



## Keeping in Touch

*Notice Board - at Leith Victoria pool*

**Web-site** ..the Club website is at [Swiminverleith.com](http://Swiminverleith.com) (updates to Graeme Pitcher.)

**Club e-mail list** - To communicate as efficiently as possible we have compiled a Club e-mail list. If any new member hasn't already given us their e-mail address or if you change it please contact Keith Inglis at [keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com) so the list can be kept up to date.

---



## **Inverleith ASC Newsletter June 2008**



### Forthcoming events

**Huntley and Anderson Cups** Sunday 7<sup>th</sup> September Sunday 30<sup>th</sup> November

**Club Championships** Saturday 13<sup>th</sup> December

**2009 Camp** 6<sup>th</sup>—10<sup>th</sup> April 2009

### Summer Holidays

**Thursday 19 June –** Last Trinity until end August/beginning September.

**Sunday 22 June -** Last Sunday session for all squads & final session for Prep until August.

**Tuesday 24 June–** Last Glenogle until August.

**Thursday 26 June–** Last RCP until September.

**Friday 27 June–** Last Leith until August.

### **Training restarts on Sunday 3.08.08**

<b>Sundays 3 &amp; 10 August— Leith</b>	Prep – 5.00 – 6.00 Inter – 5.00 – 6.30 Adv. – 6.00 – 7.30
<b>Mondays 4/11/18 &amp; 25 August—Glenogle</b>	Club, Inter & Adv from 7.45 – 9.00/9.30
<b>Tuesdays from 5 August—Glenogle</b>	Inter & Adv from 7.45 – 9.00/9.30
<b>Fridays 8/15/22 &amp; 29 August— Leith</b>	Prep 6.00 – 7.00 Inter & Adv 6.00 – 7.40
<b>Normal Sunday sessions from 17 August</b>	

We will get back to the RCP & the school pools in September & will notify everyone nearer the time.

**Have a lovely summer keep active and come back refreshed and ready to train hard.**

*Fiona*



## Competition Results

### **LOTHIAN REGION INTERMEDIATE LEAGUES (Round 3) – PRESTONPANS – 14th June**

Well done to everyone who swam in the final round of the leagues. We managed 12 PB's over the two sessions last Saturday. We also came away with bronze and gold medals.

Our 10/11 boys swam extremely well and snatched the bronze medal after Portobello managed to get themselves disqualified for a flyer in the relay. Over the three rounds the following all took part in the 10/11 year old team: Struan Graven, Josh Harkins, Ross Inglis, Cameron Lineen, Niall McRoberts & Calum Watkins. *Great swimming boys!*

The gold was won by the 14 & O boys who have managed to win this event two years running. They held onto their lead from the previous round and finished with a cracking relay. I think that most of the boys are now too fast for this event so there is a challenge for the up and coming 14 year olds!

As yet I don't have the final placings for the other teams.

Thanks once again to David Little for helping on the poolside.

*Fiona*

### **INTERNAL CUPS—ROUND 2—18 May**

#### **Girls 100 IM**

1st Rachel Carter	1:34.70
2nd Kirsty MacGregor	1:35.32
3rd Katrina Denholm	1:39.69

#### **Girls 200 Freestyle**

1st Moira Watkins	1:29.69
2nd Hannah Little	2:51.75
3rd Louise Currie	3:17.22

#### **Girls 800 Freestyle**

1st Eilidh Garvey	11:37.68
2nd Ellen MacDonald	13:52.86

#### **Boys 100 IM**

1st Blair MacDonald	1:23.02
2nd Calum Watkins	1:24.11
3rd Ross Inglis	1:25.68

#### **Boys 200 Freestyle**

1st Scott Inglis	2:35.07
------------------	---------

#### **Boys 1650 Freestyle**

1st Ryan Scott	18:55.99
2nd Greg Tomney	25:25.73

### **INTERNAL CUPS—ROUND 3—25 May**

#### **Peter Allan Cup**

1st Tilly Balbraith
2nd Scott Kerr
3rd Ben Brown

#### **100 Freestyle**

10.74 secs
9.73 secs
8.23 secs

#### **(Improvement)**

#### **Fraser Cup**

1st Scott Inglis
2nd Hannah Little
3rd Callum Garvey

#### **100 Freestyle**

5.45 secs
3.07 secs
1.97 secs

#### **(Improvement)**

#### **Girls 100 Freestyle**

1st Moira Watkins
2nd Eilidh Garvey
3rd Hannah Little

1:10.25
1:11.26
1:17.49

#### **Boys 100 Freestyle**

1st Ryan Scott	58.75
2nd Scott Inglis	1:13.04
Ross Inglis	1:18.29



## Swim Shop

The Club shop has a small permanent stock of floats, pull buoys and fins along with suits in our Club yellow and black. Hats are always available too. NEW STOCK – we can now obtain smart jammer trunks in black with a yellow stripe and have sizes 30” and 32” in stock. Old kit such as fins and Club t-shirts can be sold back to the shop for our second-hand resale. We also keep a selection of goggles. We make a small profit on items sold that contributes to our Club funds so please support the Shop. Prompt payment by cheque payable to IASC is appreciated so that we do not have to chase you.. Give cheques to Kirsty/ Craig Watkins, Keith Inglis or one of the coaches please.

*Craig and Kirsty Watkins* (443 4252 [craig.watkins1@surefish.co.uk](mailto:craig.watkins1@surefish.co.uk))



## Help needed!

*New members* - Kathy Pitcher on 554 0914

*Social Committee* - If anyone has any suggestions for fund raising opportunities please speak to either Keith Inglis or David Little. They're always on the look out for new ideas ([keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com)).