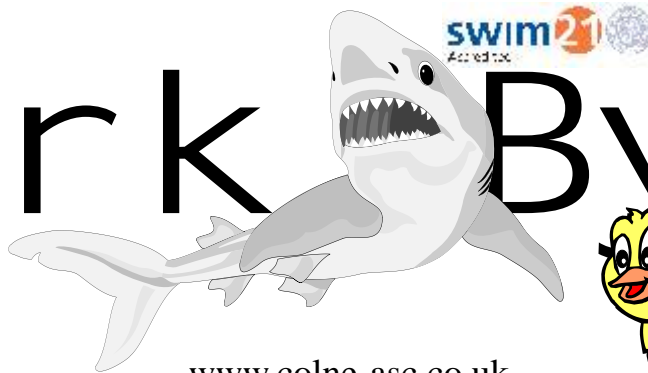
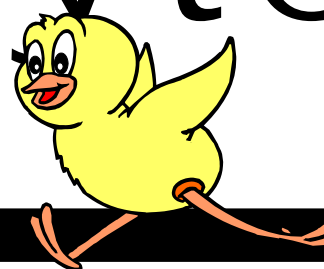


Shark Bytes



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Colne Amateur Swimming Club Newsletter: April 2009

Issue: 61

Centenary The Old Pool 1909 - 2009

The pool at which Colne Amateur Swimming Club was born opened its doors in 1909. The date was sculpted into the stonework above the entrance.

A local directory of 1933 not only lists the names of the occupiers of every house in the town but it also describes all the towns public building including the old swimming pool and this is it says: -

"PUBLIC BATHS situated in Ludgate Circus consists of one adult swimming pool 75 feet long by 30 feet wide with showers, foot baths and 105 dressing cubicles. Also a childrens swimming pool 30 feet long by 18 feet wide. Plus six private baths for males and four for females, two domestic baths and one remedial bath."

My own personal memory apart from the pool itself is of the old fashioned spin dryer for towels. It bore no resemblance whatsoever to the one you have at home.

It might be the centenary of the old pool but there is much more important centenary coming up isn't there? Should you be puzzled look on your membership card.



Stanley Hendley.

Friendly League

It has been a mixed start to the Friendly League Season with one victory and one defeat in the opening two galas.

On Thursday, 26th March, we played hosts to Burnley in our first Friendly League Fixture of the Season. Colne narrowly lost to Burnley by 61 points to 57. In what proved to be an exciting contest, either team could have won it with two races to go, but it was Burnley who edged us out. Despite this there were 25 new personal bests amongst the girls and 27 amongst the boys from Colne.

On Thursday, 2nd April, we played hosts to Haslingden in our next fixture. The first half the gala was quite even as both clubs traded wins, but it was in the second half of the gala when we showed our strength by winning two thirds of the remaining races. This meant that we won by 64 points to 54. During the course of the night the Colne boys set 19 new personal bests and the girls set 10.

Our next fixture is at home to Pioneer on Thursday, 23rd April.

Micro League

It has been a great start to the Micro League season with very good wins in both of our fixtures so far.

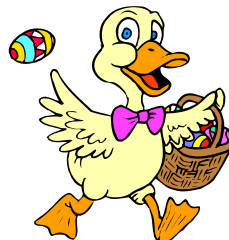
On Saturday, 7th March, we travelled to Preston's West View Pool to take part in our first fixture of the new Micro League season.

Swimming against teams from Carnforth, Preston and Newton Hall. The young swimmers of Colne started the season well winning 12 of the 32 individual races with 26 of them in new personal best times. They also won 6 of the 17 relay events including the big 8 x 25m Mixed Cannon Freestyle Relay.

This ensured that Colne finished on top with 138 points with Newton Hall 2nd on 123, Preston 3rd with 121 and Carnforth 4th with 97 points

On Sunday, 29th March, we again travelled to Preston's West View Pool to take part in our next Micro League Fixture. Swimming against teams from Preston, Clitheroe and Kirkham, Colne continued their fantastic start to the season by winning with 155 points. Preston finished in 2nd with 147 points, with Kirkham 3rd on 104 and Clitheroe 4th with 79 points. During the course of the gala there were 9 new personal bests set by the Colne swimmers, 3 by the boys and 6 by the girls.

The next Micro League fixture is at Colne on Sunday, 28th June.



Darlington Dolphin Masters

On Sunday, 29th March, 3 member of the Colne ASC Masters Team travelled up to Darlington to take part in the Darlington Dolphin Masters 2009.

Swimming in the 35 to 39 years age group was **Karen Driver**, who finished won the 50m Breaststroke, 100m Breaststroke, 100m Freestyle and 200m Freestyle, and finished 2nd in 50m Freestyle.

Swimming in the 40 to 44 years age group was **Stephen Smith** who finished 1st in the 50m Freestyle and 2nd in the 100m Freestyle.

Also in the 40 to 44 years age group was **Philip Croxall** who finished 2nd in 200m Freestyle, 3rd in 50m Breaststroke and 100m Breaststroke, 4th in 50m Freestyle, 6th in 100m Individual Medley and 7th in 100m Freestyle.

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:

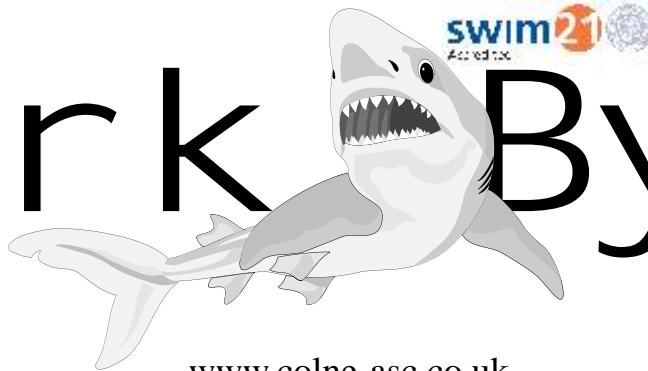
10th April	Good Friday.
12th April	Easter Sunday.
23rd April	Friendly League. Home to Pioneer.
24th-25th April	Scottish National Masters Championships.
30th April	Swimming Club Trials.



2nd/3rd May
16th May
18th May
4th June
6th/7th June
11th June

ASA North-West Region Youth Championships
Carlisle Masters Swim Meet 2009
Friendly League. Away at Haslingden.
Swimming Club Trials
ASA North-West Region Age Group Championships
Own Age Group Gala. Starts 7:00pm.

Shark Bytes



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Colne Amateur Swimming Club Newsletter: April 2009

Page: 2

Lancashire County Age Groups

On the **14-15th March** weekend, Colne ASC had 5 swimmers competing at the **Lancashire County Championships & Age Groups** (Manchester Aquatics), Sessions No.1 to 4. Only 1 medal was achieved over the weekend a 3rd place, reaching 1 final, 5 personal best times, and 3 ASA North West Region qualifying times.

Ashleigh Dibb competing in the 10yr Age Group achieved a 3rd place in the 50m Backstroke, a 4th place in the 50m Butterfly, and a 7th place in the 200m Individual Medley, all in personal best times with the latter in a North West Region qualifying time.

Samantha Titterton competing in the 10yr Age Group achieved a 12th place in the 200m Breaststroke, in a North West qualifying time, and 15th place in the 50m Backstroke, both in personal best times.

Morgan Hartley competing in the 12yr Age Group achieved a 14th place in the 100m Breaststroke in a personal best time.

Emily Cott competing in the 15yr Age Group achieved a 11th place in the 100m Freestyle.

Joshua Finch competing in the Open Age Group qualified 6th fastest for the 100m Butterfly, in a North West Region qualifying time but had to withdraw from the final and a 34th place in the 200m Freestyle.

On the **21-22nd March** weekend, Colne ASC had 3 swimmers competing at the **Lancashire County Championships & Age Groups** (Manchester Aquatics), Sessions No.5 to 8. Although no medals were achieved over the weekend all swims produced personal best times, with 2 ASA North West Region Age Group qualifying times.

Ashleigh Dibb competing in the 10yr Age Group achieved a 7th place in the 200m Backstroke, a 8th place in the 200m Freestyle and a 10th place in the 50m Freestyle, all in personal best times with the 200m events in a North West Region Age Group qualifying times.

Samantha Titterton competing in the 10yr Age Group achieved a 8th place in the 50m Breaststroke, a 19th place in the 200m Backstroke and a 31st place in the 50m Freestyle, all in personal best times.

Morgan Hartley competing in the 12yr Age Group achieved a 15th place in the 50m Breaststroke, a 27th place in the 50m Freestyle and was disqualified in the 200m Individual Medley due to an incorrect stroke, with all swims in personal best times.

Birthdays - April

1st Nathan Frost and Katie Farrar; 5th Bethany Gribble; 11th Isaac Iqbal; 19th Connor Banks; 20th Olivia Gregson, Lauren Pratt and Sarah Kelly; 24th Christian Butschok-Brain; 25th Taylor McDermott and Jasmine Holland; 30th Theo Rowan.

Birthdays - May

1st Francesca Roberts; 2nd Danielle Baxter; 3rd Callum Grant; 4th Ishmeel Iqbal; 6th Jonathan Beech, Alice Parkinson; 7th Annabel Chadwick; 10th Charles Nolan and Jack Melling; 15th Ruth Glasgow; 16th James Wilkinson, Grace Heavey and Annie Heavey; 19th Gregan Baker; 24th Jamaal Iqbal; 24th Emma Burniston; 25th Laura Foulkes; 28th Clare Maden; 31st Samantha Burniston.

Happy Easter

The Club session on Monday, 13th April is as normal, so there is no excuse to miss a training session.

Remember the more chocolate eggs you eat the harder you will have to train.

Swimming Club Trials

The next trials for entry into the Club are on Thursday, 30th April.

Small Pool	6:30pm
Large Pool	7:00pm

There will be no trials in May, so the next one will be on Thursday, 4th June.

Important News: Changes to Permitted Swimwear Rules

Following a meeting of the FINA Bureau in Dubai, the Bureau decided to revise the requirements for swimwear approval with a view to making them clearer, simple and transparent. To that end, they issued a 4-page document entitled the "Dubai Charter" which came into immediate effect (from Saturday 14th March 2009).

The full charter can be found on:

<http://www.fina.org/project/images/help/the%20dubai%20charter.pdf>

For all British Swimming events, the above has been adopted with immediate effect. This means that competitors may only wear **one swimsuit** in one or two pieces which shall not cover the neck, **extend past the shoulder**, nor past the ankle. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

For further information please check the ASA Website:

<http://www.britishswimming.org/>

