

# Shark Bytes



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Colne Amateur Swimming Club Newsletter: November 2011

Issue: 82

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Colne Amateur Swimming Club

## Championship Galas

This years Championship Galas are on Monday, 14th November and Thursday, 17th November with the warm-up starting at 6:50pm and the first race about 7:05pm.

Entry forms are now available from Mrs. Croxall or can be downloaded from the website. Alternatively you can use the on-line entry which can be found on the website.

The age groups are split into 8 and under, 10 and under, 13 and under, 15 and under and 16 and over, but you are allowed to swim up one age group. For instance a 7 year old can swim in the 8 and under and 10 and under events, whilst a 14 year old can swim in the 15 and under and the 16 and over events. Also all swimmers can do the Senior Championship event which is open to all, and anyone 15 and under can do the Junior Championship event.

So come on have a go it's free as you've already paid for entry as part of your subscription to the Club.

## Christmas Sprint Gala

The Christmas Sprint Gala will be taking place on Thursday, 1st December and is open to all members of the Club, and yes that does include the parents and teachers.

There are separate age groups from 7 and under all the way up to 16 and over with a special category for Teachers and Parents, which means they are not competing against the older swimmers. So that is one excuse that has been removed.

## Centenary Celebrations

As some of you are aware next year will be the Clubs centenary and to celebrate we will be holding a day of celebration on Saturday, 21st April at the Pendle Leisure Centre. So keep this date clear in your diaries.

## Betty Petty Style Trophy

The Betty Petty Style Trophy will take place on Saturday, 19th November starting at 3:30pm until 5:00pm.

This competition is open to everyone that is 15 years and under and it is not about speed but a demonstration of your technique and ability.

You will be assessed on Backstroke, Breaststroke and Frontcrawl over two lengths, with starts and turns included.

So it doesn't matter if you are fast or slow, it is the person with the best stroke and technique that wins.

You can enter on-line, fill in a form or just turn up at the Pendle Leisure Centre just before 3:30pm. Oh and it is free.

## Trophies Need Returning

Can those swimmers who won trophies last year return them as soon as possible. Please make sure they are in a **clean** condition.

They can be returned to Andrea Hartley or Joan Croxall.

## Sponsored Swim

A total of 55 people swam the sponsored swim on Thursday, 13th October.

The monies raised so far currently stands at £870.68.

Can anyone with outstanding monies please hand them in as soon as possible.

## Annual Presentation

The Annual Presentation and Disco will be taking place on Friday, 9th December at Nelson Cricket Club.

The doors at the venue will be open from 7:00pm with the presentation starting at 7:30pm. After which there will be a buffet and some fun and games, and a disco.

Tickets will cost £5.

# SPOT-ON Competition

The Spot-On competition will take part on Thursday, 17th November and will take place as event 11 on the programme.

This competition will cost £1 to enter as there are cash prizes of £20, £10 and £5 for the winners.

The aim of competition is to swim two lengths in the stroke you have nominated and try to match your submitted time. The winner will be the swimmer that gets closest to their submitted time.

There is a closing date of 3:00pm on Thursday, 17th November and no late entries will be accepted.

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:

2nd November Committee Meeting. Crown Hotel. 8pm  
3rd November Swimming Club Trials  
11th November Friendly League Swim Off  
14th November Championship Gala No. 1. Warm-up 6:50pm  
17th November Championship Gala No. 2. Warm-up 6:50pm

19th November Betty Petty Style Trophy. Starts 3:30pm  
1st December Christmas Sprint Gala  
9th December Annual Presentation and Disco  
22nd December Last Club Session of 2011  
25th December Christmas Day  
2nd January First Club Session of 2012

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## Disability Swimming

On the 17th September 2011 Katie Rilett-Young was invited to take part with fellow young swimmers from the Dwarf Sports Association in a training session in Swansea with Eleanor Simmonds M.B.E. (double paralympic gold medallist and BBC Young Sports Personality of the Year) and Matthew Whorwood (paralympic medallist from Beijing 2008).



They were treated to a training session with Billy Pye (GB Paralympic Coach) and the paralympic medallists and given an insight into the dedication and hard work these swimmers put into every day of their training. Billy coached them throughout the session and gave advice, support and encouragement.

All the young swimmers are now competing at the Junior National Gala's and in local county events also.

Katie recently took part in the North West Regional Disability Swimming Championships 2011 on the 15th October at the Liverpool Aquatic Centre in the S6 classification competing in the 50m Backstroke (1:13.50 PB unfortunately disqualified on the turn), 50m Breaststroke (1:19.08 PB), 100m Freestyle (2:04.27 PB) and 50m Freestyle (58.31 PB) – first time under a minute. She has now achieved National Age Group Qualifying Times.

## Golden Brown

A TEENAGER from Barrowford has successfully completed his Duke of Edinburgh gold award...but can't collect it until he's 17! Sixteen-year-old George Brown, who lives on Ridgeway, completed the last of his three Duke of Edinburgh medals in September having endured a gruelling 12-months of work. To gain gold, George took part in a four day outdoor expedition in Wales, volunteered for 12 months teaching children to swim at Colne Swimming Club and undertook a residential period at Grafham Water in Cambridgeshire.

In the same year as achieving the gold award, George has successfully finished his GCSE exams, attaining an A\*, eights As and two Bs, as well as fitting in his part time job as a life guard at Pendle Wavelengths.

However, due to being only 16, George can't collect his award until he's 17-and-a-half or until the rest of his group complete their awards, then they will be presented with their awards at a ceremony at St James' Palace in London sometime next year. Usually the Duke of Edinburgh gold award can't be started before the age of 16, however, George, who began when he was 15, had already completed both his bronze and silver awards and was given the green-light to go for gold.

George said: "I've really enjoyed it. It's a very good award to have on your CV. It has been a struggle at times though, I've been very busy working hard for my exams. "I think the skills I've learnt; teamwork, problem solving, communication, initiative and determination will definitely help me through life. Thanks to Matt and Martin my expedition leaders, I couldn't have done it without them." The former Fishermore student, who turns 17 this month, has just started at Nelson and Colne College where he will study English Language, English Literature, History and Geography and hopes to go on to university to study History or Law.

His mum, Catherine Brown, said: "It's absolutely brilliant, both myself and his dad are proud of him. It's been a lot of work in his GCSE year and it's quite an achievement really.

## ASANER Masters Durham

On Sunday, 25th September, three members of the Colne ASC Masters Team travelled to the Freeman's Quay Leisure Centre in Durham for the ASA North East Region Masters Championships 2011. All three were swimming in the 40 to 44 years age group and between them they won 12 golds and 8 silvers.

**Karen Driver** finished first in the 400m Freestyle, 100m Freestyle, 200m Individual Medley, 50m Freestyle, 200m Freestyle, 100m Individual Medley and 50m Butterfly. She also finished second in the 50m Breaststroke and 100m Breaststroke.

**Stephen Smith** finished first in the 50m Freestyle and 200m Freestyle. He also finished second in the 100m Freestyle, 50m Backstroke and 50m Butterfly.

**Philip Croxall** finished first in the 400m Freestyle, 100m Breaststroke and 200m Breaststroke. He finished second in the 200m Individual Medley, 50m Breaststroke and 200m Freestyle events.

## Friendly League

On Thursday, 15th September, we travelled to Ramsbottom to take part in our last Fixture of the North East Lancashire Friendly League season.

Over the course of the evening Ramsbottom proved too strong for us as they won by 68 points to 51, yet despite this the Colne swimmers managed a further 21 new personal bests, with 10 for the boys and 11 for the girls.

This result means that we finished in third place in Division Two, thus missing out on a Swim-Off place for promotion to Division One.



**Hard Work: George Brown, from Barrowford, has completed his Duke of Edinburgh gold award early, on top of his GCSE exams and a part-time job.**

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## Nick Gillingham Swim Clinic

On Sunday, 11th September, former world record holder Nick Gillingham MBE, taught 40 swimmers the art of starts and turns at St. Peter's Leisure Centre, in Burnley.

The course, which included a two-hour pool session, a talk and a question and answer session, culminated in a chance to see Nick's championship medals and a chance to get his autograph.

The married father-of-three from Staffordshire said: "The whole point of this course in Burnley is to offer my expertise to young, competitive swimmers striving for that Olympic dream.

"Good starts and turns are essential for success in elite swimming.

"I learnt a lot probably too late in my swimming career and I want to use these sessions to pass on my knowledge to tomorrow's hopefuls.

"I always encourage parents to stay at the sessions because they often had to sacrifice a lot so their children can follow their dreams of swimming.

"I know my parents did, they went without a holiday and a new car for nine years to help my career."

Colne swimmers Danielle and Nicole Baxter attended the course and had their picture taken with Nick as he showed his medals.

## Iron-Man Triathlon Championships

Teacher Chris Domoney made his annual pilgrimage to Hawaii for the **World 'Iron-Man' Triathlon Championships**, in Kailua-Kona on the 13th October.

The 'Iron-Man' comprises of a 2.4 mile swim, 112 mile bike ride followed by 26.2 mile run.

This year due to being very hot on race day Chris finished 9th in his age group with an overall position of 1191 out of 1800. He competed the swim in 1:27:37, the cycle in 5:54:44 and the run in 3:57:20 for a total time of 11:28:24, which was only 14 minutes slower than his last year's time.

It was some excuse for missing the sponsored swim! Well done Chris.

## ASA National Masters

Well over a thousand people descended upon **Sheffield** for the **ASA National Masters and Senior Age Group Championships (25m) 2011**, which were held at the **Ponds Forge International Sports Centre** from Friday, 28th October until Sunday, 30th October.

There were three swimmers from the Colne Masters team and they were all competing in the 40 to 44 years age group.

The star performer was **Karen Driver** who won gold in the 1500m Freestyle in a time of 19:05.34 which improved her personal best by over six seconds. She then went onto finish second in the 800m Freestyle to claim the silver in a time of 9:59.40, which was another personal best and the first time under 10 minutes for that distance. This was followed by a determined effort to snatch bronze by 0.01 of a second in the 200m Freestyle in a time of 2:22.11, which was her best time for the year. In her final race she claimed another bronze this time in the 400m Freestyle with a time of 4:53.37, which was another new personal best.

Sprinter **Stephen Smith** found the competition much harder this year as several faster swimmers had moved up to the forty age group. He finished sixth in the 100m Freestyle in a time of 56.64 which was a seasons best. He followed this with a seventh place in the 50m Freestyle in a time of 25.57.

**Philip Croxall** started the weekend with a 10th place finish in the 100m Breaststroke in a time of 1:17.18, this was followed by a 12th place finish in the 100m Freestyle in a time of 1:00.13. After that things got better as he finished in seventh place in the 200m Breaststroke in a time of 2:48.89, which his best time he had done for four years. This was followed by a new personal best and fifth place finish in the 200m Freestyle in a time of 2:13.10.

On the final day he finished in sixth place in the 400m Freestyle with a time of 4:44.48 and in 13th place in the 50m Breaststroke with a time of 34.73 which was again his best time over the last four years.

## Birthdays - October

2nd Haydn Taylor; 3rd Ella Purvis; 4th Cameron Taylor; 5th Leighton Wilson; 8th Holly Law-Riding; 9th Ben Havers-Strong and Itsham Jabbar; 12th Kieve Martin; 15th Jack Whittaker; 16th Ellie Grace Punchard; 17th Francesca Farnworth; 21st Tommy Davies; 24th Abigail Fraser and Chloe Ball; 28th James Odor; 30th Joan Croxall.

## Birthdays - November

1st James Barker; 3rd Eleanor Root and Natalia Bashir; 4th Jacob Taylforth; 5th Millie Davies; 8th Freya Marsden; 9th Sophie Leaver; 11th Toby Green, Marcus Bower and Ysabelle Mercer; 12th Amelia Robertson; 17th Luke Gonnella; 18th Caitlin Martin and Thomas Bjork; 21st Dominic Hartley; 26th Edgar Zelinskij; 27th Luke Atkinson.