



www.colne-asc.co.uk

only  
40p

Colne Amateur Swimming Club Newsletter: November 2005

Issue: 34

## Warburtons Galas

On Sunday, 16th October, 17 swimmers competed at the first of the three Warburtons Central Lancashire Age Groups at Broughton Pool, Salford. For several of the swimmers it was their first time competing in events and distances they had not swum before.

Last year we picked up only eight medals over the 3 galas, and this was equalled after just the morning session of the first gala but it did not stop there. In total the swimmers achieved a total of 16 medals on the day: eight 1st, four 2nd and four 3rd places with no fewer than 33 personal bests.

Joshua Finch (14) was the outstanding swimmer achieving three 1st places (100m Breaststroke, 100m Butterfly, 50m Freestyle) and one 2nd (50m Backstroke). Other successful swims included: William Harrison (16+) achieving two 1st (100m Freestyle, 50m Butterfly) and two 2nd (100m Backstroke, 50m Breaststroke); Sam Bainbridge (12) who has a 1st (50m Breaststroke) and a 3rd place (100m Freestyle); Molly Frankland (10) and Rachel Ingham (16+) achieving 1st places in their 50m Breaststroke age groups; Emily Cott (12) achieving a 2nd place in the 100m Freestyle and 3rd places for Matthew Lonsdale (16+) (100m Freestyle), Morgan Hartley (9) (50m Butterfly) and Emma Scott-Miller (15) (50m Freestyle).

On Sunday, 23rd October, 16 swimmers competed in the second of the three Warburtons Central Lancashire Age Groups. Whereby the swimmers carried on their success from the first gala with a total of 15 medals being achieved on the day: five 1st, eight 2nd and one 3rd places with no fewer than 32 personal bests.

William Harrison (16+) was the outstanding swimmer achieving two 1st (100m Butterfly, 50m Backstroke) and two 2nd places (100m Breaststroke, 50m Freestyle). Other successful swims included: Sam Bainbridge (12) achieving two 1st places (50m Freestyle, 50m Butterfly); Rachel Ingham (16+) who had a 1st place (100m Breaststroke) and a 3rd place (50m Freestyle); Joshua Finch (14) achieving two 2nd places (100m Freestyle, 50m Breaststroke) and Matthew Lonsdale (16+) also with two 2nd places (100m Butterfly, 50m Backstroke); Morgan Hartley (9) with a 2nd place (50m Breaststroke); and a 2nd place for Emily Cott (12) (100m Backstroke).

On Sunday, 30th October, 14 swimmers competed in the third of the three Warburtons Central Lancashire Age Groups. The swimmers continued their success with a further 7 medals being won; two 1st, one 2nd and four 3rd places with no fewer than 15 personal bests.

Joshua Finch (14) achieving 1st place in 50m Butterfly along with William Harrison (16+) in the 200m Individual Medley. Emily Cott (12) was 2nd in the 50m Backstroke, with Sam Bainbridge (12) 3rd in 50m Backstroke and Morgan Hartley (9) 3rd in the 100m Individual Medley.

There was further success in the team events with a 3rd place in the Bob Foden Memorial race, which comprises of a boy and a girl from each of the 7 age groups. The mixed 13/14 years Medley Team also finished 3rd.

## Birthdays - November

5th Matthew Hodgkinson; 6th Emma Scott-Miller; 10th Rachel Ingham; 11th Timothy Scott-Miller; Niamh Mullany and Victoria Gill; 17th Lucy Williams; 19th Alfie Whalley and Bethany Smith; 22nd Joshua Finch and Rebecca Shepherd; 26th Jordan Slater

## Other News

Ex-swimmer and teacher, Rosanna Clark has got married in Australia.

## Please Could ALL the Championship Gala Trophies be Returned in a CLEAN Condition

Please return them to Mrs Croxall.

## Mobile Phones

It is the policy of the Leisure Centre that ALL mobile phones with a camera be switched OFF within the confines of the Centre.

Anyone with a camera phone must have registered it with our Welfare Officer or Leisure Centre reception.

Refusal to comply with the Leisure Centre can lead to expulsion from the Centre.

## Championship Gala

This years Championship Galas take place on Thursday, 10th and 17th November. Entry forms are now available.

The warm-up commences at 6:45pm with the gala starting at 7pm.

This competition is heat declared winners, there are NO finals.

## Betty Petty Style Trophy

This new trophy will be competed for on Saturday, 12th November, 6pm while 8pm.

It is open to all swimmers 15 years and under as of the 31st December 2005.

This trophy can only be won once by any individual.

The competition comprises of:

Backstroke: Back start, swim, turn and finish

Breaststroke: Grab start, swim, turn and finish

Frontcrawl: Track start, swim, turn and finish

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

## Forthcoming Events:

2nd November: Committee Meeting. Colne Cricket Club. 8pm

10th November: Championship Gala No.1

12th November: Betty Petty Style Trophy

17th November: Championship Gala No. 2

18th November: Friendly League Swim Offs. Pendle Leisure Centre

2nd December: Annual Presentation. Barrowford Civic Hall

15th December: Christmas Sprint Gala

22nd December: Last Club session before Christmas

25th December: Christmas Day

2nd January: First Club session of 2006



www.colne-asc.co.uk

Colne Amateur Swimming Club Newsletter: November 2005

Page: 2

### North-East Counties Masters Championships 2005

On the weekend of 24th/25th September, six members of the Masters Team traveled to Scarborough to take part in the North East Counties Masters Short Course Championships 2005.

In the 30 to 34 years age group was Karen Driver who finished 1st in 50m and 100m Breaststroke and 2nd in 100m Individual Medley and 100m and 200m Freestyle.

Whilst in the 35 to 39 years age group were Philip Croxall, Bob Whittaker and Steve Smith

In the 50m Freestyle Philip finished 1st and Bob was 4th. In the 100m Backstroke Bob finished 1st. In the 50m Butterfly Philip finished 1st and Bob finished 2nd. In the 100m Freestyle Steve was 1st, Philip 2nd and Bob was 3rd. In the 200m Freestyle Philip finished 1st with Bob in 2nd

In the 100m Individual Medley Philip was 2nd whilst Bob finished 4th.

Janet Kirk was competing in the 45 to 49 years age group and finished 2nd in 50m Freestyle and 50m Breaststroke.

In the 65 to 69 years age group was John Penswick who finished 2nd in 50m and 100m Breaststroke and 100m Individual Medley.

### Northern Counties Masters Championships 2005

On the weekend 22nd and 23rd October, Karen Driver (30-34) was competing in Macclesfield at the Northern Counties Masters Championship 2005.

Karen was in excellent form as she won the 200m and 400m Freestyle and the 100m and 200m Individual Medleys; with a 2nd place in the 100m Freestyle and two 3rd places in the 50m and 100m Breaststroke. In the process she set new personal bests for the 400m Freestyle (5:06.47) and 200m Freestyle (2:26.82).

### Welfare Officer

The Clubs Welfare Officer is Belinda Finch. Her role is to ensure that the ASA Child Protection Policy and Procedure is followed by the Club.

If anyone wishes to contact Belinda there is a confidential email address: [welfare@colne-asc.co.uk](mailto:welfare@colne-asc.co.uk).

Belinda is also available to talk to at Club training sessions.

There is also a confidential ASA Swim Line number should anyone want to talk to anybody outside the Club.

Swim Line: **0808 100 4001**

NSPCC Child Protection Helpline: **0800 800 500**

Or you can text: **0800 056 0566**



### ASA National Masters Championships 2005

The ASA National Masters were held from Friday 28th to Sunday, 30th October at Ponds Forge International Sports Centre in Sheffield. There were six members of the Masters Team competing, the most we have ever had. There was also a seventh in Jayne Whalley (30-34) who was representing the GB Police rather than Colne.

On the Friday, Tony Catterall (55-59), Bob Whittaker (35-39), Karen Driver (30-34) and Chris Wood (19-24) took part in the 1500m Freestyle, which is 60 lengths of the pool!

Tony (21:19.22) and Karen both finished 3rd, with Karen setting a new personal best of 19:39.72, she also established a new best for 400m (5:05.81) during the swim. Bob (20:18.31) and Chris (18:45.57) just missed out on the medals in 4th place, but both set new personal bests.

On Saturday morning Tony finished 2nd in the 400m Individual Medley (6:17.44) and 200m Backstroke (3:01.83). Later that morning Philip Croxall and Steve Smith (35-39) took part in the 100m Freestyle, with Steve finishing 6th in 57.29 and Philip in 11th in a new personal best time of 59.60, which was the first time under a minute.

The afternoon session saw Chris, Bob and Karen taking part in the 400m Freestyle, with Karen finishing 3rd setting new personal bests for 400m (4:56.38) and 200m (2:25.35). Chris finished 5th in 4:41.06 and Bob finishing 8th in 5:14.02, again both personal bests. Tony then took another 2nd place, this time in the 200m Butterfly (3:20.86). And then after a lengthy delay due to equipment failure, Philip competed in the 100m Breaststroke and finished 13th in 1:17.07.

On Sunday morning there was no stopping Karen who powered to 3rd place in 10:08.65, yet again another personal best. Tony also finished 3rd in 11:13.84, whilst Chris (9:39.87) was 4th and Bob (10:43.40) was 5th, again both setting personal bests. Philip then swam the 200m Individual Medley to finish 8th setting a new short course personal best in 2:34.33.

Jayne swimming for the GB Police finished 3rd in 50m Butterfly (31.65) and 50m Freestyle (28.95) and finished 7th in 50m Breaststroke (38.72). She also took part in several relays for the Police.

## ANNUAL PRESENTATION AND DISCO

Barrowford Civic Hall

Friday, 2nd December 2005  
7:00pm - 11:00pm

Presentation: 8pm approx.

### Hawaiian 'Iron-Man' Triathlon

Swimming Club teacher, Chris Domoney has just competed in the gruelling 'Iron-Man' triathlon held in Hawaii.

He completed the 2.4 mile swim, 112 mile bike ride and a 26.2 mile in just over 11 hours! Finishing seventh in the 50-54 years age group.



Chris in action