

## Newsletter

## Summer 2013

The summer of 2013 has been a busy one. Catch up on all that happened with the Aberystwyth Surf Life Saving Club Newsletter!

### West Wales Championships, July

On Sunday 14th July, over twenty members of ASLSC and their supporters headed down to Newport, Pembrokeshire, to compete in the West Wales Surf Life Saving Championships 2013.



This was the biggest turnout ASLSC has seen for a number of years and the day was thoroughly enjoyed by all. Five clubs competed for the glory of being crowned West Wales Champions including Newport, Poppit Sands and Llanelli.



Even though ASLSC were outnumbered by these large clubs, we managed to secure 3rd place overall - an amazing achievement! A massive congratulations to those who competed, you should be very proud, and a big thank you to everyone who helped organise and supported our members.



### Welsh Championships, June



Our club continues to go from strength to strength. Club captain Tomi Turner, Lisa James, Steffan James, Ben Jones, Jordan Turner and Megan Turner all competed in the Welsh Championships held in Aberavon. They all did a fantastic job and Tomi, Steffan and Meg were selected for the Welsh Team.



### INTRtri Sprint Triathlon, September

On Sunday 29th September, over 100 competitors descended upon Aberystwyth for the INTRtri Sprint Triathlon. Several of our members, who are qualified lifeguards, provided support for the swim portion of the course. This was a great chance for the club to demonstrate the importance of water safety and act as a visible presence of support. It also provided an opportunity for our less experienced lifeguards to practice their skills. Thankfully there were no incidents and all swimmers made it back safely to shore.

