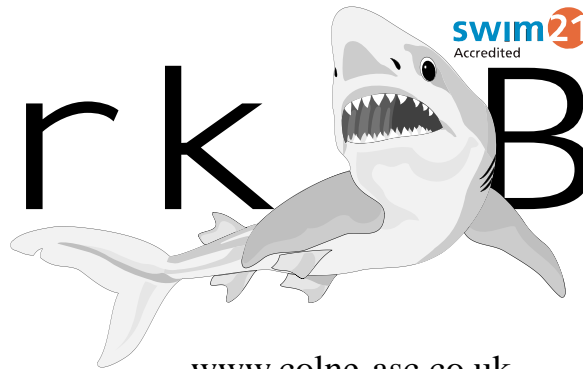


Shark Bytes



Affiliated Club



www.colne-asc.co.uk

only
60p

Colne Amateur Swimming Club Newsletter: June 2008

Issue: 53

Masters Round-Up: Perth to Gateshead

Two members of the Colne ASC Masters Team travelled all the way to Perth, Australia to take part in the **XII FINA Masters Championships 2008**. This is the biggest competition that FINA undertakes with in excess of 5000 people competing in the various disciplines of Swimming, Synchronised Swimming, Diving, Water Polo and Open Water Swimming.

The event ran from 15th April until 25th April at the Challenge Stadium in Perth, which had no less than **five** pools in the complex, a 10 lane outdoor 50m pool (competition pool), an 8 lane outdoor 50m pool (warm up pool), an 8 lane indoor 50m pool (competition pool), a 10 lane outdoor 25m pool (water polo) and an indoor diving pool (diving and synchronised swimming).

Karen Driver and **Philip Croxall** both in the 35 to 39 years age group took part.

On Friday, 18th April, Karen took part in the 800m Freestyle in the outdoor pool and she was in the 32nd of 35 heats, with older age groups swimming first (90 years +). By the time Karen was ready to swim the sun had set and the stadium lights were on, but then the competition in the outdoor pool was suspended due to a thunderstorm. After much debate amongst the officials, some of the remaining 6 heats were switched to the indoor pool, once the men had finished their 800m Freestyle and last few on the following Tuesday. Karen swam her 800m in a time of 10 min 17.89 seconds which was a new personal best, but due to the thunderstorm she had to wait until Tuesday, 22nd April when all the women had finished their swims. Karen was delighted as she had finished 6th.

On Saturday, 19th April it was the turn of Philip in the 100m Breaststroke in the outdoor pool, where he finished 13th in a personal best time of 1 min 19.42 seconds.

On Wednesday, 23rd April Philip was swimming again, this time in the 200m Breaststroke, again in the outdoor pool. He finished 10th in a personal best time of 2 min 53.40 seconds.

On Thursday, 24th April it was Karen's turn again. She finished 8th in the 400m Freestyle in the outdoor pool with a time of 5:04.21.

(Continued overleaf)



Swim Clinics

On Saturday, 10th May, Dave Crouch ran his second Starts and Turns clinics concentrating on Butterfly and Backstroke. This clinic was paid for from the **Awards for All** grant.

On Thursday, 22nd May, top British Swimmer **Steve Parry** known as **The Big Show**, who finished 3rd in the **200m Butterfly** at the Athens Olympics in 2004, held a Swim Clinic concentrating on aspects of Butterfly. There was a one hour session for the younger swimmers and a harder one hour session for the older swimmers. The swimmers enjoyed the sessions given by Steve.

These clinics are run by Total Swimming, who get big name swimmers, either current or just retired - as in the case of Steve Parry - to run them.

This clinic was the third of four such clinics which was provided by a Grant from **Awards For All**. The forth and last clinic will be held in October by Chris Cook who will be representing Britain in the forth-coming Beijing Olympics. Hopefully he will bring back a medal to show our swimmers.

Club Timekeepers Course

There will be a Club Timekeepers Course held on Thursday, 19th June at Pendle Leisure Centre from 7pm. Attendees **must** be 14 years or over and a member of a club affiliated to ASA. There will be one session of theory followed by a practical assessment. And it is **FREE!**

Friendly League

On Monday, 28th April our Friendly League Team were in action away to Ramsbottom. We managed to come away with a win under our belt, with several swimmers registering personal bests. This is the first time we have ever completed the double over Ramsbottom.

On Friday, 9th May, Colne ASC travelled to the Hyndburn Pool in Accrington to take on Pioneer '79 in our latest fixture in the Friendly League. Despite the young Colne swimmers setting 11 personal bests between them, it was Pioneer who were victorious by 67 points to 52.

The next fixture is at Home to Great Harwood on Thursday, 12th June. Warmup 7:30pm for 7:45pm start.

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

Forthcoming Events:

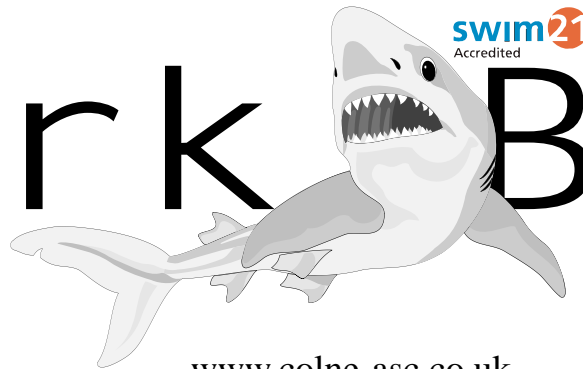
7th/8th June	ASA North-West Region Age Group Championships
12th June	Friendly League. Home to Great Harwood
14th/15th June	ASA North West Region Age Group Championships
14th June	Micro League Fixture. Away at Salt Ayre.
19th June	Club Timekeepers Course.

20th-22nd June	British Masters Championships. Manchester.
2nd July	Committee Meeting
3rd July	Own Age Group Gala
5th July	Micro League Fixture. At Home.
10th July	Friendly League Fixture. Home to Haslingden.
24th-27th July	ASA National Age Group Championships

Shark Bytes



Affiliated Club



www.colne-asc.co.uk

Colne Amateur Swimming Club Newsletter: June 2008

Page: 2

Masters Round-Up: Continued

On Friday, 25th April, Karen did her final swim in the Swan River as she took part in the 3 km Open Water Swim. She finished 19th in her first ever open water swim in a time of 47 minutes and 32 seconds, and she vowed never ever to do one of those swims again due to the mucky choppy waters which also contained jellyfish!

Meanwhile several thousand miles away in Glasgow, Scotland, another member of the team was taking part in the **Scottish National Masters Championships** at the Tollcross Leisure Centre on the 25th and 26th April.

Steve Craig (50-54) was taking part in his first ever masters competition. He finished 3rd in 200m Freestyle and 400m Freestyle events and 7th in the 50m Freestyle.

On Saturday, 10th May, four members of the Colne ASC Masters Team travelled over to sunny Scarborough to take part in the **Yorkshire S.A. Open Masters & 18-24 Age Group Championships 2008**. This years competition was harder than previous years as the number of people competing had increased.

Swimming in the 40 to 44 years age group was **Stephen Smith** who won both the 50m and 100m Freestyle events.

In the 50 to 54 years age group was **Steve Craig** who was 5th in 50m Freestyle, 6th in 100m Freestyle and 4th in 100m Individual Medley, with 50m Freestyle and 100m IM being swum in personal best times.

In the 35 to 39 years age group were **Philip Croxall** and **Bob Whittaker**.

Philip finished 2nd in 100m Butterfly, 3rd in 50m Breaststroke and 100m Backstroke, 4th in 200m Freestyle, 50m Backstroke and 100m Individual Medley, 5th in 100m Breaststroke, 6th in 50m Freestyle and 100m Freestyle and 7th in 50m Butterfly, with the 100m Backstroke being swum in a new personal best time.

Bob finished 4th in 100m Backstroke, 5th in 200m Freestyle and 50m Backstroke, 8th in 100m Individual Medley and 9th in 50m Freestyle.

(Continued overleaf)

Birthdays - May

1st Francesca Roberts; 3rd Callum Grant and Allana Shaw; 4th Cherry Whittaker and Ishmeel Iqbal; 5th Niall Ratcliffe; 6th Jonathon Beech; 7th Annabel Chadwick; 8th Sophie Jee and Elizabeth Jennings; 10th Charles Nolan and Jack Melling; 13th David Pratt; 14th Anne Fry; 16th Grace Heavy and Annie Heavy; 20th Katie Ruane; 21st Nicholas Staton; 24th Emma Burniston and Jamaal Iqbal; 25th Laura Foulkes; 27th Rhiannon Day; 28th Claire Maden; 31st Samantha Burniston.

Birthdays - June

3rd Charlotte Beech and June Foulkes; 4th Aneurin Robinson; 7th Amanda Kelly; 8th Joseph Gillam; 9th Lewis Glasgow; 12th Ed Munday; 14th Thomas Flannagan; 15th Chris Bates; 19th Jamie Partridge; 20th Cherry Wilkinson; 27th Amelia Horth; 29th Isaac Rowan and Dan Scothern; 30th Bryony Bancroft.

Central Lancashire Championships 2008

On the 19th April, Colne ASC had 13 swimmers competing at the **Central Lancashire Championships & Age Groups** (Manchester Aquatics), all the swimmers gave a good account of themselves. A total of 5 medals were achieved on the day with two 1st places, one 2nd and two 3rd places, with no fewer than 40 personal best times. For several swimmers it was their very first time competing, added to the fact it was in a 50m pool (two lengths at Colne) which made it even more daunting.

In the 9yr Age Group: **Ashleigh Dibb** achieved 1st place in the 50m Breaststroke and Backstroke, a 2nd 50m Butterfly, a 3rd 50m Freestyle and 50th 200m Open Individual Medley with 3 personal best times; **Samantha Titterton** finished 8th 50m Breaststroke, 7th 50m Freestyle, 56th 200m Open Individual Medley, 6th 50m Backstroke and a 5th 50m Butterfly all in personal best times; and **Jonathan Beech** finished 12th 50m Breaststroke and 7th 50m Freestyle.

In the 11yr Age Group: **Jack Coyne** finished 22nd 50m Breaststroke, 15th 50m Freestyle, 43rd 200m Open Individual Medley, 16th 50m Backstroke and a 8th 50m Butterfly all in personal best times; **Charlotte Titterton** finished 16th 50m Breaststroke and Freestyle events, 55th 200m Open Individual Medley, 23rd 50m Backstroke and a 21st 50m Butterfly all in personal best times; and **Olivia Pratt** finished 23rd 50m Breaststroke, 21st 50m Freestyle, 51st 200m Open Individual Medley, 18th 50m Backstroke and Butterfly events all in personal best times.

In the 12yr Age Group: **Ainsley Dibb** finished 16th 50m Breaststroke, 12th 50m Freestyle, 54th 200m Open Individual Medley, 17th 50m Backstroke and 21st 50m Butterfly with 3 personal best times.

In the 13yr Age Group: **Chris Bates** achieved a 3rd place in the 50m Backstroke, 6th 50m Breaststroke and Freestyle events all in personal best times; **Alexander Berry** finished 9th 50m Breaststroke, 8th 50m Freestyle, 7th 50m Backstroke and Butterfly events; and **Charlotte Beech** finished 4th 50m Freestyle and 10th 50m Butterfly.

In the 14yr Age Group: **Bethany Gribble** finished 53rd 100m Open Backstroke, 12th 50m Freestyle, 10th 50m Backstroke, and 61st 100m Open Freestyle.

In the Open Age Group: **Jack Workman** finished 5th place in the 100m Backstroke, 7th 100m Breaststroke and 8th 100m Backstroke; and **Rebecca Berry** finished 45th place in the 100m Backstroke, 46th 100m Breaststroke and 59th 100m Freestyle all in personal best times.

Micro League

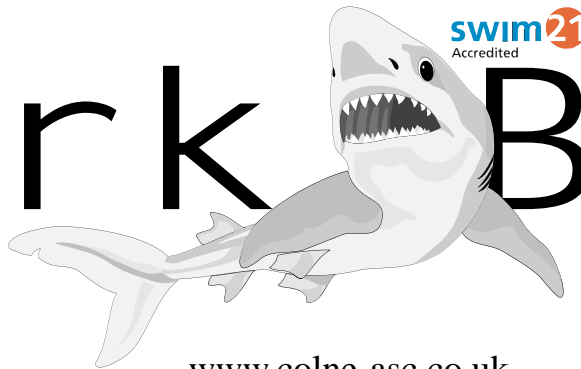
On Sunday, 27th April our Micro League Team travelled to Salt Ayre Pool in Lancaster. This is a league for the younger members, and is the first step on the competition ladder. The opposition was Lancaster, Ormskirk and Southport B. The swimmers gave a very creditable performance with most of them registering personal bests, but we could only manage fourth place. One of our 9 year old swimmers managed to break his arm on the morning of the competition and we were unable to find a replacement at such short notice.

The next fixture is away at Salt Ayre, Lancaster on Saturday, 14th June. Coach leaves Sports Centre at 3:15pm for a 5:00pm warm-up.

Shark Bytes



Affiliated Club



www.colne-asc.co.uk

Colne Amateur Swimming Club Newsletter: June 2008

Page: 3

Masters Round-Up: Continued

On Saturday, 31st May, five members of the Masters Team travelled up to the Felling Pool in Gateshead to take part in the **Gateshead & Whickham Masters Meet 2008**.

It proved to be a golden trip as no less than 20 wins were recorded in the 28 events participated in.

Steve Smith swimming in the 40 to 44 years age group proved to be fastest swimmer in the pool as he powered his way to victory in the 50m and 100m Freestyle events.

Tony Catterall swimming in the 60 to 64 years age group recorded 8 wins and 2 second places, with victory in the 200m Backstroke, 200m Freestyle, 100m Individual Medley, 200m Butterfly, 400m Individual Medley, 200m Breaststroke, 400m Freestyle and 200m Individual Medley. He was second in the 100m Breaststroke and 100m Freestyle events.

Philip Croxall in the 35 to 39 years age group won 5 of the 6 events he entered with victory in 100m and 200m Breaststroke events and the 100m, 200m and 400m Individual Medley events, with a second place in the 50m Breaststroke.

Karen Driver was also competing in the 35 to 39 years age group where she won 4 of her 5 events, with victory in the 50m, 100m, 200m and 400m Freestyle events and a second place in the 50m Breaststroke. She also surpassed herself by recording a new personal best time in the 100m Freestyle.

Steve Craig was competing in the 50 to 54 years age group where he finished 1st in the 50m Breaststroke recording a new personal best time in the process. He also had 2nd place finishes in the 100m and 400m Freestyle, and 3rd places in 50m and 200m Freestyle events.

Club Shop

The Club Shop range has now been extended to include 'Hoodies'. These are available to order and come in a range of colours. Each 'Hoodie' will be emblazoned with the Club logo along with a name, but this is optional. See Mrs. Sheila Cott if you are interested in purchasing one.

Childrens Sizes

5/6	(28")	
7/8	(30")	
9/11	(32")	£11.50
12/13	(34")	
14/15	(36")	£17.00

Adult Sizes

S, M, L, XL	£17.00
-------------	--------