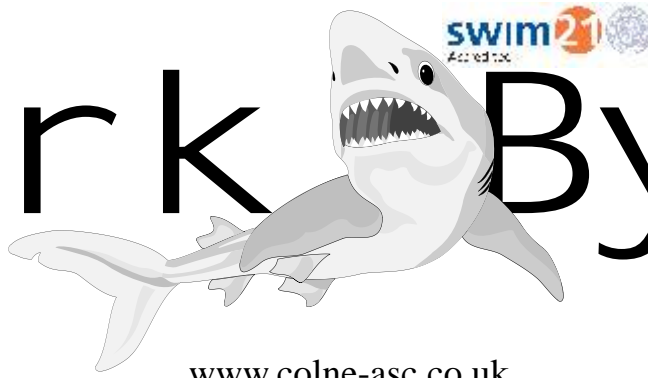


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Colne Amateur Swimming Club Newsletter: November 2008

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Cooky Monster Swim Clinic

On Thursday, 23rd October, Olympian Chris Cook held a Breaststroke Swim Clinic.

Chris finished 6th in the final of the 100m Breaststroke in Beijing and he is a double Commonwealth Gold Medalist after winning the 50m and 100m Breaststroke events.

This clinic was our forth and last provided by a grant from Awards for All.

Chris 'IronMan' Domoney

IronMan and Colne ASC Teacher Chris Domoney has yet again competed in the gruelling IronMan Triathlon held in Kailua-Kona, Hawaii.

Chris completed the course in 11 hours 20 minutes and 12 seconds to finish 14th in the 55 to 59 years age group.

The IronMan Triathlon comprises of a 2.4 mile (3.8km) swim, 112 mile (180km) bike and a 26.2 mile (42km) run.

And some of you swimmers think 4 lengths is a long way!!!



Chris Cook (centre) with Club swimmers and teachers

Inter-County Masters

Four members of the Colne ASC Masters Team have been selected to represent Lancashire in the forthcoming Inter-County Masters being held at Macclesfield on Saturday, 15th November.

Stephen Smith, John Penswick, Philip Croxall and Chris Wood have been selected.

This is one of several meets stage around the country. The times are collated and then the points are allocated.

National Masters Championships 2008

From Friday, 24th October till Sunday, 26th October over 1000 masters competitors descended upon Sheffield for the **asa National Masters and Senior Age Group Championships**, held at the Ponds Forge International Sports Centre. Five members of the Colne ASC Masters Team joined them.

The star performers were **Karen Driver** and **Stephen Smith**, who between them won 3 national titles. Karen swimming in the 35 to 39 years age group dominated the 1500m Freestyle event winning in a time of 19 minutes 11.97 seconds which knocked off an incredible 16 seconds off her personal best. She also finished 2nd in the 800m Freestyle in 10 minutes 5.63 seconds which was also a new personal best, and was 4th in the 200m Freestyle in a time of 2 minutes 22.62 seconds.

Stephen swimming in the 40 to 45 years age group showed that he is the fastest 40 year old on the country by winning the 50m Freestyle in 24.74 seconds, which was a lifetime personal best. He also won the 100m Freestyle in a time of 54.90 seconds and was 2nd in the 200m Freestyle with a time of 2 minutes 7.10 seconds.

John Penswick swimming in the 70 to 74 years age group finished 3rd in the 1500m Freestyle with a time of 31 minutes 24.76 seconds which was a personal best.

Bob Whittaker swimming in the 35 to 39 years age group finished 6th in the 1500m Freestyle with a time of 22 minutes 4.16 seconds.

Philip Croxall also swimming in the 35 to 39 years age groups finished 4th in the 200m Breaststroke with a time of 2 minutes 47.49 seconds, was also 4th in the 400m Freestyle with a time of 4 minutes 45.22 seconds which was a new personal best by 4 seconds.

He also finished 6th in the 200m Individual Medley with a time of 2 minutes 33.98 seconds, which again was a new personal best, and was 8th in the 100m Breaststroke with a time of 1 minute 16.96 seconds.

(The photo shows Karen and Stephen poolside after finishing their respective 200m Freestyle events.)



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.

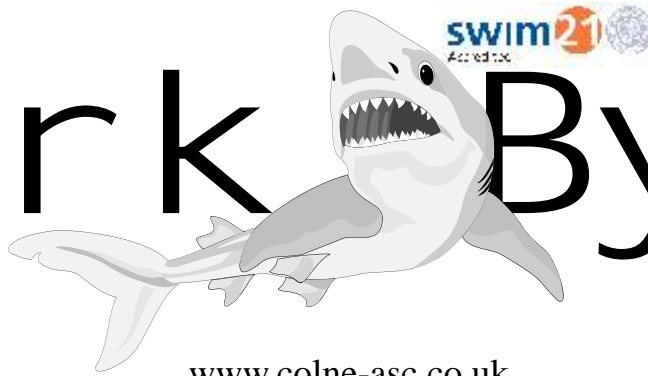
If anybody has any stories, items of interest, or anything they think will be suitable for the newsletter, then you can email me at the following address: press@colne-asc.co.uk

Forthcoming Events:

5th November	Committee Meeting. Colne Cricket Club
13th November	1st Championship Gala. Warm-up 6:45pm
14th November	Friendly League End of Season Gala
15th November	Betty Petty Style Trophy
15th November	Inter-County Masters. Macclesfield

20th November	2nd Championship Gala. Warm-up 6:45pm
3rd December	Committee Meeting. Colne Cricket Club
4th December	Christmas Sprint Gala
5th December	Annual Presentation and Disco. Colne Cricket Club
22nd December	Last Club Session of 2008
25th December	No Swimming Club. Christmas Day

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Birthdays - November

1st James Barker; 11th Timmy Scott-Miller and Niamh Mullaney; 17th Daniel Graham, Chloe Durcan and Lucy Williams; 18th Caitlin Taylor and Amy Louise Southern; 19th Bethany Smith; 21st Dominic Hartley; 22nd Joshua Finch; 25th Francesca Santabarbara.

Birthdays - December

2nd Thomas Wilson and Paul Wilson; 3rd Bob Whittaker; 5th Molly Frankland; 7th Ellie Butschok-Brain; 10th John Higginbottom; 11th Mick Charlwood; 13th James Marchant; 17th Samantha Titterton; 19th Stanley Hendley; 21st Olivia Little; 22nd Chris Domoney and Adam Parkinson; 23rd Herbie Farnworth.

Friendly League

On Monday, 13th October, we travelled to Great Harwood for our last Friendly League Fixture of the Season. In what proved to be a close contest, with races being decided by fractions of a second, Colne edged out their hosts by 61.5 points to 55.5. As Great Harwood's pool is only 22 yards long there was no record of anybody doing a personal best.

Final Standings:

Division 1	Won	Lost	Drawn	Points
Pioneer 79	8	0	0	16
Colne	5	3	0	10
Haslingden	3	5	0	6
Ramsbottom	3	5	0	6
Great Harwood	0	8	0	0

Division 2

Burnley	8	0	0	16
Accrington	4	4	0	8
Darwen	4	4	0	8
West Craven	4	4	0	8
Todmorden	0	8	0	0

This year there is an end of season gala which will be taking place at Colne Leisure Centre on Friday, 14th November. It starts at 7pm and a Colne team is required. There will also be teams from Pioneer 79, Burnley, Accrington and Darwen.

Please read the Notice Board to find out if you are swimming.

Championship Gala

This years Annual Championship Galas will be held on Thursday, 13th November and Thursday, 20th November.

Each gala will start at 7pm with the warm-up commencing at 6:45pm.

Entry forms are available from either Mrs Croxall or can be downloaded from the Club's Website:

www.colne-asc.co.uk/forms.html

Details of when the events take place can be found on the Notice Board.

Spot-On Competition

This years 'Spot-On' competition will be taking place as Event 11 on the second Championship Gala, that is Thursday, 20th November.

All members of the Club are eligible to have a go, it only costs £1 to enter. All you have to do is stipulate what time you will do 2 lengths in and then simply try and match that time when you swim.

Entry forms are available from Mrs Croxall or can be downloaded from the Club's Website:

www.colne-asc.co.uk/forms.html

Closing Date: Monday, 17th November.

Betty Petty Style Trophy

This years Betty Petty will take place on Saturday, 15th November starting at 6pm.

The Betty Petty Style will judge three different starts (backstroke, grab and track) along with three strokes (backstroke, breaststroke and front-crawl) over two lengths, so you have to get your turn correct as well.

Presentation and Disco

This years Annual Presentation and Disco will be held at the Colne Cricket Club, yes we are having a venue change, on Friday, 5th December.

The doors open at 7pm and Presentation of the Trophies will take place from 8pm.

Hopefully there will be food provided, but please read the Notice Board for more details.

North Lancashire Level 3 Meet 2008

On the 4/5th October, Colne ASC had 10 swimmers competing at the **North Lancashire Level 3 Meet** (Blackpool Palatine), all the swimmers gave a good account of themselves and for several swimmers it was their very first time competing. A total of 13 medals were achieved on the day with two 1st places, seven 2nd and four 3rd places, with no fewer than 51 personal best times and 8 speeding tickets for swimmers that went quicker than the qualifying time.

In the 9yr Age Group: **Samantha Titterton** achieved a 1st place in the 200m Freestyle, and speeding tickets in the 200m Breaststroke, 100m Individual Medley, 50m Butterfly, 50m Backstroke and 50m Freestyle all in personal best times.

In the 10yr Age Group **Stephanie Brook** finished 21st 50m Breaststroke, 22nd 100m Individual Medley, 26th 50m Backstroke and 26th 50m Freestyle all in personal best times.

In the 11yr Age Group: **Jack Coyne** achieved a 2nd place in the 200m Freestyle and 50m Butterfly, a 3rd place in the 100m Freestyle, 4th 100m Butterfly & 100m Breaststroke, 6th 200m Breaststroke, and 7th 100m Individual Medley all in personal best times; **Charlotte Titterton** achieved a 3rd place in the 100m Freestyle, 9th 100m Individual Medley, 15th 50m Backstroke, 23rd 100m Backstroke, 14th 50m Backstroke, 4th 100m Breaststroke and speeding tickets in 50m Breaststroke and 50m Freestyle, all in personal best times; and **Olivia Pratt** achieved a 3rd place in the 200m Butterfly, 6th 100m Freestyle, 11th 100m Individual Medley, 17th 100m Backstroke, 5th 100m Butterfly, 6th 200m Backstroke, 15th 100m Breaststroke and 6th 200m Freestyle with personal best times in seven events.

In the 12yr Age Group: **Morgan Hartley** achieved a 1st place in the 50m Butterfly, 2nd place in the 100m Butterfly, 3rd places in the 200m Breaststroke and 200m Freestyle, 7th 100m Breaststroke, 7th 50m Freestyle, 6th 200m Individual Medley, 9th 100m Freestyle and a speeding ticket in the 50m Breaststroke with personal best times in six events; **Daniel Grant** achieved a 2nd place in the 50m Freestyle, 11th 50m Butterfly, 8th 100m Butterfly, 12th 100m Freestyle, 11th 200m Freestyle, 7th 50m Backstroke and 13th 100m Backstroke with personal best times in six events; and **Emma Brooks** finished 4th 50m Freestyle, 14th 50m Backstroke, and 17th 50m Butterfly with personal best times in two events.

In the 13yr Age Group: **Francesca H-Bradley** achieved a 2nd place in the 50m Freestyle and 50m Butterfly, 8th 100m Freestyle and 8th 50m Breaststroke all in personal best times; and **Ainsley Dibb** finished a 9th place in the 100m Freestyle, 6th 200m Freestyle, 12th 50m Backstroke, 9th 100m Backstroke, 9th 200m Individual Medley and 11th 50m Breaststroke with personal best times in two events.