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Bytes

@SwimAtColneASC

Shark

Colne Amateur Swimming Club

Micro League

On Sunday, 29th June, Colne ASC travelled to the Leyland Leisure Centre for our last fixture in this seasons Micro League of the North West. We were up against two of the top teams in Leyland B and Garstang A, with Carnforth B being the fourth team.

With the Division C table not lying, Leyland and Garstang proved too strong for the Colne and Carnforth teams, as they finished on 152 and 136 points respectively. Colne finished in 3rd place on 92 points and Carnforth were 4th on 84 points.

There were not as many personal bests from the Colne swimmers this time, as only Caitlin Noon and Scarlett Metcalfe for the girls and Jac Smith-Shelley for the boys recording new personal bests.

Final Table

Pos	Team	Points
1	Preston B	655.0
2	Leyland B	573.5
3	Kirkham A	517.0
4	Garstang A	472.0
5	Blackpool B	440.5
6	Colne A	364.0
7	Carnforth B	354.0
8	Burnley Aquatics A	345.0

Land Training

Starting in September we are introducing land training sessions run by Philip Walker. The cost will be £5 per person and will be held on a Saturday between 2pm and 3pm at the Pendle Leisure Centre.



Most Improved Swimmer

The most Improved Swimmers for June are **Alex Dickinson** and **Amelia Dugdale**. Both swimmers received their awards from Mrs Croxall.

Boys

1	Alex Dickinson	8.11%
2	Zak Smith-Shelley	8.04%
3	Alex Walton	5.99%

Girls

1	Amelia Dugdale	15.54%
2	Grace Root	12.64%
3	Massie Rebanks	10.97%

Friendly League

On Thursday, 12th June, Colne ASC were hosts to Pioneer 79 SC in our latest fixture in the North East Lancs Friendly League.

It was an evenly contested contest where both teams pushed each other as they traded wins but it was the visitors that prevailed. Pioneer won by 59 points to 57.

The Colne swimmers put in a huge effort and as a result there were 40 new personal bests, with 21 amongst the girls and 19 amongst the boys.

Our next fixture is away at Clitheroe on Monday, 8th September.

Sailing on Lake Burwain

The Sailing event at Lake Burwain is back on for this summer. It will take place on Wednesday, 6th August. The session will start at 9am and finish at 1pm. There will be a £10 deposit and will be on a first come basis as there are only a limited number of places.

For those who take part in the sailing it is recommended that you bring complete set of clothing in case you get wet.

Life jackets and other safety equipment will be provided by the Lake Burwain Sailing Club.

On the day of the event get to the Lake Burwain Sailing Club at least half an hour before the start at 8:30am.

Directions to the Lake Burwain Sailing Club can be found on the website.

Summer Holidays

Last Session:

Thursday, 7th August

First Session:

Monday, 1st September

During this period the main club sessions will be cancelled.

Details as to whether the Friday night and Sunday morning sessions are on, will be displayed upon the website.

The Masters sessions on Saturday and Sunday mornings will be continuing as normal.



Birthdays

July 2014

- 5th Chloe Robertson
- 6th Maisie Rebanks
- 8th Daniel Grant
- 14th Grace Kalan
- 15th Niamh Crabtree
- 19th Abigail Stinchon
- 20th Grace Barker and Hylton Molloy
- 25th Erin Connolly
- 26th Hary Smith
- 27th Richard Kelly
- 30th Aidan Dibb and Jonah Thomas-Kelly

August 2014

- 4th Ben Purvis
- 8th Emma Wilkinson
- 10th Lucy Green and Mark Ennis
- 12th Cameron Horne
- 15th Hannah Wilson
- 18th Jamie Higginbottom and Alicia Higginbottom
- 19th Charlie Rowlands-Whiteoak and Harry Lord
- 23rd Lewis Wilkinson and Sam Raw
- 26th Daniel Fuggle
- 29th Thomas Daniels

Forthcoming Events:

27th July - 10th August

15th FINA World Masters Championships. Montréal, Canada

6th August

Sailing on Lake Burwain. 9am until 1pm.

7th August

Last Session before Summer break

1st September

First Session after Summer break

3rd September

Committee Meeting. Crown Hotel, Colne

4th September

Swimming Club Trials.

8th September

Friendly League. Away at Ramsbottom

25th September

Friendly League. Home to Clitheroe

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





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15th FINA World Masters Championships

The 15th FINA World Masters Championships will be taking place in Montréal, Canada from Sunday, 27th July until Sunday, 10th August. There are estimates that over 6000 competitors from around the world will be attending, including one from Colne ASC.

The first week involves synchronized swimming and water polo, with diving and swimming in the second week. The open water race closes the event on Sunday, 10th August.

The competition will be held at the Parc Jean-Drapeau Aquatic Complex on an island in the middle of the St. Lawrence Seaway. The Aquatic Complex includes one 10 lane main competition pool, one recreational pool with 8 lanes as well as a world class diving tank. All the events apart from the open water will take place here. The open water will take place in the rowing basin along side the Gilles Villeneuve Circuit on the nearby Notre-Dame Island.

Our Club Chairman and Masters swimmer Philip Croxall will be competing in the 45 to 49 years age group in four events; 100m and 200m Breaststroke, 200m Individual Medley and 400m Freestyle.

He sets off on his adventure to Canada on Friday, 1st August, with his first event, being 100m Breaststroke on Monday, 4th August. The 200m Individual Medley is on Wednesday, 6th August, the 200m Breaststroke is on Friday, 8th August. He finally finishes the week with the 400m Freestyle on Saturday, 9th August.

When asked about his chances and visiting Canada, he said, "I'm looking forward to this competition, as it has been a few years since I have competed at this level. Achieving a top 20 place in any of my events would be a massive bonus, especially having been hampered by niggling injuries over the last few years. From what I have read over the last few months, Montréal is a fascinating city, I just can't wait to get there."

He has been sponsored by Engineering & Foundry Supplies Ltd (Colne) who have provided him with a t-shirt and hoodie, especially embroidered for the event.

Stephen Frost the owner of E & F Supplies said, "We are very pleased at Engineering & Foundry Supplies to support Philip at the World Masters in Canada and hope he does well. Colne swimming club have been a customer of ours for many years and this is a way of repaying their loyalty to us. We supply a lot of companies and clubs in the local area with clothing either with embroidery or printing which is all done in-house."

You can follow Philip's progress on the official website.

<https://finamasters2014.org/home/>

Easy Fund Raising

Easy Fund Raising, are you signed up? If not why not?

To date we have raised **£534.52** over the years that we have been registered. Currently there are 18 supporters registered.

By shopping through the Easy Fund Raising website, you raise monies for your cause, in this case, the swimming club, and it doesn't cost you anything more.

The registered stores, which include Amazon, Marks & Spencers, etc., even offer deals, in which, you can make even more savings.

So come on, sign up, and raise money for the swimming club. The following web address explains all about it.

<http://www.colne-asc.co.uk/easyfundraising.php>

Sponsor Website

If anyone is interested in sponsoring the website then contact Mrs Croxall.

It will cost £20 per annum, which will include a link to your website and your logo added to the home page of the Club Website.

British Masters Championships

The **British Gas Masters and Senior Age Group Championships 2014** were held at the **Wales National Pool** in Swansea from Friday, 13th June until Sunday, 16th June and were contested by over 600 participants, of which, there were two from the Colne ASC masters team. They were **Karen Driver** swimming in the 40-44 years age group and **Philip Croxall** in the 45 to 49 years age group.

A new British record was set in the Womens 4 x 200m Freestyle Relay in 160 to 199 years age group as Karen was part of a quartet of women swimming for the **Sub 160 Masters** team along with Nicola Latty from Oundle, Jessica Wooddisse from Stroud Masters and Sandra Jones from Gloucester Masters. Between them they recorded a time of 9 minutes 48.83 seconds, knocking 16.09 seconds off the old record.

On Day One of the Championships, Karen finished 2nd in the 1500m Freestyle event in a time of 19 minutes 46.07 seconds and Philip finished 8th in the 200m Individual Medley in a time of 2 minutes 42.76 seconds.



Day two saw both Karen and Philip contest the 400m Freestyle, where they both finished 5th in their respective events. Karen in a time of 5 minutes 10.46 seconds and Philip in 4 minutes 59.40 seconds. In the afternoon Philip finished in 2nd place in the 200m Breaststroke in a time of 3 minutes 0.14 seconds.

Day three started with Philip finishing in 4th place in the 100m Breaststroke with a time of 1 minutes 23.64 seconds. Then it was the turn of Karen and her three friends in the 800m Freestyle relay. They were up against Basingstoke Bluefins who

were the current record holders.

Karen was up first and she opened up a 4.5 second lead on the first leg, but that advantage was lost as Sandra was next. With the teams level Jessica followed by Nicola opened up large gap as they beat the Basingstoke team by 11 seconds.

Finally Karen just had her 800m Freestyle where she finished 1st in 10 minutes 23.39 seconds.

North West Region Masters

On Sunday, 6th July, two members of the Colne ASC Masters Team travelled to the Palatine Leisure Centre in Blackpool for the ASA North West Region Open Masters Championships.

The overall positions for each event were calculated using an age adjustment formula so that a 25 year old could be compared against a 60 year old.

Swimming in the 45 to 49 years age group was Philip Croxall, who was using this event as a build up to the forthcoming World Masters Championships which are being held in Montréal, Canada in August.

Philip finished 1st in 400m Freestyle and was 9th overall, he also finished 2nd (11th overall) in 100m Breaststroke, 2nd (5th overall) in the 200m Individual Medley and was 1st (10th overall) in the 200m Breaststroke.

Swimming in the 35 to 39 years age group was Daniel Dawson who finished 2nd (16th overall) in the 50m Backstroke, 2nd (28th overall) in the 100m Freestyle, 1st (17th overall) in the 100m Breaststroke, 1st (28th overall) in the 50m Breaststroke and 3rd (40th overall) in the 50m Freestyle.

