



INSIDE ISSUE 181

- 2 – Coaches Report
- 3 – Gala Results
- 7 – Other Results
- 9 – Club Records
- 10 – Masters Section
- 10 – Social Section News
- 11 – Synchro Update
- 12 – Forthcoming Events

USEFUL TELEPHONE NUMBERS

Speedo / White Horse / Junior
Speedo / Kent Junior League:

➤ John Burdett
(XXXXX) XXXXXX

Tudor League – Red Team:

➤ Carol Goodey
(XXXXX) XXXXXX

Tudor League – White Team:

➤ Julie Craggs
(XXXXX) XXXXXX

Octopus League:

➤ Paul Byskup
(XXX) XXXX XXXX

Friendly Galas:

➤ Julie Craggs
(XXXXX) XXXXXX

Internal Competitions (Points
Cup, Sprint Trophy, Annual
Gala) and all other enquiries:

➤ Bob Eady
XXXXX XXXXXX
E-mail: XXXX@XXXXX

Newsletter (comments,
articles) & Swimmers'
Representative:

➤ Paul Nicholls
(XXXXX) XXXXXX
XXXXX XXXXXX
E-mail: XXXXXX@XXXXXX

Secretary's News

After many years of dedicated support and hard work, **Pam and Allan Bedford** have finally decided to hang up their swimming goggles. I had known them both since my daughter – Emma - had joined the club 7 years ago, but had never appreciated how much they spent helping the club A **Big 'Thank You'** to you both is in order and another one for helping me move into the job, without too many problems...

At the same time as this change, we have also appointed a new Chairman of the Committee, **Mark Russell**, and we have two new members, **Claire Eady** – to help me & **Jim Stear** to represent the interests of the parents. Good luck to you all!

This year has been very eventful, with many events taking place and trophies won. In particular, the trip to Germany will be remembered by the swimmers and helpers for many years – it was a great success. Next year is going to be eventful too, as our club will be moving to its new location, just up the road, at the Erith Sports Centre.

The new pool is due to open on March 21st and a lot of work is still required to make sure that the transition is as smooth as possible. The new pool will be 25m long instead of the current 33 and shall be the same length as most of the gala pools where many of our swimmers compete. The standards of the pool and changing rooms will obviously be up to date and our swimmers should greatly benefit from these improved facilities. As soon as we have more information, we will let you know.

To mark the closure of the existing pool a special 24 hour sponsored swim is being planned and will involve as many members of the club as possible... Keep your eyes on the notice board for further information.

From my time spent, working with the Social Committee, it has been clear that a lot of effort is required to make sure that sufficient funds are raised to help pay for the 'team coaches'. This effort often falls onto the shoulders of just a few people and it would be great if more people could offer their services to help 'share the load'. In particular we could really do with help from some of the parents of the younger swimmers. The next social committee meeting is in early January, so please come along & see what we do... your attendance would be very welcome!!

The Christmas break is coming up soon and some of the normal swimming sessions will not be taking place... For your information:-

The **last** swimming session will be on **Tuesday 21st December** (Fun Night and Sprint Trophy Presentation)

The **first** swimming session in the New Year will be on **Tuesday 4th January**
There will be **no** swimming at **Dartford on Wednesday 22nd** and the **first** session in the New Year will be on **12th January**.

On **Sunday 16th January** there is the annual 'Champions of the future' for our Younger swimmers, so keep your eyes on the notice board for more information.

That's probably enough for now..... so all there is left to say is...

Merry Christmas & Happy New Year!!

Bob Eady – Club Secretary



Coaches Report

What a fantastic year we have had! So many great achievements for both individuals and the Club as a whole.

Our year has finished in a great way with our younger swimmers winning Division 2 of the Kent Junior League and gaining promotion to Division 1 next year (don't forget that we also won Division 2 of the Junior Speedo League earlier in the year too).

Our top swimmers were also outright winners of The White Horse League, after a nail-biting finale at Croydon, where a 1 point victory ensured our well earned victory.

At the time of writing we have also enjoyed great successes in The Speedo League, with our A team taking part in the Division 1 East Promotional gala the other Saturday.

Our aims and goals will shift in January as we enter a more individual phase of the year. During the early part of the year swimmers get the chance to perform to their strongest at various events including County Championships and our own Club Championships.

Our biggest challenge in 2005 however will be to ensure a smooth transition to our new pool. At the moment this is scheduled to be on March 21st and dialogue has begun between the relevant parties to try to ensure that we get what we want from the deal. THERE WILL BE CHANGES – SO BE PREPARED!!!

One final piece of good news is to confirm to you all that the Management Committee of the Club has appointed **Jenny Vick** to the role of Senior Instructor. Jenny's role will be similar to that of mine as she will take on overall responsibility for our existing teaching programme i.e. all lessons from 7-8pm. Jenny and I will be meeting with all our Club teachers early in the New Year with the aim of putting a more structured system of learning into place. Two other changes will come from this, firstly, Jenny will no longer be coaching the Top Squad with Mark and I. Jenny has been involved with our Top Squad since it began in its current form in March 2000. I would like to thank her very much for her help and assistance both personally and on behalf of all the swimmers she has worked with during those years. Secondly, we are looking urgently for someone to help out with the sale of Club wear as Jenny will now be spending her evenings on poolside. If you can help, please speak to any member of the Committee. No offer of help will be refused.

All that remains for me to do is to wish you all a very merry Christmas and to remind you that we will be back with normal training on **Tuesday 4th January**. I for one am looking forward to a very exciting 2005.

John Burdett – Club Coach

Club Trophies

As a reminder for all those in possession of any Club trophies, please note it is your responsibility to look after your trophy. If, at any time the trophy is accidentally broken it is your responsibility to replace the broken part or, if it cannot be repaired, replace the entire trophy (please let me know in advance if this is the case). Please also note that it is your responsibility to get your name engraved on the trophy (for this Pantiles in Bexleyheath is recommended). If you experience any difficulties in getting your name engraved then please speak to **Paul Nicholls**. Finally, when you are asked to return your trophy/trophies please make sure that no repair work is required and that they are clean and shiny! (a bottle of silver polish at around £2 is all you need).

Paul Nicholls

Champions of the Future – Sunday 16th January 2005

This is a compulsory internal competition for all swimmers in the 7 and under to 12 and under age groups (born between 1993 and 1998). Warm up is 4pm at Riverside.

Gala Results

All the latest League and Friendly Gala Results

Speedo League 2004

ROUND 1 – SATURDAY 9th OCTOBER 2004

Gala Results

A BLACK LION		
Pos	Club	Points
1	White Darts	222
2	Erith A	198.5
3	Black Lion	196
4	Kingston Royals B	181.5
5	Rochester	127
6	Elmbridge Phoenix	123

We had over 65 swimmers taking part in the first round of the most important league in our swimming calendar. The A team won an impressive 10 races, with individual wins coming from: **Emma Coppen (2)**, **Shane Povey-Garman**, **Nick McMonagle (2)**, **Michael Cook (2)** and **James Stear**. Also, the boys 13 and under team of **Michael**, **Thomas Rose**, **Tim Colman** and **Matt Kirkup** secured victory in both of their relays.

B SEVENOAKS		
Pos	Club	Points
1	Ashford	190
2	Sevenoaks	189
3	Redhill and Reigate	131
4	Croydon B	120
5	Erith B	111

For the B team we had 4 unfortunate disqualifications, and only one individual winner, the new girls' vice club captain, **Judith Goodey**, in the open ladies backstroke. However, there were plenty of individual second places courtesy of **Helen Clifton (2)**, **Rory Jenner (2)**, **Gemma Anderson**, **Simon Facer**, **Elizabeth Kennedy**, **Louise Hoyne-Butler**, **Jake Reeves** and **Michael Redpath**.

ROUND 2 – SATURDAY 13th NOVEMBER 2004

Gala Results

A BECKENHAM		
Pos	Club	Points
1	White Darts	215
2	Beckenham B	203
3	Erith A	179
4	Guildford City B	162.5
5	Haywards Heath	160
6	Bromley	128

The A team travelled to Beckenham and excelled their expectations by winning nine events and finishing third overall. Individual wins came from **Mark Russell**, **Emma Coppen**, **Michael Cook (two)**, **Nick McMonagle**, **Shane Hume** and **Laura Porritt**. **Laura** also broke the 100m butterfly record in both the 14 and 16 and under age groups. The mens' open relay team also took maximum points in both its events. The team consisted of **David Kane**, **Paul Nicholls**, **Mark Russell**, **Gary Lansdale**, **Nick McMonagle** and **Shane Hume**.

B CANTERBURY		
Pos	Club	Points
1	Hastings	181
2	Canterbury	162.5
3	Hythe Aqua	160
4	Maidstone	143.5
5	Erith B	96

In the B team's gala at Canterbury, **Tim Colman** was Erith's only individual winner. However, it should not be forgotten that we were swimming against 3 'A' teams. **Rory Jenner**, **Sam Hayes** & **Michael Redpath** all came close to winning their individual events, and the goes for the mens open 6x2 squadron – well done to **Simon Facer**, **Dan Richards**, **Mark Nicholls**, **Rory**, **Sam** & **Michael**.

ROUND 3 – SATURDAY 11th DECEMBER 2004

Gala Results

A	WOKING	
Pos	Club	Points
1	East Grinstead	194
2	White Darts	184
3	Croydon	183
4	Beckenham B	182
5	Staines	165
6	Erith A	136

The pressure was off the A team slightly for this final round, as we had qualified for the Top 6 promotional gala. Cue the quality atmosphere, lots of shouting, and in our case, lots of red and white face paint. It took until event 22 before our first win. Another 3 followed that. Special mention to the individual winners: **Michael Cook (2), James Stear and Shane Hume** (though I wonder if he would've won it with his costume half undone). The mens' 6x2 squadron, although finishing 3rd, came agonisingly close to winning thanks to a super special effort from the new boys club captain **Shane Hume** in the last leg.

B	BECKENHAM	
Pos	Club	Points
1	Hastings	218
2	Southend	201
3	Croydon B	195
4	Larkfield	185
5	Erith B	178

The B team travelled to the same pool as the A team did in the second round, with most finding it taking just as long to get there as it did the A team to get to Woking. Although finishing 5th, there were plenty of good swims. Well done to **Rory Jenner, Tim Colman, Judith Goodey, and Sam Hayes**, who all won their individual events. Erith's B's other win came from the mens' 6x2 squadron consisting of **Sam, Rory, Simon Facer, Dan Richards, Joe Hodges and Michael Redpath**.

White Horse League 2004

ROUND 5 – ELTHAM – SATURDAY 11th SEPTEMBER 2004

Gala Results

Pos	Club	Points
1	White Darts	75
2	Croydon	90
3	Bromley	138
4	Erith	143
5	Eltham	175

We found this round particularly tough, and it enabled Croydon to creep up right behind us in the league table. However, there were still some good swims (although times are a little harder to tell given the 30m pool we swam in). Well done to individual winners: **Michael Cook (2) and James Stear**.

ROUND 6 – CROYDON – SATURDAY 27th NOVEMBER 2004

Gala Results

Pos	Club	Points
1	Erith	104
2	Croydon	105
3	White Darts	116
4	Bromley	156
5	Beckenham	188
6	Eltham	242

What a gala! In order to win the league (for the first time in 8 years) we had to ensure victory over Croydon, and this was only secured in the last race. The gala results prove just how close it really was. We had 12 wins throughout the night. Well done in particular to our individual winners: **Emma Coppen (2), Michael Cook (3), James Stear (2) and Freda Ross**.

FINAL WHITE HORSE LEAGUE TABLE 2004:

Pos	Club	League Points
1	Erith	65
2	Croydon	63
3	White Darts	59
4	Beckenham	53
5	Bromley	52
6	Eltham	43

Kent Junior League 2004

ROUND 2 – MARGATE – SATURDAY 18th SEPTEMBER 2004

Gala Results

Pos	Club	Points
1	Black Lion	222
=2	Erith	185
=2	White Darts	185
4	Bromley	178
5	Thanet	149
6	Ashford	96

The second round took us to Margate and followed our win in the first round back in June. Individual first places came from **Emma Coppen (2), Shane Povey Garman (2), Michael Cook (2), Tim Colman, Laura Porritt and Jake Reeves**. Our other win of the night came from the girls 9 and under freestyle team consisting of: **Elizabeth Kennedy, Bethan Austin, Rebecca Gravell and Casey Porritt**.

ROUND 3 – RIVERSIDE – SATURDAY 20th NOVEMBER 2004

Gala Results

Pos	Club	Points
=1	Erith	220
=1	White Darts	220
3	Bromley	190
4	Black Lion	167
5	Thanet	152
6	Ashford	114

Following promotion to Division 2 last season, we were promoted once again after this excellent final round performance at Riverside. It was close throughout the gala, which ended with us finishing joint first with White Darts. However, this was enough to secure victory of Division 2 and gain promotion to Division 1. 16 of the 51 races were won by Erith. Those winning individual events included **Emma Coppen, Michael Cook (2), Tim Colman (2), Emily White, Shane Povey-Garman, Laura Porritt, Jake Reeves and Rebecca Gravell**.

FINAL KENT JUNIOR LEAGUE DIVISION 2 LEAGUE TABLE 2004:

Pos	Club	League Points
1	Erith	16
2	White Darts (605 gala points)	14
3	Black Lion (591 gala points)	14
4	Bromley	10
5	Thanet	6
6	Ashford	3

Results supplied by John Burdett – Club Coach

Tudor League 2004/2005

ROUND 1 – ELTHAM – SATURDAY 23rd OCTOBER 2004

Gala Results

Pos	Club	Points	Time Faults
1	Bromley	182	7
2	Erith Red	176	7
3	Erith White	173	10
4	Orpington	170	10
5	Eltham	160	4
6	Gravesend	133	1

This was a very exciting gala. Although Bromley led most of the gala all of the other teams were changing places all the time. The top 4 teams all had a problem with Time Faults. For the Red and White team this should not have too much more effect as we do not swim again until January when the age groups will have changed.

RED TEAM: We had an amazing number of 1st places (12) and very importantly no last places. Unfortunately our DQ's were all for the 10&U fly swimmers so we will need to do some work on this but it will get better. Congratulations to Red team's individual winners: **Jane Wicketts, Henry Wong, Michelle Wong, Dean Povey-Garman, Richard Goodey and Emily Willey.** Thank you to everybody who helped on poolside during our host gala. Roll on January when the Red Team will show how good we are going to be this season!

WHITE TEAM: Well done to all swimmers – a good result after a shaky start. We had 10 time faults, so it's good to see our swimmers improving so much. Congratulations to our individual winners: **Elizabeth Kennedy, Sarah Craggs, Rory Jenner, Alex Wilkes, James Davies, Helen Clifton and Dan Richards.** The next gala on 8th January will be after the age groups change, so please check the board now if you haven't already done so!

*White team reports by Julie Craggs
Red team reports by Carol Goodey*

Octopus League 2004

ROUND 7 – SATURDAY 11th SEPTEMBER 2004

Gala Results

Pos	Club	Points
1	Croydon	185
2	Eltham	154
3	Streatham	154
4	Barracuda	140
5	Erith	134
6	Bromley	99

We won 8 races in this round, which was very encouraging. Unfortunately we also had 4 disqualifications. Well done though to our individual winners: **Elizabeth Kennedy, Phillip Cunningham, Rebecca Gravel (2), Jack Hussey, Joe Hodges, Richard Jones and Peter Sullivan.**

ROUND 8 – SATURDAY 16th OCTOBER 2004

Gala Results

Pos	Club	Points
1	Eltham	206
2	Streatham	166
3	Barracuda	149
4	Woodside	127
5	Erith	117
6	Bromley	113

Final Octopus gala of the year, once again, surprise, surprise with no danger of any club exceeding the maximum gala points rule this year the clubs in contention fielded their strongest teams made up of what must have been "A" swimmers. We had more 6th places than in the rest of the year and where we were getting 1st and 2nd places previously found ourselves being placed 3rd and 4th. We only managed two first places - **Rebecca Gravell** swimming up an age group in the girls 11 and under fly and **Joe Hodges** in the 16 and under free. As an example **Peter Sullivan and Richard Jones** who managed consistent 1st places throughout the year only managed 3rd placings in their events in the final round. As you would expect our kids swam their hearts out on the night but only to be frustrated just as their parents were and our officials on poolside at the injustice of it all with our club complying with the rules and the spirit of this league only to have it abused by most of the other clubs. I can honestly say that only Erith and Bromley have swam mostly "C" swimmers this year and not applied tactical methods to win the trophy. A big thank you to all our swimmers, parents and officials frustrating as it is. We will try again next year.

FINAL 2004 LEAGUE TABLE	
Pos	Club
1	Croydon
2	Eltham
3	Edenbridge
4	Barracuda
5	Streatham
6	Woodside
7	Erith
8	Bromley

Paul Byskup – Octopus Team Manager

Friendly Galas

PAUL CHATLEY RELAY GALA – DARTFORD – SATURDAY 22nd MAY 2004

Gala Results

Pos	Club	Points
1	Erith	211
2	Dartford	200
3	Rochester	199
4	White Oak	164
5	Greenwich	134
6	Eltham	53

I believe it would be fair to say we exceeded our expectations by winning this relay gala, which was attended by our B team swimmers, whilst our A team were battling it out at the (what was to be equally successful) final White Horse League gala. A special mention must go to **Emily White, Rebecca Gravell, Casey Porritt and Elizabeth Kennedy** who won all 5 of their relays in the girls' 10 and under age group. Thanks must go to **Bob Eady, Ian Craggs, Carol Goodey and Stuart Redpath** for their help on poolside and a big thank you to **Paul White** who had the very difficult job of recording all the split times!

Results supplied by Julie Craggs (Friendly Gala Team Manager)

Other Results

Sprint Trophy September 2004

Pos	Age group / name	Points
	7 and Under Girls	
1	Isabelle Picken	42
2	Lauren Smith	33
	9 and Under Girls	
=1	Casey Porritt	52
=1	Emily White	52
3	Caitlin Colman	38
	11 and Under Girls	
1	Emma Coppen	54
2	Ria SurrIDGE	50
3	Alice McCalla	38
	13 and Under Girls	
1	Sophie Evans	50
2	Laura Porritt	46
3	Charlotte Edmonds	40
	15 and Under Girls	
1	Stacey Reeves	46
2	Grace McCalla	42
3	Emma Eady	40
	Open Ladies	
1	Tiffany Brown	54
2	Luch Cowell	45
3	Judith Goodey	24

Pos	Age group / name	Points
	7 and Under Boys	
1	James Vick	39
2	George Lee	36
	9 and Under Boys	
1	Jack Hussey	54
2	Tommy Cowell	45
3	Luke Forrest	28
	11 and Under Boys	
1	Shane Povey-Garman	52
2	Callum Kent	46
3	Sam Gardiner	44
	13 and Under Boys	
1	Michael Cook	56
2	Matt Kirkup	42
3	Tim Colman	38
	15 and Under Boys	
1	James Stear	56
2	James Willey	44
3	Joe Thorogood	34
	Open Mens	
1	Mark Russell	48
2	David Kane	36
3	Gary Lansdale	29

Overall Trophy Winners:

Girls: **Emma Coppen** (54 points); Boys: **Michael Cook, James Stear** (56 points)

Congratulations to the following swimmers who successfully passed the competitive start award:

Daniel Bassett
Alexandra Bonner
Grant Cann
Jacob Cooper
Luke Forrest
Natasha Green
Daisie Hutchinson

Damon Kwong
Matthew Middleton
Ben O'Dowd
Sheryl Povey-Garman
Luke Tait
Francesca Williams
Olivia Wilson

Chris Case

Your Swimmers' Representative

By the time you read this you should know that, after 7 years, I have decided to step down as Boys Club Captain. I have seen many changes take place in the time that I have been captain, and have enjoyed carrying out the various roles and tasks that any captain should involve themselves with. This year has seen many changes in terms of the management of the Club and, following that same theme, I also feel that it's time for someone new to take over as Boys Club Captain. At the same time, in the 17 years that I have been a member, this has probably been our most successful year competitively – our biggest medal haul at the Kent Championships, our most successful trip to Germany, winning Division 2 of the Kent Junior League, winning Division 2 of the Junior Speedo League, and, for the first time in 8 years, winning the White Horse League. On top of all that the next year will see me officially enter the Masters' age group (I'm not sure that's something I want to shout about though!).

Overall, my involvement with the Club isn't likely to change much – only I won't be wearing the Club Captain's T-shirt any more! Most importantly, I shall remain as the Swimmers' Representative on the Management Committee. For those of you that aren't aware, this post is purely for the swimmers, and I'm available to speak to if you've got comments (negative or positive) to say about the following issues: **coaching / swimming galas / selection processes / your future with EDSC / social events / any other issues relevant to your future and enjoyment of EDSC**. I'm also available to speak to if you have an issue with another swimmer and you wish to speak to someone confidentially. Being a Management Committee Member I am also able to forward on any suggestions you may have with regards to improving the way the Club operates. I'm usually present to speak to on Monday (8.30-10pm), Tuesday (8.45-10pm) and Wednesday nights (7-8pm). Please feel free to phone / text me on my mobile: XXXXX XXXXXX, or e-mail me: XXXXXXX@XXXXXXXXX.XXX.

Lastly, I must wish you all a very merry Christmas and a Happy New Year, and good luck to the new Boys' Captain, **Shane Hume**, and the vice captain, **Michael Redpath**, and also **Tiffany Brown and Judith Goodey** who are continuing as Girls' Captains.

Paul Nicholls

Over the page is the latest list of Club Records. 18 of these have been broken in 2004 – 8 more than last year, which highlights just how well we are doing. Well done to **Casey Porritt, Emma Coppen, Alice McCalla, Sophie Evans, Laura Porritt, Michael Cook, James Stear and David Kane**, who currently have a club record, obtained this year. Please note if you believe you may have broken a club record then please speak to **John Burdett**.

Latest Club Records – December 2004

Event	Age Group	Competitor	Time
Girls Front Crawl 1L	8 & U	H. Wallington 1991	24.74
Girls Backstroke 1L	8 & U	E White 2003	29.28
Girls Breaststroke 1L	8 & U	C Porritt 2004	32.66
Boys Front Crawl 1L	8 & U	N Brandstetter 1993	24.40
Boys Backstroke 1L	8 & U	M Shead 1998	29.56
Boys Breaststroke 1L	8 & U	M Shead 1997	30.95
Girls Front Crawl 2L	10 & U	C Ross 2000	47.48
Girls Backstroke 2L	10 & U	E Coppen 2004	55.52
Girls Breaststroke 2L	10 & U	A McCalla 2004	1.03.29
Girls Butterfly 1L	10 & U	E Coppen 2004	22.82
Girls Front Crawl 1L	10 & U	L Smith 1991	20.99
Boys Front Crawl 2L	10 & U	N Brandstetter 1995	45.78
Boys Backstroke 2L	10 & U	N Brandstetter 1995	54.55
Boys Breaststroke 2L	10 & U	M Shead 1999	58.84
Boys Butterfly 1L	10 & U	N Brandstetter 1995	22.15
Boys Front Crawl 1L	10 & U	N Brandstetter 1995	20.31
Girls Front Crawl 100m	12 & U	S Evans 2004	1.07.57
Girls Backstroke 100m	12 & U	L Porritt 2004	1.14.66
Girls Breaststroke 100m	12 & U	H Green 1990	1.28.94
Girls Butterfly 2L	12 & U	L Porritt 2003	47.99
Girls 100m Butterfly	12 & U	L Porritt 2004	1.14.53
Girls Front Crawl 1L	12 & U	A Howard 2001	19.56
Boys Front Crawl 100m	12 & U	M Cook 2004	1.03.97
Boys Backstroke 100m	12 & U	M Cook 2004	1.07.59
Boys Breaststroke 100m	12 & U	J Thorogood 2003	1.19.40
Boys Butterfly 2L	12 & U	M Cook 2004	44.31
Boys Front Crawl 1L	12 & U	M Cook 2004	18.39
Girls Front Crawl 100m	14 & U	A Hill 1993	1.05.69
Girls Backstroke 100m	14 & U	L Porritt 2004	1.14.66
Girls Breaststroke 100m	14 & U	H Spencer 1993	1.24.76
Girls Butterfly 100m	14 & U	L Porritt 2004	1.13.13
Girls Front Crawl 1L	14 & U	A Hill 1993	19.13
Boys Front Crawl 100m	14 & U	A Bates 1996	58.90
Boys Backstroke 100m	14 & U	M Cook 2004	1.06.63
Boys Breaststroke 100m	14 & U	J Stear 2004	1.11.61
Boys Butterfly 100m	14 & U	R Carver 1999	1.07.80
Boys Front Crawl 1L	14 & U	P Nicholls 1994	17.11
Girls Front Crawl 100m	16 & U	H Spencer 1995	1.04.09
Girls Backstroke 100m	16 & U	T Brown 2001	1.13.53
Girls Breaststroke 100m	16 & U	H Spencer 1994	1.21.65
Girls Butterfly 100m	16 & U	Laura Porritt 2004	1.13.13
Girls Front Crawl 1L	16 & U	N Bennett 1996	18.87
Boys Front Crawl 100m	16 & U	R Carver 2001	56.74
Boys Backstroke 100m	16 & U	I Magness 1995	1.05.15
Boys Breaststroke 100m	16 & U	J Stear 2004	1.11.61
Boys Butterfly 100m	16 & U	R Carver 2000	1.04.74
Boys Front Crawl 1L	16 & U	P Dodson 1992	16.55
Ladies Front Crawl 100m	Open	F Ross 1999	1.01.78
Ladies Backstroke 100m	Open	F Ross 1999	1.09.44
Ladies Breaststroke 100m	Open	H Spencer 1996	1.18.53
Ladies Butterfly 100m	Open	F Ross 1998	1.08.21
Ladies Front Crawl 1L	Open	A Nye 1995	18.55
Mens Front Crawl 100m	Open	D Kane 2004	54.71
Mens Backstroke 100m	Open	I Magness 1998	1.04.77
Mens Breaststroke 100m	Open	S Kihara 2003	1.10.58
Mens Butterfly 100m	Open	G Cooper 2001	1.01.49
Mens Front Crawl 1L	Open	S Hayes 1993	16.20

Masters Section

Southern Counties Short Course Championships – Sat 25th Sept 2004

A small team represented Erith & District Swimming Club at the Southern Counties Short Course Masters' Championships held at Barnet Copthall. It was a good all-round performance, topped by **Sam Hayes** swimming a personal best in the 100 metres breaststroke to win gold in the 30-34 age group. In the 25-29 age class, **Shane Hume** won gold and three silvers, while **David Kane** took a silver and two bronze. The 200m men's freestyle relay team of **Kane, Hayes, Hume and Richard Cornell**, won bronze in the 120+ years' age group race.

Kent Masters' Championships 2004 – Sat 11th Sept 2004

We ended up winning a total of 43 individual medals and a further 11 medals in the relays. Top individual performer was **Dennis Vick** in the 55/59 age group, winning 6 golds. **Jenny Vick** won 5 individual golds in the 40/44 age group, whilst **Mark Russell** won 4 golds in the 30/34 age group. **Luch Cowell** swimming in the 35/39 age group and **David Kane** in the 25/29 age group both ended up with 2 golds and 1 silver. In the 40/44 age group, **Adam James** won 2 golds and a bronze, whilst **Sam Hayes** won a gold, silver and bronze in his 30/34 age group events. **Andrew Hussey and Stuart Redpath**, both in the 40/44 age group, each won a gold and silver medal. **Chris Case** won a gold and 2 bronze medals in the 50/54 age category and **Shane Hume** also got a gold medal in the 25/29 age group. Other medalists included **Paul Nicholls** (1 silver, 2 bronze), **Lisa Corder** (1 silver, 1 bronze), **Emily Chadwick** (1 silver) and **Helen Clifton** (2 bronze). In the relays, 3 teams won both their freestyle and medley events. These included the mixed 19/24 age group, the ladies 120+ years age group and the mens 120+ years age group. The total medal tally included 33 gold, 10 silver, and 11 bronze.

Social Section

London to Brighton Bike Ride – Sunday 19th June 2005

Following this year's Bike Ride, in which our team of 40 raised over £1,600 for the British Heart Foundation, we are hoping to organise another team for next year's event.

If you are interested in taking part in next year's event then please place your name on the list, which is now on the Club's Noticeboard. Please note that this list is not final. Please also note that Club Members will get priority. It is hoped that we will be able to get a team of at least 30 riders together. A lorry, which has already been booked by Allan Bedford, will take the bikes from Riverside to the start of the 58 mile ride in Clapham Common. A double decker coach will transport riders and supporters to the start, and then the supporters to Brighton and then back again with the riders on board. Again, please note, riders have preference over supporters for the coach. Those wishing to be a member of the Club's team are expected to come back on the team coach, which will be available, along with supporters, for an inclusive price. The cost of actually taking part in the bike ride is about £20, and of course, you are expected to raise plenty of money for the British Heart Foundation!

The event is open to all who are aged 14 and above on the day of the bike ride. Those under 18 will need to have the entry form signed by their parents or guardian. An adult minder for the day will need to be assigned to those under this age. We will also need to organise at least two contacts at the Brighton end to deal with potential problems experienced by riders.

If you're unsure about taking part, just speak to any of those that took part last year – it really is a good day, only, hopefully, we shall have better weather in 2005! So if you think you could hack the 58 mile distance (which, I should state now includes a few mean hills), then place your name on the Noticeboard now!

Halloween Weekend at Pontins: 29th October to 1st November 2004

The Club's 3rd showing at this purely social event on the East Suffolk Coast, we welcomed several new families for the usual concoction of entertainment, grub and the odd drink.

As per usual, the Friday night was treated without any consideration of the fact that the weekend involved 3 nights away – this meant plenty of latecomers to breakfast that Saturday morning – and it was also quite comical to see the state of some (I'm sure I looked fine).

Saturday night we decided to put on our Halloween costumes (the actual night was of course on Sunday, but due to many families leaving us during that day because of school, work, etc, we decided to do things our way). This, in essence, made our costumes stand out even more. My effort last year was five items from the 99p store in Dartford. Although this year's effort was simpler, it actually cost more – a staggering £7 spent on a white bed sheet from Primark. For those who didn't go, I'm sure I don't have to explain what I went as.

As the group photo proves though, the EDSC effort has to be commendable. Dan Richards deserves a special mention for leaving the chalet without any Halloween gear on at all, but gradually, as the night wore on, he became more dressed up than any one else.

On Sunday we embarked on an intensive 11 a side football game – new, up and coming footballers versus the ancient, well past it, hangover kings. Needless to say us older lot won, I think 7-1 in the end, and the ambulances turned up in time to encourage the older team's recovery prior to the final night's entertainment.

On top of these moments, there seemed to be plenty to talk about on our return. Such subjects included: sleeping outside, wheelchairs, You've Been Framed, touchline conversations, kettles, black eyes, Specsavers, rum and Ben Wallace.

From what I gathered, it seemed all who went had a great time, which is always pleasing to hear. We will no doubt be returning next year, and if you weren't too sure about coming along this year, then don't hesitate next year – it really is good value for money for all the family.

Paul Nicholls

Synchro Update

The synchronised section of Erith and District swimming club has now been going for 2½ years, and in November we competed in the Kent Championships and collected more medals than ever before.

Individual successes in the Section 1 figure displays came from **Billi Bliss**, who took silver in the 12 and under age group, while **Gemma Davies** won bronze.

In Section 2, **Ria Surridge** and **Alice McCalla** won gold and silver respectively in the 12 and under class, while **Alex Wilkes** and **Sophie Evans** won gold and silver respectively in the 13 and over age group.

There were further gold medals won by **Alex and Ria** in the duet event, and **Alex, Ria, Alice, Sophie, Georgina Smith** and **Elizabeth Kennedy** in the team routine.

Results supplied by Carol Wilkes

REMINDER!
Champions of the Future – Sunday 16th January 2005
4pm – Riverside – For all age groups between 7 & 12



FORTHCOMING EVENTS – 2005



JANUARY	Saturday 8 th Saturday 15 th Sunday 16 th Saturday 22 nd Saturday 29 th – Sunday 30 th	Tudor League Round 3 White Horse Rd 1 (provisional) Champions of the Future Competition Octopus League Southern Counties LC Masters @ Crystal Palace
FEBRUARY	Saturday 5 th Saturday 19 th Sunday 20 th	Tudor League Round 4 Kent Championships @ Black Lion Octopus League Kent Championships @ Black Lion
MARCH	Saturday 5 th Sunday 6 th Saturday 12 th Sunday 13 th	Kent Championships @ Crystal Palace Tudor League Round 5 Bracknell Masters (provisional) Kent Championships @ Black Lion Kent Championships @ Black Lion Kent Championships @ Black Lion
APRIL	Sunday 3 rd Friday 8 th /Sat 9 th Saturday 16 th Sunday 17 th Saturday 23 rd Saturday 30 th - Monday 2 nd	Junior Speedo – Round 1 Scottish SC Champs – Glasgow Octopus League Tudor League Round 6 White Horse Rd 2 (provisional) SCASA Youth Championships
MAY	Sunday 8 th Saturday 14 th Sunday 15 th	Junior Speedo – Round 2 Tudor League Round 7 Octopus League SCASA Youth Championships
JUNE	Saturday 4 th Sunday 5 th Sat 4 th – Sun 5 th Fri 3 rd – Sun 5 th Sat 11 th – Sun 12 th Saturday 18 th Sunday 19 th Saturday 25 th	Tudor League Round 8 Junior Speedo – Round 3 SCASA BAGCAT Championships GB Masters – Glasgow SCASA BAGCAT Championships White Horse Rd 3 (provisional) Eastbourne Masters and London to Brighton Bike Ride Kent Junior League Round 1
JULY	Saturday 2 nd	White Horse Rd 4 (provisional)
SEPTEMBER	Saturday 10 th Saturday 17 th	White Horse Rd 5 (provisional) Octopus League Kent Junior League Round 2
OCTOBER	Saturday 8 th Saturday 15 th Fri 28 th – Sun 30 th	Speedo League Round 1 Octopus League ASA Masters Championships - Sheffield
NOVEMBER	Saturday 12 th Saturday 19 th Saturday 26 th Sat 26 th – Sun 27 th	Speedo League Round 2 Kent Junior League Round 3 White Horse Rd 6 (provisional) SCASA Open/Junior Championships
DECEMBER	Saturday 10 th	Speedo League Round 3