



## Winter Training Venue

### Gladstone Aquatic Centre

#### Times

Tuesdays & Thursdays  
6.30pm - 7.30pm

#### Sunday

7.30am – 9.00am  
followed by Morning Tea!

**Pool Entry to be paid at  
the gate.**

Hi all,

Here is a bumper issue of the Gropers Newsletter! We are back on track now and really need your help to keep our newsletters going.

If you have any information or stories you'd like to have included in the newsletter please let Alison G or Fran know and we will ensure it's in the next edition. Deadlines are the 28<sup>th</sup> of June, September and mid-December.

Included with the newsletter are some meet flyers and nomination forms for upcoming swim meets. The nomination forms can be handed to Fran or Alison G at training or sent to Fran at [bookaddictforty3@gmail.com](mailto:bookaddictforty3@gmail.com).

Apology – The risk when you single special people out for a thank you is that you miss someone and that's exactly what happened last issue. John Feddersen was left off the thankyou list for his huge day in support of the Gropers Bunnings BBQ. Thanks John!!

### Events:

13<sup>th</sup> June 2015 – Rum City Swim Meet (nominations due 28/5)  
11<sup>th</sup> July 2015 - Brisbane Southside Meet (nominations due 21/6)  
22<sup>nd</sup> August 2015 - Brisbane Northside Meet

### Postals

Bunbury - May 1 to June 30<sup>th</sup>                      3x400m different strokes  
Redlands - July 15<sup>th</sup> to September 15<sup>th</sup>      5 different swims

### Upcoming Events

2016 is going to be a busy year for swim meets. Here are some we already know the dates for!

2016 State Championships                      11<sup>th</sup> - 13<sup>th</sup> March at Miami  
2016 National Championships                21<sup>st</sup> - 24<sup>th</sup> April in Melbourne  
2016 Pan Pacific Games                        November at Southport

2017 State and National Championships Southport Pool  
8<sup>th</sup> - 11<sup>th</sup> March 2017

## CLUB CATCH UPS

### Agnes weekend

Thanks to the generosity of Reg and Sandra Pugh, club members had a place to stay at Agnes Water over the Australia Day weekend.

The weekend consisted of a swim with the 1770 open water swimming group, went four-wheel driving and had beautiful walks, had yoga in the morning, played board games, and ate too much fine food.





## 60<sup>th</sup> Anniversary

April saw long-time club members Brian and A'dell celebrate their 60<sup>th</sup> Wedding Anniversary. Family and Gladstone Gropers members gathered to celebrate with them at the local CWA hall.



### 2014 MSX Results

The MSX Program is a Masters Swimming Queensland Program. It is designed for the more competitive swimmers and those who may not be very competitive, but enjoy swimming at swim meets. The results are calculated from qualifying times which are based on the FINA events and distances. A swimmer has to reach a qualifying time 3 times in one year to be awarded a level.



#### **What does a swimmer have to do?**

- All a member has to do is enter as many swim meets as you can.
- Check the qualifying times and train to beat those times.
- All you do is train, swim, enjoy the meet and the rest is done for you

Congratulations to the following Gropers Swimmers who reached the following MSX Levels!

Platinum levels are equivalent to national record times and are VERY hard to achieve so Richard and Mark have had a stellar 2014.

**Platinum** – Mark Que & Richard Furness

**Gold** – Ellie Elliot

**Silver** – Don Jones, Fran Moroney, Rod Porteous, Alison Green

**Bronze** – Alison Davenport, John Keenan, Trudy Zussino, Patricia Jenkinson, Colin Chapman, Pauline Walters

## Lane Warriors

This is a simple program to participate in, just log EVERY metre you swim and submit the total distance at the end of the year. Doesn't need to be complicated, you can use a diary, spreadsheet or any other means you like to records the distances. JUST get counting! Please see Alison G, Alison D or Fran if you'd like more information.

### 35-60 Age Group

2<sup>nd</sup> – Alison Green

7<sup>th</sup> – Fran Moroney

### 61 + Age Group

7<sup>th</sup> – Alison Davenport

11<sup>th</sup> – Trudy Zussino

23<sup>rd</sup> – Don Jones

24<sup>th</sup> – Colin Chapman

46<sup>th</sup> – Lesley King

### Total Participation by clubs and ranked by the average distances swum

	Club	Total Number of Swimmers Submitted	Average Distance Per Club	Total Swum by club	Total In Age Group	Total Distance	Total in Age Group	Total distance	Total In Age Group	Total Distance
						18 - 34	35 - 60	60 +		
1	QNA	2	510,550	1,021,100	0	0	1	496,850	1	524,250
2	QDU	2	386,113	772,225	0	0	2	772,225	0	0
3	QCN	4	312,638	1,250,550	0	0	0	0	4	1,250,550
4	QHB	6	302,078	1,812,470	0	0	4	1,379,135	2	433,335
5	QGS	7	271,521	1,900,650	0	0	2	906,225	5	994,425
6	QTT	26	231,264	6,012,873	0	0	2	672,700	24	5,340,173
7	QTW	37	135,282	5,005,450	3	354,625	22	3,354,300	12	1,296,525

## LANE WARRIORS AND MILLION METRES PROGRAMS

People have been asking about the Lane Warriors and Million Metres programs so here is a quick run down :

**LANE WARRIORS** – You record EVERY distance of every stroke you swim during the calendar year including warm up, drills, warm downs and swims with and without pull buoys, fins, paddles etc. At the end of the year you submit the distances and the top five distances in each of the three categories are awarded a towel and certificate 18-34years, 35-60years and 61+. The Top THREE clubs are also tallied and compared on a distance per swimmer basis. It's a terrific way to track your progress over a year. It's quite amazing how many kilometres you end up swimming coming along to two or three Gropers sessions in the pool per week. Starts January 1 so please see Alison Green or Fran Moroney if you'd like to have a go for 2015 or to prepare for 2016!

**MILLION METRES** – is similar to Lane Warriors except you can ONLY record distances without pool accessories and it takes as long as it takes you to cover the distance. For example Alison Green started in January 2012 and has hit 1 million metres!



Some Masters swimmers are up to 5 or 6 million metres over their 10-15 years in masters swimming. It's another good way to track your progress over time. Again please see Alison or Fran if you want to get started!

### Gropers Facebook Page

Did you know that the Gropers have a Facebook page? Just type in Gladstone Gropers Masters Swimming club on your Facebook search and you will find it.

The Facebook page is where we post quick club news items, funny or inspiring swimming pics and photos of various club events. Because Facebook favours 'paid for' sites, our club site may vanish from your feed occasionally. All you have to do to see it is to 'like' the posts and they will keep appearing!

## 2015 Hervey Bay Swim Meet



A very 'bright' bunch of Gropers headed to the Hervey Bay swim meet on the 28<sup>th</sup> of February and started the swimming year off with some impressive results and a terrific night out. The day started early with Fran and Alison competing in the open water swim – a 'technical glitch' from the host club saw the 1km swim end up being closer to a 1.6km swim. Given the near perfect conditions all the swimmers enjoyed the extra time in the water ☺

The pool was where the action really was with several of our swimmers placing well in their age groups. The most surprised swimmer of the meet (apart from winning two lane prizes) was Trudy Zussino who was tied for first in her age group. Congratulations Trudy! Shows what a little hard work in the pool can do!

Other winners included; Richard Furness, Fran Moroney, Col Chapman and Joan Green and



Ruby Lawler completed the 1500m postal swim and won a beautiful Humpback medal for doing so as she was the only swimmer in her very young age group. Well done Ruby!

And of course there are those who did not receive a medal but we polished up on our race skills, added to the club points tally for the meet and thoroughly enjoyed ourselves!!

## State Titles 2015

The Queensland State Titles swim meet was held in Townsville from the 13<sup>th</sup> to the 15<sup>th</sup> of March 2015. A small, very high quality team of Gropers made up of Alison D, Fran, Joan and Colin were keen to continue their good form from the Hervey Bay swim meet and race against the State's best.

Colin and Joan wowed us by obtaining all golds in their events. Fran came away with a gold, three silvers and a bronze medal with some personal bests thrown in and Alison D, in her very popular age group achieved a silver, bronze and stacks of personal bests!

The club was also successful in winning the small clubs trophy. Imagine our surprise!



## National Titles 2015

Alison Davenport braved the cold of Tasmania and attended the National Titles in Hobart in April this year. Again in the post popular age group Alison achieved some great personal best times and had a fun visit to Hobart as well.

She encourages you to come along to the Nationals in Melbourne in 2016.

## Hervey Bay Break 2015

Also in April Fran and Alison Green took part in the Hervey Bay Break, a multi-sport festival in (you guessed it) Hervey Bay.

Fran and Alison swam in the 3km Open Water Swim and both did well. Alison with a time of 47:00.9 and Fran 47:20.2.

On the Sunday after the event, Fran and Alison were welcomed at training with the Hervey Bay Humpbacks (some of whom also did the OWS); and enjoyed a cup of coffee and chat afterwards.



## Whitsunday Warriors Swim Meet 2015

New club member John Phillips attended the Whitsunday Warriors Meet on 18<sup>th</sup> April. In his first swim meet as a Masters swimmer, John achieved first place in his age group. As the only Groper in attendance, he joined in with a Rockhampton team to swim in a relay as well.

Good going John!

## Noosa Swim Meet 2015

Most recently, Richard F and Fran attended the Noosa Swim Meet on May 16<sup>th</sup>. Despite the gloomy weather both did well in their chosen events. Fran improved her 400 Freestyle by 11 seconds and Richard won 3 out of 4 races in his age group.



## ENDURANCE EXCITEMENT



The Endurance 1000 program consists of a number of distances and strokes, which start with the 400m.

There are 62 swims in all, but you don't have to do all of them. This is a great way for you to build up your fitness and to help improve your stroke. Points are awarded for every swim, no matter how fast or slow you go and there's the social aspect too. Usually after each Endurance session, those who attend have coffee, a chat, and a good time.

It's never too late to come along to a session! There are new swimmers joining all the time. We'd love to see you there.

Below is the list from the Gladstone Gropers 2014 Endurance program

Alison Davenport - Endurance officer Gladstone Gropers.

### **Maximum Points per Club Member - 2014**

Member	Club	Name	Age	AgeGroup	Points
DAVENPORT , ALISON	QGS		61	60-64	1005
MORONEY , FRAN	QGS		52	50-54	1005
WALTERS , PAULINE	QGS		51	50-54	1005
JONES , DON	QGS		80	80-84	990
ZUSSINO , TRUDY	QGS		72	70-74	820
FEDDERSEN , JOHN	QGS		61	60-64	633
GREEN , ALISON	QGS		42	40-44	390
GREEN , JOAN	QGS		78	75-79	305
CHAPMAN , COLIN	QGS		67	65-69	289
CAREY , SAM	QGS		36	35-39	151
IRWIN , MARILYN	QGS		62	60-64	144
BALDOCK , BEV	QGS		62	60-64	140
GUDGEON , JULIE	QGS		55	55-59	83
LIDDELL , CHERYL	QGS		60	60-64	80
FURNESS , RICHARD	QGS		49	45-49	40
KEENAN , JOHN	QGS		66	65-69	40
MOORHOUSE , EMMA	QGS		39	35-39	15
QUE , MARK	QGS		36	35-39	5
MCPMAHON , HEIDI	QGS		42	40-44	2

## SOCIAL DIRECTORS REPORT

The Christmas dinner was a great success with lots of fun being had with the Secret Santa and the presentation of the Soggi awards. The dinner was lovely and conversation bright.

This was followed by a weekend away over the Australia Day weekend. Accommodation was provided by Reg and Sandra Pugh and those that attended had their pick of activities. There was open water swimming, yoga, BBQ and lots of other fun. Thanks again to Reg and Sandra!



A small, but select group met at East Shores on 20<sup>th</sup> March where we enjoyed watching the lights on the harbour, eating prawns and delicious cheesecake and trying to prevent sand fly bites.

The next event coming up will be the Mid-Year Presentations! Mark the date and come along on Sunday May 24<sup>th</sup>. The presentations will be held at Toondoon Gardens at 2:30pm on Sunday May 24<sup>th</sup>. Since it is the afternoon, we will be having High Tea! Bring along a plate of goodies suitable for high tea, which means lots of sweet things - yum ☺

We'd love to have more social events through the year, so anyone with ideas please contact Alison Davenport.

Another item on the Social Director's list is the Sunday morning tea. This operates on a monthly rotational basis. All you have to do is bring along the eski complete with milk, raisin toast and margarine. Other contributions are more than welcome!! If you would like to go on the roster, please let Alison Davenport or Joan know and they will provide more information if needed.



Joan and Janene were stars in the Gladstone Observer!



## GROPER EXECUTIVE & OFFICIALS 2014/2015

<b>Club Patron:</b>	Simon Hooton
<b>President:</b>	Rod Porteous
<b>Vice President:</b>	Joan Green
<b>Secretary:</b>	Pauline Walters
<b>Treasurer:</b>	John Feddersen
<b>Head Coach:</b>	Don Jones
<b>Registrar:</b>	Trudy Zussino
<b>Club Captain:</b>	Alison Green and Fran Moroney

WHAT I THINK MY BACKSTROKE  
START LOOKS LIKE:



WHAT IT ACTUALLY LOOKS LIKE



## Rods REALLY Excellent Fruit Cake

If you missed the Sunday morning tea when Rod made this beauty for us then you REALLY missed out. Because I enjoyed it and pestered him for the recipe he's offered to share it with us all!! Thanks Rod ☺

### **Fruit cake recipe, this is the original.**

250 gr of butter and 250gr brown sugar

5 eggs

1/4 cup treacle

1/4 cup rum

1kg dried fruit

280gr plain flour

30gr self raising flour

1 dessert spoon of mixed spices

1/2 teaspoon salt

### **This is what I do.**

Use red rum 1/2 cup, 1/4 cup cordial, 1/4 cup water. The red rum is milder than normal rum, basically you will not taste the rum, good mix with the raspberry or I use 1/2 and 1/2 cordial and water with no rum.

You can play around with the taste with different cordials, ie, Buderim ginger, Cascade raspberry, these are both thick, more like syrup. Like wise with treacle and golden syrup.

I have played around with the flour 270/40 or 280/40 both seem to be okay

For fruit I look for the better brands that look moist in the packet [home brands look dry and cake comes out dry]

I use sultanas, raisons, cranberries, mixed peel, sultanas seem to make the cake very dark.

I don't use the mixed spices or salt

I use jumbo eggs

### **This is how I make it**

Put all the fruit and liquids into a bowl and keep mixing to moisten the fruit and keep turning over whilst the other steps are being done, don't forget the 1/2 cup for the cook if using rum, comes in handy later.

Cream together the sugar and butter in a bowl big enough to take all the mix

Mix in 1 egg at a time, sometimes the mix seems a little flaky, a good one is smooth, both are okay when cooked [the cake stall one was creamy, may be the butter is a little softer and creams better with the sugar]

Add in the fruit mix to the butter sugar egg mix

I use a round non stick cake tin, one of the clip together ones with a liner, grease with butter. Set the oven slow, 150 degrees, so as the baking takes 4 hours, yes it will cook faster with a hotter oven but it burns the fruit and edges.

Siesta time now to sleep off the cook's rum intake whilst the cake is cooking.

Bon Aperitif

