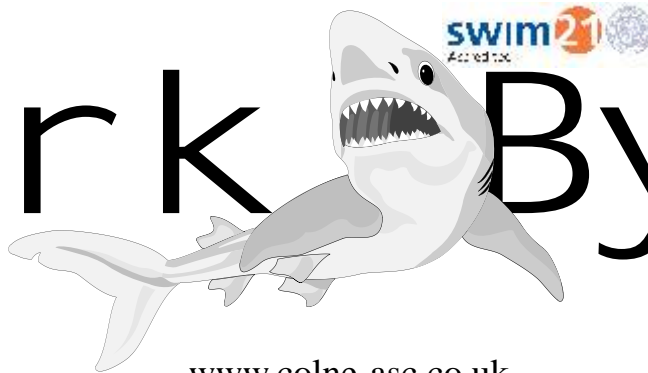


Shark Bytes



www.colne-asc.co.uk

Only
50p

Colne Amateur Swimming Club Newsletter: July 2009

Issue: 63

Lane Re-Organisation

During the course of the summer there will be lane re-organisation in the large pool for both the Monday and Thursday sessions which will be applied from 7th September.

Details of names of swimmers and which lane they are in will be displayed on the notice board/website well in advance.

Monday, 7th September Colne ASC will have the whole pool from 7:00pm - 9:00pm, there will be one lane available for the parents/teachers of Colne who are members of the Club.

Most Improved Swimmers

The most improved swimmers from January are:

Boys

1.	Michael O'Shea	15.67%
2.	Charlie Hesketh	15.47%
3.	Bradley Duffield	11.46%

Girls

1.	Molly Chapman	8.77%
2.	Stephanie Brooks	5.59%
3.	Olivia Pratt	3.70%



Molly Chapman receives her award from Chairman Martin Jackson, whilst Michael O'Shea receives his award from Club Coach Andrew Croxall.



Summer Holidays

Large Pool

Last Full Session: Thursday, 16th July

First Full Session: Monday, 3rd August

Small Pool

Last Full Session: Thursday, 16th July

First Full Session: Thursday, 13th August

Adult Learners

To be confirmed. See Notice Board for details.

There will be three lanes available for training during those two weeks.

Birthdays - June

2nd Abigail Harrison; 3rd Charlotte Beech and June Foulkes; 9th Lewis Glasgow and David Pickup; 11th Ronan Spencer; 15th Chris Bates; 19th Jamie Partridge; 20th Cherry Wilkinson; 23rd Lauren Mcleister; 26th Oliver Payton; 29th Isaac Rowan.

Birthdays - July

2nd Teri Baker; 4th Morgan Hartley; 6th Martin Jackson; 7th Reide Hartley and Chloe Mitchell; 8th Daniel Grant; 11th Brandon Taylor; 14th Grace Kalan; 15th Emily Hunt and Niamh Crabtree; 19th Tom Keaveny and Sheila Cott; 24th Sophie McCann; 26th Ainsley Dibb; 28th Aleksandr Zelinskij; 29th Harrison Bush; 30th Jonah Thomas-Kelly; 31st Jacob Kalan and Amanda Dibb.

Birthdays - August

1st Matthew Barnes; 2nd Callum Riley; 3rd Robert Nutter; 5th Rebecca Berry; 10th Bradley Duffield; 11th Emily Cott; 12th Lewis Southern; 15th Matthew Moroney; 18th Emma Baker; 19th Leon Manojlovic; 23rd Emily Rushton; 24th Brandon Ford; 29th George Rushton.

Micro League

On Sunday, 28th June and Saturday 4th July, we had our final two fixtures in the Micro League of the North West as we aimed for promotion.

The first of the two galas was held at the Pendle Leisure Centre with teams from Colne, Newton Hall, Leyland and Carnforth.

In the first half of the gala, Colne, Newton Hall and Leyland were trading wins, but it was in the second half that Colne and Newton Hall stretched out their lead over Leyland with the Colne team finishing winners by 6 points on 142. Newton Hall amassed 136 points in 2nd, with Leyland trailing in 3rd with 114 points. Leaving Carnforth in 4th place on 85 points.

The second of the two galas was held at the Ribblesdale Pool, Clitheroe with teams from Preston, Colne, Carnforth and Clitheroe.

It proved to be a close contest between Preston and Colne for the win, with Preston managing to edge out Colne by 152 points to 151. Carnforth finished in 3rd place with 91 points and the hosts Clitheroe finishing with 55 points.

Despite the narrow defeat in the last gala, Colne have amassed 590 points over their four fixtures, which should be enough for them to compete in the Division B Swim Off to be held at the Preston's West View Pool on Saturday, 19th September. A top two finish in that gala will secure promotion from Division C back to Division B.

Practice Session

On either Saturday, 12th or Sunday, 13th September there will be a Micro League practice session held at Pendle Leisure Centre. This will start at 6:00pm and last until 7:30pm. It is imperative that ALL Micro League swimmers attend this session as it is preparation for the Swim-Offs the following weekend.

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.

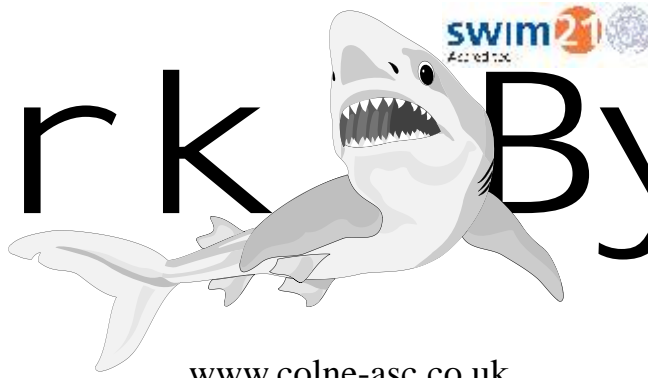
If anybody has any stories, items of interest, or anything they think will be suitable for the newsletter, then you can email me at the following address: press@colne-asc.co.uk

Forthcoming Events:

16th July	Last Full Club Session
3rd August	First Full Club Session
2nd September	Committee Meeting
3rd September	Swimming Club Trials
7th September	New Lane Re-Organisation Commences

12th September	Micro League Practice Session
14th September	Day One European Masters. Cadiz, Spain
17th September	Friendly League Fixture. At Home to Ramsbottom
19th September	Micro League Swim-Off. West View, Preston
20th September	Final Day European Masters. Cadiz, Spain.
25th September	Friendly League Fixture. Away at Pioneer

Shark Bytes



www.colne-asc.co.uk

Colne Amateur Swimming Club Newsletter: July 2009

Page: 2

Colne's Masters in Sparkling Form at the British Masters Championships.

The Championships were held June 19th -21st with over 600 swimmers of all ages travelling to **Cardiff International Pool** for a weekend packed with spectacular swims and a number of British and European records broken along with the occasional World record. Colne's trio of **Philip Croxall**, **Karen Driver** and **Stephen Smith** who will all be representing Great Britain at the European Masters Championships in Spain in September; were all on top form as they eclipsed many of the larger city swim teams by returning with a haul of 6 medals. **Karen** (competing in the 35-39 year category) opened up her account with a flawless display in the gruelling 1500m freestyle, swimming hard all the way to a new personal best time and winning gold in 19min 34.38s over a minute ahead of the rest of the field. Karen followed this up with a silver medal in the women's 400m freestyle with a time of 5min 1.23s. **Philip** (competing in the 40-44 year category) reaped the rewards for a season of hard training with a bronze medal winning performance in the mens 400m freestyle. Philip, who is not normally a distance freestyle swimmer was unlucky not to secure silver (missing out by only 2 seconds.) after a slow first half of the race Philip picked up the pace and finished very strongly in 5min 2.56s. Philip also backed this performance up with very good swims and season best times in the 200m individual medley (Finishing in 7th place with a time of 2min 37.87s), the 200m breaststroke (Finishing in 5th place with a time of 2min 54.92s), the 200m freestyle (Finishing in 4th place with a time of 2min 19.78s which was also a long course personal best), the 50m breaststroke (Finishing in 4th place with a time of 35.56s), and the 100m Breaststroke (Finishing in 5th place with a time of 1min 19.74s), with four of his swims being within 0.5 seconds of personal best times.

Stephen (competing in the 40-44 year category) was in blistering form as he dominated the mens 50m freestyle, powering down the pool in the fastest time he has swum for 20 years securing Gold in a 'Masters' best time of 25.72 seconds and edging him ever closer to the British Record for that event. Things got even better for the Colne team as a tired Karen Driver put in a truly amazing performance in the womens 800m winning Gold in a personal best time of 10min 17.41s again finishing well ahead of here closest rival, she then finished off with 6th place 100m freestyle in a personal best time of 1min 9.78s. Stephen cut things somewhat finer as he hung on to win Gold in the mens 100m freestyle by only 0.30 seconds in a time of 57.38 seconds (also a seasons best time). Both Karen and Stephen are now ranked in the top 10 in Europe and both will be going to Spain with medal aspirations – good luck!

All three swimmers now look forward to 12 weeks hard training before they fly out to Cadiz in Spain for the European Championships.



Philip, Karen and Stephen poolside with their medals

Coming Soon

Do any swimmers have a talent other than swimming?
Do some of the Parents have a talent?
Can you play a musical instrument?
Maybe you are good at singing and/or dancing?

If so, then Colne ASC will be holding a Talent Show in October. There are no age limits.

More information will be displayed on the Notice Board and Website.

Swimming Club Trials

The next trials for entry in to the Club, will be on Thursday, 3rd September

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

There is no need to register, just turn up on the night.

Gateshead Masters

On Saturday, 30th May, 4 members of the Colne ASC Masters Team travelled up to Gateshead for the Gateshead & Whickham Open Masters 2009.

Karen Driver swimming in the 35 to 39 years age group finished 1st in 100m Breaststroke, 200m Freestyle, 50m Breaststroke, 100m Freestyle, 50m Freestyle and 400m Freestyle.

Philip Croxall swimming in the 40 to 44 years age group finished 1st in 100m Individual Medley, 100m Backstroke, 200m Breaststroke and 100m Butterfly, and was 2nd in 100m Breaststroke and 50m Breaststroke.

Steve Craig swimming in the 55 to 59 years age group finished 1st in 100m Individual Medley, 1st in 100m Freestyle and 1st in 50m Freestyle and was 2nd in 50m Breaststroke.

Stephen Smith swimming in the 40 to 44 years age group finished 1st in 50m Freestyle and 100m Freestyle.

North West Region Masters Championships

On Saturday 4th July, only two members of the Colne ASC Masters team travelled to the Palatine Leisure Centre, Blackpool to take part in the North West Region Open Masters Championships.

Karen Driver swimming in the 35 to 39 years age group won the 100m Breaststroke and 200m Freestyle, with a 2nd place in 50m Breaststroke, a 3rd in 100m Freestyle and a 4th place in the 50m Freestyle.

Philip Croxall was swimming in a very competitive 40 to 44 years age group finished 2nd in 100m Breaststroke, was 3rd in the 200m Freestyle with a new personal best time, and also 3rd in 50m Breaststroke. In the 50m and 100m Freestyle events he was 4th, and was 5th in the 100m Individual Medley with his best time for over 15 years.

Next up for the two masters is the European Masters in Cadiz, Spain in September, where they will be joined by Stephen Smith.

Friendly League

On Monday, 22nd June, the team travelled to Ramsbottom for our latest fixture. It proved to be a one sided contest as the hosts ran out winners by 72 points to 48. The contest was much closer than the result suggests as there were a lot of close races with the majority being won by Ramsbottom. Despite this there were several personal bests by the Colne swimmers as they tried to stem the tide.

On Thursday, 2nd July we hosted Pioneer '79, in what is now turning into a poor season as we lost again, this time by 65 points to 51. This was despite an impressive 43 personal bests being set by the swimmers, they could not match the performances of the visitors.

The next fixture is on Thursday, 17th September when we are hosts to Ramsbottom.

Sponsored Swim

There will be a sponsored swim on Thursday, 15th October. The swim will comprise of four 25 minute session, and will require the swimmer to swim as many lengths as they can in the time allotted. The swimmer will be told which session they will be swimming based upon when their lessons are. Sponsor forms will be available in August.