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## Summer Holidays

The Club will be having a three week Summer break. It is earlier this year to give everyone a chance to be ready for competitions starting in September.

**Last Session: Thursday, 23rd July**

**First Session: Monday, 17th August**

Details of Friday Night sessions, if any, will be displayed upon the Club website.

## Most Improved Swimmers - June

The June age group gala was held on Thursday, 26th June, and an invitation to Nelson SC was offered to allow them to get some times.

The boys made larger improvements than the girls, with the greatest being 14.19% by Steven Hickey. The girls with the greater improvement was Massie Rebanks with 7.56% which was only 0.01% better than Amelia Redfern's.

### Boys

- |                       |        |
|-----------------------|--------|
| 1. Steven Hickey      | 14.19% |
| 2. Jamie Higginbottom | 13.08% |
| 3. Alex Walton        | 11.43% |

### Girls

- |                    |       |
|--------------------|-------|
| 1. Maisie Rebanks  | 7.56% |
| 2. Amelia Redfern  | 7.55% |
| 3. Holly Whittaker | 6.10% |

Well done to all the swimmers who took part. Remember if you did all four strokes this time, you will qualify for the January Most Improved Swimmer, provided that you do all four strokes again.

Massie is pictured with Club Secretary Joan Croxall. Steven's presentation had not taken place in time and will therefore, feature in the August edition of Shark Bytes.

## British Masters Championships - World Record

The **British Masters and Senior Age Group Championships (50m)** were held at the **Manchester Aquatics Centre** from Friday, 12th June until Sunday, 14th June. Amongst the 700 swimmers that descended upon Manchester there were two swimmers from Colne ASC. **Philip Croxall** was swimming in the 45 to 49 years age group and contested 6 events across the weekend and **Karen Driver** who had a solitary swim as part of a relay competing with the **Sub 160 (Colne)** team.

And what a swim it was as the Sub 160 team ensured that the 2015 British Masters and Senior

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## Design A T-Shirt Competition

The closing date for the Design A T-Shirt Competition has been extended to 27th August. So you have the entire summer in which to come up with a winning design.

Forms can be downloaded from the Club website

## Micro League

On Saturday, 20th June, Colne ASC hosted our home fixture in this seasons Micro League of the North West against teams from Blackpool, Blackpool 'B' and Garstang.

In noisy atmosphere held at the Pendle Lesire Centre, Colne, the gala took shape early on as Colne, Blackburn and Garstang traded wins to leave a gap to Blackpool. After 12 of the 49 races Garstang held a slender lead with 35 points, with Colne on 33 and Blackburn on 31. This left Blackpool struggling on 16 points.

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## Deaf Friendly Gala

12 year old Emily Massey took part in the first Deaf Friendly Gala on Saturday 27th June at the Leyland Leisure Centre. This was the first time she had entered any competition and gave a very creditable performance, gaining her first medal.



From left: Nicola, Jessica, Sarah and Karen

## Birthdays

### July 2015

4th Georgia Hartley  
6th Maisie Rebanks  
20th Grace Barker  
27th Richard Kelly  
30th Aidan Dibb  
31st Tim Noon

### August 2015

8th Emma Wilkinson  
10th Lucy Green and Mark Ennis  
12th Cameron Horne  
15th Hannah Wilson  
18th Jamie Higginbottom  
23rd Lewis Wilkinson and Sam Raw  
26th Daniel Fuggle  
29th Thomas Daniels

## Forthcoming Events:

### 11th July

North West Region Masters and Senior Age Group Championships 2015.

### 17th/18th July

Rotherham Metro A/B Grade Short Course Meet 2015

### 23rd July

Last Club Session. Summer Holidays

### 17th August

First Club Session. Summer Holidays

### 31st August

Bank Holiday Monday. Pool Closed

### 3rd September

Swimming Club Trials

### 9th September

Committee Meeting. Crown Hotel.

### 10th September

Friendly League. Home to Ramsbottom.

### 19th September

Garstang Gators Medals Gala 2015

### 2nd October

Friendly League. Away at Pioneer 79.

## What are you doing this Summer

We would like to hear what you did over the summer, with the best stories appearing in the September edition of Shark Bytes.

Email any stories to the following address by the start of September.

[press@colne-asc.co.uk](mailto:press@colne-asc.co.uk)

Would parents please note that once your child's swimming lesson has finished and they are off the pool side. Colne Swimming Club is no longer responsible for their welfare.

Would all Members please note that Colne Swimming Club will not be held responsible for any injury caused to a swimmer failing to turn up on time for their lesson, and thus missing the vital warm-up part of the session.

Could anybody changing their address or telephone number please inform the Secretary.

If anybody has any stories, items of interest, or anything they think will be suitable for the newsletter, then you can email me at the following address: [press@colne-asc.co.uk](mailto:press@colne-asc.co.uk)





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Colne Amateur Swimming Club



## Micro League

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At the half way point Colne had reached 67 points which was helped with a string of 4 wins in a row, they were closely followed by Garstang on 66 points with Blackburn on 64. Blackpool were trailing in 4th on 32 points.

With the current scores being announced at the half-way stage, the noise levels increased as the crowd sensed a close finish. Blackpool had a better period leading up to the 36th race as they won a few races, which left them on 53 points, but the other three teams stretched their lead to ensure that last quarter of the gala had an exciting finish. Colne and Blackburn had 98 points with Garstang one point back on 97.

With the gala coming to a conclusion the points were announced prior to the last race with Blackburn on 129, Colne on 127 and Garstang on 126. Blackpool by this stage were out of the contest on 78 points.

The final race of the meet was the 8 by 1 length canon relay consisting of 4 boys and 4 girls from each of the 4 age groups. There was a calm as the race started, then the supporters of each of the teams increased the noise level, which reached a crescendo as Colne won that race just ahead of Blackburn, with Garstang in third. As the noise levels subsided, the scores were announced in reverse order with Blackpool in 4th place on 78 points, Garstang finished in 3rd place on 128 points, with Colne second on 131 points. This left Blackburn in first place on 132 points.

During the course of the afternoon, the young Colne swimmers achieved 20 new personal bests, with 9 amongst the boys and 11 for the girls.

This was our final fixture in this seasons Micro League in which we amassed 473.5 points to leave us in second place in the standings, but with some of the other teams having at least one fixture remaining, it looks like we will finished 4th/5th in Division C.

The Club wishes to congratulate all those swimmers that have participated in the Micro League team this season. You've all been stars.

## Sponsored Swim

On Thursday, 15th October we will be holding our biennial sponsored swim. We will also use lane 1 on Monday, 12th October for those who cannot make it on a Thursday.

The swim will require you to swim as many as lengths as you can in 25 minutes. Once 25 minutes has elapsed you will be allowed to complete the length you are on. There will be four session starting every 30 minutes.

New for this year will be the 1 hour challenge, which will be reserved for the older swimmers, as this swim will start at 8pm.

A third challenge will be for a timed 1500m swim, which is 60 lengths of our pool.

The money raised will be split between the Club and Pendleside Hospice.

Sponsor forms will be available to download from the website over the summer. A post will be placed on our Twitter feed and Facebook page when they are available.

## ASA Summer Championships

Miranda Bower has qualified for the 50m and 100m Breaststroke events at the British Summer Championships which will be held in July at the Ponds Forge International Sports Centre. Only the top 24 swimmers nationally in each age group per event are entitled to compete.

## British Masters

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Age Group Championships finished with a bang as they set a 4x200m Freestyle world record in Manchester.

The 160+ Years quartet of Sarah Collings, Karen Driver, Jessica Wooddisse and Nicola Latty touched in 9:27.55 – slicing nearly four seconds off the previous world marker, more than 13 seconds off the old European record and more than 21 seconds off their old British record.

Philip started the weekend with the 800m Freestyle event where he finished 3rd in a time of 10:32.63, which was a long course personal best.

On the Saturday he finished 8th in the 200m Freestyle in 2:22.30, was 6th in the Individual Medley in 2:43.69 and 7th in the 50m Breaststroke in 36.53. Then finally on the Sunday he finished 6th in the 400m Freestyle in 5:02.23 and 11th in the 50m Freestyle.

## Friendly League

On Tuesday, 30th June the team travelled to Ramsbottom to take part in the re-arranged Friendly League fixture, which was postponed on 12th May due to the SATS week.

It was a much depleted team that headed off to Ramsbottom, with only 9 girls and 13 boys taking part, despite this they gave their hosts a good battle.

Ramsbottom ended up winning the gala by 67 points to 52. There were 23 new personal best amongst the Colne swimmers with 12 for the girls and 11 for the boys.

It was a good job that this fixture was held on a hot evening at the end of June, as the coach didn't pick the swimmers up until 9:50pm.

Our next fixture is the home fixture against Ramsbottom on Thursday, 10th September. As this is a home fixture, the lessons will be cancelled from 7:30pm. Lessons are normal before this.

## Wigan Starter Meet

On Sunday, 17th May, two swimmers from Colne ASC took part in Wigan Swimming Club's Starter Meet held at the Life Centre in Wigan.

Danielle Baxter swimming in the 13 years age group finished 3rd in the 100m Butterfly, 8th in the 200m Individual Medley, 200m Breaststroke, 100m Breaststroke and 200m Freestyle, and 9th in the 100m Freestyle and 100m Backstroke.

Jac Smith-Shelley swimming in the 11 years age group finished 3rd in the 200m Freestyle, 6th in the 200m Backstroke, 8th in the 50m Freestyle and 9th in the 50m Backstroke

## Preston Summer Spectacular

The Preston SC Summer Spectacular 2015 was held on the weekend of 27th and 28th June at the Darwen Leisure Centre. There was a single representative from Colne taking part.

Danielle Baxter swimming in the 13 years age group finished 8th in the 200m Breaststroke, 11th in the 50m Backstroke, 12th in the 200m Individual Medley, 13th in the 200m Freestyle, 14th in the 50m Butterfly, 15th in the 100m Freestyle and 16th in the 50m Freestyle.







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## Age Group Galas - Forthcoming

Several Age Group competitions have been identified as suitable for our swimmers with the first starting on the August Bank Holiday. Details of these competitions will be displayed upon the Notice Board and the Club website, as soon as information has been released.

| Club               | Venue        | Level  | Length | Dates                     |
|--------------------|--------------|--------|--------|---------------------------|
| Sheffield City     | Ponds Forge  | 3      | 25m    | 29th August               |
| Rotherham          | Ponds Forge  | A/B    | 25m    | 19th September            |
| City of Sheffield  | Ponds Forge  | 3      | 50m    | 20th September            |
| North Lincs        | Palatine     | 2      | 25m    | 26th/27th September       |
| North Lincs        | Palatine     | 2      | 25m    | 3rd/4th October           |
| Sheffield Colliery | Ponds Forge  | 3      | 50m    | 3rd/4th October           |
| City of Salford    | Broughton    | 3      | 25m    | 31st October              |
| Blackpool          | Palatine     | 3      | 25m    | 31st October/1st November |
| City of Sheffield  | Ponds Forge  | 3      | 25m    | 1st November              |
| Spenborough SC     | John Charles | 3, A-C | 25m    | 15th November             |
| Sheffield City     | Ponds Forge  | B      | 50m    | * 21st November           |
| City of Sheffield  | Ponds Forge  | 3      | ?      | 28th/29th November        |
| City of Leeds      | John Charles | 3      | 50m    | 19th/20th December        |

\*- The Club's Betty Petty Style competition is on Saturday, 21st November

## Burnley Aquatics

Burnley Aquatics Swimming Club will not be fulfilling their fixtures in this seasons Friendly League. As a result the home fixture on Thursday, 18th June and the away fixture on Monday, 21st September have been cancelled.



## Lightwater Valley Club Trip

It was a cloudy Saturday morning, on the 6th June, that swimmers and their parent gathered outside the Pendle Leisure Centre for a trip to the Lightwater Valley Theme Park.

The coach departed on its journey towards Ripon at about 8:20, with the kids to the back and the parents to the fore, and reached its destination with about 20 minutes before 10 o'clock.

Once the tickets were purchased, we unleashed the children upon the theme park, whilst the parents frequented to the café for breakfast and a coffee.

The majority of the group made an assembly point in front of The Ultimate, which is longest roller coaster ride in Europe and hurtles through the deepest, darkest forest that surrounds the park.

From then on it was a series of adventures from the powerful grip of the Eagles Claw, to the mysterious subterranean world of Raptor Attack's abandoned mineshaft. Then they were dared to enter one of the three giant water chutes that are the Falls of Terror.

Some headed off to the swashbuckling world of Skeleton Cove and climb aboard The Flying Cutlass for some tummy tickling fun before spinning around on the Pirate Swinger and boarding speedy Skull Rock.

They were catapulted to dizzying heights aboard Whirlwind, a typhoon of screams that'll twist even the bravest of souls, and of which, some seem to regret it.

After a long day, it took about half an hour to round everyone up. A quick count was done and the numbers added up to 42. It was a good job as that was the number that had set off for a day of adventure.

The coach left the park after 4:30pm and headed back to the Pendle Leisure Centre. Once there a group photo was taken before everyone headed home after a most enjoyable day.

Photos of the day can be found on the Club website.

## Sunday Morning Sessions

Due to difficulty in getting teaching cover for the Sunday Morning Sessions, it was decided that these sessions will be postponed indefinitely.

If at a later there is someone will to cover this session, then it will be re-instated. For now it means that you swimmers can have a lie in on Sunday mornings.

