

Malvern Marlins hit Griffith

Over the weekend of May 2-3, five Malvern Marlins lead by John Cocks and his wife Robyn, took a casual 5.5 hour drive to central NSW to enjoy a casual weekend with fellow masters swimmers from NSW and ACT and celebrate Masters Swimming NSW's 40th Anniversary. The weekend was all about casual fun, fitness, friendship....food and wine!

We set off lazily at about 10.30am on the Friday, after a coffee of course, and stopped along the way for a leisurely one hour lunch, arriving casually in Griffith on the Friday afternoon. Dinner was a casual meal with wines to match at one of the local Italian restaurants!

Saturday started off with a bit of a look around the sites of Griffith before heading to De Bortoli and McWilliams wineries, where we were able to taste some lovely wines. By now fellow Marlins back in Melbourne were concerned that we had only posted photos of food and wine and there was no sign of a swimming pool anywhere! We did however, eventually make it to the pool, for a wonderful two hour stroke clinic in the afternoon. MSNSW provided some of their best coaches to help swimmers with their technique. All Marlins participated and came home with tips to use in the MSV Long Course on May 17.



On Saturday night we joined other masters swimmers for another great Italian meal, at the recommendation of one of the locals.

At the pool on Sunday, we caught up with MSV officials Neil Mitchell and Jane Monk, who had decided the weekend was a great excuse to visit Neil's relatives. He was born and bred in the area. Everyone was happy to see Jane on the marshalling desk, with Neil helping out with starting and as meet referee.



As we had enjoyed so much of the fine food and wines, we were unable to fit into our race suits for the Mini-Meet held on the Sunday morning, but we looked great in our matching Marlins gear. We managed to shrug off the casualness, just, for a bit of short course racing (John nearly missed his first race due to reseeding because of a no show!). The five Marlin swimmers finished a very credible fourth overall. John Cocks was part of the winning relay team and Susie Kempson placed second in the raffle.

At the end of the meet we celebrated Masters Swimming NSW's 40th anniversary, with Foundation Member, Gary Stutsel cutting the cake. Then in the afternoon, it was time to head home, although we did find time to call in for a cuppa at Sharon's cousin's in Finley!

We had a fantastic weekend, making new friends and enjoying the fun and relaxed meet! Special thanks go to the Griffith Regional Aquatic & Leisure Centre, Bidgee Masters and Jillian Pateman (pictured right) from the MSNSW for organising such a great weekend away!



Susie Kempson and John Cocks