

Channel Swim Update

Time is getting very close, we go on 23rd August. I think some are getting nervous, some excited and some, if they are honest, are thinking 'how did I get involved with this?? It has to be in the back of our minds that more people have climbed Mount Everest than successfully swum the English Channel!!

Everyone has now completed their 2 hour swim and their night swim. We are going to do another night swim.



Our team members are preparing themselves for the long periods in the boat and the distinct likelihood of seasickness as well as battling through sea swells exceeding 2 metres. They are trying different foods and fluids to see which is most suitable and preparing a list of items they need to take.

We have sent out press releases and it has been in all our local papers and I have been on the local radio.

We have updated our website www.hastingslifeguards.org.uk and have a 'Just Giving' page, if you haven't had a look please do so.

Raising funds is continuing in the midst of swim training. We received a generous donation from UAR and had a brilliant evening of entertainment by 'The Crickendales'. Everyone's fundraising is appreciated.

Thank you's

UAR for a generous donation.

Ruth and Brenda (from Barclays) for a successful Pampered Chef evening.

Freedom Leisure – for allowing the 'team' to swim at local pools and displaying information about the swim.

Rye Water Sports for letting us train there when the sea is just too rough.

The Royal Life Saving Society UK for setting up our Just Giving page.

Hastings Motor Boat and Yacht Club for providing us the clubhouse for fundraising activities.

Royal Life Saving Society for providing warm fleeces and waterproof coats for the team and safety cover.

The 'Crickendales' for a brilliant evening of entertainment and fundraising.

Everyone who has sponsored us or made donations, no matter how much.

Again those who have provided safety cover for the team training. This is being done as an extra to the club's usual activities.

We are very grateful to everyone and will try to acknowledge as many as possible on our website as well as personal thanks