



BASC Newsletter

May 2018

The Home of Competitive Swimming for Bo'ness, Linlithgow & Surrounding Areas

Welcome to the May Newsletter...

Club Committee Roles

Thank you to all those who came along to the AGM on 26th April.

Thank you also to our two newly elected members: Marie Willoughby and Susan Buglass who are going to share the role of Fundraising Coordinator. Marie was also elected to run the Swim Shop.

The following members were re-elected:

- Joanne Tierney - FIRST Representative
- Caroline Griffiths - Club Secretary
- Laura Arbuckle - Treasurer
- Valerie Christie - Membership Secretary
- Jacqueline Smith & Hazel Glen—Competition Secretaries
- Stuart Thompson - Child Protection Officer (CPO)
- Angharad Hopwood - Swimmers Representative
- Susan Grant - Masters Swimmers Representative
- Kathleen Drummond - Trophy Secretary
- Simon Arbuckle - Forth Valley Representative
- Christine Evans - Communications Officer
- Sandra Knight - Technical Official (STO)

Committee Contacts:

President, Myles Gorton (interim)
president@bonessasc.org
VP & Gala Convenor, Vacant
galas@bonessasc.org
Head Coach, Shannon Botham
headcoach@bonessasc.org
Meet Manager, Vacant
admin@bonessasc.org
Competition Secretaries,
Hazel Glen & Jacqueline Smith
competition@bonessasc.org
Membership Sec, Valerie Christie
membership@bonessasc.org
Swim Shop, Marie Willoughby
swimshop@bonessasc.org
Treasurer, Laura Arbuckle
Treasurer@bonessasc.org
Swim Technical Officer, Sandra Knight
STO@bonessasc.org
Child Protection, Stuart Thompson
CPO@bonessasc.org
Club Secretary, Caroline Griffiths
clubsec@bonessasc.org
Comms Officer, Christine Evans
comms@bonessasc.org

We currently still have vacancies for:

- President -
- Vice President -
- Meet Manager -
- Gala Convenor -
- Swimmers Representatives -

If you are interested in any of these positions or helping in any way please speak to or email Caroline Griffiths clubsec@bonessasc.org. Details of each role is also on the club website. It is essential that these roles are filled to allow the club to function properly.

In the short term Myles Gorton will continue as President, Vice President and Gala Convenor but as his daughter has now left the Club these positions need to be filled as soon as possible. Myles has covered an extraordinary number committee roles however, I should point out that each of these is a separate position so please do not be put off in coming forward!

Thank you to Michael Nicholson, who has stepped down from his role as Meet Manager (and IT Guru - not an official role but his expertise has been much appreciated). Michael has been an essential part of the smooth running of many meets and his IT knowledge has certainly been an added bonus! His hard work and superb organisation will be missed.

Duncan Scott—Commonwealth Games 2018



How many of you managed to catch the swimming events of the Gold Coast Commonwealth Games in April? A massive congratulations to Duncan Scott, (a former FIRST swimmer who represented Bo'ness ASC), who became Scotland's most decorated swimmer at a single Commonwealth Games this month winning 6 medals—Gold in the 100 Free, silver in 200 IM and Bronze in 4 x 200 Free, 4 x 100 Free, 200 Free and 200 Fly.

A fantastic performance all round and as a result he was given to honour of carrying the Scotland flag in the closing ceremony.—What an inspiration!

This Month:
Committee Roles

Thank you

Duncan Scott
Commonwealth
Games

LDD Meet

FIRST Movers
Congratulations

City of Glasgow
Meet

Glasgow University
Swimming Study

April Improvers
Swimmer of Month

June FVJL

New Members

May Diary Dates

Thank you to Karen Beetham for reviewing the clubs annual accounts.

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Livingston & District Dolphins Meet

The LDD Meet at the end of April saw our swimmers achieve some exceptional PBs. There were some fantastic swims and the determination and drive of our athletes made the club very proud. There are too many PBs to mention so those achieving improvements of over 10 seconds, or first to third medal placements are listed below. Well done to everyone who took part.

Aidan McCavish who took 19.62 seconds off his 100 Fly time and 13.58 seconds off his 100 Free.

Gabriel Lee took 21.84 seconds off his 100 back, 11.42 seconds off his 100 Fly and 15.96 seconds off his 100 Free.

Adam Scott took 12.31 seconds off his 100 back and 16.96 seconds off his 100 Fly.

Emily Byrne took 10.41 seconds off her 100 back.

Joy Drummond took the bronze medal in the 100 Free for the 14+ girls category with a PB.

Rhea Griffiths took 11.27 seconds off her 100 Fly.

Samuel Beetham took the silver medal in both the 100 Back and 100 Free for the 10-11 category with a 13.80 second PB in the latter! He also took a massive 19.48 seconds off his 100 Breast to claim the bronze medal.

Isabel Nicolson took 16.00 seconds off her 100 Free time.

Lucy Hellen took 12.16 seconds off her 100 Breast.

Rowan Harkins took 10.28 seconds off his 100 Free.

Cary Stirling took the gold medal in both the 100 Breast and the 100 Back for the girls 12-13 category with a PB and the silver medal in the 100 Free.

Ellie Hamilton took the gold medal in the 100 Fly for the girls 12-13 category with a PB.

April Improvers Swimmer of the Month

Congratulations to Molly Arbuckle Improvers Swimmer of the Month for April. Well done Molly!



Welcome—New Members

The club would like to give a warm welcome to Abby Sexton and Lyla Gilmour who join the Developers squad.

City of Glasgow LC Graded Meet

The City of Glasgow Graded Meet was held at Tollcross in early April and gave some of our swimmers the opportunity to compete in events in a long course pool.

There were some great performances and some strong swims. Well done to all our athletes.



University of Glasgow

Unfortunately due to the lack of response, the proposed research project to study swimmers well-being within a competitive swimming club will not go ahead. Catherine Hankey, who was

leading the project has asked us to pass on her thanks to all those who did respond but advised that there was insufficient interest to make the project viable.

FIRST Movers—Congratulations

Congratulations to **Joy Drummond**, **Ellie Hamilton** and **Carys Stirling** who have been invited to join our FIRST squad (Falkirk Integrated Regional Swimming Team). For those new to the Club, the FIRST programme is a partnership between BASC, Falkirk Otters ASC, Grangemouth ASC, Scottish Swimming and Falkirk Community Trust. Its aim is to provide a competitive training environment where the best swimmers of partner clubs can develop into performance swimmers, whilst remaining in the local area. We wish Joy, Ellie and Carys all the best in their well deserved move.

June FVJL

The next Forth Valley Junior League meet will take place on 17th June. Selections are yet to be made so keep your eye on your emails.

Diary Dates: May

Wanna be the Best in the West—Gold & FIRST
Sat 12th & Sun 13th May—Tollcross, Glasgow

IM Tough Meet—Bronze, Silver & Gold & FIRST
18th, 19th & 20th May—Xcite, Bathgate

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