



BASC Newsletter

September 2017

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



Happy Birthday Bo'ness ASC- 40 Years Old!

This year the Club reaches the grand old age of 40! Started back in 1977 by George Swanson with the help of Tom Stirling, the Club has grown from strength to strength. Thank you to all those who made it to the Recreation Centre last Thursday for our 40th Birthday Club Photo. Please keep your eyes on the Linlithgow Gazette and Bo'ness Journal for a 40th birthday article.

Don't forget to keep the dates free for our **Club Championships on Saturday 2nd December** followed by our **Awards Evening on Saturday 9th December** when we will party and celebrate our swimmers successes and 40 years of Bo'ness ASC.

21st Annual Bo'ness Mini Meet—Sunday 1st October

The annual Bo'ness mini-meet is fast approaching on Sunday 1st October. Many of our swimmers will be swimming and we hope to have entries from around 6 other clubs. It is an important date in the club calendar and an opportunity to raise funds for the Club. **We need your help to make this a success.**

Committee Contacts:

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A swimming gala requires around 30 volunteers to help the smooth running of each session. There are a range of different jobs and pretty much all of them allow flexibility to watch any races your child is in. We would really like your help if at all possible. Please drop an email to Myles at galas@bonessacs.org if you can help in either morning or afternoon session (or both). Lunch is provided for those who can help in both sessions.

To help raise extra funds we will be holding a tombola and/or raffle. It would be great if you could donate suitable prizes. Anything will help, from the small to the large. If you can donate something, please bring it along to the Bo'ness Recreation Centre on Thursday where the swimshop will have a plastic box for donations.

Club Kit Giveaway

See Jenny at our swimshop if you would like a pair of boys swimming trunks FREE. These are old BASC stock and we have various sizes which are free to good homes! swimshop@bonessasc.org

www.bonessasc.org

This Month:

Happy 40th Birthday
Bo'ness ASC

21st Annual Bo'ness
Mini Meet

FVJL Success

Loch Lomond & Loch
Venachar Swims

Parent Reps

Bo'ness FIRST
Swimmer Success

Central Champs
Success

Club Kit Giveaway





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Central Champs Success

Congratulations to all those swimmers who took part in the Central Championships last weekend. There were many PBs, far too many to mention every single one so here are just some of the highlights:

Douglas Arbuckle took 6.45 secs off his 100m Free.

Hollie Buglass took 9.52 secs off her 100m Back and 9.44 secs off the 100m Breast.

Douglas Calder (11-12yr) took Gold for the 100 Back, 100 Free and 100 Breast, and Silver in the 100 Fly taking off an outstanding 13.20 secs.

Dylan Christie took 3.07 secs off his 100 Breast, 3.14 off 100 Fly and 4.13 off his 100 Back.

Sarah Coffey (11-12yr) took Gold in the 100 Free and Silver in 100 Breast taking 6.24 secs off her time.

Sam Dudchenko took an amazing 28.98 secs off his 100 Back, 12.52 secs off the 100 Free and 19.36 secs off the 100 Breast.

Eilidh Gorton took 14.02 secs off her 100 Fly.

Rhea Griffiths took 8.90 secs off her 100 Free.

Lucy Hellen took 16.97 secs off her 100 Back and 15.53 secs off the 100 Free.

Murray Kilgour took 4.71 secs off his 100 Back.

Alice Knight (13-14yr) took Silver in the 100 Breast and 100 Back, and took 3.09 secs off her 100 Fly.

James Knight (8-10yr) took Bronze in the 50 Back and also took 5.16 secs off his 50 Fly.

Beth McGrow took 7.48 secs off her 100 Free.

Fionnlagh McGuire (11-12yr) took Bronze in the 100 Back and took 4.65 secs off his 100 Breast.

Jessie McLeod took 5.95 secs off her 100 Back and 7.65 secs off the 100 Free.

Isabel Nicolson took 3.73 secs off her 50 Free time.

Ryan Oliver took 4.71 secs off his 100 Back, 7.99 secs off 100 Free and 4.65 off his 100 Breast.

Ethan Purdie took 6.94 secs off his 100 Back.

Kayah Smith took 10.38 secs off her 50 Fly, 3.12 off 50 Back, 4.44 off 50 Breast and 6.08 off 50 Free.

Carys Stirling took 3.36 secs off her 100 Back.

Loch Lomond & Loch Venachar Swims

Congratulations to **Michael Mooney** (Gold), **Laura Arbuckle** (Masters) and **Douglas Birse** (Masters) who took part in the Great Scottish Swim at Loch Lomond on Saturday 26th August. Michael swam in the 1/2 mile event and achieved a fantastic 8th place. Laura swam the one mile event and Douglas took part in the Aquathlon which was a swim and run. **Andy Stewart** (Masters) competed in the Loch Venachar One Mile Challenge the week prior and achieved a speedy 21 mins 16 secs. Brilliant achievements, well done.

Developers & Improvers Parent Reps

This is not a formal Committee role—we are still looking for two parent representatives with swimmers in the **Development** and **Improvement** squads to join us at our committee meetings. Could a parent from each squad attend these monthly meetings to ensure all levels of the club are represented? Please get in touch with either [Mike](#) or [Myles](#).

Bo'ness FIRST Swimmer Success

One of our FIRST swimmers, **Keir Edgar**, competed at the Scottish National Open Championships in July in Aberdeen where he became the Scottish Junior Champion in both the 100m and 200m backstroke events—a major achievement for a 15 year old in an under 17 years age category

In July he also competed at the Championships in Sheffield where he set a new West District Long Course Record in 100m Back with a time of 00:59.63 in the final, finishing 6th overall.

Keir has also been selected to swim at the UK School Games to be held at Loughborough University this month alongside Kirstin Lawrie (FIRST Falkirk Otters) as part of the Scotland South & East team. Well done Keir!

FVJL Success—Joint 1st Place

Well done to those swimmers who took part in the recent FVJL on 20th August. It was another fantastic afternoon with a few first time swimmers who did exceptionally well and another superb team effort. Swimmers should be extremely proud of achieving joint first place! Thank you to all our volunteer helpers who helped to make this event a success.

Diary Dates: September/ October

Autumn Swim Meet—Silver & Gold

Sunday 17th September—The Peak, Stirling

FVJL—Swimmers TBC

Sunday 17th September—Xcite, Bathgate

Bo'ness Annual Mini Meet—Improvers, Bronze & Silver

Sunday 1st October at Grangemouth Sports Complex

Hearts of Midlothian Age Group Meet—Bronze, Silver & Gold

Saturday 7th & Sunday 8th October - Mercat Gait, Prestonpans

Alloa Graded Meet—Bronze, Silver & Gold

Saturday 21st & Sunday 22nd October - The Peak, Stirling

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