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### USEFUL TELEPHONE NUMBERS

Speedo / White Horse / Junior Speedo / North Kent Leagues:

- John Burdett  
(01322) 277754

Tudor League – Red Team:

- Carol Goodey  
(01322) 408408

Tudor League – White Team:

- Julie Craggs  
(01322) 528149

Octopus League:

- Paul Byskup  
(01622) 726249  
07917 021613

Friendly Galas:

- Julie Craggs  
(01322) 528149

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

- Bob Eady  
07710 480020  
E-mail: bobe@sirs.co.uk

Newsletter (comments, articles) & Swimmers' Representative:

- Paul Nicholls  
(01322) 336747  
07967 659470  
E-mail: hotfmuk@hotmail.com

## MERRY CHRISTMAS AND A HAPPY NEW YEAR TO ALL MEMBERS!

### **TRAINING DATES FOR CHRISTMAS 2005**

|   |  |
|---|--|
| Tuesday 20 <sup>th</sup> December                   | 6:00-7:30pm – Training as normal<br>7:30-9pm – Fun Night |
| Wednesday 21 <sup>st</sup> December                 | Training as normal                                       |
| Thursday 22 <sup>nd</sup> December                  | NO TRAINING  |
| Saturday 24 <sup>th</sup> December                  | 7:30-8:30am – Training as normal                         |
| Sun 25 <sup>th</sup> Dec to Mon 2 <sup>nd</sup> Jan | NO TRAINING  |
| Tuesday 3 <sup>rd</sup> January                     | Training as normal                                       |
| Wednesday 4 <sup>th</sup> January                   | Training as normal                                       |

### **NEW CLUB CAPTAINS FOR 2006**

Congratulations and good luck to our new Club Captains. They are:

Boys Captain – **Michael Redpath**      Boys Vice Captain – **Simon Facer**  
 Girls Captain – **Tiffany Brown**      Girls Vice Captain – **Judith Goodey**

### **IMPORTANT DATE FOR YOUR DIARY**

SUNDAY 22<sup>ND</sup> JANUARY 2006 – Crook Log

CHAMPIONS OF THE FUTURE for all swimmers aged between 7 and 11 (2:00pm-4:30pm). All strokes, 25m. Trophies for winners of each age group (boy/girl).

SPRINT TROPHY for all swimmers aged 12 and over (4:30pm-7:00pm). All strokes, 50m. Trophies for winners of each age group and overall trophy winner (boy/girl).

### **REASONS TO READ THIS NEWSLETTER**

Read on for all the latest gala results and news, plus a review of Club Records broken this year, as well as social news, including a report on Pontins, plus future events that you can't afford to miss out on...

DID YOU KNOW? You can receive this Newsletter electronically. Just send an e-mail to [hotfmuk@hotmail.com](mailto:hotfmuk@hotmail.com) to be on the mailing list for future editions



## Coaches News

I write on behalf of all teachers and coaches who spend an enormous amount of time planning our training and teaching programmes. We do so on the assumption that the members of our squads maintain a certain level of fitness and attendance.

Allow me to elaborate further by using Top Squad as an example. Most swimmers in Top Squad attend more than the required number of sessions per week. In order to develop the swimmers and help them achieve their full potential I must pitch the training sessions accordingly. Clearly those who don't attend as regularly will find it hard to keep with a programme for those who train to the level that is expected. I unfortunately see this situation arise too often and here the same excuses time and time again:

"I can't keep up"  
"The times are too hard"  
"This session is boring"

My responses to all these comments are usually the same, very simply:

"You can't keep up because you are training with a squad of swimmers who have been here regularly and you haven't."  
"The times are clearly not too hard as those who have been training regularly are able to hit them"  
"You are bored because you are unable to keep with the set and are therefore missing the point of the session"

We expect all swimmers to attend a minimum number of sessions per week according to the squad of class they belong to. I would like to take the opportunity in this issue of the Newsletter to remind all swimmers of the commitment in terms of time we as coaches expect from them. They are as follows:

|                             | Lesson Level 1-6 | Bronze Squad | Silver Squad | Junior Squad | Gold Squad | Top Squad |
|-----------------------------|------------------|--------------|--------------|--------------|------------|-----------|
| Sessions available per week | 3                | 3            | 4            | 4            | 6          | 6         |
| Sessions expected to attend | 2                | 2            | 2            | 3            | 3          | 3         |

At a time when pool space is at a premium, the Club's membership is as big as it has ever been and we have had to turn away younger swimmers that have come to us for trials. We must make sure that all swimmers attend the required number of sessions per week as we are unable to carry members who are not committed enough. If you have any questions on this issue please do not hesitate to speak to me at any training session.

***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***

# Gala Results

All the latest League and Friendly Gala Results



## White Horse League 2005

Team Manager: John Burdett

| ROUND: 5 |             | VENUE: ELTHAM | DATE: 10 SEPTEMBER 2005   |
|----------|-------------|---------------|---|
| Position | Team        | Points        | Gala Report   |
| 1        | White Darts | 105           | We had three wins, all of which were courtesy of top individual performances. Congratulations to our winners: <b>Tim Colman, Emma Coppen and Rebecca Gravell.</b> |
| 2        | Croydon     | 107           |   |
| 3        | Beckenham   | 128           |   |
| 4        | Erith       | 157           |   |
| 5        | Bromley     | 167           |   |
| 6        | Eltham      | 199           |   |

| ROUND: 6 |             | VENUE: Whitgift School | DATE: 26 November 2005  |
|----------|-------------|------------------------|---|
| Position | Team        | Points                 | Gala Report   |
| 1        | White Darts | 86                     | We had a number of good individual performances that resulted in maximum points for the team. Well done to: <b>Rebecca Gravell (2), Tim Colman (2), Emma Coppen, Bethan Austin, Ayo Ajanaku and Nick McMonagle.</b> |
| 2        | Croydon     | 104                    |   |
| 3        | Erith       | 126                    |   |
| 4        | Bromley     | 135                    |   |
| 5        | Eltham      | 200                    |   |

### FINAL WHITE HORSE LEAGUE TABLE 2005:

| Pos      | Club         | League Points |
|----------|--------------|---------------|
| 1        | White Darts  | 71            |
| 2        | Croydon      | 63            |
| <b>3</b> | <b>Erith</b> | <b>56</b>     |
| 4        | Bromley      | 50            |
| 5        | Beckenham    | 44            |
| 6        | Eltham       | 43            |

#### DON'T FORGET:

All White Horse League swimmers get a FREE ticket to the Presentation Disco on **Saturday 28<sup>th</sup> January** at Slade Green Community Centre. Tickets for friends and family members go on sale soon...



## Speedo League 2005

Team Manager: John Burdett

| ROUND: 1 |                  | VENUE: Woking (A Team) | DATE: 8 October 2005  |
|----------|------------------|------------------------|---|
| Position | Team             | Points                 | Gala Report   |
| 1        | Guildford City B | 214                    | This first round gala took us to what was to be our venue for all three galas in a single Speedo campaign – a first for the Club. It wasn't without incident – the cloudy pool was causing a few problems, as was <b>James Stear's</b> brand new super goggles in his 100m breaststroke event. However, there were some excellent individual performances, most notably from: <b>Tim Colman (2), Laura Porritt, Ayo Ajanaku, Jakes Reeves and Shane Hume.</b> |
| 2        | Croydon          | 203                    |   |
| 3        | 1066 Swimmers    | 180                    |   |
| 4        | Woking           | 163                    |   |
| 5        | Erith A          | 152                    |   |
| 6        | Orpington OJAYS  | 137                    |   |

| ROUND: 1 |                      | VENUE: Canterbury (B Team) | DATE: 8 October 2005  |
|----------|----------------------|----------------------------|---|
| Position | Team                 | Points                     | Gala Report   |
| 1        | City of Canterbury B | 233                        | <b>Caitlin Colman</b> was the B team's only individual winner of the night, winning the 11 and under 50m fly event. |
| 2        | Ashford Town         | 220                        |   |
| 3        | Redhill and Reigate  | 185                        |   |
| 4        | Atlantis             | 165                        |   |
| 5        | Erith B              | 141                        |   |
| 6        | Larkfield            | 104                        |   |

| ROUND: 2 |                       | VENUE: Woking (A Team) | DATE: 12 November 2005   |
|----------|-----------------------|------------------------|--|
| Position | Team                  | Points                 | Gala Report  |
| 1        | Chelmsford            | 238                    | We had a number of personal best swims, which also included two club records. <b>Laura Porritt</b> took the 15 and under girls record for the 100m backstroke with a time of 1:13:93, whilst <b>James Stear</b> (complete with fitting goggles) reduced the Mens Open 100m breaststroke record to 1:10:46. <b>Tim Colman</b> also swam well, winning two of his individual events. # |
| 2        | Woking                | 193                    |  |
| 3        | Dover                 | 193                    |  |
| 4        | Erith A               | 165                    |  |
| 5        | Elmbridge             | 135                    |  |
| 6        | Braintree and Bocking | 119                    |  |

# Please note that despite the fact that they did not win their event this time (they won it in the 1<sup>st</sup> and 3<sup>rd</sup> rounds), the Mens 6x2 Freestyle squadron recorded a fastest ever Club time of 2:34:85. A big well done to **Nick McMonagle, Paul Nicholls, Mark Russell, Simon Facer, James Stear and Shane Hume**.

| ROUND: 2 |                   | VENUE: Beckenham (B Team) | DATE: 12 November 2005   |
|----------|-------------------|---------------------------|--|
| Position | Team              | Points                    | Gala Report  |
| 1        | Epsom             | 259                       | We had four first places all courtesy of the 11 and unders. <b>Caitlin Colman and Tosin Aiyeola</b> won their individual events, whilst <b>Caitlin, Tosin, Chloe Hobbs and Emily White</b> won both their medley and freestyle events. |
| 2        | Hastings          | 187                       |  |
| 3        | Hythe Aqua        | 185                       |  |
| 4        | City of Rochester | 176                       |  |
| 5        | Erith B           | 149                       |  |
| 6        | Larkfield         | 93                        |  |

| ROUND: 3 |                | VENUE: Woking (A Team) | DATE: 11 December 2005   |
|----------|----------------|------------------------|--|
| Position | Team           | Points                 | Gala Report  |
| 1        | Staines        | 207                    | It was noticeable that some people were becoming experts at racing in this pool. <b>James Stear</b> obtained a Club best in the 100m Individual Medley, whilst <b>Laura Porritt</b> broke an incredible 3 Club Records: in the 14 & U and 16 & U butterfly, and by 1/100 of a second in the 14 & U freestyle. We had other excellent wins courtesy of <b>Tim Colman, Ayo Ajanaku, Emma Coppen and Shane Hume</b> . |
| 2        | Woking         | 200                    |  |
| 3        | Beckenham B    | 169                    |  |
| 4        | Haywards Heath | 165                    |  |
| 5        | Sevenoaks      | 152                    |  |
| 6        | Erith A        | 141                    |  |

| ROUND: 3 |           | VENUE: Strood (B Team) | DATE: 11 December 2005  |
|----------|-----------|------------------------|---|
| Position | Team      | Points                 | Gala Report   |
| 1        | Rochester | 157                    | We had a number of first places at Strood (originally meant to be Crook Log!). Well done to <b>Alice McCalla, Jenny Vick, Caitlin Colman (2), Judith Goodey and Daisie Hutchinson</b> who all won their individual events |
| 2        | Atlantis  | 139                    |   |
| 3        | Erith B   | 108                    |   |
| 4        | Larkfield | 93                     |   |

DON'T FORGET: All Speedo League swimmers get a FREE ticket to the Presentation Disco on **Saturday 28<sup>th</sup> January** at Slade Green Community Centre. Tickets for friends and family members go on sale soon...



# Kent Junior League 2005

Team Manager: John Burdett

| ROUND: 2 |            | VENUE: Beckenham | DATE: 17 September 2005  |
|----------|------------|------------------|--|
| Position | Team       | Points           | Gala Report  |
| 1        | Beckenham  | 238              | Another strong battle by our youngsters resulted in the need to beat Dover in the third round in order to stay in Division 1. We had a total of 6 wins on the night, with our individual wins coming courtesy of <b>Caitlin Colman, Jake Reeves, Tim Colman and Casey Porritt.</b> |
| 2        | Canterbury | 213              |  |
| 3        | Herne Bay  | 212              |  |
| 4        | RTW Monson | 165              |  |
| 5        | Erith      | 154              |  |
| 6        | Dover      | 126              |  |

| ROUND: 3 |            | VENUE: Tunbridge Wells | DATE: 19 November 2005  |
|----------|------------|------------------------|---|
| Position | Team       | Points                 | Gala Report   |
| 1        | Beckenham  | 235                    | We did exactly what we needed to in this round to ensure we compete in Division 1 next year, and that was beat Dover. All our wins came from individual performances. Well done to those who achieved wins: <b>Tim Colman, Casey Porritt (2) and Emily White.</b> |
| 2        | Herne Bay  | 206                    |   |
| 3        | Canterbury | 191                    |   |
| 4        | RTW Monson | 161                    |   |
| 5        | Erith      | 130                    |   |
| 6        | Dover      | 121                    |   |

*Results supplied by John Burdett – Club Coach*



# Tudor League 2005/2006

Managers: Julie Craggs (White Team) & Carol Goodey (Red Team)



| ROUND: 1 |                          | VENUE: ELTHAM | DATE: 22 October 2005   |
|----------|--------------------------|---------------|---|
| Position | Team                     | Points        | Gala Report   |
| 1        | Eltham                   | 187           | <b>WHITE:</b> First time White team swims from <b>Luke Tait, Jack Hussey, Jacob Cooper, Matthew Tait, Michael Redfearn and Emma Hoyne-Butler.</b> Well done to our individual winners: <b>Ryan Perrin, Elizabeth Kennedy, Matthew Bassett and Rory Jenner.</b><br><b>RED:</b> Some silly DQ's need to be sorted out, but a pretty close result. Well done to our individual winners: <b>Connor Middleton, Lily Osborne, Bethan Austin &amp; Sam Gardiner.</b> |
| 2        | Erith White              | 180           |   |
| 3        | Dartford                 | 173           |   |
| 4        | Erith Red                | 163           |   |
| 5        | Gravesend and Northfleet | 155           |   |
| 6        | Bexley                   | 147           |   |

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



# Friendly Galas

Team Manager: Julie Craggs

| C Grade Gala |          | VENUE: DARTFORD | DATE: 1 October 2005   |
|--------------|----------|-----------------|--|
| Position     | Team     | Points          | Gala Report  |
| 1            | Dartford | 204             | Well done to all swimmers on a very good result. Everyone swam well and we didn't have any DQ's unlike the other clubs. Well done to our individual winners: <b>Daniel Bassett, Connor Middleton, Daniel Smithers (2), Jonathon Brock, Francesca Williams, Jacob Cooper and Ryan Perrin.</b> |
| 2            | Erith    | 198             |  |
| 3            | Croydon  | 154             |  |
| 4            | Bexley   | 152             |  |



# Octopus League 2005

Team Manager: Paul Byskup

| ROUND: 7 |           | VENUE: WEST WICKHAM | DATE: 10 September 2005   |
|----------|-----------|---------------------|---|
| Position | Team      | Points              | Gala Report   |
| 1        | Barracuda | 184                 | A good result given the difficulties faced with not having sufficient swimmers at the start of the gala due to travelling difficulties in the exceptional weather we had that evening, causing us to drop out of a couple of events. That coupled with the fact that we had 4 DQ's we did well to finish 4 <sup>th</sup> . Well done to individual winners: <b>Daisie Hutchinson, Oluwatosin Aiyeola, Ellie Maunders and Jack Hussey.</b> |
| 2        | Croydon   | 180                 |   |
| 3        | Eltham    | 137                 |   |
| 4        | Erith     | 122                 |   |
| 5        | Bromley   | 120                 |   |
| 6        | Streatham | 83                  |   |

| ROUND: 8 |           | VENUE: WEST WICKHAM | DATE: 15 October 2005  |
|----------|-----------|---------------------|--|
| Position | Team      | Points              | Gala Report  |
| 1        | Bromley   | 174                 | Needless to say, two teams, Bromley and Eltham, fielded very strong teams in the final round and so kept us well away from winning the League trophy. Well done though to our individual winners: <b>Daisie Hutchinson, Oluwatosin Aiyeola, Ayo Ajanaku, Jack Hussey and Caitlin Colman.</b> |
| 2        | Eltham    | 171                 |  |
| 3        | Barracuda | 159                 |  |
| 4        | Erith     | 156                 |  |
| 5        | Streatham | 107                 |  |
| 6        | Woodside  | 106                 |  |

*Reports by Paul Byskup*

## FINAL OCTOPUS LEAGUE TABLE 2005:

| Pos | Club         | League Points |
|-----|--------------|---------------|
| 1   | Eltham       | 27            |
| 2   | Bromley      | 27            |
| 3   | Croydon      | 25            |
| 4   | Edenbridge   | 25            |
| 5   | <b>Erith</b> | <b>23</b>     |
| 6   | Barracuda    | 22            |
| 7   | Woodside     | 12            |
| 8   | Streatham    | 7             |

### DON'T FORGET:

All Octopus League swimmers get a FREE ticket to the Presentation Disco on **Saturday 28<sup>th</sup> January** at Slade Green Community Centre. Tickets for friends and family members go on sale soon...

## Champions of the Future and Sprint Trophy Competition Sunday 22<sup>nd</sup> January 2006

These are compulsory internal competitions. The Champions of the Future is for all swimmers aged between 7 and 11 and involves single length races. This will commence at 2pm on Sunday 22<sup>nd</sup> January at Crook Log pool. The Sprint Trophy is for all swimmers aged 12 and over. This will commence at 4:30pm on the same day at the same pool. Trophies will be available for the top boy and girl in each age group. Your attendance is expected in line with Club rules.

Over the page is the latest list of Club Records. It is excellent to see that 11 of these have been broken in 2005. Well done to **Emma Coppen, Laura Porritt, James Stear and Nick McMonagle**. Please note it is not necessarily up to coaches or teachers to decide if you've broken a club record. If you think you may have broken one then please speak to **John Burdett**.



### Latest Club Records – December 2005

| 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          |
| <b>Girls 100m Butterfly</b>   | <b>12 &amp; U</b> | <b>E Coppen 2005</b>    | <b>1.11.80</b> |
| 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          |
| <b>Girls Front Crawl 100m</b> | <b>14 &amp; U</b> | <b>L Porritt 2005</b>   | <b>1.05.68</b> |
| <b>Girls Backstroke 100m</b>  | <b>14 &amp; U</b> | <b>L Porritt 2005</b>   | <b>1.13.93</b> |
| Girls Breaststroke 100m       | 14 & U            | H Spencer 1993          | 1.24.76        |
| <b>Girls Butterfly 100m</b>   | <b>14 &amp; U</b> | <b>L Porritt 2005</b>   | <b>1.11.35</b> |
| 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        |
| <b>Girls Butterfly 100m</b>   | <b>16 &amp; U</b> | <b>L Porritt 2005</b>   | <b>1.11.35</b> |
| Girls Front Crawl 1L          | 16 & U            | N Bennett 1996          | 18.87          |
| <b>Boys Front Crawl 100m</b>  | <b>16 &amp; U</b> | <b>N McMonagle 2005</b> | <b>55.72</b>   |
| <b>Boys Backstroke 100m</b>   | <b>16 &amp; U</b> | <b>N McMonagle 2005</b> | <b>1.03.36</b> |
| <b>Boys Breaststroke 100m</b> | <b>16 &amp; U</b> | <b>J Stear 2005</b>     | <b>1.10.46</b> |
| <b>Boys Butterfly 100m</b>    | <b>16 &amp; U</b> | <b>J Stear 2005</b>     | <b>1.04.54</b> |
| 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          |
| <b>Mens Backstroke 100m</b>   | <b>Open</b>       | <b>N McMonagle 2005</b> | <b>1.03.36</b> |
| <b>Mens Breaststroke 100m</b> | <b>Open</b>       | <b>J Stear 2005</b>     | <b>1.10.46</b> |
| Mens Butterfly 100m           | Open              | G Cooper 2001           | 1.01.49        |
| Mens Front Crawl 1L           | Open              | S Hayes 1993            | 16.20          |

# Social Section

## London to Brighton Bike Ride – Sunday 18<sup>th</sup> June 2006

Following this year's Bike Ride, in which our team of 30 raised over £1,000 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. We need at least 30 riders to make it worth organising this event.

A large van, which was very kindly driven by Neil Kirkup last year, will take the bikes from the old Riverside pool to the start of the 58 mile ride in Clapham Common. Riders need to find their own way to the start. A coach will leave at about 8am again at the old pool bringing supporters down for the day, and will then return with us rather knackered out riders also on board (it's normally very quiet on the way home!).

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 £23, 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.

It would also be nice to see some of the Club's newer families being involved and at least if you don't fancy the bike ride you can take the easy option and come down on the coach (for about £10 return) for what is a great day for all the family (and the weather is normally very good, as this year proved!). If you're unsure about taking part, just speak to any of those that took part last year – it really is a good day. 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: 28<sup>th</sup> to 31<sup>st</sup> October '05

The Club's 4<sup>th</sup> showing at this purely social event on the East Suffolk Coast, we again welcomed several new families for the usual concoction of entertainment, grub and the odd drink. In fact, this year was our biggest group booking of recent times, and a total of 95 of us were there at some point!

Yet again, those up for letting their hair down were the first out on the Friday evening (and in most cases, the first back home). A new Club record (one for the website?) was broken – our first casualty at 4.30pm. Well at least he got a good night's sleep (I think).

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 again – but at least we *really* stood out!). After a few lame efforts from me in the past (not spending much more than £5 for an outfit), I really went to town this year and purchased a full proper bloody surgeons outfit. As our group photo proves, there were some impressive efforts. This year's male winner being **Ben Wallace** (it seemed to suit him so much), and the female outfit winner going to **Vicky Taylor**.

The highlight of the weekend for me was clearly getting to meet and be entertained by the utterly brilliant **Timmy Mallett**. I let my disappointment known to those under 20 who had clearly not even heard of this children's TV legend! **Stevie Kirkup** being one: "Timmy who?" A few of us loyal followers went to sit down close to the front before he came on, only to find a bundle of parents already at the front awaiting Timmy's colourful outfits, wacky glasses, and of course, his big mallet. **Reanie Evans** jumped at the chance of going up on stage to play a game of Mallett's Mallett, and she did us proud by actually winning! The photo opportunity after was all too much for



**Mark Nicholls**, who had to be carried out on a stretcher after meeting the great man himself. Many of our photos were placed on Timmy's website. Take a look at [www.timmymallett.co.uk](http://www.timmymallett.co.uk) if you haven't already seen them.

The traditional football match actually took place on the Saturday this year, and yet again, despite extremely muddy conditions (which I fell foul to many times, thanks to everyone's amusement), the old, beer-gut-supplied George Best wannabies did it again by winning by too many goals to remember!

On top of these moments, there were plenty of others, including **Steve Surridge's** ever increasing level of Tourette's as West Ham ended up losing and Chelsea winning, plus **James Stear's** experience of make-up (not that he knew much about it at the time), and of course the occasional pumpkin head-bashing.

From what I gathered, everyone seemed to have a great time, which is what the weekend is all about. We will no doubt be returning next year, and like I say every year, 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**

## **CHRISTMAS SOCIAL DATES FOR YOUR DIARY**

### **Sunday 18<sup>th</sup> December – Masters' Christmas Do**

■ For: all swimmers over 18 / At: the Running Horses / From: 7.30pm

### **Tuesday 20<sup>th</sup> December – Fun Night**

■ For: all swimmers / At: Erith pool / From: 7:30pm to 9pm, followed by drinks in the bar

### **Friday 23<sup>rd</sup> December – Bexleyheath Pub Crawl**

■ For: all males over 18 (trust me, it's like a Yorkie – not for girls!) / At: The Prince Albert / From: 7pm (to finish at about 11pm or sooner, depending on your condition)

### **Saturday 31<sup>st</sup> December – New Years' Eve Party**

■ For: all members and their families & friends / At: Slade Green Community Centre / From: 7:30pm to 1am / Tickets on sale now for just £5 (bring your own food and drink)



## **Purchase a lasting memory of Riverside Pool!**

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- “It's good 'cos I'm in it!” – Sarah Craggs

See just how this swimming club managed to raise over £2000 for charity in March 2005. A few copies remain in stock. To obtain a copy ask or e-mail Paul Nicholls ([hotfmuk@hotmail.com](mailto:hotfmuk@hotmail.com)).



## FORTHCOMING EVENTS – 2006



|                  |  |  |
|------------------|--|--|
| <b>January</b>   | Sunday 8 <sup>th</sup>                               | Tudor League (White drop out)  |
|                  | Saturday 14 <sup>th</sup>                            | White Horse League Rd 1  |
|                  | Saturday 21 <sup>st</sup>                            | Octopus League Rd 1  |
|                  | Sunday 22 <sup>nd</sup>                              | Champions of the Future (up to 11/u)<br>Sprint Trophy (all swimmers 12+) |
|                  | Saturday 28 <sup>th</sup>                            | EDSC Winter Presentation Disco for<br>Speedo/WHL/KJL/Octopus             |
|                  | Sat 28 <sup>th</sup> – Sun 29 <sup>th</sup>          | London Swimming Long Course Masters Meet<br>At Crystal Palace            |
| <b>February</b>  | Saturday 4 <sup>th</sup>                             | Tudor League   |
|                  | Sunday 5 <sup>th</sup>                               | Junior Speedo League Rd 1  |
|                  | Fri 17 <sup>th</sup> – Sat 18 <sup>th</sup>          | Isle of Wight Masters Open Meet  |
|                  | Saturday 18 <sup>th</sup>                            | County Championships Black Lion 11am<br>Octopus League Rd 2              |
|                  | Sunday 19 <sup>th</sup><br>Saturday 25 <sup>th</sup> | County Championships Black Lion 11am<br>EDSC Quiz Night                  |
| <b>March</b>     | Saturday 4 <sup>th</sup>                             | County Champ's Crystal Palace 9.30am<br>Tudor League                     |
|                  | Sunday 5 <sup>th</sup>                               | County Champ's Tonbridge Wells 11am                                      |
|                  | Saturday 11 <sup>th</sup>                            | County Championships Black Lion 11am                                     |
|                  | Sunday 12 <sup>th</sup>                              | County Championships Black Lion 11am                                     |
| <b>April</b>     | Sunday 2 <sup>nd</sup>                               | Junior Speedo League Rd 2  |
|                  | Sunday 9 <sup>th</sup>                               | Tudor League (Red drop out)  |
|                  | Saturday 15 <sup>th</sup>                            | Octopus League Rd 3  |
|                  | Saturday 22 <sup>nd</sup>                            | White Horse League Rd 2  |
| <b>May</b>       | Saturday 13 <sup>th</sup>                            | Octopus League Rd 4  |
|                  | Sunday 14 <sup>th</sup>                              | Tudor League (White drop out)<br>Junior Speedo League Rd 3               |
| <b>June</b>      | Saturday 3 <sup>rd</sup>                             | Tudor League   |
|                  | Saturday 17 <sup>th</sup>                            | White Horse League Rd 3  |
|                  | Sunday 18 <sup>th</sup>                              | London-Brighton Bike Ride  |
|                  | Saturday 24 <sup>th</sup>                            | Kent Junior League   |
| <b>July</b>      | Saturday 1 <sup>st</sup>                             | White Horse League Rd 4  |
|                  | Saturday 8 <sup>th</sup>                             | EDSC Summer Presentation Disco   |
| <b>September</b> | Saturday 9 <sup>th</sup>                             | White Horse League Rd 5<br>Octopus League Rd 5                           |
|                  | Saturday 16 <sup>th</sup>                            | Kent Junior League   |
| <b>October</b>   | Saturday 14 <sup>th</sup>                            | Speedo League Round 1  |
|                  | Saturday 21 <sup>st</sup>                            | Octopus League Rd 6 (provisional)  |
|                  | Fri 27 <sup>th</sup> – Sun 29 <sup>th</sup>          | National Masters Short Course Champs                                     |
|                  | Fri 27 <sup>th</sup> – Mon 30 <sup>th</sup>          | Pontins Halloween Weekend Away   |
| <b>November</b>  | Saturday 11 <sup>th</sup>                            | Speedo League Round 2  |
|                  | Saturday 18 <sup>th</sup>                            | Kent Junior League   |
|                  | Saturday 25 <sup>th</sup>                            | White Horse League Rd 6  |
| <b>December</b>  | Saturday 9 <sup>th</sup>                             | Speedo League Round 3  |