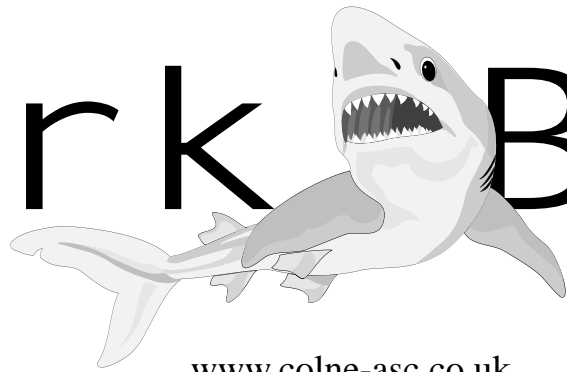


Shark Bytes



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July Holidays

There will be no official Club sessions for the first three weeks in July. Last Club session is Thursday, 30th June and then resumes again on Monday, 25th July.

There will be no small pool until Thursday, 28th July.

The last Adult Learners Session will be on Friday 24th June and resuming again on Friday, 22nd July.

BUT, there will be training session available to those who wish to train during the entire three weeks of the holidays. See Notice Board for further details.

Birthdays - June

1st Jolene Whalley and Philip Honeyman; 3rd Charlotte Beech; 4th Aneurin Robinson; 5th Joshua Moore; 6th Jack Anderson and Jordan Finch; 7th Amanda Kelly and Jack Anderson; 10th William Taylor; 11th Rhys Moore; 12th Callum Martin; 14th Thomas Flannagan; 15th Christopher Bates; 19th Lydia Simm; 20th Cherry Wilkinson; 25th Katie Ellam; 29th Emily Lee; 30th Sammy Jo Anderson and Bryony Bancroft.

Birthdays - July

1st Eve Burns and Zak Child; 3rd Cathleen Rowan; 4th Morgan Hartley; 5th Emily Mason; 6th Sally Roberts; 8th Daniel Grant and Oliver Wilkinson; 11th William Farnworth and Richard Stopforth; 12th John Goddard; 13th Mark Honeyman; 14th Grace Kalan and Clemmy Leaver; 15th Emily Hunt; 17th Nick Pearce; 22nd James Blackburn; 23rd George Wilkins; 25th Sophie Curwen; 26th Ainsley Dibb and Lucy Cowgill; 31st Jacob Kalan.

Apologies

Last month Laura Foulkes whose birthday was on 25th May, wasn't mentioned. Sorry.

Water Bottles

Swimmers are reminded that they must remove all their water bottles from the poolside once their lesson has ended.

Also any equipment taken from the baskets required for their lesson must be returned to the baskets once their lesson has finished.

Starting a Race

It is important that when the referee for the gala blows their whistle to commence the start of a race, that nobody moves in front of the starter and that everyone becomes quite. Once the race has started then you can move freely in front of the starter's position.

REMEMBER: WHEN WHISTLE GOES, BE STILL, STOP MOVING AND BE QUIET.

Friendly League

The season has now finished as we ended up drawing against Pioneer '79 in the Home fixture, we then subsequently lost the next two Away fixtures against Ramsbottom and Pioneer '79 and finally hosted our last gala at Home to Ramsbottom which we lost.

Results:

Colne	60	Pioneer '79	60
Ramsbottom	62	Colne	58
Pioneer '79	62	Colne	55
Colne	54	Ramsbottom	62

This leaves us on 5 points for the season having beaten Darwen Home and Away. This means that we will probably finish 3rd in Division 1 and will not be involved in the play-offs at the end of November.

Micro League

The season is almost over bar one fixture which is at Leyland against teams from Leyland, Garstang and Preston on Sunday, 26th June. If we win this gala we will finish 3rd in Division 'B', but should we pull out all the stops and amass more than 152 points we will finish in 2nd place. Therefore we need our strongest team possible.

In the previous two galas we travelled to Padiham and Clitheroe where we finished 2nd and 3rd respectively.

Results:

Padiham Gala:	1. Clitheroe	126
	2. Colne	123
	3. Rosegrove	115
	4. Leyland	105

Clitheroe Gala:	1. Clitheroe	140
	2. Garstang	118
	3. Colne	115
	4. Leyland	106

Most Improved Swimmers

The most improved swimmers across all four stroke since January:

Boys

1.	Thomas Bentham	13.81%
2.	Declan Martin	7.36%
3.	Sam Bainbridge	6.19%

Girls

1.	Olivia Pratt	13.81%
2.	Jacqueline Ward	12.93%
3.	Laura Schofield	9.57%

Swim Shop On-Line

The mail order catalogue 'Swim Shop' is now available on the internet. The address for those requiring to purchase stuff is.

[Http://www.swimshop.co.uk](http://www.swimshop.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.

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

Forthcoming Events:

24th June:	Last Adult Learners Session
26th June:	Micro League. Away at Leyland
30th June:	Last Club Session
25th July:	Club Sessions Resume
3rd-8th August:	ASA National Youth Championships. Sheffield

Good luck to William Harrison who will be taking part in his first National Youth Championships.

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Northern Counties ASA Youth Championships

On the Bank Holiday weekend of 30th April to 2nd May, William Harrison (16) competed in the Northern Counties ASA Youth Championships 2005 at the Manchester Aquatics Centre (50m pool).

On the Saturday, he reached the Semi Final of the 100m Freestyle finishing 5th in the 15/16 year age group and 12th overall.

On the Sunday, he reached the Semi Final of the 100m Butterfly finishing 5th in the 15/16 year age group and 10th overall, in doing so set a new personal best in the Semi Final.

On the Monday, he reached the Final of the 50m Freestyle finishing 1st in the 15/16 year age group and 4th overall, in doing so set a new personal best in the Semi Final, and then improved his time in the Final.

Yorkshire SA Masters

On Saturday, 14th May, 4 members of Colne ASC's Masters team travelled to Scarborough to take part in the Yorkshire Swimming Associations Open Masters Championships.

Swimming in the 30 to 34 years age group was Karen Driver who finished 1st in 100m Breaststroke, 2nd in 200m Freestyle, 2nd in 100m Freestyle and 3rd in 50m Breaststroke.

Swimming in the 65 to 69 years age group was John Penswick who finished 1st in 100m Breaststroke, 1st in 50m Breaststroke, 3rd in 100m Individual Medley and 4th in 50m Backstroke.

Swimming in the 35 to 39 years age group was Philip Croxall who finished 1st in 200m Freestyle, 1st in 100m Butterfly, 2nd in 100m Breaststroke, 2nd in 100m Freestyle and 3rd in 100m Individual Medley.

Also in the 35 to 39 years age group was Bob Whittaker who finished 2nd in 50m Backstroke, 4th in 50m Butterfly, 4th in 50m Breaststroke, 6th in 100m Individual Medley and 6th in 50m Freestyle.

Triathlon

On Saturday, 4th June, Chris Wood and Rachel Ingham competed in the triathlon held at the Marl Pitts Sports Centre, Rossendale. Chris finished 11th in the mens event and Rachel was 4th in the women's event.

Chris 'Iron-Man' Domoney yet again pushed his body to the limit and competed in the Brazilian 'Iron-Man' Triathlon.

Other News

In March, Jacqueline Ward was the youngest person, at 8 year old, to take part in the annual Swimathon held at Pendle Leisure Centre. She completed the 100 lengths in one hour and 54 minutes and has raised more than £100 for NCH Action for Children.

Inter-Association Gala

At Inter-Association gala at Broughton pool from Saturday 28th May to Monday 30th May, two members of Colne ASC represented the Central Lancs Team.

Joshua Finch (14) finished 2nd in the 100m Butterfly and Emily Cott (11) finished 5th in the 100m Backstroke.

The gala consisted of teams from the North Midlands, North Lancashire, Cumbria, Central Lancashire, Liverpool & District, Manchester & District and Bolton & District. The North Midlands team won the gala with 534 points leaving Central Lancs in 4th on 287.5 points.

Thomas Wilson and Laura Foulkes who were reserves for the 400m Freestyle were unfortunately not required to swim.

Great Britain Masters Championships

On the weekend of 3rd to 5th June two members of the Colne ASC Masters Team travelled to Tollcross Park Leisure Centre, Glasgow to take part in the Great Britain Masters Championships.

Tony Catterall swimming in the 55 to 59 years age group finished 1st 200m Backstroke, 1st 200m Butterfly, 2nd 1500m Freestyle, 3rd 800m Freestyle and 3rd 200m Individual Medley.

Philip Croxall swimming in the 35 to 39 years age group finished 4th 100m Breaststroke, 5th 200m Individual Medley, 6th 50m Freestyle in a new Personal Best time and 6th 100m Freestyle.

Gateshead & Whickham Open Masters

On Saturday, 18th June 5 members of the Masters Team travelled to Felling Pool to take part in the Gateshead & Whickham Open Masters. Tony Catterall swimming in the 55 to 59 years age group competed in no less than 10 events, winning the 200m Backstroke, 100m Breaststroke, 100m Individual Medley, 200m Butterfly, 100m Freestyle, 400m Individual Medley, 200m Breaststroke and 400m Freestyle. He finished 2nd in the 200m Freestyle and 100m Butterfly.

In the 35 to 39 years age group were Bob Whittaker and Philip Croxall. Unfortunately due to injury Bob was only able to swim in the 50m Butterfly where he finished 3rd, whilst Philip finished 2nd in the same event. He also finished 2nd in the 100m Butterfly and 3rd in the 100m Freestyle.

In the 30 to 34 years age group Karen Driver won the 200m Freestyle, 400m Individual Medley and 400m Freestyle. Was 2nd in the 50m Breaststroke and 3rd in the 100m Breaststroke and 100m Freestyle.

In the 19 to 24 years age group Chris Wood finished 2nd in 200m and 400m Freestyle events and was 4th in 100m Freestyle.