



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West



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www.epasc.co.uk

Gala and Open Meet successes

All Club results are posted on our website as soon as possible after the event, but here are some outstanding results:

In the City of Salford Open Meet, Caitlin Bradford achieved gold in no less than six events, 200m freestyle, 100m butterfly, 50m, 100m and 100m backstroke, and 200m individual medley with silver in a further two. At the same meet Cerys Hope took gold in that most demanding event, the 200 metres butterfly.

A few weeks later, at the Robin Hood meet, in Ponds Forge's International pool, Caitlin repeated her successes by taking gold in the 50m, 100m, 200m and 400m freestyle and in the 50m and 100m butterfly, with silver in the 100m and 200m backstroke. At the same event Jack Grierson took the bronze medal in the 400m freestyle, while Cerys Hope recorded significant personal best times in butterfly and freestyle. This was the first time that these swimmers had competed long course, where one length is 50 metres.

42nd Annual Mile Swim

The club mile swim takes place on Sunday November 10th and will occupy the main pool for the whole of the evening session. The small pool will operate as normal.

Full details are available on the website and on the club table at each session. The last day for sign-up is Friday November 1st Late entries will not be accepted. Any swimmer wishing to take part for the first time must first swim a qualifying half-mile (24 lengths) within 20 minutes. An opportunity to swim this qualifying half-mile will be available any club session in October, just ask Mr Ray McKay and he will arrange this for you.

This is the one event where we don't encourage you to wear your club swim hat! A different hat, of any design or colour, does make it easier to identify you, especially those who are swimming three or four to a lane, in the first heat.

ASA Challenge Awards

The Challenge Awards were held, as usual, during the summer holiday period, when some 26 bronze, 16 silver and 11 gold awards were achieved, while seven swimmers achieved Honours, the highest possible award. They were Caitlin Bradford, Jack Grierson, Hannah Hutchinson, Josh Marsh, Megan Read, Izaak Reddy and Theo Reddy.

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University Places

Four of our older swimmers have achieved University places, they have taken them up as follows: Abi Lacey goes to Liverpool Hope, to study Education, special needs.

Danielle Rowland to Chester, studying Primary Education

Stephanie Camborne-Paynter is at Kingston University taking Biochemistry
Craig Stanley is at Nottingham, taking History and Politics

We hear that Craig and Danielle have both joined their University swimming clubs, while Danielle has also started playing water polo.

At the same time we heard that 16-year old Michelle Ly achieved an astonishing eleven A* grades in her GCSE exams. Warmest congratulations, Michelle!

www.epasc.co.uk

EPASC Website news and survey

During the month of June, the EPASC website (www.epasc.co.uk) has been overhauled, giving the committee and members an exciting new Content Management System (CMS). This will be used to promote our club and provide current up-to-date information electronically, complimenting the handouts on the board and table.

The new CMS will allow the club to display important updates, newsletters, upcoming fixtures, result information, affiliate links to vendors offering discounts, images, video clips of swimming strokes and up-to-date content that will render perfectly on a PC, tablet or mobile device.

We would like each club member and/or parent to complete a short online questionnaire. The data collected does not require any personal

detail – but will allow us to gauge what content you would like to access on the website and allow us to tailor it to meet the needs of all.

To access the survey you have the following options:

Enter, in your browser:

<http://epasc.co.uk/website-survey/>

Or scan the QR code below:



Your feedback is appreciated.

The Club Shop

We do encourage all our swimmers to buy Club t-shirts and hats, the hats being essential for anyone who swims in a club team. But with Christmas approaching, why not consider giving a swimmer something else from the club shop? While hats, goggles and T-shirts are almost always in stock, other items may need to be ordered, so don't leave it too late!

The full list of equipment is given below:

Silicon caps	£3.50
Latex caps	£1.20
Towels	£8.75
Swim bags	£15.75

T-bag shirts:

X-small	£7.50
Small, medium, large, X-large	£12.00

Polo Shirts:

Small, 30/32"	£12.00
Medium, large, X-large	£12.00
XX-large	£12.00
EPASC Hoodies	£13.50
Goggles	£6.95