



INSIDE ISSUE 183

- 2 – Coaches News
- 3 – Gala Results
- 7 – Latest Club Records
- 8 – Social Section
- 10 – Forthcoming Events

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 th December	6:00-7:30pm – Training as normal 7:30-9pm – Fun Night
Wednesday 21 st December	Training as normal
Thursday 22 nd December	NO TRAINING
Saturday 24 th December	7:30-8:30am – Training as normal
Sun 25 th Dec to Mon 2 nd Jan	NO TRAINING
Tuesday 3 rd January	Training as normal
Wednesday 4 th 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 22ND 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 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: Tim Colman, Emma Coppen and Rebecca Gravell.
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: Rebecca Gravell (2), Tim Colman (2), Emma Coppen, Bethan Austin, Ayo Ajanaku and Nick McMonagle.
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
3	Erith	56
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 28th 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 James Stear's brand new super goggles in his 100m breaststroke event. However, there were some excellent individual performances, most notably from: Tim Colman (2), Laura Porritt, Ayo Ajanaku, Jakes Reeves and Shane Hume.
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	Caitlin Colman 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. Laura Porritt took the 15 and under girls record for the 100m backstroke with a time of 1:13:93, whilst James Stear (complete with fitting goggles) reduced the Mens Open 100m breaststroke record to 1:10:46. Tim Colman 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 1st and 3rd 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. Caitlin Colman and Tosin Aiyeola won their individual events, whilst Caitlin, Tosin, Chloe Hobbs and Emily White 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. James Stear obtained a Club best in the 100m Individual Medley, whilst Laura Porritt 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 Tim Colman, Ayo Ajanaku, Emma Coppen and Shane Hume .
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 Alice McCalla, Jenny Vick, Caitlin Colman (2), Judith Goodey and Daisie Hutchinson 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 28th 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 Caitlin Colman, Jake Reeves, Tim Colman and Casey Porritt.
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: Tim Colman, Casey Porritt (2) and Emily White.
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	WHITE: First time White team swims from Luke Tait, Jack Hussey, Jacob Cooper, Matthew Tait, Michael Redfearn and Emma Hoyne-Butler. Well done to our individual winners: Ryan Perrin, Elizabeth Kennedy, Matthew Bassett and Rory Jenner. RED: Some silly DQ's need to be sorted out, but a pretty close result. Well done to our individual winners: Connor Middleton, Lily Osborne, Bethan Austin & Sam Gardiner.
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: Daniel Bassett, Connor Middleton, Daniel Smithers (2), Jonathon Brock, Francesca Williams, Jacob Cooper and Ryan Perrin.
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 th . Well done to individual winners: Daisie Hutchinson, Oluwatosin Aiyeola, Ellie Maunders and Jack Hussey.
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: Daisie Hutchinson, Oluwatosin Aiyeola, Ayo Ajanaku, Jack Hussey and Caitlin Colman.
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	Erith	23
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 28th 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 22nd 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 22nd 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
Girls 100m Butterfly	12 & U	E Coppen 2005	1.11.80
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	L Porritt 2005	1.05.68
Girls Backstroke 100m	14 & U	L Porritt 2005	1.13.93
Girls Breaststroke 100m	14 & U	H Spencer 1993	1.24.76
Girls Butterfly 100m	14 & U	L Porritt 2005	1.11.35
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	L Porritt 2005	1.11.35
Girls Front Crawl 1L	16 & U	N Bennett 1996	18.87
Boys Front Crawl 100m	16 & U	N McMonagle 2005	55.72
Boys Backstroke 100m	16 & U	N McMonagle 2005	1.03.36
Boys Breaststroke 100m	16 & U	J Stear 2005	1.10.46
Boys Butterfly 100m	16 & U	J Stear 2005	1.04.54
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	N McMonagle 2005	1.03.36
Mens Breaststroke 100m	Open	J Stear 2005	1.10.46
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 18th 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: 28th to 31st October '05

The Club's 4th 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 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 18th December – Masters' Christmas Do

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

Tuesday 20th December – Fun Night

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

Friday 23rd 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 31st 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! WINNER OF 3 ACADEMY AWARDS!

- “Russell hits top form” – Time Out
- “A real action cracker” – News of the World
- “It's the ultimate endurance test” – The Mirror
- “Will Russell make it? A top suspense thriller, not to be missed!” – The Sun
- “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).



FORTHCOMING EVENTS – 2006



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