



Bo'ness Amateur Swimming Club

The Home of Competitive Swimming for Bo'ness,
Linlithgow and the Surrounding Areas.

OCTOBER 2018



This Month's Topics (click to scroll):

- Committee News • Special thanks • September FVJL meet • Firth of Forth Swim
- Boness Mini Meet • BASC going green • Congratulations
- Future Events, Meets and Diary dates • BASC Santa Dash • New Members

Committee News

With the election of a new Club President and Vice President, Myles Gorton will (finally) step down after many years of hard work. His dedication and commitment to ensure the continuation of the club and helping hundreds of swimmers achieve unbelievable heights is to be applauded. Myles was still helping at the Bo'ness Mini Meet this month and I`m sure he will go out with a bang at our Club Championship and Awards Night in December. The committee wishes him and his family all the best for the future.

Hazel Glen (Competition Secretary) will be taking over the position of Club President and we wish her great success with her new role.

We also like to thank Christine Evans who stepped down from her position of communication Officer. The committee wishes her and her family all the best for the future.

After the August committee meeting we are happy to announce the following new elected committee members:

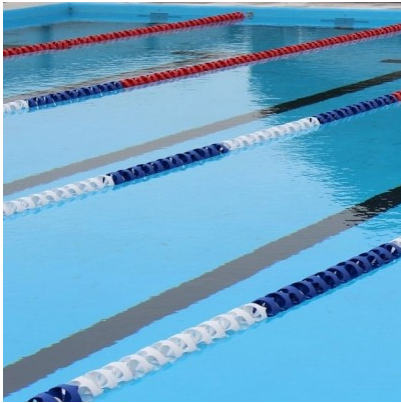
- Mark Beetham, Vice President.
- Udi Tiran, Communications Officer Officer.

We currently still have a vacancy for Gala Convenor.

If you are interested in any of these positions or you wish to help the club in any way, please contact the club secretary on clubsec@bonessasc.org.



Special thanks



Big thank you to **Mark Beetham** and **Kevin Cuthill** for repairing the lane ropes at BRC so there is no exposed wire. This is safer for the swimmers and also makes putting the lane ropes in and out of the pool much easier as the wire doesn't get tangled.



September FVJL meet

A fantastic effort from Team Bo'ness this afternoon at this month's FVJL meet. Took 1st place in 15 of 39 races so some super swimming by everyone. Result was 4th place due to points system but swimmers should be proud. Thanks to all our swimmers, timekeepers, Marshall and coaches and to all who came along to support us. Next FVJL meet is November then the final in December.



Firth of Forth Swim

Firth of Forth Swim took place on Saturday 22nd September.

Congratulations to **Michael Mooney** who came 2nd and **Murray Kilgour** who came 8th. All swimmers complete the course. **Niamh Glen** raised sponsorship of £850 for Starthcarron Hospice in her efforts. Well done to everyone on a very difficult swim and difficult currents.

Names left to right in photo: **Niamh Glen**, **Grace Nicolson**, **Iona Hamilton**, **Cara Farquarson**, **Murray Kilgour**, **Shannon Botham**.

Front row: **Dylan Christie**, **Michael Mooney**.



Bo'ness Mini Meet

Bo'ness Mini Meet took place last weekend at Grangemouth Sports Complex.

A special thanks to everyone who helped at the mini meet and contributed to making it a huge success.

We 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 5 seconds are listed below. Well done to everyone who took part.

- Owen Purdie took 44.17 off his 100 IM, 31.44 off his 50 Fly and 28.81 off his 50 Free time.
- Amy Black took 16.66 off her 100 IM, 6.85 off her 50 Breast and 6.64 off her 50 Free time.
- Ishbel Hamilton took 16.44 off her 100 IM time.
- Fraser Willoughby took 14.27 off his 50 Free, 13.33 off his 50 Breast, 11.55 off his 50 Back and 6.75 off his 25 Fly time.
- Max Cartwright took 11.19 off his 50 Free, 10.90 off his 200 Free Relay and 9.21 off his 100 IM time.

- Daniel Lawless took 11.11 off his 100 IM time.
- Amy Macleod took 9.83 off her 50 Fly time.
- Sam McGrow took 9.61 off his 50 Free time.
- Aidan McCavish took 8.42 off his 100 IM time.
- Rowan Harkins took 7.32 off his 50 Fly and 6.21 off his 50 Back time
- Lucy Hellen took 7.24 off her 50 Fly and 5.41 off her 100 IM time.
- Niamh Bremner took 7.05 off her 50 Breast and 6.24 off her 50 Free time.
- Alex Black took 7.02 off his 50 Fly time.
- Ellie Stirling took 6.91 off her 50 Free and 5.69 off her 25 Fly time.
- Ryan Oliver took 6.23 off his 50 Breast time.
- Elizabeth McGrow took 5.68 off her 50 Breast time.

In addition, following his Top 9 Year Old Boy award last year, **Aidan McCavish**, won Top 10 Year Old Boy, **Samuel Beetham** won Top 11 Year Old Boy and **Gabriel Lee** was 3rd overall in the 12 Year Old Boys.



BASC going green



With Bo'ness ASC trying to be more environmentally friendly, [Link Housing](#) (one of Scotland's largest social landlords) kindly supplied the club with reusable water bottles that were distributed to all the volunteers / coaches etc at the recent Bo'ness Mini Meet. This was to stop the wholesale purchase of disposable plastic water bottles that we previously supplied.

Although this is a small step, we should all be more mindful of the use and disposal of certain plastics in our society that is damaging to our health and wildlife.

If you wish to find out more, please see the links below:

- [Independent article](#)
- [BBC article](#)





Congratulations

Congratulations to Keith Knight for passing his Judge 1 course.

Congratulations to Iona Hamilton for moving to Gold.

Congratulations to Nina Thompson-Pueyo and Alicia Evans for moving to Platinum.

Congratulations to Freya Cuthill selected Developer of the Month in September.



Future Events, Meets and Diary dates

- An Internal Time Trial will be held on Thursday 25th October from 6-9pm at BRC. Further details to follow.
- West District Senior Age Group (WD Sags) Saturday 27th & Sunday 28th October, Tollcross ISC - Glasgow.
- Eian Prentice Memorial Gala, Saturday 3rd November, Whitburn.
- West District Junior Age Group (WD JAG) Saturday 17th November & Sunday 18th November, Tollcross ISC - Glasgow.
- FVJL Sunday 18th November, Bathgate.
- Dumfries Advent Open Saturday 24th & Sunday 25th November



BASC Santa Dash



Santa Dash is a chance to put money in the bank for the club, and also put something back into charity. We will run a Santa Dash at [Little Kerse](#) on the 2ND December,



10 until 12 AM. Our Swimmers will run laps of 1K.

We're asking that all participating runners to bring a

Santa hat or suit to wear (hat at the minimum).

The form has been devised to help with gift aid, so every £1 we get is worth £1.25.

Mince pies and hot drinks will be available post event.

Download attachments:

- [Santa Dash Sponsor form](#)



New Members

We would like to wish a warm welcome to our newest members:

Eileen Anderson (Bronze), Neil Anderson (Masters), Lucy Bell, Lucy Smith,
Sophia Smith, Blake Grose and Daniel Baird (all Developers)



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