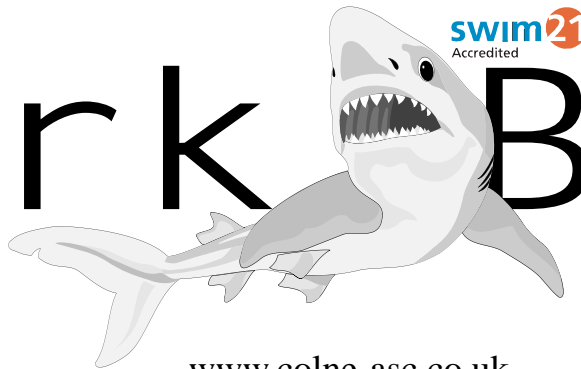


# Shark Bytes



Affiliated Club



[www.colne-asc.co.uk](http://www.colne-asc.co.uk)

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Colne Amateur Swimming Club Newsletter: November 2007

Issue: 48

## ASA National Masters & Senior Age Group Championships 2007

From Friday, 26th till Sunday, 28th October it was the ASA National Masters & Senior Age Group Championships 2007 held at the Ponds Forge International Sports Centre, Sheffield. Two member of the Colne ASC Masters Team took part, they were Stephen Smith and Philip Croxall, both swimming in the 35 to 39 years age group.

On the Friday, it was Philip swimming in the 100m Breaststroke, in which he finished 10th place in a time of 1 min 14.90 seconds, which was a new lifetime personal best by 1.2 seconds.

On the Saturday, Philip finished 7th in the 400m Freestyle with a time of 4 min 56.00 seconds, and then in the afternoon he finished 6th in the 200m Breaststroke with a time of 2 min 45.43 seconds, which was a personal best by 4.5 seconds.

Next up was Stephen who finished 2nd in the 100m Freestyle in a time of 55.01 seconds, losing out by 0.04 of a second!

On the Sunday Philip finished 6th in the 50m Breaststroke with a time of 34.11 which was the best he has done for 19 years. He then finished 14th in the 50m Freestyle with a time of 27.24 which was also a new personal best, but he lost out to Stephen who powered to 4th place with a time of 25.44 seconds.

## Betty Petty Style Trophy

This years Betty Petty Style Trophy will be held on Saturday, 17th November. The event will start at 6:00pm until 8:00pm, with the swimmers being judged upon their starts, turns and style for backstroke, breaststroke and frontcrawl.

This competition is open to all swimmers aged 15 years or under, except previous winners who are not allowed to take part.

## Christmas Sprint Gala

This years sprint gala will take place on Thursday, 6th December. Warm-up at 6:45pm with the competition starting at 7:00pm. This is open to all member of the Club and there is even a race for teachers and parents. Everybody will only swim a maximum of 25 metres for all of the four strokes.

## Entry Forms

All entry forms are either available from Mrs Croxall, or they can be downloaded from the Club's website.

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

## Teachers Meeting

At the recent teacher's meeting it was stressed that ALL swimmers must wear a swimming cap during lessons.

Any swimmer arriving for their lesson more than 5 minutes late will not be allowed in the water.

Water bottles must be collected from the pool side at the end of the lesson.

It is recommended that ALL swimmers have water bottles to reduce the risk of dehydration.

## SPOT-ON Competition

The 'Spot-On' Competition is open to ALL members of the Club, yes that does include parents and teachers.

The aim is to get as close as possible to your submitted time.

For instance if you submit 40 seconds for the two lengths and then swim the distance in 38.64 seconds, you would be 1.36 seconds off target.

This event will take place on Thursday, 22nd November in the middle of the second Championship Gala.

It only costs £1 to enter, so have a go, you never know you may beat your child and win the £20 first prize.

## Championships Galas

This years Championships Gala will take place on the Thursdays of 15th and 22nd November.

The warm-up starts at 6:45pm on each night, with the competition starting at 7:00pm.

The events are open to all swimmers who have been a member since 1st July and have at least 50% attendance. If you don't meet the criteria then you will be allowed to swim for times only.

## Aquateers Swim Clinic

On Thursday, 11th October we had a visit from Mel Marshall, who ran the entire session. The younger swimmers concentrating on the basics of stream-lining and the older performing skill sets. The next one is on Thursday, 31st January 2008 and will be run by Sarah Price.

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.

Would all Members please note that Colne Swimming Club will not be held responsible for any injury caused to a swimmer failing to turn up on time for their lesson, and thus missing the vital warm-up part of the session.

Could anybody changing their address or telephone number please inform the Secretary.

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](mailto:press@colne-asc.co.uk)

## Forthcoming Events:

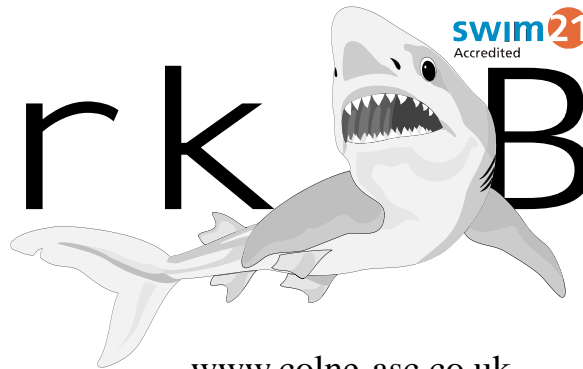
7th November	Committee Meeting. Colne Cricket Club. 8pm
15th November	1st Championship Gala
16th November	Friendly League Swim-Offs. Pendle Leisure Centre.
17th November	Betty Petty Style Trophy.
18th November	ASA National Masters Inter County Competition

22nd November	2nd Championship Gala inc. Spot-On
6th December	Xmas Sprint Gala
7th December	Annual Presentation and Disco.
14th December	Last Adult Learners before Christmas
20th December	Last Club Session before Christmas
3rd January	Club Sessions resume after Christmas

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## Warburtons Age Group Galas

This years Warburtons Age Group Galas were held at the Castle Leisure Centre, Bury on three consecutive Sundays, 7th, 14th and 21st October.

**Gala No.1** There were one 1st place, two 2nd places and three 3rd places amongst the swimmers, and with 15 new personal bests being set.

**Ainsley Dibb** (12yrs) was 29th in 100m Freestyle in a new personal best time and 29th in 50m Breaststroke in a new personal best time.

**Jack Workman** (15yrs) was 3rd in 100m Backstroke in a new personal best time, 2nd in 50m Butterfly, 4th in 100m Breaststroke in a new personal best time and 3rd in 50m Freestyle in a new personal best time.

**Lewis Fox** (16yrs/over) was 3rd in 100m Freestyle, 4th in 50m Butterfly and 5th in 50m Breaststroke in a new personal best time.

**Daniel Fox** (11yrs) was 7th in 200m Individual Medley and 7th in 100m Backstroke in a new personal best time.

**Ashleigh Dibb** (9yrs) was 8th in 50m Freestyle in a new personal best time and 7th in 50m Butterfly in a new personal best time.

**Olivia Pratt** (10yrs) was 13th in 50m Backstroke in a new personal best time and 17th in 50m Breaststroke in a new personal best time.

**Jack Coyne** (10yrs) was 11th in 50m Backstroke and 14th in 50m Breaststroke.

**Bethany Gribble** (13yrs) was 14th in 50m Backstroke in a new personal best time and 16th in 100m Freestyle in a new personal best time.

**Joseph Gillam** (15yrs) was 1st in 100m Breaststroke in a new personal best time and 2nd in 50m Freestyle in a new personal best time.

**Gala No.2.** There were two 2nd places and two 3rd places and 16 new personal best amongst the 23 swims completed.

**Morgan Hartley** (11yrs) was in 4th 100m Breaststroke in a new personal best time, 11th in 50m Freestyle, 7th in 100m Butterfly in a new personal best time and 12th in 50m Backstroke.

**Ainsley Dibb** (12yrs) was 28th in 100m Backstroke in a new personal best time, 29th in 50m Butterfly in a new personal best time and 24th in 50m Freestyle

**Ashleigh Dibb** (9yrs) was 5th in 50m Breaststroke in a new personal best time and 8th in 50m Backstroke in a new personal best time.

**Olivia Pratt** (10yrs) was 18th in 50m Butterfly in a new personal best time and 21st in 50m Freestyle in a new personal best time.

**Jack Coyne** (10yrs) was 10th in 50m Butterfly in a new personal best time.

**Daniel Fox** (11yrs) was 15th in 50m Freestyle and 10th in 50m Backstroke.

**Jack Workman** (15yrs) was 5th in 50m Backstroke in a new personal best time, 4th in 100m Freestyle in a new personal best time and 4th in 50m Breaststroke.

**Lewis Fox** (16yrs/over) was 5th in 50m Freestyle, 2nd 100m in Butterfly in a new personal best time and 3rd in 50m Backstroke.

## Warburtons (continued)...

**Joseph Gillam** (15yrs) was 3rd in 100m Freestyle in a new personal best time and 2nd in 50m Breaststroke.

**Charlotte Beech** (13yrs) was 10th in 50m Butterfly.

**Gala No.3.** The swimmers continued their success from the previous two galas and achieved a total of 3 medals on the day: one 1st and two 2nd places with no fewer than 9 personal bests. Four of the swimmers also achieved Lancashire Qualifying Times.

**Emily Cott** (14yrs) was the outstanding swimmer achieving one 1st place in 100m Backstroke. Other successful swims included: **Jack Workman** (15yrs) achieving a 2nd place in 200m Individual Medley a new personal best; and **Lewis Fox** (16yrs/over) achieving a 2nd place in 200m Individual Medley. All three swimmers attained Lancashire Qualifying Times.

**Charlotte Beech** (13yrs) was the only other swimmer to attain the Lancashire Qualifying Time finishing 7th in 50m Freestyle in a personal best time.

The other swimmers were:

**Morgan Hartley** (11yrs) was 8th in 100m Freestyle setting a personal best.

**Daniel Fox** (11yrs) was 13th in 100m Freestyle and 8th in 50m Freestyle, both were personal bests.

**Ashleigh Dibb** (9yrs) was 5th in 100m Individual Medley in a personal best time.

**Olivia Pratt** (10yrs) was 20th in 100m Individual Medley in a personal best time.

**Jack Coyne** (10yrs) was 8th in 100m Individual Medley.

**Ainsley Dibb** (12yrs) was 22nd in 50m Backstroke equalling her personal best.

**Bethany Gribble** (13yrs) was 14th in 50m Freestyle setting a new personal best.

## Teaspoon Gala

On Sunday, 23rd September it was the turn of the younger swimmers as they took part in the 25th Annual Teaspoon Gala at Ponds Forge International Sports Centre, Sheffield. 10 swimmers had entered 37 events between them with 10 finals being achieved and 25 new Personal Bests being set. All the events were over 50 metres. The winners of each event are presented with a Teaspoon, of which only Joshua Finch was able to win one.

**Ainsley Dibb** (12) finished 26th in 50m Butterfly new PB, 26th in 50m Breaststroke new PB, 26th in 50m Backstroke new PB and 27th 50m in Freestyle new PB; **Alex Berry** (12) finished 4th 50m in Backstroke new PB, 5th in 50m Butterfly new PB, 9th in 50m Freestyle new PB and 12th in 50m Breaststroke; **Bethany Gribble** (13) finished 20th in 50m Freestyle new PB, 25th in 50m Butterfly new PB and 26th 50m Backstroke new PB; **Bethany Moore** (13) finished 19th in 50m Backstroke, 26th in 50m Freestyle new PB and 29th in 50m Breaststroke new PB; **Emily Cott** (14) finished 5th in 50m Butterfly new PB, 6th in 50m Freestyle, 6th in 50m Backstroke and 18th in 50m Breaststroke; **Jack Coyne** (10) finished 11th in 50m Breaststroke new PB, 18th in 50m Freestyle and 19th in 50m Butterfly new PB; **Joshua Finch** (15+) finished 1st in 50m Butterfly, 6th in 50m Freestyle new PB, 8th in 50m Breaststroke new PB and 12th 50m in Backstroke new PB; **Molly Frankland** (12) finished 12th in 50m Breaststroke, 21st in 50m Butterfly, 24th in 50m Backstroke and 25th in 50m Freestyle new PB; **Morgan Hartley** (11) finished 10th in 50m Butterfly, 12th in 50m Breaststroke new PB, 14th in 50m Freestyle new PB and 23rd in 50m Backstroke; **Olivia Pratt** (10) finished 21st in 50m Butterfly, 27th in 50m Freestyle new PB, 28th in 50m Backstroke new PB and 34th in 50m Breaststroke new PB.

## ASA North East Region Masters Championships 2007

On Saturday, 22nd September, four members of the Colne ASC Masters Team travelled to The Hydro Pool, Harrogate to take part in the ASA North East Region Open Masters Meet 2007.

Swimming in the 65-69 years age group was John Penswick who finished 1st in 100m Backstroke, 100m Breaststroke, 50m Breaststroke and 50m Backstroke.

In the 35-39 years age group were Stephen Smith, who finished 1st in 50m, 100m and 200m Freestyle events; Philip Croxall who finished 1st in 50m Backstroke in a new personal best time, 50m and 100m Breaststroke, was 3rd in 50m Freestyle, 100m Individual Medley, 100m Backstroke and 100m Butterfly, and 4th in 50m Butterfly and 100m Freestyle.

Bob Whittaker finished 1st in 200m Backstroke in a new personal best time, 2nd in 100m Backstroke in a new personal best time and 200m Freestyle, 3rd in 50m Backstroke, 5th in 100m Freestyle and 7th in 100m Individual Medley.

## Birthdays - November

1st James Barker; 3rd Nicol Ormerod; 5th Ross Munroe; 6th Emma Scott-Miller; 10th Rachel Ingham; 11th Timothy Scott-Miller, Niamh Mullany and Victoria Gill; 12th Georgina Dent; 13th Joanna Holt; 17th Chloe Durcan and Lucy Williams; 19th Bethany Smith; 21st Dominic Hartley and Charlotte Brown; 22nd Joshua Finch; 25th Francesca Santabarbara; 30th Aimee Husnjak.