

## **Club News – Different Strokes - Winter 2010**

### **Westcoast Masters**

The club hired a bus and went up to Lancelin for the day. Surfing lessons had been arranged for the brave few. Amazing how quickly the kids were able to get to the stage of standing, while there was a lot of crouching and collapsing going on amongst the older crew. Unfortunately, not many aerials or a lot of hanging ten to be seen – but heaps of fun to be had by all. It proved to be a serious workout and there were lots of weary bodies on the trip back.

We had a record entry for State Champs, with 27 swimmers registered. The usual lucky few with PB's, the avoidable DQ's and lots of team spirit! We managed to improve our overall position by going up to 5th. We will try even harder next year to get more swimmers to swim more events! Special mention must go to both Paula Hill and Karen Wilson who both broke state and national records. We had two Karen's winning their age groups, well done to Karen Wilson and Karen Binns. Many thanks must go to all who assisted with timekeeping and official duties. Swimmers, non swimmers and family members alike! How would we get through any carnival without them? Congratulations to Karen Binns who also won her age group in the OWS series.

Club members are now training for our BACC to be held in June. We are hoping that all the other clubs will encourage as many of their swimmers as possible to attend. A trip north is always a big day out!

On the social front we are preparing for a weekend trip to Club Capricorn at Yanchep, a movie night at the Jaffa Room and Christmas in July is just around the corner!



Westcoast Masters Members on their trip to Lancelin

---

### **Claremont Masters**

What a great few months it has been at Claremont Masters!

In March we enjoyed the State Open Water Swim, winning the team trophy for top 6 finishers – with three of our guys finishing 1st, 2nd and 3rd overall! We also had a number of age group winners.

Also in March, we celebrated the birth of Leo Henry Ion – gorgeous son to our recently crowned Coach of the Year, Elena Nesci.

In April, 14 of our members made the trip to Launceston for the National Swim and returned home with 28 Gold, 19 Silver, 20 Bronze medals, 2 National Records, 46 State Records and numerous PBs.

Our wonderful Perc Edwards (up in his new age group of 85-89!), came home with 7 Gold, 1 Silver and 1 Bronze medals and 6 State Records. And between each of his swims he was pounding the pavement as always with official duties... he is an inspiration to us all!

Other Gold medallists included Anthony Dunne (who, at 47, was the fastest breaststroker in the whole meet), Graham Croft, Paul Blackbeard, Nicky Corsbie and Sally Stanford. We had many other Silver and Bronze medallists and 2 National Record-breaking relays.

And then in May there was the State Swim. Congratulations to Osborne Park for winning yet another epic tussle between three teams who all ended up with points in the 1500s... with Claremont just beaten into third place by our friendly stable-mates, the Snappers. Our individual achievements are too numerous to mention, but we were very excited to have 5 age group winners, heaps of PBs, and to break another 2 National relay records.

We are looking forward to the forthcoming "carnival season" for lots of race practice and club camaraderie.



Trish Burton, Lauren Thomas, Sally Bell and Nicky Corsbie at the State Swim

---

### **Osborne Park AUSSI Masters**

We are all thrilled with the club's win at the recent 2010 Be Active State Swim. This was a terrific effort, against great competition, from all members involved, from the coaches preparing the swimmers to the captains - Geraldine Phillips and Jeff Morris - doing the entries work, and everyone helping out on the day.

We are proud of our award recipients at the Presentation function - Sue Pow received the State Official of the Year Award, Heather Whitehead won her age group in the Dale Alcock OWS Series, and Helen Bird and John Fussell were (again) age group winners at the Be Active State Swim.

The previous month the club had eight members participate in the National Masters Championships in Launceston, Tasmania. They were Pat & John Lockley, Mary Heath, Didy Whitford, Jan Hull, Geraldine Phillips, Toni Morris and John Fussell, with family members as the "cheer squad".

The facility was great - on top of a hill with views over Launceston. The organisers did a fantastic job with the Championships whilst having the rest of the facility remained open to the public.

Both the Welcome and Presentation Functions were very enjoyable, friendly affairs, showcasing local Tassie food and wines/beers. The Founders Trophy was won by the host club Launceston Lemmings, with Power Points (Victoria) receiving the Runners-Up Trophy. Some of our swimmers did the "tourist bit" after - mainly around the north & east coast of Tassie, and with lovely weather, too!

Our long term member, Beryl Paterson and Alan Smith, were also going to attend the Nationals but unfortunately Beryl sustained a fractured ankle in Melbourne and they had to return home.

Recently the club held a successful 400/800m meet which produced some State records in ideal conditions. And a tasty arvo tea afterwards!



Osborne Park members at the State Swim



Jan, John F, John L and Geraldine at Nationals

---

## **Carine Masters**

The 2010 Nationals in Launceston was a very successful meet for Carine swimmers.

Seven members went to Launceston and all were very pleased with their results, none more so than Vanessa Holman and David Davies who both medalled in two events.

David won Gold in the 400m Free & Silver in the 100m Free. Vanessa came home with Silver in the 400m Free and Bronze in the 200m Free.

State Championships: Some of us even surpassed our efforts in Launceston! Given we had the smallest number of competitors in many years we were reasonably happy with our 187 points.

Congratulations to all swimmers for their great swims and especially to:

Vanessa Holman who swam brilliantly and gained two State Records!

Grant Erskine who competed in his first interclub competition.

Marie Stoakes who swam in her first competition in about ten years.

Whilst we were competing in the State Championships, one of our new members, Nigel Tilleard was competing in the Busselton Half Ironman Triathlon. He did the 1.9km swim leg, helping his team into 18th place out of 200 teams! Here's what Nigel had to say:

“An excellent result with an overall time of 4 hours 47 mins. No stingers this year thank goodness but plenty of seaweed which seemed to slow all the swimmers down a fair bit. The work I did with you guys really paid off”.



**Back:** Jane Laws, Marg Roffman



The Carine team in Tasmania

**Front:** David Davies, Lois Fleming, Vanessa Holman

---

## **Narrogin Masters 1**

The Narrogin Amateur Swimming Club welcomed the opening of the outdoor pool on Saturday by hosting a long-distance club swim.

A total of 11.5 kilometres was swum by 10 swimmers covering distances of 400, 800 and 1500 metres.

The Club Swim was organised as a part of Masters Swimming's Correspondence Country Carnival, where country clubs swim in their own pools and send their times into the host club, Mandurah, for the event.

The Masters squad invited other swimming squad members to join them for the swim, and also for a barbeque breakfast to follow.

The winner of the men's senior 1500m was Peter Thompson in 24:35:95 minutes, the men's junior was Corey Page in 30:40:53 min. The winner of the women's senior 1500m was Alison Potts in 33:43:93 min and Nicole Herdman won the women's junior in 27:03:35 min.

Club president Alistair Potts said he was very happy to be able to use the outdoor pool for such an event and to use the pool deck and club rooms for the barbeque afterwards.

“It was nice to finally be able to use such a fantastic facility,” he said.

The Narrogin Amateur Swimming Club’s Masters and Swimming WA squads will continue to train in the outdoor pool during autumn.



Enjoying the outdoor pool were members of the Narrogin Amateur Swimming Club.

**Back:** Linda Herdman, Corey Page, Nicole Herdman, Alison Potts, Peter Lacey, Chris Perkins and Alistair Potts.

**Middle:** Peter Thompson, Alison Lacey, Danielle England and Camille Mangan,

**Front:** George Thompson, Caylin Thompson, Georgina England, Heidi Thompson, Jacob Mangan and Courtney Mangan.

---

## Narrogin Masters 2

Narrogin celebrates its 9-month anniversary in June, and here is what being a Masters member means to some of us:

Keith Devenish: Although I am not that interested in competition swimming, I am happy just to swim for normal exercise. My aim was to be able to swim for 400 metres without stopping. I can now do that with a combination of freestyle and breast stroke. I have never swum regularly in a pool since I first learnt to swim over 40 years ago in primary school - since then I have only swum in the ocean during holidays. Mike Brown gave me some excellent advice when he was coaching that helped me tremendously. Also being relatively new to Narrogin it gave me an opportunity to meet some more people. I swim twice a week whenever I can.

Lynette Blechynden: This is my first year in Masters and I joined to increase my fitness as well as meet some new people. I've always enjoyed swimming and always thought how good it would be to go to the pool and 'do some laps'. I'm learning so much, and each week I take something away from the session that I can work on. I'm really happy that I can finally do a few laps and hopefully by the end of the year I'll be able to do those tumble turns!!!!!!

Ian Fergus: I joined Narrogin Masters to experience my highlight which is NOW; participating in development of a new club which can promote a healthier lifestyle for all age groups throughout the communities of town and region.

(Ed Note: And I'm sure his recent State and National times are a bonus too – he's just too modest!)

Peter Thompson: Being asked to coach a duo for the Rotto Channel Swim was challenging and rewarding. Best event was the Coogee Jetty to Jetty Swim. We had juniors and seniors participating, some in their first open water swim. A great day out!

---

### **Stadium Snappers**

Over the last couple of months Snappers have taken part (with distinction!) in a number of events. Unaccompanied by any men at the Launceston Nationals, our tiny team of eight women really went to town, coming home with a fine collection of medals, State records and PBs. At the recent BE ACTIVE State Swim, we managed to include some men in our team and recorded our best result ever at this event to finish a few fingertips ahead of Claremont. We are very proud of our three age group winners: Lillian Hadley, Robyn Wilson and Leon Musca. We are also delighted that our member, Brian Downing, was one of the four chosen to receive an inaugural Have a Go News Encouragement Award. Thanks to the officials for working so hard to make this event a success.

It was wonderful to see Technical Officer Jude Crawford being presented with the Service to Masters Swimming WA Award. She certainly deserves recognition for the time and energy she puts into arranging and presenting training courses for officials and coordinating rosters of officials for interclub events. Swimmers in the Albany Harbour open water event this year must be grateful to Jude for helping to make their crossing safer by ensuring that the course was more clearly marked and more paddlers were on patrol.

On Sunday 23 May we held our annual fundraising Swimathon for the Motor Neurone Disease Association, in memory of our two members who died from this incurable condition. Challenge Stadium generously waives our lane hire charges for the event. This year the pool was in short course mode, so our 20 swimmers made lots of turns as they accumulated nearly 60 km for the day. And now to add up the takings!

---

### **Bunbury AUSSI Masters**

Congratulations to our members who participated at numerous OWS, including Margaret Moylett, Brian Hall and Edwin Kordt who completed the 4km Albany Harbour Swim.

Conditions were looking very wet and windy the day before the Albany event but fortunately improved on the day making it a reasonable swim. That same week Brian competed in the Denmark swim which was a little windy and the surf was up. Brian also competed in the Albany Masters

Games bringing home over 10 gold medals. His wife Pam, who hadn't swam for 5 years, came home with 2 silver and 5 bronze medals.

Even though we are a small club we manage to do well. Our oldest member Marie Harris who is 86 has achieved a milestone for herself of getting her 1 million meter shirt. So we all think this is a wonderful achievement. Her 2nd million is likely to take much longer to achieve. Congratulations to Marie, well done.

Three or more of us are hoping to compete in the Mandurah Swim on the 13th June.

---

### **Inglewood Masters**

One of our long term respected member, Goff Williams celebrated with his wife Mary, their Golden Wedding Anniversary (70 Years) recently.

They celebrated with family and friends with afternoon tea at their son's home in Karrinyup. They received letters from the Queen, the Prime Minister, Governor General and all the Leading Politicians.

Goff would be well remembered for his participation at Carnivals where he often swam in heats with swimmers many years younger. He broke many world, National and State records. He was a member of all our 280+ and 320+ relays when the records were set.

Goff was always the perfect gentleman. He was a keen gardener and many times he would bring down beautiful pot plants to be raffled. This often happened on Mothers' Day.

He has recently given up his Driver's licence and now can be seen flying around on his brand new red Gopher.



Inglewood Master Members with Goff (centre) at his 70th Wedding Anniversary

---

## **Mandurah Mannas**

This has been a busy Summer. More and more of our members are becoming involved in the Open Water Swims. This year 22 swimmers braved the waves, proudly gaining P.B.s, Age Group Placings, with Barbara Pellick winning her overall age-group and being placed as the top scoring female.

Thankyou to all who came and enjoyed our Cambria Island Swim. Mother Nature granted us glorious sunshine and three dolphins, who as late entries were not eligible to be placed.

A small team of 7 caravanned to Jurien Bay for the Boullanger Isle Swim, they enjoyed this so much they travelled on to the Geraldton Beach Swim and competed again the next day. A great fun weekend.

After 2001 when our first club relay of 4 completed the Rotto Crossing, the number being challenged has steadily grown. This year there were 3or 4 teams of 4 and a couple of teams of 2, with Barbara Pellick competing for the 23rd time.

Our three coaches, Ivan, Wayne and Graeme make sure we swim correctly and diplomatically extricate us from the “end-of-lane” chatter-jam.. The three gentlemen have now geared our training sessions to the challenge of BACC swims.

We train to keep fit, we laugh to have fun. Fish and chips at sunset on the beach, with social swims and finish at a B.B.Q. picnic

Summer is over and the BACC swims begin. Our Mandurah Pool Challenge is on 13th June, and we look forward to catching up with many friends on that day.

Keep Splashing.

---