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British Summer Championships

Colne swimmer Miranda Bower was representing the Burnley BOBCATS at the **British Summer Championships (50m)** held at the Ponds Forge International Sports Centre in Sheffield. The Championships were held from the 28th July until the 2nd August.

Her first event was on Friday, 31st July in the 50m Breaststroke where she finished 15th in the heats with a time of 34.98.

On Sunday, 2nd August she took part in the 100m Breaststroke where she finished 9th in the heats with a time of 1:15.21. In the final she improved her time further to 1:14.91 as she finished in 10th place. In fact her split at 50m was even faster than the time she did in the 50m event.

Over the course of the championships Miranda had taken several seconds off her personal best time, and had reduced it by over 20 seconds during the course of the year.

Well done to Miranda for her 10th place in a national final, the first Colne swimmer to do so since Will Harrison over 10 years ago.

Laura Foulkes 1991 - 2015

On Saturday, 1st August, former Club Captain and teacher Laura Foulkes, tragically lost her life in Trumansburg, USA. Her body was laid to rest at the Christ Church, Colne on 20th August. Laura was only 24 years of age.

Laura was Club Captain for four years from 2008 to 2011 and she still holds records in the Junior Championship (2005) and the Open events Presidents Cup (2008), The Mary Lane Trophy (2008) and Senior Championship (2007).

She also taught the earlier class in the large pool and enjoyed helping the young swimmers learn to swim.

Laura will be missed by all who knew her and The Club wishes to extend condolences to June Foulkes and her family plus her numerous friends.

Friendly League

The penultimate fixture in this seasons Friendly League takes place on Thursday, 10th September at home to Ramsbottom. The team sheet is on the website.

As this is a home fixture, all lessons from 7:30 pm will be cancelled. Lessons from 6:50pm to 7:30pm will be as normal.

We would like volunteers to offer their services to the desk before the start of the fixture. You may not be required but your offer will be appreciated.

We require the following:

- 4 Time Keepers
- At least 2 team organisers/chaperones
- At least 1 marshall

No experience is necessary, but must be patient with the kids all wanting to know if they are swimming. Clipboards, pens, stopwatches and drinks will be provided.

The final fixture of the season will be away at Pioneer 79 on Friday, 2nd October at the Accrington Academy. There will be no coach provided for this fixture.

We should have had one more fixture on Monday, 21st September, but Burnley Aquatics are not fulfilling their fixtures this season. As a result this gala has been cancelled.

Most Improved Swimmer

Steven Hickey was presented with his trophy for the Most Improved Swimmer back in July. He made a 14.19% improvement since January.

The girls winner Maisie Rebanks was shown receiving her trophy in the last issue of Shark Bytes along with the results.

The results can be viewed on the Club website.



Birthdays

August 2015

8th Emma Wilkinson
 10th Lucy Green and Mark Ennis
 12th Cameron Horne
 15th Hannah Wilson
 18th Jamie Higginbottom
 23rd Lewis Wilkinson and Sam Raw
 26th Daniel Fuggle
 29th Thomas Daniels

September 2015

2nd Henry Manning
 4th Ashleigh Dibb
 13th Chloe Daniels
 20th Hylton Molloy
 25th Saskia Daly
 27th Sergej Voronkov
 30th Jack Nevison and Nicole Baxter

Forthcoming Events:

9th September

Committee Meeting. Crown Hotel. 8pm

10th September

Friendly League. At Home to Ramsbottom

18th September

Garstang Gators Medals Gala 2015. Palatine Leisure Centre, Blackpool

26th/27th September

North Lincs level 2 2015. Palatine Leisure Centre, Blackpool

27th September

The ASANER Masters Championships (25m) 2015. The Harrogate Hydro

2nd October

Friendly League. Away at Pioneer 79

3rd/4th October

North Lincs level 2 2015. Palatine Leisure Centre, Blackpool

12th October

Sponsored Swim. One lane only

15th October

Sponsored Swim. Whole pool, normal lessons cancelled

23rd-25th October

ASA National Masters and Senior Age Group Championships 2015. Ponds Forge, Sheffield

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



Deaf-Friendly Swimming Gala

On Saturday 27th June Emily Massey (12 years) attended the first Deaf Friendly Swimming Gala held in the North West. Participation was welcome to boys and girls aged 11 - 16. Age groups were split into two groups, 11 - 13 and 14 - 16 with events being of mixed gender. Emily is both severely hearing impaired and severely visually impaired, being registered blind.

Emily participated in the 25m events of Breaststroke (2), Freestyle (2) and Butterfly (4) and the 50m events of Freestyle (3) and Backstroke (3).

The gala was a great success with all participants making a fantastic effort and having a great time. All participants received a medal, certificate and NDCS goody bag. Overall results had Emily finishing joint 2nd place with a fantastic score of 20 points.

Present and assisting at the Gala were representatives from Deaf Swimming, the Head Coach of GB Deaf Swimming and volunteers from NDCS who made this wonderful Gala possible.



Sponsored Swim

On Monday, 12th October and Thursday, 15th October we will be holding our biennial sponsored swim. This year we will be raising funds for the Pendleside Hospice as well as the Club.

Sponsor forms are now available to download from the website.

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

The format of the swim will be to swim as many lengths as possible in 25 minutes, with the first wave of swimmers starting at 7:00pm, followed by the next every 30 minutes.

Swimmers will be expected to wear different coloured hats, which will be provided. This is to make it easier for the counters to distinguish the swimmers.

New for this year is the one hour challenge, where the swimmer has to do as many lengths as possible in one hour. If anyone intends to do this, they must let the organisers know BEFORE the event starts.

The swim is not exclusive to the children, which means that any adult who wants to have a go, can do so.

The Monday night event will only be using the first lane from 7:30pm, and will only be allowed to be used by anyone who cannot make it for Thursday. The rest of the pool will be having lessons as normal.

On the Thursday, the entire pool will be used, which means that all lessons are cancelled.

Easy Fund Raising

In the last quarter **£28.77** was raised by Club supporters by shopping on the internet using Easy Fund Raising.

To date a total of **£670.24** has been raised from 20 supporters. We would appreciate if more people shopped on the internet using Easy Fund Raising.

<http://www.easyfundraising.org.uk/causes/casc/>

Details on how Easy Fund Raising works can be found on the Club website.

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

ASA North West Masters

The ASA North West Region held its Masters and Senior Age Group Championships at the Palatine Leisure Centre in Blackpool on Saturday, 11th July. Amongst the swimmers competing was Masters swimmer Philip Croxall.

Philip swimming in the 45 to 49 years age group finished 1st in the 200m Individual Medley and 200m Breaststroke, was 2nd in the 100m Individual Medley and 3rd in the 50m and 100m Breaststroke events.

What Did You Do Over the Summer?

Do you have any stories that you would like to share with other Club members of what you did over the summer holidays.

If you have a suitable story, then you can email the details to me. The best stories will be included in future editions of Shark Bytes.

Send your stories to press@colne-asc.co.uk with the subject heading of **Summer Holidays**.

Shark Bytes

