



## President's Prattle

Hi

This is a great month for members to be involved, as we host our interclub swim at the Warnbro Aquajetty pool on 21 June. Make a commitment to have a few swims at this meet so that, as the host club, we can ensure that we keep the trophy at home. Whilst not yet in our own pool, this remains a popular event, so let's get behind Mike the Club Captain and the event organisers Kirk, Deb, Ray and their team of helpers and make this a top day for all involved.

Best wishes to Barb Pellick who, with New Zealand and South African companions, will be attempting to swim across the Straits of Gibraltar and add to her extensive catalogue of successful swimming conquests.

With the month of June heralding an official start to winter, the ocean swims at Doddi's will start at 9.00am (as we are sure

## New Members

Paul Taylor has re-joined the club after an absence of about 3 years, an absence brought on by a shoulder injury. Welcome back, Paul. You are the club's 70<sup>th</sup> member for 2015.

## Up-coming Birthdays

As you keenly read with a tang of dismay last month's newsletter announced your scribe has ducked off for about 8 weeks travel in the backblocks of Queensland and New South Wales, so the birthday list last month was a bit longer. This month, so far, there is only one birthday to acknowledge – Jeanette Rein, who celebrates another year on 8 July. Happy birthday, Jeanette.

There are other July birthdays, but they will be acknowledged in the July newsletter (if there is web access at the time).

### 2017 World Masters Games

The 2017 World Masters Games will be held in Auckland, New Zealand, from 21 to 30 April. If you click [here](#) you will go straight to the Games' site where you can get all the information you need.

that the swims will be so much warmer at this later time??). It does seem that wetsuits are becoming more common in the water and ugg boots and beanies more common back on land.

I attended the Council of Clubs meeting and presentation night recently and was pleased to see Ken Phillips, Sue Johnson and Rod Baker win their respective age groups in the Open Water Swim series. Congratulations to each of them. Mandurah Club was placed third in this series, missing second place by the barest of margin. Well done to all who took part in this series.

As the winter months set in, make sure you commit to getting wet in the pool or ocean a few times so as to not lose the hard earned summer fitness.

Steve C

### 2015 Australian Masters Games

The last reminder that registrations are now open for the 2015 Australian Masters Games being held in Adelaide.

You can check the sports schedule [here](#) ensure the sports you want to participate in don't clash. You can click [here](#) for individual sport pages.

Want to volunteer at the Games? Click [here](#) if you are interested in volunteering.

## Changes to 2015 LiveLighter Pool Events Calendar

As previously advised, there are a couple of changes to the calendar due mainly to venue bookings. Maida Vale and Fremantle have been able to work out a date swap, which has been advised on the website. However we have members who will be entering either or both of these events, so please note your diaries.

Maida Vale's SC LiveLighter 400/800/1500 meet - now on Saturday, 17 October  
 Fremantle's LC LiveLighter Club Challenge meety - now on Sunday, 25 October

There will be numerous reminders before registrations are taken, but it pays to plan early.

**Think about this**  
 If you think you can't, you won't.

## Up-coming Swim Events

Here is a list of up-coming swim events you can swim in, either as part of the team or as a solo entry in an attempt to beat a record.

21 June	AquaJetty, Warnbro	LiveLighter Club Challenge	Short course
5 July	Swan Park Aquatic Centre	LiveLighter Club Challenge	Short course (you will need to swim as a single swimmer for this meet and will need to apply to the host club)
26 July	Leisurepark Balga	400/800m open	Short course
2 August	Aqualife East Victoria Park	1500m open	Long course
15 August	HBF Stadium	Groper State Relays	Short course

## Birthday Snap



Here's a snap taken a little while ago of three birthday celebrants spotted at Doddi's. On the left is Ken Phillips, in the middle is Tess Evans and the remaining cork-popper is Peter King.

Belated birthday wishes to all.

## 2014/2015 Open Water Series

Results from the last open water season have been released and are on the Masters Swimming WA website. But the important facts follow.

We had a couple of age group winners – Sue Johnston, Ken Phillips and Rod Baker. Also featuring in the Top 20 list for the season were Rosemary Green, Erica Thomas.

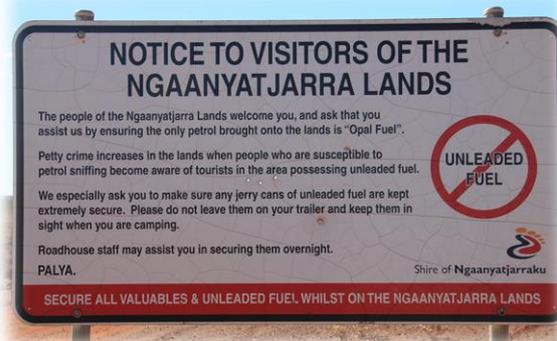
But we had other swimmers who also took part in the summer swims. They are Barb Pellick, Eliza Buzza, Georgina Webb, Cathy Isbister, Deb Bloor, Jeanette Rein, Jane Smith, Alexandra Galbraith, Jennifer Crake, Hazel Cockram, Jan Boddy, Linda Ray, Tess Evans, Gerda Williams, Pauline Wingate, John Gow, Steven Crake, Wayne Cable, Stephen Wilson,

Kirk Bamford, and Ivan Wingate. That's a total of twenty-six swimmers. Mandurah finished third in the Combined Points Score.

Congratulations to all swimmers who took part in the summer season. Not long now and you can do it all again!

## Traveller's tales

As mentioned earlier, your scribe is off again (you may have noticed that the standard of coaching has improved of late), this time through the never-never to Cape York and back. Here are some photos of the expedition so far, taken along the Great Central Road that links Laverton WA to Winton in Queensland. The road is mostly gravel, rock and sand between Laverton and Kata Juta, with only a little bitumen near Warakurna. The road on the WA side is mostly excellent; one could (and did) travel along at over 100kph with no problems. The NT doesn't spend much on remote roads, and I'll just leave it there.



Clockwise, starting top left: Welcome to Ngaanyatjarraku; D, B & B at Jindalee Breakaways; warning sign regarding unleaded petrol; the left-hand curve after this roadside warning sign definitely warranted slowing down – it was a doozy; signpost on the road past Tjukayirla Roadhouse. Fuel was \$2.40 per litre at Warakurna.



The road somewhere.



Corrugations on the NT side of the border. They measured 2 feet from crest to crest and about 5 inches deep, brought about by people driving too fast on over-inflated tyres. And the absence of a grader.

Did you ever see the ABC program, "Bush Mechanics"? In it they showed Indigenous blokes fixing cars that breakdown way beyond the RAC. Clever at what they did.

Well, we'd just left Warakurna when we were passed by a Falcon sedan travelling at about 110kph. "Absolute lunatic", I thought, as he would have had to have driven with limited visibility through my dust. Anyway, about 30 minutes later we come upon this Falcon sedan on the side of the road with one of its occupants (there was 5 in all) trying to attract our attention. We stop and we are asked if we have a pump to fix a flat. I carry 3 pumps (just in case) but on enquiry it transpires his "flat" tyre has actually been pulverised and there is no amount of air that would do any good. It had deflated quickly and at his speed the rim simply ground the tyre to bits. It also transpires that they had no tools, no jack, no spare and no water. Bush mechanics they were not.

We left them with some water (they had an empty cordial bottle) and took a message into the settlement of Docker River to arrange for someone called "Red Terror" to go out with the necessaries to get Lionel (that was the driver's name) and his 4 accomplices back on the road. They were about 50kms short of Docker River and were lucky that it is cool weather, but they would have got thirty before their saviour, Red Terror, turned up. There haven't been any reports of loss of life out there, so Red must have made it in time.

Shared the road with almost 200 bikers coming going to Alice for the 2 day Finke Desert Race, an annual event that attracts bikes, quads and dune buggies from across Australia. Alice is packed with tourists and bikes. One race team I saw used a converted bus as their headquarters. All unnecessary seats had been ripped out and space made for 6 dirt bikes, spares, and tools. The remaining space held sleeping bags, tents, and all the accoutrements that go with camping. The team of 6 riders take this and similar races very seriously.

### **Mandurah LLCC Meet – catering assistance required**

We still require some assistance in the catering department for our swim on 21 June. You are not required to bake or buy a cake this year, however, we have a need for some your containers to serve sandwiches in. They need to be at least three inches high so we can stand the sandwiches up.

If you do loan some containers please put your name on both the lid and container – bandaids/masking tape work well.

Please give your containers to Deborah or anyone who goes to Doddi's. Deb would like to get them before the swim meet.

Come on, everyone has a couple of them at home!!!!!!!!!!!!



## CPR / Defibrillator Course

20<sup>th</sup> July SHSLSC

Secret Harbour Surf Lifesaving Club with Mandurah Masters Swimming Club will be conducting a CPR / Defibrillator Course at Secret Harbour. It is open to all current members. Dottie Beach Swimmers are encouraged to take part, as a defibrillator may be available at this location in the near future.

**Time:** 7.00pm to 9.30pm

**When:** 20<sup>th</sup> July

**Where:** Secret Harbour Surf Lifesaving Club,  
Palermo Cove WA 6173.

**Cost:** \$40 each (Club will cover 50% of cost)

You only pay \$20, to be paid on the night.



Places will be limited 'so first in best dressed'.

Please contact John Cahill

[johnpaulcahill@hotmail.com](mailto:johnpaulcahill@hotmail.com)

Mobile: 0466439008



## Some Useful Web Addresses

<b>Mandurah Masters Swimming</b>	<a href="http://mhmannas.tripod.com/">http://mhmannas.tripod.com/</a>
<b>Masters Swimming WA</b>	<a href="http://www.mswa.asn.au/">www.mswa.asn.au/</a>
<b>Masters Swimming Australia</b>	<a href="http://www.mastersswimming.org.au/">www.mastersswimming.org.au/</a>
<b>United States Masters Swimming</b>	<a href="http://www.usms.org/">www.usms.org/</a>
<b>FINA Masters</b>	<a href="http://www.fina.org/">www.fina.org/</a>
<b>Go Swim</b>	<a href="http://www.goswim.tv">www.goswim.tv</a>
<b>Swim Smooth</b>	<a href="http://www.swimsmooth.com/">http://www.swimsmooth.com/</a>

**Healthway, a major sponsor of Masters Swimming WA, asks, “are you ready to make a healthy change? Here’s a healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today”. Learn more (including recipes) at**

**[www.livelighter.com.au](http://www.livelighter.com.au).**

**The State Government through the Department of Sport and Recreation and Lotterywest is a major supporter of Masters Swimming WA. Sport and recreation builds stronger, healthier, happier and safer communities.**



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