



SCOTTISH UNIVERSITIES — 21st February



Congratulations to Stuart Moncrieff who has at last lowered his 100m freestyle PB under the minute with a hard-fought 59.52 secs at Grangemouth. Unfortunately this was not fast enough to make the final—but Stuart was still very pleased with the time!

Chris Moncrieff



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. 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. *Craig and Kirsty Watkins* (443 4252 craig.watkins@familywatkins.org.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).



Keeping in Touch

Notice Board - at Leith Victoria pool

Web-site .. Swiminverleith.com (updates to Graeme Pitcher.)

Club e-mail list - 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 so the list can be kept up to date.



Inverleith ASC Newsletter April 2009



Easter Session Changes

The bulk of the sessions are on over the holidays except:

Trinity closed from **Thursday 26th March until Monday 27th April.**

Prep Group can train at Leith Victoria - Fridays: 6-7pm; 27th March - 24th April

Club Group are welcome at Ainslie Park on Mondays or Dalry on Tuesdays: 8-9.30pm (parking is tricky at Dalry).

RCP cancelled on **Thursday, 9th April**

This is due to Scottish Age Groups being held on that date. No alternative session for Advanced Group



Forthcoming events



2009 Camp

6th—10th April 2009

Bag Packing

Saturday 30th May, at the new ASDA near Ocean Terminal

Sponsored Walk

After the success of last year's event we hope to organise another sponsored walk this year, probably sometime in June. More details nearer the date.



Competition Dates

APRIL

Saturday/	18th	LOTHIAN REGION INTERMEDIATE LEAGUES AT PRESTONPANS (CLUB)
Sunday	26th	INVERLEITH INTERNAL CUPS

MAY

Saturday	9th	LIVINGSTON DEDRIDGE DOLPHINS
Sunday	10th	GRADED MEET - PRESTONPANS
Sunday	17th	INVERLEITH INTERNAL CUPS
Sunday	24th	INVERLEITH INTERNAL CUPS
Sunday	31st	HEARTS NOVICE MEET - LEITH ACADEMY

JUNE

Sat / Sun	6th/7th	EAST DISTRICT OPEN - RCP (LONG COURSE)
Sunday	7th	HUNTLEY AND ANDERSON CUPS
Saturday	13th	LOTHIAN REGION INTERMEDIATE LEAGUES AT PRESTONPANS
Sunday	14th	INVERLEITH INTERNAL CUPS
Saturday	20th	AQUANAUTS GRADED MEET - PRESTONPANS



Competition Results

LOTHIAN REGION LEAGUES: ROUND 1 – 14th March

We have six teams entered in the above competition, one girls' and one boys' team in the 10/11 years, 12/13 years and 14 & O. This competition is run over three separate Saturdays with the points being added together from each round. It is a team competition and it is important to call off early if you know you are not available so that you don't let your team down.

We had some super swimming with some great PB's and Andrew MacGregor even managed to swim 'TOO FAST' in his 100B/C (the event is time banded).

After round 1 the teams are lying as follows:

10/11 Girls 11th
 10/11 Boys 3rd
 12/13 Girls 9th
 12/13 Boys 5th
 14 & O Girls 4th
 14 & O Boys 5th

Well done everyone. Thanks to David for poolside help in the afternoon.

Hopefully if everyone appears for the next round we can pull up a few places, having said that I know the next round is the last weekend of the Easter holidays and I have had some call offs already.

Round 2 18th April

Round 3 13th June

Fiona Anderson

EAST DISTRICT AGE GROUPS — 7/8th March

Congratulations to all the swimmers who took part in the ED Age Groups this weekend.

Moira Watkins swam just outside her PB in the 100F/C; Scott Kerr and Ross Inglis in the 100B/C both swam very well achieving new PB's, taking off 4 & 5 seconds respectively; and Niall McRoberts who took 7 seconds off his 100BR with a very good swim.

The 10/11 year boys relay swam a cracking medley to miss out on bronze by 4 hundredths of a second and also swam well in the Free relay taking 6th place. The team was Ross Inglis, Scott Kerr, Niall McRoberts and Kieran Wilson.

Ross swam again on the Sunday doing another PB in the 100 Free and Ryan Scott swam 100B/C but didn't quite manage to swim to his time.

Well done to everyone who took part.

Fiona Anderson



Presentation Dance

The annual Presentation Dance was held at Carricknowe Bowling Club on Friday 20th February.

This year 113 Club members and their families attended. It looked as if everyone had a good night and as a bonus we made almost £200 from the raffle. Thanks to everyone who brought something along or bought tickets, or most probably both!

Well done and thanks also to those who helped out on the night with the food and the raffle.

Keith Inglis, IASC Social Committee