

# SNAPPETS

Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

November 2015

## FROM THE EDITOR

The Christmas issue of *Snappets*, due out on the day of the Christmas picnic, 6<sup>th</sup> December, will be hot on the heels of this November edition because the picnic is early this year.

Lanes will be hired for training sessions as usual until 20<sup>th</sup> December. Then there will be a break of no lane hire until 5<sup>th</sup> January 2016. While the outdoor changerooms are being refurbished, the day group has decided to swim indoors, allowing them to avoid the extreme daytime UV for a while.

All groups have just a few weeks left in which to complete their Endurance 1000 swims so think of the points you can score for your club, tee up a timekeeper and make the most of it!

A few days ago *The West Australian* ran an article about 30 year-old Brant Garvey's inspirational life. He was born without a right leg, but through sheer persistence he became Australia's first above-knee amputee to finish an ironman triathlon and is now on track to compete at the Rio Olympics. He says, "Too many people are petrified by the possibility of failure." We can learn from his attitude by tackling new challenges, accepting that there will be setbacks along the way but persevering in spite of them.

Merilyn Burbidge

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## BIRTHDAYS

### November

26<sup>th</sup> Ann-Maree Lynch Calnan  
29<sup>th</sup> Helen Green

### December

8<sup>th</sup> Peter Williams  
8<sup>th</sup> Gail Parsons  
9<sup>th</sup> Thelma McKenzie

Best birthday wishes to you all!



## MEMBERSHIP UPDATE

At 9<sup>th</sup> November 2015, membership of Stadium Masters stood at 74, made up as follows:

Ordinary members	49	Second Claim members	6
80 years +	10	Associate members	7
Life members	2		

*Trivia: The average age of our members is now 64.5 years; the median age (the age in the middle) is 70.5!*

## DIARY ENTRIES FOR NOVEMBER AND BEYOND

Date	Event	Time	Venue
Saturday 14 November	Saturday Special Swim Session	1:15pm	HBF Stadium
Saturday 21 November	BBB River Swim	check-in 7:15am	Swan River, Bicton
Sunday 22 November	Committee meeting	11:00am	HBF Stadium
Saturday 5 December	Swim Thru Rottneest	1:10pm start	Rottneest Island
Sunday 6 December	Stadium Masters Christmas Picnic	from 11:00am	Lake Jualbup
Saturday 12 December	Freo Sports Swim Thru	check-in 7:10am	South Beach, Fremantle
Sunday 13 December	Marshalling at Hillarys triathlon	6:00am	Hillarys Beach
TBA	Committee meeting	TBA	TBA
Sunday 20 December	Lane hire ceases		HBF Stadium
Tuesday 5 January 2016	Lane hire resumes		HBF Stadium

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## WELCOME

We warmly welcome Kathryn Fortnum, known as Kat, who is our only and much-valued representative in the 20-24 age bracket. Move over Kat Anderson because your buddy, Kat Fortnum, now holds the Youngest Member title!

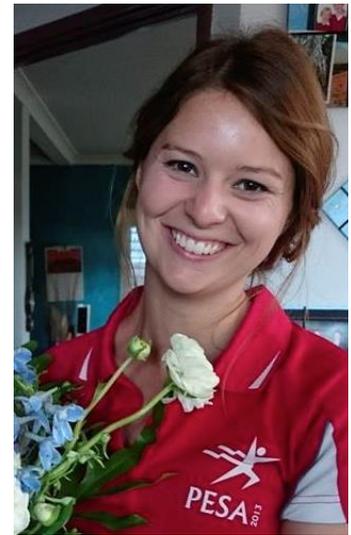
### Kat says:

"I'm a born and bred Perth girl. I have always had a love of swimming and, after a few years away from training, I am keen to be getting back into it with Stadium Masters. I am a perpetual student, currently completing a PhD at the University of Western Australia. My project is developing an exercise program for children with mental health disorders with the hopes of increasing their physical and mental health, as well as their physical activity levels. As you are all swimmers, I'm sure you are aware of how good it feels to do exercise throughout the week, so can understand the importance of this project!

I am looking forward to competing in my first open water events this season, including the Rottneest swim, and representing Stadium Masters at future masters events.

Fun Fact: In years gone by I was part of a circus group (think Cirque du Soleil on a smaller scale) that toured around the South coast of WA."

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## SUPERSNAPPER

And the winner for October is... drum roll... Pat Sugars for gaining top points and swimming two best times for 2015 at our LiveLighter Club Challenge. Hooray Pat!

### FROM THE RECORDER Anne Edmondson

Just a reminder that forms for submitting split times (that are best times) and any 3000 and 5000 metre swims will be sent out late November or early December. Please fill out your sheet carefully and hand it in with your Endurance 1000 file for entry into the Results portal.

### Maida Vale 400/800/1500m SC Distance Swim, 17<sup>th</sup> October

Eleanor swam 1500 Free and took Robyn's state record.

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## GOGGLE SAW

- Beng's near-perfect freestyle stroke being held up as the model when Eleanor was videoing swimmers' strokes
- Geoff Barnard inspecting the cage from the inside!
- Fantastic new showerheads in the women's indoor changerooms from which the water "droppeth as the gentle rain from heaven upon the place beneath".  
W Shakespeare: *The Merchant of Venice*)



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## SOCIAL NOTES from Helen Green

### Zoo Experience October 12<sup>th</sup>

Margaret Watson did a superb job of offering a trip to the Perth Zoo and organizing beautiful weather as well as two zebra cars to save our legs. Twelve of us joined Marg and were given a taste of what the zoo has to offer including the elephants (which entertained us with a display of great interaction with their keepers), gibbons, monkeys, orangutans, meerkats, otters, tortoises, lions and rhinoceroses all of which we found enchanting. Marg also explained something of the work the zoo does in terms of conservation, research and education as well as the funding structure which seems to be heavily dependent on volunteers.



It was a most enjoyable afternoon and there was obviously still a lot to see, giving us an incentive to return another day. Thank you Marg.

### Christmas Picnic Sunday 6<sup>th</sup> December

The picnic will be held at Jualbup Lake, cnr Excelsior St and Evans St, Shenton Park, at 11:00am for 11:30am. We are providing sausages, sauce, serviettes and plates. People are asked to bring their own cutlery, drinks and glasses, chairs and rugs.



According to the first letter of your surname, please bring contributions as follows:

- A-C nibbles
- D-O salads (with servers)
- P-Z cakes, slices, fruit platters.

Annual trophies will be presented at the picnic so please come and receive your award and cheer others as they receive theirs.

## FROM MASTERS SWIMMING WA Wendy Holtom

### Updated Logsheets

The revised MSWA automatic logsheet (spreadsheet) for use for Vorgee Million Metre Awards and Endurance 1000 programs is on our website: [www.mswa.asn.au](http://www.mswa.asn.au). This makes it much easier to keep track of your kilometres!

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## LETTER FROM IAN

(In the few months that Ian Koegelenberg swam with us, he trained enthusiastically, participated in an interclub event, helped at the cake stall and always had a smile on his face. Then he moved to Sydney. Keep your eyes peeled for more like Ian!)

*"Hi Jackie,*

*Wow life has really got the best of me. We landed in Sydney two weeks ago and bounced around between temporary accommodation in search of "the perfect" home. We finally found a place in Lindfield and are in the process of unpacking boxes.*

*I am so sad that I did not make time to come and say goodbye. I was doing fifo from Perth to Sydney the last month and a bit, which was quite taxing on the family and my sleep :)*

*I wish you and Snappers all the best. It is a shame that I could not spend more time with you guys but thoroughly enjoyed the companionship, and Eleanor's sets! I have been doing some homework on Masters Clubs in Sydney and will be hitting the water as soon as the dust settles at home.*

*A warm Hallo to the rest of the team.*

*Ian"*

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## OPEN WATER SWIM SCENE

### *LiveLighter MSWA Series Round 1: Lake Leschenaultia 1.6 km, Sunday 8 November 2015*

	Age group	Time	Age group place
Pamela Walter	60-64	32:42	3 <sup>rd</sup>
Barry Green	70-74	34:59	3 <sup>rd</sup>
Merilyn Burbidge	70-74	38:10	3 <sup>rd</sup>



This was a perfect, still, sunny day for the start of the 2015/16 Masters Swimming WA OWS series in water of mild temperature. Every year the lake is professionally mapped by GPS to work out the best course, making Lake Leschenaultia unique in the OWS program. For the third year a 400 m swim was also organised and the crowd at the finish line gave these participants rousing support.



After the swim we relaxed over lunch with Stuart (who swam under Claremont's banner) and his family in the shade of the big eucalypt trees. Next year maybe we could have more of a Stadium contingent as it is always an enjoyable event and fun to picnic together.

*Ed: As an aside, last year Maida Vale marked the course with their large new buoys. Sadly the buoys were all so tired that they were lying in the water on their sides, generating lots of jokes about big buoys (or was it boys?) not being able to get up. This year the buoys were proudly standing very erect!*

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## SEE YOU LATER COACH by Stuart Gray

The old saying goes:

"You can't teach an old dog new tricks."

But is this how the canine rogues

Teach their masters how to pick up sticks?

What of old Masters swimmers -

Do they yearn to train and learn?

Is it the light of ambition in their eyes that glimmers,

Their muscles full of energy to burn?

What's that I hear you say?

The wife limits your weekly sessions

And your back is playing up today

And you would love more coaching lessons

And do lots more sprints and fly.

There's no need for any excuses

For if we could we would try and try

But tomorrow we leave on one of our cruises.

See you later coach!



Stuart admits that, if the truth be known, he enjoys the 'older' swimmers even if they sometimes frustrate him!

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## TRIBUTE: Maureen Sutton

Maureen, who was one of early Club members, died in October after a long and distressing illness. During her time of membership between 1993 and 2003, she was always one of the first to put up her hand when volunteers were called for and helped at the 1998 World Swimming Championships, as a timekeeper at Club events and with a variety of MSWA tasks as well as serving on the Management Committee. Maureen was a good swimmer and entered Club Challenges in the early days.

## HALF IRONMAN, HALF IRONWOMAN by Pete Marcello



On Sunday 8<sup>th</sup> November Danielle and I tackled our first half ironman (1.9km swim, 90km bike ride and 21.1km run) in Mandurah. We have been training for the swim two nights per week with running and cycling every other day.

We arrived in Mandurah the day before, registered for the event and went for a quick spin on the bike just to make sure everything was in working order. That night it was a big bowl of pasta and an early night. On race day we had to get up at 4:00am as we had to have all our gear checked into transition by 5:45am.

Conditions were perfect for the swim through the canals and no wind. In previous years there had

been a current assisting the swim but this year it was neutral so we had to do it all ourselves. We both got through the swim easily and managed to go a little quicker than expected. Then it was onto the bike with conditions a bit tougher - a tailwind on the way out but a stiff headwind on the way back which picked up through the day. By the time we started the run, the temperature had risen so we made sure to stay hydrated at the aid stations. The excitement of realising the end was in sight helped us push through the pain and we both finished injury free and still able to walk (just!).

We would like to give a big thanks to Eleanor and the Tuesday/Thursday night team who helped us prepare for the day with some race simulations, sighting and drafting techniques. It definitely helped us stay calm and enjoy the swim leg.



"It's up to you, either synch or swim."

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**FANNY DURACK** (Ref: *The Complete Book of Great Australian Women* by Susanna de Vries)

This is the final in the miniseries on the history of women in swimming! The story so far: in ancient times, women were stoned to death if found in the Olympic Games arena; early in the 20<sup>th</sup> century, Annette Kellerman's audacity made it possible for women to wear relatively form-fitting bathers; two Australian women won gold and silver in the 100 metres freestyle at the Stockholm Olympics in 1912.

Fanny Durack was the gold medal winner.

- She learned to swim at the age of 9 after nearly drowning in surf while on holiday in Newcastle.
- In the early 20<sup>th</sup> century, women were only allowed to swim in public pools during 'ladies hour'. In spite of these restrictions, Fanny swam incredibly well and before long was breaking world records.
- With a new category for female swimmers at the Olympic Games in Stockholm, 1912, overseas competition beckoned both her and her friend, Mina Wylie.
- The New South Wales Ladies' Amateur Swimming Association argued that it was indecent for men to watch female competitive swimming and put a ban in place to stop the girls from going to Stockholm. This outraged the community and the ban was lifted just in time.
- The girls had to bear their own expenses, be accompanied by chaperones and travel to Stockholm by ship.
- In the final of the first ever Olympic women's 100 metres freestyle, Fanny started by swimming into the side of the baths in Stockholm harbour but amazingly recovered to win the race in the time of 1:22.2.



Fanny Durack and Mina Wylie in Stockholm

How different is the scene just over 100 years later?

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Jackie Egan, Pamela Walter, Elizabeth Edmondson, Helen Green, Gabi Diaz, Pete Marcello, Kat Fortnum, Stuart Gray and Ian Koegelenberg for their contributions used in this issue of *Snappets*. I crave items that have a swimming flavour or relate to Club members or matters. Please send your items for the Christmas issue to me at [mburbidge@westnet.com.au](mailto:mburbidge@westnet.com.au) by **Monday 30<sup>th</sup> November 2015**.

Merilyn Burbidge

Stadium Masters gratefully acknowledges a donation from BGC Concrete

