

# EDINBURGH DIVING NEWSLETTER



February 2011

## News & information for parents.

Welcome to the first newsletter of 2011. We are only a few weeks into the new term and already it is the February break!

We apologise for all the disruptions to sessions due to the snow in December. We are holding extra classes on the Monday, Tuesday and Wednesday of the February break for anyone who wishes to attend. Details are on the notice board at the back of the spectators' gallery.

The 2010 Thistle Trophy, which was to have been held in Dundee last December, was cancelled due to the weather and has been re-scheduled for the 12

February at Newbattle Pool. It will now be a very much smaller event with no English clubs competing, but we are pleased to see six new divers representing Edinburgh Diving Club. We hope many parents come to support our divers.

Please keep looking at the website for information regarding training, competitions, fundraising etc. Details can be found in the Notice board section. Sue Forbes, our communications officer, will also e-mail all members with information, so there is no excuse not to keep up to speed with all that is going on.

Newbattle pool staff have asked us to remind parents & divers to refrain from using the door onto poolside. Please ask reception if you need to speak to a coach

## UKCC Level 1 diving course

Two UKCC Level 1 Diving Coach courses have been arranged for 2011 at Newbattle Pool, one in April and the other in August. If you are interested you will find the application forms on the Letters page of the website. If you want to know more about the courses or whether you should be getting the qualifications, please contact either Mary or Vicki.



## The Thistle Trophy

National Novice Championships

Newbattle Pool, 12 February

(Training from 10.30 – 12.15)

- |       |  |
|-------|--|
| 12.30 | Boys 7 and under                                     |
| 12.50 | Boys 8/9, 10/11, 12/13 years<br>Medal Presentations  |
| 13.45 | Girls 8/9, 10/11, 12/13 years<br>Medal Presentations |
| 14.45 | Girls / Boys 14-18 years<br>Medal Presentations      |

## Edinburgh Diving Club News (and gossip)

**Club Kit** Please contact Donald MacInnes if you need any new kit.

**EDC Medical Consent forms.** Please can you complete these as soon as possible. You will not be allowed to compete away from Newbattle unless these have been filled in.

**Competition Letters** These will now be sent direct to you by e mail and also posted on the website.

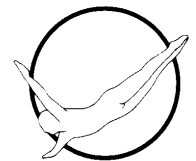
**New members** We are delighted to welcome two new members to the club - Robbie Hutchison and Angus Dun, who are training in Novice Squad with Mary.

**Chaperones** We are delighted that several parents have come forward to offer their services after White Rose. Thank you. Please contact Karen Foster if you are interested or just want to find out more details.

**Club Membership Fees** These are now due and can be paid by direct banking. Alternatively, a member of the committee will be available to process forms and accept cheques at Thistle Trophy

**Doping forms** These will have to be completed by certain members of National Squad. The club secretary will contact those concerned. Please complete & return as soon as possible

**Catherine Webber** Good luck to Catherine who is working in South Africa for four months in her gap year. We hope she has a great time



## Forthcoming Events

DATE	COMPETITION	LOCATION	LEVEL	INFORMATION
28 - 30 January	GB National Cup	Southend on Sea	Senior	–
12 February	Thistle Trophy	Newbattle	Novice	See front page and e-mail attachment
21 February	EL Development Comp	Newbattle	Age Group	See letter on website
24 - 26 February	FINA Grand Prix	Russia	GB Senior	–
24 - 27 February	Armada Cup	Plymouth	Age Group	See letter on website
4 – 6 March	Dutch Open Masters	Eindhoven	Masters	–
8 - 13 March	European Championships	Turin	GB Senior	–
12 - 13 March	Shipleigh Novices	Bradford	Novice	Closing date for entries 11th February
21 March	East District 1m	Newbattle	AG / Intermediate	6pm – 8.30pm approx
26 March	SASA Levels	Dundee	Novice / Intermediate	Details to follow
26 March	SASA Platform	Dundee	Age Group	“

## Competition Teams

### Armada Cup, Plymouth

12 divers have been chosen to represent Edinburgh in the first age group event of the year  
We wish them good luck

Group A  
Daisy Forbes  
Rebecca Graham  
Anna Sless  
Holly Tinkler

Group B  
Charlotte Briggs  
Emily Martin  
James Heatly  
Courtney Ross  
Katie Talbot

Group C  
Amber Foster  
Erin MacInnes

Group D  
Sean Flynn

Coaches  
Mary Sless  
Vicki Tomlinson

Chaperones  
Karen Foster  
Morag Martin

Chauffeur  
Gary Ross



# Reports and Results



## Edinburgh Diving Club Championships, Newbattle Pool. 20<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> September 2010

There was a good turnout for club championships this year.

- 15 women competed in the senior competition and 17 in the junior category.
- 4 men and 6 boys in the senior & junior events
- 9 girls and 7 boys competed in the novice section
- 6 girls in the intermediate section

Results and individual scores for all events are listed below:

### Junior Women 1 metre

1	Anna Sless
2	Emily Martin
3	Katie Talbot

### Junior Men 1 metre

1	James Heatly
2	Sean Flynn
3	Fraser Allardice

### Junior Women 3 metre

1	Anna Sless
2	Charlotte Briggs
3	Emily Martin

### Junior Men 3 metre

1	James Heatly
2	Sean Flynn
3	Cameron Forrest

### Senior Women 1 metre

1	Anna Sless
2	Charlotte Briggs
3	Rebecca Graham

### Senior Men 1 metre

1	James Heatly
2	Fraser Allardice
3	Sean Flynn

### Senior Women 3 metre

1	Anna Sless
2	Courtney Ross
3	Charlotte Briggs

### Senior Men 3 metre

1	James Heatly
2	Sean Flynn
3	Harris Hamilton

### Novice Girls Event

Gold	<b>Sarah Lowry</b>
Silver	Keanna Macinnes
Bronze	Katie Steele
Bronze	Jenna Scott (guest)

### Novice Boys Event

Gold	<b>Ramsay McCall</b>
Silver	Aaron Daly
Bronze	Dale Rodger

### Overall Intermediate Event

Gold	<b>Olivia Martin</b>
Silver	Sophie Stewart
Bronze	Ailsa Trundle

### Overall Junior Girls Championship

Gold	<b>Anna Sless</b>
Silver	Charlotte Briggs
Bronze	Emily Martin

### Overall Junior Boys Championship

Gold	<b>James Heatly</b>
Silver	Sean Flynn
Bronze	Cameron Forrest

### Overall Senior Women Championship

Gold	<b>Anna Sless</b>
Silver	Charlotte Briggs
Bronze	Rebecca Graham

### Overall Senior Men Championship

Gold	<b>James Heatly</b>
Silver	Sean Flynn
Bronze	Harris Hamilton

Senior Women	1 metre	3 metre	Total Score
Anna Sless	212.00	199.70	411.70
Charlotte Briggs	190.50	191.30	381.80
Rebecca Graham	187.30	169.50	356.80
Katie Talbot	186.45	168.05	354.50
Daisy Forbes	172.30	177.75	350.05
Emily Martin	178.40	160.90	339.30
Courtney Ross	146.85	191.45	338.30
Olivia Martin	171.00	151.05	322.05
Sophie Stewart	152.40	158.90	311.30
Erin MacInnes	152.20	145.45	297.65
Ailsa Trundle	139.50	144.15	283.65
Sammy Forbes	133.60	143.35	276.95
Amy Steele	136.40	124.90	261.30
Amber Foster	164.85	0.00	164.85
Rosy Crandles	112.25	0.00	112.25

Junior Girls	1 metre	3 metre	Total Score
Anna Sless	138.45	144.90	283.35
Charlotte Briggs	114.60	139.50	254.10
Emily Martin	126.45	124.40	250.85
Katie Talbot	125.35	122.65	248.00
Rebecca Graham	124.90	121.00	245.90
Daisy Forbes	125.30	120.55	245.85
Amber Foster	109.85	107.55	217.40
Sophie Stewart	109.50	106.55	216.05
Courtney Ross	92.25	122.75	215.00
Olivia Martin	111.60	101.05	212.65
Erin Macinnes	102.00	99.75	201.75
Ailsa Trundle	90.70	98.30	189.00
Sammy Forbes	91.30	86.50	177.80
Rebecca Stevenson	82.40	94.30	176.70
Amy Steele	91.95	78.15	170.10
Leona Scott	84.00	0.00	84.00
Rosy Crandles	74.05	0.00	74.05

Intermediate Girls	1 metre	3 metre	Total Score
Olivia Martin	171.00	151.05	322.05
Sophie Stewart	152.40	158.90	311.30
Ailsa Trundle	139.50	144.15	283.65
Sammy Forbes	133.60	143.35	276.95
Amy Steele	136.40	124.90	261.30
Rosy Crandles	112.25	0.00	112.25

Senior Men	1 metre	3 metre	Total Score
James Heatly	204.90	223.50	428.40
Sean Flynn	144.40	142.25	286.65
Harris Hamilton	125.35	121.05	246.40
Fraser Allardice	146.80	0.00	146.80

Junior Boys	1 metre	3 metre	Total Score
James Heatly	142.65	156.15	298.80
Sean Flynn	102.90	100.95	203.85
Cameron Forrest	84.55	74.40	158.95
Harris Hamilton	79.25	73.55	152.80
Fraser Allardice	99.20	0.00	99.20
Struan McCall	0.00	67.20	67.20

Novice Girls	Total Score
Sarah Lowry	170.25
Keanna MacInnes	156.95
Jenna Scott (Guest)	141.65
Katie Steele	140.40
Madeleine Finlayson	121.75
Elleigh McCulloch	119.50
Flora Mealyou	110.20
Freya Hamilton	107.20
Anna Flynn	103.70

Junior Boys	Total Score
Ramsay McCall	137.05
Aaron Daly	130.90
Dale Rodger	124.80
Murray Cheyne	123.40
Archie Beetham	116.95
Joe Crandles	112.35
Peter Caughey	97.80



### White Rose Invitational, Leeds. 9 October 2010

17 divers took part in this novice competition. There were some great results this year, and although we took a much smaller and less experienced team than usual, Edinburgh Diving Club still managed to finish 2<sup>nd</sup> in the team trophy. Congratulations to everyone.

Thank you very much to Kath McCall for more or less single handedly chaperoning the team with a little help from Mary, when possible. Thanks also to the Steele's & the Daly's for their help with shopping.

Special mention to Sarah Lowry who narrowly missed out on reaching the final of her event, finishing in 7<sup>th</sup> place out of 20 divers. Also to Sophie Stewart who came 8<sup>th</sup> in the girls 14-16 event  
The finalists & medallists are listed below:

Girls 14/16 years	Olivia Martin	Silver
"	Amy Steele	Bronze
"	Ailsa Trundle	6 <sup>th</sup>
Boys 14 – 16 years	Fraser Allardice	Silver
	Harris Hamilton	4 <sup>th</sup>
Boys 12/13 years	Struan McCall	4 <sup>th</sup>
Boys 10/11	Cameron Forrest	<b><u>Gold</u></b>
Boys 8/9 years	Aaron Daly	Bronze



### Scottish National Springboard Championships, Newbattle Pool. 16 October 2010

#### Mens Senior 1metre

1. 220.35 James Heatly
2. 171.35 Tom Cowan
3. 142.90 Sean Flynn

#### Junior

1. 220.35 James Heatly
2. 142.90 Sean Flynn

#### Womens Senior 1metre

1. 217.70 Anna Sless
2. 196.80 Charlotte Briggs
3. 192.80 Courtney Ross

#### Junior

1. 217.70 Anna Sless
2. 196.80 Charlotte Briggs
3. 192.80 Courtney Ross

### Mens Senior 3metre

1. 240.90 James Heatly
2. 159.90 Tom Cowan.
3. 142.80 Sean Flynn.

### Junior

1. 240.90 James Heatly
2. 142.80 Sean Flynn

### Womens Senior 3metre

1. 213.95 Charlotte Briggs
2. 210.25 Courtney Ross
3. 206.45 Emily Martin

### Junior

1. 213.95 Charlotte Briggs
2. 210.25 Courtney Ross
3. 206.45 Emily Martin



<b>Southampton Invitational. 22 October, 2010</b>
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12 divers were selected for this age group event, with Mary as coach and Helen Graham & Kay Grealley as chaperones. Thank you very much to both of them for making the trip so easy & pleasant. Many thanks also to Carol MacInnes for all her help behind the scenes ( especially when it was her first trip away without kids for years!)

Well done to Sean and Erin who dived very well in their first Age Group competition, Erin narrowly missing out on a final place, finishing 7<sup>th</sup> out of 25 divers

Congratulations to our finalists:

James Heatly 4<sup>th</sup> on 3m and Platform  
 Courtney Ross 4<sup>th</sup> on 1m



<b>Diving Lund International, Sweden. 3 – 8 November, 2010</b>
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Seven Edinburgh divers from the National squad were selected to represent Scotland at the Lund International in Sweden –

Anna Sless, Rebecca Graham, Charlotte Briggs, Emily Martin, Katie Talbot, Courtney Ross, James Heatly

The team trained and competed very well with some outstanding individual performances. Scotland were represented on the podium in every event entered, which was an excellent achievement. The standard of competition was high, with some excellent senior divers to watch. Unfortunately, Charlotte managed to injure herself (in a lift?) and required stitches to her fingers, which necessitated a hasty trip to hospital. Mary is definitely a better coach than a nurse, with a fairly unorthodox bedside manner...och, you'll live...keep it elevated...and deep breaths...being her choice phrases. However, between Debs, Anna, Mary, 2 doctors & 2 nursing staff, the stitches were inserted and no one fainted!

A huge thank you to Debs for all her help as chaperone, making the whole week run smoothly and happily. The team would like to thank her for the presents given afterwards. These were much appreciated and are a lovely memory of Lund. The trip was a lot of work but also a lot of fun. Finally, well done to the divers who behaved perfectly throughout the week, and made it so enjoyable

The results of the team's performances are as follows:

		1m	3m	Platform
Group C	James	5th	4th	6th
	Courtney	6th	5th	15th
	Katie	10th	4 <sup>th</sup>	-
Group B	Anna	5th	6th	6th
	Emily	14th	14th	13th
	Rebecca	18th	13th	10th
	Charlotte	7th	inj	inj



### The Ogden Trophy, Newbattle Pool. 15 November 2010

15 divers competed. Catherine Webber made a surprise appearance and managed to put together a good set of dives with absolutely no training, finishing in 8<sup>th</sup> place. It was lovely to see Mrs Ogden, who sat through the whole competition on poolside and was very appreciative of all the diving.

The medallists are as follows:

Gold	Anna Sless	331.85
Silver	Charlotte Briggs	314.20
Bronze	Daisy Forbes	290.95



### The Lockerbie Shield, Newbattle Pool. 15 November, 2010

7 divers competed for the men's competition, with the same format as the girls event above. It was good to see Toby back after over a year out of diving. He managed to win the silver medal which was even more impressive. Sean Flynn is improving steadily and put on a good show to beat the rest of the opposition

Gold	James Heatly	298.10
Silver	Toby Harris	232.70
Bronze	Sean Flynn	211.35



### Kingfishers Challenge, Luton. 26 November 2010

Only 4 divers travelled to this competition, Amber Foster, Daisy Forbes, Holly Tinkler and James Heatly. However, it was a great success with all the divers competing very well, making finals on their boards. Thank you to Vicki Tomlinson for coaching, Karen Foster, who was an excellent chaperone once again and Robert Heatly who acted as chauffeur for the trip.

	1m	3m	Platform
James	4 <sup>th</sup>	4 <sup>th</sup>	Silver
Daisy	5 <sup>th</sup>	4 <sup>th</sup>	
Holly	6 <sup>th</sup>	5 <sup>th</sup>	
Amber	5th		

Full results of all competitions are on our website: [www.edinburghdivingclub.org.uk/results](http://www.edinburghdivingclub.org.uk/results).

### Most Improved Diver of the Year 2010 - Courtney Ross

Courtney has worked very hard this year. She has trained well in the pool, always first in the queue to get onto the boards and has knuckled down to the drills in dry land, as her results in testing show. She has completely changed her attitude to learning new dives and consequently now has a very good age group list. It gives me great pleasure to watch this improvement and to see the well deserved results she is having both here and in Britain. Congratulations.

Mary Sless

(Copy of the speech from the presentation of prizes)

## 2010 Edinburgh Diving Club Diver of the Year

### Grace Reid

Who else could it be this year but Grace. What an amazing year she has had.....

It started back in December 2009 in Canada at one of the top junior competitions, where she won a gold and a silver medal in the springboard events, and it has not stopped since.

GB National Cup 2010	2 bronze and 4 <sup>th</sup>
FINA Grand Prix, Russia	Semi final on 3m
Amsterdam Diving Cup	2 Golds in the junior 1m & 3m
GB Junior Elite Championships	Gold & Silver on 1m & 3m
Junior Europeans Championships	Silver on 1m, Bronze in synchro
Junior World Championships, Arizona	7 <sup>th</sup> , 8 <sup>th</sup> 9 <sup>th</sup> .
GB National Championships	Silver on 3m, gold in synchro
European <i>Senior</i> Championships	4th on 3m !
Commonwealth Games, Delhi,	6 <sup>th</sup> on 3m !

Grace was Scotland's sole representative in Delhi, coming an amazing 6<sup>th</sup> on 3m, with the highest score ever for a GB junior diver. (303pts for five dives) All this at only 14 years of age.

Due to these remarkable achievements it is not surprising that Grace was awarded the **Scottish Sports Aid Junior Sportsperson of the Year 2009/2010** at the Commonwealth Games dinner in Glasgow. This was followed a few days later when she won the **Young Scottish Sportsperson of the Year!**

All these results are down to an exceptional talent, but also hard work, determination, early starts, endless trips to Leeds and many sacrifices over a long period. However, this year has made it all worthwhile.

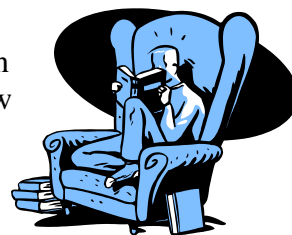
Grace is training the majority of her time in a very small pool with none of the facilities or equipment available to her peers. However she does have one benefit from this - the backing and support of the entire Edinburgh Diving Club, who are always rooting for her. We are all very proud of her in Edinburgh and she is a great ambassador for Scottish Diving. Next year will be hard for Grace as she continues to work on her new dives but, as ever, she will rise to these challenges  
We continue to wish her every success for next year and 2012.

Mary Sless

(Copy of the speech from the presentation of prizes)

*This month the Armchair Coach reviews 'Black and Blue', the hotch potch, tin pot competition of erratic occurrence that proves competitive diving is not just for the elite.*

With the RCP shut for refurbishment, little did anyone think that a year and a half on diving would still be thriving and that EDC would be enjoying the lovely warm glow that follows Black and Blue. At least, it was a lovely warm metaphoric glow experienced by those on the organisational side. The divers themselves back in their homes around Edinburgh were experiencing glows of different types: bright red like sunburn, little black dots or fully formed great blue and purple whorls. The 6<sup>th</sup> Black and Blue was a triumph. This was the one with the Lifeguards...as distinct from the one with the Stuntmen, the one with Barry's inward, the one with Davy's armstand, the one with the Bobby Hats and the one with Jenny's heels...



From a distance, Black and Blue could easily be mistaken for a real competition but look a bit closer and instead of smart event T shirts and shiny trophies, Dive Recorder and J Pads, B+B uses obsolete T shirts, plastic trophies, slide rules, flip judging books and handwritten dive sheets. Look closer still and you will realise it's not the usual squad divers but their parents and other assorted adults taking to the boards.

Confusion is at the heart of Black and Blue. This year one hearty source of confusion was in the existence of a lifeguard whose first name was Lesley and, would you believe it, another lifeguard whose surname was Leslie. Yes, you can see the potential for difficulties there. Confusion abounded when Barry Leslie not hearing his name called, came forward to dive every time Gary, a parent who had not turned up, was announced.

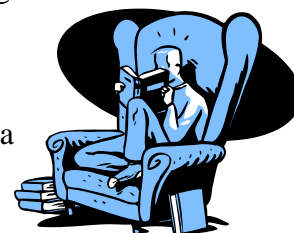
Diving started at 3 o'clock. The Jellies wobbled to the boards, the Jollies were ever jocular and the Stars strutted their stuff. Dives over rotated and under rotated and were met with cries of 'Will be perfect from 3' or 'Make it a double'. Phil's alter ego, Phyllis, almost missed his chance to dive, so busy he was trying to bribe the Junior Judges with chocolates.



Stingray Chukka was a splendid spectacle. Reverse dive piked was a popular choice starting with Ramsay, who would have won cutest dive had there been that category. Aaron's was promising, Cameron's had great form and Sean's had a hurdle. Katie bravely did hers straight. Twisters were also a popular choice. If you've seen the film 'Twister' then you'll have a good idea of what some of these phenomena looked like hurtling through the air. Highlights were the Forbsie Forward Twister to forward pike wedge, the Harris Hurricane, Something Backwards and Twisty from Struan and Something Splatty from Erin. Some good somersaulting was also on display including an inward s/s from Keanna, a forward 1 1/2 from Anna, a bouncing 2 1/2 from Amber and a Heatly 2 3/4.

The adults then did their best to outspat the children (Grant McColl's superb back somersault aside) with a superb series of boldly thrown dives including Tam's double, the Foster Inward Knee Drop, and a Heatly 1 1/8<sup>th</sup>. (What is it with these Heatly's and their fractions?) Sadly, or possibly just as well, there was no time for Synchro and as the divers showered and changed all went quiet on poolside...except for the quiet tapping of the calculator keys and the gentle shuffling of papers by Honorary President Taylor and National Diving Convenor Ogden at the recording table. Hunched over the dive sheets they executively instigated an open category and devised complex algorithms for calculating a final result based on the different sizes and experience of the teams.

A short while later, EDC were to be found in all their finery in the function suite at the Justinlees Inn for the award ceremony. The presence of Sir Peter and Marion Law lent a dignified air to the proceedings while Sarah busked away from behind the trademark B+B medal bedecked music stand. Awards were given for this and that while the action replayed in HD on the wall behind them. The slightly scary giant orange monkey was presented to Phil for entering most into the spirit of B+B. The limited edition EDC T shirts went down a storm. Donald has been trying to offload them for years. It seemed so fitting when Carol won one



back. The Mouse trophy went to Craig for his brave efforts on the boards and his unfaltering trust in copying his dad's demonstrations on poolside. It was great to see the Masters back in action although the 'Masters Diver of the Year' trophy was starting to disintegrate as bits of it were presented to Grant Forrest.

And so it was, as the evening built to its peak, when the drum roll crescendoed and the final result was announced it transpired no one had known whether they were in the Black or the Blue team in the first place. What a fitting climax to a day where it wasn't the points but the participation that was important. The results of the top three were approximately as follow:

**Jellyfish (Open Event)**

Lifeguard Stuart  
Lifeguard Lesley  
Lifeguard Leslie

**Jellyfish (Club Event)**

Carol Macinnes  
Sue Forbes  
Janette Wood



**Jolly Herrings**

Lifeguard Dougie  
Karen Foster  
Tam Daly

**Starfish**

Simon Jackson  
Jo Skinner  
Vicki Tomlinson

**Nicest Toes** – Robert Heatly and Lifeguard Lesley

**Furthest past the Steps** – Mark Foster (who was then able to exit at the shallow end)

**Nowhere Near the End of the Board on Take Off** - Lifeguard Dougie

**Biggest Splash** – Harris

**Best Set of Splats** – Kay

**Most Entertaining Performance** – Phil(lys)

**Best Costume** – Sammy

**Outstanding Courage in Chukka** – James and Amber

**Promising Newcomers** – Tam, Carol and all the lifeguards (Ally, Lesley, Stuart, Barry, Dougie)

**The Only Sless to Dive Award** – Barry Sless

**The Bill Law Award for the Most Consistent Judging** – The Sless Family

**Armchair Coach's Award for the Most Promising New Judge** – Struan

**Davy Bennet Award for the Most Inconsistent Judging** – not required

**Biggest Boots** – not required



As the evening drew to a close, the prestigious plastic silver-look cup separated itself into two to the distress of the young divers who had taken charge of it. The out of date shampoo in the base is most definitely no more but will doubtless continue to be mentioned in every future Black and Blue award ceremony, it too now being the stuff of legend. In fact I can see it already - Next Year's competition...the one without the Shampoo.

So, it's bobbly hats off to the lifeguards for their excellent efforts and whether your certificate is taking pride of place on the fridge, your trophy is terrifying the neighbourhood's children or if all you ended the evening with was a set of bruises, be proud, be very proud, for you were part of Black and Blue 2011.

*(The organisers would like it known that the delightful Mouse Trophy was originally donated by adult diver Tom Smith who runs the gift shop 'Present Time' 2-3 High Street, Moffat, 01683 222 777. Do drop in and share some diving memories if you're passing. If we can't get it back from Craig who apparently has it under close guard, we may have to commission another one.)*

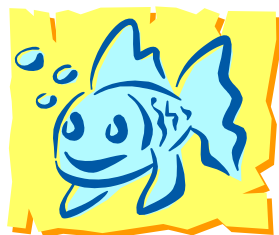
## Roll call of participants

### Jellyfish



Stuart Scott  
Barry Leslie  
Carol MacInnes  
Craig Heatly  
Janette Wood  
Phil Steele  
Sue Forbes  
Kay Grealy  
Ally Blyth  
Alan Flynn  
David Hamilton

### Jolly Herrings



Lifeguard Dougie  
Karen Foster  
Tam Daly  
Grant Forrest  
Grant McCall  
Robert Heatly  
Barry Sless  
Mark Foster

### Stingrays



Ramsay McCall  
Anna Flynn  
Keanna MacInnes  
Aaron Daly  
Amber Foster  
Cameron Forrest  
Sean Flynn  
Erin MacInnes  
James Heatly  
Daisy Forbes  
Katie Steele  
Harris Hamilton  
Struan McCall

### Starfish



Simon Jackson  
Jo Skinner  
Coach Vicki

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## CONGRATULATIONS TO

Grace, who has been selected to represent GB in the FINA Grand Prix in Russia & European Championships in Turin

James Heatly on becoming Scottish National 3m & 1m Champion

Anna Sless - Scottish National 1m Champion

Charlotte Briggs - Scottish National 3m Champion

James Heatly & Anna Sless for winning junior & senior club championships

Erin MacInnes & Sean Flynn for competing in their first age group event in Britain

Sarah Lowry & Ramsay McCall on winning novice club championships

Ollie Martin on winning the intermediate club event

Cameron Forrest for winning gold in his age group at White Rose