



Most Improved Swimmers

The presentation of the Most Improved Swimmers was finally made on Thursday, 26th February. The delay was caused by the initial cancellation of the January Age Group gala, and the February half-term holidays.

The winners, Thomas Holgate and Francesca Bracewell, received their awards from Club Secretary, Joan Croxall.



Birthdays

March 2015

- 1st Harry McCourt
- 3rd Andrew Croxall
- 5th Isabelle Taylor
- 9th Madeline Sutcliffe
- 10th Eleanor Holgate
- 12th Amelia Blackey
- 15th Neve Cooney
- 19th Amelia Redfearn
- 22nd India Kay
- 25th Olivia Taylor
- 26th Alex Walton
- 31st Lydia Kibble-Terry

April 2015

- 3rd Eva Garstang
- 5th Thomas Holgate
- 10th Colne ASC**
- 11th Grace Root
- 12th Caitlin Noon
- 15th Hannah McDonagh-Bond
- 17th Alice Garstang
- 20th Philip Walker
- 22nd Charlotte Holmes
- 27th Morgan Hartley
- 28th Alex Dickinson

Forthcoming Events:

- 28th March**
Micro League. Away at Salt Ayre, Lancaster
- 1st April**
Committee Meet. Crown Hotel. 8pm
- 2nd April**
Swimming Club Trials.
- 3rd April**
Good Friday
- 5th April**
Easter Sunday
- 11th April**
Lancashire Masters Sprint Meet. Blackpool
- 18th April**
Micro League. Away at Stretford, Manchester
- 24th-25th April**
Scottish National Masters Championships. Glasgow
- 25th April**
Bolton Metro Spring Meet 2015.
- 26th April**
Child Protection Course. Pendle Leisure Centre. 12pm
- 1st-3rd May**
Blackpool Rocks Level 3 Meet.

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Lancashire County Championships

The first two galas of the **Lancashire County Water Polo and Swimming Association Age Groups and Championships 2015** were held on Saturday, 28th February and Sunday, 1st March at the Aquatics Centre in Liverpool. Colne ASC was represented by 15 year old **Miranda Bower**, who ended the weekend with a North West Region qualifying time for the 100m Backstroke, which will enable her to swim at the ASA North West Region (Summer) Championships in May.

Her first event of the weekend was the 200m Backstroke in which she finished 5th in a time of 2:35.85. The following day she competed in the 100m Backstroke where she finished the heats in 3rd place with a time of 1:12.06. In the final she went faster to finish 2nd in a time 1:10.79, which was a North West Region qualifying time.

Child Protection Course

On Sunday, 26th April there will a child protection course being held at the Pendle Leisure Centre from 12pm until 3pm. The Club will be paying for the course, those that are attending just need to turn up.

There is a legal requirement for all adults that work with children to attend one of these courses every three years.

Easter Holidays

This year Easter Sunday falls on the 5th April. This means that the Pendle Leisure Centre will be closed on Friday, 3rd April and Monday, 5th April.

The Club session on Monday, 5th April is therefore cancelled along with the Friday night session on the 3rd April. The Sunday morning session is also cancelled because it is Easter Sunday.

If you still want a swim, then the pool is open on Saturday, 4th and Sunday, 5th April. The Masters sessions will be continuing as normal.

The Club will resume again on Thursday, 9th April.

Micro League

On Saturday, 14th March, a team of 9 to 12 year swimmers from Colne ASC travelled to the St. Peters Centre in Burnley for our first fixture in Division C of this seasons Micro League of the North West. The event was due to start at 5:15pm, but was nearly thrown into chaos for the organisers, due to Burnley FC's match against Manchester City FC being moved to 5:30pm to accommodate TV.

The hosts for the evening were Burnley Aquatics as they welcomed teams from Kirkham and Garstang, as well as Colne. The three visiting teams pushed each other throughout the course of the evening as they distanced themselves from their hosts. In the end it was Garstang who prevailed by winning with 140 points. Kirkham finished 2nd on 134

Continued on the next page...

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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Colne Amateur Swimming Club



Sheffield "March Madness" Meet

On Sunday, 1st March a team of 10 swimmers from Colne ASC travelled to the Ponds Forge International Sports Centre in Sheffield to take part in the City of Sheffield's "March Madness" Meet 2015. This proved to be a tough competition for the Colne swimmers, yet this brought the best out of them as virtually every swim ended up as a new personal best.



Amelia Dugdale (9 years) had a 25th place finish in the 100m Backstroke, she also competed in the 50m Freestyle, 100m Freestyle, 50m Backstroke and 50m Butterfly events.

Mia Dodman (10 years) had a 16th place finish in the 100m Backstroke, she also competed

in the 50m Freestyle, 100m Freestyle, 50m Backstroke and 50m Butterfly events.

Saskia Daly (10 years) had a 21st place finish in the 100m Breaststroke, she also competed in the 50m Freestyle, 100m Freestyle, 50m Backstroke, 50m Breaststroke and 50m Butterfly events.

Isabel Redfearn (10 years) had a 19th place finish in the 100m Backstroke, she also competed in the 50m Freestyle, 100m Freestyle, 50m Backstroke, 50m Breaststroke and 100m Breaststroke events.

Maria Massey (11 years) competed in the 50m Freestyle, 100m Freestyle, 50m Backstroke, 100m Backstroke and 50m Breaststroke events.

Caitlin Noon (12 years) had a 28th place finish in the 50m Backstroke and 50m Butterfly. She also competed in the 50m Freestyle, 100m Freestyle, 100m Backstroke, 50m Breaststroke and 100m Breaststroke events.

Danielle Baxter (12 years) had a 14th place finish in the 50m Freestyle. She also competed in the 100m Freestyle, 50m Backstroke, 100m Backstroke, 50m Breaststroke, 100m Breaststroke, 50m Butterfly and 100m Butterfly events.

Kian Noon (9 years) had an 8th place finish in the 50m Freestyle. He also competed in the 50m Backstroke, 50m Breaststroke and 50m Butterfly events.

Elliott Barker (12 years) had a 12th place finish in the 50m Breaststroke. He also competed in the 50m Freestyle, 100m Freestyle, 50m Backstroke and 100m Backstroke events.

James Barker (15 years) had a 5th place finish in the 50m Breaststroke and an 8th place in the 100m Breaststroke. He also competed in the 50m Freestyle, 100m Freestyle, 50m Backstroke and 50m Butterfly events.

The full results can be found on the Club website.



Micro League

Continue from first page...

points with Colne just behind on 129.5 points. Burnley trailed home in a distant 4th with 72.5 points.

The young Colne swimmers put in a magnificent performance as they managed 23 new personal bests with 13 of those amongst the girls and 10 for the boys.

Our next fixture is on Saturday, 28th March at the Salt Ayre Sports Centre in Lancaster. A coach will be leaving at 2:30pm from the Pendle Leisure Centre.

NWR Masters Distance Meet

The ASA North West Region held its annual Masters Distance Meet at the Life Centre in Wigan on Sunday, 22nd February and a solitary masters swimmer from Colne ASC took part.

Philip Croxall was swimming in the 45 to 49 years age group in which he won both the 400m Freestyle and 400m Individual Medley events.

Easy Fund Raising

A big thank you to all those who have raised funds for Colne ASC by shopping on-line via the Easy Fund Raising website. We have received payment of **£44.38** for the last quarter. This brings our total to **£616.27**, which has been raised since we registered back in 2010. That's £123 a year!

If you are not already registered as a supporter, then it is easy to do. Just go to the Club website and click on the Easy Fund Raising page. Then follow the instructions.

www.colne-asc.co.uk/easyfundraising.php

Just remember, it is not you who is donating funds to the Club, it is big business. It will not cost you a penny to shop through the Easy Fund Raising website. So go on, sign up today, and get big business to donate to the swimming club.

For example, if you require a new pair of racing goggles, then go to the Easy Fund Raising website. Search for Speedo and click on 'View Details'.

You will notice that for all sales made on the Speedo website, 4% of that sale will be donated to the Club. So a new pair of Speedo Speedsocket Mirror Goggles will cost £27.00, of which, £1.08 will be donated to the Club.

This means that you get a new pair of shiny new race goggles and the Club gets £1.08.

I recently bought 4 new tyres for my car through Easy Fund Raising and National Tyres donated £8.47 to the Club.

You can also book holidays, hotels, train tickets, hire cars, etc. All at the click of a mouse button.

Friendly League

On Thursday, 19th March, we were hosts to Pioneer 79 in our first fixture in the 2015 North East Lancashire Friendly League.

The gala started well as we won the first three races, but after that Pioneer established a strangle-hold on the competition, as they won the next 7 races. Even though Pioneer rattled off the wins, we held our own, as our swimmers pushed theirs all the way, with several races going down to the touch.

In the end Pioneer won the meet with 65 points to Colne's 53. But it was a supreme effort from the Colne swimmers as they managed 45 new personal bests between them, with 20 for the girls and 25 amongst the boys.

Our next fixture is on Tuesday, 12th May when we are away to Ramsbottom. A coach will be provided for this meet, and will leave the Pendle Leisure Centre at 6pm.