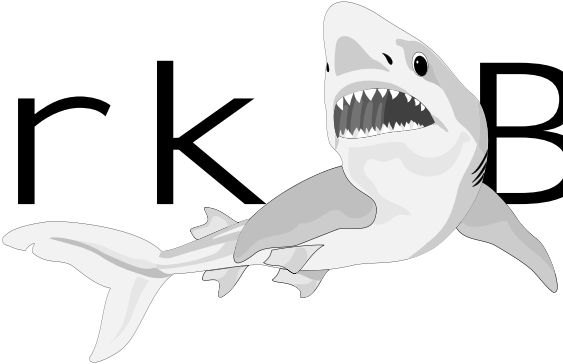


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Colne Amateur Swimming Club Newsletter: January 2005

Issue: 28

## Stephen Parry - Olympic Bronze Medalist

Stephen Parry, who won the Bronze medal in the 200 metres Butterfly at the Olympics last August, will be visiting the Club on Thursday, 10th February. He will be taking a special session which will involve all the swimmers in the large pool. This will be a good opportunity for all those swimmers who don't like Butterfly, to pick up tips on how to do the stroke properly.

We ask all swimmers to be prompt for their lesson, and to listen to what Stephen tells you. You never know, one day it may be you swimming at the Olympics.



## Rotherham Masters

Two members of the Masters team travelled to Sheffield's Ponds Forge International Sports Centre to take part in the annual Rotherham Metro's Open Masters Meet. The competition was held over the long course (50m) distance.

Bob Whittaker and Philip Croxall, both of whom swam in the 35 to 39 years age group, this was a gala to forget as Bob was still suffering from the effects of snow boarding a week earlier and Philip was recovering from a heavy cold and broken finger.

Bob finished 3rd in 50 metres Backstroke; 7th in 50 metres Breaststroke; 10th in 100 metres Freestyle; 7th in 50 metres Butterfly; 8th in 50 metres Freestyle.

Philip finished 4th in 100 metres Butterfly; 10th in 200 metres Individual Medley; 7th in 100 metres Freestyle; 6th in 50 metres Butterfly; 7th in 100 metres Breaststroke; 7th in 50 metres Freestyle.

## Birthdays - January

1st Thomas Horsfield; 3rd Anna Fort; 9th Oliver Riley; 11th Rachel Hardwick; 12th Philip Croxall; 13th Matthew Nutter and Ben Fielding; 14th Abigail Lockwood; 16th Chris Wood; 19th Daniel Frost; 21st Bethany Moore; 25th Ashleigh Haythornthwaite and Miles Butterell; 28th Natalie Hodgkinson

## Birthdays - February

1st Charlotte Durcan, Oliver Holland and Matthew Lonsdale; 4th Jack Coyne; 6th Jacqueline Ward; 11th Thomas Bentham; 24th Jack Marsden; 26th Robert Webster.

Our eldest swimming member, Eva Hughes, will be 97 on 9th February.

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.

## How to Start a Race

1. The starter will give three sharp blasts on the whistle. The swimmer must then stand behind the starting block with hat and goggles on properly.
2. The starter then gives one long whistle blast. For Frontcrawl, Breaststroke, Butterfly and Individual Medley, the swimmer should then immediately get on the starting block. In Backstroke and Medley Relay events the swimmer shall immediately enter the water in their lanes, a second long whistle blast is then given for the backstroke swimmer to take their starting position.
3. The starter then issues the command 'Take your Marks'. The swimmer then takes up their starting position.
4. Once everybody is still the starter will give the starting signal. The swimmer then should get a move on, the race has started.

## Most Improved Swimmers January 2005

Twice a year we hold age group competitions for all members of the Club. The improvement is calculated as a percentage across all four strokes from the last gala to the current one. The winners - one boy and one girl - will be presented with a trophy to keep. The results of the Most Improved swimmer for January 2005 are:

### Boys

- |    |                |        |
|----|----------------|--------|
| 1. | Mark Honeyman  | 15.23% |
| 2. | Declan Martin  | 12.22% |
| 3. | Sam Bainbridge | 10.10% |

### Girls

- |    |                 |       |
|----|-----------------|-------|
| 1. | Jacqueline Ward | 7.34% |
| 2. | Emily Cott      | 6.46% |
| 3. | Jolene Whalley  | 6.26% |

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](mailto:philip@croxall.demon.co.uk)

## Forthcoming Events:

10th February: Stephen Parry Workshop. Pendle Leisure Centre  
12/13 February: Central Lancs Age Groups. Castle LC, Bury  
26th February: Friendly Gala vs Haslingden. Pendle LC. Start 6pm  
26th February: Aquabears Masters. Broughton Pool, Salford  
10th March: Friendly League Fixture. Home to Darwen

19th March:

7th April:

16th April:

17th April:

23rd April:

28th April:

Starts and Turns Session. Pendle LC. Start 6:00pm

Friendly League Fixture. Away at Darwen.

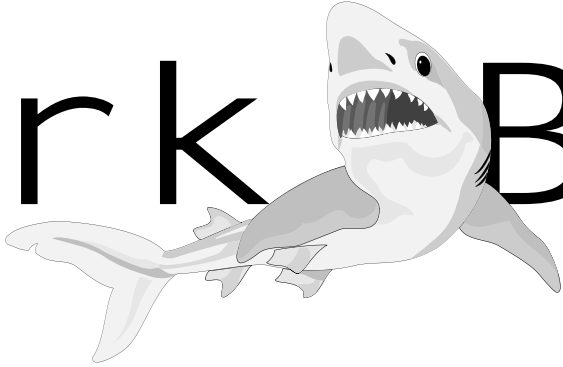
Starts and Turns Session. Pendle LC. Start 6:00pm

Darlington Masters. Dolphin Centre. Darlington

Micro League Fixture. Pendle LC.

Friendly League Fixture. Home to Pioneer '79

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Colne Amateur Swimming Club Newsletter: January 2005

Page: 2

## Central Lancs Age Groups

A team of 9 swimmers travelled to Bury's Castle Leisure Centre, on 29th and 30th January to take part in the Central Lancs Age Groups.

### 29th January: Morning Session

In the Boys 14 years 400 metres Freestyle, Thomas Wilson finished 4th setting a new personal best time.

In the Girls 11 years 50 metres Butterfly Emily Cott finished 7th in a new personal best time; whilst Jolene Whalley set a new personal best to qualify for the final and then improve her time as she finished 5th.

In the Girls 15 years 50 metres Butterfly Emma Scott-Miller set a new personal best time to reach the final, but swam slightly slower in the final as she finished 2nd.

In the Boys 14 years 100 metres Breaststroke Joshua Finch set a new personal best to reach the final, but was slower in the final as he finished 6th.

### 29th January: Afternoon Session

In the Girls 14 years 200 metres Individual Medley Laura Foulkes finished in 6th.

In the Girls 15 years 200 metres Individual Medley Emma Scott-Miller finished 4th in a new personal best time.

In the Girls 11 years 50 metres Freestyle Bethany Moore, who set a new personal best whilst finishing 23rd, and Jolene Whalley who finished 19th, whilst Emily Cott set a new personal best to reach the final and then improve her time as she finished 2nd in the final.

In the Girls 14 years 50 metres Freestyle Laura Foulkes finished 3rd in the final.

In the Girls 15 years 50 metres Freestyle Emma Scott-Miller set a new personal best to reach the final and then lower her best in the final as she finished 4th.

In the Boys 14 years 100 metres Butterfly Joshua Finch set a new personal best to reach the final, and then lower it as he finished 2nd in the final.

In the Boys 16 year 100 metres Butterfly William Harrison set a new personal best to reach the final, and then finished 1st in the final despite going slightly slower.

### 30th January: Morning Session

In the Boys 12 years 50 metres Breaststroke Sam Bainbridge finished 7th in new personal best time.

In the Boys 14 years 50 metres Breaststroke Joshua Finch finished 2nd in the final setting a new personal best time.

In the Girls 11 years 100 metres Backstroke Emily Cott set a new personal best to reach the final and then lower that time as she finished 2nd in the final.

In the Boys 16 years 200 metres Freestyle William Harrison finished 2nd in a new personal best time.

### 30th January: Afternoon Session

In the Girls 11 years 100 metres Freestyle Jolene Whalley finished 16th setting a new personal best; whilst Emily Cott set a new personal best to reach the final and then lower it again as she finished 5th in the final.

In the Girls 15 years 100 metres Emma Scott-Miller set a new personal best to reach the final where she finished 5th lowering her personal best still further.

In the Boys 12 years 50 metres Backstroke Sam Bainbridge finished 10th setting a new personal best.

In the Boys 16 years 50 metres Backstroke William Harrison set a new personal best to reach the final, then won the final with a slightly slower time.

## Micro League Fixtures

Saturday 23rd April	COLNE Garstang Preston 'B' Blackburn	Pendle Leisure Centre Warm-up 6:15pm
Friday 6th May	Rosegrove Clitheroe Leyland 'B' COLNE	Padiham Pool Warm-up 7:15pm
Friday 20th May	Clitheroe Leyland 'B' COLNE Garstang Transport Provided	Ribblesdale Pool Warm-up 7:15pm
Sunday 26th June	Leyland 'B' COLNE Garstang Preston 'B' Transport Provided	Leyland Pool Warm-up 3:30pm

## Friendly Gala Against Haslingden

There will be a pre-season friendly gala against Haslingden on Saturday, 26th February. The warm-up starts at 6:00pm with the gala starting at 6:15pm. The format of the gala will be as of the Friendly League. Team sheets will be put on the notice board.

## Colne ASC - Online

The Club website is now up and running. The address is

**<http://www.colne-asc.co.uk>**

Thanks to David Bradley of Car Body Repairs, who has sponsored the site for two years.

Please feel free to browse the site, and pass on any comments to myself, either at the pool or via email.

## Membership Subscriptions

All renewing members **must** have paid their subscriptions. If you have not renewed your membership you will not be able to participate in any of the Clubs activities.