



BASC Newsletter

March 2018

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

Welcome to the March Newsletter...

BASC Hosting FVJL

On Sunday 18th March it is the club's turn to host the Forth Valley Junior League at Bathgate Xcite. This is one of our biggest fund raisers of the year and an opportunity to boost club funds. All money raised is ploughed back into the club for the benefit of all swimmers.

We would be grateful for any raffle or tombola donations. A donations box will be available on Thursday 8th and 15th March in the viewing area of Bo'ness Recreation Centre. Anything you can donate is much appreciated. If you are stuck for ideas—sweets, Easter eggs, chocolate, wine, beer, spirits, unwanted gifts, random small toys (or big toys), house decorations etc.

In addition if you are able to offer your help at this event please get in touch with our [President, Myles](#).

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](#).

Committee Contacts:

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FVJL Outstanding Performance

What a performance at the Forth Valley Junior League on 18th February. We were 2nd place overall but only 10 points behind the winners! A fantastic result! Well done to all who took part. The team attitude and team spirit made for a very proud coach.

Fundraiser Vacancy

We are still 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](#).

Membership Renewals

Anyone who hasn't paid their membership fee please contact our [Membership Secretary, Valerie Christie](#) and arrange to make the payment as soon as possible. This is very important as it also covers the swimmers SASA membership and insurance.

For those who have already paid you should receive your confirmation emails around the middle of this month. Could you also check the details on the membership and ensure that contact details are all correct, especially phone numbers.

West District Long Course Round 1 (3-4 Feb)

February started well with a great performance at the West District Long Course Meet in East Kilbride. A few highlights below:

Douglas Calder took an astounding 21.35 seconds off his 400 Free.

Dylan Christie took 7.48 seconds off his 100 Fly.

Sarah Coffey took bronze in 100 Back for the 14 year girls she also took 5.40 seconds off her 100 Breast.

Keir Edgar took bronze for both the 400 IM for the 16 and over category and 100 Free.

Alice Knight took 4.31 seconds off her 100 Back and 5.01 off her 400 IM. She also took the silver medal in the 100 Breast for age 14 girls.

Liam Murphy took 4.42 seconds off his 100 Back and 5.83 off 400 Free.

Carys Stirling took 4.58 seconds off her 100 Breast.

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This Month:

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FVJL Outstanding Performance

Membership Renewals

West District Round 1

Swimshop Vacancy

Fundraiser Vacancy

Carnegie Open Spring Meet

SNAGS

SNAGS Require Stewards & Runners

West District Round 2

Hearts Last Chance Meet

New Member Wel-

come

March Diary Dates





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Carnegie Open Spring Meet (17-18 Feb)

More great swims from our athletes. There were many PBs. A few highlights below:

Jonathan Tiran achieved some amazing PBs taking 6.07 seconds off his 50 Fly time and 10.76 seconds off his 50 Back!

Ellie Hamilton took 2.80 seconds off her 50 Free time, 2.27 off her 100 Fly and 2.55 seconds off her 100 Free.

Emily Byrne took 2.72 seconds off her 50 Back time.

Hollie Buglass took 2.97 seconds off her 100 Breast.



SNAGS Require Stewards & Runners

Scottish Swimming are looking for young people to help at the Scottish National Age Group Championships at Toll Cross in Glasgow. Stewards, must be 18 or over, Runners must be 16 or over.

There are 3 sessions each day and the meet runs from Wednesday 28 March to Sunday 1 April 2018. Stewards are required throughout the day from 7.20am and Runners from 8.45am. Travel expenses would be covered along with meal voucher from café for anyone committing to a minimum of 7 hours per day. An events polo shirt will also be provided.

Please see the links for more information on each role: [Runner](#) and [Steward](#). Anyone wishing to volunteer should contact Linda Lewis, Events Manager, by Monday 5th March. lindsay.lewis@scottishswimming.com

Hearts Last Chance Meet (25 Feb)

Joy Drummond, **Ellie Hamilton** and **Carys Stirling** competed at the Hearts Last Chance meet last weekend. Carys took the silver medal for the 100 Breast for the 11-13 years. Ellie took bronze for the 100 Free for 11-13yrs, and Joy took bronze for the 200 Breast for the 14 year category. Well done!

Welcome—New Members

Welcome to Mhairi Watt who joins the Developers squad. Welcome to BASC!

SNAGS

Congratulations to **Sarah Coffey**, **Joy Drummond**, **Alicia Evans**, **Alice Knight**, **Douglas Calder**, **Dylan Christie**, **Liam Murphy** and **Keir Edgar** on achieving SNAGS Qualification or Consideration times for the Scottish National Age Group Championships to be held in Glasgow at Toll Cross.

West District LC Round 2 (17-18 Feb)

This was held in Glasgow at Toll Cross and was the second of a series of West District Meets. Swimmers were required to meet qualification times before being entered for the events. Well done to all who took part. Here's some of the best bits...

Douglas Calder took the silver medal for both the 200 Free in the boys age 13 category and also for the 50 Free. He achieved a PB in his 50 Breast and took the gold medal in the finals. He took the gold medal in both the 200 Breast and 200 IM (with a huge 12.83 second PB) and silver in the 200 Back.

Sarah Coffey took 5.05 seconds off her 200 Back time and 3.60 off her 200 IM.

Dylan Christie took 3.71 seconds off his 50 Back time and a brilliant 8.91 seconds off his 200 Breast. He also achieved a PB by 5.44 seconds for his 50 Fly, took an amazing 16.87 seconds off his 200 Back and 10.57 seconds off his 200 IM.

Alice Knight took the silver medal in the 200 Breast age 14. She also took the bronze for the 200 Back.

Liam Murphy took a staggering 10.73 seconds off his 200 Back time and 7.25 seconds off his 200 Free. He reduced his 200 IM time by 9.22 seconds and his 200 Breast by 3.83 seconds.

Carys Stirling took the gold medal for the 200 Breast age 13 category.

Niamh Tierney took the bronze medal in the 800 Free with a PB. She also took bronze in the 50 Free with a PB in the girls age 15 category.

Diary Dates: March

Ren 96—Improvers & Bronze

Sat 17th & Sun 18th March—Linwood Sports Hub, Linwood

Forth Valley Junior League —Swimmers TBC

Sun 18th March—Xcite, Bathgate

Falkirk Otters Meet— Improvers, Bronze, Silver & Gold

Sat 24th & Sun 25th March—Grangemouth Sports Complex

Scottish National Age Group Championships—Qualifiers

Wed 28th to Sun 1st April —Toll Cross, Glasgow

