



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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Accredited

We're Moving!

This will be the last issue before we move "down the road" to the new pool in the Ellesmere Port Sports Village.

We expect to make the move in late May or early June, and just as soon as we have definite information we shall let every member know. Do please keep an eye open for any information which may be posted on our notice board, on the club table or on our website (www.epasc.co.uk)

Club Officers are in regular contact with Brio representatives who are being very helpful, passing on information just as soon as they know it themselves.

Annual General Meeting

The Club's Annual General Meeting was held on March 26th, when club officers gave their reports on the previous year. Elections were held for the officers and committee for the next 12 months and were as follows:

Chairman Denise Hart
Secretary Shirley Cooke
Treasurer Janet Hope
Chief Coach Les Collier

Nine Committee members were re-elected: Colin Bradford, Paula Camborne-Paynter, Matthew Gibbs, Sue Hickson, Nikki Hope, Elaine Ludgate, Peter McDonnell, Dawn and Warren Read, with Beverley Grierson elected as a new member.

Grateful thanks were expressed to all the officers for their work throughout the last twelve months, and especially to Matthew Gibbs, who steps down after three years as our Chairman.

However Matthew will remain involved as our Assistant Secretary, in addition to swimming in the club team in League galas!

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Cheshire County Championships

Congratulations to our junior members who were awarded medals in the Age Group Championships, they were 13 year old Georgia Bell, who took home an impressive six medals, with gold in the 50m backstroke, silver in the 50m freestyle, 100m freestyle and 100m individual medley, and bronze in the 50m butterfly and the 200m backstroke. 12-year old Adam Chesworth was second on the very demanding 400m individual medley.

British Long Distance Swimming Association One Hour Swim

We had 27 entrants this year, when the longest distances achieved were by Jack Grierson with 3838 metres, closely followed by Sarah Hickson with 3800 metres. Badges and medals are usually received in May or June, when they will be presented at a club session.

British Schools Modern Biathlon Championships 2015

Club member Isla Shillington has kindly written the following report for our Newsletter:

“My name is Isla Shillington, I am ten years old and have just competed at the British Schools Modern Biathlon Championships. This was held at the Olympic Park in London.

It all started when some of my school friends and I from Childer Thornton Primary School competed in a regional interschool biathlon, which consists of a 50m swim and an 800m run. Despite doing fairly well for my age I never imagined I would go further than the regional stages. When I discovered that I would be swimming in the Olympic Aquatic Centre I was overwhelmed, I couldn't hide my excitement!

As soon as I saw the Aquatic Centre I couldn't wait to swim in it. It was so big and impressive.... but I had to run first and I got a time of 3 minutes and 9 seconds.

After refuelling it was finally time for the swim. Before I knew it I was on the diving block, where famous swimmers such as Rebecca Adlington would have been waiting for the sound of the gun. This time it was me! All of a sudden they sounded the gun and I dived in. I felt as if my arms were as rapid as a waterfall, while my legs were propelling me like the engine in a speedboat. Reaching for the wall I touched it in 40.44 secs. I saw my name up on the screen! It was one of the best experiences of my life! Overall I came joint 93rd with 2126 points”

Open Meet Successes

In the Holywell meet Cerys Hope was declared the Top Girl in the 14 year age group, when she won four of her events: 50m freestyle, 50m backstroke, 50m butterfly and 100m freestyle, coming second in the 100m butterfly

At the same gala 9 year old Jamie Chesworth won 50m backstroke, 50m and 100m breaststroke, while his brother Adam won the 100m butterfly and the 400m individual medley. Josh Marsh won both the 50m and 100m breaststroke, with Jack Grierson rounding off a most successful weekend's competition by winning the 50m butterfly.

In the City of Liverpool “Splash and Dash” meet, swum in their 50m pool where all events were over just the one length, Cerys Hope took bronze in the backstroke, butterfly and freestyle, with Greg Sheen taking silver in the backstroke.

In the Cosaccs Open Meet Cerys Hope won the 50m freestyle, with Cerys, Greg Sheen and Jack Grierson all winning bronze medals.

**Don't forget to check out the club website:
www.epasc.co.uk**

