



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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www.epasc.co.uk



Welcome back!

Welcome back after the Christmas break, Please remember that annual subscriptions are now due and must be paid by February 15th, or you will not be permitted to take part in any club activity. If you have not paid by March 15th your membership is automatically terminated. Fees for 2014 are displayed on the notice board and club website: www.epasc.co.uk

The Club Annual General Meeting

The AGM will be held in the Park Suite at EPIC on Thursday March 20th, when all senior and master swimmers, and all non-swimming senior members, are entitled to attend and to vote. It is at this meeting that the club's senior officers and the executive committee are elected. Any senior or master member who has been a member for 12 months or more at the date of the AGM is entitled to stand for election to the committee. Nomination forms will be available on the club desk from February.

The British Long Distance One Hour Swim

This annual swim will take place in EPIC on Sunday February 16th and will occupy the main pool for the whole of the club session, although small pool sessions remain as usual. Swimmers of all ages, including Masters, are invited to take part. We understand that the entry fee for this event remains at £3.75 This must be paid before the day of the swim, but if you have to withdraw for any reason your entry fee will be refunded to you. The sign-up list is already available on the club table, the last date for sign-up is Friday 7th

Other forthcoming events

A full programme of galas for 2014 is now available, please do take a copy and note the dates for all the events which might involve you. For example the Dr David Cooke Memorial Gala will be held this year on Saturday March 8th when the Club 100 metres Freestyle Championships will be contested. At this gala there are also one-length sprints in all four strokes, but if you wish to take part in the one-length sprints it must be in at least three of the four strokes. A sign-up list will be available early in February with the closing date for entries being February 28th.

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Open Water swimming

Master swimmer Charmian Abbott is an enthusiastic open water swimmer, She has sent us the following report on her latest swim: "During 2013 I enjoyed taking part in a number of open water swimming events. The highlight of the year was participating in the inaugural End to End swim of Coniston Water, organised by Chillswim on September 15th. This was a fantastic event with almost perfect weather conditions. The swim started at the south end of the lake and we swam parallel to the eastern shore. The full length of Coniston is 5.25 miles, with mile markers and feed stations along the way. I finished in 3 hrs 25 mins and had a brilliant day, enjoying the journey from one end to the other."

swim21 Award

The committee are pleased to announce that the club has again achieved swim21 accredited status on 11th December 2013. The accreditation is for a period of 3 more years, subject to annual review and continues on from our original swim21 accreditation achieved in 2004.

Our accreditation is at swim21 Club Essential Level, last year's assessment at two levels Swimming Teaching and Skill Development and Masters element being superseded.

Outstanding Gala results

Warmest congratulations to our club team, which was awarded the President's trophy in the Arena League, minor division, as having the best team spirit, and with the best support from the balcony. We finished in 4th position in the division, an improvement on our 2012 result. In the Shrewsbury Open Meet, Cerys Hope took the Top Girl Trophy for her age group, while Joshua Marsh

took the Top Boy Trophy in his age group. In addition Cerys won the 'Skins' award at this meet.

In the Club's 42nd Mile Swim 10 year old Caitlin Bradford not only won the junior trophy in a new age group record time, but in addition her time was faster than that of any of the senior or masters, so she was also awarded the Frank Copnall Trophy .

Club Trophies

For the first time, all the major club trophies were awarded at the Christmas Disco, they are listed below:

Annual Best Swimmers awards

10 years & under:	Caitlin Bradford and Joshua Marsh
11/12 years:	Sarah Hickson and Jack Grierson
13 years and over:	Cerys Hope and Greg Sheen
Masters:	Sue Hickson and Matthew Gibbs

Individual Medley trophies:

9 years and under:	Nia Jones and Jamie Chesworth
10/12 years:	Caitlin Bradford and Alfie Danson
13 years and over:	Alisha O'Rourke and Ben Jenkins

Land Training Trophies:

Juniors:	Megan Read and Izaac Reddy
Seniors:	Rakesh Shukla

Mile Swim winners:

Juniors:	Caitlin Bradford and Jack Grierson
Seniors :	Cerys Hope and Alex Jenkins
Masters:	Sue Hickson and Kirsty Leathard (equal time) and Matthew Gibbs

Frank Copnall trophies for best Mile times:	Caitlin Bradford and Alex Jenkins
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