



Ellesmere Port Amateur Swimming Club

Affiliated to the Amateur Swimming Association North West

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www.epasc.co.uk

Swim21

Accredited

Swim 21 Re-accreditation

We have just heard that the club's submission has received approval from the Amateur Swimming Association National panel. This accreditation as 'Club Essential' joins that of the Swim 21 Network accreditation, which we received as a member of the Peninsular Group of Clubs.

The annual submission contains details of all our activities throughout the year, reports must comply with detailed criteria. We are most grateful to Mr Peter McDonnell, who master-minds the submission each year.

More ASA Swimming Officials!

This club has always prided itself on having a large number of qualified and experienced ASA Officials, and within the last few months no less than five members have qualified as British Timekeepers. They are parent-members Bev Grierson and John Waterworth together with three teenage swimmers, Faye Chesworth, Sarah Hickson and Cerys Hope.

You will have seen all of them in action at the recent time trials.

British Long Distance Swimming Association One-Hour Swim

After a long delay we finally received the medals and badges awarded to our swimmers in the 2015 event, when a total of 29 took part from this club, in an event which attracts entries from all over Great Britain and overseas.

Bronze medals were gained by our team entry in the 13 year old girls' category, they were Faye Chesworth, Sarah Hickson and Megan Read.

In addition Adam Chesworth narrowly missed a medal by finishing fourth out of 83 in the 10/11 year old category.

ASA Challenge Awards

Following our usual practice we organised training and testing for the Challenge Awards during July and August. Mr Ray McKay co-ordinated this and as a result some 44 awards were made. They consisted of 19 Bronze, 10 Silver and 5 Gold, while the highest award, Honours, was achieved by the following swimmers: Jamie Chesworth, Faye Chesworth, Will Everard, Molly Green, Owen Johnson, Charlie Marsh, Aimee Morris, Thomas Riley, Isla Shillington and Isabelle Thane.

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Adult Swimming

Did you know that we have a Masters (adult) swim session each Sunday at 7.00pm?

This session is open to any reasonably competent swimmer age 22 or over, there is no upper age limit!

We regret we cannot offer this session to non-swimmers, an applicant should be able to swim at least 100 metres (4 lengths) on front crawl and about 50 metres on backstroke and on breaststroke.

If this interests you, come for a trial session any Sunday (except the Sunday of a bank holiday weekend).

Those members who wish to, can enter Masters Competitions, while real enthusiasts can take part in the various open water events.

Mrs Enid Jeffries

It was with great regret that we heard of the death of Enid Jeffries. Enid joined the club in 1972 shortly after her four children joined as swimmers. She served on the Executive Committee for over 30 years. Many members will remember her as "the sweetie lady" selling hats, goggles and sweets in the pool foyer at EPIC. Enid also completed the Challenge award certificates for us. A large group of club members and ex-members attended her funeral. We have since heard that Enid's family wish to give a trophy in her memory, preferably to be awarded for a breaststroke event. We will have more information about this shortly, and plan to hold the event in the Spring of 2016.

44th Annual Mile Swim

The Mile Swim will be held on Sunday November 15th in the 25 metre pool at the Sports Village. Sign-up lists are available now and the last day for sign-up will be Friday November 6th.

Any swimmer who had not completed the club mile in a previous year in the EPIC pool must first complete a half-mile (800 metres) qualifying swim within 20 minutes. Mr Ray McKay will organise these timed half mile swims, preferably at a Sunday training session. Swimmers should sign-up at our desk in the foyer and then speak to him about it. Trophies are awarded to the best Juniors (G/B 12 yrs & under), best Seniors (G/B 13 to 24 yrs) and best Masters swimmers. A certificate is awarded to any swimmer completing the club mile for the first time.

A special message for parents of our swimmers

We always welcome offers of assistance in any of the many and various duties organised by the club. Do you have some special skills or qualifications, or would you just like to offer to help? Please let us know if you would like to volunteer.

If the duty involves training we could organise this for you.

Some courses are organised by the Northwest region and might involve travelling to a venue in Cheshire, Merseyside or nearby Lancashire. Each year we run a course, both theory and practical, for those who wish to qualify as timekeepers. This course is also open to swimmers age 14 years or over. Please let us know if you would be interested in this course.

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