

Shark Bytes



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Colne Amateur Swimming Club Newsletter: November 2010

Issue: 74

ASA National Masters Championships

From Friday, 29th October until Sunday, 31st October nearly a thousand swimmers descended upon Sheffield for the **British Gas ASA Masters and Senior Age Group Championships (25m)** and four of the masters were from Colne. The eldest was **John Penswick** in the 70 to 74 years age group, next were **Stephen Smith** and **Philip Croxall** who are both in the 40 to 44 years age group, and lastly the youngest was **Karen Driver** in the 35 to 39 years age group. Between them they acquired one silver and seven bronze medals.

The first event on the Friday was the gruelling 1500m Freestyle event which comprises of 60 lengths of the pool. John was the only Colne representative and he finished with the bronze medal despite cramping up after 50 lengths.

The evening session saw Stephen and Philip tackle the 100m Freestyle where Stephen despite a poor start finished in 3rd place. Philip also suffered from a bad start managed to finish in 9th place, despite being in 12th at 50m. Finally John returned to the pool to finish in 3rd place in the 50m Breaststroke with a seasons best time of 50.09 seconds, which was over a second faster than his previous best for the year.

On Saturday morning Philip took to the pool for the 100m Breaststroke where he finished 8th in 1 minute 16.34 which was his best time for over 3 years. The afternoon events saw Philip storm to bronze in the 200m Individual Medley after being in 12th place after 100m and with 50m to go he had pulled back to 7th place, and in the last 25m stole 3rd place in a time of 2 minutes 28.83 seconds taking almost 4 seconds off his lifetime best. Stephen then took to the pool for the 50m Freestyle where he finished 2nd in a time of 25.06 seconds missing out on the title by 0.05 of a second.

The evening session prompted the arrival of Karen for her 400m Freestyle event where she finished 4th. In the mens event Stephen finished in 9th place leaving him feeling sick as Philip snatched his second bronze of the day with a storming finish as he claimed third place in the last few strokes of the race to record a time of 4 minutes 42.07 seconds, which again was a new personal best.

Sunday morning came and the clocks went back giving the swimmers that much needed extra hour. First up in the pool was Karen who finished 3rd in the 800m Freestyle in a new lifetime best of 10 minutes 5.29 seconds. Then it was Stephen and Philip in the 100m Individual Medley where Stephen finished 4th in 1 minute 6.36 seconds and Philip was 6th in 1 minute 8.05 seconds which was a 1.45 second improvement of his lifetime best.

Sunday afternoon saw the final session of the weekend and it was an event too far for Philip as he finished in 8th place in the 200m Breaststroke. Last up was Stephen who had two races in half an hour, the first being the 50m Butterfly where he finished 5th in a time of 28.74 seconds missing out on a medal by less than half a second, and he then took bronze in the 100m Backstroke which was also the last event of the meet.

Championship Gala

This years Championship Galas will take place on Monday, 15th and Thursday, 18th November. The warm-up starts at 6:45pm on each night, with the gala starting at 7:00pm.

Entries can either be done online or via forms which can be collected from Joan Croxall or downloaded from the website.

Entry for the gala is free, and you can even enter on the night.

Betty Petty Style Trophy

The Betty Petty Style trophy will take place on Saturday, 20th November, starting at 6pm.

This competition is open to all swimmers 15 years or younger.

Each swimmer will be judged on their quality of their Start, Stroke and Turns for Backstroke, Breaststroke and Frontrcrawl.

As this competition is not a race, then anyone with a good stroke has a chance to win.

Entry to the competition is free and you can either enter on-line or at the Club. You can even turn up on that Saturday evening, just be there for 6 o'clock.

Anyone who has already won this trophy will not be allowed to take part. Sorry, but your stroke technique is already too good.

'Spot-On' Competition

The 'Spot-On' Competition will take place in the middle of the second Championship Gala on Thursday, 18th November and is open to all members of the Club including Parents and Teachers. Entries will cost £1.

All you have to do is pick which stroke you are going to do for two lengths and guess how long it will take you to do those two lengths. The winner will be the person who gets the closest to their submitted time.

There will be a £20 cash prize for first place with second place getting £10 and third place getting £5, with the results being announced at the Annual Presentation on Friday, 10th December.

The closing date for the Spot-On competition is Monday, 15th November for form entries. Alternatively online entries will close at 3pm on Thursday, 18th November.

No late entries will be accepted.

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:

3rd November	Committee Meeting. Colne Cricket Club
11th November	Swimming Club Trials.
12th November	Friendly League Swim-Off. Pendle Leisure Centre
15th November	First Championship Gala. Warm-up 6:45pm
18th November	Second Championship Gala, Warm-up 6:45pm

20th November	Betty Petty Style Trophy. Starts 6:00pm
1st December	Committee Meeting
2nd December	Christmas Sprint Gala. Warm-up 6:45pm
10th December	Annual Presentation and Disco. Doors open 7:00pm
20th December	Last Club Session of 2010.
25th December	Christmas Day.

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North Lancs Level 3 Meet

On the 2nd/3rd October, Colne ASC had 15 swimmers competing at the **North Lancashire Level 3 Meet** (Blackpool Palatine), all the swimmers gave a good account of themselves and for the majority of swimmers it was their very first time competing. A total of 5 medals were achieved on the day with two 1st places, two 2nd and one 3rd place, with no fewer than 48 personal best times and 5 speeding tickets for those swimmers that went quicker than the qualifying time.

In the 9yr Age Group: **Joshua Cooke** finished 19th 50m Backstroke and 25th 50m Freestyle with the former in a personal best time; **Charlie Hesketh** finished 15th 50m Backstroke and 24th 50m Freestyle all in personal best times.

In the 10yr Age Group: **Abbie Hampshire** achieved a 2nd 50m Breaststroke, 8th 50m Butterfly, 8th 50m Backstroke, and speeding tickets in the 200m Breaststroke, 100m Individual Medley, 200m Backstroke, 50m and 200m Freestyle all in personal best times; **Sarah Pickles** finished 16th 50m Breaststroke, 26th 200m Breaststroke, 25th 50m Butterfly, 28th 50m Backstroke, 39th 50m Freestyle and 34th 200m Freestyle with four personal best times; **Lucy Green** finished 40th 50m Breaststroke, 22nd 50m Butterfly, 33rd 50m Backstroke and 40th 50m Freestyle all in personal best times; **Gregan Baker** achieved a 1st place in the 50m Freestyle and 16th 200m Freestyle in personal best times; **George Connolly** finished 13th 50m Freestyle; **Theo Rowan** finished 24th 50m Backstroke and 21st 50m Freestyle in personal best times; and **Bradley Duffield** finished 24th 50m Breaststroke in a personal best time.

In the 11yr Age Group: **Nicole Baxter** finished 33rd 50m Breaststroke, 34th 100m Freestyle, 41st 100m Individual Medley, 25th 50m Butterfly, 34th 100m Backstroke, 32nd 50m Backstroke, 20th 200m Backstroke, 32nd 50m Freestyle and 25th 200m Freestyle with six personal best times; **Dominic Hartley** achieved a 1st place in the 50m Backstroke, 2nd place in the 50m Butterfly, 7th 50m Freestyle and 19th 50m Breaststroke all in personal best times; and **Leo Wilson** finished 25th 50m Freestyle in a personal best time.

In the 13yr Age Group: **Jack Coyne** finished 6th in the 200m Individual Medley, 7th 50m Butterfly, 12th 50m Breaststroke, 6th 50m Freestyle, 9th 100m Freestyle and 7th 200m Freestyle with personal best times in three events; and **Isaac Rowan** finished 9th 50m Butterfly, 10th 50m Breaststroke, 9th 100m Breaststroke, 7th 50m Freestyle, 12th 100m Freestyle and 9th 200m Freestyle with personal best times in six events.

In the 14yr/Over Age Group: **Morgan Hartley** achieved a 3rd place in the 100m Butterfly, 10th 200m Individual Medley, 7th 50m Butterfly, 5th 50m Breaststroke, 6th 100m Breaststroke, 7th 200m Breaststroke, 8th 50m Freestyle, 11th 100m & 200m Freestyle with personal best times in five events.

Chris 'IronMan' Domoney

Swimming Teacher Chris Domoney yet again travelled to Hawaii to take part in the Hawaiian IronMan Triathlon.

The event comprises of a 2.4 mile sea swim, a 112 mile bike ride followed by a 26.2 mile marathon for a run.

Chris not only did all of that, he completed the event 15 minutes faster than last year to finish 3rd in his age group in a time of 11 hours 12 minutes and 24 seconds.

A huge congratulations to Chris for his astonishing achievement.

Sprint Gala - Online Entry

The online entry system for the Christmas Sprint Gala is active from the 1st November. Just go onto our website and follow the links.

If you don't want to use the online entry, then there is the old fashion system of forms which can be collected from Joan Croxall or downloaded from the website.

The gala will take place on Thursday, 2nd December starting at 7:15pm. The warm-up will commence at 6:45pm. Entries cost £1 per entry and you can do as many swims as you want.

The competition is open to ALL members of the Club, and yes that does mean Parents and Teachers.

So if you want to put your child in their place then challenge them to a race.

Annual Presentation and Disco

The Annual Presentation and Disco will be taking place on Friday, 10th December at the Colne Cricket Club. The doors open at 7pm with the presentation taking place from 7:30pm.

There will be a buffet provided along with music and games.

Tickets cost £5 for adults and £1 for children.

Birthdays - November

1st Oliver Burnett and James Barker; 3rd Natalia Bashir; 4th Jacob Taylforth; 8th Freya Marsden; 9th Natasha Harsthorne-Evans and Sophie Leaver; 10th Erin-Rose O'Conner; 11th Toby Green; 12th Amelia Robertson; 17th Luke Gonella and Lucy Williams; 18th Timothy Barnes and Caitlin Taylor; 26th Edgar Zelinskij.

Friendly League Swim-Off

Now that all the fixtures for the Friendly League have been swum, we find ourselves at the bottom of Division One, this means that we will be involved in the Swim-Off on **Friday, 12th November** which is being held at the **Pendle Leisure Centre**. The doors open at 7:00pm, with the gala starting at 7:30pm.

In order to avoid relegation we have to finish in the top two on the night, therefore we need as strong as team as possible in order to stay in Division One.

The team-sheet **will** be on the Notice Board.

Swim Club Trials

Due to the teachers course being on the 4th November, the next trials for entry to the Club will be on Thursday, 11th November.

These will be the last trials for this year. The first trials of next year will be on Thursday, 3rd February 2011.

Trophies Still Need Returning

Even though most trophies have been returned there are still a few people who have not returned their Championship Gala trophies from last year.

These need to be returned to Andrea Hartley or Joan Croxall by Thursday, 11th November in a clean state.