



Newsletter

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gala contacts

national / white horse / octopus:
STEVEN O'NEILL
07951 748388
steven@edsc.org.uk

tudor:
JULIE CRAGGS
07743 292117
julie@edsc.org.uk

junior speedo:
DEAN LEIGH
07958 772890
dean@edsc.org.uk
MARK PREATER
07855 444396

club championships:
PAUL NICHOLLS
07967 659470
paul@edsc.org.uk

squad contacts

top / red squad:
STEVEN O'NEILL
07951 748388

junior squad:
PAUL NICHOLLS
07967 659470

white squad:
MICK THACKRAY
01322 338910
JULIE CRAGGS
07743 292117
TONY BALL
07980 815783

teaching groups:
LYNN MAUNDERS
07811 607720

other contacts

newsletter/web editor:
PAUL NICHOLLS
07967 659470
paul@edsc.org.uk

general enquiries:
JOHN BURDETT
07788 668514
john@edsc.org.uk



latest news from the Chairman, John Burdett

Hello everyone! In this time of instant news and information, it has been a long time since we have published a newsletter for you to read. I hope that you enjoy it and appreciate the effort that has gone in to putting it together.

Would new members please note that all important news (including team sheets) is displayed on the notice boards at the Leisure Centre. I ask you to take time during the week to check the boards as there may be information on there that you need to know. We also use the website as a tool of communication so again, it can be worth checking there too. I have e-mail addresses for most members, so if you haven't given me an up to date one, then please do so.

Can I ask parents of young children not to reserve changing cubicles whilst their children are in the pool. Please put all bags into the lockers provided. I am fully aware how busy the Changing Rooms can get at certain times during our sessions so please can I ask you to get young children changed as quickly as you can and then move out of the changing area to free up the cubicles for others to use. **LEAVING A BAG IN A CUBICLE DOES NOT MEAN THAT YOU HAVE EXCLUSIVE USE OF THAT CUBICLE.**

May I also take this opportunity to remind you to ensure that you pay your Club fees in a timely manner. Due dates for payments were sent out to you at the end of last year. Members are reminded that late payers may be refused entry to the pool as insurance cover will not stand if subscriptions are not up to date. The Management Committee endeavours to keep fees as low as possible and we rely on prompt payment to help us do so.

2010 will undoubtedly be another busy year for us, with lots of competition being planned at all levels. Keep an eye out for some fun events throughout the year too, as the children get involved with spending the Jack Petchey reward money on things that they like to do. Money from the scheme in 2009 saw our members taking subsidised trips to the bowling alley and ice skating for those that wanted to join the fun. A great time was had by all that attended.

Our 2 big fund raisers of the year will take place over the Summer with our Grand Raffle Draw and Summer BBQ, The date for the BBQ is now confirmed for the 5th June, so please keep this date free. If you are able to help with the organisation of the day then please let me know.

EDSC is run for its members by a great team of volunteers. We are always in need of more helpers. In particular at this moment in time, we are looking for someone to take on the administration of our Penguin Learn to Swim Programme. You do not need to be or have been a swimmer, you just need good organisational skills and be able to spare a couple of hours a week. If you are interested, then please speak with me at the pool.

Finally, congratulations to all of you who have worked hard and achieved personal best times in competition over recent months. These results are only achieved with hard work from both swimmer and coach together, so when you do have a good swim, remember to take time out to thank your teacher or coach as they will have put as much time and effort into the swim as you have done.

squad and teaching update

WHITE SQUAD—JULIE CRAGGS / MICK THACKRAY / TONY BALL

The number of swimmers attending sessions has been consistently high and those that attend are progressing well. We have been focusing on our starts and turns and trying to incorporate work on these for each stroke into our sets. All the swimmers are working hard and are always a pleasure to coach.

JUNIOR SQUAD—PAUL NICHOLLS / RICHARD CORNELL

A big thank you for your incredibly high attendance recently. In the November Club Champs we became the first squad to have all of its swimmers attend a session, which really was great to see and is reflective of the hard work and dedication that the squad have put in of late. As long as you are training at least 3 times a week the dedication will pay off in the long term. It often gets forgotten that we train to race, so it's very important to copy what is expected of you in a race during your training, so you can complete any racing without having to think too much about it.

TEACHING GROUPS—LYNN MAUNDERS

The current teaching programme will continue in 2010 concentrating on one stroke each week. Other aquatic skills will be taught and introduced including diving, sculling, tumble turns, streamlining, starts and finishes. Competitive start awards are being planned for the near future. The teachers and I were extremely impressed with the high number of swimmers who attended and competed in the September Club Championships. A lot of the younger swimmers who were as young as 5 years old had only joined the club in mid August from the Penguins Learn to Swim Programme. All of whom managed to complete a length in at least 3 strokes. I would like to congratulate each and every swimmer for their impeccable behaviour on the poolside. Many swimmers got their first ever times recorded with others achieving personal best times. A big well done to everyone! 'Champions of the Future' held in January was again a great event with many swimmers recording personal best times, some swimmers knocking considerable seconds off!!! Well done to all swimmers who competed. Many swimmers have now left the 'mini squads' and moved into White Squad, I wish them lots of luck and enjoyment in the next stage of their progression through the swimming club. Lastly I would like to thank all the teachers and helpers for all their constant help and support on the poolside.



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national arena league results

ROUND 1		
Pos	Team	Pts
1	Dover Lifeguards	222
2	Elmbridge Phoenix	199
3	Sevenoaks A	190
4	Atlantis	185
5	ERITH	124
6	Dartford	123

Gala Report by Steven O'Neill
A tough night for us & more often than not we were fighting for the back 3 places finishing 5th overall. 36 PB's were achieved. Our 2 winners of the night: Rebecca Gravell (15/u 100m bk) & Ashton Middleton (11/u 50m FS).

ROUND 2		
Pos	Team	Pts
1	Hastings	191
2	Chelmsford	182
3	Southend on Sea	176
4	ERITH	171
5	Dartford	168
6	Redhill & Reigate	159

Gala Report by Steven O'Neill
17 PB's were achieved & 32 faster times compared with Round 1. Well done to our individual winners: Ashton Middleton (11/u Fly), Emma Coppen & Michael Cook (open BK), Chloe Hobbs (15/u FS) & Daniel Bassett (13/u FS)

ROUND 3		
Pos	Team	Pts
1	Woking	227
2	Atlantis	221
3	Elmbridge Phoenix	176
4	Hastings	151.5
5	Southend on Sea	141
6	ERITH	120.5

Gala Report by Steven O'Neill
22 PB's were achieved & we finished a very credible 12th in the league. Our winners came from Emma Coppen (Open fly) & Chloe Hobbs (15/u FS). We do need to practice more on our takeovers & the transition phase.

white horse league results

ROUND 5		
Pos	Team	Pts
1	Orpington OJAYS	284
2	Beckenham	280
3	GBM	242
4	Bromley	219
5	Saxon Crown	193
6	Eltham Stingrays	178
7	White Oak	157
8	ERITH	151

Gala Report by Steven O'Neill
We gained 17 PB's which is brilliant. We were, however, not competitive at this gala. Crucially we need to work on our underwater phase for both our starts and turns and of course ensure we practice finishing at the wall. Well done to Emma Coppen who came closest to a win in the open 100m BK.

ROUND 6		
Pos	Team	Pts
1	Beckenham	331
2	Orpington OJAYS	312
3	Bromley	252
4	White Oak	210
5	Saxon Crown	207
6	ERITH	167
7	GBM	148
8	Eltham Stingrays	116

Gala Report by Steven O'Neill
We achieved 18 PB's and finished 2 places higher than the previous round. Well done to our solitary winner of the night, Emma Coppen in the open 50m Fly. We were let down by 1 swimmer who simply failed to show up. Please do your best to let us know if there is a problem on the day (phone no's on p.1)

octopus league results

ROUND 5		
Pos	Team	Pts
1	Cheam	N/A
2	Edenbridge	N/A
3	Eltham	N/A
4	Croydon	N/A
5	Bromley	N/A
6	Woodside & T. Heath	N/A
7	ERITH	N/A
8	Streatham	N/A

Gala Report by Louise Hoyne-Butler
Well done to all swimmers and a big well done to Ryan Trinder on his individual breaststroke for receiving 3rd place. As always thanks to all parents for your support in this gala.

ROUND 6		
Pos	Team	Pts
1	Eltham Stingrays	248
2	Cheam	236
=3	Bromley	186
=3	Woodside & T. Heath	186
5	Croydon	181
6	ERITH	147
7	Streatham	103
8	Edenbridge	DNS

Gala Report by Louise Hoyne-Butler
A big well done to all swimmers, especially to Lauren Hawkins for receiving 1st place on her individual breaststroke and Matthew Bulmer for receiving 1st place for his individual butterfly.

kent junior league results

ROUND 1		
Pos	Team	Pts
1	Orpington OJAYS	221
2	Dover Lifeguards	208
3	GBM	207
4	ERITH	151
5	Dartford	115
6	Bexley	112

Gala Report by Paul Nicholls
An excellent result against some of Kent's toughest teams and there's only one DQ to report. James Vick won 2 events, whilst Georgia Burdett brought our tally up to 3 individual wins in total.

ROUND 2		
Pos	Team	Pts
1	Orpington OJAYS	243
2	Dover Lifeguards	208
3	GBM	191
4	ERITH	147
5	Dartford	131
6	Bexley	85

Gala Report by Paul Nicholls
Despite a few swimmers missing and a non-scoring 9/u girls team, we have a good overall result. Individual wins for James Vick, Ashton Middleton & not forgetting George Leigh who smashed his 100m BS best by 6 seconds.

ROUND 3		
Pos	Team	Pts
1	Orpington OJAYS	221.5
2	GBM	196
3	Dover Lifeguards	191
4	ERITH	127.5
5	Dartford	121
6	Bexley	104

Gala Report by Paul Nicholls
We made a few changes in this last round to give a few others a chance to swim—and still we finished in 4th place! Well done to our individual winners: Ashton Middleton, Joseph Neighbour and Myles Ellis.

kent development meet by Paul Nicholls

10 swimmers took part in 2009's Kent Development Meet. All swimmers competed in all 4 strokes in 50m events. Between them they gained 27 personal bests and 3 medals—a Silver and Bronze for Jade Hughes in Fly and FS respectively and a Bronze for Stuart Cunningham in his BK. A special mention to Emily Simmons who swam 4 fantastic races in for best times (largely helped by some cracking starts) in what we discovered was her first ever gala for the Club & for Daniel "Jamie Afro" Wesley who, once he tamed his hair into his hat, swam the race of the day to win his 50m Fly in a best time, knocking off 11 seconds!

champions of the future—10th January

Ellena Jeffery	11 years	Myles Ellis
Georgia Burdett	10 years	Joseph Leigh
Madison Retour	9 years	Nathan Butterworth
Amber Callard	8 years	Conner Parker
Abbey Retour	7 years	Harvey Maunders

sprint trophy—10th January # OVERALL WINNERS

# Rebecca Gravell	16-24 years	M. Russell / M.Cook #
Emily White	15 years	Tommy Cowell
Lily Gardner	14 years	Daniel Bassett
# Holly Fryett	13 years	George Leigh
Olivia Fryett	12 years	Frankie Hutchinson #

synchro update by Jenny Kennedy

2010 has seen some changes with the Club. We have lost Sam and Lisa as our head coaches. Steve and Jenny continue to coach. We are currently working on routines and plan to compete in the London Regional Competition this March. The Club has had a good start to the year with its first competition in the Middlesex Invitational Event on 6th February. Even though we are a small club we made a good impression. A total of 95 athletes competed. Our youngest swimmers Evelyn Ledwidge attained 15th position and Danielle Hills attained 22nd position out of 30 in their section. These girls have only been doing Synchronised swimming for a short time so well done to them. 3 girls took part in the Level 1 section consisting of 21 swimmers. Millie Rogers finished 10th, Olivia Grez-Haniewicz 15th, and Sarah Bartlett 18th. Elizabeth Hunt was our only Level 2 swimmer, where she achieved 3rd place out of 19 swimmers. Our 2 Level 3 swimmers were Lizzie Kennedy and Ria Surridge who finished 1st and 8th. Overall, a good performance. Our aim is to get a few swimmers back to the National Competition in December so there is lots of hard work to be done. We are working closely with other Clubs in Kent and London to support training. The Club is constantly looking for new members. If you are interested in joining then please contact Jenny on 07957221409 or synchro@edsc.org.uk



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club championships (trophy titles)—September

	JUNIOR GIRLS	Time	Event best	JUNIOR BOYS	Time	Event best
FLY	Ashton Middleton	40.17	Emily White - 39.37	Myles Ellis	39.92	Callum Pearson - 39.44
BK	Ashton Middleton	42.32	Emily White - 38.17	Myles Ellis	41.69	Daniel Bassett - 40.58
BS	Ashton Middleton	45.58	Casey Porritt - 44.45	James Vick	46.25	George Leigh - 46.19
FC	Ashton Middleton	32.61	Ashton Middleton - 32.61	James Vick	34.47	Daniel Bassett - 34.18

	OPEN GIRLS	Time	Event best	OPEN BOYS	Time	Event best
FLY	Emma Coppen	1.10.83	Emma Coppen - 1.09.29	Barry Cusselle	1.06.14	Mark Russell - 1.03.50
BK	Emma Coppen	1.12.51	Emma Coppen - 1.12.51	Matthew Bassett	1.10.65	Tim Colman - 1.05.33
BS	Emma Coppen	1.25.45	Rosie Gardner - 1.22.26	Alan Fordham	1.19.20	James Stear - 1.12.20
FC	Emma Coppen	1.05.06	Naomi Ross - 1.03.31	Michael Redpath	59.30	Shane Hume - 56.27
SPR	Chloe Hobbs	30.40	Naomi Ross - 29.23	Barry Cusselle	26.69	James Stear - 25.75

points cup

The Points Cup is based on swimmers' performance in the Club Championship heats. Points are accumulated based on their position at the end of each race.

	GIRLS	Points	BOYS	Points
7 years	Amber Callard	46	Conner Parker	48
8 years	Madison Retour	58	Lewis Hayes	64
9 years	Georgia Burdett	64	Tom Shea	56
10 years	Ellena Jeffery	64	Myles Ellis / James Vick	60
11 years	Ashton Middleton	64	Frankie Hutchinson	62
JUNIOR	Ellena / Georgia / Ashton	64	Frankie Hutchinson	62
12 years	Jade Hughes	74	Stuart Cunningham	72
13 years	Lily Gardner	72	Daniel Bassett	78
14 years	Emily White	72	Luke Tait	66
15 years	Rebecca Gravell	80	Andrew Rose	44
16+ years	Emma Coppen	78	Barry Cusselle	60
OPEN	Rebecca Gravell	80	Daniel Bassett	78

special awards

Swimmer of the Year	
Emily White	James Vick
Progress Cup	
Ashton Middleton	Myles Ellis
Endeavour Cup	
Matt Tait	
Synchro Swimmer of the Year	
Sarah Bartlett	
Open Top Scorer in Finals	
Emma Coppen (4x1st, 1x2nd)	

200m and IM club championships (trophy titles)—November

	JUNIOR GIRLS	Time	Event best	JUNIOR BOYS	Time	Event best
FLY	Ellena Jeffery	4.14.32	Emily White - 3.16	James Vick	3.30.42	Callum Pearson - 3.12.20
BK	Leticia De Melo	3.31.29	Casey Porritt - 2.53.99	James Vick	3.09.96	Daniel Bassett - 3.12.02
BS	Olivia Fryett	3.37.01	D Hutchinson - 3.29.50	James Vick	3.34.68	Luke Forrest - 3.31.72
FC	Ashton Middleton	2.46.66	Casey Porritt - 2.38.37	James Vick	2.45.24	Callum Pearson - 2.43.87
4x1	Olivia Maunders	1.32.21	Casey Porritt - 1.22.38	James Vick	1.26.73	Callum Pearson - 1.26.42
4x2	Ashton Middleton	3.07.24	Casey Porritt - 2.56.73	James Vick	3.04.15	Callum Pearson - 3.04.15

	OPEN GIRLS	Time	Event best	OPEN BOYS	Time	Event best
FLY	Emma Coppen	2.46.38	Emma Coppen - 2.35.10	Barry Cusselle	2.42.61	Simon Facer - 2.29.13
BK	Rebecca Gravell	2.42.88	Naomi Ross - 2.36.69	Barry Cusselle	2.47.41	Tim Colman - 2.24.41
BS	Alex Bonner	3.08.26	Rosie Gardner - 2.59.41	Barry Cusselle	3.07.77	Sam Gardiner - 2.45.74
FC	Emma Coppen	2.20.62	Naomi Ross - 2.17.44	Michael Cook	2.17.19	Shane Hume - 2.01.99
4x1	Emma Coppen	1.14.63	Emma Coppen - 1.11.50	Barry Cusselle	1.13.21	Shane Hume - 1.05.18
4x2	Emma Coppen	2.36.42	Emma Coppen - 2.35.34	Michael Cook	2.22.55	Shane Hume - 2.21.93

POINTS	GIRLS	Points	BOYS	Points
Junior (9-11)	Olivia Maunders	58	James Vick	96
Open (12+)	Emma Coppen	64	Barry Cusselle	64

winter presentation at Belvedere Sports and Social Club, Woolwich Road

	NATIONAL ARENA	WHITE HORSE	KENT JUNIOR	OCTOPUS
1	Ashton Middleton 54	Ashton Middleton 126	James Vick 79	Ryan Trinder 76
2	Chloe Hobbs 50	James Vick 111	Myles Ellis 67	Andrew Rose 64
3	Myles Ellis 46	Chloe Hobbs 101	Ashton Middleton 52	Aaron Thompson 63
4	James Vick 42	Emily White 100 (=4)	Georgia Burdett 52 (=3)	Lauren Hawkins 62
5	Daniel Bassett 40 (=5)	Emma Coppen 100 (=4)	Daniel Bassett 44	Leticia De Melo 52
6	Emma Coppen 40 (=5)	Lauren Frap 95	Holly Fryett 42	Jade Lucas 49
7	Emily White 32	Naomi Ross 85	George Leigh 36	Anna Shea 46 (=7)
8	Caitlin Colman 30	Daniel Bassett 84	Joseph Neighbour 32	Chelsea Allen 46 (=7)
9	Daisie Hutchinson 30	Rebecca Gravell 68	Jade Hughes 29	Gemma Lucas 41
10	Rebecca Gravell 30	Elizabeth Kennedy 66	Sophie Gunns 28	Callum Morton 40

Finally a hall and staff that seemed happy to accommodate our needs! 170 of you turned up with almost 80 of our swimmers collecting medals via a fresh presentation format. Also for the first time we had a sponsor in the form of Bluewater who very kindly donated £150 of vouchers. These events are always good fun for the family & help raise some much needed cash for the club. Many thanks to all who supported the event.

sponsored by Bluewater Shopping Centre



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fast lane news

● Please do not e-mail team captains to advise of illnesses or other reasons for withdrawing from galas—please only use the contact numbers provided on page 1

● Your Club Captains for the remainder of the season are Emma Coppen and Barry Cusselle

● We are always looking for raffle prizes to help raise funds for the Club. If you have anything going spare please speak to Sue Gardiner

● We are looking for ways in which we can raise some much needed funds for Germany 2010. If you have an idea or wish to offer a form of sponsorship please speak to Paul White

● EDSC's summer BBQ, party and presentation will be back this year after raising a staggering £2,000 for the Club in 2009. Saturday 5th June is the date for the diary; please support the raffle draw

● New software is about to be introduced to assist in running every competition that we take part in. It will also include a new accessible PB service via the Club's website

kents 2010 by Steven O'Neill

This year's county championships resulted in:
43 Individual Swims with 19 Personal Bests, 14 Medals and 5 Club Records
+40 Team Swims with 15 Personal Bests
We finished 18th in the Boys competition and 21st in the Girls

Congratulations to all our Medallists; James Vick (2nd, 400m IM, 3rd 50m Br & 6th 200m BR) Joseph Leigh (3rd, 50m BR) Rebecca Gravell (6th 50m & 200m BK) Bryonnie Newing (3rd in Age 50m FLY, 4th in the Open competition) Michael Cook (2nd in Age 200m BK & 200m FLY, 5th in the Open competition for both, 6th 200m BR) and Myles Ellis (4th, 50m FLY).

Also qualifying to compete in the individual championships were; Chloe Hobbs, Ashton Middleton, Emily White, Caitlin Colman, Alexandra Bonner, Daniel Bassett, Alan Fordham and Tom Shea.

Our team swimmers also included: Luke Tait, Lewis Pick, Tommy Cowell, George Leigh, Daniel Wesley, Lily Gardner, Emma Coppen, Holly Fryett, Daisie Hutchinson, Olivia Fryett, Emily Simmons, Megan Harris and Jade Hughes.

Our Record Breakers were; Bryonnie Newing (50m FLY - twice in the same day) and Michael Cook (100m IM, 200m FLY, BK & BR).

Despite the success of these individuals however, I believe we must do better next year. My first aim will be to increase the number of individual swims to 100 next year. From that the aim would be to double both the number of personal bests and the number of medals including one county Champion. The aim in the team events will be to make 4 finals and hopefully finish both the boys and girls competition in the top 15.

I traditionally give out 6 awards for the Championships - this year's recipients are:

Top Boy, based on points per race—James Vick
Top Girl, based on points per race—Bryonnie Newing

Swim of the Championship (Boy) my personal highlight of the individual championships:

- **Daniel Bassett**, 50m FREE. *Daniel is always exciting to watch race and visually you can see, as I did in this race he gives 100% in competition and he earned a cracking PB because of it.*

Swim of the Championship (Girl) my personal highlight of the individual championships:

- **Alexandra Bonner**, 50m BR. *Alex has been stuck on the same times for over a year now and has been getting down heartened in competition. Despite this she is one of the hardest trainers in the squad and has never stopped competing for the club. Whilst this swim was not a PB it was certainly the best time she has swum in a while and the relief on her face that she is moving forward again was fantastic to see.*

Team Player (Boy) someone who solely qualified for the team events but had a significant impact on the team:

- **Conor Middleton**. *Conor has been in a similar situation to Alex however his progress has been hindered largely due to injury. Even whilst he has not been 100% fit he has still continued to train, doing what he can and to a high standard. He only had one swim in the team events but he made it count with nearly a second off his pb. He then had the option of going home but decided to stay on and cheer the girls on in the afternoon.*

Team Player (Girl) someone who solely qualified for the team events but had a significant impact on the team:

- **Megan Harris**. *Megan has had the best part of 3 months off swimming due to injury so it was great to see her in her first gala back beat her best time twice in the same day for 50m FREE as well as geeing all the girls on :)*

Many thanks to John Burdett for sending off the entries/monies, Jason Middleton for supplying the team kit at short notice and to Paul Nicholls for assisting on poolside...

sub 1 min 100m swimmers

As the title suggests this list contains all the swimmers that we are aware that have ever gone under the 1 minute mark for 100m freestyle. The list dates back to 1989 when a certain Sam Hayes was the first EDSC swimmer to break the minute barrier with a time of 59.45 seconds—something avid readers of the Newsletter will be aware he is very proud of this fact, practically forcing the editor to reproduce his certificate in a previous edition (now available via the website). If we have missed you off this list (or you can help fill in the blanks), then please let us know so that we can update it.

	NAME	YEAR
1	Alan Fordham	2007
2	Barry Cusselle	2007
3	Dave Kane	
4	Grant Cooper	
5	Ian Magness	
6	James Stear	
7	Mark Russell	
8	Matt Kirkup	2006
9	Michael Cook	2010
10	Michael Redfean	2007
11	Michael Redpath	2003
12	Nick McMonagle	
13	Patrik Newsham	
14	Paul Dodson	
15	Phil Brown	
16	Phil Rush	
17	Richard Wilding	1998
18	Roy Burdett	
19	Ryan Carver	
20	Sam Hayes	1989
21	Simon Facer	
22	Shane Hume	
23	Stephen Kihara	
24	Tim Colman	2005
25	Tim Wilkes	1998

Also, a very special mention must go to SHANE HUME for being the Club's one and only swimmer to break the 2 minute barrier for 200m freestyle. This was done during 2007 with a time of 1.59.26.

Germany 2010

Congratulations and good luck to the following swimmers that are competing in Bexley's twin-town of Neheim-Husten for their annual international swimming festival: Dan Bassett, Tommy Cowell, Conor Middleton, Luke Tait, Jack Capstick, George Leigh, Ben Hughes, Stuart Cunningham, Daniel Wesley, Frankie Hutchinson, George Steer, Matthew Bulmer, Sam Delatouche, James Vick, Myles Ellis, Joanne Ball, Emily White, Daisie Hutchinson, Caitlin Colman, Chloe Hobbs, Lily Osborne, Sarah Shattock-Gomez, Elizabeth Hunt, Lily Gardner, Emily Simmons, Jade Hughes, Megan Harris, Alix Bliss, Amelia Dimond-Varley, Leticia De Melo and Ashton Middleton.

forthcoming events

These are the key upcoming events to the summer. A full list of known forthcoming events is available via the website at www.edsc.org.uk.

- APRIL
 Sunday 11th Octopus League R2
 Sunday 18th Tudor League R4
 Saturday 24th White Horse League R2
 Sunday 25th Frank Rider Trophy Masters Gala
 Sunday 25th Junior Speedo League R1
- MAY
 Saturday 15th Tudor League R5
 Sunday 16th Octopus League R3

- Friday 21st to Sunday 24th Germany 2010
 Sunday 23rd Junior Speedo League R2
- JUNE
 Saturday 5th EDSC Summer BBQ
 Saturday 12th White Horse League R3
 Sunday 27th Junior Speedo League R3
- JULY
 Sat 3rd White Horse R4 / Sun 4th Tudor R6
 Saturday 10th Octopus League R4

NEXT ISSUE OUT
MID-JULY