



# BASC Newsletter

## July 2016

The Home of Competitive Swimming for Bo'ness, Linlithgow and Surrounding Area

### Swim Success

#### The Great North Swim - Lake Windermere, Cumbria

**Hugh Sellars** from the BASC Masters Squad had a very successful trip down to the Lake District to compete the Great North Swim over the weekend of June 10th. The Great North Swim is the UK's biggest open water swim event and an estimated 10,000 people were predicted to take to the water over the three day festival on Lake Windermere.

Hugh swam in two different events over the weekend, swimming an open 1 mile course on the Saturday, followed by a 10 km swim on the Sunday. Hugh completed the 1 mile course in 27 mins 51 secs, narrowly missing a new PB by just 60 secs.

Undeterred Hugh then swam a fantastic 10 km on the Sunday coming in under his 3 hr target time in 2 hrs 29 mins 23 secs! A great result when you consider that Hugh had only swam that distance twice before in an indoor pool! Perfectly calm water conditions on the Sunday with a balmy 20 degrees water temperature, combined with the great atmosphere of the event itself to encourage Hugh to push on round each of the 6 one mile laps to complete the distance without stopping. A terrific achievement in itself!



Hugh is already preparing for his next challenge event the Windermere One Way, which is a 10 mile open water swim the full length of Lake Windermere. Wetsuits are optional on that one apparently!

By all accounts there are a few Open Water Swimming enthusiasts in the Masters Squad. We look forward to hearing more about of their exploits in the future! Well done folks!

### Welcome to BASC - New Starts

One new swimmer to welcome this month; **Aidan McCavish** is starting with the Developers squad this month. Welcome Aidan!

### Lost Property

A reminder that BASC will make a Lost Property box available on the last Thursday of the month, so if you think your swimmer may have inadvertently left an item behind them please check at the SwimShop table and in case the item has been handed in.

Please encourage your swimmers to label their equipment. It makes it much easier to reunite owners with their gear if their names are on it.

### BASC Trial Evening - Thurs 4th August

Note that due to the summer break there will be no trial session in July. The next Trial Evening is scheduled for Thursday 4th August.

### Summer Holiday Training Schedule

Just a quick reminder of significant dates for the Summer Training Schedule:

**Thursday 30th June** : Final training session before the Summer break  
>>>> Summer break with no training sessions <<<<

**Thursday 21st July** : Reduced Summer Training Schedule starts

**Monday 22nd August** : Full Training Schedule resumes

Full details of the reduced Summer Training Schedule is available on the club website : <https://bonessasc.org/training/>

**Have a great holiday and enjoy the break!**

### Summer Diary Dates

**Scottish National Open Championship (FIRST)**  
Thursday 30th June, Tollcross, Glasgow

**Scottish National Summer Meet (FIRST)**  
Friday 15th - Sunday 17th July; Aberdeen Sports Village Aquatics Centre

**West District Relay & Sprint Championships (Gold & FIRST)**  
Saturday 27th & Sunday 28th August; Tollcross, Glasgow

**Central Championships (Bronze/Silver/Gold Squads)**  
Sunday 4th September 2016; Grangemouth Sports Complex  
Withdrawal deadline will be late July / early August, email to follow.

**BASC Mini Meet (All Squads)**  
Sunday 2nd October, Grangemouth Sports Complex

**BASC Summer BBQ**  
Saturday 13th or Saturday 20th August - TBC

### SwimShop & ProSwimwear

The BASC SwimShop web page has been updated with a link through to the ProSwimwear online shopping site. If you are looking for new swimming related gear, using the link through the BASC page means the club gets a commission on whatever you purchase - you get to buy new swimming stuff and support the club at the same time!



### Other Diary Dates to watch out for ...

**BASC Summer BBQ**  
Saturday 13th or Saturday 20th August - TBC  
BASC annual summer BBQ will be held on one of these dates - advanced warning - more details to follow as dates are confirmed!

**BASC Internal Club Championships; Saturday 3rd December**  
**BASC Awards Evening; Saturday 10th December**  
In the past the Internal Club Championships have been held in early December with an evening disco held on the same day. This year we thought we'd split the two events, making a shorter day overall. The Internal Club Championships will be held on Saturday 3rd December, with an Awards Evening being held the following weekend on Saturday 10th December at the Linlithgow Bowling Club. More details to follow nearer the time!

