

## ARMADALE MASTERS SWIMMING

### NEWSLETTER

JULY/AUGUST 2012

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There is no report from the **President** this month as he is cavorting overseas..

No report either from our beloved Coaching Co-ordinator. Heather is recovering from a bout of influenza (as is half of the state). (Charles is also suffering with the same complaint). All good wishes for a speedy recovery to them both.

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We have a report on the BACC events from Jeff from the Coaching Team as follows:

### **Be Active Club Challenge Events**

#### **Mandurah 24<sup>th</sup> June:**

We had a fired up team of 13 swimmers at this event. We gained a respectable 7th place with 94 points and all swimmers should be very pleased with their swims, many of which gained maximum points. The team was made up of Graham Cragg, Stanley, Linda, Charles, Gillian, Graham Hicks, Heather Jeps, Mary, Lexie, Yvonne Hunt, Greg and I (Jeff). In total 10 new club records were set and 10 personal bests were swum. Yvonne Lovegrove who had entered the carnival and was not well on the day still came along to support the team. Thanks to Peter Rankin and Alan Plant who did most of the time keeping, this allowed us swimmers to focus on our events. Again with so much information to report I will list all the achievements swimmer by swimmer.

**Graham Cragg:** Graham was on fire lowering his existing state record in the 100m Breaststroke, gaining first place in all of his events and bettering his previous club records with PB's in both the 100m Breaststroke and 100m Individual Medley. Graham was also the clubs top point scorer on the day with a total of 12 points. Well done mate.

**Stanley:** Stan with his smooth slippery style gained a 1<sup>st</sup>, a 2<sup>nd</sup> and a 3<sup>rd</sup> in his 3 events. Stan broke 2 of his recently set club records in both the 50m Freestyle and 50m backstroke.

**Linda:** Who was very quick off the blocks also gained a 1<sup>st</sup>, a 2<sup>nd</sup> and a 3<sup>rd</sup> in her 3 events and added yet another club record to her name in the 100m Freestyle.

**Charles:** Racing against our old coach and life member Nicole Badani in the 100m Breaststroke was under pressure to perform which he did just pipping Nicole at the line and getting 1<sup>st</sup> place in his age group. Charles also got a 1<sup>st</sup> place in the 50m Breaststroke with a PB and breaking his existing club record.

**Gillian:** Came first in the 50m backstroke scoring maximum points for the club and just 0.17sec of her personal best, came 2<sup>nd</sup> in the 50 Butterfly and 3<sup>rd</sup> in the 100 Individual Medley.

**Graham Hicks:** Scored 8 points for the club with a couple of 2<sup>nd</sup> places. Graham also broke the existing club records in both the 100m Individual Medley and 100m freestyle

**Heather Jeps:** With her new aggressive looking breaststroke style got a 1<sup>st</sup> place in the 100m Breaststroke scoring top points for the club and got a PB breaking her existing club record in the 50m Breaststroke which she set at Mandurah last year.

**Mary:** In a larger field of 65 -69 year old swimmers than normal still managed to come home with a good second place in the 50m breaststroke and participated in the relays helping us getting 6 teams together and getting a swag of points.

**Lexie:** In the 100m Freestyle did a great dive and then was not seen for around 30 seconds. I was just about to dive in and look for her when she popped up and gasped a breath of air before getting stuck back into the race. Lexie swum in both the relays helping us getting 6 teams together and getting swag of points.

**Yvonne Hunt:** With her new freestyle stroke gained a PB in the 100m freestyle beating her old time by nearly 3 1/2 seconds and set a club record in the 50m Backstroke.

**Liz:** Got a PB breaking her existing club record in the 50m Breaststroke which she set at Mandurah last year. She was then seen coming out of the showers all dressed up to go when she found out that she still had another relay to swim. I think I got the blame when she had to rush back into the change room and put back on her cold bathers.

**Greg:** With all the excitement and pressure in the 100 Individual Medley against the 2 Graham's, Greg broke early of the blocks and was DQ'd. I tried to argue with the judges on his behalf but they would not overturn their decision and told me that he was gone before they even said, "take your marks". However earlier in the competition Greg smashed his 50m Butterfly club record by nearly 3 1/2 seconds with a PB of 41.86.

### **Swan Hills 1<sup>st</sup> July:**

With only a team of 8 swimmers and some blistering club record swims we still managed to come out as the top club when the handicap points system was applied, which is a first since I joined the club back in 2008. This winning team of 8 was made up of Graham Cragg, Stanley, Linda, Gillian, Graham Hicks, Heather Jeps, Greg and I (Jeff).

In total 9 club records were set and 5 PB's sum with Gillian lowering her 50m backstroke record from 2008 with a personal best (Where did that come from Jill?). Heather Jeps lowered her existing 200m breaststroke by nearly 4 seconds with a PB of 4:00.18. Graham Hicks now in the 60 year olds is slowly putting his name to all the club records in this age group and set 3 club records in the 25m Freestyle, 50m backstroke and the 100m Backstroke. Stanley with another 2 PB's since joining the club lowered both his 100m Freestyle and 50m Butterfly club records. Graham Cragg lowered 2 club records with PB's in both the 25m backstroke and 25m Breaststroke. Despite breaking the start and falling of the blocks in the 50m Freestyle I (Jeff) came back and sum a PB in the 25m freestyle.

Swan Hills put on a huge amount of food which we all tucked into after hearing the good news of our first place overall.

JEFF

## **SAUSAGE SIZZLE – 30 September 2012**

We are pleased to announce that confirmation has been received for the club to hold the sausage sizzle as planned on September 30<sup>th</sup> at Bunnings in Harrisdale.

For further information please contact Greg on 9459 3845 or at the pool or [mrfrey@iinet.net.au](mailto:mrfrey@iinet.net.au)

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## **CLUB BUSH WALK**

Jeff is seeking out a Club Bush Walk for interested members to be held in the next few weeks. Please let him know if you are interested on 9 497 4059, at the pool or [jeff@westernirriation.net.au](mailto:jeff@westernirriation.net.au)

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## **AEROBIC SWIM SESSION**

Interest has been expressed for an aerobic session at the pool but we need more attendances to arrange this.

We know there are a few members on holiday at the moment but there are lots who aren't so get off the lounge – it's not so cold really and the Tour de France is on later in the night! Be brave and join in with the fun, fitness and ?? oh yes – friendship.

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## **HAPPY BIRTHDAY TO:**

Louw 27 August  
Zita - 28 August

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**The last Word is from Lane 8** this month and must be for Yvonne Lovegrove. All arrangements were made for a much anticipated trip to USA until... she fell in her yard and broke her big toe in the last few days before getting on the plane. Things didn't look good for a short while but she did get on the plane (with special seats) and we hope the trip is going well for her and Keith.

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*“Youth is the gift of nature, but age is a work of art”*

Hon. Ed.