

Hillingdon Swimming Club

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



BEST WEEK NEWS

No.20 Fri 5th March – Sat 13th March

QUOTE OF THE WEEK

“You have to pay the price. You will find that everything in life exacts a price, and you will have to decide whether the price is worth the prize.”

SAM NUNN

MIDDX WEEKEND 1 – GREAT START!!!!

Hillingdon's GREAT START to the MIDDX CHAMPS can be seen in the PLACINGS CHART BELOW – BRILLIANT CAN'T WAIT FOR TOMORROW!!!

Swimmer	Age	50m Fly	50m Back	50m Brst	50m Free	800m Free	1500m Free
Olivia Brennand	9		7th				
Rhianne Berchie	9	7th	6th		4th		
Tegan Drew	9	1 st	1 st	2 nd	3 rd		
Lauren O'Connor	10	3 rd	4th	1 st	4th		
Melanie Hall	10	8th					
Ellise Kelly	11						
Casey Fisher	11			4th		7th	
Megan Maloney	11	4th	4th		5th	6th	
Amy Mosely	12						6th
Emma Hick	12						
Sarah Procter	13	1 st	5th	2 nd	2 nd	1 st	
Sarah Harrington	13	4th				5th	2 nd
Adelle Hall	13			5th			
Holly Esson	13						
Kate Wilson	13	6th	2 nd		7th	2 nd	
Georgia Collins	13			4th		8th	
Daisy Fraser	13						
Lorraine Bouch	13			7th		7th	3 rd
Charlotte Norman	13						
Hannah Page	14		1 st				7th
Jaycee Sibley	14					2 nd	1 st
Bethany Perrett	14						
Shannen Fisher	14						
Fiona McAndrew	14			4th			5th
Charlotte Jackson	14					5th	2 nd
Jenny Hirst	14						
Lucy Taplin	15		4th		8th		
Emma Harrington	15						
Karley Mann	15	2 nd	1 st	1 st	2 nd	1 st	1 st
Sarah Quinn	15	4th		2 nd	4th	3 rd	
Sophie Wilson	16	1 st	1 st	1 st	2 nd	1 st	

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Swimmer	Age	50m Fly	50m Back	50m Brst	50m Free	800m Free	1500m Free
Francesca Marr	16	3 rd	5th		3 rd	2 nd	
Katherine Neal	16						1 st
Elizabeth McGowan	17		4th				
Holly Elderfield	18						
Alfie Collins	9	8th		4th			
Daniel Lachasseigne	9	3 rd	1 st	8th	1 st		
George Taplin	10		1 st		1 st		
Jamie Pearson	10		8th	8th	8th		
Mitchell Adams	10	8th			8th		
Daniel Brennand	10		7th				
Oliver Kenway	10						
Jamie Taylor	11						
Brandon Filby	11			6th			
Matthew Quinn	11				5th		
Bradley O'Connor	11	7th	6th	5th	6th		
Noah Foley	11		4th				
Davin McAndrew	11						
Harry Jackson	12						
Danny Nelson	12	1 st	1 st	4th	1 st	3 rd	
Daniel Pearson	12			7th		6th	
George Prunty	12		4th			2 nd	2 nd
Louis South	12						3 rd
Massimo Michini	12						
Leon Berchie	13	5th	7th	6th	6th		6th
Matt Condor	13					6th	7th
Callum Mitchell	13	8th	1 st	3 rd	8th	2 nd	3 rd
Jamie Woodman	13					5th	5th
Fravash Bilimoria	13			5th		7th	8th
Adam Prunty	14	7th				1 st	1 st
Lucas Navarro	14			3 rd		8th	
Adam Wood	15		2 nd			1 st	1 st
James Keeling	15	2 nd	5th		5th		
James McGowan	15			7th			
Luke Condor	15					4th	4th
Michael Procter	16				8th	2 nd	
Steven Fish	16		8th				
Tom Randall	17						4th
Luke Spain	17	5th		3 rd	8th	2 nd	1 st
Matt Tuff	18						
Warren Berchie	18	7th					
Alex Carr	18			7th		3 rd	3 rd
Nic Smith	18						
James Williamson	18					6th	

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RELAYS	A team	B team				
Girls 9 Med Team	DQ					
Girls 9 Free Team	2 nd					
Girls 10 11 Med Team	4 th					
Girls 10 11 Free Team	3 rd					
Girls 12 13 Med Team	1 st	3 rd				
Girls 12 13 Free Team	1 st	6 th				
Girls 14 15 Med Team	2 nd					
Girls 14 15 Free Team	2 nd					
Girls 16 Med Team	2 nd					
Girls 16 Free Team	2 nd					
Boys 9 Med Team	DQ					
Boys 9 Free Team	1 st					
Boys 10 11 Med Team	1 st	2 nd				
Boys 10 11 Free Team	1 st	4 th				
Boys 12 13 Med Team	2 nd	4 th				
Boys 12 13 Free Team	2 nd	5 th				
Boys 14 15 Med Team	3 rd					
Boys 14 15 Free Team	6 th					
Boys 160 Med Team	3 rd					
Boys 160 Free Team	3 rd					

TRAINING PROGRAMMES UPTO END OF THE SEASON

PLEASE SEE WEBSITE

COMPETITION

Please take note of the deadlines and specific notes for each of the below galas – please do not miss these!!

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MAY 2010				
1st / 2nd	London Region Youth (LC)	Crystal Palace	ENTRY FORM & INFO <u>CLOSING DATE 21st March - FULLY COMPLETED FORM NEEDED</u> <u>PLEASE, no e-mails for this gala</u>	Youth swimmers
8th / 9th	Beckenham Open Meet (LC)	Crystal Palace	ENTRY PACK <u>CLOSING DATE 21st March</u>	BAGCAT Age Group swimmers
15th	London Region 800m / 1500m	Crystal Palace	ENTRY FORM & INFO <u>CLOSING DATE 9th April</u> <u>FULLY COMPLETED FORM NEEDED</u> <u>PLEASE, no e-mails for this gala</u>	
22nd- 23rd	Middlesex LC	Hillingdon 50m pool		TBC
<i>or</i>	Bracknell Level 1 Open Meet (LC)	Aldershot	ENTRY FORMS & INFO <u>CLOSING DATE will be 9th April</u>	Alternative to Middx. gala
28th - 30th	Sheffield "No Frills" Level 1 (LC)	Ponds Forge		Youth swimmers
JUNE 2010				
5th / 6th	London Region BAGCATS - 1 of 2	Crystal Palace	ENTRY FORM & INFO <u>CLOSING DATE 26th April</u> <u>FULLY COMPLETED FORM NEEDED</u> <u>PLEASE, no e-mails for this gala</u>	Potential Diddy League swimmers - do not enter 200brst (girls) or 200IM (boys) in session 3 (Sat).
12th / 13th	London Region BAGCATS - 2 of 2	Crystal Palace		

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HILLINGDON BEST WILL BEGIN THEIR FULL TRAINING PROGRAM OUT OF THE NEW HILLINGDON 50M POOL ON WEDNESDAY 24TH MARCH 2010



Hillingdon Sports & Leisure Complex

THANKS

**DAVID HEMMINGS
HBEST HEAD COACH**

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