

## East District Intermediate Leagues - ROUND 3

Well what a great day we had on Saturday 16<sup>th</sup> June at the third round of the LR Leagues - 5 PB's in the morning and a massive 12 in the afternoon!! Some of the best PB's are::

**Kirsty MacGregor** 7secs on 200F/C (Kirsty has swum a PB every time she has done this event), **Blair MacDonald** 6secs on 200F/C, **Hannah Little** 17secs on 200IM, fantastic! **Ellen MacDonald** swam really well to take 9secs off her 100B/C, **Emma McGachie & Eilidh Garvey** had great fly swims to take off 9+secs & 11+secs respectively. There were lots of other PB's, showing that some swimmers are putting in the work.

Our 10/11 year old boys pulled themselves up from 4<sup>th</sup> into Bronze medal position with some super swimming. Over the three rounds, 5 swimmers have taken part in this team, all contributing to their medal win - **Callum Garvey, Blair MacDonald, Andrew MacGregor, Alastair Nicholson & Calum Watkins**. Very well done all of you!

The 14 & O boys did very well to hang on to their 22 point lead and bring home the Gold for Inverleith. Again we had 5 swimmers who all played their part in winning the gold medals and the Murrayfield House Shield—**Stuart Currie, Dennis Henderson, Matthew Lloyd, Stuart Moncrieff & Ryan Scott**. Great swimming boys!

Very well done to everyone who took part in this event and keep up the good work.

*Fiona Anderson*



### Swim Shop

The swim shop has a range of other equipment for sale, including club hats, T-shirts, swim suits in club colours and fins. Please also remember that there are order forms on the Club Noticeboard on Sundays and you can always email or call — *Craig and Kirsty Watkins* (443 4252 [craig.watkins@surefish.co.uk](mailto:craig.watkins@surefish.co.uk))



### Help needed!

Please remember that if you know of anyone interested in swimming who may like to become part of the club, please encourage them to get in touch with Kathy Pitcher on 554 0914 and come along for a trial ...AND ...

... the Social Committee is always looking for volunteers to help with the fund-raising events. So, if you would like to help or have some good fund-raising ideas, please contact Donald Scott on 0131 339 5432.

### Keeping in Touch



**Notice Board** Please keep an eye on the notice board on a Sunday — all sorts of interesting things are there — competition results, future events, details of courses, volunteer requirements, etc, etc.

**Web-site** ..the Club website is at **Swiminverleith.com**. Please visit it and pass any suggestions or updates to Graeme Pitcher.

**Email** ..also, if you have not already done so, please send your email address to Donald Scott using the reference IASC (along with your name) at **donald@roofingandbuildingsupply.co.uk** to help us keep in touch with you more easily.

## Inverleith ASC Newsletter June 2007

### SUMMER 2007

As we head towards the summer holidays some of our sessions come to an end. For some reason Trinity finish their lets much earlier than anyone else.

**Last Trinity - Thursday 14<sup>TH</sup> June**

**Last RCP – Thursday 21<sup>ST</sup> June**

**Last Gillespies – Friday 22<sup>ND</sup> June**

**Last session— Friday 29<sup>TH</sup> June - open to all squads:**

Prep. 6.00 – 7.00; Inter. 6.00 – 7.40; Adv. 6.00 – 7.40

The club **shuts down for the whole of July** so that everyone can have a well deserved rest. We **restart on Friday 3<sup>RD</sup> August at Leith Victoria**— sessions are as follows:

**Fridays 3<sup>RD</sup>, 10<sup>TH</sup>, 17<sup>TH</sup> & 24<sup>TH</sup> August Leith Victoria:**

Prep. 6.00 – 7.00 / Inter. 6.00 – 7.40 / Adv. 6.00 – 7.40

**Sundays 5<sup>TH</sup> & 12<sup>TH</sup> August at Leith Victoria:**

Prep. 5.00 – 6.00 / Inter. 5.00 – 6.30 / Adv. 6.00 – 7.40

**Mondays 6<sup>TH</sup>, 13<sup>TH</sup>, 20<sup>TH</sup> & 27<sup>TH</sup> August:**

Inter. 7.45 – 9.00 / Adv. 7.45 – 9.30 / Club 7.45 – 9.15

**Tuesdays 7<sup>TH</sup>, 14<sup>TH</sup>, 21<sup>ST</sup> & 28<sup>TH</sup> August:**

Inter 7.45 – 9.00 / Adv. 7.45 – 9.30 / Club 7.45 – 9.30

**Sundays from 19<sup>TH</sup> August**

Prep. 5.00 – 6.00 / Inter. 5.00 – 6.30 / Adv. 6.30 – 8.40

**RCP will restart the first week in September. We will let you know when the school pools reopen.**

**HAVE A GREAT SUMMER & ENJOY YOUR BREAK, I  
KNOW I WILL**

*Fiona Anderson*



### Special Appeal

In November we will be organising a major Gala of 200m races. We have done this in the past, but not last year for reasons beyond our control. This can be a major source of income to the Club, with swimmers coming from all over Scotland.

We are currently planning the event, and are keen to find race sponsors and to sell advertising space in the programmes. If anyone has (or knows someone with) their own business who might like to sponsor a race for £10 or pay £25 for a business card sized ad in the programme, please contact any Committee member.



## Summer Event

At the time of preparing this newsletter, this event is still in the future. But by the time the newsletter is distributed it is likely it will be in the past. If last year is anything to go by, this will have been an enjoyable day out .... The aching legs for the intrepid runners will come in the week ahead!! Many thanks to Keith and all the other organisers and helpers.



## New Members

Welcome to the following new swimmers who have joined Inverleith recently: Mackenzie Sayle; Marguerite Carson; Freya Dixon Van Dijk; Callum Watson; and Keir Glasgow

*Kathy Pitcher*

## Poster Competition Winners

For those of you who have not seen the winning posters in the recent competition—here they are. Well done to both Hannah and Scott!

**Hannah Little**

**Scott Inglis**

**MAKE WAVES**

**Join Inverleith Amateur Swimming Club**

**Make a splash and improve your swimming**

**Go from lessons to lengths to the London Olympics**



**If you are interested in joining the club contact Kathy Pitcher (the clubs secretary) on 0131 554 0914 who will give you all the details on joining the club.**

**e-mail - [kathypitcher@yahoo.co.uk](mailto:kathypitcher@yahoo.co.uk)**

**L A S C**

**Inverleith Amateur Swimming Club**

**FROM ARMBANDS TO OLYMPICS**

Is your son, daughter or any of their friends interested in joining a swimming club?



We offer swimming lessons, from beginner level through to our Competitive Squads which are involved in competitions throughout Fife and the Lothians. The club is based at **Leith Victoria Swim Centre** but we also train at different public and school facilities.

\*For further details contact Kathy Pitcher on 0131-554-0914 or e-mail at: [kathypitcher@yahoo.co.uk](mailto:kathypitcher@yahoo.co.uk)



**WHAT ARE YOU DOING IN 2020?????**




## Easter Camp 2008—Whithaugh Park

Training camp next year will be from Monday 24<sup>th</sup> - Friday 28<sup>th</sup> March. The system at Whithaugh has changed and we can no longer get 3 nights, it is either 2 or 4, so we have opted for 4. Mad or what!!! As a result of the extra day the cost will be approximately £140. After the summer we will get notes out and will spread the payments over a longer period.. Just think of the DISHES!!

*Fiona Anderson*



## Competition Results

### **Haddington Total Swimmers Gala**

Calum Watkins 9<sup>th</sup> place (10-11 year olds)  
Callum Garvey 10<sup>th</sup> place (10 – 11 year olds)  
Moira Watkins 11<sup>th</sup> place (12 – 13 age group)

### **Haddington Festival Gala - 30<sup>TH</sup> May**

This gala is between Haddington and 3 invited clubs ie. Hearts, Midlothian and us, but Hearts withdrew a week before the event.

Inverleith has been invited for a number of years now and we always like to take part in this club meet irrespective of the result. The competition has Medley and Freestyle Relays and 50m swims on the four strokes in 4 age-groups.

Although we finished 3rd (or last place) our swimmers did extremely well and the points result at the end was very close. Unfortunately we did not have a 10/ U Girls and 13/14 Boys relay team.

The highlight for the coaches was winning 4 relays and 9 individual events which must be the best we have done for a long time which shows we are improving. There were 23 PB's recorded from 32 individual swims. **Glen Walker** took 9 secs off his Breast and 3 off his Free. Other good swims were from **Ryan Scott** and **Matthew Lloyd** took 3 secs. each of their Back and Fly respectively There were numerous other excellent swims, too many to mention.

Special thanks to **Josh Harkins, Cameron Lineen** and **Sarah Ouenniche** as newcomers turning out to represent the Club. Thanks to the mums and dads who transported the swimmers midweek out to Haddington and also to parents who officiated as timekeepers on behalf of the Club.

Thanks to Fiona and Chris Moncrieff for helping on the poolside and also to the swimmers for their excellent conduct and encouraging one another throughout the evening. Emma McGachie had her usual loss of voice for a few days afterwards. Considering the number of swimmers available to the Club compared to the other teams Inverleith did extremely well.

*(Sorry—not enough space to include all of the results .... But these are available on the notice board or you can email me at [cmoncrieff@blueyonder.co.uk](mailto:cmoncrieff@blueyonder.co.uk) and I will forward them to you)*