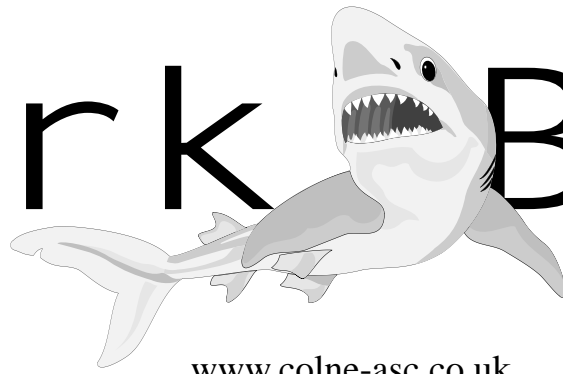


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Birthdays - February

1st Charlotte Durcan, Oliver Holland and Matthew Lonsdale; 4th Jack Coyne; 6th Jacqueline Ward; 9th Eva Hughes; 11th Thomas Bentham; 24th Jack Marsden; 26th Robert Webster.

Birthdays - March

1st David Bradley and Declan Pinder; 3rd Andrew Croxall and Hugo Leaver; 4th Olivia Pratt; 5th Katie Lonsdale; 6th Lauren Haythornthwaite; 7th Celia Foulkes-Bolton; 8th Siân Hampshire; 11th Aimee Grant; 13th Jessica Butterell; 16th Menna Roberts; 18th Hamish Graham; 21st Vinny Robinson; 22nd Chloe Chew; 23rd Sam Bainbridge; 24th Jonathan Glasgow; 26th Amy Carter and Natalie Cowgill; 31st Ashley Honeyman.

It is a special occasion on the 1st as it is David Bradley's 40th Birthday.

Friendly League

The first Friendly League fixture of the season is on the Thursday, 10th March when we are hosts to Darwen. The warm-up starts at 7:30pm and the Gala starts at 7:45pm.

All the teaching lessons in the large pool finish at 7:30pm.

Remember this is a team competition, so swimmers must support their fellow swimmers.



Stephen Parry Workshop

The swim workshop held by Stephen Parry on the 10th February was very successful, with the swimmers appearing to enjoy themselves. In fact it is the first time that everybody was trying to get as streamlined as possible. Just don't forget what Stephen told you, and you must always put it into practice when you swim. Remember 'Elbow', 'Head' and 'Hand'.

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.

Friendly Gala vs Haslingden

On the evening of Saturday, 26th February we hosted a 'friendly' gala between ourselves and Haslingden.

The format of the gala was as of a Friendly League Fixture. Both teams had the use of three lanes thus allowing as many swimmers as possible to be tried out for the forthcoming season.

As in the scoring for the Friendly League, we ran out 68 points to 51 winners.

Quite a few of the swimmers achieved personal bests as they vie for the 'A' swim in the team. But we need more support from the swimmers on the poolside for the swimmer in the water.

Starts and Turns Session

There will be a Starts and Turns session on Saturday, 19th March at Pendle Leisure Centre. It will start at 6:00pm and ends at 7:30pm.

There will be another on Saturday, 9th April.

It is important that all swimmers who have been selected for the Micro League and Friendly League teams turn up for these sessions.

Aquabears Masters

Three members of the Masters team travelled to Broughton Pool, Salford to compete in the Aquabears Masters 2005 on Saturday 26th February.

Tony Catterall swimming in the 55 to 59 years age group finished third overall on points by finishing 2nd in 100m Backstroke, 2nd in 200m Freestyle, 2nd in 100m Backstroke, 3rd in 100m Individual Medley, 3rd in 50m Backstroke and 4th in 100m Freestyle, this gave Tony 26 out of a maximum 36 points.

Swimming in the 35 to 39 years age group were Philip Croxall and Bob Whittaker. Philip finished 2nd in 100m Breaststroke, 2nd in 100m Freestyle and 3rd in 200m Freestyle to accumulate 14 points.

Bob finished 5th in 100m Individual Medley, 5th in 50m Butterfly, 6th in 50m Breaststroke, 7th in 50m Backstroke and 7th in 50m Freestyle to end up with 5 points.

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:

2nd March:	Financial AGM. Colne Cricket Club. Start 8:00pm
10th March:	Friendly League Fixture. Home to Darwen
19th March:	Starts and Turns Session. Pendle LC. Start 6:00pm
25th March:	Good Friday. No Adult Learners.
28th March:	Easter Monday. No Swimming Club.

7th April:

9th April:

16th April:

17th April:

23rd April:

28th April:

Friendly League Fixture. Away at Darwen.

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

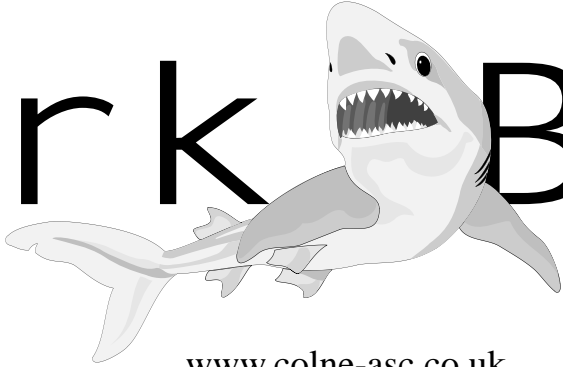
C.L. Champs and Age Groups. Aquatics Centre.

Darlington Masters. Dolphin Centre. Darlington

Micro League Fixture. Pendle LC.

Friendly League Fixture. Home to Pioneer '79

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Central Lancs Age Groups

On the weekend of 12th and 13th February, Galas number 3 and 4 were held at the Castle Leisure Centre in Bury.

12th February: Morning Session

In the 14yr Girls 400m Freestyle Laura Foulkes finished 5th setting a new Personal Best in the process.

In the 11yr Boys 50m Butterfly Timmy Scott-Miller finished 8th setting a new Personal Best.

In the 12yr Boys 50m Butterfly Sam Bainbridge finished 4th and on the way set a new Personal Best in the heats.

In the 14yr Boys 50m Butterfly Joshua Finch finished 2nd

In the 16yr Boys 50m Butterfly William Harrison finished 2nd setting a new Personal Best in the heats.

12th February: Afternoon Session

In the 14yr Boys 200m Individual Medley Joshua Finch finished 5th in a new Personal Best time.

In the 16yr Boys 200m Individual Medley William Harrison finished 1st also in a new Personal Best time.

In the 10yr Girls 200m Breaststroke Cherry Whittaker finished 7th in a new Personal Best time.

In the 11yr Boys 50m Freestyle Timmy Scott-Miller finished 10th setting a new Personal Best time.

In the 12yr Boys 50m Freestyle Sam Bainbridge finished 7th in a new Personal Best time.

In the 14yr Boys 50m Freestyle Joshua Finch finished 2nd.

In the 16yr Boys 50m Freestyle William Harrison finished 1st.

In the 15yr Girls 100m Butterfly Emma Scott-Miller finished 3rd setting a new Personal Best in the heats and then bettering it in the final.

13th February: Morning Session

In the 14yr Girls 200m Freestyle Laura Foulkes finished 6th setting a new Personal Best time.

In the 17yr Girls 200m Freestyle Rachel Ingham finished 4th.

In the 16yr Boys 100m Backstroke William Harrison finished 1st setting a new Personal Best in the heats.

In the 10yr Girls 50m Breaststroke Molly Frankland finished 7th in a new Personal Best time.

In the 11yr Girls 50m Breaststroke Jolene Whalley finished 4th setting new Personal Bests in the heats and the final. Whilst Emily Cott finished 8th.

In the 17yr Girls 50m Breaststroke Rachel Ingham finished 1st.

13th February: Afternoon Session

In the 11yr Boys 100m Freestyle Timmy Scott-Miller finished 8th in a new Personal Best time.

In the 12yr Boys 100m Freestyle Sam Bainbridge finished 8th also in a new Personal Best time.

In the 14yr Boys 100m Freestyle Joshua Finch finished 5th setting new Personal Bests in both heats and final.

In the 16yr Boys 100m Freestyle William Harrison finished 1st.

In the 11yr Girls 50m Backstroke Emily Cott finished 2nd setting new Personal Bests in heats and final. Whilst Bethany Moore finished 16th also in a new Personal Best time.

In the 14yr Girls 50m Backstroke Laura Foulkes finished 6th

In the 15yr Girls 50m Backstroke Emma Scott-Miller finished 1st smashing her Personal Best in the Final.

Central Lancs 2005 Championships and Age Groups

The entry forms for this gala to be held at the Manchester Aquatics Centre on 16th April are to be returned to Sheila Cott by Monday, 14th March. No late entries will be accepted.

All entries that are returned early with payment will be offered a £1.50 subsidy per event entered.

See Sheila Cott for details.

Easter Closing Times

There will be no Adult Learners on Good
Friday, 25th March.

There will be no Club on Easter Monday, 28th
March.