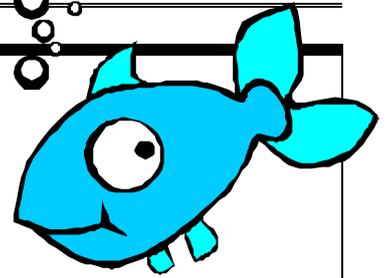


# SNAPPETS



Stadium Snappers Masters Swimming Club Inc [www.stadiumsnappers.net.au](http://www.stadiumsnappers.net.au) April 2012

## President's Report

Easter has come and gone with beautiful weather and while lanes were not booked for Good Friday a sizable contingent of Snappers met at the usual time for a swim and coffee.



We saw the end of the Open Water Swimming for the 2011/2012 season this month with the Albany OWS and the Southern Ocean OWS in Denmark. I have heard that you could not have had two more different swims; the water was like a mill pond in the Harbour and the next day the ocean was very challenging. Congratulations to Marilyn and Theresa for the completion of both swims.

We have had some excellent results from the National Masters Swim event in Adelaide. Congratulations to all Snappers who competed and a full list of results is available online.

May is looking like a busy month for the club with a Golf Day scheduled for the 7<sup>th</sup> and a Club Swim on Sun 13<sup>th</sup> May. We also have our Annual Swimathon on the 20<sup>th</sup> and a Sausage Sizzle outside Bunnings in Subiaco on the 26<sup>th</sup>. The Sausage Sizzle has taken some organisation and we are using it as an activity to raise funds to enable the club to defray costs in 2013 and also to increase our lane bookings for the rest of 2012. Hopefully we will be able to enlist a large number of Snappers to volunteer to serve the stall on the day to ensure that this is a successful venture.

Pat Sugars and her team are finalising the organisation of our 20<sup>th</sup> Anniversary Dinner on the 16<sup>th</sup> June and I am excited with the thought of joining all current and many past members socially on the night to share recollections and stories of the club and to celebrate 20 years of swimming.

If you have not already visited our website I encourage you to do a visit. It can be found at

<http://www.stadiumsnappers.net.au/>

or by Googling Stadium Snappers.

Happy swimming,

Julianne Crowley

### Contents

President's report	1
Birthdays	2
ILFW	2
Goggle saw	2
Diary Dates	2
OWS Results	3
States in Bunbury	5
Clothing	5
Tadpoles	5
Swimathon	6
Rottnest Solo	7

## Birthdays



### May

1<sup>st</sup> Sue Colyer  
 4<sup>th</sup> Beng Hooi Chua  
 7<sup>th</sup> June Hough  
 9<sup>th</sup> Mark Watters  
 16<sup>th</sup> Merle Loukes  
 19<sup>th</sup> Richard Diggins  
 27<sup>th</sup> Tricia Summerfield

### June

11<sup>th</sup> John Christie  
 12<sup>th</sup> Corrie Lodder  
 18<sup>th</sup> David Fairclough  
 19<sup>th</sup> Mary Williams  
 23<sup>rd</sup> Brian Downing  
 23<sup>rd</sup> Wayne Davies  
 24<sup>th</sup> Lillian Hadley  
 29<sup>th</sup> June Maher

## Improves Like Fine Wine Award March 2012

The Award was given to **Pat Sugars** for her excellent performance at the Masters State Championships at Bunbury. Pat won her age group, having swum six events and two relays.

### Goggle saw:

- The look of shock on the face of the male cyclist as he rode past a female Snapper and her friend getting changed in the bushes at Coogee after the Open Water Swim. The experienced ones know that the change rooms are very small and don't cope well with an influx of 300 female swimmers.
- The coach at a Tuesday night session suggesting that she set a program of 50 x 50m sprints in recognition of Sue Shilling's significant birthday.... and Sue muttering something unprintable in reply.
- The race co-ordinator at Denmark Ocean Swim asking our Snappers' second claim member, in the 65+ age group who was finishing very early with all the young swimmers, whether he had swum the course twice as he was supposed to do. With good humour, he laughed and answered that of course he had swum the course twice!!



## Diary Dates for May and June

Date	Event	Time	Venue
Sat 5 May	Distance 400 sc	1pm	Thornlie Leisure World
Sun 13 May	Club Swim	9am for 9.30	Challenge Stadium
Tues 15 May	Awards, Council of Clubs	6.30pm	Claremont Club Room
Wed 16 May	Committee Meeting	7pm	80 Mooro Drv Mt Clmt
Sat 19 May	400, 800, 1500 sc	11am	Narrogin
Sun 20 May	Swimathon	8am - 4pm	Challenge Stadium
Sat 26 May	Sausage Sizzle	9am - 4pm	Bunnings Subiaco
Sat 9 June	Distance 1500 LC	1pm	Challenge Stadium
Wed 13 June	Committee Meeting	7pm	80 Mooro Drv Mt Clmt
Sat 16 June	Snappers 20 <sup>th</sup> Dinner	7pm for 7.30	Cambridge Bowling Club
10-17 June	World Championships LC	Daily	Riccione, Italy
Sun 24 June	Distance 400, 800 LC		Riverton Leisureplex
Sun 1 July	BACC	Morning	Swan Hills
Sun 29 July	Distance 400, 800 sc		Balga Leisurepark

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## Open Water Swim Results

*Coogee Jetty to Jetty*

*Sun 11 March 2012*

Swimmer	Age Group	Event	Time	Position
Andrew Wilson	25-34	1500m	23.06	7
Jackie Egan	45-54	1500m	26.30	18
Pamela Walter	55-64	1500m	27.34	8
Theresa Elliott	65-74	1500m	28.38	4
Sue Colyer	65-74	1500m	30.33	5
Barry Green	65-74	1500m	28.08	6
Joan Sheppard	55-64	750m	15.25	4
Sally Gaunt	55-64	750m	19.57	8
Pat Sugars	75+	750m	20.07	2

Coogee conditions were excellent with a morning temperature of 22, mild water, a very light N/E and no stingers to bother the 542 swimmers. Nine Snappers swam in the two events. Congratulations to Joan who swam her first Open Water Swim and to Pat Sugars who took out the prize for being the most senior Female Swimmer. With ten year age groups, the largest group was the 45-54 year group with nearly 50 swimmers.

*State Open Water 2km Championship*

*24 March 2012*

Swimmer	Age Group	Time	Age Group Position
Suzanne Shilling	50-54	35.03	6
Anne Edmondson	50-54	39.45	7
Eleanor Parsons	55-59	32.26	2
Julianne Crowley	60-64	48.03	6
Theresa Elliott	65-69	45.39	3
Barry Green	70-74	42.54	3

At Coogee Beach Pamela Walter waved the start flag from the sand and our six Snappers were among the first two waves. There was a cold north-easterly blowing and the return swim, against the current, meant that times were a little slower than last year. The organisers were pleased with the 40 extra enrolments on last year making it a total of 244 registered swimmers for the two events with 231 swimmers entering the main 2km Championship event.

### *MSWA 2011/2012 Open Water Swim Series*

Congratulations to Snappers' three Age Group Winners:

Age Group	Winner
25-29	Andrew Wilson (equal first)
60-64:	Julianne Crowley (equal first)
65-69:	Theresa Elliott

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**Albany Harbour 4km Swim****Sat 7 April 2012**

Swimmer	Age Group	Time	Age Position
Merilyn Burbidge	65-69	1.31.44.05	2
Theresa Elliott	65-69	1.29.45.13	1

**Southern Ocean Classic Mile at Denmark Sun 8 April 2012**

Swimmer	Age Group	Time	Age Position
Merilyn Burbidge	65-69	47.49.83	2
Theresa Elliott	65-69	47.12.63	1

Merilyn and Theresa represented Snappers at the annual Albany and Denmark swims.

Merilyn swam Albany Harbour for the fourth time and Theresa for the first time. The water was very cold and the airport temperature registered 5. The Harbour was surprisingly calm with almost no wind and the sun was valiantly trying to peep through the clouds. Three yachts were lined up on our right for the relay changes at the 1km, 2km and 3km markers and the red marker buoys were anchored on our left. The paddlers were well organised and visible most of the way which gave good direction to the swimmers.



Denmark on Sunday had a different set of conditions. With a 10am start, the wind kept increasing so that after making it through 100m of rolling surf, we swam in what seemed to be a 1m swell. The water was clear, the paddlers tried to keep us in line and the swimmers did their best but the times were slower than last year. Merilyn put her slower time down to the fact that she was led astray by a school of salmon. She was chased by a paddler who redirected her back to the course. It was lots of fun, the atmosphere was enjoyable and everyone received the special long-sleeve Denmark swim shirt to mark the occasion. The more professional and experienced participants were certain that the course was 2km due perhaps to the rough conditions and the tendency of the marker buoys to drift.

**Gail's Bike Ride for Youth**

Gail raised the entrance money for the Youth Bike Ride and successfully completed her journey from Albany to Perth from 27th to 31st March. Well done Gail. Thank you to all who gave their support to Gail's ride.

**Fish Limerick by Sally Gaunt**

There was a careless young snapper  
Who stopped to have a natter.  
He missed the start gun,  
Was left out of the fun,  
The club thought it really did matter.

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## State Championships at Bunbury on 4th and 5th March 2012

Congratulations to:

Barry Green           Age Group Winner, six 1st places  
Eleanor Parsons     Age Group Winner, six 1st places and PB50 in BA100  
Pat Sugars            Age Group Winner and 1st, 3rd and four 2nd places.

Sue Shilling BU100: PB50 by 7 sec, FR100: PB50, FR200: PB50.

Pamela Walter  
BA200 was PAB50 best since '09;  
BU100 was PB50

Cas Brown  
BA50 PB50;  
FR100 best since '10;  
FR200 best since '06;  
BR100 best '12.

The photo was taken as we waited for the Presentation.



## Club Clothing Report

End of summer, change of season, and time for your once-a-year club clothing purchase! With the difficulty in finding aqua and navy garments, which are too expensive to be custom made, the trend will continue to keep the distinctive aqua badge as the focal point - on white or navy.

All stock from last year is still available, plus some new items added:- cap, hat, cotton t-shirt, and long sleeved polo shirt. This covers all requests I have received and gives an individual some choice.

The Order Book is in the cage, with quite detailed descriptions of Style, Size and Price but not illustrated with correct colours! If you intend to order more than one item, please use a new line for each order.

Orders close at the end of May and delivery is approximately three weeks. Marg Watson

## Snappers and Tadpoles

On Sunday 11 March ten Snappers helped at the Tadpoles Triathlon held at Challenge Stadium. Our volunteers arrived at 6:30 am and were immediately asked to direct parking and help the young athletes to rack their bikes correctly.

Once the event started we were redeployed as course marshals, making sure the excited 7 to 12 year olds had their shoelaces tied and bike helmets secured and that they hopped on and off their bikes at the right point. Audrey B, Jean and Colin, Bill and Wanda, Dee, Geraldine, Helen, Marg W and Meryllyn were the richer for the experience.

So was our Club: each volunteer we provided earned \$30 for Snappers. And the event was over by 9:30 am, well before the mercury hit 41C!



### **Recipe Book**

Marg Somes is awaiting your recipes so please send a popular and healthy recipe to her as soon as possible.

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## **Swimathon – it's on again!      20<sup>th</sup> May 2012 8am - 4pm**

The Swimathon is to be held on Sunday 20 May 2012, starting 8am and finishing by 4pm. The sign-up sheet is now in the cage. There is still space for an early start! What about getting a team together to finish some aerobic swims? Swimmers in a team only need to swim a distance that is comfortable for them – 100m, 200m, etc., and you can still get some sponsors!

Your sponsorship sheet is included with the newsletter- so sign up as many sponsors as you can.

There is still some time for you to train up for any distance or time, but why not aim for a longer distance this year!!

What is the Swimathon all about?

Purpose:

This annual event commenced in 1999, initially to raise funds for the Paralympics' Swim Team, then we adopted the MND Association in 2001. In 2004 the Club selected MNDA as its permanent charity in honour of two club members who succumbed to this disease – Betty Rees and Heather MacGowan. A complete history of these results is shown in Appendix A of the Handbook. Club swimmers use this event to swim the longer time and distance swims of the Endurance 1000 Program: ½ hour, ¾ hour, 1 hour, or 3000 metres, even 5000 metres. Swimmers find sponsors to contribute money per lap or just a straight donation for their swim. We also collect money on the day at a display near the lanes in which we swim. In the last 11 years we raised over \$55,000.00 and in 2011 we raised \$4369.00. ALL money raised goes to the MND Association.

What to do: Each swimmer who participates in this Swimathon nominates a distance or period of time to swim. Sponsors can choose to pledge an amount of money based on the number of laps the swimmer completes, or simply a lump sum to cover the entire swim. A record is kept of the distance and time for each swimmer. Last year 17 swimmers completed 36 km in 7.5 hours. Can we do better in 2012? And we will need some volunteers to time keep and rattle the collection tin!

What is Motor Neurone Disease? Motor Neurone Disease (MND) is the name given to a group of diseases in which the nerve cells (neurones) controlling the muscles that enable us to move around, speak, breathe and swallow fail to work normally. With no nerves to activate them, muscles gradually weaken and waste, with death within 2-3 years of diagnosis. The patterns of weakness vary from person to person. At present, there is no known cause, treatment or cure, but co-ordinated research is being carried out across the world and some progress is being made. Our funds go towards care and support of people living with MND.

MND Awareness Week is held this year from 6-12 May 2012, just a couple of weeks before our swim. Look out for the publicity.

Sue Colyer

## **Quiz Night for MND with Narelda Jacobs as MC      Wed 9th May 2012**

Date:              Wednesday 9th May 2012 from 7pm until late

Venue:            East Fremantle Football Club, Main Hall

Cost:              \$15 per person at tables of 8-10. Please call to pre-book

Refreshment: Sausage sizzle and Pizza for sale during the evening and drinks available at the bar. Raffle and Auction with great prizes to be won. Contact 9346 7355 or [www.mndawa.asn.au](http://www.mndawa.asn.au)

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## Rottnest Channel Swim 2012 by Leon Musca



### Prologue

2012 was shaping up to be one of the most challenging years in recent times with a big swell forecast and unfavourable south to south west winds. Added to this, the maximum temperature was only going to be around 26 degrees which increased the risk of hypothermia significantly.

Looking at the weather charts in the days leading up to the swim I couldn't help but have flashbacks to my first attempt in 03' when I threw up for almost 9 hours straight and my core body temperature was such that I was quite possibly clinically dead by the time I walked up the sand!

This time round it was as if our hottest summer in 34 years had come to a sudden halt, and nature was determined to make sure that the 2012 Rottnest Channel Swim was going to be one to remember. There was even talk that the event may be cancelled.

Fortunately, I had been doing some secret training in the Indonesian Island of Sumatra as well as the Cocos Islands, and I'd also been using some specialised Eastern Bloc training methods which were enforced by the Swim Nazi herself. I'm quite certain that at least one of the techniques that the Berliner forced me to perform was also used by the Germans in WWII to gain information from prisoners.

With a good pre-season behind me, I was going to take on my 4th solo attempt, and my first since 2005, of the Rottnest Channel.

Weighing in at a mere 65.2kgs only three days out from the swim, I knew that a simple carbo load wouldn't suffice and that I would have to gain some extra weight for warmth, especially given the unfavourable forecast. With this in mind I began to eat everything in sight until the cupboards, fridge and fruit bowl were empty. Anywhere I went I made sure not to move too quickly as I didn't want to burn any unnecessary calories. By the end of the day I was an impressive 67.6kg and my stomach had stretched to the size of a basketball. This was actually a good thing I thought, as it would aid in my flotation. Over the next two days I continued to eat as if each meal were the last supper and capped it off with a kilogram of the Nazi's lasagna on the eve of the swim.

### The Swim

I got up in the dark about 3am and started my pre swim routine of stretching, drinking, eating, pill popping and most importantly, the Performance Enhancing Poo (PEP). I also applied a copious amount of Vaseline to my nether regions, an important part of my 'keep warm and anti-friction' plan.

When I got to the beach at Cottlesloe about 4.50am I had the instant urge for a second PEP and then proceeded to cover my body with more wool fat than a shearing shed.

As I excitedly hurried toward the starting line, the atmosphere was electric.

Cap on, goggles on, timing band on, 10,9,8,7,6,5,4,3,2,1 beeeeeeeep!!!

I was pretty amped as I dived into the cool, dark water and fortunately after about 500m I found my paddler, anxiety number one gone. Before long my support boat was also beside me, anxiety number two gone, and I could shift into 4th gear.

My crew consisted of right hand man and skipper extraordinaire, Murray 'Red Dog' Barwick, my beautiful Fräulein and right hand woman, Anja 'Swim Nazi' Messmer, as well as Captain Brad and my Pocket Rocket paddler, Lizzie.

Conditions actually seemed better than expected and this was partly because I was expecting the worst and partly because the forecast had been out and the winds were actually SE early which gave some assistance. I felt as if I was getting some good glides down the back of the solid swells and so far everything was going to plan.

Several electric shock's in the face from invisible stingers hovering on the water's surface kept me alert as I approached the 5km mark, feeling alive and finding some rhythm.

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Then, without warning, something went terribly wrong ... my right shoulder which I had tweaked in training only 10 days earlier came back to haunt me. Despite intensive physio and massage over that period as well as a long taper, the fact was, I probably needed to give it at least two weeks rest and possibly some explorative surgery! To make matters worse I couldn't turn my head to the right without pain so resorted to breathing to the left and front.

*"PAIN IS TEMPORARY, QUITTING LASTS FOREVER!"*

Quitting was never going to be an option so I began to calculate how many painful right arm strokes I would have to endure for the next 15km. At roughly 35 painful right arm strokes per 100m I would only have to perform 5250 strokes before I reached the finish line. If I averaged 40 painful strokes per 100m this would increase to 6000 strokes all up. It's amazing what goes through your mind out in the middle of the ocean. I also thought back to an email a friend had sent me a couple of days earlier: "Have you ever considered this?" he asked. Below was a link to the Rottnest Ferry ... bastard!!!

I decided that the best way not to overload and blow up my shoulder too much was to mix up the stroke so I went systematically between long, semi-powerful strokes to short, semi-pathetic strokes.

At some stage my support crew picked up on my erratic swimming as I heard the first words I had heard all day from the Pocket Rocket: "Anja says you're slowing down".

I really am going out with a Nazi, I thought; talk about sticking the knife in. I was almost going to tip the Pocket Rocket off her ski if she hadn't been doing such a good job.

By the time the 10km marker came around, my shoulder hadn't got much worse, and I was still able to lift it at least a few centimetres out of the water by the 15km buoy so this was encouraging. The hidden blessing in all of this was that I still had plenty of fuel left in the tank as I wasn't able to swim with as much speed and power as I may otherwise had, thus conserving energy.

This was evident in the last few kilometres when I passed my friend and nemesis. After starting strongly, he had hit a wall and at the 18km mark didn't think he would be able to finish.

I often say that it is the back 10km of the race that really counts and that the race doesn't really start until the 15km mark. I suppose I had this in mind from the beginning which, along with having only one useful arm, enabled me to 'pace' myself.

As I left my nemesis drowning behind me I proceeded into the nice protected sanctuary of Thomson Bay with renewed enthusiasm. I had some space around me for the last few hundred metres which was great because it gave me a chance to really breathe in the final moments before eventually crossing the finish line in a time of 5hrs 19min 47seconds – a PB!

I wasn't sure where I placed so was happily surprised when they called my name out 20th during the presentations. I had achieved my goal of top 20, albeit just, from 221 listed starters and who knows, with two good shoulders I think I would have had a good chance to achieve my bigger goal of sub five hours and top ten overall...

Next year...

Special thanks to Red Dog; I couldn't have done it without you, Schatzy Maus, you feisty little German; to Lizzie & Brad, and all of the Snappers for their moral support, especially Theresa who I'm convinced gave me a special timing band at Cottesloe...

P.S If anyone is curious as to what I ate and drank during the swim I will send a copy of my race plan.

<p>Thanks to all our contributors. Comments and suggestions are welcome. Deadline for next issue is Monday 18 June 2012. Please send material to <a href="mailto:elliott.theresa@johnxxiii.edu.au">elliott.theresa@johnxxiii.edu.au</a></p>
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