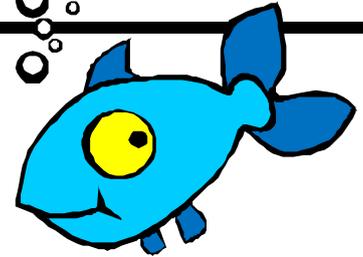


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

April 2018



At the swimming: Where's Wally, er Barry?

PRESIDENT

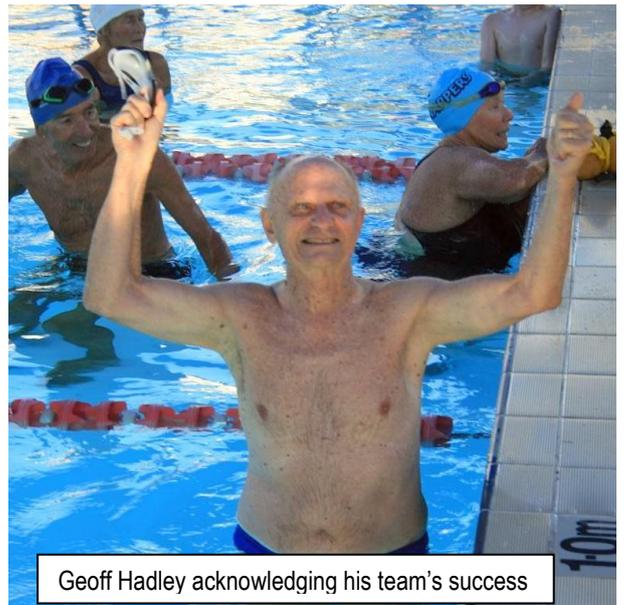
As this newsletter goes to print, Helen and I are on the Gold Coast urging on the Australian team and celebrating their victories. The swimming was inspirational - great atmosphere and wonderful competition to a packed house. The Green Team also has tickets to netball, hockey, badminton, athletics and beach volleyball. We return to Perth in time to join our own Stadium Masters team in the Nationals in its quest to swim every event with gusto!

The new Masters WA swim program on trial this year has lumped all the open water swims together early in the year, followed by all the club challenges and then the 400/800/1500 metre distance events later in the year. This makes it easier to prepare relevant coaching programs but it remains to be seen whether it will increase

attendance at swim meets, which is one of the reasons for the trial. So

far, attendance at Mandurah's Club Challenge was down on last year but it was significantly up on last year at Melville's recent carnival. Clubs are waiting for Masters Swimming WA to analyse the result for last year in which the club challenges were thrown open to all clubs. One unexpected result of this program change is that, for various reasons, fewer club challenges are on offer this year!

On the fundraising and social side, Captain Pamela organised some fun relays at the club swim held at Claremont Pool and a good team of club members turned out to volunteer at the City of Joondalup Women's Triathlon and boost funds. Many thanks to those who helped. Early in March Coach Stuart arranged for the movie "Sea Donkey" to be shown in the lecture theatre at HBF Stadium. It told the story of a Guernsey swimmer, from Stuart's old club, who set out to swim from Northern Ireland to Scotland. This is one of the Seven Oceans challenges that are regarded as the ultimate in open water swimming. Try to guess the others! Local swimmer Sue Oldham was guest of honour. Sue was for a time the oldest woman to have swum the English Channel. The evening was a great success, thanks Stuart, but emotionally very draining. The audience suffered with sea donkey, Adrian Sarchet, in his battle against cold water, fatigue and jellyfish stings to finally make the crossing.



Geoff Hadley acknowledging his team's success

It is wonderful to see Lesley Murphy back in the pool after her eventful training swim last November resulted in her hospitalisation and an operation. In fact a few members are being plagued with health issues and our best wishes go out to all of them. We hope that they can make good recoveries!

Swim your hearts out at the Nationals! Barry Green

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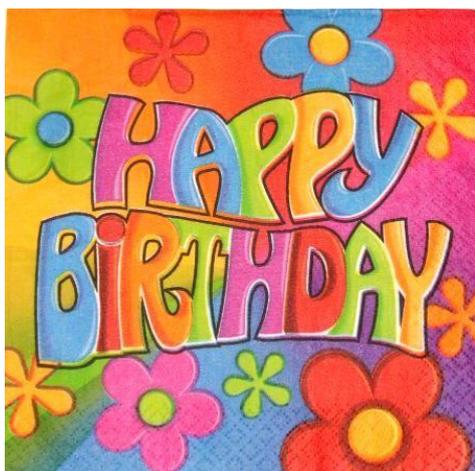
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BIRTHDAYS



April

12th Stuart Gray
 14th Jackie Egan
 17th Louise Norris
 17th Danielle Vlahov
 21st Geoff Hadley
 22nd Gavin Cull
 22nd Marg Somes
 25th Chandrababu Veliath
 25th Geoff Lane

May

3rd Sara Cann
 7th June Hough

27th Lynda Joachim



Special birthday greetings to our first Life Member, Lynda Joachim!

DIARY ENTRIES FOR APRIL AND MAY

Date	Event	Time	Venue
Sunday 15 April	Volunteering at triathlon	6:15 am	Whitfords Nodes Park
Wed 18 - Sat 21 April	MSA National Championships	variable	HBFS Stadium
Saturday 5 May	Club Swim	1:00 pm	HBFS Stadium
Sunday 20 May	Stadium LiveLighter Club Challenge	8:00 am warm-up	HBFS Stadium

COMMITTEE PROCEEDINGS

The first meeting of the 2018 Management Committee, Jackie Egan, Barry Green, Ann-Maree Lynch Calnan, Pamela Walter and Bill Woodhouse, was held on 28th February. The new constitution passed at the Annual General Meeting changes some things, in particular the size of the committee. The number of club support roles is significant at eleven and we are still seeking a Clothing Officer to deal with orders.

- Chandra Veliath, our new Recorder, has attended a workshop run by State Recorder Sandra Mutch, with Jackie, and is starting to learn what needs to be done.
- The club has signed a sponsorship agreement for 2018/9 with Venues West. This includes the provision of lanes for the Club Challenge and the 1500 Metre Distance Swim hosted by the club, but not for the Swimathon. It also includes part of the dive pool for warm-up and cool-down at our Club Challenge and aerobic lanes before the Wednesday and Friday afternoon sessions for 42 weeks/year.
- At present we have 45 swimming members, including 4 second-claim, and 16 social members.
- On behalf of the club, the Committee congratulated Pamela on being honoured as the Official of the Year for 2017 by Masters Swimming WA.
- A plan for fundraising this year has been outlined. There is a triathlon on 15th April at which the club can earn money by supplying volunteers.

UPDATE FROM THE ASSISTANT RECORDER Peter Lyster

I have entered all your Endurance 1000 times from the files that were left in the cage. If you have completed swims and your name is not mentioned below please contact me and I will sort it out. We have had an encouraging start to the year with 11 swimmers earning points for the club. The months are marching by but there's still time for those who haven't begun their Endurance 1000 program. I know of about a dozen people who have participated in the past whose names don't appear below! Once the Nationals are over, it will be time to get these swims under way. It's worth noting that the points system is very heavily loaded in favour of the 30, 45 and 60 minute swims. A 60 min swim earns a maximum of 80(!) points, a 45 min 50 points and a 30 min 40 points compared to 5 points max for a 400m swim and 10 for an 800m swim.

Points earned to 23rd March 2018

Cas Brown	140	Ann-Maree Lynch Calnan	50	Merilyn Burbidge	45	Stuart Gray	15
Jackie Egan	79	William Curtis	50	Barry Green	25	Sara Cann	2
Pamela Walter	50	Audrey Bullough	45	Bill Woodhouse	20		

CAPTAIN Pamela Walter

Beatty Park Long Course 50s Friday 9th March

Mary Gray	50 FR (best for 2018)
Audrey Bullough	50 BA (best since 2016)
Cas Brown	50 BR (best for 2018)
Pamela Walter	50 BA (best for 2018); 50 BR and 50 BU (both best since 2016)
Ann-Maree Lynch Calnan	50 BA (PB); 50 FR (2 nd best time ever)
Stuart Gray	50 BA and 50 FR (both best for 2018)
Bill Woodhouse	50 BU (best since 2014)

Stuart, Pamela, Ann-Maree and Bill won the 4x50 m Freestyle relay in the 280-319 age group.

Club Swim Short Course, Claremont Pool, Saturday 10th March

16 swimmers took part in the heats with other club and family members helping as starter, marshal, timekeepers and support. Thanks to Pam Cann, Barry, Elizabeth, Mamta Veliath, Marg Watson, Lillian, Big June and two husbands for their help. Due to the shallowness of the pool, diving was off limits. Even so, many swimmers gained their best times since 2016 and the meet was a good forerunner to Mandurah. This short course club swim was the first for Louise, Chandra, and Ann-Maree. Several long-standing club members took on new challenges: Bill, William (just turned 80) and Peter Lyster swam butterfly events and Audrey, who had recently had her 78th birthday, swam her first 100 IM. People can be inspirational in the challenges that they take on, regardless of their age.

Chandra's son Jay and Geoff Hadley joined in the ridiculous relays after the heats. In the Eamon Sullivan Queen's Torch event each team member had to carry their 'torch' for a length of the pool, keeping it above the water so as not to let the 'flame' go out. They were not allowed to touch the bottom because, of course, they were swimming to Rottnest. In the Variety Walking relay some funny walks were spotted that would have rivalled any of John Cleese's best efforts. Finally, in the Catch the Train relay, team members splashed up and down the pool getting gradually more dressed in shirt, skirt, hat and umbrella as they raced for the train. Most people stayed for burgers catered by Bilby's By the Pool and chatted as evening came.



Bathing Belles, Peter Gray, Jay Veliath, Bill Woodhouse



Geoff with the flaming Queen's torch, William, Louise and Peter L

Cas Brown	50 BA (PAB/best since 2012)
Mary Gray	25 BA (best since 2016)
Stuart Gray	25 BU (best since 2016)
Peter Lyster	50 FR (PAB); 25 BU (inaugural)
Bill Woodhouse	50 BU (PAB/best since 2012)
Sara Cann	50 BR, 25 BR (both best since '16)
Helen Green	25 BA, 25 BR (both best since '16)
Louise Norris	100 BR, 50 FR, 50 BR, 25 BR (all inaugural)
Ann-Maree Lynch Calnan	50 FR, 25 BU (both inaugural); 25 BA (PB)
Merilyn Burbidge	100 BR, 50 BA, 25 BR (all PAB/best since 2016/CR)
Audrey Bullough	100 IM (inaugural); 25 BA, 25 FR (best since 2016)
Pamela Walter	50 BU (best since 2016); 50 BA (PAB/CR); 25 BA (PAB/best since 2015)
William Curtis	50 FR (PAB/best since 2015); 25 BU (PAB/best since 2016)
Chandra Veliath	100 BR, 50 BR, 25 BA, 25 FR (all inaugural)
Peter Gray	100 FR, 50 FR, 25 FR (all best since 2016)

Mandurah LiveLighter Short Course Club Challenge Sunday 25th March

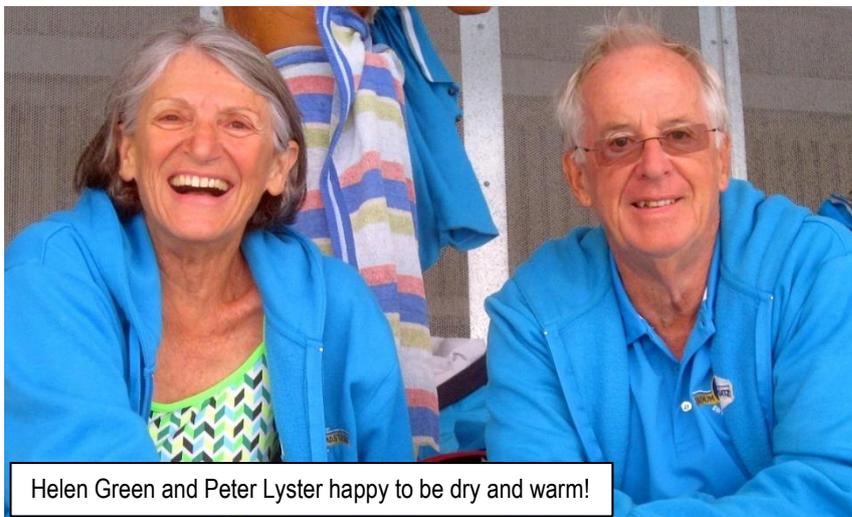
Low point of the day: Australian cricket team caught tampering with the ball!

High point of the day: Well-run carnival at Mandurah in which our team of 11 finished fourth of 17 clubs.

Mandurah's organisation of the heats and the eats was spot on but controlling the weather was beyond them! The day was cold and overcast and people sitting in the stand were facing into a fresh easterly. It was much warmer in the water! The Dolphin apparatus was used for timing. It synchronizes all the watches to the same start signal, ensuring greater accuracy compared to manual stopwatches. Times are automatically displayed on an electronic board after each heat and results are generated instantly. Many thanks to Marg Watson, who held a Dolphin for our club for the entire meet!

Some of the blocks on the boom were wobbly so swimmers had to dive from the deck in the 25 metre events. This presented a slight handicap to all, but our swimmers still recorded good 25 metre times.

Peter Lyster swam 25 Fly and Audrey swam 100 IM for the first time in an interclub, our 320+ Freestyle relay team of Audrey, William, Pat and Barry won their event and Stu won a raffle prize!



Helen Green and Peter Lyster happy to be dry and warm!

Cas Brown	50 BA (PAB/best since 2012)
Audrey Bullough	100 FR (PAB/best since 2013); 50 BA (PAB/best since 2010); 100 IM (PB)
Merilyn Burbidge	25 BR (PAB/best since 2016/CR)
Mary Gray	25 BA (best since 2016)
Helen Green	25 BA (PB); 25 BR (best since 2016)
Pat Sugars	50 BA, 25 BA (both best this year)
William Curtis	100 BA, 25 BU (both PAB/best since 2016); 50 BA (PAB/best since 2013)
Stuart Gray	25 BA (PB/CR)
Barry Green	25 BR (PAB/best since 2015)
Matt Jones	100 BR, 50 BA, 50 FR (all inaugural)
Peter Lyster	50 FR, 25 FR (both PAB); 25 BU (PB)

GOGGLE SAW



- Three former Snappers kicking their hearts out or is it an ad for HBF Stadium?
- Bins at HBF Stadium formally dressed in black. Are they masquerading as bank-robbing robots as in the movie "Malcolm" or are they ready to go out?

- Helen Loake (back), Louise Norris (far left 3rd row) and Anne Edmondson (2nd from left 2nd row) winning bronze medals for their City of Perth SLSC March Past team at the State Surf Life Saving Championships at Scarborough in March.

- Ten members and partners raising \$450 for Club funds at the City of Joondalup Women's Triathlon.



TWO TRAINING TIPS FOR MASTERS SWIMMERS Peter Reaburn PhD

Do strength training

One of the major declines as we age is a decline in strength as a result of a decline in muscle mass. This begins at age 35, drops steadily till around 50, drops a little more quickly from 50 to 65, and then plummets after 65 to 70 years. Thus, the older we get, the more important strength training becomes. It keeps us strong and supple and helps maintain speed.

Train consistently

Stay active for life! In my game we call it training age. The longer you've been at training, the quicker you adapt, the faster you recover, the better you become. Sure, take a break from hard training but always try to swim at least twice a week. Get to the gym more often, get stronger in the tummy and lower back, get more flexible and keep the heart and lungs moving by cycling or walking. Stay active for life and remember: Exercise is Medicine!

OPEN WATER SCENE

Rottnest Channel Swim addendum

Gavin's team was unlucky to be pulled out of the water when the shark was seen. The butterfly swimmer who saw the shark and called it in to the officials kept going, so avoiding being in the 1 km radius circle when the decision was made to order swimmers in this area out of the water. Something fishy there!

Port to Pub

It was bitter disappointment for Travis and Hamish and their teams when this event was cancelled at 10 am due to adverse weather. 1500 swimmers had started and were well on their way. Let's hope for better luck next year.

Rockingham Ocean Classic/2km LiveLighter MSWA State Championship Saturday 3rd March

	Age Group	Time	Age Group place
Hamish Buddle	40-44	27:32	1
Peter Gray	50-54	27:35	2
Ann-Maree Lynch Calnan	60-64	38:40	5
Pamela Walter	65-69	40:19	4
Stuart Gray	75-79	38:47	1

The calm sea allowed swimmers to settle their stroke easily into a rhythm. In the excellent conditions everyone swam faster than in events earlier in the season. New member Hamish Buddle was the fourth man to finish and fifth overall followed closely by Peter Gray.



Coogee Jetty to Jetty, 1.5 km, Sunday 11th March



A lot was made of Daphne, a yellow inflatable duck the size of a small caravan, which was to be the final turning buoy. However at the critical moment Daphne was nowhere to be seen. She had scarpared in the direction of Africa. The organisers, Cockburn Masters, had to blow up another buoy, a boring green cone, barely an adequate replacement. It turned out that Daphne was actually found making a break for Rottnest by a local fisherman just hours after being swept away. She was in good condition, fully inflated and undamaged and eventually returned to her owners.

Coogee Jetty to Jetty, 1.5 km, Sunday 11th March

	Age Group	Time	Age Group place
Peter Gray	50-54	20:21	3
Ann-Maree Lynch Calnan	60-64	27:56	9
Pamela Walter	65-69	28:12	3
Stuart Gray	75-79	27:07	1

Swimming WA #11: Swim the Swan Sunday 25th March

	Distance	Age Group	Time	Age Group place
Hamish Buddle	1.25 km	Legends 35-49	18:15	1

As well as winning his age group, Hamish finished third overall in the 1.25 km event.

Albany Masters Harbour Swim, 4 km, Saturday 31st March

	Age Group	Time	Age Group place
Peter Gray	Legends	57:36	2
Stuart Gray	Legends	1:21:56	11

Age groups were set to surf club standards so Peter and Stu were in the same age group! With a following breeze, Stu swam 5 minutes faster than he had last year and came in 10 minutes ahead of former Premier Alan Carpenter.

SunSmart Southern Ocean Classic Mile, Ocean Beach Denmark, Sunday 1st April

	Age Group	Time	Age Group place
Peter Gray	50-54	23:55	2

Peter finished 16th overall, only seconds behind former Club member Warwick Maxted, who caught the wave that Peter didn't catch.

MESSAGE FROM CIARA DRUMM Jackie Egan

Ciara has had great success since she got back to Ireland. She is over the moon to have been accepted into the two-year training course that she wanted in dermatology at Dublin Hospital, only 15 mins from home. She also got a job as a dermatology registrar so she is right into it and has no time to travel!

I said we were very proud of her and we were all going to be her patients even if it means the travel may be a little far. I have nagged her to still try to find time for swimming. She says it's freezing cold over there! Surprise.



DEREK FENTIMAN

Long-standing members of Stadium Masters were saddened to learn that Derek (82) had suffered a fatal heart attack while walking home from his lawn bowls club on 21st February.

Their home was in Kent, UK, but Derek and Barbara spent about ten of their winters in Perth during our summers so that Barbara could enjoy swimming with our club. Derek was Barbara's greatest supporter, ferrying her to and from the pool and timing her swims. But his willingness to lend a hand extended well beyond this. He was always early to arrive at a training session and took on the responsibility of recording names in the diary, laying out the equipment for the session and timing anyone wanting to do an Endurance swim. So, when

the Fentimans weren't with us, the afternoon group Snapper assigned to organise the cage was called "Derek for the Day". Derek loved a joke and was ever ready to tell one too! At the end of each stay, we missed his cheerful presence and his ability to boost morale.

When she broke the sad news to us, Derek's daughter Sandra wrote: "Dad has struggled to recreate his life over the last year since Mum died so we are comforted by the fact they will be together again."

AUSTRALIAN ETIQUETTE

General

- Never take an open stubby to a job interview.
- Even if you're certain you're in the will, it's rude to take your ute and trailer to the funeral.

Dining Out

- When decanting wine from the box, tilt the paper cup and pour slowly so as not to bruise the wine.
- When drinking directly from the bottle, hold it with only one hand.

Personal hygiene

- Cleaning your ears should be done in private, using only your own car keys.
- Dirt and grease under the fingernails is a no-no. They alter the taste of finger foods and if you are a woman they can draw attention away from your jewellery.

Theatre

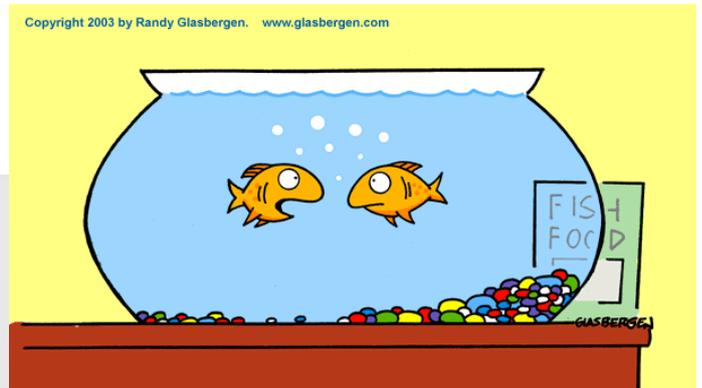
- Crying babies should be taken to the lobby and picked up after the movie ends.
- Refrain from yelling abuse at characters on the screen. Tests have found they can't hear you.

Weddings

- Livestock is rarely a good choice for a gift.
- For the groom, you probably want something a little upmarket from a tracksuit with a cummerbund. Even a clean footie jumper can create a tacky appearance.
- Though uncomfortable, say "Yes" to shoes and socks, at least for the ceremony.

Driving

- Dim your headlights for approaching cars, even if you've got a roo in your gun sight.
- While it may seem the most practical thing when entering a roundabout, the vehicle with the biggest roo bar doesn't always have the right of way.
- When sending your wife down the road for petrol after you've run out, don't ask her to bring back beer as well.



"I pay you five pebbles a session to be my personal trainer, but all we ever do is swim!"



ACKNOWLEDGEMENTS AND DEADLINE

My thanks to Barry Green, Pamela Walter, Jackie Egan, Peter Lyster, Marg Watson, Ann-Maree Lynch Calnan and Louise Norris who have contributed to this issue.

The deadline for the next issue is
Friday 11th May

Merilyn Burbidge

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