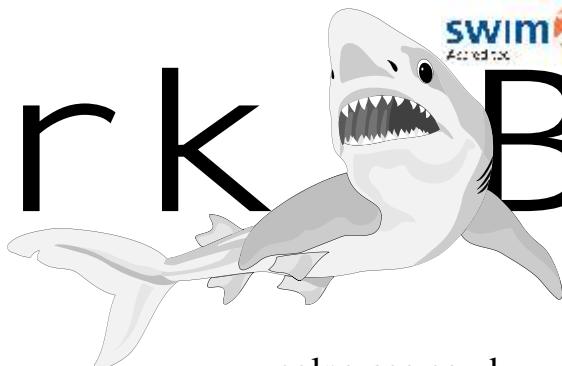


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Colne Amateur Swimming Club Newsletter: October 2009

Issue: 65

Karen Storms to Bronze at the European Masters

Colne ASC Masters Swimmer Karen Driver competing in the 35 to 39 years age group finished 3rd in 400m Freestyle to claim the Bronze medal at the **XII LEN European Masters Championships 2009** held in the **Cuidad de Cádiz Sports Complex, Cádiz, Spain**. Karen was



joined by team mates Stephen Smith and Philip Croxall who were both competing in the 40 to 44 years age group. The competition ran from Tuesday, 15th September until Sunday, 20th September. Over the six days of competition, the three Colne swimmers went on a roller-coaster of a ride as they went up against the best swimmers in Europe; here is how the week unfolded.

Tuesday: Philip was the first to hit the water as he competed in the Men's 200m Individual Medley where he finished a creditable 22nd out of 44 competitors in a time of 2 minutes 36.49 seconds lowering his personal best time by 0.7 seconds which he set back in 2004. Karen opened her account with an outstanding swim in the Women's 800m Freestyle in which she was seeded 3rd ,and was strongly fancied for a medal. The race came down to a desperate sprint for the line on the final length in which Karen missed out on the Bronze medal by 0.66 of a second, finishing 4th in 10 minutes 14.87 seconds. Despite the disappointment she had lowered her personal best by over 3 seconds.

Thursday: Philip was again in action in the Men's 100m Breaststroke. Philip showed strong early pace turning at the 50m point in a quick time of 36.61 seconds (at this point Philip looked set for his first top 20 finish), but he was unable to maintain that pace for the second length finishing with a time of 1 minute 20.28 seconds to finish in 28th out of 47.

Friday: Saw the pool swamped with a huge entry list for the Blue Riband event of swimming, the Men's 100m freestyle. Steve Smith went in as British Champion in the 40-44 year category, but despite this he was only seeded 16th out of well over 100 men in his age category. As with Philip the day before, Steve swam a strong first 50m and was placed in the top 10 at the halfway point, but was found struggling over the final 20m as he lunged for the wall in 57.67 seconds to finish 4th in his heat and 18th overall.

A very focussed Karen then came out for the Women's 400m Freestyle. Despite only being seeded 6th, she attacked the 8 lengths of the pool to record a lifetime best of 4 minutes 59.98 seconds, edging out two other women for the bronze

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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.

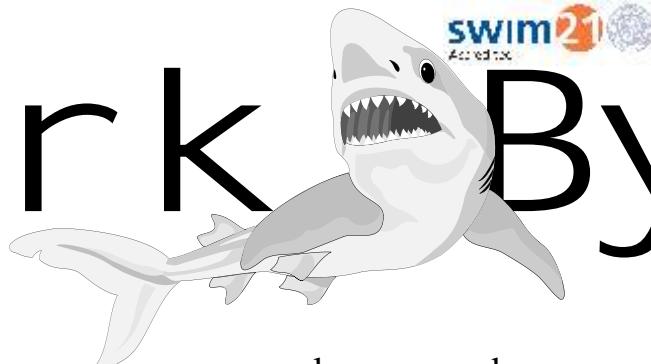
If anybody has any stories, items of interest, or anything they think will be suitable for the newsletter, then you can email me at the following address: press@colne-asc.co.uk

Forthcoming Events:

- | | |
|-----------------|----------------------------------|
| 1st October | Swimming Club Trials |
| 10/11th October | North Lancs Level 3 Meet. |
| 5th October | Friendly League. Away at Burnley |
| 7th October | Annual General Meeting |
| 15th October | Sponsored Swim |

- | | |
|-----------------|-------------------------------------|
| 23-25th October | ASA National Masters |
| 31st October | ASA North West Region Championships |
| 6th November | Colne ASC Talent Show. 7:30pm |
| 12th November | 1st Championship Gala |
| 14th November | Betty Petty Style Trophy |
| 19th November | 2nd Championship Gala |

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medal in another thrilling tight finish. Due to the tight finish and two other women (seeded above Karen) swimming in the next heat, Karen had an agonizing wait until the results were ratified and she was confirmed as the bronze medal winner. This was truly a marvellous effort as Karen was not strongly tipped for a medal in this event and more over had to put the disappointment of the 800m behind her.

Saturday: Philip had a tough act to follow as he took up the challenge of the Men's 200m Breaststroke. Despite the exertions of the week he swam a very quick time of 2 minutes 55.39 seconds as he claimed his first top 20 finish with 14th place out of 30 competitors. Steve Smith was the last to swim in the pool events as he lined up for the Men's 50m freestyle. Steve put in his best swim of the year as he executed a fast start and powered down the pool winning his heat in a new masters best time of 25.58 seconds missing the British record by only 0.3 seconds. Despite this performance Steve missed out on a top 10 finish by 0.1 of a second finishing 11th out of over 100 entrants. Interestingly this was Steve's second fastest time ever, his fastest being set back in 1989 as he trialled for the British team to go the Commonwealth Games at the age of 21! So does life begin at 40?

Sunday: Karen was not finished yet as she took part in the gruelling 3km open water swim. Due to tidal conditions the course was reduced from 5km to 3km, much to Karen's relief. In glorious sunshine, she swam the course in a time of 44 minutes 38 seconds to finish in a highly creditable position of 13th out of 33. It was over 3 minutes faster than what she had done before.

Halton Masters Meet

On Saturday 5th September, five members of the Masters Team travelled to Widnes to take part in the **2nd Halton Masters Sprint Meet** at the **Kingsway Leisure Centre, Widnes**.

Karen Driver swimming in the 35 to 39 years age group finished 1st in 400m Freestyle and was 2nd in 100m Freestyle, both in reasonable times.

Stephen Smith in the 40 to 44 years age group finished 1st in 50m Freestyle and was 2nd in 100m Freestyle losing by 1/100th of a second!

Philip Croxall also in the 40 to 44 years age group finished 2nd in both the 100m and 200m Individual Medley events, both in new personal best times, with the former being set 17 years ago!

Laura Foulkes swimming in the 18 to 24 years age group was swimming in her first ever masters competition finished 3rd in 50m Freestyle, 5th in 100m Individual Medley, 4th in 50m Butterfly and 2nd in 100m Freestyle.

John Penswick swimming the 70 to 74 years age group finished 2nd in 50m Freestyle, 2nd in 100m Backstroke, 2nd in 50m Breaststroke, 1st in 50m Backstroke and 3rd in 100m Breaststroke.

Pendle Sports Awards

This year's Pendle Sports Awards proved a big hit when they were presented at the plush ACE Centre in Nelson for the first time on Saturday, 5th September.

A joint venture between East Lancashire Newspapers, Pendle Leisure Trust and Lancashire Sport, the awards honour everyone from rising sports stars to people who have dedicated their lives to making clubs a success. The evening was hosted by Mr Phil Storey, chief executive of Pendle Leisure Trust, and began with a delightful meal. He welcomed guests, including the Mayor and Mayoress of Pendle, Coun. Marjorie Adams and Mrs Andrea Towell, and Pendle Council Chief Executive Mr Stephen Barnes.

Then the sports successes were honoured in the awards presentations.

Mt Storey introduced guest speaker Mr Edward Lee, who was group sports editor of East Lancashire Newspapers until May.

Mr Lee talked about his 30 years in the newspaper business, starting as a news reporter at the Nelson Leader back in 1979. He worked with the late George Embley, who died eight years ago.

One of his roles was to go to Barnoldswick by bus to collect darts results from a darts fan who is now the Mayor of Pendle, Coun. Adams! Mr Lee moved to the Burnley Express, where he worked with Clarets legend Jimmy McIlroy, then became sports editor, and finally group sports editor covering Burnley, Pendle and Ribble Valley. Mr Storey presented Mr Lee with a special award for his contribution to sport in Pendle over three decades.

The award winners then received their honours, presented in many cases by representatives of companies and organisations who have sponsored the awards.

The Lifetime Achievement award went to Mr Stanley Hendley, who has been connected with Colne ASC for more than 75 years! He was just nine when he joined.

He said: "It's been 75 years of pleasure. It keeps me young ... Comparatively!"

Over the years he has worked with hundreds of young people and he said: "I would like to thank every one of them - it's been a great privilege and a great pleasure."

Young Volunteer: 1. Kim Fish (netball), 2. Chris Holden (football), 3. Elizabeth Stansfield (gymnastics)

Sporting Moments: Kamran Ashraf (snooker), Sam Edwards (motorbikes), Nick Uttley (golf), Peter Mercer (snooker), Ian Dobson (Yatching).

Coach of the Year: 1. Graham Ratcliffe (Pendle Phoenix RUFC), 2. Andrew Croxall (Colne ASC), 3. Ian Cockcroft (Colne and Nelson RUFC).

Special Recognition: Anne Fish (developing Netball in Pendle)

Community Club of the Year: 1. Pendle Phoenix and Colne and Nelson RUFCs, 3. Colne ASC and Thomas Street Bowling Club.

Lifetime Achievement: Stanley Hendley (75 years+ service to Colne ASC).

Rising Stars: 1. Natalie Haythornthwaite (All rounder), 2. Lucy Chadwick (Hammer and Shot), 3. Chris Sherriffs (Cycling).

Micro League Swim-Offs

On Saturday, 19th September, the young Colne ASC Micro League team were looking for promotion to Division B of the Micro League of the North West, when they travelled to Preston's West View pool for the Division B swim-off. It proved to be a disappointing gala as Colne finished 4th on 100 points with Garstang finishing 1st on 142 points, Preston 2nd on 122 points, and Clitheroe 'A' 3rd on 117. The young Colne swimmers managed 6 new personal bests for the girls and 3 for the boys.

This means that we will contest next season in Division 'C'. The only consolation on the night was the team receiving the trophy for winning this seasons Division 'C'.

Friendly League Round-up

On Thursday, 17th September, we were hosts to Ramsbottom in our last home fixture of the Friendly League season. Despite the Colne swimmers putting up a strong challenge where they got 17 new personal bests for the girls and 16 for the boys. It was Ramsbottom who won the contest by 65 points to 52.

On Friday, 25th September the team travelled to the Hyndburn Sports Centre, Accrington to take on Pioneer '79. Unfortunately we came up against a strong Pioneer team as they won by 70 points to 50.

Our final fixture of the season will be on Monday, 5th October, away to Burnley.