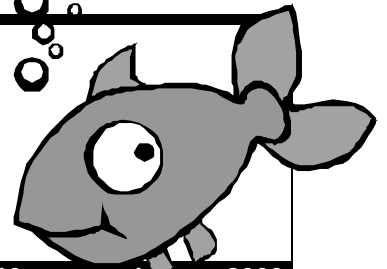


SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910

February 2009

PRESIDENT'S ANNUAL CLUB REPORT TO 2008/9 AGM

It is an honour to present the 2008 Annual Club Report on the wide range of activities of AUSSI Stadium Snappers. I will report on three main areas of our activities:

- Swimming achievements
- Projects and Activities
- Committee Management.

Swimming achievements

We started the year anticipating the FINA World Championships, held at Challenge Stadium in April 2008. Snappers, with "home ground advantage" excelled in our contribution as 38 members were involved as volunteer organisers and helpers, 15 of whom were amongst the 26 Snappers who swam. Details of our successes were published in the May 2008 edition of *Snappets*. In summary, Snappers achieved 31 club records, 56 personal bests and won six bronze medals. It was good to see our English members, Barbara and Derek Fentiman and Cliffe and Beryl Webb, with us for the Worlds.

At the local level, Snappers won two BACCs (Newman/Churchlands and Snappers) and came second at Fremantle. The Swan Hills short course BACC was a very special event for us. We fielded only a small contingent of 12 swimmers, but everyone was part of at least one record-breaking swim. The Snappers 1500m event was also a success. At the State Swim, Snappers were in the thick of the event as swimmers and volunteers.

Barry Green did a great job as our new Meet Director for our BACC. However, we were disappointed at the lower number of participants from other clubs, only 65 percent of the 2006 number of swimmers. This decline in the number of participants at BACCs was a concern that Snappers raised for discussion at the Council of Clubs.

Individually, Snappers did well, whether it was swimming a first 50m non-stop or setting a National record. Ten swimmers set 30 individual State records during 2008 and were involved in State relay records. Another 11 swimmers also participated in the record-breaking relay teams. Colin Beaton achieved a National record.

In acknowledging your swimming achievements, I thank our coaches, Eleanor Parsons, Tricia Summerfield, David Corney, Gail Parsons, Marilyn Burbidge and Lillian Hadley, for their dedication and consistency throughout the year.

Projects and Activities

During the year Snappers initiated several activities, one looking back and one looking forward! Barry Green is leading the 20 year history project to be finished for the club's 20th year in 2012, ably supported by Marg Watson, our archivist, and Richard Diggins. Many club members will contribute to this history from their experiences in the club. Looking forward, the committee resolved to manage much of the club's affairs through the laptop computer, and operationalise Team Manager and Meet Manager for ease of event and results management and record production. I thank Eleanor Parsons and Pamela Walter for working with me to achieve this transition.

We have achieved much this past year: another successful grant application to Healthway for injury prevention and first aid courses; introduction of Certificates of Appreciation (for contribution to the club over and above expectations); another successful Swimathon for MNDA (raised over \$6,000 – crystal plaque), fund raising for the Alzheimer's Association, and officiating at disability swimming events. Snappers also enjoyed a full social calendar of events capably organised by Geraldine Klug and her team: Beach Picnic, Annual Dinner, bowls and golf days for a change from the pool.

In this issue

Regular features

President's report.....	1
Welcome.....	3
Diary entries.....	3
Birthdays.....	3
ILFWA.....	5
Deadline for next issue.....	5
Club swim results.....	6
Goggle.....	7
OWS results.....	8

Special features

From the AGM.....	2
Rottnest CS contenders.....	4
Attendance in 2008.....	4
Aerobic swimming.....	5
Injury prevention.....	6
Vale Joan Youngberg.....	6
Coaching tip.....	7
Christmas picnic photos.....	9

Committee Management

I was very fortunate to have a dedicated and hard-working committee in 2008. We enjoyed some lively discussions and made some visionary decisions to set up Snappers for a positive future. We reviewed our constitution, but decided on no change at this time. We are developing policy on results management, management of the computer, and revising our healthy club policy.

Snappers is a financially sound club, due to past fundraising activities and prudent management. Last year the committee resolved to hold membership fees for 2009 at the 2008 level and to absorb some of the National and State fee increases, to give benefits to members who have contributed to the club's strong position. In addition, the club was able to financially support FINA World Masters relay entries, underwrite our BACC for use of electronic timing equipment and purchase new stopwatches.

The survey of members' expenditure at Challenge Stadium in 2007 showed that we provided an annual value of over \$25,000.00 as we purchased swims, gym usage, coffees and swim gear from the shop. The annual average weekly contribution per swimmer was \$16.25. This information was most useful in negotiating our annual contract with the Stadium managers.

Currently we have a membership of 83 with a number of new members joining in the second half of the year, including two dual club members, for which Snappers is leading the way in developing a policy on rights of dual club membership.

On your behalf, I thank all the committee members for supporting me and the club during 2008 – Barry Green, Geraldine Klug, Richard Diggins, Robyn Wilson, Peter Williams, Julie Crowley and Pamela Walter – all of whom are available to serve for another year on the committee. It is good to have this continuity.

I especially thank the outgoing committee members. Barbara Stuart, due to work and personal commitments, stepped down as Secretary in September. Kim Klug, who was to retire as Night Captain in 2008, stayed on to job share with Robyn Wilson. Patrick Carden, our prudent Treasurer, has maintained a healthy set of books.

A big thank you to Day Captain, Marg Watson – Marg looked after the Day Group with concern, compassion and humour (jokes on Fridays), drawing on her past experience as a Day Group Captain and Social Convenor. Marg, with Laiene Maxted, took on the task of organising the new club summer shirts, soon to be available. And of course Marg maintains a wonderful archive of all club documents and photos that are a major resource for our 20 year history.

As well as the committee, many members contribute in many ways to ensure that the club runs smoothly. All your efforts are greatly appreciated and I want to thank some quiet achievers:

Marilyn Burbidge – *Snappets* editor

Pat Byrne – Assistant Treasurer

Marg Somes – for her wonderful raffle baskets

Geoff Barnard – our Mr Fixit

Colin Beaton – the raffle man

David Corney – interim Auditor following the resignation of long time Auditor, Bernie West

David Watson, Geoff Marsland, George Klug and Colin Beaton – the barbeque chefs

To all the Dereks and afternoon tea makers – thank you.

We have a busy swimming and social program ahead for 2009. I look forward to being part of Snappers for another year, working with a new committee, and enjoying the fitness, fun and friendship of Masters Swimming.

Sue Colyer, President

28 January 2009

FROM THE AGM

Here is a summary of some items covered in the very quick meeting, a PB for President Sue.

Management Committee for 2009

These Committee members were elected unopposed at the AGM on Wednesday 28 January:

President	Sue Colyer	Captain (Night swimmers)	Gail Parsons
Vice President	Barry Green	PR and Membership Officer	Richard Diggins
Treasurer	Pat Sugars	General Member (Day)	Peter Williams
Secretary	Robyn Wilson	General Member (Night)	Julianne Crowley
Captain (Day swimmers)	Geraldine Klug		

Strategies for filling the vacancy in the position of Social Organiser will be discussed at the first Committee meeting in February.

Certificates of Appreciation

In 2008, the Management Committee resolved to introduce Certificates of Appreciation to recognise those who contribute significantly to the Club. The first three certificates were presented at the AGM to:

- ◆ Tricia Summerfield for service over more than ten years as a Club coach, for many years as an office bearer on the Management Committee and for a long period as Club Contact
- ◆ Challenge Stadium in acknowledgement of the generous sponsorship that the Club receives, including the waiving of lane hire fees for our BE ACTIVE Club Challenge, 1500 Metre Distance Swim and Swimathon
- ◆ Lillian Hadley for five years of service as a Club coach.

Aerobic Star Awards

These are awarded to swimmers who complete all the swims in a segment in one or more strokes in the National Aerobic Trophy Program. Recipients for 2008 were:

★★★★	Four Star	Eleanor Parsons (Free, Back, Breast, IM)
★★★	Three Star	Elizabeth Edmondson (Free, Back, Breast)
★★	Two Star	Cas Brown (Free, Breast), Marilyn Burbidge (Back, Breast), William Curtis (Free, Back), Gail Parsons (Back, IM)
★	One Star	Sue Colyer (Free), Kim Klug (Breast), Marg Somes (Free), Pamela Walter (Breast)

WELCOME

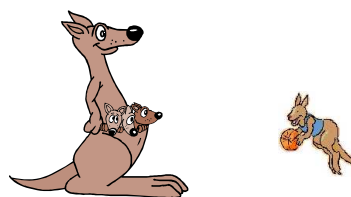
A warm welcome is extended to new members Theresa Elliott and Brendah Tamberlin. Theresa was a volunteer at the FINA World Championships last year and was urged to join Snappers by her sister, who is a member of Mandurah Mannas. Brendah found out about Snappers after reading an article in Have-a-Go News. We wish them many years of enjoyment swimming with Snappers.

DIARY ENTRIES FOR FEBRUARY AND BEYOND

Date	Event	Time	Venue
Saturday 7 February	Cottesloe to Swanbourne 2.2 km	8.00 am	Cottesloe Beach
Sunday 8 February	Busselton Jetty Swim 3.6 km	8.00 am	Busselton
Saturday 14 February	Swim thru Leighton 400m/1.6km	8.30 am	Leighton Beach
Sunday 15 February	Mandurah Canal Swim 2.4 km	9.00 am	Hall Park, Mandurah
Saturday 21 February	Rottnest Channel Swim	6.45 am	Cottesloe Beach
Sunday 22 February	Snappers' beach swim and picnic	8.00 am	City Beach
Saturday 28 February	First Aid workshop	1.30 pm	Crab Palace
20 February – 1 March	12 th Australian Masters Games		Geelong, Vic
Sunday 1 March	Newman Churchlands BACC	am	Newman College
Saturday 7 March	Barrett Bunbury Swim Thru	3.00 pm	Bunbury
Sunday 8 March	Coogee Jetty to Jetty	9.00 am	Neerabup Circle, Coogee
Saturday 28 March	MSWA State Swim 1 km/2 km	8.00 am	Coogee Beach
30 April - 4 May	34th Masters Swimming Australia National Swim		Brisbane, Qld
Sunday 24 May	Snappers' Swimathon	8.00 am	Challenge Stadium

MID-SUMMER BIRTHDAYS

February	March
1 Jean Beaton	6 Pamela Walter
4 Dee Stephenson	14 Nomai Jago
21 William Curtis	16 Beatie Norris
25 Audrey Bullough	17 Brian Somes
	20 Rob Shand
	23 Geoff Barnard
	27 Trudy Vandewerdt



Mini hoppy returns to wish these people a Happy Birthday!

CONTENDERS IN THE 2009 ROTTNEST CHANNEL SWIM

Four Snappers are tackling the Indian Ocean on Saturday 21 February in the 2009 Rottnest Channel Swim: Mike Kane (solo), Gail and Eleanor Parsons (duo, "Reg") and Richard Devlin (team). We wish them all a quick and safe crossing and hope conditions are favourable this time.

The event begins with solo swimmers leaving at 6.45 am. Come to Cottesloe Beach, wave the swimmers off and delight in the spectacle as the rising sun lights up the support flotilla.

SNAPPERS IN THE POOL AT CHALLENGE STADIUM 2008

How many times did we swim at Challenge last year? Data are collated from the club diary and relate to swims at Challenge Stadium only. In 2008, total attendance (4151) is down by 253 on 2007 (4404); about a quarter of this decrease may be accounted for by the pool closures for the FINA World Masters Championships. Attendances at the Worlds and the States are not accounted for in these figures; the Snappers BACC is included and boosts Sunday figures.

Wednesday and Friday attendances have decreased a little, whilst Thursdays have increased (in part due to an informal daytime session being held as well as an evening session); Saturdays and Sundays show a welcome increase; Tuesdays have remained steady. Monday's increase probably reflects more consistent diary entries.

Key data

Year	2003	2004	2005	2006	2007	2008
<i>Membership</i>	99	84	72	79	83	82
Attendance						
Annual total	3883	4112	3796	4238	4404	4151
Average monthly (12)	324	343	316	353	367	346
Average weekly (52)	75	79	73	81	85	80
Average daily (365)	11	11	10	11.6	12	11
Average per member	39	49	53	54	53	51
Highest - one session			37 (Wed)	37 (Wed)	40 (Fri)	38 (2 Wed, 1 Fri)
<i>Monthly Averages</i>						
Monday			13	14	7	18
Tuesday	56	48	37	44	39	40
Wednesday	113	104	103	111	126	107
Thursday	24	28	16	29	25	32
Friday	102	107	97	108	119	109
Saturday	32	30	25	26	21	39
Sunday	22	26	25	28	29	39

Thank you to all the "Dereks" for keeping totals for each session throughout the year – it makes this annual tally so much easier.

'Tricia Summerfield, Coach
10 January 2009

SNAPPERS GOING TO GEELONG

'Good swimming' to Elizabeth Edmondson and Cas Brown who are participating in the 2009 Australian Masters Games in Geelong late in February.

AEROBIC SWIMMING OFF TO A SOLID START IN 2009

There has been a flurry of activity since the beginning of the year in regard to aerobic (longer distance) swims. For new members or for those who haven't been involved in the aerobic program in the past, here is a brief explanation.

Masters Swimming Australia has established the National Aerobic Program to encourage club members to increase the distances they swim and to improve fitness and endurance. National standards have been set to allow swimmers to measure their performances against others within the same age bracket and to score points for their clubs. The club gaining the most points over the year wins the National Aerobic Trophy for that year. Stadium Snappers usually performs well nationally and often finishes second (to Somerset!) in WA.

Aerobic swim participants are responsible for maintaining records of their swims, using standard format recording sheets and cover (summary) sheets. These are kept in the cage. Some cover sheets have a 'goals' column. (There is another version that has no goals column, but you can easily add one!) If you have swum the distance the previous year you may want to write your best time in this column so you can compare it to this year's swims. As you complete each swim, enter the time in the correct box on the cover sheet. Times and lanes are set aside for aerobic swimming, so dive headfirst in and have a go. Your club captain will be happy to answer any questions about aerobic swims.

Note: When timing backstroke aerobic swims, please make sure you indicate on the sheet when the swimmer turns on the back by signing at each designated distance e.g 100, 200, 400, 800 etc.

Pamela Walter, Club Recorder
pjdesigns@aapt.net.au, 9445 1549

BONUS AEROBIC SWIM TIMING OPPORTUNITY

Snappers' benign relationship with Challenge Stadium was enhanced in January with an extension to the existing generous sponsorship that we receive. In addition to our contract, we have been granted the use of two lanes for timing aerobic swims from 12.30 pm to 1.30 pm on Wednesdays and Fridays, except when school swimming carnivals are scheduled.

To maintain fairness, swims must be completed by 1.30 pm when the normal training session begins and swimmers are expected to time each other.

Let's make use of this unexpected opportunity to involve more Snappers in aerobic swimming and score higher than ever before in the National Aerobic Trophy Program. Somerset has held top spot in WA for too long!

ILFWA

At their first official gathering in 2009, the day swimmers applauded loudly when Marg Watson presented the Improves Like Fine Wine Award to Brian Downing. On joining the Club last year, Brian was the first to admit that he couldn't swim. Now he understands the importance of maintaining a good body position in the water, can manage a creditable distance in a session, has lost weight and continues to build his endurance. His goals are to swim 100 metres non-stop and complete 1000 metres in a session by April.

MINI ASHES

The fourth annual Snappers feet-first sculling contest was held on Friday 30 January. About 25 swimmers were timed over 12 metres and the five fastest 'sculled off' for the Mini Ashes in a close final over 25 metres. The results were Colin (53.54 sec), Geraldine (54.37 sec), Elizabeth (54.70 sec), Don (56.54 sec) and Barry (58.64 sec). If you look hard enough, you can see the tiny urn holding the ashes in Snappers' display cabinet en route to the fitness centre.

DEADLINE

Many thanks to Sue Colyer, Tricia Summerfield, Pamela Walter, Marg Watson, Barry Green, Gail Parsons and Eleanor Parsons for providing material for this issue of *Snappets*. I look forward to receiving your contributions for the next issue by Friday 6 March to amburbidge@westnet.com.au.
Thank you, Merilyn

VALE JOAN YOUNGBERG

After many years of living with cancer, Joan died shortly before Christmas. She joined Snappers in 1998, adding swimming to her intellectual pursuits of bridge, mah jong and affinity with MALA (Mature Adults Learning Association). Never one to complain, Joan wrote these words in her letter of resignation at the beginning of 2008:

"Just wanted to let you know that I have not renewed my membership of the Snappers for 2008. I made the decision with regret as I have very much enjoyed swimming with the club and have derived a great deal of satisfaction from the aerobic swims I completed in previous years. However I have found it increasingly difficult to make it to the pool although I will still hope to keep up with some swimming from time to time. I will of course keep up with news of the club from Jean and Colin and Doris. My best wishes to the club and all the members, and thanks to everyone for the friendship and support given to me."

Joan was a valued Club member who participated in day group activities and generously supported our annual Swimathon.

INJURY PREVENTION WORKSHOP

The first workshop, on Injury Prevention, of two funded by a Healthway grant, was conducted in heat-stress-simulating conditions in Crab Palace on Saturday 31 January. Seventeen Snappers attended the informative and interactive session presented by Dana Pimley from Sports Medicine Australia. Suggestions that came out of the workshop for reducing the chance of muscle cramp occurring either during or after training are:

- ◆ hydrating well several hours before the training session
- ◆ drinking tonic water, mixed half and half with water, 1 to 2 hours before
- ◆ eating banana or capsicum to maintain potassium levels
- ◆ consuming a sports drink after training to replace electrolytes
- ◆ stretching adequately after the session.



FIRST AID WORKSHOP

1.30 pm to 3.30 pm Saturday 28 February. Presented by Sports Medicine Australia. Anyone interested in attending this second Healthway-funded workshop, free to Snappers, should sign up with the Captains.

NEW JOINTS FOR OLD: KNEES AND HIPS

Still on the subject of injury, four Snappers are making good progress after joint surgery:

- ◆ Neil Ross (knee) has graduated to using the stairs instead of the ramp from pool level to foyer and is swimming well.
- ◆ Geoff Lane (knee) no longer needs crutches and says taking small steps is the answer.
- ◆ Barbara Fentiman (hip) says the ordeal of lying on her back strapped to a board for 8 hours in the air ambulance from the Canary Islands to the UK (Barbara took a tumble and broke her hip while she and Derek were holidaying at Christmas time) will stay with her for the rest of her life. She is getting the hang of elbow crutches, can manage the exercises OK and should be back in the water in about five weeks.
- ◆ June Maher (hip) is in the early stages of recovery after hip replacement. She reckons she's lucky having short legs because that means a shorter incision (compared to Barbara's) to install the new joint.
- ◆ Robyn's mobility was also impaired recently when she went A over T and injured her foot. Luckily, with age on her side, she won't need a replacement yet.

SCOTTISH JOKES

The first people in the UK to have double glazing were the Scots ... so their kids couldn't hear the icecream vans.

How many Scotsmen does it take to change a light bulb?

Och! it's no' that dark!



GOOGLE SAW AND HEARD

- ◆ Eleanor wearing pink!
- ◆ A 75 year-old Snapper completing two half hour Freestyle swims in January. On the plus side, she squeezed an extra 25 metres into the second one!
- ◆ Challenge Stadium's Jane Porter telling a Snapper that she will retire in a couple of weeks, after working for 16 years in reception.



COACHING TIP by Gordon Medcalf from *Different Strokes*, early 1998 (Extract provided by Marg Watson from Snappers' Archives)

Some Thoughts About Sprinting

When I heard an AUSSI swimmer say "sprinting isn't good for you", I knew we had a coaching topic for this issue. Taken at face value, the statement is untrue of course. All those stalwarts who keep recording top sprint times as they get older are not necessarily putting themselves at any risk. The statement needs qualifying, but it does raise some important points. We need to remember that the human body has two overlapping but different energy systems, anaerobic and aerobic, and each system is trained in a different way.

Many AUSSI swimmers exercise only their aerobic systems, training at 60-80% of their maximum heart rate about three times a week, 20 to 40 minutes at a time. That's fine. We can think of them as being "aerobically" fit. They can handle the summer swim-thru's and the AUSSI aerobic programme and they are much fitter than that sedentary public out there. Enjoy it!

But if you want to race you have to do some of your training at race pace. Sprinting is 100% effort with heart rate right up at max and you're still trying to go faster to get the edge over your opponent. Hey, it's not really fair to suddenly ask your heart to work at 100% plus if you've only been training at 60-80%. You have to train your anaerobic sprint system scientifically and progressively until you are "sprint" fit. What our friend could have said was, "Sprinting isn't good for you if you're not sprint fit." Sprinting puts a huge demand on your heart, lungs and muscles.

If you swim with your club and your coach has been mixing anaerobic with aerobic work, it should not be a problem to come up to the sprint scene when you want to. If not, and you haven't done it for a while, discuss it with your doctor, and do an ECG under stress to ensure that your loyal old heart is happy about being pushed to max revs. If OK, your coach can then take you through a progressive programme. If you're reasonably fit to start with, a few weeks of sprint training will usually get you up there, it that's what you want. If you don't want, just swim the interclub events at your training pace and enjoy it.

Perhaps there is a case for 25 metre events at our interclubs. A 100% 50 metre sprint is very demanding. In the first 25 metres, stored energy is exhausted and an oxygen debt is built up, then the second 25 metres can really hurt – not good for enthusiastic but unprepared older people. We'd be doing ourselves a favour if we were to introduce 25 metre events at our interclubs which are held in 25 metre pools. Also, there are many AUSSI swimmers who can't do a 50 metre fly but will compete in 25 metre fly events. By far the most popular events at the NZ Masters Games are the 25 metre sprints in all strokes.

Here are the DOs and DON'Ts –

- ◆ **DON'T** sprint at all if you're unhappy about pushing yourself up to max revs.
- ◆ **DON'T** try to sprint if you haven't trained for it.
- ◆ **DON'T** sprint if you haven't done a warm up first.
- ◆ **DO** get the OK from a sports medico before you start sprint training.
- ◆ **DO** include a few short maximum effort sprints in your training.

Editor's Note: It is interesting that only in the last two or three years have 25 metre events been included in BE ACTIVE Club Challenge programs. However, the idea is gaining strength. At the 2008 Masters Swimming WA State Swim, not only were 25 metre events included, but it was compulsory to swim in at least one 25 metre event.

OPEN WATER SWIM RESULTS contributed by Gail and Eleanor Parsons

Fremantle Swim Thru 1600m Saturday 13 December 2008

Age Group	Swimmer	Time	Age place	Gender place
55-59	Philip Hoff	35:29.99	4	88
60-64	Sue Colyer	37:03.91 (closest to nom. time)	2	55
55-59	Julie Crowley	40:24.78	4	88
65-69	Merilyn Burbidge	42:20.56 (closest to nom. time)	4	96

On a weather-perfect day, in crystal clear water, 11 Snappers enjoyed this swim. Four others made up the cheer squad. Marg and Brian Somes, Marg Watson, Pat Sugars, Audrey Bullough, Patrick Cooney and Theresa Elliott took part in the 400m novice event, with Theresa making her debut as an open water swimmer. There were two prizes for closest to nominated time and Brian won a hair straightener! Patrick deserved a prize, too. He set out early and walked from Cottesloe to Fremantle before the swim!

Tower to Tower (Scarborough to Trigg) 1800m Saturday 20 December 2008

Age Group	Swimmer	Time	Age place
18-29	Richard Devlin	36:06	29
50-59	Philip Hoff	39:19	9
60-69	Barry Green	41:19	6
50-59	Julie Crowley	43:01	4
60-69	Merilyn Burbidge	45:12	3

At 8.30 am, start time for the swim, the wind strength at Swanbourne was gusting to 46 km/h and at 9.30 am it was gusting to 43 km/h. Fewer participants than usual made the decision to swim, some not making it through the breakers to the start line. One Snapper (the oldest female in the event) reckoned it took her 15 minutes from the beach to reach the start.

Organisers' official summary: With tough conditions, the 2008 swimthru was an extremely challenging event.

Xstrata Swim Thru Perth 4km Sunday 18 January 2009

Age Group	Swimmer	Time	Age place	Overall place
30-34	Mike Kane	0:53:33.62	2	23
50-54	Eleanor Parsons	1:00:19.22	1	58

Two Snappers participated in this 90th anniversary event, the only swim thru with the bus trip taking approximately 200 swimmers in cossies, caps and goggles to the start line from Barrack St. The Swan River is still no cleaner and the jellyfish, whatever their role is in the ecosystem, live on in abundance. One Claremont swimmer swam the event doing backstroke.

Background Nonsense...What Thal!!

What an inspiration for Gail.... 4 km backstroke!!

Water Corporation OWS Series #5 – 1.25 km Sorrento Beach 24th January 2009

Age Group	Swimmer	Time	Age Place	Overall Place
50 and over	Phillip Hoff	25:21.61	2	75

Water Corporation OWS Series #5 – 2.5 km Sorrento Beach 25th January 2009

Age Group	Swimmer	Time	Age Place	Overall Place
50 and over	Eleanor Parsons	43:00.61	1	28
35 - 49	Gail Parsons	44:35.87	1	41

Australia Day Swim 2 km Scarborough Beach Monday 26 January 2009

Age Group	Swimmer	Time	Age place	Gender Place
50-54	Eleanor Parsons	33:53	2	9
45-49	Gail Parsons	37:43	1	20
55-59	Robyn Wilson	41:14	2	33
55-59	Philip Hoff	45:59	6	88
60-64	Julie Crowley	49:19	4	56
65-69	Merilyn Burbidge	52:27	3	65

SNAPPERS' BEACH PICNIC

Sunday 22 February
City Beach
8.00 am swim, 9.00 am breakfast
\$10 per person to Pat Byrne by Friday 13 February
BYO chairs

TAKEN AT SNAPPERS' CHRISTMAS PICNIC 14 DECEMBER 2008 (photos by Helen Green)



Dee, Brian and others in the queue for the feeding trough



2008 Club Champions Eleanor and Colin



Colin (Club Champion), Elizabeth (Founders' Award), Eleanor (Club Champion) and Marg S (Cliffe Webb Award)



Runners up Barry (Founders Award) and Wyvern (Kevin Wren Award)

HOWLERS

These gems, collected by two teachers in Ohio, are (said to be!) actual answers given in history tests and Sunday School quizzes by 5th and 6th grade children.

Ancient Egypt was old. It was inhabited by gypsies and mummies who all wrote in hydraulics. They lived in the Sarah Dessert. The climate of the Sarah is such that all the inhabitants have to live elsewhere.

Moses led the Hebrew slaves to the Red Sea where they made unleavened bread, which is bread made without any ingredients. Moses went up on Mount Cyanide to get the ten commandos. He died before he ever reached Canada but the commandos made it.

The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a young female moth.

Johann Bach wrote a great many musical compositions and had a large number of children. In between he practiced on an old spinster which he kept up in his attic. Bach died from 1750 to the present. Bach was the most famous composer in the world and so was Handel. Handel was half German, half Italian, and half English. He was very large.

Stadium Snappers values the support we receive from our sponsors

