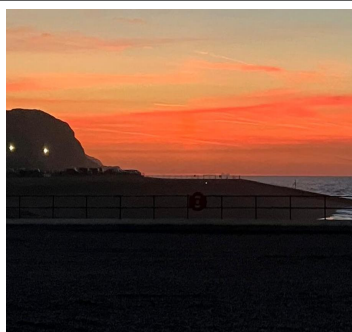




Hastings and St.Leonards Voluntary Lifeguards Newsletter – September 2025

www.hastingslifeguards.org.uk

charity number 1147368 info@hastingslifeguards.org.uk



Sun 7th Sept – 1066 Triathlon sea swim, Bexhill. Early start, the sunrise doesn't show the challenges of the sea swim for organisers & swimmers. Changed swim distances & swimmers in 'a wave' agreed, the Triathlon started. Swimmers had demanding conditions but determination & support from our safety cover, who were outstanding. Well done - First Stride Events (organisers), referee & marshals, competitors & our members who accepted the challenges enthusiastically.

Diary Dates

2025 - Please come & get involved

New Sport strand of Lifesaving training coming in October for everyone – all levels.

Friday 14th November – Club competition – David Pollard Memorial Competition.

Competition at both Rookie & higher level

Sun 14th Dec – RNLI Sea Dip – safety cover

2026 – Sat 16th May – Hastings Regatta

Sun 17th May – Bexhill Regatta

Sun 24th May – Bewl Triathlon

Sun 26th July – 1066 Triathlon

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For sale: 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



Dean Baker and Joe Ford attended the Rural Past Times presentation last weekend - photo shows Dean Baker receiving a donation – Thank you Rural Past Times for your support and a fantastic event.



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.

