

Calendar of Events

Sat 7th January

Nomads Last Chance Qualifier –
Level 3

Closing Date – 23rd November

28th/ 29th January

4th / 5th February

11th/12th February

Hants County Champs 2017

Closing Date – December

Sun 19th February

FNSC Valentines Meet – Level 4

— Waterlooville – Closing date:

13/01/17

Sun 19th March

Atlantis Regional Chaser – Level

2 — K2, Crawley – Closing

date: 09/01/17

Sat 8th - Sun 9th April

Bournemouth – Level 2– Little-

down, Bournemouth – Closing

date: tbc

Fundraising

Make sure you've signed up to
www.easyfundraising.com and
support HAST every time you
shop online!

Club Desk

Don't forget, if you have any
questions, the Club Desk will be
open from 4-6pm on the first Sun-
day of every month in the pool
viewing area. The Club Shop will
also be open, along with sales of
swimming/race wear and swim
equipment.

Club Presentation Awards Evening

Sunday 18th December 6pm

Hamble Social Club SO31 4JL.

www.hambleclub.co.uk

Happy November Birthdays...

Freya North, Archie Smoker,
George Whiting, Yvie Churcher,
Peter Bassom.



Welcome to our December Newsletter

It's been a hectic couple of weeks with numerous meets, so this month we will focus on what's been happening in the water.....

Peter Bull, Guildford City, Harrogate, ESSA Relays London – Amy's assessment

A busy weekend of swimming with swimmers all over the country from Havant & Waterlooville to Guildford and London, up to Harrogate. The result has been some AMAZING swims, PBs and even more County Times; even a Speeding Ticket for Sophie Hamilton.

PETER BULL – Level 3 Meet.

Over the two days we have seen:

- ✓ 4 Gold Medals
- ✓ 7 Silver Medals
- ✓ 4 Bronze Medals
- ✓ 38 PBs (52 swims) 73% improvement over all swims

Base County Time: 8

- ✓ Amy Hill in 50BK, 200BK
- ✓ Archie Smoker in 200BRS
- ✓ Joe Doncom in 50BRS, 200FC, 50BK, 200IM
- ✓ Victoria Birkett in 50FLY

Auto County Time: 1

- ✓ George Snow in 100BK

GUILDFORD – Level 2 Meet: Lydia Parker

Lydia has done some cracking swims... She has achieved Automatic County Times in all swims. Some to highlight was knocking 10 seconds off her 200FLY going 2:34.99 and making the final. Following that Lydia also broke the 30 second barrier, swimming 29.31 in 50FC.

Over the two days we have seen:

- ✓ 7 PBs (8 swims) 88% improvement over all her swims.
- ✓ 3 more Automatic County Times
- ✓ 1 Finals made

HARROGATE: Sophie Hamilton

Sophie Hamilton has done some great swims, gaining Silver in 200FC, Bronze in 100FC and a Speeding Ticket and PB in 50BRS.

ESSA Relays London: Hannah Osborne Reports

The Peter Symonds Swim Team competed at the ESSA National Relay Finals at the London Aquatics Centre. It was a very tough competition being up against a lot of private schools (Mount Kelly, Millfield, Plymouth etc), unfortunately we didn't manage to reach the finals this year. However, the women's team managed to place a respective 17th out of 29 in the freestyle relay and 26th out of 29 in the medley relay.

Fareham Distance Meet

Fareham Nomads hosted a distance meet at one of their new training pools in Holy Hill, due to counties now requiring all races to be swam at a Level 4 event, it was good opportunity for those to take it up. Unfortunately we had 8 originally entered but only 5 competed due to illness. However, the 5 that swam all managed to pick up medals we Hamble leaving with:

- ✓ 3 Bronze Medals from Jess Larby, Amy Hill, Archie Smoker
- ✓ 2 Silver Medals from Jake Smoker, Joe Doncom
- ✓ 1 Automatic County Time from Joe Doncom ☺

City of Southampton Christmas Meet

One of the last competitions for the swimmers to be chasing their county times and again we saw some fabulous swims by all the swimmers. On a side note a massive well done to Lily Bampton, Lucy Wilkinson and Amelia Doncom from Development who came and competed ☺ Southampton are known for their fabulous medals so it was great to see many of our swimmers achieve them! ☺

At the competition we saw:

- ✓ 4 Gold Medals
- ✓ 8 Silver Medals
- ✓ 5 Bronze Medals
- ✓ 39 PBs (64swims) 61% improvement over all swims

New Base County Time: 7

- ✓ Amy Hill in 100BK,
- ✓ Archie Smoker in 50FC, 50BK, 50&100BRS
- ✓ Jess Larby in 200FC
- ✓ Molly Aspinall in 50FC

Auto County Time: 4

- Georgia Bennetts in 50BRS
- Jess Larby in 100FC
- Victoria Birkett in 50 FLY
- Lydia Parker in 100BK

Bradford Meet – Sophie Hamilton

Whilst we were competing in Southampton, Sophie Hamilton was chasing her County times at a local meet to her in Bradford. Sophie's greatest swim of the weekend was her 200BRS where she managed an 11 second PB going 3:11.08. Sophie managed to get 6PBs out of her 10 races she did! Massive well done!! ☺

Regional Times

Now they have released the Short Course Regional Times, can we have a huge congratulations to the following swimmers who are already sitting with Regional Times - either Base or Automatics

BASE TIMES

- Lydia Parker - 50FLY, 50 & 100 BK, 50FC
- Hannah Osborne - 50 & 200 BK, 200IM
- Jess Larby - 50BRS
- Sophie Hamilton - 50BRS

AUTO TIMES

- Lydia Parker - 100 & 200 FLY

And Finally....

May we take this opportunity to wish all of you a Happy Christmas and Healthy New Year, make 2017 the year you.....

Train



Transform



Triumph

