


400 TROPHIES—Sunday 27th April

<i>12 & Over Girls</i>	<i>Yards</i>	<i>Metres</i>	<i>12 & Over Boys</i>	<i>Yards</i>	<i>Metres</i>
Sarah Ouenniche	6:49.59	7:29.39	Alastair Nicholson	6:41.41	7:20.51
Louise Currie	6:34.41	7:12.81	Cameron Lineen	5:52.88	6:27.28
Louise Penman	6:19.72	6:56.72	Greg Tomney	5:39.69	6:12.89
Rachael Carter	6:06.97	6:42.77	Callum Garvey	5:33.34	6:05.84
Emma Shorter	5:53.19	6:27.59	Blair Macdonald	5:29.66	6:01.86
Ellen Macdonald	5:47.65	6:21.55	Calum Watkins	5:28.13	6:00.13
Claire Little	5:46.81	6:20.61	Ross Inglis	5:18.30	5:49.40
Hannah Little	5:29.21	6:01.41	Scott Inglis	5:10.31	5:40.61
Eilidh Garvey	4:59.71	5:29.01	Stuart Currie	5:05.96	5:35.89
Moira Watkins	4:57.51	5:26.61	Matthew Lloyd	4:29.70	4:56.20
			Ryan Scott	4:14.99	4:40.09


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)


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 ..the Club website is at 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 so the list can be kept up to date.



Inverleith ASC Newsletter May 2008



Forthcoming events

<u>Huntley and Anderson Cups</u>	Sunday 1 st June	Sunday 7 th September Sunday 30 th November
<u>Internal Cups</u>	Sunday 25 th May	Sunday 15 th June
<u>Club Championships</u>	Saturday 13 th December	
<u>Lothian Region Leagues</u>	14 th June (Prestonpans)	
<u>2009 Camp</u>	6 th —10 th April 2009	



Social & Fund Raising Committee

Scotmid Bag Packing—Sunday 23 March

A Bag Packing day at ScotMid, Duke Street, on Sunday 23rd March raised the impressive sum of £532 for Club Funds. Many thanks to those who turned up to help. These activities are our main method of fund raising and enable us to keep our fees down, so the effort is very much appreciated.

The packers were: Scott Inglis, Ross Inglis, Stuart Currie, Louise Currie, Alistair Nicholson, Claire Little, Hannah Little, Greg Tomney, Calum Garvey, Eilidh Garvey, Niall McRoberts, Josh Harkins, Andrew MacGregor, Peter Allen, Ryan Scott.

Special mentions to Greg who stayed all day, (6 hours!), and Niall and Josh who exhibited some budding entrepreneurial skills by taking a customer's bags all the way to her car. For which they earned £5!

We have a slot booked at TESCO, Broughton Road, in October. I will forward the details nearer the time.

Keith Inglis, IASC Social Committee



NEWCASTLETON 2008

Once again we had a fantastic training camp. The swimmers were brilliant, they worked hard, played hard and were really well behaved. We had a super group with us both from Inverleith & Portobello.

There were a lot of brave souls on the high ropes & the climbing (I even managed the climbing!!). The kayaking was great as there were some new ideas being put into practice, being pushed off the jetty in your kayak was one of them, great fun to watch!

We had a makeover party in the Inverleith girls chalet where both girls AND boys were made up by our senior girls!! I don't really know if parents want to see the pictures! Maybe when I learn how to download them from my camera I can print them, don't hold your breath, technology is not my thing.

A very big thank you to Cath Fleming, Keith Inglis, Allison Kerr, David Little & Tom Watson for all their hard work at the camp. I don't think we have put any of them off so hopefully we will get them to volunteer for next year despite the dishes!

Camp next year is again the first week of the Easter holidays which is the 6th – 10th April, 2009.

Well done everyone & thank you to my girls for being great company in the car.

Fiona

Competition Results



LOTHIAN REGION INTERMEDIATE LEAGUES (Round 2) – PRESTONPANS – 19th April

Well done everyone who took part in the second round of the leagues, we had some great swimming.

The morning session saw 7 PB's out of 9 swims which was fantastic as the swimmers had done PB's in round 1. In the afternoon we had 13 PB's out of 19 swims, again super swimming. That makes 20 PB's overall including one at 50 split.

Most improvements were in the 200 swims. In the 200 Front Crawl Calum Watkins took 10 sec. off his time along with Scott Inglis who reduced his time by 8 sec. Matthew Lloyd and Hannah Little both took 7 secs off their 200 I.M. Blair McDonald took a whacking 9 secs. off his 100 Backcrawl and Andrew McGregor did similar by 7 secs. Cameron Lineen then reduced his 100 IM by a magnificent 9 secs. Ryan Scott was the only swimmer who PB'd at 50 and 100 on his Butterfly. Well done Ryan.

There were numerous other improvements by 2 - 3 secs. So training well has its rewards.

Placings after round 2 are as follows:

11 Girls	(pretty good as only 2 swimmers in our team),
10/11 Boys	4 th
12/13 Girls	5 th
12/13 Boys	4 th
14 & O Girls	6 th
14 & O Boys	1 st this is a revised score & we are 1 point ahead of Portobello – pressure's on boys!!!).

Many thanks to David again for helping on the poolside at the afternoon session.

Tom & Fiona

HADDINGTON TOTAL SWIMMER MEET - PRESTONPANS - 4th May

Although only 3 swimmers were present for this meet it was a pleasure. We were all in attendance and ready for the frae the required 15 minutes before the warm-up. Full attendance, no call offs and no late arrivals. What a difference that makes and everyone swam well.

This competition started with a 100 IM and then the four 50's. The fastest 6 in each age-group qualify for the finals which are swum over a 200 I.M. 6 PB's were recorded from the swims by Hannah Little and Scott Inglis. Ross Inglis didn't manage a PB but swam well enough to make the final in the 10/11 years age-group and finished a creditable 4th (being only 10) when he swam his first 200 IM in 3.08.03. Well done Ross and to Hannah and Scott as well.

Tom

LIVINGSTON & DISTRICT DOLPHINS GRADED MEET - 10th May

We had 7 swimmers taking part in this meet, there should have been more but it was a big entry and some of our entries were rejected, unfortunately. It is a super meet and we had some fantastic swims with 13 PB's out of 15 swims which is pretty good going.

Rachael Carter swam a super PB in the 50 Fly to get a place in the final and then PB'd again to win the bronze medal. Hannah Little took a massive 12 secs off her 100 Fly and was placed 8th. Louise Currie and Hannah both took 4 secs off their 100 F/C time so big improvements all round. The others swimming were Ben Brown, Scott Inglis, Cameron Lineen and Alastair Nicholson who all took 1 or 2 secs off their swims.

Maybe next year we can have more swimmers taking part.

Many thanks to David for poolside help.

Great swimming everyone.

Fiona