

Friendly League Champions 2018



Birthdays
March 2019

3rd Andrew Croxall
5th Isabelle Taylor
6th Isaac Critchley
7th Oliver Pennell
8th Mollie Farr
9th Thomas Hoy
10th Eleanor Holgate
12th Amelia Blackey
14th Joshua Robinson
20th Emily Fenwick
24th Tabitha Whitehead and Eliza Hird
25th Olivia Taylor
26th Samuel Sharp
31st Isaac Chew

April 2019

4th Caelyn Bell
5th Ermita Balnyte
7th Libby Cox and Samir Kicibekbov
9th Hugh Entwistle
12th Caitlin Noon
20th Maisie Dawson
21st Matilda Critchley
23rd Ethan Meggison
25th Daniel Hogg
26th Oscar Mulligan and Myles Roche
28th Stephen Tyler

Forthcoming Events:

27th March
Friendly League Fixture
Away to Burnley Bobcats.
Padiham Leisure Centre
Warm-up 6:45pm

30th/31st March
Harrogate Spa Town A/B
Grade Meet 2019.

3rd April
Committee Meeting.
Pendle Leisure Centre,
8:00pm

4th April
Swimming Club Trials.
Small pool 6:15pm.
Large Pool 7:30pm.

10th April
Colne ASC's Birthday.

19th/20th April
Scottish National Masters
Championships 2019.
Royal Commonwealth Pool,
Edinburgh

21st April
Easter Sunday

22nd April
No Swimming Club.
Easter Monday

Friendly League

On Monday, 11th March, we hosted Accrington ASC in our first fixture of the 2019 Friendly League season.

Before the gala started, there was a small presentation and team photo as Colne were Friendly League Champions 2018.

It was a closely fought contest as we began our title defence. Colne started well by winning the opening medley relay, but were soon overtaken as Accrington won 6 of the next 9 races. By half way the scores were 28 to Colne and 29 to Accrington.

The second half of the contest was just as close as the two teams traded wins leaving Colne on 46 and Accrington on 44, with just the freestyle remaining.

Accrington won the first two, but then Colne strung together 5 consecutive wins before winning the cannon relay to edge the contest by 61 points to 56.

Over the course of the evening, the Colne swimmers managed 69 new personal bests between them with 33 for the girls and 36 for the boys.

Our next fixture is on Wednesday, 27th March against Burnley Bobcats at the Padiham Leisure Centre. The warm-up starts at 6:45pm.



Are You Ready for an Adventure?

If so, the Club is organising a trip to **Outdoor Elements** on Saturday, 29th June 2019.

The day of fun activities will be from 9:30am until 4:00pm, with drinks provided. They do provide food at a cost of £2.50, which comprises of a sandwich (cheese or ham), crisps and biscuit.

Throughout the course of the day, there will be five activities to take part in, each will have an instructor to show you what to do.



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New Club Captain

Our Gents Senior Captain, Lewis Fenwick, has left the Club and as a result we need a replacement captain.

We are pleased to announce that Ruairi Sweeney will be the new Gents Senior Captain.

Ruairi will be presented with his captain's t-shirt at a Club session, and the photo will be in the next edition of Shark Bytes.

Easter Holidays

There will be no Club on Easter Monday, 22nd April as the pool will be closed.

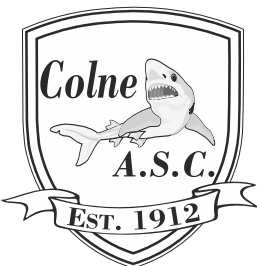
The Club will be running throughout the various school holidays over the period leading up to Easter, as every school seems to be having different holidays.

Please be aware that Club staffing levels may be lower than normal over this period.

Shark Bytes

@SwimAtColneASC

www.facebook.com / ColneASC



www.colne-asc.co.uk



Shark Bytes

@SwimAtColneASC



Colne Amateur Swimming Club



Outdoor Elements

...from page 1.

Kit List

Please dress for the forecasted weather, taking into account the suggestions below:

Do Wear

Layers of clothing that you don't mind getting dirty (it is cooler in the woodland).

Trainers / old shoes / walking boots you don't mind getting wet, dirty and scuffed.

Waterproof jacket and trousers.

A long sleeved top

Full length trousers such as tracksuit bottoms / combats / leggings.

Sun hat and sun protection cream.

Insect repellent.

Do NOT Wear

Jewellery / watches, shorts, jeans, skirts, heeled shoes or **your best stuff**.

If you are interested, then please let Joan Croxall or another committee member as soon as possible to book your place. We have only made a reservation for 40 people. The price will be about £10 - £15 and will be decided at the next Committee Meeting.

Outdoor Elements is located just outside Simonstone, so will be easy to get there, and no early start.

If you want to read more about Outdoor Elements then use this link to their website.

<https://outdoorelements.co.uk/>



North West Masters

The Masters Championships for the Swim England North West Region were held at the Palatine Leisure Centre, Blackpool. There were just two members of the Colne ASC Masters Team in attendance.

Swimming in the 50 to 54 years age group for the first time, Club Chairman **Philip Croxall** finished 1st in the 100m Backstroke, 2nd in the 100m Breaststroke and the 50m Breaststroke, 3rd in the 100m Butterfly, 4th in the 100m Individual Medley, the 50m Backstroke and the 100m Freestyle, 5th in the 50m Freestyle, and 6th in the 50m Butterfly.

Swimming in the 70 to 74 years age group was **Tony Catterall** who finished 1st in the 200m Individual Medley, and 2nd in the 100m Individual Medley, the 50m Backstroke, the 100m Breaststroke, the 400m Freestyle, 50m Breaststroke and the 200m Breaststroke events.

Sponsored Swim

In October of this year we will be holding our biennial sponsored swim event and will be raising funds for **The Samaritans of Pendle, Burnley, Craven and Rossendale**.

If you wish to know about what the Samaritans do then use this link to their website.

<https://www.samaritans.org/branches/samaritans-pendle-burnley-craven-and-rossendale>

More details will follow in the coming months, and sponsor forms will be available from July.



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising a free donation for **Colne ASC**? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's, who will donate a percentage of the amount you spend to **Colne ASC** to say thank you for shopping with them.

It's really simple, and doesn't cost you anything.

All you have to do is:

1. Go to <http://www.easyfundraising.org.uk/causes/casc/>
2. Sign up for free
3. Get shopping – your donations will be collected by easyfundraising and automatically sent to Colne ASC. It couldn't be easier!

There are no catches or hidden charges and the Club will be really grateful for your donations.

Over the years we have managed to have **22** people sign up, and between them, they have raised **£1,299.86**, with **£280.15** over the last 13 months. We would like to increase this, so if more of you join up and support the Club it would be hugely appreciated.

Thank you to all those who have supported the Club using Easy Fundraising.



Next Time

- Friendly League
- Scottish Masters
- Club Trip