

Shark Bytes



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50p

Colne Amateur Swimming Club Newsletter: June 2010

Issue: 71

Lancashire County Masters Championships

On Sunday, 16th May the Lancashire County WPSA Masters 2010 was held at the Palatine Leisure Centre, Blackpool and 5 members of the Colne ASC Masters Team took part.

Laura Foulkes competing in the 18 to 24 years age group wins 200m Freestyle, 100m Freestyle, 50m Butterfly and 50m Freestyle events.

Karen Driver in the 35 to 39 years age group wins 200m Freestyle, 50m Breaststroke, 100m Freestyle, 50m Freestyle and 100m Breaststroke events.

Stephen Smith in the 40 to 44 years age group wins 50m and 100m Freestyle events.

Philip Croxall also in the 40 to 44 years age group wins 200m Freestyle and 50m Breaststroke events. He is also 2nd in 50m Backstroke, 100m Individual Medley, 50m Butterfly and 50m Freestyle.

John Penswick swimming in the 70 to 74 years age group wins 50m Breaststroke, 50m Backstroke, 100m Backstroke and 100m Breaststroke events. He also is 2nd in 50m Freestyle.

Friendly League Round-up

Our last two fixtures in the North East Lancashire Friendly League were against Haslingden.

First up was the away fixture on Monday 26th April, which proved to be an exciting and close contest between the two teams as they traded wins throughout the evening. Yet it was Colne that prevailed by just beating our hosts 61 points to 59. Several of the Colne swimmers set new personal bests to assist in the victory.

On Thursday, 20th May was the return fixture at the Pendle Leisure Centre, which was also our first home fixture of the season. Unfortunately due to several key members of the team missing, we lost to Haslingden by 53 points to 67. Despite this the Colne swimmers that did swim managed 45 new personal bests between them, with 22 for the girls and 23 for the boys.

Our next fixture is at home to Ramsbottom on Monday, 14th June.

Birthdays - June

1st Jack Penswick; 3rd Charlotte Beech; 9th Lewis Glasgow and David Pickup; 11th Ronan Spencer; 15th Chris Bates and Daniel Ennis; 17th Nicholas Partridge; 20th Cherry Wilkinson; 21st Andrew Danson; 25th Joshua Cooke; 26th Joshua Clamp; 29th Isaac Rowan.

Car Boot Sale

In September we are going to attend a car boot sale at the Pendle Leisure Centre in order to raise funds for the Club.

If anyone has anything that can be sold there could they please contact either June Foulkes or Joan Croxall. We do have a facility to store any items large or small.

Micro League Session

On Friday, 11th June there will be a practice session for swimmers who are required for the Micro League. The session starts at 7:30pm and runs until 9:00pm. This will be a **free** session.

The next Micro League fixture is on Saturday, 19th June at the Ribblesdale Pool in Clitheroe. There will be a coach leaving the Pendle Leisure Centre at 5:15pm. The warm-up starts at 6:00pm.

The final fixture takes place on Saturday, 3rd July at Crosby in Liverpool. The coach leaves the Leisure Centre at 11:15 am, with the warm-up starting at 1:00pm.

If England win their group then neither date will clash with a potential England World Cup date.

Colne Swimming Club Members' Request

On Monday, 10th May I lost my watch with 2 rings attached during the club swim session. They are of great sentimental value to me and would very much appreciate their return. Please could anyone assist me.

If anyone has any information, please could they contact Joan Croxall.

The local Police have been informed.

Thank you

A Club Member.

Gateshead Open Masters Meet

On Saturday, 29th May the Gateshead & Whickham Swimming Club held their annual Open Masters Meet at the Felling Pool. It will be the last time that the competition will be held there before the pool is demolished.

Four members of the Colne ASC Masters Team were there.

Tony Catterall swimming in the 60 to 64 years age group and Karen Driver in the 35 to 39 years age group won all their respective events.

Tony won the 400m Freestyle, 200m Breaststroke, 100m Freestyle, 200m Butterfly, 400m Individual Medley, 200m Freestyle, 100m Individual Medley and 200m Backstroke, with Karen winning 400m Freestyle, 100m Freestyle, 50m Breaststroke, 200m Freestyle and 50m Freestyle.

Swimming in the 40 to 44 years age group were Philip Croxall and Stephen Smith who only managed to win one of their events.

Stephen won the 50m Freestyle and finished 2nd in the 50m Butterfly and 100m Freestyle, and finished 3rd in the 50m Breaststroke.

Philip won the 400m Individual Medley taking six seconds off his personal best in the process to record a time of 5 minute 28.71 seconds. He also finished 2nd in the 100m Breaststroke and 5th in the 100m Freestyle.

Age Group Gala

Entry forms are now available for our own Age Group Gala on Thursday, 1st July.

Remember you need to do all **FOUR** strokes to qualify for the Most Improved Swimmer Award.

The gala starts at 7:00pm with a 6:45pm warmup.

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:

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| 11th June | Micro League Practice Session. 7:30pm - 9:00pm |
| 14th June | Friendly League Fixture. At Home to Ramsbottom. |
| 18th-20th June | British Swimming Masters Championships. |
| 19th June | Micro League Fixture. Away at Clitheroe |
| 28th June | Friendly League Fixture. Home to Burnley |

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| 1st July |
| 3rd July |
| 3rd July |
| 8th July |
| 8th July |
| 14th July |

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| Own Age Group. Starts 7:00pm. Warmup 6:45pm |
| North West Region Masters Championships. |
| Micro League Fixture. Away at Crosby |
| Friendly League Fixture. Away at Ramsbottom |
| Swimming Club Trials |
| Committee Meeting. Starts at 7:45pm |