SWIFTS COMPETITION NEWSLETTER

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National circuit news

Smrithi Shirol entered the U13 national championships in Redbridge this weekend and had a very successful tournament. She reached the quarter-final of the girls' singles event and was runner-up in the girls' doubles.

Amy Chapman entered the BE Kent U17 Bronze JC on 27 August and was runner-up in the girls' doubles event.

I think that is a fine start to the season.



If the training is easy the match will be hard, but if the training is hard the match will be easy.

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