

SNAPPETS

Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

March 2016

FROM THE EDITOR

Barry and Helen are far removed from our local swimming scene at present. They're busy looking after grandchildren in San Francisco so any wise words from the President will have to wait until the April issue.

Stadium Masters swam extremely well at Newman Churchlands' LiveLighter club challenge in February. Theirs is a small club but each year they muster all hands on deck to run a remarkably smooth and popular carnival in their unheated home pool with narrow lanes! It's a particularly attractive one for our club to attend because it's so close to home.

Masters Swimming WA is concerned that fewer swimmers are participating in MSWA open water series this season. However Stadium Masters is bucking the trend by fielding bigger teams than usual: twelve in the Swim Thru Perth and ten in the Coogee Jetty to Jetty. We were also well represented by swimmers and support crew in the Rottnest Channel Swim.

Peter Lyster, a new chum on the Management Committee, is looking enthusiastically at workable ways to swell Club funds. We rely on Club members to support these ventures. Selling the Entertainment Book is one project detailed in this newsletter. You are urged to help wherever you can to ensure our fundraising is a success.



At the State level, Sam Noall has taken over from Wendy Holtom as Executive Officer of Masters Swimming WA. Sam was welcomed on board at the MSWA AGM in February and she is looking forward to meeting as many members as she can over the 2016 season.

New Executive Officer, Samantha Noall. Sam was Senior Event Coordinator at the 2016 Perth Aquatic Super Series and has extensive experience in the sporting industry



Outgoing Executive Officer, Wendy Holtom, at the recent AGM where Director of Coaching 'Tricia Summerfield presented her with flowers to thank her for her 14 years' service to Masters Swimming WA.

Eleanor Parsons, Kat Fortnum and Kat Anderson are swimming at the Nationals in Melbourne in April. Clearly three doesn't make a relay team so Eleanor and Kat F are representing Claremont and Kat A is representing Superfins. We wish them all great swimming!

Enjoy the Easter break. So what if you have to put more energy into training after bingeing on Easter eggs and hot cross buns!

Merilyn

MEMBERSHIP

At 12 March 2016, Stadium Masters membership stood at 66, made up as:

| | | | |
|----------------------|----|-------------------|----|
| Ordinary members | 46 | Associate members | 12 |
| Second claim members | 6 | Life members | 2 |

Notably, four of these are founding members who helped start the Club in 1992: Hazel Christie is a full member, John Christie and Audrey Wren are associate members and Lynda Joachim is a life member.

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DIARY ENTRIES FOR MARCH AND BEYOND

| Date | Event | Time | Venue |
|--------------------|---|-----------------------|---|
| Wednesday 23 March | Committee meeting | 6:30pm | Regent Park, Mt Claremont |
| Saturday 26 March | Albany Masters 4km Harbour Swim | Check-in: from 6.30am | Princess Royal Harbour Sailing Club, Albany |
| Sunday 27 March | SunSmart Southern Ocean Classic Mile | Start 10:00am | Ocean Beach, Denmark |
| Saturday 2 April | 2016 LiveLighter Masters State OWS | rego 7:30am | Coogee Beach |
| Fri/Sat 8/9 April | 2016 Pre-Nationals Trial Meet LC | variable | St Hilda's Girls School |
| Sunday 10 April | Hillarys Triathlon club fundraiser | TBA | Hillarys |
| 21-24 April | MSA National Championships | | Melbourne |
| Wednesday 27 April | Committee meeting | 6:30pm | Regent Park, Mt Claremont |
| Sunday 1 May | Westcoast LiveLighter LC Club Challenge | TBA | Craigie Leisure Centre |
| Saturday 7 May | Thornlie Distance Swim 400/800 SC | TBA | Leisureworld, Thornlie |

BIRTHDAYS

March

23rd Geoff Barnard
25th Peter Gray
27th Trudy Vandewerdt

April

8th Eleanor Parsons
12th Stuart Gray
14th Jackie Egan
17th Louise Norris
17th Danielle Vlahov
22nd Gavin Cull
22nd Marg Somes



Special birthday wishes to a soon-to-be 30 year-old Danielle who has years of swimming, cycling and running left to do!

THE ENTERTAINMENT BOOK

Save 25% in Restaurants and help increase Club Funds

I am sure most of the Club members are familiar with The Entertainment Book. By subscribing to the book, you receive a huge range of discounts in restaurants, cafes, coffee shops, venues, travelling and lots of shops. The new book has a section for Bali for the first time.

The most popular discounts in restaurants are either a 25% discount off the cost of the meal or if two people are dining then one main course is free.

The book comes in two forms, the traditional paper book or an app for your smart phone. They each cost \$65.00. I prefer the book but the app has the advantage that you can put in a suburb and it will find all the venues in that suburb. The book is a little slower.

The Entertainment Company has approached us to sell the book this year and we have agreed. For every book sold, the Club will receive \$13.00.

If 50 members each sell two copies of the book, the Club will receive \$1,300

Ordering is very easy. For the app it must be done on-line. For the book the easiest way is to order on-line and, when you order, tick "pick-up" for delivery. The books will then come to us and we will deliver to you. At the bottom of the on-line order form, there is a manual order form which you can print and give the completed order form to your Club Captain. Link to on-line ordering:

www.entbook.com.au/9x28667

This link is for our club only. I will receive an email for each order placed so that we can keep track of them. We need to sell as many books as possible, so please ask your friends and family and place your order promptly. The new books will be available in June.

Thank you,
Peter Lyster

WELCOME TO A NEW MEMBER

We welcome Linda Clark as our most recent second claim member. Linda trains with 'Tricia's Wednesday morning group and swam in the recent Coogee Jetty to Jetty open water event.

RECORDER Anne Edmondson

Record Breakers in 2015

The 2015 Stadium Masters Club records are now on our website. If you find any anomalies, please let me know so that I can follow them up and maintain the accuracy of the records.

Last year **individual records** were set by Kat Fortnum, Anja Messmer, Mathew Lovelock, Leon Musca, Beng Hooi Chua, Mark Etherton-Ber, Jackie Egan, Wayne Davies, Anne Edmondson, Eleanor Parsons, 'Tricia Summerfield, Barry Green, Bill Woodhouse, Geraldine Klug, Stuart Gray, William Curtis, Pat Sugars and Marg Somes.

Relay records were set by Mary Gray, Marg Watson, Marg Somes, Pat Sugars, Marilyn Burbidge, Geraldine Klug, Pamela Walter, Helen Green, Jackie Egan, Anne Edmondson, Eleanor Parsons, Barry Green, Mark Etherton-Ber, Beng Hooi Chua, Wayne Davies, Bill Woodhouse and Ian Koegelenberg.

Congratulations to all on a brilliant effort!

Endurance 1000 files for data entry

Please remember to leave your updated Endurance 1000 files in the cage by Wednesday 23rd March to allow me to enter the times over Easter. I'll return the files to the cage for you to record your next quarter of points-scoring swims for the Club!

GOGGLE SAW

- Jackie picking a spot out of the public eye to swim her first ever 800 IM and gain top points for the Club! Thanks, Jackie.
- Snappers knitting another 50 poppies to be part of a spectacular display at the Chelsea Flower Show 2016 in London in May. Here is an artist's impression of the installation with the backdrop of the Chelsea Hospital.



HOORAY FOR OUR VOLUNTEERS!

Stadium Masters' seven senior volunteers were up well before dawn on Sunday 13th March to help at the Hillarys SunSmart Triathlon. We'd been told that we'd be handing out water to the 1100 women and children who had entered. Instead we were issued with gorgeous orange long-sleeved synthetic shirts and, on a hot, hot day, were allocated to "crowd control" of a crowd that sure needed controlling! We greatly appreciate Robin Barnard and Wanda Woodhouse's support that day.

In spite of the challenges thrown at us, we came away satisfied that we'd done our job well and earned \$315 for Club funds – the money will pay some of one month's lane hire bill. If you missed this chance to be part of a team, you can sign up with your Captain to volunteer at the next triathlon on Sunday 10th April and/or the Bunnings sausage sizzle on Saturday 21st May and help raise more funds.

CAPTAINS Pamela Walter and Jackie Egan

Newman Churchlands LiveLighter Club Challenge 21st February

Congratulations swimmers for fantastic performances at this first carnival of the year. After Gavin's correct, and amazing, time was acknowledged (32.30 not 37.30!), we came second to Maida Vale and Claremont third. Gavin Cull, Jenny Kohan, Kat Fortnum and Peter Marcello all swam famously in their first ever Club Challenge. Well done to those achieving PBs and to Eleanor for her State Record in 200 Free. Go coach!

Our brightly coloured new Stadium Masters banner was aired for first time. And let's not forget the workers: thanks to Marg S, Marg W and Pat for timekeeping and Pamela for helping as an official.

| | |
|-----------------|---|
| Helen Green | 200 Free, 50 Free (both PAB); 50 Back (PAB) |
| Jenny Kohan | 200 Free, 50 Free (both inaug) |
| Cas Brown | 200 Free, 50 Free (both PAB); 50 Back (PAB) |
| Meryl Burbridge | 50 Back (PAB) |
| Audrey Bullough | 200 Free (PAB) |
| Mary Gray | 200 Free, 50 Free (both PB) |
| Barry Green | 50 Free, 50 Back (both PAB) |
| Stuart Gray | 50 Back (inaug for WSU) |
| William Curtis | 200 Free (PAB) |
| Peter Lyster | 50 Free (PB by 1.67 sec); 50 Back (inaug) |
| Bill Woodhouse | 50 Free (best since '14) |
| Pamela Walter | 100 Breast, 50 Fly, 50 Back (all PAB) |
| Kat Fortnum | 100 Breast, 50 Free, 50 Back (all inaug) |
| Eleanor Parsons | 200 Free (State record, PAB, best since '13) |
| Jil Mogyorosy | 50 Free (PB); 50 Back (PAB, best since '09) |
| Mat Lovelock | 50 Free (PAB); 50 Back (inaug); 50 Fly (PB) |
| Peter Marcello | 50 Free (inaug) |
| Gavin Cull | 50 Free (inaug) |
| Jackie Egan | 200 Free (PB); 100 Breast (2 nd best time); 50 Fly (PAB) |
| Anne Edmondson | 200 Free (PB) |

The Day Group swimmers are paddling or zooming along nicely depending on the individual. We've had a few birthdays resulting in delightful afternoon teas which, of course, we thoroughly deserve for working so hard in the pool! No afternoon tea last Wednesday: we'd only swum about 600 m when our training session was aborted as the Stadium's power supply failed when a tradie cut the cable! We just had to evacuate the pool and go home for a shower.

Numbers at training are consistent, though down a little with Barry, Helen and Audrey away. School swimming carnivals haven't been too disruptive to our training sessions and we're making the most of being allocated to our favourite 8-lane outdoor pool. Both Deirdre and Marg Some are managing to get to swimming a little more often. It's lovely to see them and we hope that continues.

Our next LiveLighter carnival is coming up on 1st May so look to your coaches and hang on their every word. Swim the set programs and work hard so you'll be happy with your times when the heat is on!

The sign-up sheet, for those recording Endurance 1000 swims, shows that a good number of swims are being completed though it would be good to see a few others participating and adding to the points scored by the Club.



Pamela is happy



Eleanor demonstrating the perfect dive



Annual happy snap of Bill and Jackie



Kat F giving scale to our new club banner



Mat in recovery

ROTTNEST CHANNEL SWIM

Skirt Club triumphs

It was with trepidation that Carmen Harrison and Jil Mogyorosy, and Claremont member Mary McHenry, hatched a plan during 2015 to attempt a Rottnest team crossing in 2016. At an average age of 64 they wondered if they'd left it too late. First problem was: who to get for a fourth member? After being turned down by a few people, they asked Sally Bell from Claremont if she knew anyone who might want to help out.

After a moment's thought Sally said, "I'll do it!" And so the Skirt Club was born.

There was so much unknown ahead for the three Rotto novices. Their nerves were apparent in the 1,000 or so pre-race emails that flew through the ether, resulting in every medical preparation known to man, and enough ham sandwiches and jelly snakes to feed an army, being loaded onto the boat on the day of the swim.

However, all three 60+ ladies gained unprecedented fitness levels over four months in the eSWIM Rotto squad and the now self-assured team lined up for the start on Saturday 27 February in near-perfect conditions.

With Sally off the beach first, gaining a lead over most of the 200+ teams, the team linked swimmer to paddler, and paddler to boat, in record time. Jil was in the water next, followed by Carmen and lastly Mary, each swimming 15 minute intervals. Former Stadium member Kylie Leaman kept tabs on the time and motivated the Skirts and it seemed like no time at all that they had the 10km Channel 10 buoy in sight.

"This is amazing, and so much easier than I thought!" said Mary for about the thousandth time – and that's the clean version – while Carmen and Jil continued to plough through the water with strength and confidence, getting quicker as their 15 minute stints progressed.

Once the team hit 15km, there was no stopping them. Sally overtook a team of 200+ men, not once but three times, in a hilarious Battle of the Sexes. Against a backdrop of laughter and friendly banter the team all jumped into the water at the 19km mark to swim down the finishing chute together. Their faces beaming and lurid mermaid bathers on show to the world, Skirt Club crossed the timing pad in 7 hours 51 minutes, securing third place in the Womens 200+ Teams category. In the words of Carmen, Jil and Mary: "If we can do it, anyone can do it!" In the end, though, they did it easily, more than two hours ahead of cut-off. It was a day they'll all remember for a long time.

Sally Bell

It was a fantastic day. We had a bit of a competition going against the nearby guys. Each time Sally swam she zoomed past them and they ended up clapping our effort. We were so glad to see Robyn Wilson at the finish line that we stopped for a chat before crossing the timing pad and still finished third. A fabulous experience!

Jil Mogyorosy

The Rottnest Channel Swim was an ambitious wish for Jil, Mary and me. We are not in the top league of swimmers, and some would say we are at the bottom, but we make up in enthusiasm what we lack in ability. When we mentioned, casually, that we would like to swim to Rottnest, there were a few kindly raised eyebrows. But champion swimmer, Sally Bell, believed we could do it and agreed to be the fourth swimmer.

We planned the project well, firstly, by joining the eSWIM squad and training as we have never done before: early morning, late night and two hours straight on Saturdays! It paid out in improved technique and fitness.

We were also able to entice a very good Skipper Frank Jennings, first mate Nick Harrison and paddler Alex McHenry, as well as boat manager (I'm told the correct term is 'boat bitch'), Kylie Leaman. We all swam very well. One of us wanted to swim to Africa but our paddler gently steered her towards Rottnest! Our team was excellent, the day was magical and we have achieved a feat that we had only imagined possible.

Carmen Harrison



Rottneest Channel Swim Results Summary

| Name | Team Name | Category | Time | Category Place |
|-----------------------------------|----------------|-------------------------------------|---------|----------------|
| Leon Musca | | Champions of the Channel: Solo male | 5:34:16 | 17 |
| Kat Fortnum | Superfins WA | 100+ mixed | 6:48:24 | 40 |
| Eleanor Parsons | Aargh Me Matey | 150+ mixed | 5:28:36 | 2 |
| Gabi Diaz | Basking Snarks | 150+ mixed | 7:11:54 | 36 |
| Gail Parsons | Wonder Women | 200+ female | 6:19:42 | 1 |
| Carmen Harrison and Jil Mogyorosy | Skirt Club | 200+ female | 7:51:47 | 3 |



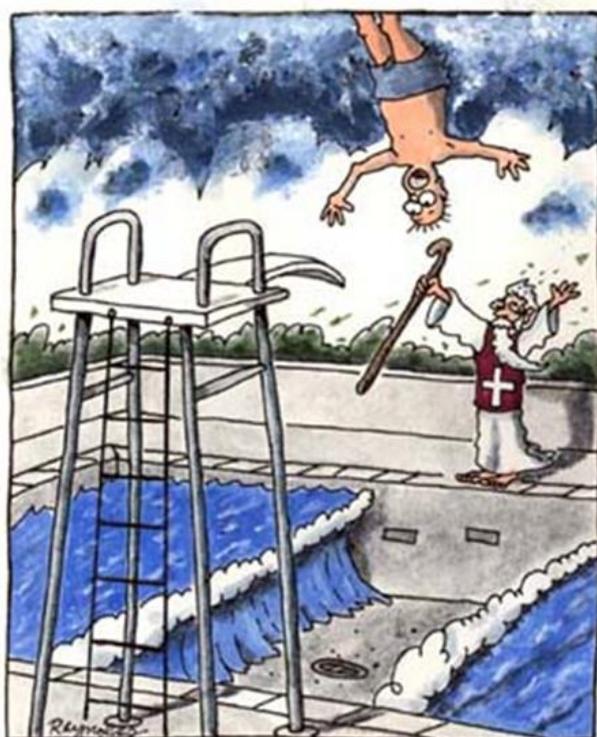
Swimming Is Mood-Boosting

When you swim, your body releases endorphins which make you feel good. Swimming is a particularly strong influence on mood because of the combination of warm water and the sensation that comes with being weightless. Studies have shown that there may even be an evolutionary reason for this powerful mood boost, but certainly the sensation of being warm, supported and comfortable is a powerful means of feeling good.

<http://www.swimshop.co.uk/swimmers-blog/>

LYNDA JOACHIM TO VISIT

Lynda is a founding member of the Club and the first of our two Life Members. She is visiting from Queensland and we look forward to seeing her on Friday 29th April, in the pool - she wants to know if there's a slow lane but we're sure she won't need it - and at afternoon tea. All members are welcome to come and say hello.



Moses' first and last day as a lifeguard.

AND THE HIGHEST BIDDER IS

Pamela Walter, who scored Barry's All WA Parks pass (spot prize at an OWS) for a donation of \$20 to the Club.

OURS IS A HEALTHY CLUB

As our recently appointed Safety Officer, Stuart Gray has placed a new First Aid kit in the cage and revised our Healthy Club policy, soon to be available on our website. Thanks Stu!

OPEN WATER SWIM SCENE

Busselton Jetty Swim 3.6km Sunday 14th February

| | Age group | Time | Age group place |
|-----------------|-----------|---------|-----------------|
| Kat Fortnum | 20-24 | 1:00:38 | 8 |
| Anja Messmer | 25-29 | 50:39 | 3 |
| Gabi Diaz | 30-34 | 1:04:28 | 24 |
| Leon Musca | 40-44 | 49:03 | 2 |
| Peter Gray | 50-54 | 54:55 | 4 |
| Eleanor Parsons | 60-64 | 56:17 | 2 |

LiveLighter MSWA Series # 6: 20th Anniversary Jetty to Jetty Swim Coogee Sunday 13th March

| | Event | Age group | Time | Age group place |
|-------------------|----------------|-----------------|---------|-----------------|
| Gabi Diaz | 1500 | 25-34 (35-39) | 22:21.6 | 8 (6) |
| Leon Musca | 1500 | 35-44 (45-49) | 18:26.4 | 3 (3) |
| Peter Gray | 1500 | 45-54 (50-54) | 19:53.8 | 7 (3) |
| Jackie Egan | 1500 | 45-54 (50-54) | 24:05.2 | 10 (8) |
| Jenny Kohan | 1500 | 45-54 (55-59) | 29:59.5 | 53 (16) |
| Gavin Cull | 1500 (wetsuit) | wetsuit (50-54) | 24:29.6 | 10 (21) |
| Eleanor Parsons | 1500 | 55-64 (60-64) | 21:25.5 | 2 (1) |
| Pamela Walter | 1500 | 65-74 (65-69) | 28:06.9 | 4 (3) |
| Stuart Gray | 1500 | 75+ (75-79) | 26:08.9 | 1 (1) |
| Margaret Smithson | 750 | 65-74 (70-74) | 17:46.5 | 6 (4) |

Open water swimming is booming at Stadium Masters! Another big contingent took part in the Jetty to Jetty which attracted nearly 1000 entries in its 20th anniversary year. The ideal conditions were appreciated by three of our swimmers new to Masters open water swims. Well done to Jenny Kohan, Margaret Smithson and Gavin Cull!

STS Leeuwin II was at the 1500 metre starting line ready to fire its cannon to start the swim. Disappointingly, the plan went awry and swimmers set off without the fanfare of cannon fire.

The system of age grouping in this event defies understanding. Two series of placings are given in the table.



STS Leeuwin II



A bit of cross training: there's a 750 or 1500 metre walk to reach the start at Coogee!

GAIL'S MISSION

Gail Parsons is about to punish her body yet again! This time she'll be on a bike cycling from Albany to Perth along a 700km route to raise funds for Youth Focus, an independent WA not-for-profit organisation.

Gail says:

*"For the last six months I have been cycling 7000km around the countryside training to participate in the five-day *Hawaiian Ride For Youth from Albany to Perth in the first week of April. About 140 riders in three pelotons will visit towns of Walpole, Pemberton, Busselton, Bunbury, Frankland River, Bridgetown,*



Collie, Gnowangerup, Katanning, Narrogin and Mandurah. We will stop at high schools along the way to engage the students in the issues of youth suicide, depression and self-harm and the services that Youth Focus provides.

The prime objectives of the Hawaiian Ride for Youth are:

- *to raise awareness of the issues concerning youth suicide, depression and self-harm*
- *to raise awareness of the services provided by Youth Focus*
- *to raise funds for Youth Focus*

In 2015, nearly \$2,400,000 was raised for Youth Focus. The ride is for a fantastic cause and I'm proud to be part of it. Please help me support Youth Focus by clicking on the link below to donate. All donations over \$2.00 are tax deductible. Every little bit counts and I thank you."

[Donation to Ride for Youth – Gail Parsons](#)

* Hawaiian is a property management group which is the naming rights sponsor for the event.

ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Pamela Walter, Anne Edmondson, Elizabeth Edmondson, Peter Lyster, Jackie Egan, Carmen Harrison, Jil Mogyorosy, Sally Bell and Gail Parsons for their contributions used in this issue of *Snappets*.

The deadline for the next issue is **Friday 15th April 2016**. I will be overjoyed to receive YOUR contribution!

Merilyn Burbidge

mburbidge@westnet.com.au

Stadium Masters gratefully acknowledges a donation from BGC Concrete

