



BASC Newsletter

October 2017

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

Bo'ness Mini Meet—What a Performance!

Wow! What a fantastic Sunday at the Mini Meet: and what a performance to be proud of Bo'ness! There were lots of medal wins and a huge number of PBs: from shaving off hundredths of seconds to 17.75 seconds! Here are the highlights:

Congratulations to **Aidan McCavish** who won Top 9 Year Old & Under Boy, achieving PBs in all of his events and winning gold in the 25m Fly, bronze for his 50m Free (in which he took 5.53 seconds off) and 50m Breast, and 6th place for 50m Back.

Morven Donlevy, **Adam Scott** and **Gregor Skinner** had a fantastic meet achieving significant PBs in all four of their races. Morven took 10.79 seconds off her 100IM, 7.95 seconds off her 50m Breast and 4.07 seconds off 50m Free. Adam (12yr) took 10.97 off his 50m Free, 14.23

seconds off his 50m Back and 7.37 seconds off 50m Breast for which he also took the bronze medal. Gregor Skinner took an incredible 17.75 seconds off his 100IM, 5.92 seconds off 50m Back, 6.58 seconds off 50m Free and 4.74 seconds off 50m Breast.



Aoife Glen (10yr) won bronze for her 50m Back and took 5th place for her 100IM taking 4.07 seconds off her time. **Ellie Hamilton (12yr)** won bronze for the 50m Free, and took 4th place in both the 50m Fly and 100IM

taking 5.91 seconds off. **Iona Hamilton (12yr)** had a successful meet reducing all her seeded times and taking silver in the 50m Breast, 5th place in 50m Back reducing her time by 5.04 seconds and 6th place in the 50m Free. She also took 7.08 seconds off her 100IM. **Ishbel Hamilton (10yr)** took 5th place in the 50m Fly taking an amazing 13.48 seconds off and also reduced her 50m Breast time by 10.93 seconds. **Robbie Hamilton** also stepped up to the mark and took a hefty 11.66 seconds off his 50m Breast time and 8.50 seconds off the 50m Free. **Lucy Hellen** took an outstanding 12.24 seconds off her 100IM. **Jessie McLeod** took 4.23 seconds off her 50m Back and 4.77 seconds off her 50m Free. **Ryan Oliver (11yr)** took 5.05 seconds off his 50m Fly and took 6th place. **James Knight (10yr)** took 5th and 6th place for his 50m Free and 100IM. **Douglas Arbuckle (11yr)** took 5th place for his 50m Back.

Kayah Smith (10yr) took 5th and 6th place in the 50m Back and 50m Free and also reduced her 100IM time by an amazing 13.96 seconds. **Alex Black** took 7.36 seconds off his 50m Free. **Robin Campbell** took 6.11 seconds off his 50m Fly. **Joseph Donlevy** took 6.70 seconds off his 50m Back. **Rhea Griffiths** took a fantastic 11.26 seconds off her 100IM. Well done to all the swimmers who competed. You made the Club proud!

Our thanks to everyone who volunteered last Sunday in any capacity. It is our biggest fund raiser and we raised a staggering £3,800!! Every penny raised goes back into the pot to invest in our swimmers. Thank you also to those who donated to the tombola and of course our swimmers, both those who competed and those who helped out. A special thanks to Myles, our Gala Convenor and VP, for all his time and hard work in organising such a smoothly run event.

Swimmer of the Month



Congratulations to Robbie Hamilton who is the Improvers Swimmer of the Month for September. Well done Robbie!

Long Course Stirling University

Gold squad and selected Silver swimmers were invited to train at the National Swimming Academy Pool at Stirling University in September. This 50 metre pool provided the swimmers with experience of swimming in a long course environment.

It was an extremely beneficial session and evident that swimmers thoroughly enjoyed the opportunity. The Club hopes to organise similar training sessions in the future.

This Month:

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Swimmer of the Month

Long Course Stirling
University

Bo'ness Makes
the Papers

Sweden's Neptune Steps
for Shannon

Cakes, Cakes, Cakes

FREE Trunks

New Club Members

Stirling Autumn Meet

Time Keeper Course

Christmas is Coming...

Scottish Team Champs

FIRST AGM

Diary Dates

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Bo'ness 40th Makes the Papers!

Hopefully, most of you managed to grab a peek at the Linlithgow Gazette or Bo'ness Journal a couple of weeks ago. Our 40th year was covered in the Sports section together with a potted history of the Club and its successes. If you didn't manage to catch the article, [click here](#).

Head Coach tackles Sweden's Neptune Steps

Our very own Shannon put herself through the paces a few weeks ago and tackled Red Bull's Neptune Steps in Sweden. This is a 900 metre open swimming race where you swim up a canal and climb up canal lock gates whilst also contending with various obstacles such as cargo nets, climbing walls and rope ladders. Having competed twice previously in the Glasgow version Shannon knew what she was going to be faced with - although the competition was slightly tougher as this Swedish event attracts elite European swimmers. Shan-

non was initially seeded 14th in the heats and was absolutely delighted with her performance when she achieved overall 9th place. A brilliant result!

(Shannon's on the right, cap 47).



Cakes Cakes Cakes!

That got your attention! We're still looking for two parent reps with swimmers in **Developer** and **Improver** squads. It's not a Committee role. We just need someone to pop in to our monthly meetings to ensure all levels of the club are represented. PLEASE get in touch with either [Mike](#) or [Myles](#).

LAST CHANCE—Free Trunks

Last chance for a free brand new pair of old stock BASC boys swimming trunks. See Jenny at our swimshop if you would like a pair. Various sizes available. You have until the end of October after which they will be donated to charity.

New Club Members

We would like to welcome the following swimmers to the Club: Joining Developers are Nieve Lennon, Mary Rose, Amelie Vareille. Joining Improvers are Eva Vareille and Daniel Lawless. William Lawless and Morgan Clelland join Bronze and Penny Moffat joins Gold.

Stirling Autumn Meet Success

A small team of swimmers represented Bo'ness at the recent Stirling Autumn Meet during the September weekend.

Highlights included Fionnlagh McGuire taking the gold medal in the boys 11-12 years 100m Backstroke. He also took a very respectable 7.25 seconds off his 100IM and 4.79 seconds off his 200IM. Niamh Glen reduced her 50m Breaststroke time by 2.28 seconds. Carys Stirling took 1.99 seconds off her 100m Free. Well done to everyone who competed.

Timekeeper Course Filling Up

Our Swim Technical Officer, Sandra Knight, is organising a time keeper course. We already have 5 volunteers, we need another 5 to run it. The course takes approximately 2 hours and is usually run at the Recreation Centre whilst your child is training. Please email Sandra if you would like to take a space. Time keeping is a way to be involved in your child's swimming galas, see them swim and also help pass the time! To email Sandra [click here](#).

Christmas is Coming...

I know it seems a long way off (and I did hesitate mentioning it in October) but these things creep up on us and before we know it, it will be here! We have some fabulous gift ideas in the swim shop. There's lots to choose from, our stylish swim back packs, Club hoodies, shorts, T-shirts, towels, water bottles, and much more. Don't leave it too late. All can be purchased poolside (BRC) on a Thursday evening between 6 and 7pm. Cash, Cheque or Card accepted. Any questions please email or speak to [Jenny](#).

Scottish National Team Championships

Congratulations to FIRST! They competed at the Scottish Team Club Championships in Aberdeen on 23rd September and achieved a respectable 7th place.

FIRST AGM

The FIRST AGM will be held on Monday 30th October, 7pm, at Grangemouth High School—All BASC members welcome.

Diary Dates: September/ October

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.

FIRST AGM— All BASC Members Welcome
Thursday 30th October, 7pm, Grangemouth High School

