

Club News Combined Document - Winter Edition 2011

Carine Masters

Carine Masters had a great time at the 2011 Nationals Championships. We were placed 23rd out of the 84 clubs competing. Our eleven swimmers posted some terrific results and we congratulate medal winners: Vanessa Holman (6) Kay Cox and David Davies (2 each) and Wendy Chidgey, Carol-Ann Infante and Bev Byers all with one individual medal.

Our Women's 240+ Freestyle Relay Team smashed the State Record for the 4 x 50m relay in a time of 2mins, 34.94 secs. Congratulations to Lynne Malone, Wendy Chidgey, Bev Byers and Vanessa Holman on a great result.

Kay Cox and Vanessa Holman both competed in the 2km Open Water Swim with Vanessa winning & Kay coming third in their age group. To top off Vanessa's great meet, she won the Vorgee Raffle taking home a nice bag of swimming goodies.

Carine also provided the volunteers for the Help Desk. Our members worked tirelessly at an incredibly busy desk, answering questions and handing out medals. At times you couldn't see the desk because of the crowds milling around!

David Laws & Kay Cox worked as officials and I put together the daily newsletter, Aqua Antics with the assistance of photographer, Jeff Morris from Osborne Park.

At the recent Council of Clubs we were delighted to find that Bev Byers had gained a State Record at the Westcoast Masters BACC in March. Bev swam the 50m Butterfly (65-69) in a time of 47.13secs. That is the icing on the cake for the Carine team!



L-R Bev Byers, Vanessa Holman, Lynne Malone, Wendy Chidgey – Record Breaking Girls!

Claremont Masters

What a great time we all had at Nationals! Thank you to everyone involved in organising and delivering such a well run, friendly meet.

Claremont swimmers were delighted to win the overall point score, as well as win 3 of the age group relay trophies. Every single swimmer contributed to our points total and we congratulate all our

swimmers, many of whom did amazing PB's. Our final medal tally was 101 individual medals and 20 relay medals.

30 year old Carolyn Gorrick broke 3 individual National records, while 2 relay teams also broke National records (200-239 Mixed Medley and 200-239 Women's Medley). There were also many State records broken by our swimmers, but basically, all members agree that our best achievement was the pure enjoyment of the meet and club camaraderie. We "adopted" the lovely Jo Sutcliffe and her partner Grant Simpson from Henley Beach Club in South Australia, who as well as some other interstaters, even went home wearing Groper shirts!

We are also very pleased that our own Elena Nesci was this year's recipient of the Heart Foundation Award, announced at the Presentation Function lunch.

We are now starting to plan our Golden Groper carnival in August and look forward to welcoming all clubs to another great relay meet!



L-R



Centre: Elena Nesci – Heart Foundation Recipient



Claremont Masters Group at the Nationals

Stadium Snappers

The 36th National Masters Swimming showpiece event has been played with loads of action throughout. Just over one third of Snappers members swam, achieving PBs and medals and gaining experience. We particularly admire those swimmers who took part even though their chances of winning medals were slim indeed. They can be satisfied that they did their best and added points to our club's tally. The smooth conduct of the meet is a tribute to the Organising Committee, MSWA officials and club volunteers and we thank them all. Perth's perfect weather on the day of the National open water swim was a bonus enjoyed by nine Snappers. Brown jellyfish must have thought Matilda Bay was the place to be, too, although some of them suffered severely at the hands of the swimmers.

We are proud of the successes of our two solo swimmers and one duo in the Rottneest Channel Swim. Snappers also featured in the Dale Alcock OWS Series this season, including all of the country swims.

As a result of the extra effort we put into aerobic swimming last year, Snappers achieved our best-ever placing in the National Aerobic Trophy Program. Somehow we managed to creep up on and overtake Somerset, who had held top spot in WA for 12 or so years. No doubt they are already trying to redress this!

Persistence has paid off for four of our members in the Million Metre Award scheme. Gail Parsons and Pamela Walter have both swum an amazing five million metres and Rob Shand and Cas Brown have just reached their first million.



Snappers swimmers and helpers before mixing it with jellyfish in the National OWS in the Swan

Osborne Park Masters

We wish to thank the organising committee of the 2011 National Swimming Championships for a fantastic job in ensuring the event was so well run. Many of our members commented on the friendly atmosphere created by all the officials and volunteers.

A huge thank you to our Captains Ian Jennison and John Musty for organising our great relays and helping our Club to achieve the great result of 4 Gold, 1 Silver and 2 Bronze in the relays and winning the 280+ and 320+ National Relay trophies. We should also not forget Joshua Hofer helped WA achieve a silver in the Branch Relay. Also a very big thank you to ALL our coaches and guest coaches John Fussell and Ralph McManis who ensured that all our swimmers were in top shape. In all there were 43 medals in the Individual swims (13 Gold, 14 Silver and 16 Bronze), 7 relay medals and 5 in the Open water swim.

Osborne Park Masters are also very proud of all our officials (Heather Whitehead and Dave Cuzens) and our many volunteers (too many to mention them all!) that helped out with registration, marshalling and timekeeping. Heather Whitehead should also be thanked for the huge number of hours being involved with the Organising Committee to ensure that all the volunteers were in the right place at the right time.

We are looking forward to our next Be Active Club Challenge at Swan Hills on 3 July 2011.

Socially 12 or so of our members helped celebrate Marshall Flower's birthday at Anna's Vietnamese Restaurant in Leederville.

Following a fundraiser at Bunnings Innaloo on 21 May 2011, 30 or so members enjoyed a post Nationals get together at the Herdsman Tavern.



Nationals Day 4 Sausage Sizzle – Nancy waving!!!



Cpts John Musty and Ian Jennison with Nationals relay trophy

Maida Vale Masters

In August this year two Master swimmers will attempt a solo crossing of the English Channel, fundraising for The Breast Cancer Care Support Group. Carrol Wannell (aka "the noisy scrub bird") from Bold Park and Ceinwen Williams from Maida Vale will brave the cold waters of the channel to swim the 40kms from Shakespeare Beach near Dover Harbour to Cap Gris Nez, the closest part of the French coastline. Along with the 15c water they have to steer clear of the giant tankers, ferry's and pleasure cruisers, the massive jelly fish and the unpleasant flotsam and jetsom that is always present in the channel. This will be Carrol's 3rd assault on the English Channel, but having competed in the inaugural Rottneest Channel Swim and completed 7 more solo crossings, plus a duo and 3 team events, Carrol is no novice when it comes to the challenge of long distance swimming.

Ceinwen (who is the eldest daughter of Andrea and Gwyn Williams from Maida Vale Masters) has successfully completed 3 solo Rottneest crossings, one duo and 5 team crossings and many, many open water swims in preparation for this huge personal challenge. Her whole family (including Auntie Lynne Duncan from Maida Vale) will be on the support boat.

Along with a group of 6 other swimmers (all swimming solo) Carrol and Ceinwen are hoping to raise much needed funds for breast cancer care. Anyone interested in supporting their attempt can log onto www.channeldareforcancer.com. There are interesting profiles of all the swimmers and there will be a link to their progress when they finally hit the water.



Carroll Wannell and Ceinwen Williams pictured at start of National Open Water Swim in May

Mandurah Mannas

This long hot Summer has been busy. We continue to enjoy the Saturday morning dip at Doddi's Beach, but as the temperature drops, our group name S.I.C. (S.....Its Cold) holds more meaning.

Due to the Triathlon Season and pending Rotto Channel swim our numbers at training expand. Four members Sue Johnston, Wend Kennedy-Smith, Tanya Thaw and Rhonda Birch formed the Girl's Overboard Team, completed the channel swim, to come first in their age group of 150+ years.

We enjoyed the Jetty to Jetty and State OWS at Coogee, with many first timers trying out the ocean competition.

An enthusiastic team of 28 swimmers entered Melville's BAAC Swim. This was a great introduction for our new members. Thankyou Melville.

Thirteen members travelled to the National Championships in April. They returned proud of their achievements, medals and P.B's.

This March we were very pleased to award our first two Life Memberships to Gerry Green and Graeme McAuslane. Gerry was our inaugural President and from the beginning both he and Graeme have willingly volunteered their time and energy for our club.

Next on the calendar is Mandurah Mannas BAAC Swim, Sunday 19th June.



Mannas team at Melville

Somerset Masters

Somerset held its AGM in November 2010 and voted in a new committee for 2011. Among others, our President is Michelle Loftus, Vice-Presidents Ted O'Rourke and Scott Richardson and Secretary Jeremy Allen. I was happy to nominate for the role of Publicity Officer.

As we have changed our name from "AUSSI" to "Masters", our Webmaster, Peter Houwen, is updating our web site to a new look, with new software which will enable Committee members to upload their own material. The site is becoming more and more important as our primary means of communication. The new site will go live in a few weeks.

Somerset Seahorses have been active in a number of swimming events this year: notably the Rottnest Channel Swim where 8 members competed, including Alan Prodger completing a solo swim; the 2011 Dale Alcock State Open Water Swim which we hosted at Coogee Beach; Melville BACC in which 20 Seahorses competed and were placed third, and the Masters Swimming National Championships where we fielded a small but lively team of five swimmers who managed to be placed a very creditable 33rd out of 84 competing teams. One of our important goals for this year is to win the State Aerobic trophy again!



2011 Dale Alcock State OWS – Coogee Beach

Westcoast Masters

The past three months have been pretty hectic on the Westcoast front. We run a two day sausage sizzle at Bunnings the weekend before we hosted our BACC, so organising committees were flat out trying to coordinate our members into cooking, serving, swimming, timekeeping and officials rosters. Pleased to say both the sizzle and the carnival went down very well. Fortunately we had great weather for both and walked away feeling very proud of ourselves. This was the first carnival held at Craigie Leisure Centre, a great venue indeed. We were sorry not to have enough time to run the relays but will make sure that extra time is allowed for next year. A big thanks to all the officials who gave up their time and all the clubs who came along to participate.

The State Open water swim was well attended by club members and all swimmers were very impressed with the fast course.

Club members headed up to Yanchep for an Easter/Anzac brunch after many had attended various dawn services around the city. A swim in the lagoon for some, a more adventurous ocean swim for others, followed by a brunch at Steve and Karen Gale's home. Again the weather gods were on our side and a very pleasant day was had by all.

We had 27 entries into the National swim, however, dropped a few to injury and work commitments. We are very proud of all swims, especially our State winners. 3 Gold places to Caryn Kiellor, Kristy Stevens and Adrian Hirsch – excellent results. Lorraine Quayle did a fantastic job organizing the social gatherings after each day's events, with the help of a suitable experienced sausage sizzle crew from Westcoast. We hope all that attended the functions enjoyed themselves. A special vote of thanks must be given to the Nationals Organising committee for a very well run event! Good job all round.

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We look forward to a trip down to Mandurah and more social events over the winter months. The lanes remain busy but we do note a few wimps missing during the colder evenings – miss you, see you in the pool soon.



Albany Masters

On the 17th April, prior to the recent Nationals in Perth, Maureen Hanna (64-69) completed a 5,000 m individual medley consisting of 1,250 m of each of the 4 strokes for the Wests Auburn Club's Postal Swim (closing on 31st May) in a time of 3hrs. 3 mins, 45.63 seconds. At the time of going to "press", the Postal Swim only had 2 Relay Teams that had entered this event.

This is the only time it has been attempted by an Albany swimmer & the records are being searched to see if anyone has ever finished one in Australia.

This is an amazing feat of endurance, as Maureen only started swimming with us in 2003 with a little freestyle & needed to learn the other strokes. She stuck to swimming, gradually adding each stroke to her repertoire. She is not a "Madam Butterfly" so her physical effort is extraordinary. She trains every Tuesday & Friday mornings, attends Wednesday Club night & Sunday afternoon aerobic swims & very rarely misses an appearance.

She looks after the results of the aerobic swims entering them in "the book" & ensures they get to the Recorder. She is also known as "Mother" & looks after anyone new or just visiting plus the regular members with reminders of events at the States & a kind smile for all. She has been the female club captain & still issues individual swimmers sheets to the timers as well as ensuring the lollies are passed around.

Her swimming prowess has improved & she now swims under 1 minute for 50 m freestyle. However, it has been her ability to endure lengthy butterfly sessions that have stood out. She always finishes 5 each of 400 & 800 fly's in the aerobic year as well as the 400 & 800 IM's.

Her decision to tackle the 5 km IM was done during an 800 m butterfly aerobic swim, when her daughter, Shiralee, who was timing her, forgot to tell her it was over & she swam 100 m extra & decided to continue.



Albany's Maureen Hanna (right) & Joy Humphreys State Championships Perth 2010

Belmont Masters

VALE – PAT STRACHAN 1928 - 2011

LIFE MEMBER OF BELMONT MASTERS SWIMMING CLUB

On Thursday April 14 our first Life Member Pat Strachan was farewelled by her family and friends in a beautiful service at Bowra and O’Dea’s rooms in Cannington.

Pat was 83 when she fell asleep peacefully watching her favourite video on April 8, 2011 in her Bentley home at Mavis Cleaver Retirement Village which had been her home since shortly after her husband Arthur had passed away in 2008.

Born in Kalgoorlie in 1928 Pat’s younger years through to marriage and bringing up a family of four were filled with love and laughter.

Pat was the essence of that joy which continued throughout her 60 year marriage to Arthur.

During their 40 years living in Pontiac Ave in Cloverdale Pat was constantly helping other people and Belmont AUSSI Seals were the recipient of a major amount of her care.

Pat suffered from arthritis and found swimming and exercising in the water helped her off the morphine she was taking for pain relief. So she completed swim teaching courses in order to help others to reduce their medication. Pat was particularly skilled with disabled and people with diabetes and arthritis.

Pat loved to chat and made many friends. Her favourite saying was “There are no strangers, there are simply friends I haven’t yet met.” Everyone loved her.

She joined Belmont Seals in 1984 and immediately involved herself in the running of the club as Publicity Officer writing a chatty newsletter every month, doubling as Secretary, social organiser and Delegate in 1986, was President in 1987 and 1988, Recorder in 1990 and was honoured as our first Life Member in 1991 for her outstanding contribution.

Pat started exercise classes for the general public three times a week and offered stroke correction and swimming help to whoever asked her at what was then Bart Clayden Aquatic Centre (now Belmont Oasis).

She was declared a Local Hero in a 1992 community newspaper for her voluntary classes which had increased to five days a week.

Pat had a particular interest in the Diabetes Association and had also served as Secretary of Belmont Senior Citizens Club.

In 1994 she was awarded a Community Service Award by Belmont City Council.

It was Pat who helped me back to mobility after a bad car accident in 1985 and I will never forget her patience, kindness and cheerful encouragement.

It was an honour to represent the club at her farewell and sad to say goodbye to a most lovely lady.

Pat is survived by four children Ray, Noreen, Marion and John, many grandchildren and 16 great grandchildren. We will miss her greatly.



● Pat Strachan with her award.

Superfins Masters

Just a quick update on our trip to South Africa.

The swimming competition in Port Elizabeth , the South African Nationals was excellent. There were many events for Multi Class swimmers and most events had at least 2 heats which is a change from Perth where we usually only get 1 heat across all classes. In PE they separated the swimmers into 2 groups, all the functional (physical) swimmers S1 to S10 and the blind swimmers S11 to S13 in one group and the other group were deaf S15 and the ID S14. This split worked very well.

All our swimmers were very well received and the people were very friendly. It was an eye opener for some of our swimmers competing in such a big competition with the warmup pool looking like a washing machine with about 15 swimmers per lane.

Overall Superfins had 48 individual swims including 12 finals (+1 more final which our swimmer did not swim saving herself for the breaststroke final on the same night). From this we had 12PB's and we won 1 gold and 3 bronze medals.

We spent 10 days touring Capetown, Victoria Falls and also had 5 safaris at Mabula Game Park. A great way to end the holiday.



Pool Shot at Port Elizabeth



Team at Cape of Good Hope



100m Breaststroke Medalists



50m Breaststroke Medalists



Team photo in Cape Town near Table Mountain

Bold Park Masters



*Nick – Bold Park Masters 'inaugural' Open
Water Swimmer of the Season*



Bold Park Masters Team at Dale Alcock swim at Coogee Beach