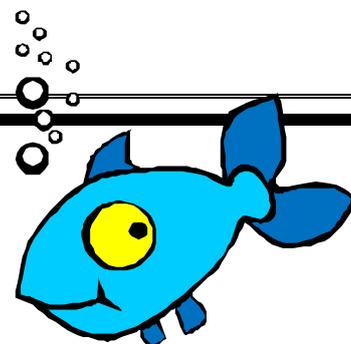


# SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

17<sup>th</sup> March 2017



## PRESIDENT

Goodness gracious, we are into March already! There's just one more event to finish the 2016/17 Open Water season and our club swimmers have done really well so far.

The pool swimming program for this year started well at Newman Churchlands with our club a very close third. It was the first competitive outing for some swimmers and they seemed to enjoy it. The closeness of the result makes it clear that, to be competitive, the club needs to enter as big a team as possible and each swimmer should go in the maximum number of three individual events! The club swim held as preparation for the Newman Churchlands Club Challenge was well attended and obviously was effective. The next Club Challenge is at Mandurah on April 2 in a short course pool and we hope to be well represented there. Unfortunately, a club swim prior to this has been cancelled as we could not easily obtain a short course pool to hold it. The Beatty Park 50s meet in late March was cancelled by the organisers because of ongoing building renovations. We look forward to preparing for the State Masters Championships on 29/30 April with a club swim on the 8<sup>th</sup>.

As the Endurance 1000 program continues, it seems to me that more people are participating this year. It is not too late to join in. Remember, every swim counts for the club as well as for you!

Some club members meet informally at Claremont Pool on Monday, Wednesday and Friday mornings. The group is a strong element of the club and it is nice to see the camaraderie bonding them. That was very much on display on Monday 6 March when the club held a swim and breakfast at Claremont Pool, successfully replacing the annual beach picnic. Thanks to the Helen Green and Margaret Watson for arranging it.

The number of club members (63) is somewhat less than that for last year, but the club appears to be in good shape! Attendances at training sessions are solid, although the Tuesday and Thursday evening sessions are somewhat uneven - as high as 13 but sometimes only five!

Fund-raising activities have been planned. Club volunteers helped at a triathlon at Hillarys on March 11 and another is coming up on April 9. More events, such as sausage sizzles are in the pipeline.

Barry Green



Tuuli, Raffa and Craig are all first-timers at Club Challenges and Louise is pretty new too

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**He who laughs, lasts!**

## LIFE MEMBERSHIP

We are delighted to congratulate Tricia Summerfield on her election as a Life Member of Masters Swimming WA. The honour acknowledges Tricia's long service to MSWA, culminating in the role of Director of Coaching. In this capacity she has helped to prepare club coaches for their important roles and to improve the standard of coaching available to MSWA club members.

Tricia says: *As with all these things, I couldn't have achieved this without the support of other board members and my "team" Elena Nesci and Kim Tyler.*



## SUPERSNAPPER

Congratulations to Bill Woodhouse, SuperSnapper for February!

Bill came close to getting this award early last year but it ended up being a difficult and interrupted swimming year for him, finally resulting in a shoulder operation. He was back in the water straight afterwards, regaining fitness and gradually strengthening the shoulder. It's good to see Bill rewarded for his effort. At the Newman Churchlands LiveLighter Club Challenge his 200 Free and 50 Free were his best since 2013.

## DIARY ENTRIES FOR MARCH AND BEYOND

Date	Event	Time	Venue
Saturday 18 March	Committee meeting		HBF Stadium
Sunday 2 April	Mandurah LiveLighter SC Club Challenge	warm-up 8:15 am	Mandurah
Saturday 8 April	Club Swim	1:00 pm	HBF Stadium
Saturday 8 April	Committee meeting	2:30 pm	HBF Stadium
Sunday 9 April	Volunteering at City of Joondalup Triathlon	6:15 am	Whitfords Nodes
Friday 14 April	Good Friday – HBF Stadium closed		
Saturday 15 April	Albany Masters Harbour Swim	from 6:30 am	Princess Royal Harbour
Sat 29 / Sun 30 April	MSWA State LC Championships	TBA	HBF Stadium
Sunday 14 May	Swimathon	from 8:00 am	HBF Stadium

## INTRODUCING ....

### Ciara Drumm

Ciara joined the Club in January and currently holds the honour of being our youngest member. Very shortly after joining, she swam in her first open water event in Australia. Conditions were horrendous that day so full credit to her for finishing the 2.5 km Swim Thru Perth course.

In Ciara's words:

"My love of swimming began at a young age. My family lived in Spain when I was aged 2-4 and I think I spent most of those years in our pool with friends who were visiting. I progressed from splashing around to swimming lessons on our return to Ireland. Unfortunately when I was 6 our local pool closed and I didn't resume swimming until I was 13 when a flyer for swimming lessons appeared on our car windscreen. That day transformed my life. Despite being a very sporty child I always struggled with my weight. Combined with a growth spurt and progressing rapidly through lessons to join the WestWood CRC swim team I lost 12 kg in a year. Swimming gave me a new happiness and confidence and I have loved it ever since.



At age 17 I decided I wanted to study medicine so I left the team to put all my focus into my studies. However I continued with lifesaving and qualified for both the pool and beach. In college I found it difficult to balance the demands of my medical degree with exercise and was very unfit by the end of my finals. I have joined the Snappers to regain my fitness. I find there is nothing more motivating than being part of a team!"

## GOGGLE SAW



- on Valentine's Day Jenny Dunn wearing flashy new goggles and carrying a supasmart swimming bag!
- Craig Barnard swimming his first 400 metre Endurance swim – only 61 to go, Craig!



- Week 1: A swimmer, whose fins have a black blade and red foot, taking very differently shaped fins with red blade and black foot belonging to another swimmer.
- Week 2: Same swimmer unable to find their fins on pooldeck at the end of training – turned out they had already put them away in their kit bag.
- Week 3: Same swimmer leaving their fins on the ground by the chairs then using another swimmer's fins – of a smaller size but at least the same style!



## AND HEARD THAT

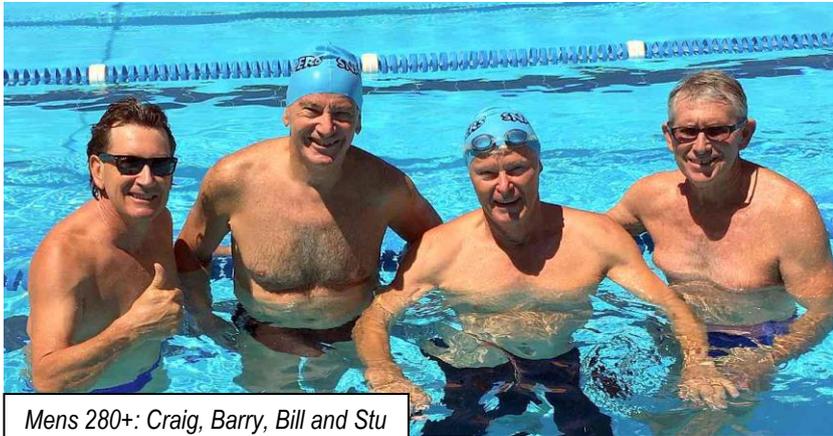


June and Bill Maher celebrated 65 years of wedded bliss on 9<sup>th</sup> February and



Wanda and Bill Woodhouse celebrated 50 years on 23<sup>rd</sup> February. Congratulations all!

## CAPTAINS Pamela Walter and Barry Green



Mens 280+: Craig, Barry, Bill and Stu

The sausages ran out but the water was perfect for swimming! Our team scored 121 with 18 swimmers, coming third behind Maida Vale (123) and Beatty Pk (133). Both of our men's and women's 280+ relay teams won their events! First-timers Craig Barnard, Raffa Stellato, Tuuli Tulf and Margaret Smithson all swam very well and it was lovely to see Ann-Maree Lynch Calnan back amongst us. Mary Gray was the only swimmer to show up for her 200 Freestyle heat. How thankful she was

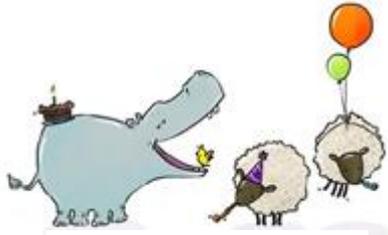
when two heats were combined, saving her from giving an exhibition performance! Thanks to Pamela Walter, serving as a Masters Swimming WA official, and Marg Somes and Marg Watson who were dedicated timekeepers.

Tuuliki Tulf	FR200 and FR50 (both inaugural)
Cas Brown	FR50 (best since 2014)
Meryllyn Burbidge	FR200 and BA50 (both PAB/CR); BR100 (PAB)
Audrey Bullough	FR50 (best for 2017)
Craig Barnard	FR200 (PB by 7 sec); FR50 (PB)
Bill Woodhouse	FR200 and FR50 (both PAB and best since 2013)
Stuart Gray	FR50 (PB/CR)

William Curtis	FR200 (best since 2013); FR50 (best since 2015)
Louise Norris	BA50 (best for 2017)
Pat Sugars	FR50 and BA50 (both PAB)
Raffaele Stellato	BR100 and FR50 (both inaugural)
Barry Green	BA50 (best for 2017)
Ann-Maree Lynch	FR50 and BA50 (best for 2017)
Margaret Smithson	FR50 (inaugural)



Womens 280+: Helen, Ann-Maree, Marg Smithson (another first-timer) and Cas



Hippo birdie two ewes!

## BIRTHDAYS

### March

21<sup>st</sup> Anne Edmondson  
 23<sup>rd</sup> Geoff Barnard  
 25<sup>th</sup> Peter Gray  
 27<sup>th</sup> Trudy Vandewerdt

### April

12<sup>th</sup> Stuart Gray  
 14<sup>th</sup> Jackie Egan  
 17<sup>th</sup> Louise Norris  
 17<sup>th</sup> Danielle Vlahov

Extra special wishes to Louise on clocking up 60 years!

### REMINDER FROM COACH STU

Swimmers please equip yourselves with a freestyle snorkel so that I can extend the range of drills. A couple have already reaped the advantage of using these and it can improve your technique too!

## SOCIAL Helen Green Pool Swim Breakfast

On Monday, 6<sup>th</sup> March 2017, members, friends and relatives met at the Claremont Aquatic Centre for a swim and communal breakfast in place of the annual beach picnic. We decided to make the change because over the last few years only two or three people swam at the beach. This year nearly everybody hopped into the pool. Success!

The Labour Day holiday was hot and sunny which gave us a perfect opportunity to enjoy the excellent facilities and surroundings of the Claremont Pool as well as a freshly prepared breakfast of bacon, egg and cheese muffin and hash brown with a delicious hot coffee. From some of the longest serving of our members to a very active guest toddler it was an occasion enjoyed by all who attended. Many thanks to Marg Watson for making the arrangements with "Bilby's" who run the café at the pool.



Ann Ritchie enjoying the breakfast with some of her family from the US



## FROM MASTERS SWIMMING WA Viki Shelver

At the Annual General Meeting of Masters Swimming Western Australia held on 15<sup>th</sup> February 2017 the following members were elected as Directors for a two-year term: Damien Eyre (Riverton), Graham Senders (Claremont), Martin Lodge (Perth City), Nick Wyatt (Cockburn), Kirsten Cadle (Fremantle), Andy Muller (Perth City) and Sandra Mutch (Swan Hills). Fiona Wilkins (Perth City) and Lynne Duncan (Maida Vale) continued as Directors.

At a Special Board meeting on 21<sup>st</sup> February the President was elected and other Directors assumed these positions:

### Board Members

Damien Eyre	President	Kirsten Cadle	Governance
Graham Senders	Vice President and Club Development	Andy Muller	Coaching and Technical
Fiona Wilkins	National Delegate and Events	Sandra Mutch	Recording
Martin Lodge	Administration and Communication	Lynne Duncan	Marketing
Nick Wyatt	Finance		

**MSWA Office and Admin Sub-Committee:** Martin (Chair), Lynne, Kirsten

**Nationals 2018 Sub-Committee:** Fiona (Chair), Andy, Nick

The newly appointed Board thanks the members for the trust placed in them and wishes to note its thanks to all members of the retiring Board. Of particular note, at the meeting on the 15<sup>th</sup>, 'Tricia Summerfield was elected as a Life Member of MSWA. Well done 'Tricia!

At 17<sup>th</sup> March 2017, **Stadium Masters membership** stood at 64, made up as:  
 Ordinary members 44; Social members 16; Second claim members 3; Life members 2  
 (This does add up when you realise that one Life Member is also a swimming member!)

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## FUNDRAISING ACTIVITIES

### THE ENTERTAINMENT BOOK

#### Save 25% in Restaurants and help increase Club Funds

The new Entertainment Book will be released soon and we have agreed to distribute it again this year.

There are great savings: 25% in restaurants, special deals in lots of venues, many with 2 for 1 offers. Travel is well looked after with savings on Emirates, Virgin and Jetstar, great deals on accommodation across Australia and overseas and even 25% off travel insurance with QBE.

The book comes in two forms, the traditional paper book or an app for your smart phone. They each cost \$70.00.

Last year we sold 30 books/apps and we raised almost \$400 for the Club. We want to do better this year, so please contact your friends and relations and lock them in before someone else gets to them.

Ordering is very easy. For the app you must order on-line. For the book you can order on-line and **when you come to the delivery section, tick "pick-up"**. Our Club on-line ordering link is: [www.entbook.com.au/9x28667](http://www.entbook.com.au/9x28667). Or just contact me on 0419 909 566 and I will order for you. The books will come to us and we will deliver to you. I will receive an email each time someone places an order so that we can keep track of the orders.

Thank you, Peter Lyster

### SunSmart Women's Triathlon Sunday 12<sup>th</sup> March

Our 10 volunteers (7 + 3 generous wives of members) stumbled out of bed before 5:00 am to make the trek north to Whitfords Nodes. We had been told we would be handing out cups of water to runners but we finished up as crowd control around the transition area, earning \$450 for the Club. Four hours after the event there was a vicious thunderstorm and 12 mm of rain. Imagine the chaos that would have caused if it had occurred during the event!

### Volunteers needed for the City of Joondalup Triathlon at Hillarys on Sunday 9<sup>th</sup> April

If you can spare time on this morning, please let Pamela Walter know: [pjdesigns@aapt.net.au](mailto:pjdesigns@aapt.net.au).

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## OPEN WATER SWIM SCENE

### Round 12 Swimming WA OWS, Shorehaven Alkimos Sunday 19<sup>th</sup> February 2107

	Distance	Age group	Time	Age group place
Jackie Egan	2.5km	Super legends (50+)	43:04	2 <sup>nd</sup>

Jackie was our only member keen enough to travel to the end of the earth for this event. Yay Jackie!

### 21<sup>st</sup> Coogee Jetty to Jetty, 1.5 km Sunday 12<sup>th</sup> March 2017

	Age group	Time	Age group place
Peter Gray	45-54	21:02	5 <sup>th</sup>
Jackie Egan	45-54	24:56	13 <sup>th</sup>
Pamela Walter	65-74	31:21	6 <sup>th</sup>
Stuart Gray	75-84	28:13	1 <sup>st</sup>
Barry Green	75-84	31:38	3 <sup>rd</sup>

The sky was overcast, but the swim was fortunately over before the heavens opened later in the day. Swimming conditions were perfect, resulting in some very good times, although some people encountered jellyfish and stingers. More than 1,000 swimmers were registered for the three distances which made the start and finish somewhat crowded, in spite of the many waves of swimmers.

## BRAWN OVER BRAIN

A brunette, a redhead, and a blonde were stranded on an island. The brunette looked over to the mainland and estimated about 20 km to shore. She announced, "I'm going to try to swim to shore." At 5 km she was really tired but managed to keep going until she was 10 km from the island. Sadly she was too tired to go on and she drowned.

The redhead said, "I wonder if she made it. I guess it's better to try to get to the mainland than to stay here and starve." So she attempted the swim. The redhead had a lot more endurance than the brunette and swam 10 km before she grew tired. But after 15 km she was too exhausted to continue and she drowned.

The blonde thought to herself, "I wonder if they made it! I think I'll try too." She reached 5 km, 10 km, 15 km and finally 19 km from the island. The shore was just in sight when she became too tired to go on. So she swam back!



## FROM THE RECORDER Anne Edmondson

The 2016 club records are now available on our website:  
[www.stadiummasters.org.au](http://www.stadiummasters.org.au)

Please leave your Endurance 1000 file in the cage during the last weekend in March for me to collect.

## Instructions for Recording Endurance 1000 Swims

1. Create a personal file for recording your swims: an A4 display folder with plenty of pockets is ideal.
2. Your file should contain recording sheets for all the swims that you think you can do and an E1000 summary sheet. These can be downloaded from the Masters Swimming Australia website. It is a good idea to use separate sheets for Long Course and Short Course swims but it is not essential as long as it is very clear on the sheet which course was swum.
3. In the folder please order your sheets this way: Freestyle 400, 800, 1500, ½ hour, ¾ hour, 1 hour; Backstroke 400, 800, 1500, ½ hour, ¾ hour, 1 hour; Breaststroke 400, etc; Butterfly 400, 800; and IM 400, 800.
4. All splits must be clearly shown for every swim. Recording sheets showing only the final time cannot be accepted. If you have completed a swim at an official 400/800/1500 meet, please record the final time on your appropriate E1000 sheet and attach the timing sheet, showing the splits, to the back.
5. Please remember that I can record only the following on the E1000 portal: 5x400, 5x800, 1x1500, 1x½ hour, 1x¾ hour and 1x1hr for each stroke (5x400 and 5x800 for fly and IM). If you wish to complete extra 400s, 800s or 1500s to achieve a better time, please record this on your Best/Internal time sheet at the end of the year. It is not possible to record more than one ½, ¾ or 1 hour swim for each of the three strokes.
6. Please leave your file in the club cage at the end of each quarter for collection and recording. Remember that **once a time or distance has been uploaded to the results portal I cannot change or delete it**. If you think that you would like to repeat a distance swim, e.g. 1 hour, in order to improve the distance, then do not give me the sheet to record as it is not possible to go back and make changes.
7. Do not include any internal times or distances on your E1000 sheets. This causes confusion and the times should appear only on your Best/Internal time sheet at the year end.
8. When timing others, never attempt to time more than two people simultaneously as this can lead to errors.

### An email from Derek Fentiman 13<sup>th</sup> February

Dear Marilyn

*Thank you so much for your email with the copy of Snappets. I was touched by your article. I am sure Barbara would have been delighted.*

*Reading the program of events and the reports of events held already made me envious and brought me many memories. Only downside was that ridiculously low temperature recently recorded (coldest February day on record with a max of 17.3C) - what was that about? We are promised 8 degrees tomorrow. Roll on spring.*

*I am missing Barbara more than I thought possible. Cannot have a cuddle when I want one. The children are looking after me very well though. I see one of them most days. Thank goodness the days are getting longer and I soon start my gardening duties again.*

*Regards to any Snappers I might know.*

Love  
Derek



## ACKNOWLEDGEMENTS AND DEADLINE



Thanks to Barry Green, Pamela Walter, Anne Edmondson, Helen Green, Elizabeth Edmondson, Tricia Summerfield, Peter Lyster and Ciara Drumm for their much appreciated written contributions to this issue and to Marg Watson for almost all of the photos.

You can help make this newsletter more interesting, entertaining and relevant to our club by sending me your swimming stories, Goggle items, photos, jokes, ideas and questions.

The deadline for the next issue is **Good Friday 14<sup>th</sup> April** or as soon as possible thereafter!

Merilyn Burbidge

[mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au)

## MORE FROM THE NEWMAN CHURCHLANDS CLUB CHALLENGE



Audrey, Pat, Pamela, Peter and Raffa are missing!



Ann-Maree and Mary in the shade



Timekeepers Marg Somes and Peter with Cas