

local galas selected by the Coaching Group where times and PB's are recorded. Times from Club Time Trials can also be used to enter local galas licenced as **Accredited Meets**

The **East District Age-Group Champs** are the first step up in this process and are held every year over 4 weekends between November and March (Qualifying times required)

The next aim is to swim in the **Scottish Age-group Championships** which are held in Glasgow annually in April/May. (Qualifying times required) ... and if you are really, really good the **ASA Age-group Champs** in England in August

Swimmers should aim for these competitions and if they attain the qualifying times will be automatically entered and should make themselves available to attend. ANYONE who does not wish to compete should make it known to their coach.

ENTRIES

Swimmers are given slips with details of the competition to be entered. Entries must be made by a closing date - normally 5-6 weeks in advance of the competition. But this does not guarantee acceptance. It is only when entries are returned with acceptances that it is known who will swim at the competition. Slips are then given to swimmers with the relevant information regarding warm-up and start times etc. A lot of work goes into preparing the entries and it is a help to the entries secretary if parents return the slips or contact him as soon as possible that their swimmers are not available to swim.

TYPES OF COMPETITION

Graded Meets are competitions for the up and coming swimmer. Consideration times are given which restricts anyone too fast from being entered. This gives swimmers the chance to compete against others of like ability.

East District Age-Groups, Scottish Age-Groups and other Quality meets are the opposite to the Graded Meets. Swimmers must have a time within the ACCEPTED TIMES set out in the programme of events. Which results in quality swimming.

Lothian Intermediate Leagues All swimming clubs from West Lothian / Midlothian / East Lothian are eligible to enter. This is a CLUB COMPETITION and there is no cost to swimmers. The Leagues are over 3 rounds and are normally held between April and June. They are swum in age groups teams (male and female) and are time banded. The team with most points in each age-group after the 3rd round come out on top. Once you have swum too fast on a stroke you cannot do it again.

Swim Shop

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

Help needed!

New members - Kathy Pitcher on 554 0914

Social Committee - Keith Inglis / David Little. (keith.inglis@selex-sas.com).

Keeping in Touch

Notice Board - at Leith Victoria pool

Web-site [Swiminverleith.com](http://swiminverleith.com) (updates to Graeme Pitcher gpitcher@swiminverleith.com)

Club e-mail list - keith.inglis@selex-sas.com



Inverleith ASC Newsletter September 2009



Frances Macfadyen

Tuesday 4th August saw the passing of Frances Macfadyen, the widow of Inverleith Amateur Swimming Club's founding president. Frances was involved with Inverleith from its formation and all 3 of her daughters swam for the Club.

I have many happy memories of travelling to swimming galas with Iain and Frances where Iain would referee the meet, I would act as Chief Timekeeper and Frances would seed the heats and finals and record the results. When the SASA introduced "Recorder" as a category of Technical Official, Frances refused to sit the exam as she had taught the people who wrote the exam all that they knew.

One interesting item from the tribute to Frances which was published in the Evening News told that she at one time worked at Gray Dunn's, she tended not to eat chocolate biscuits after that.

The death of Frances Macfadyen severs the only remaining link with the foundation of our Club.

Peter Allen

Forthcoming competitions / events

September

Sunday 20th HADDINGTON 100'S (400's) - PRESTONPANS

October

Saturday 10th HEARTS PREMIER AGE-GROUP - PRESTONPANS
(10 – 14 YEARS - AGE ON DAY)

November

Saturday/ 31st/ EAST DISTRICT AGE-GROUPS CHAMPS -
Sunday 1st GLENROTHES (Accredited Times Required)

Saturday 14th LOTHIAN GRADED MEET - PRESTONPANS
(11/U TO 14/O - TIMES GRADED)

Sunday 15th EDINBURGH SCHOOL FINALS - AINSLIE PARK

December

Saturday/ 5th/ EAST DISTRICT AGE-GROUPS CHAMPS -
Sunday 6th GLENROTHES (Accredited Times Required)

Saturday 19th INVERLEITH CLUB CHAMPS - LEITH ACADEMY

February 2010

Friday 12th ANNUAL PRESENTATION DANCE, Carricknowe
Bowling Club

**Edinburgh Schools Heats. - Parents should contact school to make entries.
Heats probably in October at Leith Academy or Ainslie Park.**



Return of Internal Cups

The time has come to call in the Internal Cups swum for last year for engraving with the names of the 2009 winners. You should already have received an email about this But just in case you missed it, this is the reminder!



Congratulations

Congratulations to **CALUM WATKINS (12)** on his selection to the East **District Bronze Squad**. To qualify for the squad you are required to obtain 3 times at 200m or over events each year to remain eligible. Age is as at 31st

December each year and times required change by age starting at 11 years. A couple of other Club swimmers were just one time short for selection. For Info. Re above go to www.swimscotland.com

IAIN MACMILLAN (23) is a former club swimmer who is now with Edinburgh University and whose speciality is 200 / 400 Front Crawl. At the British Gas Swimming Grand Prix on 1 August in Sheffield, Iain was entered for the **200 Fly** and in the heats broke the **SCOTTISH SENIOR RECORD** which has stood for 4 years by .02 of a second. Infinitesimal it may be but still a record. In the evening final encouraged by his morning swim Iain turned in another superb performance when he took another 1.2 seconds off his record to finish 3rd overall with a time of 1.55.70. Congratulations to Iain on this outstanding achievement.

SALLY WOOD (19) another former swimmer who carried on her swimming at Warrender BC is continuing with her swimming career in the USA having obtained a scholarship to Louisiana State University where she described the facilities as fantastic. Sally has been there for 4 weeks now and is thoroughly enjoying it along with the warm weather. All facilities for swimming, education land training and physio are within 5 minutes of her accommodation. We wish her every success for the future.

Tom Watson



Sponsored Walk

Thanks to everyone who took part in the sponsored walk on 27th June. We had an excellent turnout and everyone seemed to have a good time. The ages of the walkers ranged from 5 to about 80 and most still had enough energy to take part in the games afterwards. A new event this year was limbo dancing which was a great laugh. The home baking was again outstanding and well received. To date the total profit from the event stands at £718, which is an incredible amount.

So well done to everyone.

.....Oh yes, I nearly forgot—those pesky females won the tug-of-warAgain!

Bag Packing

Thanks to all those who helped out at the bag packing at TESCO on Saturday 5th September, and to the parents who did their usual ferrying of kids between Football/Rugby/Hockey/watching Scotland beat Macedonia etc.

We managed to raise the sum of £795.41 from the 6 hour stint which will be added to Club Funds. For the record the packers were:

Rachel Natta, Niall MacRoberts, Scott Kerr, Andrew Boyd, Catherine Boyd, Kieran Wilson, Scott Inglis, Ross Inglis, Ailsa Inglis, Rachel Carter, Claire Dow, Jessica Heatlie, Louise Currie, Nicola Ludwig, Hannah Little, Ellen Black, Andrew Chrumka, Emma Shorter, Mia Fulton, Faye Fulton, Alisha Cowper-Barrie, Finlay Watson, Cameron Lineen, Jacob Lineen, Anna Grant and friend Kathryn, Andrew Grant, Alex Dean, Tom Dean, Fingal Scott, Gregor Devine.

It was especially nice to see so many new members joining us. Anna Grant even brought one of her pals along!

Anyone who has any ideas for future fundraising please speak to either myself or Davie Little.

Keith Inglis, IASC Social and Fund Raising Committee



Christmas Cakes

Rich Fruit Cake with marzipan and fondant icing - *Prices:*

7" Round £26 8" Round £29 9" round/8" Square £35

Themes:

Snowmen Santas Cute (eg mice with hats etc)
Christmas floral (Ponsetia and Christmas Rose)
Religious (Church, shepherds, carol singers)

Contact Margo Allan 334 6972



Competitions

IAIN MACFADYEN MEMORIAL GALA—12th September

Congratulations to all the swimmers who took part in the above gala. We had some amazing swims with 39 PB's, some by a few seconds and some by as much as 15 seconds. Our swimmers also came away with lots of medals and flashes. In the points table we came second out of 15 or 16 clubs only being beaten by Portobello. This is the highest we have come in many years.

I am really proud of everyone who swam, you were all fantastic. Thanks for help on the poolside Cameron.

Fiona Anderson (more details and final result in next newsletter)

Competition information for new members

COMPETITIONS

The most important competition of the year for the Club Swimmer is their own **CLUB CHAMPIONSHIPS IN WHICH EVERY SWIMMER SHOULD TAKE PART. This will be held on Saturday, 19th December at Leith Academy School.** It is the **one day in the year** when we all get together and every effort should be made to be there.

Swimmers should aim to compete at as high a level as possible. The first step is