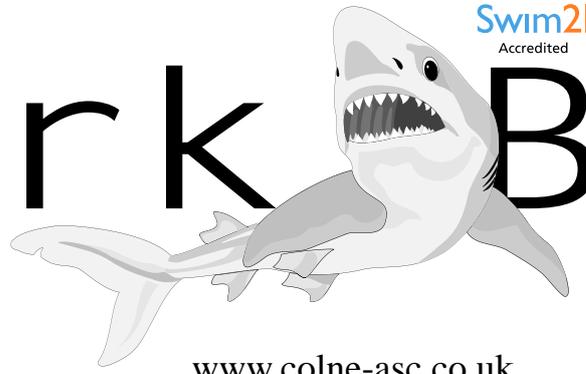


# Shark Bytes



Only  
40p

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Colne Amateur Swimming Club Newsletter: March 2006

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## Central Lancashire Swim Clinic

Sam Bainbridge and Emily Cott took part in the Central Lancashire Swim Clinic held at the Aquatics Centre on Wednesday, 22nd March. The event was run by Ex-British Swimmers Stephen Parry and Sarah Price as part of the Aquatic Crusaders programme of Total Swimming.



Emily and Sam with Stephen Parry and Sarah Price

The Aquatic Crusaders are group of swimmers who are trying to promote good practice into swimming. For more information check out the website:

[www.totalswimming.co.uk](http://www.totalswimming.co.uk)

## Birthdays - March

1st David Bradley; 3rd Andrew Croxall; 4th Olivia Pratt; 5th Katie Lonsdale; 7th Celia Foulkes-Bolton; 11th Aimee Grant; 18th Hamish Graham and Megan Locke; 19th Rheannon Davies; 20th Jordan Arnott; 21st Vinny Robinson; 22nd Chloe Chew; 23rd Sam Bainbridge; 26th Natalie Cowgill; 31st Ashley Honeyman.

## Birthdays - April

5th Bethany Gribble; 7th Henry Frankland; 9th Olivia Robbins; 14th Adam Davies; 19th Hannah Williams; 20th Olivia Gregson and Sarah Kelly; 25th Jasmine Holland.

## Central Lancs Prelim Age Groups

On the weekend of 11th/12th February, Colne ASC had 9 swimmers competing at the **Central Lancashire Prelim Age Groups** (Salford), Gala No. 3 & 4, carried on the success of the first two galas. A total of 13 medals were achieved over the weekend with one 1st, eight 2nd and four 3rd places, reaching no fewer than 13 finals between them and 14 personal best times.

**Joshua Finch** competing in the 15yr Age Group was the outstanding swimmer achieving one 1st place (50m Butterfly), one 2nd (50m Freestyle) and two 3rds (200m Individual Medley and 100m Freestyle). Other successful swims included: **Sam Bainbridge** (12) achieving three 2nds (50 & 100m Freestyle and 50m Butterfly); **Matthew Lonsdale** (17) achieving three 2nds (50 & 100m Freestyle and 50m Butterfly); **Emily Cott** (12) who had a 2nd (50m Backstroke) and a 5th (200m Freestyle); and two 3rd places for **Emma Scott-Miller** (16) (100m Butterfly and 50m Backstroke).

**Molly Frankland** (11) finished 6th in the final 100m Breaststroke (PB in heat & final); **Laura Foulkes** (14) finished 8th in 200m Freestyle; **Bethany Moore** (12) finished 11th in 50m Backstroke (PB); and **Simon Hardwick** (14) finished 11th in 100m Freestyle.

The successful meet was rounded off with Colne ASC winning the 16 year/over Age Group Competition Shield thanks to the efforts of **Matthew Lonsdale, William Harrison and Emma Scott-Miller.**



## Micro League

The first Micro League fixture of the season will take place on Saturday, 1st April.

This gala is at the Pendle Leisure Centre against teams from Garstang, Chorley and Preston 'B'. The warm-up for the gala will be at 6:30pm with the gala commencing at 6:45pm.

The team sheet will be on the notice board. If you are unable to attend the gala please inform Cherry or Andrew.

The other fixtures will take place on:

Sunday 7th May at Lancaster.

Friday 19th May at Clitheroe.

Friday 23rd June at Rosegrove.

## Starts and Turns

The starts and turns session on Saturday, 25th March has been moved forward a week to Saturday, 18th March. The time remains the same: 6:00pm - 7:30pm. This session is mainly for those swimmers that have been selected for the Micro League team.

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](mailto:press@colne-asc.co.uk)

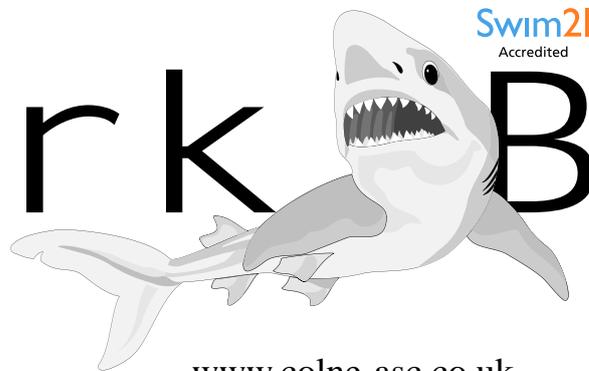
## Forthcoming Events:

8th March	Financial AGM. Colne Cricket Club. 8pm
11/12th March	Lancashire County Age Groups. Aquatic Centre
18th March	Starts and Turns Session. Pendle Leisure Centre.
18/19th March	Lancashire County Age Groups. Aquatic Centre
23rd March	Friendly League Fixture. Home to Pioneer '79

1st April
6th April
14th April
16th April
21/22nd April

Micro League Fixture. Home
Friendly League Fixture. Home to Haslingden
Good Friday
Easter Sunday
Scottish National SC Masters Championships

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## The Swimming Clubs' Birthday of the Year - A Wonderful lady

*It was like waiting for the Queen - but then she is a Queen. Joan our secretary had already arranged for flowers from the whole of the Club to be delivered to her home, but now nineteen of the Clubs Friday class gathered in reception to await the arrival of our oldest member still swimming. Ninety-eight year old Eva Hughes duly arrived to cheering and clapping and a hearty - if not musical - rendering of Happy Birthday. She was soon in the water enjoying her regular Friday night swim under the admiring glances of the rest of the group. We cut our session a little short to allow more time for the party. Pool superintendent Katherine had kindly supplied party hats, balloons and a "crown" for Eva. Also the groups' expert cake maker had been at work.*

*Bright and cheerful Eva sat at the head of the table and "suffered" a second rendering of Happy Birthday. Nobody called for a speech but she suddenly shot up and announced "I am here to address you, not undress you" and promptly sat down again to much laughter and clapping. Cards were abundant including a group one from all the members of the Friday class. Pool staff were able to join in the merriment and help demolish the cake before we all dispersed. If Eva was a little overwhelmed at our efforts to help her celebrate her ninety-eighth birthday she took it all in good hart and expressed her grateful thanks for everything before going smilingly on her way. We hope to enjoy the privilege of her company in the pool for lots and lots of Friday nights yet.*

*Stanley Hendley*

## Aquabears Masters Meet

On Saturday 25th February three members of the Colne ASC Masters Team were swimming at Broughton Pool, Salford to take part in the Aquabears Swimming Club 2006 Open Masters & 19-24 Age Group Meet. The gala was held on a points basis with medals being presented to the first three in each age group, and each swimmer only allowed to do a maximum of 6 events.

Tony Catterall (60-64) and John Penswick (65-69) won their respective age groups with Philip Croxall (35-39) finishing second in his.

Tony amassed 36 points out of a maximum of 36 with wins in 100m Butterfly, 100m Breaststroke, 100m Individual Medley, 200m Freestyle, 100m Backstroke and 100m Freestyle.

John finished with 23 points after winning 50m Backstroke, 100m Breaststroke and 100m Individual Medley; and a 2nd place in the 50m Breaststroke.

Philip ended up with 24 points after winning 50m Breaststroke; coming 2nd in 100m Butterfly and 100m Freestyle, 4th in 50m Freestyle and 50m Butterfly and 5th in the 100m Individual Medley.

This left a combined total of 83 points which left Colne ASC in 8th place, which was quite an achievement considering quite a few teams had 10 or more swimmers.

## Friendly League

On Thursday 2nd March, we played hosts to Ramsbottom ASC in our first fixture of the 2006 Friendly League Season.

The start of the gala was quite even between the two teams as we traded wins, but during the Butterfly and Breaststroke races, Ramsbottom edged into an eight point lead. Despite a valiant fight back by the Colne swimmers during the freestyle races, it was a gap too far, as we narrowly lost by 57 points to 59.

The Colne 'A' swimmers managed 22 personal bests out of the 36 individual races, with a further 21 personal bests coming from the remaining 'B' and 'C' swimmers.

Our next fixture is at home to Pioneer '79 on Thursday, 23rd March.

## Other News

Club member Emma Hacking is the latest winner of the Leader Times Newspapers Relay Readers Marathon Award.

Emma qualified for the award after reading and reviewing 76 books and was presented with a certificate, trophy and £10 book token at Colne Library.