

Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A.

BEST WEEK NEWS

No.12 Fri 5th Dec – Sat 12th Dec



QUOTE OF THE WEEK

"I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it.

If you do, you'll win--if you don't, you won't"

Bruce Jenner, Olympic Gold Medalist, Decathlon

WELL DONE – 6TH BEST IN GREAT BRITAIN



1 st	SOUTHPORT	295
2 nd	STOCKPORT	261
3 rd	KIRKLEES	232
4 th	LEICESTER	218
5 th	NEWCASTLE	212
6 th	HILLINGDON	207
7 th	NORWICH	188
8 th	THURROCK	136

Well done to swimmers who competed so brilliantly at the National Junior League Final on Sunday. In an extremely tough and competitive Final Hillingdon secured 6th spot which is a tremendous achievement. Obviously, the relentless effort by the whole team was the highlight of the day but Megan Maloney and Daniel Lachasseigne coming 1st in the 50m back and 25m back respectively was terrific considering the standard of the competition. Other excellent performances came from Tegan Drew who achieved 2nd 25m fly and back; Brandon Filby who swam to 2nd on the 50m Brst and George Taplin who broke 32 seconds for the 1st time gaining 2nd on the 50 free. Both the Boys 10 and 12 years relay squads also need a mention after claiming 2nd in the Free and Medley relays (12yrs - Danny Nelson, Leon Berchie, Louis South, Massimo Michini) & (10 years - Daniel Brennand, Brandon Filby, Mitchell Adams, George Taplin). Well done to the supporters who looked and were absolutely phenomenal.

WELL DONE EVERYONE!

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Dear Swimmers, Parents and Friends of Hillingdon SC

As many of you will be aware we have been considering how best to develop the Hillingdon SC kit. We needed to update many of the items and wanted to take the opportunity to develop our image as a modern, unified club whilst celebrating the heritage of our individual houses, RNSS and HBEST.

Following extensive consultations with coaches, the Youth Committee and individual swimmers and parents we are proud to introduce the new Hillingdon SC Kit.

The kit is Hillingdon green, black and silver and incorporates the Hillingdon Council logo in recognition of the great support this club receives from Hillingdon Council.

All items are branded Hillingdon SC with additional branding on key items such as hoodies and T shirts to show RNSS or HBEST logos as appropriate. We were keen to maintain our individual house identities at the same time as developing the united club image. We hope that you will think we have succeeded.

We have pictures of the new kit in the club newsletter which is due out this week and they should also be on the website shortly. There will be samples of most of the kit in the club shop this week. Why not visit Julie Stokes in the shop on Highgrove gallery on Friday evening to view the new designs? Or see Debbie Wilson and Michelle Foley at Northwood College on Monday evening (6pm – 8pm). If you place and pay for an order by this Friday for RNSS logo and by Monday 7th for HBEST logo we will try our best to get the items delivered in time for Christmas.

We're really excited about the new kit and hope that you will be too.

Kind Regards

Joanne Lawrence

Secretary, Hillingdon SC



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HBEST 100s!!!

LETS GET READY TO ROCKET!!!!

Have a look at the winning times from last year – see how many we can beat!!!!!!

HBEST 100s - WINNING TIMES 2008							
Event	Years old	Name		Time		Name	Time
100m Fly	10	Leighton	Jones	1.30.76		X	X
100m Fly	11	Leon	Berchie	1.14.90		Sarah	Harrington 1.18.28
100m Fly	12~13	Adam	Wood	1.10.09		Sarah	Procter 1.13.76
100m Fly	14/15	Faisal	Bhatti	1.07.23		Francesca	Marr 1.05.11
100m Fly	160	Luke	Spain	59.81		Holly	Elderfield 1.07.23
100m Back							
100m Back	10	Leighton	Jones	1.26.21		Megan	Maloney 1.32.65
100m Back	11	George	Prunty	1.18.74		Sarah	Harrington 1.17.65
100m Back	12~13	Adam	Wood	1.07.69		Jaycee	Sibley 1.12.74
100m Back	14/15	Faisal	Bhatti	1.09.93		Karley	Mann 1.07.06
100m Back	160	Tom	Randall	1.02.55		Elizabeth	McGowan 1.12.07
100m Brst							
100m Brst	10	Leighton	Jones	1.44.40		Casey	Fisher 1.45.86
100m Brst	11	Massimo	Michini	1.31.58		Sarah	Harrington 1.28.37
100m Brst	12~13	Lucas	Navarro	1.19.56		Fiona	McAndrew 1.22.66
100m Brst	14/15	Faisal	Bhatti	1.12.35		Francesca	Marr 1.13.11
100m Brst	160	Luke	Spain	1.07.93		Holly	Elderfield 1.24.35
100m Free							
100m Free	10	Leighton	Jones	1.15.39		Megan	Maloney 1.21.95
100m Free	11	Leon	Berchie	1.05.15		Sarah	Harrington 1.09.15
100m Free	12~13	Adam	Wood	1.02.35		Sarah	Procter 1.03.37
100m Free	14/15	Peter	Smart	59.79		Francesca	Marr 59.58
100m Free	160	Luke	Spain	55.14		Holly	Elderfield 1.01.97

Friis swims under 25m WR in women's 1500

BIRKEROD, DENMARK--Denmark's Lotte Friis swam four seconds faster than the existing short-course World Record in the women's 1500 free this past Saturday. At a meet in Birkerod, Friis clocked a 15:28.65, under the 15:32.90 short-course World Record swum by the USA's Kate Ziegler in October of 2007.

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Ziegler's record was the last women's short-course World Record to have not been bettered yet in either 2008 or 2009.

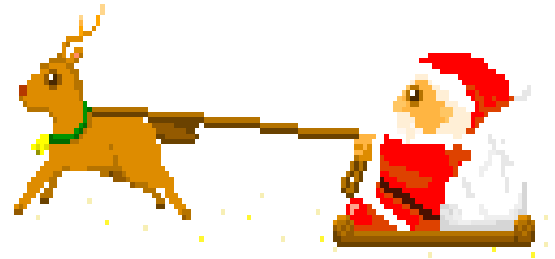
Hillingdon 100s

Confirmation of session times

Session 1 - 2.30pm warm up for 3.15 start.

Signing in for swimmers from 2.15, desk closes at 2.45.

If you are unable to swim or are likely to be late, please let us know by text on 07831 734374



Session 2 - 5.45pm warm up for 6.30 start.

Signing in for session 2 from 5.30 to 6.00.

Spectators that have prepaid for admission will need to check in and will be issued with a programme and entry pass. There will be a very limited number of spectator places available to pay on the day

REMINDER OF TRAINING CHANGES

Friday 4th Dec No Friday PM training

Saturday 5th Dec- Hillingdon 100's. No training AM!

Sunday 6th Dec - DAY OF REST FOR EVERYONE

Details of the training programme in the weeks following the HBEST 100s will be issued soon, but in the meantime training from Monday 7th AM is BACK TO NORMAL

THANKS

DAVID HEMMINGS
HBEST HEAD COACH

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