



Hastings and St.Leonards Voluntary Lifeguards Newsletter – October 2025

www.hastingslifeguards.org.uk

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Diary Dates

2025 - Please come & get involved

Friday 21st November – Club competition –
David Pollard Memorial Competition.
Competition at both Rookie & higher level

Sunday 30th November – Hastings Carnival
presentation

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



Picture shows Dean (Chair) and Joe Slaughter having received the Duke of Norfolk trophy on behalf of the Club. Sussex Branch RLSS clubs compete on a points system that includes all RLSS activity (all RLSS awards, competitions, PR, safety cover, community activity etc etc). Hastings have now been awarded it for 20 consecutive years but we're yet to match / beat Worthing Life Saving Clubs' record!!

Tombola and Raffle Prizes

To ALL members – having run a raffle this year and also the 2 days at Rural Past Times running a tombola we're in desperate need both tombola prizes and raffle prizes.

We'd be really great if all members could please help us with prizes for the new year.

Thanks in advance 😊



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.

