



# Hastings and St. Leonards Voluntary Lifeguards Newsletter – January 2026

[www.hastingslifeguards.org.uk](http://www.hastingslifeguards.org.uk)

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## Diary Dates

**2026 - Please come & get involved**

**Sun 8<sup>th</sup> March** – RNLI Sea Dip (postponed from December)

**Sat 16<sup>th</sup> May** – Hastings Regatta

**Sun 17<sup>th</sup> May** – Bexhill Regatta

**Sun 24<sup>th</sup> May** – Bewl Triathlon

**Sat 30<sup>th</sup> May** – Hastings Regatta cancellation date

**Tues 14<sup>th</sup> to Fri 17<sup>th</sup> July** – Safety in Action, Bohemia Road, Fire Station

**Sun 26<sup>th</sup> July** – 1066 Triathlon

**Sat 8<sup>th</sup> Aug** – Hastings Carnival

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For sale:

Gul wetsuit gloves – new - size M - £15

Rash vest – Jag, says size L but measures 36 inch chest- £8

HLG T- bag T-shirts (Red and Yellow) – ONLY £10 each.

Rookie T-shirts, ALL SIZES £2 each – new

😊 If you have friends who wish to join, just contact us - [info@hastingslifeguards.org.uk](mailto:info@hastingslifeguards.org.uk)



*Top left – Savana Isles receiving the Audrey Barber Cup for 'Promise', especially for safety cover for open water events. Top right – Esme Rose & Chloe Stocks receiving the 'Captains Shield' for help at the pool & on the beach with safety cover. Bottom right – Dean Baker receiving the 'Rowlock Award' for someone who has said / done something they wish they hadn't!!! More to come next month 😊*

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Thank you if you've signed up. If you not - PLEASE do.

It's free but every purchase helps the club. See an easy guide how to get started on the Club's website.

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