

DAVE HEMMINGS NOTICES – DATED FRIDAY 14 MAY 2010

Dear All,

Training from tomorrow is as follows:

Saturday AM – 7.15-9.15 then 9.30-10.30 LAND (LR Distance competitors do not train)

Sunday PM – 1-4pm THIS IS FOR ALL SWIMMERS – back to normal training times

Mon AM – AS NORMAL

Mon PM – AS NORMAL (EJPS & ETS swim 6-8pm) (ESS&EPS 6-7pm swim then 7.10-8pm stretch)

Tues PM – AS NORMAL

Wed AM – AS NORMAL

Thurs PM – AS NORMAL

Fri AM – AS NORMAL (BRACKNELL COMPETITORS LIGHTER SESSION)

FRI PM – AS NORMAL (BRACKNELL COMPETITORS LIGHTER SESSION)

Sat AM – 7.15-9.15 then 9.30-10.30 LAND (BRACKNELL SWIMMERS NOT TRAINING)

Well Done Swimmers!!!

We currently have 11 National INDIVIDUAL qualifiers which is better than last year's total already! And we have many more swimmers that are so close. Brilliant! The role of honour is as follows.....

Individuals

1. Sophie Wilson - multiple events
2. Francesca Marr - multiple events
3. Karley Mann - multiple events
4. Tom Randall - 100 / 200 Fly
5. Luke Spain - 100 / 200 Brst
6. Adam Wood - 400 IM / 200 Back
7. Noah Foley - 200 Back / 100 Back
8. Sarah Procter - 100 Fly / 200 Free
9. Fiona McAndrew - 200 Brst
10. Adam Prunty - 200 Fly
11. George Prunty - 200 Back

Teams

Youth Girls – 400 Medley / 400 Free / 800 Free

BANK HOLIDAYS

We have come to an agreement with the Council and Fusion that on Bank Holidays we can use the deep end short course pool (our normal end) from 8-10am. This is a really good agreement for us in terms of training, space and time of day.

Message from Julie:

Plymouth 50M events are OPEN and have more difficult qualifying times that must be entered 'FASTER THAN'. Please check this before submitting entries.

Thanks - Julie

Message from Wayne Hirst (New HSC Chairman)

Middlesex Winners

Many apologies but it has been pointed out to me that Ralph Shortland cannot make Monday 17th May. The presentation is being rearranged for Monday 24th May.

BOYS 9 YEARS	1 st	Daniel Lachasseigne	Hillingdon SC
BOYS 10 YEARS	1 st	George Taplin	Hillingdon SC
BOYS 11 YEARS	3 rd	Bradley O'Connor	Hillingdon SC
BOYS 12 YEARS	1 st	Danny Nelson	Hillingdon SC
BOYS 14 YEARS	2 nd	Adam Prunty	Hillingdon SC
GIRLS 9 YEARS	1 st	Tegan Drew	Hillingdon SC
GIRLS 10 YEARS	3 rd	Lauren O'Connor	Hillingdon SC
GIRLS 13 YEARS	1 st	Sarah Procter	Hillingdon SC
GIRLS 13 YEARS	3 rd	Kate Wilson	Hillingdon SC
WILKINSON SWORD Junior Girls (3 way tie)		Tegan Drew	Hillingdon SC
BULLER CUP		Youth Girls	Hillingdon SC

ALSO

Swimmers who won medals at London Region Youths please bring your medals and kit too.

London Swimming Regional events at Crystal Palace 800/1500 meet - 15th May

Competition 2.00pm to 5.00pm.

800m will be swum first as per the conditions.

Registration by 1.30pm please. Warm up 1.30pm to 1.55pm

LOST & FOUND

1. Black jacket
2. Grey stretch mat (no.1)
3. Grey stretch mat (no.2)

Thanks

David Hemmings, HBEST Head Coach