



BASC Newsletter

February 2018

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

Busy Busy January...

Wow! What a busy January. Our swimmers swam their fins off this month! We've been at 6 meets covering Stirling, Grangemouth, East Kilbride, and Whitburn achieving PBs, medals and more. We've taken part in over 150 events and have swum miles! Congratulations to all our athletes who have taken part. You've made the club very proud and I'm sure parents and grandparents are too. I hope you enjoy reading the January highlights.

West District LC Age Grp Meet (13-14 Jan)

Douglas Calder had an extremely successful meet in the boys 11-13 category taking the bronze medal in the 100 Back and 2.38 seconds off his time. Douglas also took an astonishing 13.32 seconds off his 200 Breast time to take the gold medal. He further took 3.86 seconds off his 100 Breast to claim gold plus another gold for the 100 Free! Douglas then took bronze for the 200 Free knocking 4.78 seconds off his seeded time and a further gold for the 50 Breast! Quite a weekend!

Keir Edgar took bronze medals in both the 100 and 200 Back for the 14 over category.

Sarah Coffey took 3.13 seconds off her 100 Back in the girls 14+ and an impressive 7.62 seconds off her 200IM.

Alice Knight took the bronze medal in the 200 Breast in the girls 14+ category and 3.44 seconds off her 200 Back time.

Dylan Christie, Joy Drummond, Liam Murphy and **Niamh Tierney** also achieved PBs in their events.

FIRST Annual Open Meet (6-7 Jan)

Niamh Tierney took the silver in the 14-15 girls 200 Back and also in the 200 Free.

Liam Murphy took silver in the boys 12-13 200 Back and silver in the 50 Breast achieving PBs in both. He also took 3.83 off his 50 Back time and 4.42 off his 50 Fly.

Dylan Christie took bronze in the boys 12-13 200 Back, 200 Free and 50 Fly with an improvement of 5.93 seconds. He also took silver in the 100 Free, 100 Fly and 50 Free.

Niamh Glen achieved PBs across all 4 of her events and took an fantastic 12.42 seconds off her 200 Free time and 6.04 off her 200 Back.

Alice Knight took gold in the 12-13 100 Breast, silver in the 50 Back and 50 Breast, and bronze in both the 200 Free and 100 Back. She also achieved a 4.37 second improvement on her 50 Fly time.

Grace Nicolson achieved PBs in all 4 of her events including taking 6.75 seconds off her 200 Free and 4.85 seconds off her 100 IM.

Douglas Calder took gold in the boys 12-13 100 Breast.

Joy Drummond took bronze in the girls 12-13 400 Free and bronze in the 200 Breast in which she also beat her seeded time by 6.51 seconds.

Sarah Coffey took gold in the girls 12-13 400 Free, 200 Free and 100 Back. She also took bronze in the 50 Back and in the 100 Free.

Keir Edgar took gold in both the boys 16+ 50 Back and 200IM.

PBs were also achieved by **Adam Hughes, Abby Keeble, Carys Stirling** and **Nina Thompson-Pueyo**.

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This Month:

Busy, Busy January

West District LC Meet

FIRST Annual Open Meet

Swimshop Vacancy

Fundraiser Vacancy

Stirling Winter Graded Meet

Grangemouth MAGS

Grangemouth JAGS

Livingston & District Dolphins Meet

Correct Numbers...This Time

Scottish Schools Championships

January's Improvers Swimmer of the Month

February Diary Dates

Swimshop Vacancy

We are still looking for someone to take over the swimshop role. If you are interested or would like to learn more please contact [Myles Gorton](mailto:Myles.Gorton@bonessasc.org).

www.bonessasc.org





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Stirling Winter Graded Meet (18-21 Jan)

Another brilliant meet of the month. Some highlights:

Joy Drummond had a very successful meet in the girls 13-14 category taking 1.20 seconds off her time to take the gold medal in the 100 Free. She also took gold for the 200IM reducing her time by 2.10 seconds and another gold in the 200 Breast with an improvement of 3.28 seconds. A further gold followed for the 100 Back. Joy also took silver for the 200 Free with another PB! And 2.27 seconds off her 50 Fly!

Carys Stirling took gold in the 100 Free for the girls 11-12 category taking 3.07 seconds off her seeded time. She took gold in the 200 Breast taking a more than respectable 7.82 seconds off her time and took silver in the 100 Breast with a PB.

Niamh Glen took the silver medal in the 200 Back and bronze in the 100 Back for the girls 13-14 category. She also took an incredible 12.05 seconds off her 200IM, 2.99 seconds off her 100 Free and 2.76 seconds off her 100 Breast.

Nina Thompson-Pueyo took the bronze medal for the 100 Fly in the girls 11-12 category. She also achieved some great PBs with 2.64 seconds off her 100 Free, 7.40 seconds off her 200IM and an incredible 33.88 seconds off her 200 Free!

Ellie Hamilton took 3.49 seconds off her 100 Free time.

Grangemouth MAGS (28 Jan)

Alice Knight took silver in the 100 Fly for the girls 12-13 category taking 3.94 seconds off her seeded time. She went on to take silver in the 100 Back with a PB. Alice also took the bronze medals for the 100 and 200 Free.

Joy Drummond swam a PB in the 100 Fly reducing her time by 3.25 seconds. She also took silver in the 100 Breast 12-13 category taking 0.55 seconds off her time.

Ellie Hamilton took 6.03 seconds off her 100 Fly!

Liam Murphy took the silver medal in the boys 12-13 100 Breast with a 0.51 second PB.

Sarah Coffey took gold in the 100 Back for the 12-13 category taking 0.09 seconds off her seeded time. She went on to take silver in both the 200IM and 200 Free, and gold in the 100 Free with more PBs.

Dylan Christie took silver in the boys 100 Free for the 12-13 category taking 0.57 seconds off his time. He also took silver in the 100 Fly with a PB time,

Alicia Evans swam a PB in the 200IM reducing her time by a fantastic 9.24 seconds.

Aoife Glen took 6.29 seconds off her 100 Breast time.

Nina Thompson-Pueyo, Niamh Glen, Grace Nicolson, and James Knight also achieved PBs.

Grangemouth JAGS (27 Jan)

Another day of super swims and quite a medal haul! There were lots of PBs and lots of medals. The highlights:

Joseph Donlevy took 3.93 seconds off his 50 Fly time.

Ishbel Hamilton had a superb swim in the 50 Fly for the girls age 10 category taking 4.23 seconds off her time. Although she was the fastest in her age category she was awarded 'too fast' as her PB made her time faster than the consideration time for the event, which is an achievement to be proud of! She also took silver for the 50 Back and 50 Free with more PBs.

Kayah Smith took the gold in the 50 Fly in the girls age 10 category with a 2.25 second improvement and bronze for the 50 Back with another PB.

Daniel Lawless took 4.27 seconds of his 50 Back.

Anna Beetham took the gold for the 50 Back with 3.59 seconds off her time. She also took silver in the 50 Breast with a 3.12 second PB in the girls under 9 category.

Aidan McCavish took the silver medal in the 50 Breast and a PB. Aidan also took silver in the 50 Free with a PB in the boys aged 10 category.

Douglas Arbuckle took the silver medal in both the 50 Fly and 50 Back taking over a second off both his time in the boys age 11 category.

William Lawless took gold in the 50 Fly taking 4.05 seconds off his seeded time. He also swam a PB in his 50 Back with a 3.27 second reduction on his seeded time.

Adam Scott took an incredible 20.96 seconds off this 50 Fly time to take the bronze medal in the boys age 12 category. He also took the silver in the 50 Breast taking 2.50 seconds off his time.

Rhea Griffiths took a fantastic 5.08 seconds off her 50 Fly time.

Gabriel Lee took the gold medal in the boys age 12 category for the 50 Free taking 1.23 seconds off his time.

Isabel Nicolson, Lucy Hellen, Alex Black, Robin Campbell, Emily Byrne, Holly Willoughby, Adam Scott, Rowan Harkins, Douglas Arbuckle and Hollie Buglass also achieved PBs.

Fundraiser Vacancy

We are looking for someone to take over the fund raiser role for the club. This is a fun role organising things like the 'bag pack' and opportunities to raise money for the club. If you are interested or would like to learn more please contact [Myles Gorton](mailto:Myles.Gorton@bonessasc.org).





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Livingston & District Dolphins Meet (20 Jan)

Our Improvers and Bronze squads had a successful day at the LDD Meet. Lots of PBs, even hundredths of seconds, but we all know that every second (or part of) counts. Well done to everyone who competed—A few highlights below:

Daniel Lawless took 4.22 seconds off his 25 Fly.

Aoife Glen took the bronze medal in the girls age 10 category in the 25 Fly taking 4.72 seconds off her time. Aoife also took the silver medal for the 50 Back and another silver for her 50 Free. She also took 2.80 seconds off her 50 Breast

Kayah Smith took 2.90 seconds off her 25 Fly and 2.65 seconds off her 50 Breast.

Robbie Hamilton took a fabulous 7.32 seconds off his 25 Fly.

Holly Willoughby took the gold medal in the girls age 11 category for her 50 Free and silver in the 50 Breast for the 11 year old category. Holly also took 3.20 seconds off her 50 Back.

Lucy Hellen took a superb 5.47 seconds off her 50 Breast and also took the silver medal in the girls age 11 category for the 50 Back.

Gregor Skinner took 2.69 seconds off his 30 Breast time.

Alex Black took 2.51 seconds off his 50 Breast and 2.81 seconds off his 50 Back.

Ishbel Hamilton, Gregor Skinner, Amy MacLeod, and Robbie Hamilton also achieved PBs in their events.

Correct Numbers...This Time

We have confirmation that the club sent the correct number of officials to the West District event in January.

Every participating club is required to provide a certain number of officials depending on the number of club swimmers in each session. This includes time keepers, turn judges and stroke judges. The more swimmers we send, the more officials we must send for each session. Failure to do so incurs a **penalty fine of £50 for each missing official!**

If your swimmer attends the West District event there is a requirement to provide an official. This will ensure other parents are not expected to do more than their share. If your child attends West District events, and you are not a timekeeper, coach or committee member, then please contact [Sandra Knight](#) to arrange to train as a timekeeper as soon as possible. Thank you in advance.

Welcome—New Members

Welcome to Anna Stewart who joins the Developers squad. Welcome to BASC!

Scottish Schools Championships

A number of our swimmers represented their schools at meets before Christmas. These were qualifying heats leading up to the Scottish School Championships which were held at the end of January at Dollan Aquatic Centre in East Kilbride.

Congratulations to Alice Knight, Keir Edgar, Liam Murphy and Sarah Coffey each of whom achieved times in the heats that took them through to the Scottish Schools Championships where they achieved the following impressive results:

Alice Knight took 2nd place in the 100 Breast and 4th in the 200 Breast for 13-14yr Girls.

Keir Edgar took 2nd place in the 100 Back for 17-19yr Boys.

Liam Murphy took 5th Place in the 100 Breast and 4th in 200 Breast for 13-14yr Boys.

Sarah Coffey took 7th place in the 100 Back for 13-14yr Girls.

January's Improvers Swimmer of the Month



Congratulations to **Daniel Lawless**, our Improvers swimmer of the month for January! Daniel achieved some good PBs at the recent meets in January. Well done Daniel, keep up the good work!

Diary Dates: February

West District Long Course Round 1—Qualifiers

Sat 3rd & Sun 4th February—Dollan Aqua Centre, East Kilbride

West District Long Course Round 2—Qualifiers

Sat 17th & Sun 18th February—Toll Cross, Glasgow

Carnegie Open Spring Age Group Meet —Bronze, Silver, Gold.

Sat 17th & Sun 18th February—Michael Woods, Glenrothes

Forth Valley Junior League —Swimmers TBC

Sun 18th February—Xcite, Bathgate

Hearts Last Chance Meet—Selected swimmers

Sun 25th February—Xcite, Bathgate

