

SOUTHERN COUNTIES
AMATEUR SWIMMING
ASSOCIATION

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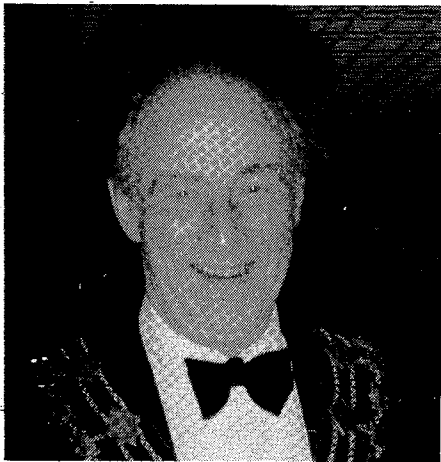
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Southern Counties Centenary



Congratulations from the President of the Amateur Swimming Association

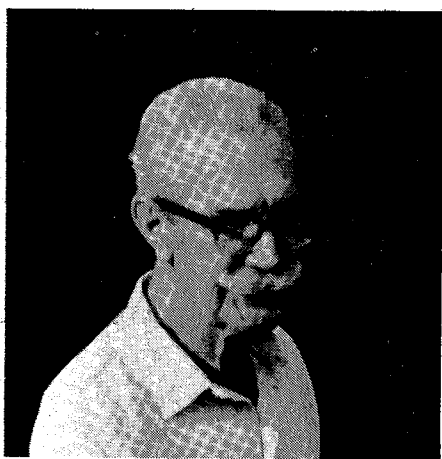
As President of the Amateur Swimming Association it gives me great pleasure to offer congratulations to the Southern Counties Amateur Swimming Association on the occasion of its Centenary year. As a southern man myself I feel I can join in the celebrations.

There have, of course, been many changes during the hundred years, and it is a far cry from the time, in the 1890's, when a swimmer was declared a professional because he was employed hiring out boats at the seaside.

It is essential that we continue to move with the times and although we may look back at the past with interest, learn from previous mistakes and go forward in the right direction.

I hope that all people connected with our sport in the South will join in the celebrations by attending the Festival of Swimming at Crystal Palace and the Centenary Dinner and I wish you all an enjoyable year.

JOHN J. LEWIS



Foreword by the President of Southern Counties Amateur Swimming Association

It is a considerable honour to be President of the Southern Counties in its Centenary Year and I very much wish that I could pen a worthy historic message to all our members.

We have been preparing celebrations to mark the occasion for some time and our meetings have enabled the elderly members to reminisce about open air pools, water temperatures in the fifties (fahrenheit! 10° celsius) and galas with officials operating under umbrellas. The Centenary Committee, and particularly Yvonne Price, Margaret Coombs and Craig Hunter, deserve our thanks for their work.

You will encounter a fair number of references to the past during our celebrations but a centenary is an epoch making occasion and we need to look to the future. We have more clubs, more swimmers, more coaches and even more pools, yet competitive swimming in this country and particularly in the South is not progressing as quickly as in some other countries. I don't think a British Government will ever provide the support that is enjoyed by competitors in some parts of the world; in any case we have to

find our own salvation and in this regard our future lies with the clubs.

I know that those of you who are involved in training for any of the facets of our sport are probably the most dedicated of all sports people. The self discipline of long hours of training (and the unsocial hours), the need to keep up with academic work and the tremendous effort which is the ultimate thing that wins races or diving or synchro competitions (sorry, or water polo!) is certainly beyond any call of duty. Most of the coaches and administrators possess similar dedication but it is undoubtedly the parents of swimmers who keep our sport going. Without their support, moral, financial and practical, we should be lost.

I know that we have a marvellous group of people in swimming in the Southern Counties and their dedicated efforts will surely lead us to a great future.

Whether your own achievements in swimming are great or small remember that our sport provides a clean and healthy training not only for swimming but for life itself.

H. H. V. WILKINSON





The first one hundred years — some interesting landmarks



In the beginning.

The origins of swimming go back a little more than a hundred years! Man has been swimming and diving since time began, for survival and to hunt, but it was towards the end of the eighteenth century in England that doctors began recommending sea bathing as they believed salt water was 'healthful' and swimming started to gain in popularity. Margate was where the first bathing machine in the world appeared. It was invented by Benjamin Beale, a Quaker and keen bather who was shy of undressing on the beach so he made a changing box on wheels which, when pushed a little way into the sea, enabled the bather to enter the water virtually hidden from public view.

In the 1800's swimmers were a hardy lot

for many people were swimming in rivers, icy lakes and docks as well as the sea.

Because of this the saving of life was an early preoccupation and the oldest club of which we found evidence was the Eton & Windsor Royal Humane Society Swimming Club which was established in 1835.

Social changes

Industrialisation meant that large numbers of people had moved into urban environments from the countryside and rivers became polluted. Most houses did not have bathrooms and in 1846 the government passed the Baths & Wash Houses Act. This gave the Local Authorities the power to provide baths and showers. The original intention to give

people facilities to wash themselves and their clothes was extended by subsequent Public Health and Town Improvement Acts and, as the demand for swimming facilities grew, many urban Local Authorities began providing both covered and open air swimming baths, vapour baths, slipper baths and so on. By the turn of the century most towns of any size had their public pool which often had two, sometimes even three, classes of bath. Sometimes one was especially for ladies with a separate entrance because mixed bathing was not allowed.

These pools were not originally fitted with filters and the water was emptied and filled up once a week with swimming charges being reduced accordingly as the week progressed and the water became murkier.



INSTITUTE OF SWIMMING TEACHERS & COACHES

LTD

Six reasons why you should join the Institute

1. Collective Identity

The ISTC provides every individual teacher and coach with a collective identity which is evidenced by the use of designated letters after the member's name AIST/AISC (Associate) FIST/FISC (Fellow).

2. Technical Information

The ISTC provides focal centres in the Regions where teachers and coaches can meet to join in activities which interest them, discuss matters of mutual concern and exchange ideas and technical information.

Lectures, seminars, conferences and discussions enable members to keep in touch with each other and developments in the swimming world.

3. Communication

The 'Swimming Times' is sent to each member every month containing details of Regional activities, information of particular interest to teachers and coaches, and technical papers to assist with the development of the sport.

4. Directory of Membership

The ISTC publishes biennially a Directory of Membership to bring the Register of

Members to the notice of Local Authorities and other appropriate bodies concerned with the employment of swimming teachers and coaches.

5. Insurance

The ISTC provides a comprehensive public liability and personal accident insurance cover for members, which is essential whilst they are teaching and/or coaching.

6. Discount Facilities

The ISTC negotiates discount facilities with companies who supply equipment and services which may be of assistance to members in their swimming activities.

Membership

Membership shall be open to holders of teaching and/or coaching certificates of the Amateur Swimming Association and/or the Royal Life Saving Society, in all disciplines of the sport.

Membership is for a twelve month period from the date of receipt of application. Application for membership shall be submitted to: The Institution of Swimming Teachers and Coaches Limited, Lantern House, 38 Leicester Road, Loughborough, Leics. LE11 2AG
Tel: 0509 264357.

1869: The beginning of formal swimming organisation in England

A meeting of representatives of swimming clubs was held in the German Gymnasium, Kings Cross, London on 7th January 1869. It was resolved that an association, composed of the London Swimming Clubs, should be formed, its objects being the promotion and encouragement of the Art of Swimming. Later the same year the title "Metropolitan Swimming Association" was adopted and a code of rules drawn up in 1870 for the management of the game of football in the water (early polo). In 1873 the name was changed again to the "Swimming Association of Great Britain" (a real misnomer this one as it rejected an application from an Association of Scottish clubs).

In 1880 Horace Davenport (Ilex and Surbiton) became Association President. He won the ASA Mile six times from 1874-79. At that time there were nine London and eleven Provincial clubs.

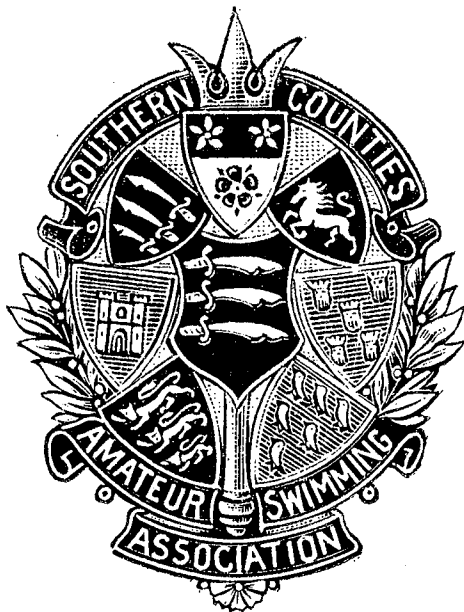
Before 1869 there were no amateur or professional distinctions and there were a lot of events organised which involved racing for money or side bets and ornamental and trick swimming.

In 1884 Otter resigned its membership of the Swimming Association of Great Britain in a clash over amateurism. Eight clubs followed them and formed the Amateur Swimming Union. The President resigned and a two year bitter feud followed.

Henry Benjamin of Cygnus Club, Camberwell, mediated and with enormous tact brought both groups together. His diplomacy was successful and in 1886 "The Amateur Swimming Association" was formed.

The formation of the Southern District

With the central administration in London there were delays in getting information to the provinces so things did not run smoothly for long. In 1889 some Manchester clubs were suspended over Permit Laws and a breakaway by the North resulted. On 27th April 1889



meetings were held simultaneously by the ASA and the North with acrimonious exchanges of telegrams. On 23rd November 1889, at Anderton's Hotel in London, there was a historic seven hour meeting. It was agreed that the ASA would form three Districts: Southern, Midland and Northern.

The first AGM took place in 1890 with a membership of 135 clubs (South 78, North 39, Midlands 18). Horace Davenport was returned as President and remained in office until 1894. In those early days the Southern District included what is now the Western District and Wales but the Welsh formed their own Association in 1896.

Five Districts

In 1901 the Association divided into the five Districts we know today (Northern, North Eastern, Midland, Southern and Western). Geographically the Southern District was almost as it is today, although at first Hertfordshire and all of Buckinghamshire were in the Midland District.

The number of clubs in the ASA has grown from 135 in 1890 to around 1700 today. In terms of numbers the South is still by far the largest with 587 clubs.

Early days in the Southern District

At first the clubs were classified as London clubs (the definition was a 12 mile radius of Charing Cross), Country clubs and Ladies clubs. The London clubs were by far the greatest number.

There were also a few Foreign clubs affiliated, such as Calcutta S.C., which were presumably formed by groups of expatriate Britons living in the Colonies.

Local Centres

In 1895 Sussex became a Local Centre of the Southern Counties ASA which effectively made it a County Association as we would recognise today.

Hampshire soon followed and in 1912 Berkshire became a Local Centre too.

The Association Badge

In 1912 the District Badge very closely resembled that of today, although at that time the Water Polo Associations of Essex, Kent, Middlesex and Surrey were listed as affiliated clubs and did not have the degree of autonomy of the Local Centres.

The Executive Committee 1912

In addition to the usual Officers there were 25 elected members of the District Executive, many of them from London clubs. The Local Centre Secretaries were members and eleven Local Officers saw to the interests of the rest of the District, including the Channel Islands. Later on the County Associations took charge of their own affairs.

Increased interest in the Sport

Whilst the early organisation was evolving two events occurred which had a very significant effect in publicising the desirability of being able to swim. In 1875 Captain Webb became the first man to swim the English Channel and in 1878 a pleasure steamboat sank in the Thames with the loss of over 700 lives.

Early Clubs in the Southern Counties

This is not a definitive list but is based on responses received to an appeal for information about centenarian clubs. It is interesting that some clubs developed well before the formal organisation of swimming.

The oldest claim is from **Maidstone S.C.** which was originally founded in **1844**, when presumably its members dipped in the Medway. Although there is a club of the same name today it has not been in continuous existence throughout the years.

There seems to be no doubt that **Brighton S.C.** is the oldest club in the country with an unbroken history since its formation in **1860**. A small band of

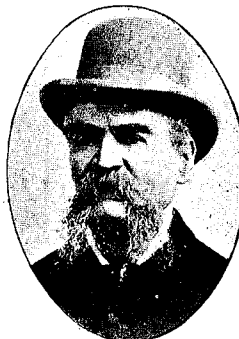
members were required to wear bathing drawers to appear before an audience.



The late CAPT. J. H. CAMP, *One of the Founders.*
The First Chairman and Captain.



The late MR. C. HINDLEY, *One of the Founders.*
The First Hon. Treasurer and Secretary.



The late MR. GEO. BROWN, *One of the Founders.*



club. The indignity did not stop there for it is on record that the Jersey ladies had to contend with 'peeping toms' who made a practice of lounging near the ladies shed about the time of high water.

Jersey S.C. is unique in having its own pool. They were allowed to lease the foreshore at Havre des Pas and to build a tidal pool with a high diving board, enabling the club to build a strong diving section early on. In the Swimming Times of the 1920's and 1930's Jersey S.C. used to advertise their pool as an attraction for summer holidays on the Island.

Serpentine were holding their 64th Christmas morning race in the Serpentine Lake, Hyde Park in 1927 for the Peter Pan Cup, presented by Sir James Barrie.

Otter S.C. was formed in **1869** with their headquarters for the first twenty years at St. Marylebone Baths which was only 15 yards long. Later they transferred to St. George's Baths, Buckingham Palace Road.

Portsmouth S.C. dates from **1875**.

St. James's S.C. was formed in **1878** by three young men who were members of Serpentine but they lived in St. James's Grove, Camberwell. They met twice weekly at Victoria Baths, Peckham and several keen schoolmasters were amongst the early members who pioneered the teaching of swimming to school children. At their first gala in 1889 the programme included a race for South London schoolgirls, the first girls' race ever swum publicly in London.

Reading S.C. began in **1885** and being

BRIGHTON WEST PIER
IN CONSEQUENCE OF NUMEROUS APPLICATIONS, THE THIRTEENTH
AQUATIC ENTERTAINMENT
Will be held under the Laws of the Swimming Association of Great Britain
AT THE HEAD OF THE WEST PIER, ON
SATURDAY, AUGUST 16, 1884
COMMENCING AT THREE P.M.

Starts and Judge: Mr. HERBY BARNES, Secy.; Clerk of the Course: Mr. JOHN A. EVANS and Mr. FRED HARRISON, Hon. Sec. R.S.C.; Walk for Heat: GUY POLANO.

- SORATCHI SWIMMING RACE**, open to Members of the Brighton Swimming Club only: Distance 200 yds. 1st Prize, Silver Goggles, Foot and Toe Pail, value 30s.; 2nd, Silver Medal, value 15s.; 3rd, Silver Star, value 10s.; 4th, Pocket Clock, value 7s. 6d.
- HANDICAP SWIMMING RACE**, open to Members of the Brighton Swimming Club only: Distance 400 yds. 1st Prize, Silver Goggles, Foot and Toe Pail, value 30s.; 2nd, Silver Medal, value 15s.; 3rd, Silver Star, value 10s.; 4th, Pocket Clock, value 7s. 6d.
- WALKING THE GREAT POLE**, open to all comers. 1st Prize, 21s.; given by Messrs. H. & G. SHANNON, West Pier Restaurant; 2nd, 7s. 6d.; 3rd, 2s. 6d. Each competitor to walk before first prize is awarded.
- INDIAN CATAMARAN CANOE RACE**, between FOUR NATIVES. Prize, 30s.
- OPEN AMATEUR HANDICAP SWIMMING RACE**, Distance 200 yds. 1st Prize, Clock, value 42s.; 2nd, Pocket Cup, value 17s. 6d.; 3rd, Glass Centre Medal, value 10s. 6d.; 4th, Elastic Teat Hook.
- TOE & SHOVEL RACE**. (Electric clock)
- To conclude with a **TEA PARTY** by Members of the Brighton Swimming Club.

THE WEST PIER STUD OF SEA HORSES
Will be exhibited and ridden, and an Aquatic Race will be held.
THE PRIZES ARE VALUED ABOVE AT MANUFACTURERS' NETT PRICES.
THE COMPANYS BAND WILL PERFORM AT INTERVALS.
GREATER ATTRACTIONS THAN EVER!
NO ENTRANCE FEE FOR SWIMMERS!

Notes for Race &c. to be made by 9 a.m. on Thursday, August 14th, to Mr. HERBY BARNES, Secy., 245, 246, St. Andrew's Street, Brighton, of whom all notices and inquiries can be obtained.
Swimming Goggles and Foot and Toe Pails supplied by competitors, but Caps will be provided for them.
Each swimmer to supply his own Goggles and Goggles can be had on the Pier on the day of the Entertainment.
Prize 21s. 6d.
No Member of the Brighton S.C. will be allowed to start till their subscription is paid.
The First will be conducted from the Brighton Swimming Club after the conclusion of the Entertainment.
THE PRIZES AND AWARDS TO BE GIVEN FROM THE BRIGHTON SWIMMING CLUB, 245, 246, ST. ANDREW'S STREET, BRIGHTON.
N.B. Should the Weather be unfavourable, the Entertainment will be postponed from day to day at the same time and place.

enthusiasts began bathing together from Brighton beach in 1858. The inaugural meeting was held at the Jolly Fisherman's Inn when the entrance fee was fixed at 1s.0d. and the subscription at 2d. a week. There were 13 members, all men, and no changing accommodation. An advertisement for the first organised entertainment on the beach shows the improbable start time of 6 a.m. This was because the town's bye-laws only permitted bathing without the use of bathing machines from certain beaches between 6 a.m. and 8 a.m.! This is far more easily understood when one realises that it was customary for men to bathe in the nude although, of course, the club

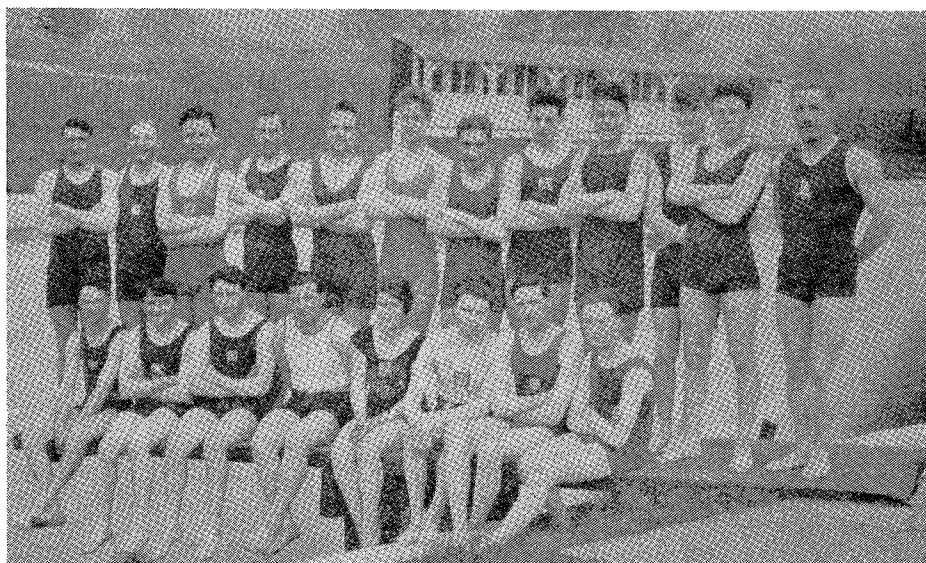
Just five years later came **Jersey S.C.**, founded in **1865**. Their early aims were to improve the sea bathing places, encourage the useful art of swimming and to try to prevent the frequent accidents and loss of life that occurred around the coasts of the Island. Life must have had fewer restrictions than on the mainland because the minutes of 1868 show a suggestion that ladies be admitted as members, although the ladies' dressing shed was not erected until 1875. However, things were not really that liberal because the club rules were changed in 1885 to state that no lady was eligible for election to any office in the

on the river placed a lot of emphasis on life saving. From 1911 the club were based at the new Memorial Baths but they still continued to hold some galas in the Thames. From a 1927 programme we see that one was held at Christchurch Meadows, near Reading Bridge. There were fun events, some in punts, and an exhibition of High and Scientific Diving. The team included Miss Belle White (Hammersmith Ladies) who was European Gold Medallist the same year. There were Ladies and Gentlemens Water Polo Matches and dancing until 10 p.m. to the Reading Temperance Band.

Croydon Dolphin began in **1885**: Old Swan, Croydon, formed in 1890. In 1930 these two clubs amalgamated to become Amphibians. Some forty years later they were joined by Croydon Ladies, established 1891, to form **Croydon Amphibians**.

Guernsey, established in **1886**, remained a men's only club until 1923 when they joined with Sarnia Ladies. Most galas took place in the Albert Dock but occasionally permission was obtained for a mixed gala in the Ladies Pool at La Vallette. They are rock pools and tidal. Until 1976 when the Beau Sejour Leisure Centre opened they were all Guernsey S.C. had. Sometimes in wet and windy weather competitions would have to be abandoned because the tide would start to come over the walls! Sea bathing is still popular at the club, including Christmas Day Polar Bear swims. During the German occupation in World War II sea bathing was forbidden, even in the rock pools, after some Islanders escaped in a boat, but the Germans never succeeded in stopping it altogether.

Redhill & Reigate began in **1887** and swam at first in Earlswood Lakes where the water remained icy cold even in summer. They met in a makeshift hut on an island and then plunged into the lake to play water polo. There was also a diving board on the island. They moved to Reigate Pool when it opened in 1906. The first lady member was admitted after World War II. She was a non-swimmer who was invited to become Treasurer because there was no man to fill the job! Ladies were officially allowed to join in the early sixties and a famous lady member in recent years is Alison Streeter, holder of several Long Distance World Records. A famous club President in 1929 was Sir Jerimiah Colman of Mustard fame. A copy of the expenditure for 1924 shows



bath hire for the season as £3.7s.0d. The club now spends over £12,000 per annum on bath hire!

Woodside was formed in **1887** by members of South London Harriers who used a pool as their winter headquarters and after an evening run they took a hot bath, followed by a plunge into the pool. The weekly swims turned into a race and they founded the swimming club. They amalgamated in 1980 with Thornton Heath Ladies, established 1897, forming **Woodside & Thornton Heath**.

Organised swimming festivals predated the formation of Hastings & St. Leonards S.S.C.: the events became so popular that the organisers became founder members of the club in **1888**. Early on Hastings played a lot of polo and in 1892 there is reference to ornamental swimming and diving. The first Ladies race (a 60 yd. handicap) took place in 1894. This was pretty enlightened in view of an extract from a letter to the Hastings Observer of July 1896, suggesting that facilities should be given to families wishing to swim together. Mention was made of a local bye-law which prevented the bathing machines of ladies and gentlemen being placed in close proximity to each other on the beach. The writer "had been for a dip in the sea recently and had had to stand some 30 yards away from his own wife shouting out directions to her whilst she was trying in vain to master the preliminaries of swimming." An amalgamation in 1969 formed **Hastings Seagulls S.C.**

Eastbourne S.C. began in **1889** and Hastings were the first club they invited to a gala.

Guildford was founded in **1889** by 30 keen young men who swam at 7.30 each

morning in the river from Leroy's Boathouse. They specialised in life saving and the entire Guildford Constabulary became proficient under their guidance. The first Corporation Baths opened in 1889 and the club organised popular galas and water carnivals in the baths and on the river. The club became **Guildford City** in 1928 and became mixed in 1929.

There seems to be a question mark over the precise date of the formation of **Colchester S.C. (1889?)** but, since someone captured for posterity a delightful photograph of 19 men and 1 lady member braving the river Colne in 1928, who could deny them space?

Southend is another old club believed to have been established in the **1880's**. It functioned in the summer only in the 100 yd. open air, salt water pool. In 1968 they joined with Leigh S.C., founded 1924, when the new indoor pool opened. They were called Southend & Leigh but in 1980 they were granted use of the Town Coat of Arms and became **Southend-on-Sea S.C.** An early member, Albert Preedy, unconcerned by the Amateur Law, used to perform stunt dives for pennies off the end of the pier, 1 1/3 miles out into the Thames.

The Development of Swimming for Women

Until 1859 swimming in the London baths was exclusively for men. On 4th November 1861, Ilex S.C. organised the first gala (at Lambeth Baths) to which women were admitted. It was 1899 before the ASA settled the vexed question of a regulation costume for women and 1901 before a Ladies competition was allowed to be held in public. The body who fought hard with propaganda work to press for

the establishment of modern swimming for women was strangely called the Ladies National Association for the Diffusion of Sanitary Knowledge and this organisation existed until 1900. So, slowly things improved. In some places there were separate ladies Baths and in others there were days and times set aside for women's swimming.

From records in Croydon of the early days, and this was probably fairly typical, the only males allowed into ladies' galas were fathers of competitors. This was later relaxed to include husbands. When Ross Eagle arrived in Croydon to instruct, special dispensation had to be obtained from the Baths Committee before he was allowed near the members of Croydon Ladies S.C.

Since mixed bathing was not allowed, men often continued to swim in the nude.

Mixed Bathing

When mixed bathing in public pools was allowed it was usually only on a Saturday evening and you had to have a partner of the opposite sex or you were not allowed in. Some Local Authorities were ahead of others and surprisingly as late as 1932 Heston and Isleworth were still applying the rule.

Early Costumes and the ASA

In 1898 the ASA Regulation 61 relating to costumes began: "That at all meetings where costume is to be worn . . ." By 1912 the Law read as follows:

64. **Costumes.** At Meetings where both sexes are admitted, and in all A.S.A. Championships, competitors must wear costume in accordance with the following regulations—

- (a) The colour shall be black or dark blue.
- (b) Trimmings may be used ad lib.
- (c) The shoulder-straps shall not be less than two inches wide.
- (d) It shall be buttoned on the shoulder, and the armhole cut no lower than three inches from the armpit.

NOTE.—For LADIES a shaped arm, at least three inches long shall be inserted.

- (e) In the front the costume shall reach not lower than two inches below the pit of the neck.

NOTE.—For LADIES the costume shall be cut straight round the neck.

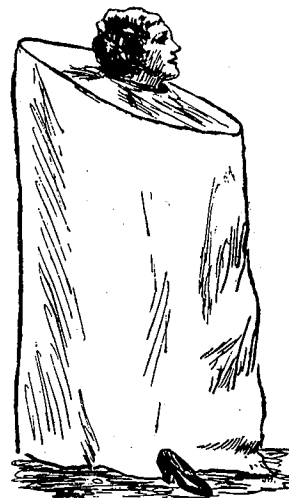
- (f) At the back it shall be cut straight from the top of shoulder to top of shoulder.
- (g) In the leg portion the costume shall extend to within three inches of the knee, and shall be cut in a straight line round the circumference of each leg.
- (h) Drawers shall be worn underneath the costume. They must be of triangular pattern, with a minimum width of 2½ inches at the fork; they must meet on each hip, and be of not less width than 3 inches on each side when fastened.

- (i) On leaving the dressing room, lady competitors over 14 years of age must wear a long coat or bath gown before entering and also immediately after leaving the water.

N.B.—It is requested that Manufacturers make their Costumes and Swimming Drawers in accordance with all these Regulations.



It seems funny now but the suits were usually made of wool and absorbed 'gallons' of water; very different from the stretchy, supportive synthetics of today. Men began to wear trunks towards the end of the 1930's.



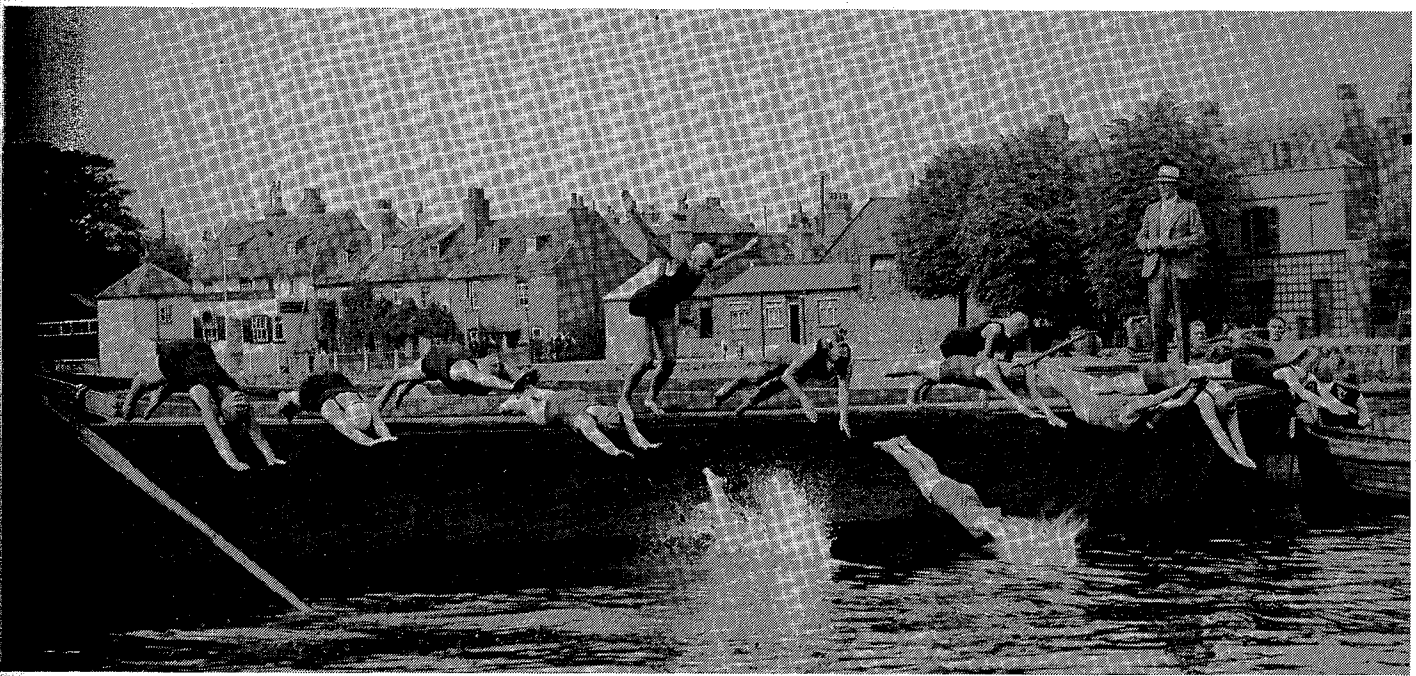
Miss 1932, practical and quick.

Education

This has always been a vital part of our development and from the outset the encouragement of schools swimming and the training of teachers and coaches in all disciplines has been organised in the District.

Hamilton Smith was the first full-time National Technical Officer appointed by the ASA in the South and we are fortunate now in having David Hicks, National Development Officer for the ASA, based at Crystal Palace National Sports Centre.

This gives the District a focal point as a Teaching Centre from the large, residential Summer School to regular, year-round teaching courses. Barnet Copthall in North London provides another major teaching centre but there are additional teaching courses for the ASA Teaching and Coaching Awards organised all around the District.



Development of Competition:
Swimming Championships

The first official National Championship was the One Mile Race, originally promoted by the Metropolitan Swimming Association. In 1869 it was the only National Championship and until 1872 it was swum in the Thames from Putney Aquaduct to Hammersmith Bridge. The Long Distance race was instituted from 1877 and this was raced in the Thames until 1939. The 100 yards began in 1878.

ASA Championships were centralised in 1955, the second Centralised Championships were held at the Empire Pool, Wembley (including the Diving). Until this time the events were shared out amongst the Districts and held at different venues on different dates, which frequently

resulted in small entries.

The SCASA Championships were organised on the same basis until Crystal Palace opened in 1964 when events were centralised. Before this Berkshire and Hertfordshire had entered a combined team in the Inter-County Championship.

To give you some idea of the standard at the turn of the century in 1898 the SCASA 100 yards Championship was held at Hornsey Road Baths. There were five entries and the winning time was 1 minute 5½ seconds.

Over the years the events have increased enormously. When John Zimmermann took over as Championships Hon. Secretary in 1953 there were 26 Swimming Championships compared with 188 events today. The factors affecting the increase

are a larger population in London and the South East; more strokes (Butterfly became the fourth competitive stroke in 1952); the introduction of Age Group Swimming and most recently, the introduction of 50 m Sprints in all strokes.

During the 1980's Masters Swimming Competitions have really 'taken off' and people are now staying in the sport much longer.

John Zimmermann's name is synonymous with SCASA Championships after 36 years but some of you reading this may not know that he has served as both District and ASA President and last year was honoured Internationally by the award of a FINA silver pin for services to the sport. He is an ex-swimmer and polo player himself.



Some Interesting Southern Counties People... just a few of the many

The South's most remarkable Administrator

In 1905, at the age of only 24, **Harold E. Fern** (1881-1974) of Holloway United S.C. became Honorary Secretary of the Southern District. He held this office until 1921 when he was elected ASA Honorary Secretary, an office he retained for 49 years until 1970. He was both Hon. Treasurer and President of Federation Internationale de Natation Amateur (FINA), the world governing body for swimming which was founded in London in 1908. He received many honours for his outstanding contribution to the sport, among them Life President of FINA and LEN and by the Swimming Hall of Fame in Fort Lauderdale. He was a member of Hertfordshire County Council for 50 years, he was an Alderman, a J.P. and was honoured with both an OBE and CBE.



OUR HONORARY SECRETARY.
Mr. HAROLD E. FERN, J.P.

The Founder of the Swimming Times

Captain Bertram J. Cummins (Waddon S.C. and Croydon Borough S.A.) He joined the SCASA Executive in 1911. He



was District President in 1925 and ASA President in 1946. He was SCASA Championships Hon. Secretary, a Goal Judge at the 1936 (Berlin) Olympics and a Member of the Technical Committee for the 1948 (London) Olympics. In 1974 he was honoured by the Hall of Fame in Fort Lauderdale as an outstanding contributor to the sport. He will be remembered by most people as founder-editor for many years of the Swimming Times, which he started in 1926 and distributed nationally and all over the world from his front room at 4, Waddon Park Avenue, Croydon. The Swimming Times grew out of the Waddon Swimming News which he began in 1922. The ASA bought it in 1971. Captain Cummins wrote with tremendous wit and 'style' and the early copies give us a fascinating, if slightly idiosyncratic insight into the sport of the time.



The First Lady President

Mrs. Alice M. Austin (Beckenham Ladies S.C.) was a lady way ahead of her time. With a sharp, incisive mind she was an excellent administrator and she was elected SCASA President in 1926 (she was the first lady President of any District). She became ASA President in 1952 (there was not to be another for 32 years). She was Hon. District Treasurer from 1937-54. She was a regular contributor to the Swimming Times with informative coaching articles and she also compiled the Southern Snippets column for a while.

The Sports Writer

Many people will remember **Pat Besford** from her articles on swimming in the Daily Telegraph which she wrote with flair and insight. They did not always make for comfortable reading by the administrators but she always had the best interests of the sport at heart. She cared passionately about swimming and had been a good swimmer and diver herself before World War II. She married John Besford, European Backstroke Champion in 1934. He won the Hitler Trophy at Magdeburg which was an enormous bronze eagle and globe, weighing one hundredweight. He came from Manchester but lived on the South Coast for many years.

The First British Olympic Diving Medallist (Stockholm 1912)



Belle White (Hammersmith Ladies S.C.). Born in 1894 she won Britain's first Olympic Diving Medal (Bronze) and was the first British diver to win a European Championship. When womens' events

were included for the first time in the 1912 Olympics she had already been diving for eight years. She competed in three more Olympics. She had to train in the Men's pool at Highgate Ponds, to which women were only admitted one day a week. She also trained from tiny boards at the end of Brighton and Clacton piers.

The District's First Olympic Gold Medallist (Melbourne 1956)

Judy Grinham (Hampstead Ladies), aged 17, won Britain's first swimming gold medal since 1924. Her coach was Reg Laxton. This lifted British Swimming out of the doldrums. She did a 'hat trick' with Golds at the Europeans and Commonwealth too for the 100 m. Backstroke. She also took the individual Bronze in the 100 m. Freestyle at the European Championships in Budapest in 1958. With Judy on Backstroke the English Womens 4 x 110 yds. Medley Team broke the World Record in winning the Gold Medal at the 1958 (Cardiff) Commonwealth Games; Christine Gosden (Croydon Ladies) swam Butterfly.

In 1956 Judy was voted Sportswoman of the Year.



The District's Second Olympic Gold Medallist (Moscow 1980)

Duncan Goodhew (Beckenham S.C.) from Yapton in Sussex was Team Captain when he won his Gold Medal in the Mens 100 m. Breaststroke. It was a difficult Games because of political boycotts and it was acknowledged that Duncan did a great deal to keep up team spirits. A popular figure, Duncan has made the transition from Sports personality to T.V. personality most successfully.





The Backstroke World Record Holders

Margaret Edwards (Heston S.C.) was unfortunate to be a contemporary of Judy Grinham but the rivalry spurred them both on. She broke four World Records and won Olympic Bronze, European and Commonwealth Silver medals for 100 m. Backstroke in the same events as Judy.

Linda Ludgrove (St. James's Ladies) (Beckenham). Linda kept up the fine tradition of British Women's Backstroke swimming and was the Commonwealth's top Backstroker in the 1962 (Perth) and 1966 (Kingston) Games, winning 5 Gold and a Silver. She broke five World Records and equalled another. She was the Sports Writers' Association top sportswoman of 1966. At the 1966 Commonwealth Games our Women's Medley Team broke the World Record in winning the Gold Medal: three of the four girls were from Beckenham, coached by Alan Hime. Linda was on Backstroke, Diana Harris on Breaststroke and Judy Gegan on Butterfly.

The Continuing Champion

Roy Romain (Kings College, London) (Otter S.C.) won his first SCASA Junior title in 1935. In the late 1940's he was Britain's top Breaststroker and in 1947 he

won the European 200 m. Breaststroke title (Monte Carlo). He was an Olympic

Representative. He won a Gold Medal at the FISU (International Student) Games. He won an individual Silver in the 1950 (Auckland) Commonwealth Games and a team Gold in the 3 x 110 yds. Medley; Pat Kendall from Sutton & Cheam swam the Freestyle leg.

Now almost 71, Roy is still competing very successfully in Masters events. In the World Masters in Brisbane in 1988 he won two Gold and three Silver medals. He is currently training for the European Masters.

The ASA Award Scheme Organiser

Generations of swimmers have sent to Lily Cook in Woodford Green for their badges without realising that she was a SCASA Champion and Record Holder in her competitive days. She was coached by the famous Reg Laxton and was the first Butterfly Champion in the South. Lily recalls how she and her mother used to knit her costumes in order to get a decent fit!

The Award scheme has grown from one box of badges when she took over 30 years ago to a point where it is squeezing her out of the house!

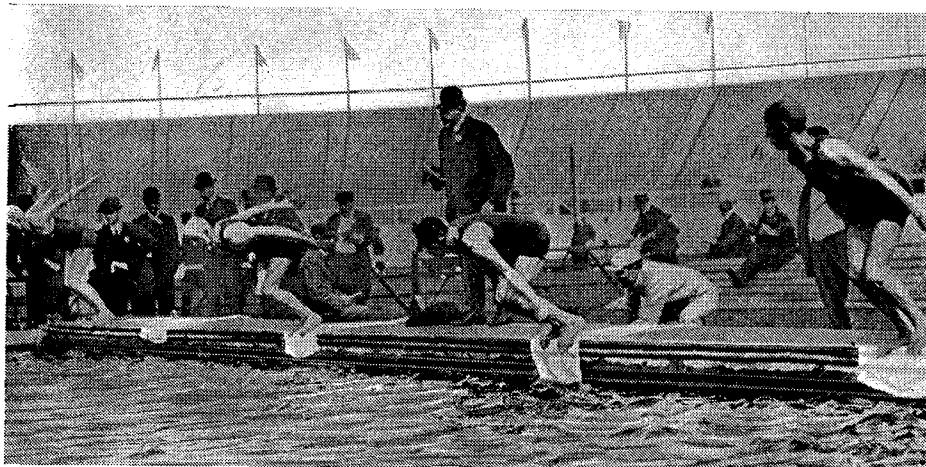


Major Events in the Southern District

1908 Olympic Games

(IV Olympiad of the Modern Era)

Finchley Open Air Pool as there was a very large entry. In spite of post war



These were held from 13th to 25th July at the White City, Shepherds Bush. The swimming events were very successful and held in an open air, 100 yard pool, which was constructed on the grass inside the running track in the middle of the arena.

The diving tower was lowered below the water when not required.

1934 British Empire Games

Held from 4th to 11th August. The Swimming and Diving events were held at the Empire Pool, Wembley, which was constructed especially for the event. The games have changed their name over the years to British Empire & Commonwealth Games, British Commonwealth Games and, from 1978, Commonwealth Games.

1938 European Games

Held from 6th to 13th August. Swimming and Diving events were at the Empire Pool, Wembley, which had been converted to metric measurement.

1948 Olympic Games

(XIV Olympiad)

Held from 30th July to 7th August. The Empire Pool, Wembley, was used for swimming and boxing events but the early rounds of water polo had to spill over into

austerity it was acknowledged to have been a very successful Games with new Olympic records set in eight events and equalled in another out of a total of eleven events.

All but one of the Mens 200 m. Breaststroke Finalists swam with Butterfly arm action and Breaststroke leg action which was legal at the time.

1964 Opening of Crystal Palace National Sports Centre

This provided the South with International Standard facilities for the sport in their District, with the additional benefits of good training and ancillary facilities.

1969 Amateur Swimming Association Centenary Gala

This was held on 15th May at Crystal Palace National Sports Centre in the presence of Her Majesty Queen Elizabeth II, accompanied by Princess Anne. A very special day in the annals of the Association.

Early Galas

In the days before television swimming galas were looked on as an entertainment. Those who went for an afternoon or evening to see an aquatic show demanded that it was lively and exciting to watch.

There were fewer strokes then and the serious racing was only part of the programme. There would usually be some comic events, a spectacular diving display and a water polo match. Possibly also a special exhibition such as scientific swimming (tricks, such as eating, drinking, even smoking, under water: also sculling and figures requiring a high degree of skill, not dissimilar to today's Synchro).

However, it is the comic races which catch one's fancy. Here is a list, culled from various sources, but a good number of them have come from the delightful old programmes of Reading S.C., Windsor S.C. and Maidenhead S.C. so some of them took place in the river.

Siamese twin race

with partner, hands and feet tied

'Live' Duck Hunts

originally exactly what it says! but, after threatened prosecutions, the live ducks became live swimmers

Water Polo in canoes

"for spectator enjoyment"

Bun race

start from deep end, swim to suspended buns, eat one without use of hands, then swim to end of bath

Walking costume (men)

quite a few variations on this one—typical was to swim to clothes, put on trousers, stiff collar and stud, waistcoat, coat, hat and dive back in with closed umbrella, open umbrella in water, swim to end of bath holding it up

Ladies bottle race

swim to bottles, drink contents, swim to end of bath—bottle contents not divulged!

Wimbledon Race

batting a ball along in the water with a plate

The prizes were delightful and some of them evocative of life gone by, such things as inkwells, silver backed hairbrushes, sets

of silver teaspoons and tongs, barometers, biscuit barrels, fancy jam jars and a set of blouse buttons (for a girls' race).

In 1933 in Hastings 'the Finest Bathing Pool in Europe' opened on the seafront. This outdoor pool greatly increased the scope for summer entertainments there which were organised on a grand scale, usually finishing with community singing and a firework display. The official attendance at one of them was 7,587 with more illegally clambering onto the terrace roof!

Ornamental Swimming

READING SWIMMING CLUB.
Affiliated to the S.C.A.S.A., the B.L.S.S. and Devon County A.S.S.

TWENTY-SEVENTH

ANNUAL GALA
(Under A.S.S.A. Laws, at the Corporation Baths (Ladies'), King's Meadows, on Saturday, July 29th, 1911, at 3 p.m.

1. 100 yds. CHAMPIONSHIP OF READING. Challenge Cup and Gold Medal. Two Prizes if 4 start. Open to Three 18th Rules. Entrance Fee 2/6; Members 2/- Three Prizes.
2. 40 yds. HANDICAP. (Open) Two Prizes if 8 start. Elementary Schools. Entrance Fee 2/-; Members 1/-
3. 40 yds. BOYS' HANDICAP. Open to Boys attending Reading Elementary Schools. Two Prizes if 8 start. Entrance Fee 2/-; Members 1/-
4. 40 yds. GIRLS' HANDICAP. Open to Girls attending Reading Elementary Schools. Two Prizes if 8 start. Entrance Fee 2/-; Members 1/-
5. 80 yds. COMIC COSTUME HANDICAP RACE. (Club). Two Prizes. Competitors to wear Shirt, Socks, Trowsers, Jacket and Top Hat, to swim one length in clothes, waders or water-tight clothing, and return with Top Hat.
6. 40 yds. TEAM RACE. (Club). Four a side. Eight Prizes.
7. 20 yds. TEAM RACE. (Open). Three a side. Six Prizes. Entrance Fee 2/- per Team. 1/2 Teams start.
8. "MAHONEY" CUP. for C.L. Brigade Teams of Four. Four Prizes.
9. LIFE-SAVING COMPETITION for the "JOEL CUP." Five Prizes.
10. WATER POLO MATCH. (Reading v Windsor.)

EXHIBITION OF ORNAMENTAL & SCIENTIFIC SWIMMING
 BY MISS V. R. M. WIGGS, M.R.L.S.S.,
 GOLD MEDALLIST. Ladies are specially invited to see Miss Wiggs.

ENTRIES (including admission)—Open Events 1/6 (Members 1/2); Club Events 1/- To be sent to the Hon. Secretary, on or before Saturday, June 30th. Handicapper for Open Events:—F. B. ROWLAND (Portsmouth), Official Handicapper, S.C.A.S.A.

ADMISSION:—2/- and 1/- (Tickets bought before the day 1/6 and 6d.) Children and Members Half price on the day.
 ENTRY FORMS and TICKETS can be obtained from E. P. SILVER, King Street; The Baths; and the Hon. Secretaries, E. H. CARTER, 44 Dunnington Road, Reading, and G. W. PIRNIE, 1 Southdown Road, Reading.

PRINTED BY THE READING PRESS.



Canada in 1925 and Synchro developed all over North America and in parts of Europe. Floating Teams were popular in England during the Twenties and Thirties.

In 1947-8 the American film 'Bathing Beauty' with Esther Williams featured some spectacular formation swimming and stimulated interest all over the world. In 1949 the lady members of Hastings A.S.C. gave a "Display of Synchronised Swimming: a new swimming feature".

However, it was not until 1953 when Beulah Gundling (four times USA Solo Champion) toured England that there was a chance to see the high degree of skill and artistry involved in top class Synchronised Swimming. She performed figures and routines at Hastings and Ilford. The latter gala was televised and it was an honour for the Rhythmic Swimming Team from

Kingston Ladies S.C. to be invited to appear on the same programme.

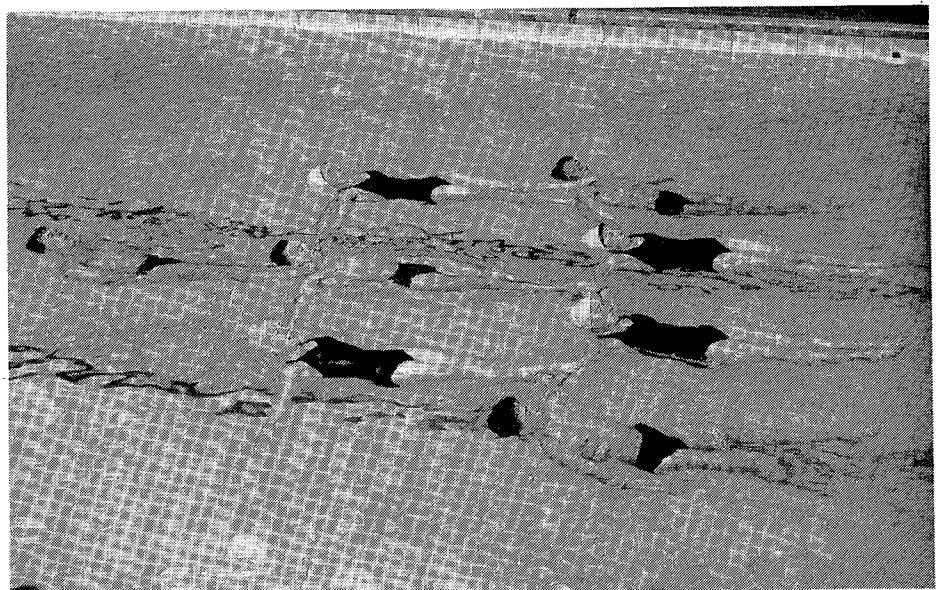
In 1956 the Metropolitan Diving School entered a team in the Festival of Europe; they were trained by George Rackham the Diving Coach. By this time FINA had recognised Synchronised Swimming.

In 1960 Dawn Zajac, who was an ILEA Swimming Teacher and had formerly been both a trapeze artist and Physical Training Instructor with the WAAF, went to Hollywood Athletic Club in California. She had just the right background to adapt to Synchro with enormous drive and enthusiasm. She returned to England and started Seymour Synchronised Swimming School in 1961 in London with John Fiander, Swimming Coach. It was the first club in the country to affiliate as a Synchronised Swimming Club.

From the earliest days of organised swimming there are references to scientific swimming, trick swimming, style and fancy swimming, ornamental swimming, figure floating, musical drive and aquatic ballet to name but a few. This was not synchronised swimming as we know it today, especially since men were sometimes giving the demonstrations, but they were nonetheless performances of a series of movements in unison by teams of swimmers in the water or sometimes solo acts.

In 1927 the SCASA Education and Coaching Committee held a demonstration of Style & Fancy Swimming with a view to training the 57 ladies who attended as judges for this form of swimming. One of the organisers was Mr. Buller (Otter) who had been one of the originators of the Otter Wheel revolving formation.

The first amateur competitions began in



SWIMMING

Official Journal of the Amateur Swimming Association
and the Institute of Swimming Teachers and Coaches

TIMES

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Water Polo in SCASA

by Mike Proudfoot

The history of water polo is inextricably bound up with the history of water polo in the SCASA area, for much of its early shape and history has its origins in the South. Water polo matches were a regular, often weekly, feature of the activities of the Swimming Clubs in existence when SCASA was formed 100 years ago. The game had already become formalised, with rules and leagues—the centenary of the London Water Polo League, the oldest League in the world, coinciding with that of SCASA this year.

The game was recognisably the same as today, though the style of play somewhat different, with low-scoring, rather physical struggles being the norm. Criticism of

referees seems to have been just as prevalent then as now: in press coverage of the time, one frequently reads quite cutting comments on the standard of refereeing.

The main difference between then and now lay in the “no moving” rule, which meant that, when the referee blew his whistle for a foul, players had to remain in the positions they were at the moment the whistle was blown, until the free throw was taken. As one might imagine, there were frequent complaints of players “drifting” forward illegally, but it wasn’t until after the Second World War that this rule was abolished, changing the game fundamentally, and leading to today’s much faster game, needing a far higher

degree of fitness than the undoubtedly very skilful and physical game of old.

Inevitably, much water polo activity centred on London, and men’s and women’s water polo matches were a major attraction in the inter-war years, when women’s water polo reached a peak of popularity to which we have only recently returned with today’s enthusiastic women’s teams.

While many of the older swimming clubs formed in towns outside the London area always had their water polo sections, the development of the sport in the London Metropolitan region has followed demographic and sociological trends. There were many Clubs formed in the



Central London region, some serving the local population and others specifically for businesses. The "Business House" and Banks water polo leagues flourished for many years. But as the population moved away from Central London, and the suburbs were increasingly developed in the inter-war years, so many of the Clubs still flourishing were founded and started water polo sections.

Water polo undoubtedly suffered, in the 1960's and 1970's, from the massive expansion of age-group swimming, and the changes in local council hiring policies and charges for swimming pools. Many long standing clubs finally went out of existence during this period, and many with long and notable histories went through difficult times. But there is much more reason for optimism now. The enormous popularity of masters swimming, the interest swimming clubs have shown in retaining older swimmers, the sterling work done by the women's water polo sections and clubs, the development of water polo coaching courses and qualifications, all mean that water polo is undergoing a renaissance, with more teams playing at a higher standard than ever before.

Ultimately, one of the most significant factors leading to this current expansion was the formation, in 1962, of the National Water Polo League. The "Premier Invitation Water Polo League", as it was at first known, was founded in 1962 by eight leading clubs, of which three—Otter, Polytechnic and Sutton & Cheam were from the south.

The League, which changed its name to the National Water Polo League in 1971, was an instant success, with more and more Clubs applying to join each year. The League now consists of 35 teams competing in four divisions, with 13 of the teams from the SCASA District. The teams finishing in the top three of Division 1 last year, 1988, Polytechnic, Sutton & Cheam and Hammersmith Penguin, are all Southern teams.

The London Water Polo League, too, flourishes, with 51 competing teams in 9 leagues, with 7 divisions for men's teams and boys and women's divisions as well. There are many other Leagues, including the very well-supported London Winter League, the Counties' own Club Championships, County Leagues, Knock Out Competitions, Tournaments etc, as well as SCASA's own Club and County

Championships.

The District has a powerful water polo record, frequently winning the Inter-District Juniors and Boys Championships. The District provides many, sometimes the majority, of members of the teams that represent England and GB in international competitions and championships. 6 of the GB Men's Team, and 6 of the GB Women's Team at the 1987 European Championships were from the South. In the Home Nations Tournament held in January 1989, 8 of the 13 England players, 5 of the Welsh and one of the Scottish team played for Southern Clubs.

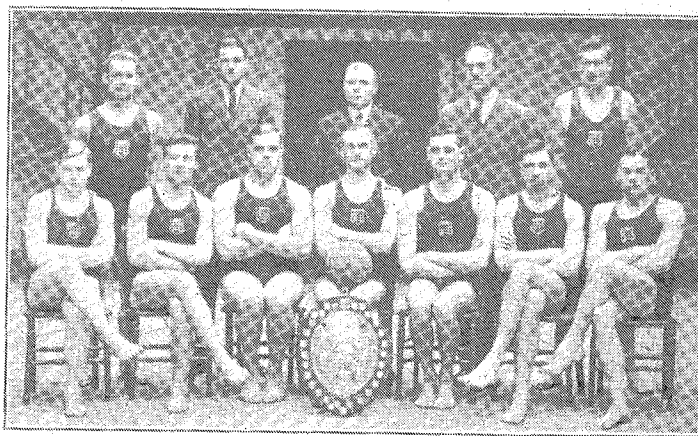
Looking into the crystal ball, it seems likely that the South's dominant position in water polo is likely to continue for many years to come. With an ever-increasing interest in structured leisure activity for

participants of all ages, which has led to the great running boom, and is now contributing to the expansion of masters' swimming, it is likely that there will be a demand for a wide variety of organised sports for all age groups. It would certainly be a great step forward if this led to the development of organised water polo for a much younger age group, for example, the under 12s, along the lines of mini-rugby. It also seems likely that women's water polo will continue its current expansion, that master's water polo will expand dramatically, and that, in another 100 years time, there will be many more people taking part in water polo than ever before. What rules they will be playing under is a much harder matter to guess!

The Swimming Times

DECEMBER, 1931.

The Victors!



ESSEX COUNTY WATER POLO TEAM.

Winners of the English Counties

Water Polo Championship, 1931.

A MERRY CHRISTMAS
TO ALL!

Synchronised Swimming

by Yvonne Price

In 1965 the South were the first District to form a Synchronised Swimming committee and two of the original committee still serve, Mrs. Yvonne Price and Mrs. Dawn Zajac.

The first District competition was held at Marshall Street Street Baths in October 1967, the first Championship in 1970 and the Age Groups commenced in 1972.

The first ASA competition was held in 1969, in order to select the England team and the successful nine swimmers all came from the South, headed by Jenny Lane (Seymour) the champion.

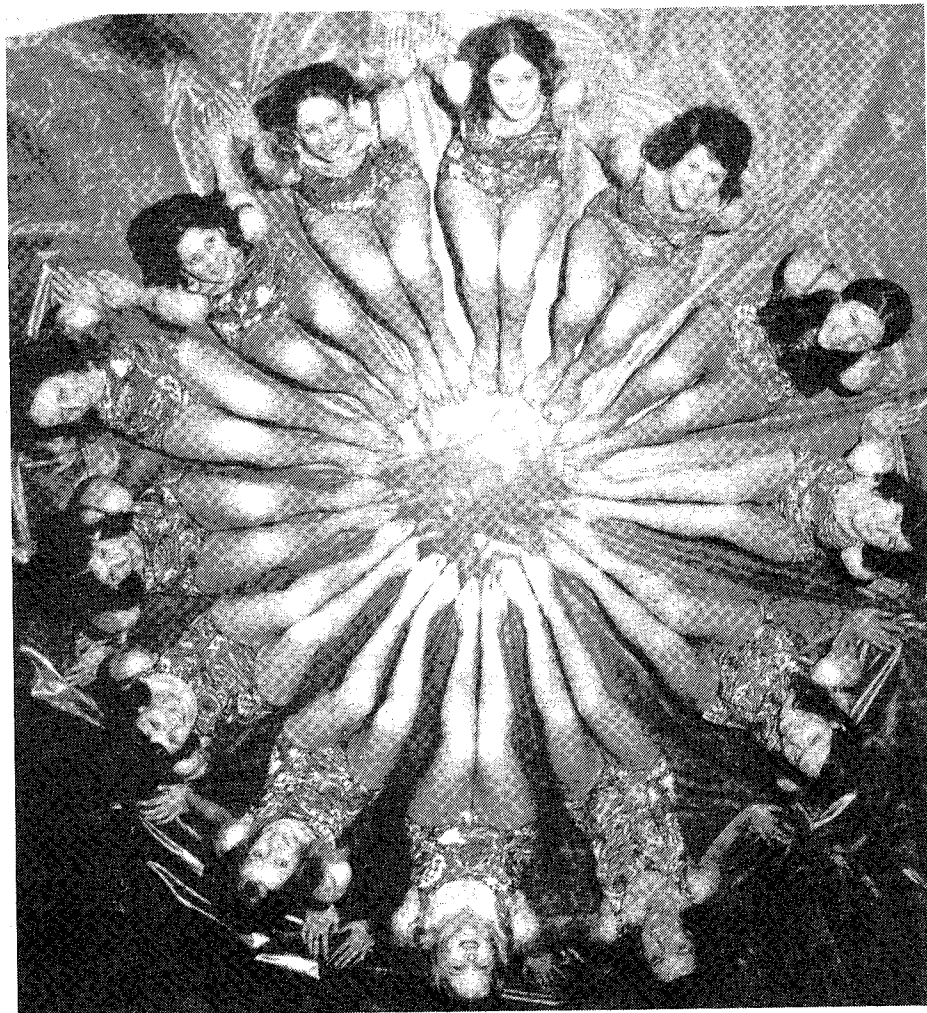
The South have always been the strongest District in Synchronised Swimming and produce the majority of swimmers for England and Great Britain squads, Senior, Junior and Age Group. In this our Centenary year, twenty-five of the thirty-four swimmers involved in National squads are from Southern Clubs.

The majority of coaches of the England and Great Britain squads over the past 21 years have been from the South, starting with Dawn Zajac, followed by Brenda Holland, Jane Holland, Sue Adams, Jenny Gray, Andrea Holland, Shelagh Zimmer, Edna Russell, Philippa Sutton, Terry Dodd and currently Carolyn Wilson, who has been the joint coach for 3 years and Michelle Geier, the Age Group coach.

The Inter District competition has been in existence for 16 years and has been won by the South 10 times in 14 entries, in 1976, 1978, 1979, 1981, 1983 to 1988 inclusive.

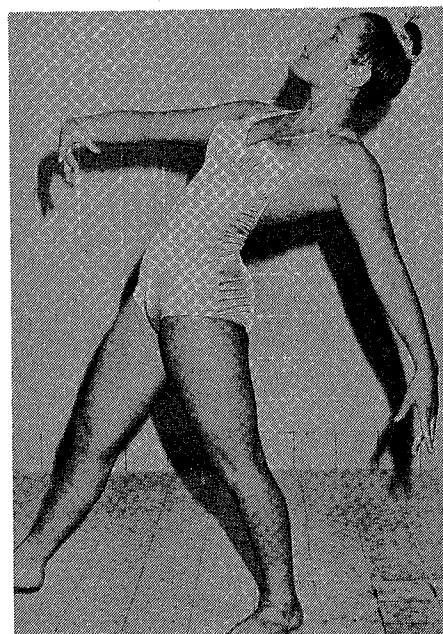
Since the European Championships started in 1974, we have gained 5 Gold medals in the Solo routine Championships. The first being Jane Holland (Reading Royals) in 1974, Jacqueline Cox (Reading Royals) in 1977 and Carolyn Wilson (Rushmoor) in 1981, 1983 and 1985.

Southern Officials are widely respected and are in constant demand, Nationally and Internationally. The Southern presence on the National scene, in all aspects of our complex sport, is always to the fore.



The depth of Synchronised Swimming in the South and the standard of performance is second-to-none, and in the current trend many new Clubs are taking honours in the Age Groups, such as Abbey Wood, Bramston Concordes, Hounslow Boro and Portsmouth Victoria.

Our Club coaches are of the highest standard and it is their efforts and dedication which bring the swimmers to National standard and keeps them there.



Development of Diving in the Southern Counties

by Graham Redfern

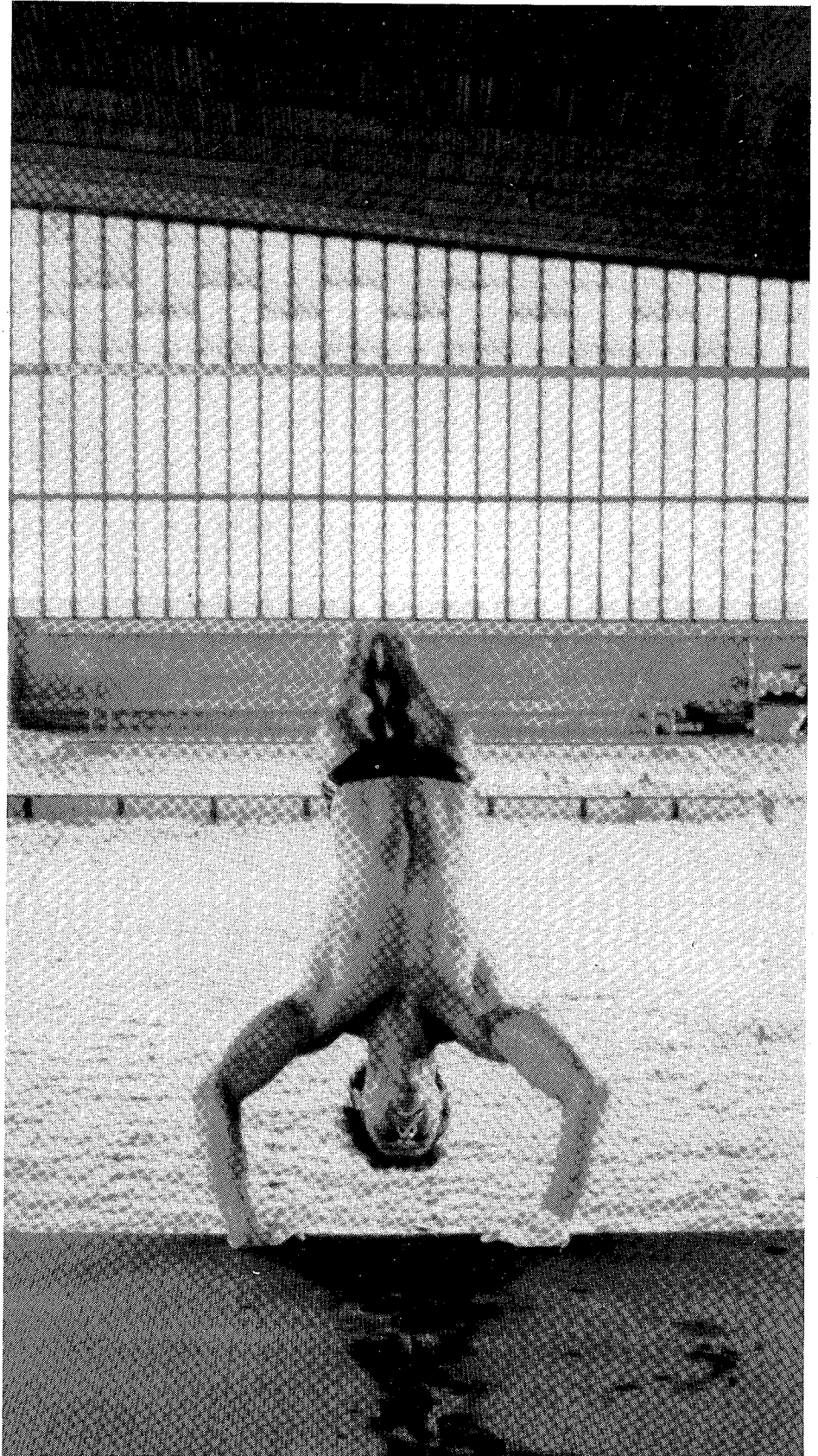
Diving at the end of the last century was a very simple affair. Diving boards varied in height and the baths tended to be very shallow. The dive was the English Header, now known as the Forward Dive Straight, and as the dive was not considered to be completed until divers came to the surface with hands stretched in front, the entry of the dive could not be very perpendicular to the water. The height of the boards did not follow any particular standard.

Diving was included for the first time in the Olympic Games of 1908 which were held at White City. By the (Stockholm) 1912 Games some form of fancy diving had evolved, mainly due to the efforts of the Swedish gymnasts. Women were included for the first time in the team and Belle White competed and won Britain's first Olympic Diving medal.

During the 1920's Highgate Ponds, with a highboard and 13 feet of water became the main centre for diving. Many events were held there and club teams competed for the Westminster Cup, presented by the second Duke of Westminster. These contests lasted all day and usually included competitors from the Channel Islands, mainly from Jersey Swimming Club. They had the lease of the foreshore at Havre des Pas which had enabled them to build their own pool, a tidal pool with a high board.

By 1924 the height of boards had been fixed at a standard level which still prevails today.

The Amateur Diving Association organised the National Graceful Diving Competition for each sex, only headers or swallow dives were permitted. The ADA could not affiliate to FINA, only the ASA could arrange International Meets or take divers abroad. After the 1928 Olympics, at which our divers did not do very well, a group of them formed Highgate Diving Club, a men's club. They resolved to boycott ADA championships and compete only in the events of the ASA and its District and County Associations and the principal object was to promote



competitions with overseas clubs.

Marshall Street Baths in the West End of London opened in 1930 with good boards and were open all year. They became the main training bath.

Double Olympic Diving Medallist in 1928, Pete Desjardins from the USA, turned professional and toured Britain several times in the 1930's. His exhibitions were very popular and provided an impetus to British Diving.

In 1932 SCASA created its Diving Committee, the first in the country. Also founded this year was the London D.C., a mixed club in three sections.

Highgate had formed contact with Continental clubs and Marshall Street Baths were the venue for inter-club matches, these always drew a capacity crowd. There were reciprocal trips abroad. During this period the ADA's influence

waned and that of the ASA increased.

In 1934 the Empire Pool Wembley was built to provide the venue for the second British Empire Games. The facilities were the finest in the country with American imported springboards. British divers did well (see Roll of Honour). Although it was only open in the summer, the Empire Pool became the major venue for International Diving events and training.

In 1935 the ASA held its first National Swimming & Diving Championships meeting at New Brighton and at the end of the year the ADA wound up its affairs. Some of its officials had already made the transition to the ASA, the most notable being Gregory Matveieff (Southern Counties President in 1956) (ASA President in 1964).

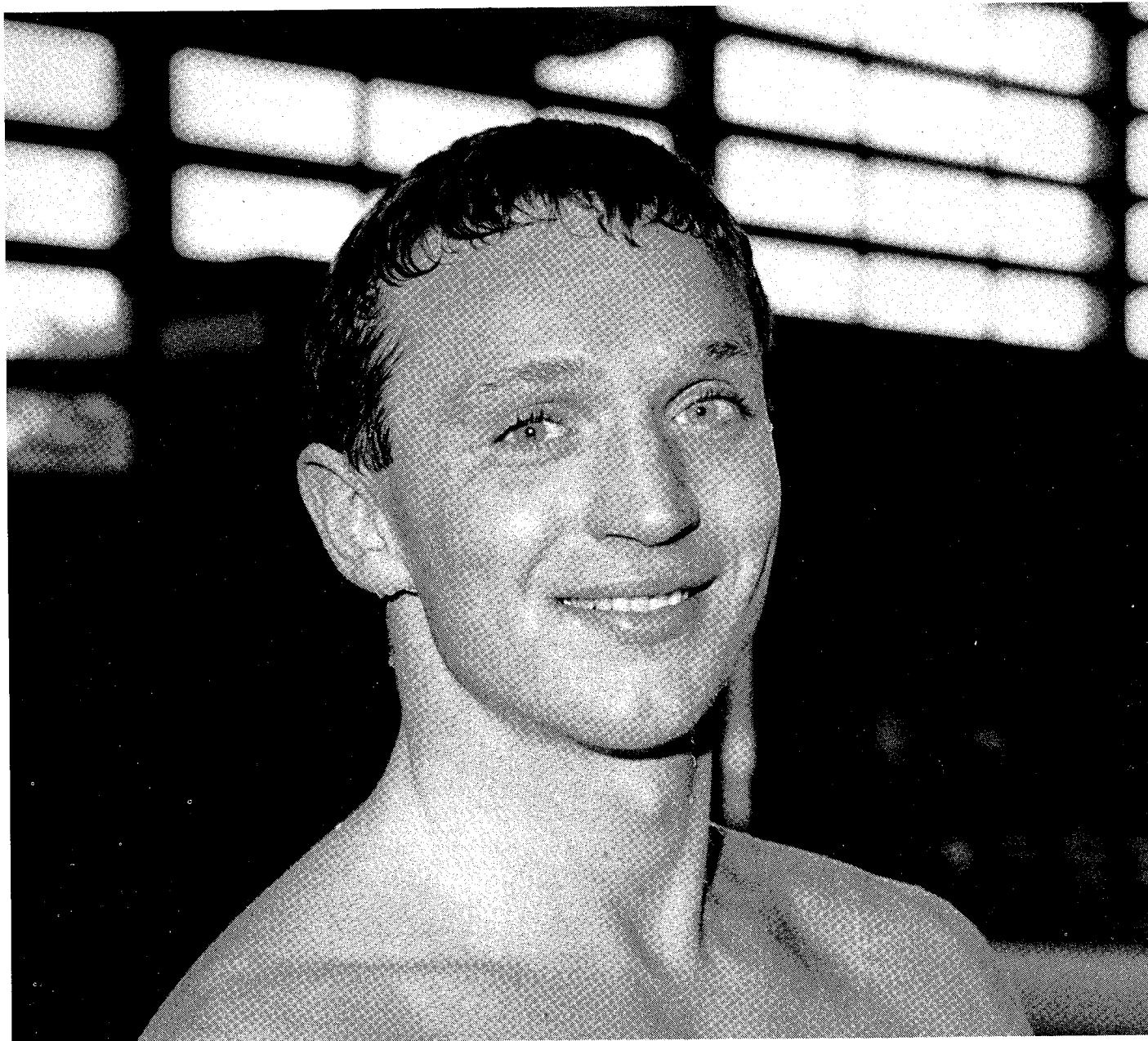
During the 1930s recognized diving coaches were emerging, J. Rasch and R. G.

Robinson (Highgate) and Cyril Laxton (London D.C., Essex Section).

At the 1938 European Games which were held at Wembley, Britain finished second to Germany in the Diving events. Mainly due to the efforts of Southern clubs the standard had risen tremendously in ten years.

After the Second World War the standard took a while to pick up again. By the end of the Fifties Brian Phelps (Highgate), coached by Wally Corner, was outstanding. In 1958 he won the European Highboard title aged 14. He was an International at 13 years 3 months and was said to have the perfect competitive temperament.

Once Crystal Palace opened in the mid-Sixties it became the main training centre, attracting divers from all over the country. Chris Snode (Highgate D.C.) has been the most successful diver of recent years.



The South's Roll of Honour

Swimming and Diving

Olympic Games

Individual Medallists from Southern Counties

1912	Bronze	Belle White (Hammersmith Ladies)	Highboard
1924	Silver	Phyllis Harding (Croydon Ladies)	100 m. Backstroke
1928	Bronze	Joyce Cooper (Mermaid)	100 m. Freestyle
1928	Bronze	Joyce Cooper (Mermaid)	100 m. Backstroke
1956	Gold	Judy Grinham (Hamspead Ladies)	100 m. Backstroke
1956	Bronze	Margaret Edwards (Heston)	100 m. Backstroke
1960	Silver	Natalie Steward (Hornchurch)	100 m. Backstroke
1960	Bronze	Natalie Steward (Hornchurch)	100 m. Freestyle
1960	Bronze	Brian Phelps (Highgate)	Highboard
1960	Bronze	Liz Ferris (Metropolitan)	Springboard
1980	Gold	Duncan Goodhew (Beckenham)	100 m. Breaststroke
1980	Silver	Phillip Hubble (Slough Dolphin)	200 m. Butterfly
1984	Silver	Sarah Hardcastle (Southend)	400 m. Freestyle
1984	Bronze	<i>Sarah Hardcastle (Southend)</i>	<i>800 m. Freestyle</i>
Team			
1980	Bronze	Mens 4 x 100 Medley Team included Duncan Goodhew, David Lowe (Harrow & Wealdstone) and Garry Abraham (Southampton)	

World Games

Individual Medallists from Southern Counties (from 1982)

1982	Silver	Jackie Willmott (Southend)	800 m. Freestyle
1986	Bronze	Sarah Hardcastle (Southend)	800 m. Freestyle

European Championships

Individual Gold Medallists from Southern Counties

1927		Belle White (Hammersmith Ladies)	Highboard
1938		Betty Slade (London)	Springboard
1947		Roy Romain (London University & Otter)	200 m. Breaststroke
1958		Judy Grinham (Hampstead Ladies)	100 m. Backstroke
1958		Brian Phelps (Highgate)	Highboard
1962		Brian Phelps (Highgate)	Highboard

European Championships

Junior Individual Gold Medallists from Southern Counties

1988		Ian McKenzie (Braintree & Bocking)	100 m. Breaststroke
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Commonwealth Games

Individual Gold Medallists from Southern Counties

1930	Joyce Cooper (Mermaid)	100 yd. Freestyle
1930	Joyce Cooper (Mermaid)	400 yd. Freestyle
1930	Joyce Cooper (Mermaid)	100 yd. Backstroke
1934	Phyllis Harding (Croydon Ladies)	100 yd. Backstroke
1934	Dot Macready (Jersey)	Highboard
1934	J. Briscoe Ray (Highgate)	Springboard
1934	Tommy Mather (Amateur)	Highboard
1938	Douglas Tomalin (Highgate)	Highboard
1950	Edna Child (London)	Springboard
1950	Edna Child (London)	Highboard
1954	Ann Long (Ilford)	Springboard
1958	Judy Grinham (Hampstead Ladies)	110 yd. Backstroke
1962	Linda Ludgrove (St. James's Ladies)	110 yd. Backstroke
1962	Linda Ludgrove (St. James's Ladies)	220 yd. Backstroke
1962	Brian Phelps (Highgate)	Springboard
1962	Brian Phelps (Highgate)	Highboard
1966	Linda Ludgrove (Beckenham)	110 yd. Backstroke
1966	Linda Ludgrove (Beckenham)	220 yd. Backstroke
1966	Diana Harris (Beckenham)	110 yd. Backstroke
1966	Brian Phelps (Highgate)	Springboard
1966	Brian Phelps (Highgate)	Highboard
1978	Christopher Snode (Highgate)	Springboard
1978	Christopher Snode (Highgate)	Highboard
1982	Phillip Hubble (Slough Dolphin)	200 m. Butterfly
1982	Christopher Snode (Highgate)	Springboard
1982	Christopher Snode (Highgate)	Highboard
1986	Sarah Hardcastle (Southend)	400 m. Freestyle
1986	Sarah Hardcastle (Southend)	800 m. Freestyle
1986	Caroline Cooper (Potters Bar)	100 m. Butterfly

Team Golds (only SCASA members of teams listed)

1930	Women 4 x 100 yd. Freestyle	Doreen Cooper, Joyce Cooper, (Mermaid); Phyllis Harding (Croydon Ladies)
1950	Men 3 x 110 yd. Medley	Roy Romain (London University & Otter); Pat Kendall (Sutton & Cheam)
1958	Women 4 x 110 yd. Medley	Judy Grinham (Hampstead Ladies); Christine Gosden (Croydon Ladies)
1966	Women 4 x 110 yd. Medley	Linda Ludgrove, Diana Harris, Judy Gegan (Beckenham)
1982	Women 4 x 100 m. Freestyle	Nicola Fibbens (Hatfield); Jackie Willmott (Southend)
1982	Women 4 x 100 m. Medley	Suki Brownsdon (Royal Tunbridge Wells Monson); Caroline Cooper (Potters Bar); Nicola Fibbens (Hatfield)

Editor's Footnote

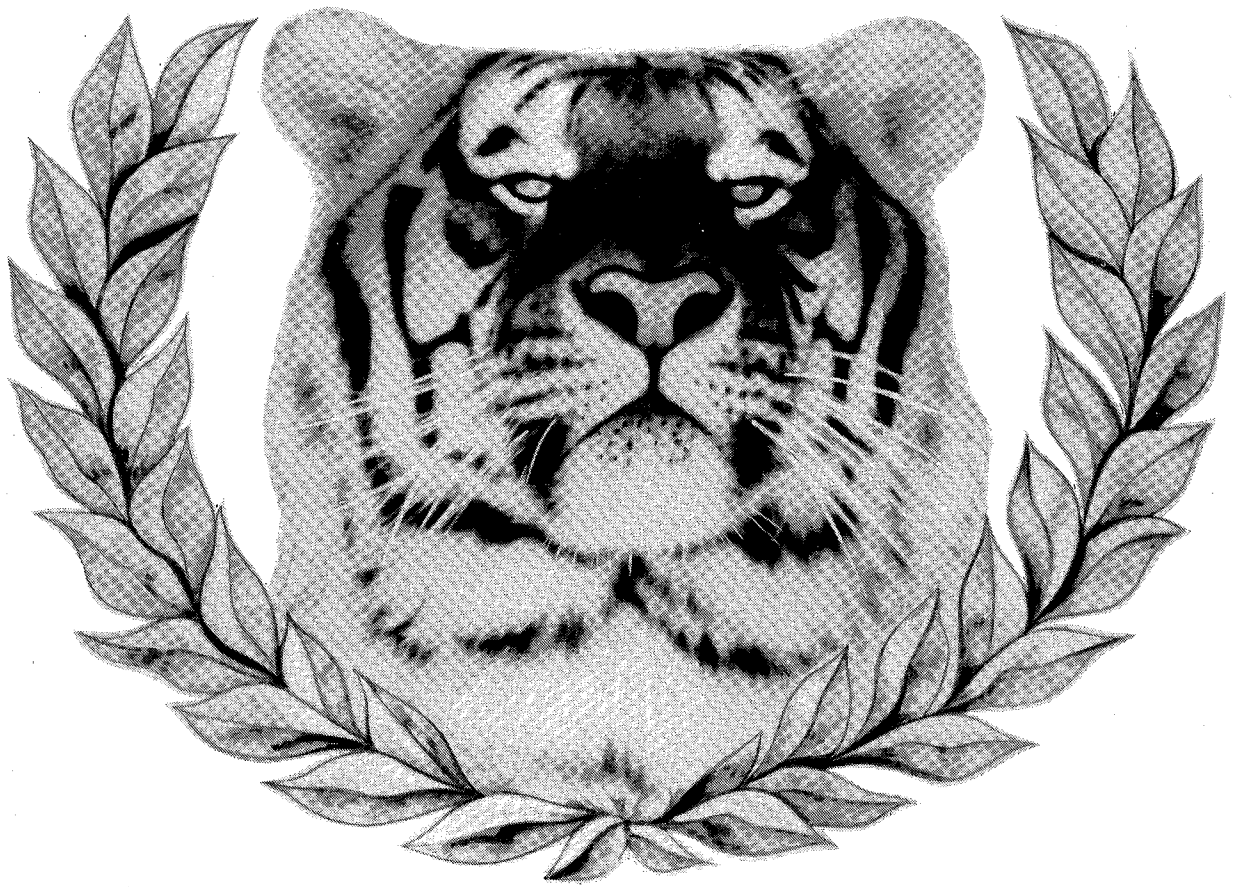
In Conclusion

Celebrating our 100th Birthday with the publishing of this brochure has led to the assembly of a great deal of historical information about the beginnings of the sport in our District. It seemed appropriate

to take the opportunity to show how our activities were conditioned by social behaviour in those days rather than producing a more contemporaneous account of our affairs which, after all, would be familiar to most readers. The

recent past is perhaps best chronicled by those who will take a backward glance 100 years from now.

MARGARET COOMBS,
SCASA Honorary Public Relations Officer
COMPILER & EDITOR



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to British Sport.**



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Swimming Times of the 1920s and 1930s.

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Numerous club records, minute books and scrap books.

Any errors or omissions are unintentional and great regretted.

MARGARET COOMBS,

SCASA Honorary Public Relations Officer

Editor & Compiler

April 1989



SCASA CENTENARY BROCHURE

Additional identification of some photographs

- Page 5 (group top right) Ladies from Jersey S.C. circa 1920
- Page 6 Members of Colchester S.C.
- Page 7 Violet Morgan (Kingston Ladies S.C.) SCASA Girls
100 yards Champion 1910 (time 1 min. 34 secs.)
- Page 8 (top) Ladies Long Distance Championship of England
(5 miles) in the Thames
(bottom) Masters swimmers at the GB Championships,
Barnet Copthall, 1985
- Page 9 (bottom) John Besford on winners rostrum: Germany 1934
- Page 10 Judy Grinham meets American film star, James Stewart
- Page 12 Start of Mens 200 m. race at 1908 Olympic Games (pool
in middle of White City Stadium)
- Page 13 (top) Hastings Ladies Synchro Team (mid Fifties)
(bottom) Hastings Mixed Floating Formation
- Page 14 Synchro National Squads 1973
Jane Holland, Solo Gold Medal winner in the first
European Championships 1974
- Page 16 French Ladies Water Polo Team walking along Kingsway
1929 (in London to play a match vs the London Ladies
Water Polo Association at Croydon)
- Page 18 Chris Snode in training at Crystal Palace
- Page 19 Brian Phelps