

Three Million Metres in the West

Theresa wrote:

I learnt to swim as a youngster in the Swan River but I didn't like the jelly fish so it took me a while to convince myself that, as an adult, I would be able to handle them! Overcoming that dislike enabled me to enter the Masters Open Water Swim where each swim is unique and challenging.

I enjoyed the rhythm of swimming laps, first in backyard pools and then in 50m College Pools where I was teaching. When I returned from interstate to Perth in 2008 my sister and my neighbour both encouraged me to join the Masters Swim Club at Claremont. After swimming an Endurance swim one day one of my new friends told me to stay in the water, keep swimming, then record the distance in a notebook when I got home, which I obediently did. I am still recording today!!

At Masters I appreciated the generosity of the coaches so I attended each training session, swam the Endurance distances each year and took part in the Open Water Swim season.

I enjoy the companionship of other swimmers and I appreciate the energy and the courage of those who swim consistently. It has taken me nearly seven years to reach three million and I am grateful to Masters and to Vorgee for the encouragement.

I was hanging out all winter waiting for the warm, red, fleecy with my name on it and it was a nice surprise to have team-mate Richard receiving his fleecy at the same time; we wear our achievement with pride. Many thanks to all those who encourage us.

Theresa Elliott
Claremont Masters, WCM

Richard wrote:

I could swim when I was 4 years old and swam regularly up to the age of 16, but then did not swim much again until I was in my 40s. I joined Claremont in 1999 and have swum fairly consistently since.

I like to keep a record of my swims and so it was a simple step to apply for the Vorgee 3 Million Metre award when I reached this milestone.

I try to swim at club training nights on Tuesday and Thursday although I miss quite a number due to other activities. I swim approximately 2 km per night. In addition I try to swim on at least one or two other days per week. Thus when I am actively swimming I swim about 6-8 km per week, however there are a number of weeks that I do not meet this mark. I only swim about 200 km per annum so it has taken about 15 years to reach the 3 million mark.

I must admit that I did not feel that it was a major achievement, more of a blip in the on-going record. I continue to record my swims and have done about 170,000 metres past the 3 million so far. At this rate it will take another 8-10 years to reach the 5 million. Hence I might be closing in on it by the time I am 80.

Richard Fox
Claremont Masters, WCM

