



Hastings & St. Leonards Voluntary Lifeguards Lake Windermere Swim August 2009

We are looking for support in this challenge to raise awareness of our club and the role of other voluntary lifeguard clubs and, of course to raise funds. The funds we raise will be going towards a new rescue boat, our insurance and pool hire costs.

Last year we undertook a successful Channel relay swim. This year one of our members, Dean Baker, is going to attempt to swim Lake Windermere. Dean isn't just going to attempt the one way swim of 10½ miles but to swim the return, totalling 21 miles.

We have 7 club members who will be going to Lake Windermere with Dean to provide support and safety cover. The one way swim can take anything from 5 hours to 12 hours so Dean is likely to be swimming through the darkness too.

Please support us with some sponsorship, remember our aim is to raise funds and the profile of all Royal Lifesaving Society UK voluntary clubs. You can also give on line <http://www.hastingslifeguards.org.uk> For further information about the swim or joining the club please contact Di Cooke 07970 424669

Thank you for your support of the club. Hastings Voluntary Lifeguard Committee



Dean Baker, one of Hastings Voluntary Lifeguards Beach Captains who is going to attempt to swim Lake Windermere two ways, 21 miles, in August

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Dean is to be joined by Matt Courtneil in this challenge. Matt is going to attempt to paddle a rescue board for the 21 miles too. Matt was part of the support team last year for the Channel swim and was going to act as support during the swim this year but has now decided to have a go at the 21 miles on a rescue board - Good luck Matt!!

