

FORTHCOMING COMPETITIONS / EVENTS

MAY

Sunday 15th INTERNAL CUPS – 2nd Round
HUNTLEY CUP - 12/U BOYS/GIRLS 100 IM
LEE TROPHY – 13YRS BOYS/GIRLS 200 FREE
MACFADYEN CUPS – 14/O GIRLS 800 FREE
14/O BOYS 1650 FREE

Sunday 22nd INTERNAL CUPS – 3rd Round
FRASER CUP - BOYS/GIRLS - 100 FREE (TIME BANDED)
PETER ALLAN CUP “ 100 FREE (TIME BANDED)
A SWIM FOR EVERYBODY

JUNE

Sunday 5th HUNTLY / ANDERSON CUPS

Saturday 11th LOTHIAN INTERMEDIATE LEAGUES **
PRESTONPANS (Club event - Time Banded)

Sunday 12th INTERNAL CUPS – 4th Round
KNIGHT TROPHY - 11/U GIRLS/BOYS 100 FLY
MCMILLAN CUP - 12/O GILS/BOYS 100 IM

Saturday 18th SPONSORED WALK
(COLINTON VILLAGE to SCOUT HUT)

Saturday 25th WEST LOTHIAN DISTANCE MEET –
Sunday 26th PRESTONPANS ** 12/U – 13/14 YRS – 15/O

**Please keep dates marked ** free as it is intended to enter
as many swimmers from the Club as possible.**

CORRECTION

In the March newsletter it was wrongly stated that Claire Dow had set a new Club record for the 12 year-old Girls 200 Free. Of course this should have been the 12 year-old Girls 400 Free. Many apologies, Claire.

BUT . . . Not content with breaking Sally Wood's Club Record time of 5.24.00 in the Girls 12 year-old 400 Free once, **Claire Dow** has now taken a further half second off her new record which now stands at 5:18.58.



Inverleith ASC Newsletter
May 2011



CAMP 2011

Once again camp has been and gone – it seems to take forever getting organized and before you know it, it's over! There was a lot of hard work done by swimmers and adults - hopefully everyone had a good time. I am always glad to get back with everyone in one piece, it is a big responsibility taking other peoples' children away!

We had 29 swimmers, all Inverleith this year, which was fantastic and 7 adults which was also fantastic! The group was split into two cabins of boys and two of girls - numbers worked out pretty well for this. The girls, as usual, kept their cabins much tidier than the boys although there was an improvement boys.

The swimmers were split into two groups - one swam while the other did their activity. In addition to swimming twice a day, we tried open canoeing, climbing, high ropes and water walkerz (giant hamster balls that the swimmers try to run in) - this took part in the pool, not open water, I'm sure you will be glad to know! We also did a zip wire (a new addition to the activities at Whithaugh Park) and orienteering, quite tricky to find all the stations and an Easter egg hunt - we had over 200 little eggs to find. We think we got most of them!

Most swimmers ate pretty well - inevitably a few who don't like lots of things. Hopefully no-one came home starving - after all there was always toast at supper time, Mairi Mulvanny's favourite time of day! I'm surprised she wasn't twice her size when she got home!! For the most part everyone got on quite well but there are always niggles when you are with people for long periods of time - we have lots of interesting characters!

Well done to all the swimmers who worked very hard and many thanks and well done to Eilidh Garvey, Susan Hay, Keith Inglis, David Little, Cameron Watson and Tom Watson all the adults who gave up their holidays to come to camp. As well as working hard I think the adults do enjoy being at camp, most of the time anyway!!

Fiona

SWIM SHOP

The Club shop has a small permanent stock of floats, pull buoys, goggles and fins along with suits in our Club yellow and black. Hats are always available too. Old kit such as fins and Club t-shirts can be sold back to the shop for our second-hand resale. We make a small profit on items sold that contributes to our Club funds so please support the Shop. Prompt payment by cheque payable to IASC is appreciated so that we do not have to chase you. Give cheques to Kirsty/ Craig Watkins, Keith Inglis or one of the coaches please.

Craig and Kirsty Watkins (443 4252 craig.watkins@familywatkins.org.uk)

HELP NEEDED

New members - Kathy Pitcher on 554 0914

Social Committee - If anyone has any suggestions for fund raising opportunities please speak to either Keith Inglis or David Little. They're always on the look out for new ideas (keith.inglis@selex-sas.com).

KEEPING IN TOUCH

Notice Board - at Leith Victoria pool

Web-site ..the Club website is at Swiminverleith.com (updates to Graeme Pitcher.)

Club e-mail list - We have compiled a Club e-mail list. If anyone hasn't already given us their e-mail address or if you change it please contact Keith Inglis at keith.inglis@selex-sas.com so the list can be kept up to date.

SPONSORED WALK

In case you have not seen this already! This year's "Summer Fundraising Event" will take the form of a Sponsored Walk on **Saturday 18th June**.

The route will follow part of the Water of Leith Walkway from Colinton Village to Trinity. The distance is about 7 miles. We will finish at the Scout Hut, South Trinity Road, Goldenacre, where we can have something to eat and drink before organising some fun and games. One of the advantages of using this route, apart from it being generally downhill all the way, is that younger ones who can't manage the full 7 miles can join at an appropriate point along the way - at Roseburn, for instance.

The cost of some food and light refreshments at the Scout Hut will again be covered by the Social Committee this year so entry is free. However please feel free to bring along something to keep you going along the route. **We hope to have a home baking stall at the Scout Hut, so donations of home baking which we can sell on the day would be most welcome.**

All monies collected from sponsorship/home baking will go directly to Club Funds ... and it's a lot better fun than bag-packing!

We have enjoyed a large turn out in previous years for this fundraising event, made some money, and had a good day out into the bargain. It also gives newer members a chance to get to know everyone. Friends, siblings and other family members are most welcome. Last year we had 75 swimmers and their families and friends participating let's see if we can beat that this year!

If you intend joining us then:

- **either send me an e-mail or just put your name up on the list on the Club notice board at Leith Victoria**
- **add your name to the list so we know how many to cater for!**
- **see me or Davie Little for sponsor sheets.**

Keith Inglis, IASC Social and Fund Raising Committee

COMPETITIONS

PORTOBELLO MEET, PRESTONPANS, SATURDAY 2nd / SUNDAY 3rd APRIL

20 club swimmers attended over the 2 days. Saturday was for the younger 8 – 11 years age groups when 9 of our swimmers participated. Events were 50's and 100 IM for everybody while the older 10/11 years had 200 IM and 200 Free. There were 18 PB's from 21 swims with Aryan Singh taking 5 secs off his 100 IM, Mia Fulton 9 secs off her 200 Free and Catherine Boyd 17 secs off her 200 IM. The Girls 10/11 4 x 50 freestyle relay !of Mia Fulton, Sarah MacFarlane, Sophie Hamilton & Catherine Boyd all swam really well to win the silver medal. Catherine swam a brilliant last leg securing the 2nd place.

On the Sunday it was the 12/O's turn to swim mainly on 200's and 400 Free. Claire Dow took another sec off her 400 Free to break her own Age Group Club record (12 years) for the second time in a month with a time of 5.18.58. Calum Watkins had a 9 sec improvement on his 400 Free – 5.00.39. Kieran Wilson also had a good day as he took 9 secs off his 200 Free and 15 secs off his 200 Breast. Mark Reid improved his 200 Breast by 9 secs, Patrick Mulvany and Tana Reid both took 9 secs off their 200 Free. Anna McNarney improving her 200 Back by 20 secs and 200 Free by 12 secs. The Girls and Boys 14/0's managed to field a Freestyle relay team and finished 1st and 2nd respectively. Well done to all the swimmers.

1 st	9 Yrs	Ailsa Inglis	50 Breast	3 rd	Calum Watkins	200 IM
2 nd		Ailsa Inglis	50 Fly	3 rd	Calum Watkins	400 Free
2 nd		Ailsa Inglis	100 IM			
2 nd	10 Yrs	Sophie Hamilton	50 Breast			
2 nd	12 Yrs	Claire Dow	400 Free			
2 nd	14 Yrs	Calum Watkins	200 Back			

There were 8 other swimmers in top 6 finalist placings. Thanks to all swimmers who competed for their enthusiasm and to travelling parents.

LOTHIAN INTERMEDIATE LEAGUES 2nd ROUND, PRESTONPANS, SATURDAY, 16th APRIL

Unfortunately the 2nd round of the Leagues clashed with the Easter holidays which depleted our and most other clubs' teams. 7 younger swimmers (10/11 years) attended in the morning. 8 PB's from 10 swims was excellent, with 2 swimmers, Hannah Watson and Jacob Lineen, having their first competitive swim in the 200 Free. Sophie Hamilton had an excellent 100 IM by reducing her time by 9 secs. while Sarah McFarlane improved both her 50 Back and Fly by 4 secs. each.

The afternoon session was for the 12/O's. Lucie Crystal and Alison Laing had their first swim at 100's on Back and Breast respectively, while Taylor Anderson improved his 200 Free time by 8 secs. In the older 14/O Tana Reid took 10 secs off her 100 Fly which was really pleasing and Phoebe Strachan improved her 200 IM by 4 secs. We managed to field a full team in the 10/11 Boys and 12/13 Girls Freestyle Relays and 10/11 Girls and 14/O Boys on 'time only' in that one swimmer had to swim twice to make up the relay. Although our numbers were small the swimmers made themselves known by giving plenty of support to one another.

Tom Watson

SCOTTISH MASTERS SHORT COURSE, TOLLCROSS, GLASGOW, FRI 22nd / SAT 23rd APRIL

2 of our senior swimmers took part in these championships this year – Jan Naylor and Chris Moncrieff. Jan swam in 7 events, won all of them and was best in her age-group. Chris swam in 4 events, gaining 2 first and 2 second placings.

Chris Moncrieff