these championships for the first time - **Stephen**, a late qualifier, swam in the 100m Breaststroke and 50m Freestyle - his best result was in the Breaststroke coming 15th. **Amy** competed in the 100m Backstroke and came 51st out of an entry of nearly 80 swimmers.

#### Results

<b>Ryan Carver</b>	<i>15yrs 200m IM</i>	30th	<i>15yrs 100m F/S</i>	14th
	<i>15yrs 50m F/S</i>	20th	<i>15yrs 200m F/S</i>	24th
	<i>15yrs 100m Fly</i>	11th		
<b>Matthew Shead</b>	<i>11yrs 50m B/S</i>	2nd	<i>11yrs 50m F/S</i>	4th
	<i>11yrs 200m I/M</i>	6th		
<b>Stuart Russell</b>	<i>12yrs 100m Fly</i>	24th		
<b>Stephen Kihara</b>	<i>15yrs 100m B/S</i>	15th	<i>15yrs 50m F/S</i>	27th
<b>Amy Glasscock</b>	<i>14yrs 100m B/C</i>	51st		

This year we also entered two relay teams in the Championships and although the standard is high our team managers were very pleased with the way the boys had swum. After their success in the Kent's, the boys 10-12yrs just missed out on the final of the Medley coming 11th overall. The boys 13/14yrs team's best result was in the Medley coming 28th.

#### Results

<i>10-12yrs Med</i>	Simon Facer, Matthew Shead, Wayne Slough, Michael Redpath	<b>11th</b>
<i>10-12yrs F/S</i>	Simon Facer, Matthew Shead, Michael Redpath, Joe Carroll	<b>17th</b>
<i>13-14yrs Med</i>	Philip Brown, Luke Fuller, Sam Pilbeam, Stephen Hartley	<b>28th</b>
<i>13-14yrs F/S</i>	Philip Brown, Luke Fuller, Sam Pilbeam, Stephen Hartley	<b>37th</b>

**CONGRATULATIONS AND WELL DONE TO ALL SWIMMERS.** I would also like to thank all parents and team managers for their support.

**Chris Case**

## BEXLEY PRIMARY SCHOOLS GALA AND KENT PRIMARY SCHOOLS CHAMPIONSHIPS 2000

The club was pleased to see so many of its' swimmers representing their respective schools at the recent Kent Primary Championships and Bexley Primary Schools gala.

At the Kent Championships first round on 6th May 2000 were **Warren Carver, Joe Spence, Tierni Clarke, Abbie Thompson, Charlotte Feeney, Lisa and Lilah Clayden, Richard Goodey, David Kensington, Darren Fuller, Lisa Smith, James Willey, Joe Thorogood, Emma Hoyne-Butler, Matthew and Robert Shead, Adele Howard, Natalina Semedo and Joe Carroll**. They all swam very well and supported each other, despite being from different schools and rivals on this occasion. Brampton started well, winning the first race, the Mixed Medley relay with **Adele Howard, Joe Thorogood, Matthew and Robert Shead**. **Charlotte Feeney, Joe Thorogood, Joe Carroll, Adele Howard, Emma Hoyne-Butler and Matthew Shead** all qualified for their individual events, for the final round to be held the following Saturday. Lesney Park, with **Joe Spence and Warren Carver** in the team, qualified for the Boys Mixed Stroke Relay as did Brampton with **Joe Thorogood, Matthew and Robert Shead**, they also qualified for the Boys F/S relay with the help of James Willey.

The final round at Canterbury saw **Joe Thorogood** finishing 12th place in the F/S, **Emma Hoyne-Butler** 6th in the Fly, **Charlotte Feeney** 4th in the Backstroke, **Adele Howard** 1st in the Backstroke, **Matthew Shead** 1st in the B/S and the Lesney Park relay team 8th for the Boys Mixed stroke relay. The Brampton boys came 1st in both the freestyle and Mixed Stroke relays.

Friday 19th May was an exciting evening for **Adele Howard, Joe Thorogood, James Willey and Matthew and Robert Shead** as they were presented with their County Colours. They swam for Kent in the annual meet against Surrey with very pleasing results. **Adele** came 2nd in the Backstroke and **Matthew** came 1st in the B/S. The Brampton boys swam brilliantly, as well, finishing 1st in the Mixed Stroke relay and 2nd in the F/S relay and were highly delighted, as they qualified for the National Relay Finals to be held at Ponds Forge pool, Sheffield in June.

**Joe Thorogood, James Willey, Robert and Matthew Shead** swam very well in Sheffield in the F/S relay finishing 15th in England with a PB time. This was an excellent result bearing in mind that **Joe and Robert** are still year 5 pupils. The mixed stroke relay team, **Joe, Matthew and Robert** with a non-club swimmer as the fourth man finished a very creditable 16th in the country.

The Bexley Primary Gala was another rewarding evening for EDSC with 11 out of the 13 races being won by Erith swimmers. All of the aforementioned swimmers competed plus **Emily and Luke Morris, Laurence Smale, Danielle Brown, Georgia Mahoney, Ellen Greenaway, Alexander Semedo, Daniel Upsher, Chloe Ross, Rosie Gardner, Stacey and Jack Reeves and Joe Hodges**. Some of these swimmers were competing for the first time and should be proud of their performances. One of the most exciting races of the night was the Girls IM race with **Emma Hoyne-Butler and Chloe Ross** racing against each other. They were neck and neck for the whole race, but **Chloe** managed a final surge at the end and beat **Emma** by less than half a second, producing a personal best time and a new Club Record for the event in the 10 and Under age group.

**Kim Shead**

## **OOPS!!!**

SINCERE APOLOGIES MUST GO TO STEVIE KIRKUP AND JUDITH GOODEY FOR NOT BEING MENTIONED IN THE LAST NEWSLETTER FOR THEIR EFFORTS IN THE KENT SECONDARY SCHOOLS' CHAMPIONSHIPS. WELL DONE!

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## **BRITISH HEART FOUNDATION LONDON TO BRIGHTON BIKE RIDE**

A small band of 24 club members, parents and friends joined our annual ride of 58 miles from the start of Clapham Common, in brilliant sunshine. This was the 13th occasion a club team has participated - Peter Frost started it all in 1987, apart from 1991 when we opted for the London to Cambridge event instead.

The response from club members this year was very disappointing but three keen young men, **Ian Facer, Stephen Kihara and Ryan Carver**, rode for the first time - well done.

**Ryan** was some 20 minutes behind his riding partners as the temptation of a burger proved too strong - but he arrived to a hero's welcome. Thank you to all parents who sponsored me and other club members. I would be grateful if all sponsorship forms and money are handed to me when complete to enable all donations to be returned together. Last year we raised £1746.37, which we are unlikely to match, owing to fewer riders, but let's see what we can achieve.

Apologies to all those riders who met a member of the "Gestapo" who initially would not let them set off because their official start time was later than we requested. However, **Peter Brown** missed him and crossed the finish line first at 10.42am after a prompt 6.30am start. A big thank you to **Eric Watkins** who rode with me this year owing to **Rosemary** being unable to participate.

I hope to be able to arrange a club team again next year. It is always Father's Day, look out for details in January and with a better response we will plan another ride in 2001.

**Allan Bedford**

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## **OFFICIALS' CORNER**

Congratulations go to **Simone Rider, Julie Craggs and Peter Brown** on passing their Judges Practical Exam recently.

Anyone who is interested in taking the timekeepers exam later this year, please let me know by Thursday 8th August at the latest, for an entry form. You will get plenty of practice in the forthcoming Sprint Trophy competition. Of course, any qualified timekeepers who would like to do the Judges or Starters exam, please let me know - you are always needed.

**Karen Hubbard**

## **SOCIAL SECTION NEWS**

### SWIM CLINIC III - 25th June 2000

This recent event, with 4 times Olympian Suki Brownsdon and Great Britain 50 and 100m metre Backstroke Record holder, Sarah Price, was arguably the best yet. Emphasis was placed on flexibility and the importance of stretching exercises before any training session or race, something which our club wants to actively encourage.

Whilst Sarah took to the water to display the swimming techniques which have made her the Country's top Backstroker and a medal prospect for this years' Sydney Olympics, her enthusiasm was put to good use as she ably demonstrated the elastic 'Thera-bands' to help improve the strength of our younger swimmers and the aerobic and weight-training machines to our older members and masters.

Our thanks to 'Leisure Link' for allowing us access to the facilities in the 'Olympia Fitness Centre." If you missed this *free* Club event you should be kicking yourself as you will have to wait until next year for 'Swim Clinic IV.'

### FAMILY RAMBLE - 26th October 2000

Watch out for details of our autumn school half-term Family Ramble which takes place on Thursday 26th October. Whilst the destination has yet to be decided for this, the club's 59th Ramble, you can bet it will be something to look forward to...

### FORTHCOMING SOCIAL EVENTS

Quiz Night	21st October 2000	(provisional)
Family Ramble	26th October 2000	(details T.B.A.)
Christmas Disco	16th December 2000	(details T.B.A.)
New Years' Eve Family Celebration	31st December 2000	(details T.B.A.)

## **OTHER NEWS**

Congratulations to Sarah-Louise Casey who won Silver and Bronze medals for the 200metres Freestyle and 50 metres Butterfly events respectively at the recent National Swimming Championships for People with Learning Disabilities. The competition which took place in Chesterfield's 25 metre pool also saw 14 year old Sarah gain P.B.'s in the 100 metres Individual Medley and 50 metres Freestyle events.

## **FORTHCOMING EVENTS 2000/2001**

<b>SEPTEMBER</b>	Sunday 10th Saturday 16th Sunday 24th Saturday 30th	Sprint Trophy (F/S & Back) - W/U 4pm/5:30pm Octopus League Gala Round 5 - West Wickham Sprint Trophy (B/S & Fly) - W/U 4pm/5:30pm Braintree and Bocking Speedo A Team W/U
<b>OCTOBER</b>	Saturday 7th Saturday 14th Saturday 21st Thursday 26th Saturday 28th	Dartford Friendly Junior 'A' Gala Speedo League Gala Round 1 Quiz Night (provisional) Family Ramble (details T.B.A.) Tudor League Round 1 - Eltham
<b>NOVEMBER</b>	Saturday 11th Saturday 25th Sunday 26th	Speedo League Gala Round 2 Ashford Friendly 'A' Gala Tudor League Round 2 - Eltham (White Only)
<b>DECEMBER</b>	Saturday 2nd Saturday 9th Saturday 16th Sunday 31st	Speedo League Gala Round 3 Croydon White Horse League W/U Gala Christmas Disco (details T.B.A.) New Years' Eve Family Celebration
<b>JANUARY 2001</b>	Saturday 6th Saturday 13th	Tudor League Round 3 - Eltham White Horse League Round 1 - Swanley
<b>FEBRUARY</b>	Saturday 3rd Saturday 17th	Tudor League Round 4 - Eltham White Horse League Round 2 - Bromley host
<b>APRIL</b>	Saturday 21st Saturday 28th	Tudor League Round 5 - Eltham (Red Only) White Horse League Round 3 - Erith
<b>MAY</b>	Saturday 19th	Tudor League Round 6 - Eltham
<b>JUNE</b>	Saturday 9th	Tudor League Round 7 - Eltham
<b>JULY</b>	Saturday 7th	White Horse League Round 4 - Beckenham
<b>SEPTEMBER</b>	Saturday 29th	White Horse League Round 5 - Eltham host
<b>NOVEMBER</b>	Saturday 3rd	White Horse League Round 6 - Croydon host

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That's it for Issue 168 of the **EDSC Newsletter**.

Please can you make sure that all Newsletter contributions come in as and when they happen, so as to avoid a last minute rush. Issue 169 will be out in December, so the absolute deadline will be at the end of November. Look at the Noticeboard for the exact date nearer the time.