



Bo'ness Amateur Swimming Club

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

FEBRUARY 2019



This Month's Topics (click to scroll):

- A NEW YEAR A NEW START • Club Championship and Awards Evening
- Santa Dash • Competitions • Future Events, Meets and Diary dates
- Congratulations • Special thanks • WE NEED YOUR HELP!

A NEW YEAR A NEW START

Firstly, Bo`ness ASC Committee and Coaching Team would like to wish all parents, guardians and swimmers a happy new year. We are so looking forward to another amazing year again for the club. It has been a few months since our last Newsletter and a lot has happened.

We have created WhatsApp groups so we can send special reminders for parents (i.e. training cancellations). if you haven't been added or wish to add another phone number, please let us know (send your contact numbers to comms@bonessasc.org).



Club Championship and Awards Evening

The Club Championships (eventually started after a "small accident" in the pool) took place in December and we all witnessed some amazing swims and some incredible PB`s. A big well done to all athletes and volunteers who participated.

After the Club Championship, our 2018 Annual Awards Evening took place on the 8th December and we were treated to a night of Ceilidh dancing, home made food and the awarding of all the individual trophies. A huge congratulations to all the winners. Please find the 2018 awards list below:

Club championships Age Group Winner

Bo'ness ASC Trophy - Girls 8yrs & Under: Nieve Lennon

Bo'ness ASC Trophy - Boys 8yrs & Under: Sebastian Kuklinek

Alexander Trophy - Girls 9yrs: Anna Beetham

Harry Constable Trophy - Boys 9yrs: Fraser Willoughby

Journal & Gazette Cup - Girls 10/11 yrs: Ishbel Hamilton

Bo'ness ASC Trophy - Boys 10/11 yrs: Samuel Beetham

Bo'ness ASC Trophy - Girls 12/13 yrs: Ellie Hamilton

Bo'ness ASC Trophy - Boys 12/13 yrs: Douglas Calder

EJS Shield - Girls 14 yrs & over: Alice Knight

Bo'ness ASC Shield - Boys 14 yrs & over: Liam Murphy

Fastest 100m IM on the day

Stuart Martin Memorial Trophy - Girls 11yrs & under: Ishbel Hamilton

Seamus Laffan Shield - Boys 11yrs & under: Samuel Beetham

Hundleby Cup - Girls 12yrs & over: Alice Knight

Serpent Cup - Boys 12ys & over: Liam Murphy

Fastest 50m Freestyle on the day

Victory Cup - Girls 11yrs & under: Ishbel Hamilton

Round Table Cup - Boys 11yrs & under: Samuel Beetham

Challenge Cup - Girls 12yrs & over: Ellie Hamilton

BP in Scotland Cup - Boys 12ys & over: Liam Murphy

Screenan Trophy for Swimmer of the Year: Anna Beetham

Calder Cup for Most Improved Girl: Hollie Buglass

Calder Cup for Most Improved Boy: Rowan Harkins

Stephen Family Trophy for Most Dedicated / Committed: Murray Kilgour

Land Training Commitment Recognition: Jonathan Tiran

