



HAPPY BIRTHDAY!

JULY

Louise Downie (14)
Abbie Freeman (11)
Samantha King (16)
Connor Maguire (11)
Heather McClymont (17)
Raymond Stone (17)

AUGUST

Jordan Hughes (16)
Abby Kane (9)
Jade Mackillop (16)
Zoe Nix (14)
Rebecca Weir (11)



Happy Birthday Louise and Robbie Renwick - both celebrating their birthdays that day – what a birthday for Louise! More on this August newsletter!

BOTTLE STALL AND SWEET STALL FOR NA MEET Going to try something a wee bit different. Can you all hand in 3 items: a bottle of alcohol, & a non-alcoholic bottle (shampoo, vinegar, table sauce, juice etc) and a sweet (bag, bar, box). Donations to be handed in to Ashley, Carol or pool rep no later than Wednesday 5 September so items can be ticketed and ready for doors opening on Sat.



Jordan with his Silver Medal!

JULY/AUGUST NEWSLETTER

Hope you all had a great summer – didn't it go quick! Congratulations to our swimmers who attended the British and did us proud with their performances. Did you all enjoy the Olympics? Are our swimmers now inspired by watching Team GB's fantastic performance in the Olympics and are going to come back focused to train hard to achieve success in their swimming! The swimming calendar ahead is very busy: starting with the Jubilee Gala this weekend, then the following two weekends our Relay Championships and West District 5 and then our own North Ayrshire Distance Meet on 8/9 September.

A BRITISH RECORD FOR JORDAN!

Jordan Hughes competed at the British Gas ASA National Youth Swimming Championships at The Pond Forge, Sheffield, held between 17 and 21 July. On day three of the Championships Jordan set a new British Age Group Record, winning a fantastic Silver Medal in the boys 15/16 years 100m Freestyle event in a time of 52.00, knocking more than 0.34 seconds off the previous record. He also broke the Scottish Age Group record.

Jordan had a gruelling 15 swims in the 15/16 year events over the 5 days. He also made the semi finals and then finals of all his other events. This was a great achievement as he was swimming in the 15/16 year category. Jordan's hard work in training: fourteen and a half hours a week in the pool, 3 hours a week gym and land sessions, getting up at 5am two mornings a week, swimming before and after school, as well as fitting in homework and studying has been rewarded with this Silver Medal and a British and Scottish Record achieved for the 100 Freestyle as well as many Personal Bests in his swims.

FORTHCOMING DATES FOR DIARY

25 August -Bag Packing for Lanzarote funds
12-4 at Tescos, Kilbirnie – contact Margaret Ann Dickson to put name down
26 August – Relay Championships – team event at Auchendarvie 4.15-6.15pm

24 HOUR SPONSORED SWIM FOR MARK



A 24 hour sponsored swim was held at Auchenharvie Swimming Pool from Saturday 6 pm 16 June to Sunday 6 pm 17 June. The Event was held in memory of Mark Hughes a junior club swimmer who died shortly after his 12th birthday after battling with cancer for 2 years and also to raise funds for Ewing Sarcoma Charity so that more research can be done to improve life expectancy after diagnosis. The event was organised by Catriona Campbell club captain and master swimmer Pamela Wright, and was assisted during the mammoth session by Kirsty Thriepland.



Kirsty and Catriona

There was a marvellous turnout of current and former swimmers, parents and friends with over 80 swimmers taking part in the 24 hour sponsored swim. The Hughes family, Jim, Pauline and Alison also came along to support the session with Alison also taking part in the sponsored swim. Pictured with Alison are hopefully the club's future swimmers: little Bronwyn (Meredith Scott's sister), Tori (Craig's sister) and Karen (Louise Downie's sister) who took part in the first two hour session.



They all did very well as can be seen from the picture and with their gold (chocolate) medals they received on completion of their swims! They were ably looked after in the water by Cath Fraser (who could now carve out a new career as a childrens entertainer?). At the end of the first swimming session there were over 21 people in the water!



Dickson 5!

It was certainly a family effort with the Dickson 5 all taking part! Alan and Margaret Ann kept swimming while the boys took time out now and again to have fun on the floats! Alan looked as though he wanted to join in – a big kid? He did and looked to have had the most fun playing water polo. This was a similar pattern throughout for those parents who went in with their kids: Abby Kane (8) did 100 lengths and went in with her mum Karen. Karen and Louise Scully had obviously conferred beforehand so that they could come in and swim at the same time in matching swimsuits! The swimmers were having so much fun with the floats that they had to be reminded from time to time to swim. Abbie Freeman was given a set by Sharon. Janice Knix was holding the fort and swam while Zoe played with the Seniors on the floats.

All agreed that this was a great atmosphere having the pool to themselves and they would love to repeat this as annual/social event: having a few games of water polo and having the big floats out. Having a laugh and carry on in the pool and playing dodge ball and ganging up on Ross Hughes (boys v girls). Some of the swimmers wanted to carry out some lifeguarding duties: Jordan please don't apply for a lifeguarding job! Considering he had the rope and kept a hold of the majority of the rope – the casualty had to be rescued by his younger brother Ross. Good work Ross! Ex swimmers came into the pool and enjoyed the fact that they could just kick up and down the pool and have a gossip as they were never given the chance at training!



Sharon Welsh, Head Coach, put a table up at the start end and was there from the start until 10 am Sunday morning – a mammoth 16 hours. She also had a wee swim during the early morning and yep she was complaining of a sore shoulder but still managed to swim. Swimmers this may now mean that Sharon will be kinder and realise how sore it is to do so much fly! Sharon and Catriona had a 25 m butterfly race. Catriona is adamant that Sharon did a flyer but Sharon insists that she was quick off the wall – so it was a draw! It has been decided that there will be a rematch of this race in a years time so that Sharon has time to train for it :p

Many of the coaches participated: Sharon, Sally Brown swam. Prizes were given out for the swimmer who could hold their breath the longest for two lengths and a tumble turn: with cash prizes from Sharon and Sharon's mum for the swimmer to put towards their sponsor form. Other challenges - how many rolls can you do underwater without taking a breath, swimming with a cup full of water on your head without spilling it. The swimmer who did the most swimming over the weekend was Louise Downie – she was there at the start, ended up staying down at the pool the whole night going in a few times as well as swimming on Sunday morning training and then again at training Sunday night- well done Louise!



The sponsored swim ended by Jim Hughes blowing the whistle. Two games of water polo were well underway at this time: the Seniors at the deep end and the juniors down the shallow end. Both games were very competitive and poor Robyn Cotter nearly

forgot to breath she was holding on so tightly to the ball!



A big thanks to all those who took part in the sponsored swim, for those who organised the swim including all the lifeguards at K A Leisure in Stevenston, who without their help this could not have been achieved and for all those who donated or raised money.



At the end of the swim with some of the parents, swimmers and the Hughes family

The fundraising so far has raised an amazing £4,600. This is a fantastic amount to have been raised for charity by such a small club. (Not 3 months ago – the Club raised £1500 for charity - Sports Relief/Club funds – so that is an amazing £6,000 – please all give yourselves a pat on the back that is really amazing! To date the top fundraisers were the Scott family (with Meredith and little Bronwyn) who raised an amazing £600, (other fundraisers latest figures) who have raised over £100 were Raymond and Jenna Stone, John and Catriona Fowlie, Louise and Emma Scully, Heather and Julie McClymont, Robyn and Ben Cotter, Michael Donnachie, Alison Hughes, Toni and Demi Orr, Craig Nisbet/Toni and Cathie Fraser, Margaret Morrow and Kirsty Thriepland. K A Leisure staff at Auchenharvie also carried out a sponsored walk up Goatfell in June and raised over £300 – well done to them too and to everyone who took part and donated to this worthy cause.

JENNIFER AND CATRIONA AT THE BRITISH NATIONAL AGE GROUP CHAMPIONSHIPS



Jennifer King and Catriona Fowlie travelled down to Ponds Forge, Sheffield, to compete in the British National Age Group Championships held over five days from 22 July to 26 July. Jennifer swam well making the finals of the 100 and 200 Backstroke and competed in the 400 Freestyle and 400 IM (Individual Medley). Jennifer came 8th overall in her age group (with Bagcat points added) and was given a certificate for finishing in the top 10. Catriona swam confidently in the 100 Backstroke after recovering from a serious injury.

Well done to Graham Brown who competed in his first West District Scottish Open Water Championships at Strathclyde Park on 23 June coming 4th in the 17-39 years age group in a time of 56.03 minutes.

ARDROSSAN HIGHLAND GAMES



Jennifer, Heather and Fraser

Well done to those Senior Squad swimmers who helped out at the Ardrossan Highland Games selling tickets at the gates. The Games Committee gave a donation of £200 to the Club for helping out.



Hannah and Christopher – doing the Bolt? Need more practice!

One of the security guys also on the gates said that they were a credit to the club – they were polite, friendly and a pleasure to work with! Well done guys!



Graham, Jordan and Ross

Thanks go to J & D Pierce Contracts, Glengarnock for their generous contribution to club funds – it is much appreciated.

DATES FOR DIARY

1 Sept – WD 5 at Ayr– all entries accepted. Details to follow

8/9 North Ayrshire Distance Meet – Volunteer officials and helpers required also donations for bottle and sweet stall.

30 September – DRP Day 1

6 October – Winter Championships at Ayr 4pm

7 October – South Ayrshire Graded

11 -18 October – Lanzarote Camp for Seniors

21 October – DRP (2)

27 October – Ayrshire Schools at Ayr keep date free

28 October – Club Championships

September Newsletter contributions by Friday 7 Sept