



Armadale Masters Swimming Club

NEWSLETTER

JUNE

2017

CLUB CONTACTS

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IMPORTANT INFORMATION FOR YOUR DIARY!

- **Sun 2nd July – Swan Hills LLCC event. All had better be there! We have a good chance of coming first should all turn up. That means you Andy, Sarah, Tania, Yvonne and all!**

Attention!

The committee is reviewing the feedback regarding Endurance nights. There could be a training lane on Endurance Swim nights. Stay posted: An alert may well be sent in the not too distant future.

- MID YEAR SOCIAL FUNCTION 2017
“Memorabilia Night”

When: **Saturday 22nd July**



WHAT TIME: 6.30PM START

**WHERE: LIZ'S PLACE – 35 MACKIE ROAD,
ROLEYSTONE**

Relive the past of the Mighty Pelicans
Come dressed in your old club kit
Raffle, t - shirt and memorabilia auctions ... so bring your
wallet

**Please RSVP to Liz or Colin by Saturday July 15th
2017**

Also, as reinforcement:

Club	Date	Venue	Distances	Course
Swan Hills LiveLighter Club Challenge	Sunday 2 nd July	Swan Park	200/100/50/25m, Mixed Medley & 4x25m relays	SC
Leisure Park	Sunday 30 th July	Leisurepark	400/800m short course	SC
Claremont	Saturday 5 th August	HBF Stadium	Golden Groper State Relay	SC
Somerset	Sunday 13 th August	Aqualife East Vic Park	1500m	LC
Riverton	Sunday 17 th Sept	Riverton Leisureplex	400m & 800m	LC
Stadium Masters LiveLighter Club Challenge	Sunday 1 st October	HBF Stadium	200 (IM,FS,BRS & BK) 100 (FS,BK,Fly,BRS) 50 Fly, Brs, Free, 50BK, 4 x 50m women's & men's FS Relays.	LC
Fremantle Masters LiveLighter Club Challenge	Sunday 29 th October	Fremantle Leisure Centre	200 (choice of Free, BK or BRS) 50 Fly, 50 FS, 50 BRS, 50 BK, 4 x 50 Mixed FS & Medley Relays	LC
Melville Masters LiveLighter Club Challenge	Sunday 26 th November	Leisure Fit Booragoon	100m All Strokes, 50m All Strokes, 4 x 50 medley relay Women and Men	LC
Perth City	Saturday 23 rd Dec	Perth College	100 x 100m, 100 x 75m and 100 x 50m	LC

REPORTS

Captain's Report

We had a pretty good turnout of 12 swimmers for Round 5 of the Club Championships series on Saturday June 3rd given it was the WA Day long weekend. The format for this round was the reverse order of round 4 with the 50m and 100m choice of strokes. Top points scorers on the day with the maximum score of 10 was: Tim, Graham Hicks and Yvonne Hunt. There were four pb's set with Tim putting in a great effort in his 100IM, Derek in his 50m freestyle, Jeff in his 100m breaststroke and Hans in his 50m free. There was also one club record set with Graham Hicks bettering his own time for the 50m backstroke in the Male 65 – 69 Age Group. A quick glance at the leader boards midway through the club championship series sees Sue Sullivan on top in the girls by 2 points from Yvonne Hunt and Gill a further 5 points behind in third. In the boys, we have Jeff out clear in front 16 points from a three-way tie for second with Hans, Graham Hicks and Fettes all on 28.

Reminder: Sat 3rd June – Rd 5 Club Championships

The Rowie (Vice President) Report

Endurance 1000 Update

So far this year, we have earned 3217 points in the National Endurance Trophy. To put this in comparison, last year we earned 3334 points over the entire twelve months! So far, 27 of our 42 members have participated in the program this year. If you haven't recorded a swim, make July the month to do it. Taking on a longer swim is a great way to test your fitness and challenge yourself. It doesn't matter if you are fast or slow, having a go is what counts.

Stadium Masters 1500m Carnival - Saturday 10 June 2017

I went along as the sole representative for Team Armadale. I was slightly surprised to wander in to HBF Stadium and see Jeff sitting in a corner, but apparently he was there for some other secret swimming business...

Entries for the event were surprisingly high - with over 40 swimmers registered. A fair proportion of these came from the Cockburn club - great to see them out and about! I did my 1500 breaststroke, and didn't have a good day in the pool. I lost my cap at about 1050m, and spent the rest of the race learning about the physics of long hair in water. Turns out, it doesn't turn around as fast as I do, so it was there waiting to slap me across the face at every turn... I eventually finished in just over half an hour, a bit slower than last year at Somerset.

With so many swimmers, we had our work cut out for us officiating.

Two things emerged from this meet that all swimmers need to be aware of.

Firstly; two swimmers were disqualified for non-conforming swimwear (zips and clips). There are quite specific rules surrounding what is legal for bathers in competition, if you aren't sure, please ask and take a back - up pair with you just in case.

Secondly; a swimmer was disqualified in a breaststroke event for numerous stroke infractions after reaching up and adjusting their cap and goggles. Unfortunately, for breaststroke and butterfly, this means you are highly likely to fall foul of the quite strict rules. If you do have issues with your cap/goggles/bathers, keep swimming until the end of the pool, touch with both hands, then adjust your equipment and push off the wall (not the floor) on your front and continue your swim.

The next Endurance meet is the 400/800 short course meet at Leisurepark, Balga at the end of June. This is a great meet and the food at the end worth swimming up an appetite for. Perhaps we can get a few more representing Team Armadale...??

Rowena Burch

The Great Barrier Reef Masters Games, Cairns, Late May 2017 Report

Masters is about fun, friendship and fitness. Well, some of the archers and cricketers did not look very fit, neither the Ten Pin bowlers! But, yeesh. they were full of fun and very friendly and all the others.

A fancy dress parade started the festivities. Through the town we wove to the night club in a huge barn called 'The Jack'.



Party time! A W.A. netball team won the fancy dress prize. They did us proud in their fluoro cowboy boots and hats, and other tight fitting flashy garb.



Basketball posers!



Gold! First home in the 240 + mixed 4 x 50 freestyle relay. What a joyful poser!
The Hervey Bay team was a male short. The chose me for the last lap!



Yikes! Methinks this Tasmanian may have DQ'd us in the 240 + 4 x 50 mens' freestyle relay.

Turned out we won silver!



On his way to Bronze in the 70 – 74 age group ... 200m free, or was it in the 100m free or 50m free?



Gaawd! Look at him! His chest has dropped! And he wants to swim at the Budapest FINA World Masters Champs?

Afterwards: Had a grand time driving through the Daintree to Cooktown in a 4 x4, and back to Cairns via Mareeba and Kuranda. Beautiful scenery all the way, especially around Cooktown. Great AirBnBs, the one on the left bank of the Barron river above the Barron Falls at Kuranda was a delight. (The house was purportedly built for Alan Bond. Had we known we may not have stayed ... no hero of ours). A few wild animals: the beautiful Ulysses butterfly, a cassowary, a 6 metre salty in the Bloomfield estuary (took a dog yesterday ... so the local Aborigines told us) a Lumholtz tree kangaroo and many bird species. Then slowly south to Airlie Beach in a 2 wheel drive. Highlights: the alternatives at Bingil Bay and in time for the Cassowary Festival; snorkelling on a colourful coral reef (bleaching has not reached that far south) undisturbed by Debbie. (We were horrified at the power of Debbie and damage caused at Shute Harbour. 5 yachts still missing. One found on a road 3 metres above high tide level, another driven deep into the mangroves. Trees shredded of their leaves, but making a comeback.)



Stunning Whitehaven beach where Marie polished her jewellery in the fine sand.

Back we went to Townsville, as fast as Marie and the speed limit would allow ... to catch the early afternoon flight to Sydney.

3 wet days with friends near stunning Kuringai Chase (a great example of an incised/dissected plateau with flooded valleys from the raised sea levels of the last ice - age big melt). Too wet and cold to venture to the CBD to catch the Vivid (Light) Festival. Next time.

We arrived back in Perth 87 minutes overdue. The reason: we sat in a plane at Sydney airport for an hour. We were informed there were technical difficulties. Then came the announcement that 40 passengers were required to decamp in order to lighten the load. They would be allocated another plane. It would not be done randomly. Names would be called according to QANTAS loyalty! We thought we were OK. (I have accrued some frequent flyers. Marie has not.) We were the last names to be called out. Bugger! At one mad moment I considered refusing and asking for a blood nose punch in the hope of extricating millions in compensation. So, back to the terminal we tramped minus our bags. We were then placed on another flight to Perth. But... you beauty! ... a new Airbus. Much faster. And, much wine flowed in compensation. We arrived 10 minutes after the original plane. Our bags were waiting for us. <http://www.watoday.com.au/wa-news/passengers-kicked-off-qantas-perth-flight-because-plane-was-too-heavy-20170612-gwpomu.html>

Fettes Falconer

BIRTHDAY WISHES

Belated: Jacqui Briggs 17th June.

Bert Vosbergen 18th June. Trust you had a great day.



Mark Salomon 28th June

Andrew Johnson 3rd July

Ross Doherty 19th July

ENJOY YOUR DAY
