Autumn E News 2014 – Club News

Westcoast Report

The year has started in full swing. Our AGM was held at the start of February, when our new committee was elected and awards were made. Swimmer of the Year went to Graem O’Loughlin, who swam his best Rottnest Swim Thru time in 10 years and has been committed to regular training and improving his stroke. Lane Awards went to Ros Harker, Christine Roberts, Darren Cooper, Lorna Gray and Kieren Lawrenson. Club Member of the Year was presented to the 30th Anniversary Committee (Narelle Davey, Lorraine Quayle, Gary Clifton, Viki Shelver, Chris Kerman, and Sandra Teagle), this was in acknowledgement of the great effort they put into making our 30th year such a wonderful success. Life memberships were presented to Caryn Keilor, Chris Kerman, Lorraine Quayle, Narelle Davey, Peter Kerman, and Viki Shelver, for their contributions and commitment to the club over the past years.

Life Members

Swimmer of the Year

Club member of the Year Award

Socially, big things are planned. We had a Sausage Sizzle breakfast, after ocean swimming, the weekend before Rottnest Channel Swim. This was a fabulous time to share stories and offer advice. Next social event is a Bike, Kayak & Picnic on the Swan.
We had 3 solo swimmers in the Rottnest swim, Marie Bullock, Peta Batorfi and Darren Cooper, all successful! Also had members involved in duos, teams and support crews. A fabulous effort from everyone, very proud of you all!

The focus is now on the State Open Swim and our club carnival to be hosted in April. Entries being taken, training been done and organisation underway. Looks like another busy period ahead!

We look forward to seeing all the other masters swimmers at Coogee and Craigie, soon!

**Stadium Snappers**

On a glorious day weatherwise Snappers enjoyed, as we always do, the first Club Challenge of the year run by Newman Churchlands. Due to the unfortunate clash of dates with Mandurah’s Ocean Swim, our team was smaller than usual, but we came away with more than our fair share of raffle prizes! Another small Snappers team is looking forward to Beatty Park’s innovative 50 Metre Meet in March.

Several Snappers took part in the 2014 Rottnest Channel Swim. Two were first timers who couldn’t believe their good luck in the ideal conditions this year. One was Anne Edmondson who swam very well in a team with three others who had all made the crossing before. The other, Andrea Morton, an American who was living in Perth for 17 months, put her extensive training to good use by swimming in a duo and now of course is thinking seriously of doing it solo. While in Perth, Andrea learned about the One Million Metre Award and succeeded in earning hers in just 55 weeks, all because she liked the shirt!

Snappers are very lucky to have six great club coaches. There are seven training sessions per week and each is supervised by a coach. Recently, in one of our day sessions, Coach Stuart Gray conducted a survey amongst 16 swimmers (average age 76 years!). The survey revealed that in this group fitness was of greatest importance; fun, friendship and stroke improvement were on a par as being moderately important; competition was of least importance. Stuart has developed simple dry-land exercises for the group aimed at slowing age-related decline of flexibility and strength. Improvement so far is noticeable if not miraculous!
Armadale Masters

Hi all, phew what a day, well a bit of background first.

The Virtual Rotto swim replicates the ocean swim in distance, well we swim in the pool 20 km yes 400 LAPS and the actual beach to beach distance of the rotto swim is 19.7km, however as with the moving ocean it is often a lot longer than that.

Armadale masters exceeded themselves with a great turn out with most of the club swimming, added to with a few extra teams from Belmont headed up by our Nicole.

10 teams slotted beautifully into 3.5 lanes, No hassles or problems and superbly organized by our head coach (well done Heb), in fact a big thank you to Heather for all the organizing of the event on the day.

Well to details;

We had several teams and all finished the full distances. It was great to see at the end a combined effort to get all teams over the line, with many swimmers jumping between teams to give assistance.

We had two duo teams with Ross and Greg (To the deep end and back )finishing in the quickest overall time of 6hrs 25min and 46 sec an average of 57.87sec /50 mtrs.

Zeta and Jeff also finished as a duo in a great time of 8 hrs 1min and 16 sec - It is a long way 200 laps each.

A team of three battled valiantly with Heather Adams, Janette and Chris up to the 16 km mark then had a bit of help with some volunteers for the last few K’s.

That’s Us, an awesome foursome Nigel, Liz, Heather, Jeps and Shaun pulled in at 7 hrs 22 min and 23 sec also very impressive.

Stingers, full of expertise and experience Charles, Michelle, Billy and Derek zoomed home in 7 hrs 17 minutes flat.

A new member’s team Rowey, Laurey, Kathey and Xavierey (tried but does really work) had a red hot go and finished in 6 hrs 31 min 31 sec.

Pelicans Rock; A mix of speed, good looks and style Jenny, Catrina, Colin and Graham Cragg had an impressive 7 hrs 15 min and 7 sec.

Last but by no means least the combined team, a mix of vitality, strength, endurance, experience, and beauty (bit much maybe!) anyway Jacqui, Mary, Claire, Julie, Hans, Heather C, Graham H and Raphael all combined fantastically to romp home in 7hrs and 1 min. Great job!

Many thanks to Lexie, Pete, Yvonne and all other members, partners, friends and other helpers who endured the heat and gave a hand to make it a fantastic day.

As a club event it was a roaring success, well done to all.
Food for thought;

H2O Two parts heart one part obsession

Chlorine -the breakfast of champions

My element is water, my weapon is my body, my world is swimming

Swimmers spend 50% of their lives 70% naked

And my all time favourite

WE SWIM BECAUSE WE ARE TO SEXY FOR A SPORT THAT REQUIRES CLOTHES

See you in the drink!

**Mandurah Masters**

**Busselton Jetty Swim**

A good number of Mannas took to the water in the 2014 Busselton Jetty Swim in February. Those featured below are smiling, so the photo must have been taken before the 3.6km swim. More photos follow.

Missing from this shot were: Wayne Cable, Sue Giles, Jeannette Rein, Corrina Rudler, Jen Hurley, Donna Hoskins and Erica Thomas - so that's at least 22 who did it.

Can’t place the face? Duck off to Doddi’s sometime and meet the stalwarts who swim open water