

Inter-County Gala

Jolene Whalley and Emily Cott were selected to represent Central Lancs at the Inter-County Gala at the end of May.

Both girls swam in the 11 year old age group.

Jolene finished 10th in the 50 metres Breaststroke in a new personal best time by over 3 seconds!

Emily finished 4th in the 50 metres Backstroke, also in a new personal best time.

Birthdays - August

1st Thomas Pickles; 3rd Lisa Patel; 8th Arthur Phillips; 9th Michael Rowan; 10th David Wilson; 11th Emily Cott; 15th Matthew Iveson; 20th Ben Bainbridge; 24th Emma Hacking; 26th Lauren Scarborough; 31st Alistair Nutter

Micro League Round-up

The finals points table for Micro League Division 'B'

Southport	682
Rosegrove	518
Clitheroe	499
Leyland 'B'	488
Colne	427
Garstang	405
Ormskirk	262

This means that Colne remain in the same Division and are not involved in any swim offs.

Teachers Course

Over the next few weeks there will be a teachers course held during Club sessions on a Thursday evening. This will affect the swimmers in the small pool and first four lanes in the large pool, but swimming lessons are as normal. We ask that all swimmers who are affected to cooperate with the trainee teachers.

No Swimming Club
Monday 30th August due to
the Rhythm and Blues
Festival.

Starts and Turns

There will be starts and turns sessions on Saturday, 16th October and Sunday, 13th November. Both start at 6:00pm until 7:30pm.

Bread Tokens

The Kingsmill Tokens are no longer available on the bread wrappers from August. We ask that all tokens to be handed in by the end of September. Thank you.

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.

World Masters 2004 - Riccione Italy

The World Masters were held in Italy from 1st to the 13th June at 2 venues, Riccione, situated on the Adriatic, and San Marino. The Swimming, Synchronized Swimming and Diving events were held in Riccione at the updated Stadio del Neuto (Swimming Stadium), which now boasts two 50 metre pools, one indoor and one outdoor. The Open Water was held in the sea off Riccione. The Water Polo event was held in the Principality of San Marino.

There were over 8000 competitors from 68 nations entered in the competition with about 6300 entered in the Swimming events.

On the first day of the competition the men used the outdoor pool and the women the indoor one. The second day had the women outdoors and the men indoors. This pattern was repeated for the duration of the swimming events.

Philip Croxall swimming in the 35 to 39 years age group was the sole representative of the Club.

He swam in the 200 metres Individual Medley and set a new personal best of 2:37.14 and finished 26th out of 72.

In the 200 metres Breaststroke he set a new best long course time of 2:56.96 and finished 37th out of 91.

In the 100 metres Breaststroke he finished 49th out 134 in a time of 1:19.69 which was yet again a best long course time.

In the 200 metres Freestyle he finished 35th out of 96 in a time of 2:19.83 which also was a best time in a 50 metre pool.

The next World Masters are to be held in San Francisco in August 2006.

Hygiene, Safety and Presentation

We remind all swimmers who have long hair to wear a swimming cap.

Swimmers should also wear the suitable swimming attire for their lessons. That means no shorts. They may be alright for the beach, but completely unsuitable for swimming.

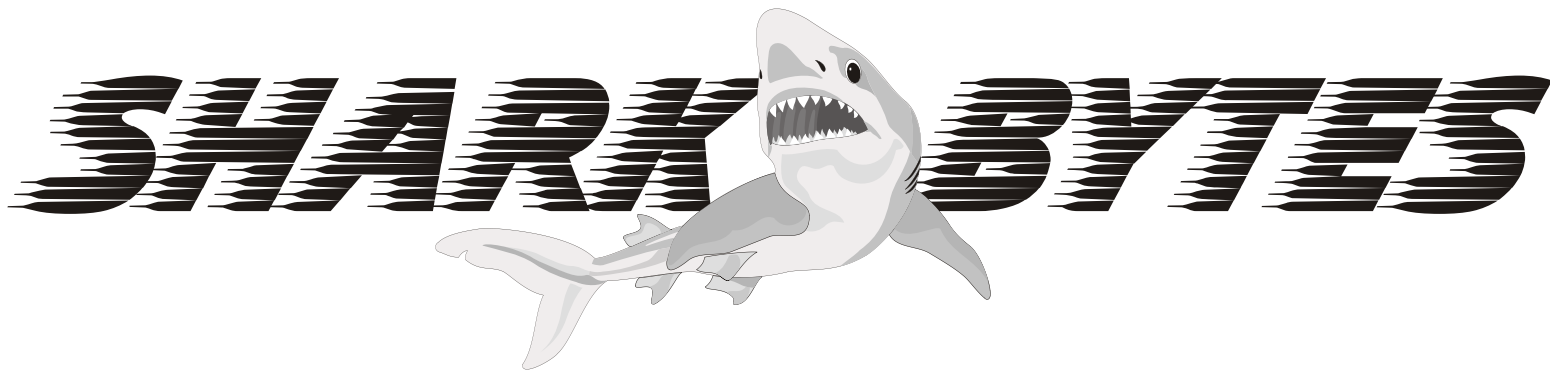
All swimmers must remove ALL jewellery before entering the water.

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: philip@croxall.demon.co.uk

Forthcoming Events:

14th August	Olympic Swimming Programme	Athens.
18/19 September	North Eastern Counties Masters	Scarborough
3rd October	Warburton Gala. Broughton Pool.	Salford
16th October	Starts and Turns Session	
16th October	Northern Counties Masters	Macclesfield

24th October	Warburton Gala. Broughton Pool.	Salford
29/31 October	ASA National Masters Championship,	Sheffield.
31st October	Warburton Gala. Broughton Pool.	Salford



Olympic Games

As you may be aware or not, the Olympic Games is being held in Athens and commences on the 13th August. The swimming starts on Saturday morning, the 14th August. The heats all start at 8am with the Semi-Finals and Finals being held at 5:30pm

Saturday, 14th August Heats

Mens 400m I.M.
Womens 100m Butterfly
Mens 400m Freestyle
Womens 400m I.M.
Mens 100m Breaststroke
Womens 4x100m Freestyle Relay

Semi-Finals

Womens 100m Butterfly
Mens 100m Breaststroke

Finals

Mens 400m I.M.
Mens 400m Freestyle
Womens 400, I.M.
Womens 4x100 Freestyle Relay

Sunday, 15 August Heats

Womens 100m Backstroke
Mens 200m Freestyle
Womens 100m Breaststroke
Mens 100m Backstroke
Womens 400m Freestyle
Mens 4x100m Freestyle Relay

Semi-Finals

Womens 100m Backstroke
Mens 200m Freestyle
Womens 100m Breaststroke
Mens 100m Backstroke

Finals

Womens 100m Butterfly
Mens 100m Breaststroke
Womens 400m Freestyle
Mens 4x100m Freestyle Relay

Monday, 16th August Heats

Womens 200m Freestyle
Mens 200m Butterfly
Womens 200m I.M.

Semi-Finals

Womens 200m Freestyle
Mens 200m Butterfly
Womens 200m I.M.

Finals

Mens 200m Freestyle
Womens 100m Backstroke
Mens 100m Backstroke
Womens 100m Breaststroke

Tuesday, 17th August Heats

Mens 100m Freestyle
Womens 200m Butterfly
Mens 200m Breaststroke
Mens 4x200m Freestyle Relay

Semi-Finals

Mens 100m Freestyle
Mens 200m Breaststroke

Finals

Womens 200m Freestyle
Mens 200m Butterfly
Womens 200m I.M.
Mens 4x200m Freestyle Relay

Wednesday, 18th August Heats

Womens 100m Freestyle
Mens 200m Backstroke
Womens 200m Breaststroke
Mens 200m I.M.
Womens 4x200m Freestyle Relay

Semi-Finals

Womens 100m Freestyle
Mens 200m Backstroke
Womens 200m Breaststroke
Mens 200m I.M.

Finals

Mens 200m Breaststroke
Womens 200m Butterfly
Mens 100m Freestyle
Womens 4x200m Freestyle Relay

Thursday, 19th August Heats

Mens 50m Freestyle
Womens 800m Freestyle
Mens 100m Butterfly
Womens 200m Backstroke

Semi-Finals

Mens 50m Freestyle
Womens 200m Backstroke
Mens 100m Butterfly

Finals

Womens 200m Breaststroke
Mens 200m Backstroke
Womens 100m Freestyle
Mens 200m I.M.

Friday, 20th August Heats

Womens 50m Freestyle
Mens 1500m Freestyle
Womens 4x100m Medley Relay
Mens 4x100m Medley Relay

Semi-Finals

Womens 50m Freestyle

Finals

Womens 200m Backstroke
Mens 100m Butterfly
Womens 800m Freestyle
Mens 50m Freestyle

Saturday, 21st August No Heats

No Semi-Finals

Finals

Womens 50m Freestyle
Mens 1500m Freestyle
Womens 4x100m Medley Relay
Mens 4x100m Medley Relay



Warburton Age Groups

The entry forms for the 2004 Warburton Age Group are now available from Sheila Cott. The closing date for the entries is 29th August.

Extra Training?

A questionnaire is being handed out to see if there is any interest in extra swimming and/or land training sessions. See Mrs Croxall if you require a questionnaire.

Situations Vacant

We are looking for a new Membership Secretary. Anybody interested should contact a member of the Committee.

Thanks to Mrs Fort, we no longer require a Treasurer. She will be taking over from the current Treasurer in January.

Other News

Over the July Holidays Andrew Croxall went on a Coaches Course and Emma Freeman on a Teachers Course. Both passed their practical and Log Books, and are awaiting the results of the Theory test

Congratulations to Cherry Whittaker who has won a place on the Yorkshire Youth Ballet and Royal Ballet Junior Associates.