

Club News – e News Winter 2014 edition

Carine Masters

Lynne Malone and David Davies competed at the 2014 National Championships in Rockhampton and came home laden with medals. Lynne won a Gold Medal in the Open Water Swim and in the pool one Gold, one Silver and two Bronze medals. David won one Silver and three Bronze medals. He set a State Record of 1:13:94 in the 100m Free that he adds to the State Record of 32.37 in the 50m Free set at Newman Churchlands Masters LLLC. Congratulations to Lynne and David on their great achievements.

Carine members competed in the West Coast LLLC with a small but enthusiastic team of swimmers who were very happy with their results.

Three members took part in the recent LiveLighter State Championships preparation Super Clinic. They found the different topics extremely interesting and very helpful. Many thanks to Elena Nesci, Jon Haines, Kareena Preston and Sally Bell who conducted the clinic.

Carine MLA Tony Krsticevic invited seven of our members to lunch at Parliament House earlier this month. Tony gave us a personal tour around much of Parliament House and as Parliament was in recess, we went right into the Parliamentary Chamber. All enjoyed a delicious lunch. The occasion was to thank Carine Masters members for their volunteer work, in particular for the 2014 Australia Day Swim.

The same week, Hamersely Ward Councillor, Karen Caddy, invited Jane and David Laws to dinner at the City of Stirling, also in thanks for their volunteering efforts. All these delicious meal has meant the standard of meals in the Laws' household has had to be lifted a tad!

A donation of \$1000 was presented to Huntington's WA in May which was raised by the 2014 Australia Day swim.

For the past 24 years the ADS has been a very successful event for Carine Masters Swimming (Inc). However, due to many reasons, those who have been heavily involved in the preparation and organisation of the swim find they are no longer able to dedicate the necessary time and effort required to run the event. Although we would have liked to reach the 25th anniversary of the event, that will not happen.



Carine members with Carine MLA Tony Krsticevic at Parliament House.



Lynne Malone and David Davies with their medals.



David and Jane Laws recently presented Huntington's WA with a cheque from the last Carine swim.



Presentation morning tea L-R Ann Jones Chairperson, Huntington's WA, Jane Laws, David Laws.
Morning tea at Huntington's WA.

Armadale Masters

Ross and Greg headed North to the sunny (hot 37) town of Kununurra on the afternoon of Friday 3rd May afternoon in preparation for the great Lake Argyle swim for 2014.

Ross spent many years working in the Kimberley and for him it was a welcome homecoming. Luckily for us, Ross' contacts provided us with a pickup service from the airport, a boat with skipper and paddler all prepared to support our 10 Km swim. They also provided tents and swags for our accommodation at the magnificent Lake Argyle Caravan Park/Resort.

With all preparations completed, including drinks and food, we headed out to the lake some 70 km from Kununurra arriving late afternoon.

The swim is a two distance event with a 10 and 20 km option. Solo, duo or quad teams can choose either distance and the race was capped at 184 swimmers, selling out in four hours after registration opened.

The buzz around the camp on Friday evening was amazing. Although several 'out of towners' (like us) are involved, the majority are from around the surrounding areas and towns making it a very close knit swim group with everyone seemingly knowing everyone else. Early spaghetti bowl tea, friendly conversation under a magnificent star filled sky and then early in the sack to think about the big swim to come.

Our local friends advised that there was not much chance of rain so we all left the rain covers off the tents so we could get some relief from the hot night. Well - relief came around midnight when the heavens opened up for about ten minutes - funny really, with most of the campers all out of their tents in an array of sleeping attire, totally drenched and fighting in the dark trying to put the rain covers on their tents. Anyway, that done, back to sleep in wet sleeping gear but cooler.

RACE DAY:

Early start with most up around five-ish, lots of activity to get fed, ready and boats on the lake with a small one-boat-at-a-time boat ramp.

The 10 Km start was at 10.00 am at the start line which was about a 30 minute boat trip from the launching ramp. The lake is supposed to be calm and flat, however, conditions were more like open ocean swimming with a heavy swell and waves. Having an open boat we were wetter in the boat than in the water by the time we arrived at the start. Luckily for us, the conditions dropped quickly leaving the last 5 kms like swimming in a pool.

To say the scenery is spectacular is an understatement. It is truly one of the world's most beautiful locations and to swim and be part of the race was fantastic, although freshwater swimming is certainly harder than pool or ocean, very heavy to swim in.

Ross and I started at 10 minute intervals then at about 4 kms dropped to 5 minute swaps. We arrived in a respectable time of 3 hours 13 minutes which in 50 meter terms is approximately 57.9 seconds per lap for 200 laps. The finish was special, a deep water finish between two buoys. Swimmers swam to a large tourist boat, which was at the finish line, to check in. Upon climbing the steps of the boat, you were handed a glass of champers, not really what is needed after bobbing around for 3 hours but great fun. You can imagine the instant party atmosphere with the boat full of swimmers exhausted, happy and all guzzling champers. An idea I might talk to Heather about after training each night.

Finally after a few drinks we dive back into the lake, find our boat, reverse the boat ramp deal and head back to the caravan park – luckily we had a few cold beers on board to pass the time.

The formalities kicked off at 4.30 pm with a sit down outdoor presentation, dinner and entertainment on another perfect Kimberly cloudless star filled sky, a great night had by all.

For those members who have a yearning for that ultimate adventure and amazing experience it is a must to do. Ross and I are keen to be involved again next year and are looking for more members to join us, perhaps even a road trip as many of us are set up for caravanning.



In the photo the two swimmers in the middle are Armadale members - (L-R) Ross and Greg and Dean (far left) was the paddler and Luke (far R) was the skipper.

Maida Vale Masters

Maida Vale has welcomed a number of new members this year, some more competitive than others and many who took to the open water swimming series with enthusiasm. We are very proud of our strong OWS contingent, especially our four age group winners, Caroline Dyer, Glad McGough, Alan Friday and Terry McKie. A special mention to Liz Bettridge who bravely completed her first Rottnest Solo Crossing after joining the club only three years ago to learn how to swim properly (with her head in the water), and is now one of our qualified club coaches.



Our Monday night club meets have been well attended, particularly the first of each month when we hold our Stubby Stakes Challenge with the winner swimming closest to their nominated time. Much to the frustration of many who have tried for years, the same names tend to come up on a regular basis. Likewise, our four 50 metre handicap events (one of each stroke) are hotly contested and provide a fun challenge for those who are not usually competitive.

Congratulations to Rachael Cooper, our only member who travelled to Rockhampton to compete in the Masters Nationals. She won 3 gold and 3 silver medals in pool events, finished first in her age group in the 5km open water swim, and set a new State Record in the 200 metre Breaststroke 25-29 age group.

Out of the pool we continue to enjoy a healthy social calendar, most recently playing a round of Supa Golf in the Swan Valley. As golfers we make great swimmers! Planning for our annual Christmas in July is well in hand as is the preparation for our Lake Leschenaultia OWS in November which starts the 2014/15 Open Water Series.



Westcoast Masters

Westcoast had an outstanding number of entries for the State Open Water swim in March, 44 swimmers taking part. Fabulous results! 4 Age Group winners (Brad Smith, Mike Kerman, Bob Temby and Viki Shelver) and Overall Club Participation Trophy. This event is a favourite with our members.

Our LiveLighter Club Carnival was held in April, with 10 clubs participating. The weather was perfect and events ran smoothly. Westcoast were overall winners with Beatty Park winning the Handicap Award. A very big thank you goes out to all the officials who gave up their time to assist on the day and to all those swimmers who came along to make it such a successful event.



Although we only had 4 swimmers entered into the State Pool Championships, we are incredibly proud of our two guys who won their age group sections. Well done Brad Smith and Kieren Lawrenson. Special congratulations to Kieren who was named Male Swimmer of the Meet. Also need to mention Erin Spooner, our 'uber' enthusiastic member who is game for anything and everything. She had a great weekend in the pool and also completed the HBF 12km Walk for a Reason in between swims.

Congratulations go to Brad and Erin for being overall age winners in the Open Water Series, more impressive results.

Members now look forward to a technique clinic run by Mr SwimSmooth, Paul Newsome. Hopefully he will be able to help some of those old dogs plenty of new tricks! A big thank you goes to MSWA for funding this activity through the special projects initiative.

Our social committee has been very busy organising some very original and enjoyable activities. The Perth Walkabout was a fun evening in Perth, where everyone caught train in and met at Mall. We then strolled around visiting hidden pubs and eating houses. Our tour guide, Chris Wippl, did a great job and all those who attended had a thoroughly enjoyable evening.



A bit of cross training involving kayaking, cycling and walking. We had outings to Bayswater and Maylands some activities other than swimming. Kayaks and stand ups proved to be very popular. A cycle around Lake Joondalup in May, with picnic at Neil Hawkins Park, was another weekend activity that didn't involve any water activities, although the clouds were low and threatening.



Coming up soon is our fundraising sausage sizzle, a night of tenpin bowling and Christmas in July. Never a dull moment at Westcoast!

Whitford Masters

Whitford Masters now has Web page, check us out at www.whitfordmasters.org

This is thanks to our amazing IT manager. You can check us out on face book too!!