

Destination Cádiz

The European Masters take place from 14th September through to 20th September. They are being held in Cádiz, Spain and three members of the Colne ASC Masters Team will be there.

Karen Driver will be competing in the 35 to 39 years age group where she will be doing the 800m Freestyle and 400m Freestyle events. She will also be doing the 5km Open Water Swim.

Philip Croxall will be competing in the 40 to 44 years age groups where he will be doing the 200m Individual Medley, 100m Breaststroke and 200m Breaststroke events.

Stephen Smith is also competing in the 40 to 44 years age group where he will be doing the 50m Freestyle and 100m Freestyle events.

All three swimmers are hoping for top ten finishes, with Karen and Stephen having a more realistic aim.

Schedule of Events:

Monday 14th	Opening Ceremony
Tuesday 15th	200m Individual Medley 800m Freestyle
Wednesday 16th	200m Freestyle 50m Breaststroke 100m Butterfly 4x50m Freestyle Relay
Thursday 17th	200m Butterfly 50m Backstroke 100m Breaststroke 4x50m Mixed Medley Relay 400m Freestyle (Men)
Friday 18th	200m Backstroke 50m Butterfly 100m Freestyle 4x50m Mixed Freestyle Relay 400m Freestyle (Women)
Saturday 19th	200m Breaststroke 50m Freestyle 100m Backstroke 4x50m Medley Relay Closing Ceremony
Sunday 20th	5km Open Water

National Success

At the **British Gas ASA National Youth Championships and British Gas National Championships 2009** held at the Ponds Forge International Sports Centre in Sheffield, 20 year old William Harrison took on the best swimmers in the country. The Colne swimmer was representing Bournemouth at the championships.

In the heats of the 50m Freestyle he finished equal 10th place in a time of 23.50 seconds, in the final he upped the pace to finish in 7th place with an improved time of 23.44. Of the British swimmers in the final he was 3rd.

In the 50m Butterfly he finished 9th in the heats with a time of 25.49 which qualified him for the final where he finished 7th in a time of 25.23 seconds. This was a new personal best time for William.



Jacob's Triathlon Challenge

Jacob Kalan has taken up a new challenge of triathlons.

Throughout the year he has done four events with his best being a 3rd place finish in the 13/14 year boys tristar 3.

He also competed in the open water event at the Salford Quays where he finished 5th in his age group and 11th overall in the 500m Novice Race.

Keep up the hard work Jacob, and you too could be heading to Hawaii to take part in the IronMan Triathlon.



Lane Re-organisation

The lanes are currently being re-organised and will be implemented from Monday, 7th September. We have been given sole access to the Main Pool, hence the need to re-structure.

The lanes and times that you have been chosen for will be displayed on the Notice Board and the Club's Website.

Bank Holiday Monday

There will be **no swimming club** on Bank Holiday Monday the 31st August. This is due to the Blues Festival.

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:

31st August	No Swimming Club. Bank Holiday Monday
2nd September	Committee Meeting. Colne Cricket Club
3rd September	Swimming Club Trials
5th September	Pendle Sports Awards
7th September	New Lane Re-organisation Commences

12th September	Micro League Practice Session. 6:00pm - 7:30pm
17th September	Friendly League. At Home to Ramsbottom
19th September	Micro League Swim-Offs. West View, Preston
25th September	Friendly League. Away at Pioneer '79
5th October	Friendly League. Away at Burnley
15th October	Sponsored Swim.

Sponsored Swim

On Thursday, 15th October we will be holding a sponsored swim, with proceeds going to Darien House, a children's hospice, and the Club.

The format of the swim will be four 25 minute sessions, which means it is as many lengths as you can swim in that 25 minutes.

It is no good letting some of you swim as many lengths as you can as you would probably be still swimming over 2 hours later, hence the 25 minute time limit.

The four sessions will start at 7:00pm, 7:30pm, 8:00pm and 8:30pm. Each swimmer will be allocated a session depending upon what time they have their normal lessons.

Sponsor forms are available from Mrs. J. Croxall or can be downloaded from the Club's Website.

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.

Birthdays - September

1st Molly Green; 4th Ashleigh Dibb; 6th James Henderson; 7th Tony Catterall; 9th Francesca Harrison-Bradley and Karen Driver; 11th Morgan Ratcliffe; 12th Charlotte Bush; 26th Oliver Payton and Kiera Leeper; 28th Alex Berry; 29th Caitlin Martin; 30th Nicole Baxter and Emily Pickup.

Talent Contest

A date has now been set for our inaugural talent contest. It will take place on Friday, 6th November at the Cricket Club. The doors open at 7:30pm.

Some of you will have noticed the list on the Notice Board, if not then you will need to put your name down and what your talent is.

Please do not put down the name of somebody else who does not want to perform.

For more information contact Mrs J. Foulkes.

Pendle Sports Awards

This years Pendle Sports Awards will take place on Saturday, 5th September at the ACE Centre, Nelson.

This year the Club has been nominated for Community Club of the Year. Coach Andrew Croxall has been nominated for Coach of the Year.

There also will be a Special Recognition Award for Stanley Hendley, who has given more than 70 years service to Colne Swimming Club.

Micro League

We won Division C of the Micro League, which means that we are now involved in the Swim-Off on Saturday, 19th September, at West View, Preston.

Final Standings

Colne	587	Division B Swim-off
Preston Seals	580	Division B Swim-off
Leyland B	567	
Newton Hall B	551	
Carnforth B	358	
Kirkham	350	
Clitheroe B	220	

Well done to all those swimmers who swam for the team this year. Your job isn't done yet as we have the swim-off to participate in. So in preparation for this there is a Micro League Practice Session on Saturday, 12th September at Pendle Leisure Centre from 6:00pm whilst 7:30pm. It is vital that the team uses this practice session.

Friendly League Fixture

A date has now been set for the away fixture against Burnley. It will be on Monday, 5th October, with the warm-up at 7:45pm for an 8pm start. The fixture will take place at Padiham.

Our next fixture is at home to Ramsbottom on Thursday, 17th September.

North Lancs Level 3 Meet

For those swimmers who intend to compete at the forthcoming North Lancs Level 3 Meet to be held at the Palatine Pool, Blackpool on the weekend of 3rd/4th October.

Entry forms **must** be returned no later than Monday, 7th September.

The Club will be paying the £4 competition fee.