



BASC Newsletter

January 2017

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

Club Championships & Awards Evening Success

Congratulations to all those athletes who competed at our recent annual Club Championships before Christmas. It was an exciting afternoon with some excellent PBs and medal wins. Special thanks to all those who offered their time and support at the event to make it the success that it was.

For the first time, we decided to split the Club Champs and Awards Evening into two separate dates. This proved to work extremely well with a huge turnout at both the Champs and the Awards Evening the following week at the Linlithgow

Bowling Club. Our swimmers and their families danced the night away to the Ceilidh band, the swimmers played games organised by Harriet and Ellen (thank you), and everyone enjoyed a never-ending buffet feast supplied by all who attended.

At the beginning of the evening Awards were presented in recognition of achievements at the Club Championships plus two annual performance trophies. Many congratulations to the following 2016 Trophy Winners and all those who took part:

Category		Trophy	2016 Winner
Girls 8yrs & Under	Club Championship Age Group Winner	Bo'ness ASC Trophy	Anna Beetham
Boys 8yrs & Under	Club Championship Age Group Winner	Bo'ness ASC Trophy	Aidan McCavish
Girls 9yrs	Club Championship Age Group Winner	Alexander Trophy	Aoife Glen
Boys 9yrs	Club Championship Age Group Winner	Harry Constable Trophy	Samuel Beetham
Girls 10/11 yrs	Club Championship Age Group Winner	Journal & Gazette Cup	Carys Stirling
Boys 10/11 yrs	Club Championship Age Group Winner	Bo'ness ASC Trophy	Douglas Calder
Girls 12/13 yrs	Club Championship Age Group Winner	Bo'ness ASC Trophy	Alice Knight
Boys 12/13 yrs	Club Championship Age Group Winner	Bo'ness ASC Trophy	Liam Murphy
Girls 14 yrs & Over	Club Championship Age Group Winner	EJS Shield	Cara Farquharson
Boys 14 yrs & Over	Club Championship Age Group Winner	Bo'ness ASC Shield	James Osborne
Girls 11yrs & Under	Fastest 100m IM on the day	Stuart Martin Memorial Trophy	Carys Stirling
Boys 11yrs & Under	Fastest 100m IM on the day	Seamus Laffan Shield	Douglas Calder
Girls 12yrs & Over	Fastest 100m IM on the day	Hundleby Cup	Alice Knight
Boys 12yrs & Over	Fastest 100m IM on the day	Serpent Cup	James Osborne
Girls 11yrs & Under	Fastest 50m Freestyle on the day	Victory Cup	Carys Stirling
Boys 11yrs & Under	Fastest 50m Freestyle on the day	Round Table Cup	Douglas Calder
Girls 12yrs & Over	Fastest 50m Freestyle on the day	Challenge Cup	Niamh Tierney
Boys 12yrs & Over	Fastest 50m Freestyle on the day	BP in Scotland Cup	James Osborne
Girl/Boy	Swimmer of the Year	Sreenan Trophy	Kirstyn Calder
Girl/Boy	Challenger of the Year Award	Calder Cup	Alice Knight



URGENT - Competition Secretary - URGENT

The Club is still looking for a Competition Secretary to take over from Jane Murphy. This is now urgent as Jane is stepping down at the end of this month at which point the Club will be without a Competition Secretary! As mentioned before, this is a critical role for the Club, without it swimmers would not be able to be entered to compete in the meets throughout the year. Please, give this your consideration and if you can spare some time to support the Club, get in touch with our President, Mike Calder, ASAP president@bonessasc.org.





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Swimshop - News Hot Off the Press!!!

The Swimshop have been very busy over the last couple of months organising some exciting new products...Not only will Club branded water bottles, rucksacks and towels be available at the end of January (prices to be confirmed) but we are now able to order personalised swim caps which look great at competitions.

Caps need to be ordered in quantities of 2 per swimmer with a total minimum order of 50 caps being required. They are priced at £14.00 for two and need to be paid for when placing your order.

You can place an order for any Swimshop item with Jenny on a Thursday night, poolside at the Recreation Centre. Or email her your requirements and pay poolside swimshop@bonessasc.org. More good news - Swimshop can now accept payment by card as well as the usual cash or cheque!



Keir Edgar Breaks Backstroke Records

Congratulations to Keir Edgar, one of our FIRST Youth Squad swimmers, who has broken two West District Short Course Records for the 'Male 15 Year Age Group'. - One for his 50m Backstroke (recording a time of 0:27.44), and a second for his 100m Backstroke (recording a time of 00:57.86) at the Scottish Short Course Championships in December. Well done Keir!

BASC Trial Evening – Thursday 2nd February

The next trial session is Thursday 2nd February at the Recreation Centre from 6pm. If you know of anyone who might be interested in swimming with the Club, please feel free to pass along an invite.

Swimming Starting Block

In the next few weeks you may notice a new fixture at the Bo'ness Recreation Centre pool. The Club have purchased a full sized starting block with moving foot ledge. This is similar to those blocks found at most meets and will be greatly beneficial to swimmers during their training sessions.

For those of you interested in the more technical specification, it is a 'Swiss Timing OSB14 Swimming Starting Block' which is part of a new generation of swimming starting blocks. Google away!!!...

FVJL December

Thank you to all those who helped at the Forth Valley Junior League 'B' Final on 18th December. It was the Club's turn to organise this particular FVJL event and we did an excellent job all round achieving 2nd in our heat and 8th overall in the league. Congratulations to Grangemouth ASC who won the league for the 12th year running!

A grand total of £513.32 was raised for the Club! Thank you to everyone involved.

Thank You

The Club would like to thank Alan Stoddart who is stepping down as our FVJL Representative. Alan has chaired the committee for the past two years and has been a great support to the Club in this role. Thank you Alan.

January Diary Dates

FIRST Annual Open Meet

(selected Silver, Gold, FIRST Age Grp, FIRST Youth Performance)
Sat 7th & Sun 8th January – Xcite Sports Centre, Bathgate

West District LC Championships Round 1 (Qualifiers)

Sat 14th & Sun 15th January - Dollan Aqua Centre East Kilbride

Livingston & District Dolphins (Developers, Improvers, Bronze)

Sat 21st January – Xcite Sports Centre, Whitburn

Grangemouth ASC JAGS Meet (Improvers, Bronze, Silver)

Sat 28th January – Grangemouth Sports Complex

Grangemouth ASC MAGS Meets (Gold)

Sun 29th January – Grangemouth Sports Complex