



Hastings and St.Leonards Voluntary Lifeguards Newsletter – February 2024

www.hastingslifeguards.org.uk

charity number 1147368 info@hastingslifeguards.org.uk



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Chloe Stocks receiving the Audrey Baber Cup from Cav Burchell – Congratulations Chloe 😊

President's Trophy pic shows Paul presenting his trophy to the younger Club members representing all the active club



members for everyone's amazing continued contribution during 2023

Diary Dates

2024 - Please come & get involved

Fri 29th March – NO swimming

Fri 5th April – o2 & Stiff neck training – see Dean or Di

Sun 26th May – Bewl Triathlon

Sat 22nd June – Hastings Rowing Regatta

Sun 23rd June – Bexhill Rowing Regatta

Mon 24th to Fri 28th June – Safety in Action, Ridge Fire Station

Sat 10th & Sun 11th Aug – Rural Past Times

Sun 1st Sept - 1066 Triathlon

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For sale: HLG Black & Yellow XL - T- bag T-shirts – ONLY £5 each.

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

😊 If you have friends who wish to join, just contact us

info@hastingslifeguards.org.uk

Picture below shows Cavell Burchell, (RLSS UK President's Ambassador for SE, Commonwealth Trustee and Deputy Chair of Drowning Commission, Europe Region) presenting Violet Newnham with the Club's 'Bright Spark' – congratulations Violet Well done 😊



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.



Club Hoodies £27 each with the Club logo and your name on them.

HLG T-bag T shirts (Red & Yellow) reduced to £10 each for limited time