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Colne Amateur Swimming Club Newsletter: July 2010

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World Masters - Gothenburg, Sweden

Masters swimmers **Stephen Smith** and **Karen Driver** will be heading out to Gothenburg, Sweden on Thursday, 28th July to take part in the **XIII FINA World Masters Championships**.

The competition takes place in the Swedish city of Gothenburg and will be using two 50m pools - Valhalla and Lundby, which are situated on either side of the river. The open water will be taking place at Delsjon, which is a lake to the east of the city.

The opening ceremony will be on Friday, 30th July with the first swimming events starting the day after on Saturday, 31st July.

For Karen this will be her second World Masters and she will be hoping to better her performances from Perth, Australia in 2008 where she finished 6th in the 800m Freestyle and 8th in the 400m Freestyle.

This time competing in the 35 to 39 years age group she will be again doing the 400m and 800m Freestyle events, for which she is the current British Champion, along with the 400m Individual Medley. Finally she will be doing the exhausting 3km Open Water swim even though she vowed never

to do one again back in Perth.

Stephen is taking part in his first World Masters having done the last two European Masters in 2007 and 2009. He will be competing in the 40 to 44 years age group doing the 50m and 100m Freestyle events, for which he is the British Champion in the 50m Freestyle. He is also competing in the 200m Individual Medley.

Good luck to both swimmers as they are hoping for top 10 finishes in their main events.

If any one wants to follow the exploits of the duo then re-direct your browser to <http://www.2010finamasters.org/>

Birthdays - July

3rd David Brown; 4th Morgan Hartley; 6th Martin Jackson; 7th Reide Hartley; 8th Daniel Grant; 12th James Dean; 14th Grace Kalan; 15th Emily Hunt and Niamh Crabtree; 19th Michael Haydock; 25th Charlotte Lawson; 26th Ainsley Dibb; 28th Aleksandr Zelinskij; 29th Harrison Bush; 30th Jonah Thomas-Kelly; 31st Jacob Kalan.

Birthdays - August

7th Bradley Coffey; 10th Bradley Duffield; 11th Emily Cott; 14th Katie Rilett-Young; 24th Brandon Ford; 28th Jack Rogers; 29th Nathaniel Lowe-Cordingley.

Apologies to Jamie Partridge whose birthday was on the 19th June.



Most Improved Swimmers

The most improved swimmers since January are a brother and sister double act. Gregan Baker and his sister Alex Baker both made a 15 percent improvement.

Boys

1	Gregan Baker	15.53%
2	Joshua Cooke	7.85%
3	Daniel Grant	5.55%

Girls

1	Alex Baker	15.16%
2	Nicole Baxter	9.37%
3	Stephanie Brooks	4.96%

Gregan and Alex receiving their awards from Club Coach Andrew Croxall and Chairman Martin Jackson

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:

30th July	XIII FINA World Masters Championships. First day
7th August	XIII FINA World Masters Championships. Last day
2nd September	Swimming Club Trials
10th September	Friendly League. Away at Pioneer
11th September	Halton SC Masters Sprint Meet

30th September	Friendly League. Home to Pioneer
29-31 October	ASA National Masters Championships. Sheffield
30-31 October	ASA NWR Championships. Manchester
15th November	1st Championship Gala
18th November	2nd Championship Gala

Jorvik Graded Meet

On the 6th of June Colne ASC swimmers **Morgan Hartley** and **Jack Coyne**, both 13, travelled to **Ennerdale Leisure Centre** in Hull to take part in the **Jorvik Graded Meet 2010** which was the first of a three part Gala Grand Prix. Together they did extremely well, gathering 10 medals and 10 personal bests between them.

Morgan was 1st in 50m Breaststroke, 2nd in 100m Individual Medley, 3rd in 50m Butterfly, 4th in 200m Freestyle and 5th in 50m Freestyle and 50 Backstroke, setting new personal best times for all his swims.

Jack came 6th in 50m Breaststroke, 6th in 100m Individual Medley, 6th in 50m Butterfly, 8th in 200m Freestyle, 6th in 50m Freestyle and 8th in 50m Backstroke. He also set new personal best times for all but the 50m Backstroke.

North West Masters

On Saturday, 3rd July the **North West Masters Championships** were held at the **Palatine Leisure Centre** in **Blackpool**. Four members of the Colne ASC Masters Team were there and between them they won 11 golds, 8 silvers and 1 bronze, and set no fewer than 6 new Championship records.

Karen Driver swimming in the 35 to 39 years age group won the 400m Freestyle, the 100m Breaststroke in a new record time, the 200m Freestyle and the 50m Breaststroke. She was also 2nd in the 100m Freestyle and the 50m Freestyle events.

Philip Croxall swimming in the 40 to 44 years age group won the 100m Individual Medley, the 200m Individual Medley in a new record time and 200m Backstroke also in a new record time. He was also 2nd in the 50m Breaststroke, the 100m Breaststroke and the 50m Freestyle events.

Stephen Smith also in the 40 to 44 years age group won the 50m Freestyle and 100m Freestyle with the latter in a new record time.

Tony Catterall swimming in the 60 to 64 age group won the 200m Butterfly and 200m Backstroke both in a new record time. He also finished 2nd in the 400m Freestyle, 200m Individual Medley and 200m Breaststroke events, and was 3rd in 200m Freestyle.

British Masters Championships

Colne ASC Masters swimmer **Karen Driver** stormed to three national titles at the **British Gas Masters & Senior Age Group Championships (50m) 2010** held at the **Tollcross Leisure Centre** in **Glasgow**. The championships were held from Friday, 18th June until Sunday, 20th June. Karen was joined in Glasgow by her team mates **Stephen Smith**, who won his own national title plus a bronze medal, and **Philip Croxall** who won a silver medal.

On the Friday it was Karen who was swimming in the 35 to 39 years age group that took to the water first in the gruelling 1500m Freestyle event where she took the Gold in a winning time of 19 minute 42.13 seconds.

Friday evening saw the turn of Philip Croxall for the first of his six swims. He was competing in the highly competitive 40 to 44 years age group. He just missed out on a medal with a disappointing forth place finish in the 400m Individual Medley, but better swims were to come.

On the Saturday morning Philip finished 5th in the 200m Freestyle in a reasonable 2 minutes 21 seconds, which was followed by a seventh place finish in a very competitive 200m Individual Medley in a seasons best time of 2 minute 38.71 seconds.

The afternoon showed the arrival of defending champion Stephen Smith for the 100m Freestyle, despite a very strong first 50m he was beaten in to third place and just missing out on second by a tenth of a second with a time of 57.54 seconds. Philip also was in the 100m Freestyle and he came in 6th place with best ever long course time of 1 minute 1.76 seconds.

The evening sessions saw the return of Karen, who powered her way to her second title in the 800m Freestyle event. She finished in a time of 10 minutes 16.36 seconds.

Sunday morning was the realm of the sprinters as the 50m Freestyle event took place. This time Stephen made no mistake as he flew down the pool to take the title in 25.81 seconds and also beating ex-olympic swimmer Nick Gillingham in the process. Philip was also in the same race which saw him finish in 7th place in a time of 28.27 seconds.

The final two events of the entire championships were the mens and womens 400m Freestyle where both Philip and Karen took part. First up was Philip who was along side one of his rivals for the silver medal. They set off and were level up to the 200m mark, then Philip started to increase the pace and finally left his opponent in the final 100m to record a time of 4 minutes 55.47 seconds, which was a new long course personal best and his first ever sub 5 minute swim.

Karen was also along side one of her rivals but this time it was for Gold. Karen stormed into a three second lead by 200m, then her rival slowly closed the gap until they were level with 10m to go. Karen then summoned some last reserves of energy to win by a margin of 4 tenths of second in a time of 5 minutes 1.05 seconds.

Both Karen and Stephen now move on to the World Masters Championships in Gothenburg, Sweden at the end of July, and on the form they showed, are hopeful of top 10 finishes.

Harrogate Graded Meet

Also on the weekend of Saturday, 19th June and Sunday, 20th June 13 year old Morgan Hartley was competing in the Harrogate B Graded Meet.

He finished 2nd in 50m Breaststroke, 3rd in 50m Butterfly and 100m Breaststroke, 4th in the 200m Breaststroke, 11th in 100m Individual Medley and was 12th in the 200m Freestyle setting a new personal best in the process.

Summer Holidays

There will be a three week gap this summer to give our volunteer teachers a break from the demands of our talented youngsters and a few golden oldies.

The last Club session will be on Thursday, 22nd July for both the large and small pools

The first session after the break will be Monday, 16th August for the large pool. The small pool resumes on Thursday, 19th August.

Friendly League Roundup

The last three league fixtures all ended up in disappointment as we lost all three.

On Monday, 14th June we were hosts to Ramsbottom in a close and exciting gala with neither team dominating the gala, but it was the visitors that ran out victors by 59 points to 57. Despite this there were 23 new personal bests for the Colne boys and 11 for the girls.

On Monday, 28th June we were hosts to a strong Burnley team who dominated the gala from start to finish. They were winners by 68 points to 52.

On Thursday, 8th July the team travelled to Ramsbottom, but it was not to be a repeat of the earlier gala as our hosts proved far too strong for our weakened team as they won by 67 points to 53. During the course of the night there were 7 new personal bests for the boys and 6 for the girls.

The next fixture is away at Pioneer on Friday, 10th September. Details will appear on the Notice Board nearer the date.

Car Boot Sale

We will be having a car boot sale at the Pendle Leisure Centre in September. If anyone has anything that can be donated to the Club to be sold, then it will be hugely appreciated.

We do have space to store any items that you wish to donate. See Joan Croxall or June Foulkes on most Club nights.

Easy Fund Raising

Do you shop on the internet?

Do you regularly use sites like Amazon and Play.com?

If so then you can help Colne ASC raise funds by shopping on-line at no extra cost to yourselves.

Last month Colne ASC was registered with the fund raising site Easy Fund Raising in order to raise funds for the Club. If you wish to help the Club just go to the Club website and click on the Easy Fund Raising link at the bottom of the menu.

The all you need to do is register on the easy fund raising site as a supporter of Colne ASC.

If you want to read more than click on the FAQ on Easy Fund Raising site.

Also on the page is the Easy Search option which will allow to raise funds just by searching the internet.

Micro League Round-up

Unfortunately due to school commitments we were unable to field a team for the fixture on Saturday, 19th June at Clitheroe. It was deemed to forfeit any points rather than go with a severely weakened team.

The final fixture of the year took the team to the seaside at Crosby, Liverpool. We were up against the hosts Garston and teams from Blackpool Aquatics B and Leyland B.

In a disappointing end to the season we finished last with 60 points. Our hosts Garston proved too strong for everyone as they finished with 169 points, second were Blackpool Aquatics B with 134 points and third were Leyland B on 110 points.

Pictured are the team with Team Manager Tony Brooks and Club Coach Andrew Croxall.



Poor Age Group Participation

There were 34 boys and 19 girls attending the age group gala on Thursday, 1st July, and of which only 18 of the 53 swimmers qualified for the Most Improved Swimmer award. This award is the only one presented by the Club to the swimmer who beats their own times from 6 months ago. It doesn't matter if you are the slowest or quickest in your age group, it is by how much you can beat your own previous bests that counts.

Also this gala and the one in January helps the Team Managers to select the teams for the forth-coming league fixtures. Without these times it is very difficult to select competitive teams.

Also by not doing these galas how do you know if you have improved, or that your teacher knows you have improved? Without the times your teacher cannot help you to develop further.

Remember the teachers have given their time voluntarily to help you become better swimmers.