



Armadale Masters Swimming Club

NEWSLETTER

FEBRUARY 2015

CLUB CONTACTS

President: Ross Doherty 9496 2821
AMSC.President@hotmail.com

Coach Coordinator: Heather Croft 9390 9177
AMSC.CoachingCoordinatorcrofbrigh@aol.com

Secretary: Lexie Rankin 9398 6857
AMSC.Secretary@hotmail.com

Club Captain: Colin Gibson 9498 3931
AMSC.Captain@hotmail.com

IMPORTANT NOTICE

AGM March 7th – Please put this date in your diary

Held after training at 10:30 am in the club room

Please consider helping in the running of your club by becoming a committee member. Nomination forms were sent to all members by our Secretary Lexie. Completed forms should be returned to Lexie by Thursday 5th March.

Committee meeting are held on the third Monday of each month starting at 7pm for approximately 1.5 hours.

Reminder that Health forms are now due – please give to Mary Plant.

TEA ROSTERS FOR MARCH

7 th	Jeff	Graham Hicks	Mary
14 th	Ross	Pamela	Chris
21 st	Yvonne L		
28 th	Linda	Graham Cragg	Jennifer

Please arrange a swap if you are not able to do morning tea on your rostered day

GENERAL INFORMATION

COOGEE TRAINING SWIMS

We will be having our last Coogee training swim on Sunday 15th March. If you haven't done this before then it is a very enjoyable morning. "Non swimming" family members like to walk along the beach while watching out for the swimmers. Some swimmers go from jetty to jetty and then walk back, others like to swim both ways while some prefer just a short swim. All club members who swim at Coogee are given a bright orange swim cap for you to keep, this cap is solely for swimming at Coogee so you bring it back each time we swim there. This orange cap is so our swimmers can be identified in the water, we also have all names of swimmers on a board which you cross off as you finish your swim.

Instead of the usual breakfast we have decided to have breakfast at the Coogee Beach Café. (Thank you to Alan Plant and to Brett Finlay for cooking our breakfasts to date)

Please think about joining in this last training swim and bring your family to enjoy our after swim time get together.

DATES TO REMEMBER

2015 CITY OF COCKBURN JETTY TO JETTY SWIM SUNDAY MARCH 8TH

If you have yet to do an ocean swim then this is the best place to start. You can enter for the 750m swim or the 1500m swim, it is also a great social get together for our club. After the swim we sit under the trees enjoying the company of swimmers and their families while eating a 'big breakfast'

Beatty Park Masters

LiveLighter 50's Event

To be held at

Beatty Park Pool

220 Vincent Street, North Perth on

Friday 6th March 2015

Warm up 6:15pm for a 7:00pm Start, Last Heat 9:00pm

Venue is an outdoor, long course pool

Masters Swimming WA

LiveLighter 2015 All Club Challenge

SHORT COURSE MEET

Saturday/Sunday 28th/29th March

HBF Stadium - Mt Claremont

2015 HBF Masters STATE OPEN WATER SWIM

SATURDAY 21st March 2015 at Coogee Beach (Coogee Beach Surf Life Saving Club, Poore Grove, Coogee)

8.45 am Race Start. For Masters Swimming WA members **ONLY & NO LATE ENTRIES**

2015 NATIONAL MASTERS SWIMMING CHAMPIONSHIPS

Entries are open for this event to be held in Hobart from 8 – 11 April. Registrations are open online via MSA or Masters Tasmania Websites. This is a short course. Entries close 2nd March.

Heather and Charles Croft will be going so if you need any more information on travel, cost of fares or accommodation Charles can give you some help.

WELCOME TO OUR SWIMMING TEAM



Welcome back to our swimming club Byron Geneve and Welcome to Vanessa Toop

BIRTHDAY WISHES



3rd March - Graham Hicks

13th March - Bill Stevens

21st March - Tim Pillay

4th March - Colin Gibson

14th March - Linda Cragg

12th March - Ilyaas Abdulraman

21st March - Charles Croft

Enjoy your day and celebrate well.

RAMOS REPORT LEIGHTON BEACH;



“When the going gets tough the tough get going”

RAMOS; formerly Regular Armadale Masters Ocean Swimmers

Now; Remarkable Armadilions Managing Outrageous Situations

“The endurance mood is the suppression of pain, pressing ahead towards achieving the ultimate goal.”
I hope you are getting the picture, the day was not the normal clear blue sky, flat water and no wind, No far from it.

Picture a grey cloud filled sky, windy and rough sea's not just a little chop but rolling white caps, not ideal swimming conditions.

You may ask did that put off the 4 brave souls that stood shoulder to shoulder on the beach, well yes just about , however with our club president leading from example guiding and supporting us with caring words , we hardened our resolve for what was going to be a test for us all.

Rosco, Charles the Champion and myself had signed up for 3.2 klm with Heather doing the 1.6 klm.

The course was simple, head south following many marker buoys 800 mtrs then turn and swim back, twice for the 3.2klm. The first leg was a tough, into the wind and waves slog , a battle in your mind, trying to will your arms and legs to keep going, find some clear air to suck the breath in and all the time a little man in your head saying “ come-on stop this nonsense and just get out”. Luckily the return leg although still rough was with the waves and helped considerably, enough to change your mind to do the next lap.

I am pleased to report that we all overcame our demons and battled on to complete the course. As expected the times were slow however regardless of times a fantastic achievement.

Congrats to all who swam

Breaky was well received, and lucky Heather picked up a well-deserved spot prize

Good luck to all competing in the virtual Rotto and to Bec and Justine in the real Rotto swim

See you all in the drink

Greg

RAMOS REPORT BUSSELTON JETTY SWIM 8 FEB 2015



3.6 KLM 20TH ANIVERSARY SWIM

What is the mental state of someone who for no apparent reason decides on a set morning that they will dive into the ocean and swim 1.8 klm directly away from the shore , deep into the Indian Ocean, and then think better of it and turn around and swim back to shore.

Well that was the state of some 2000 swimmers on Sunday morning 8 Feb, the largest number for the race since it started 20 yrs ago,

A magnificent sight for all competitors and supporters alike.

The event really starts on the afternoon of the Saturday when the foreshore is alive with swimmers registering and collecting the gift back pack complete with your race cap and timing strap, added goodies of drink bottle, stickers and gift vouchers, don't forget to sign the waiver, and make sure your timing strap is recorded to you.

The swim committee and Busselton shire put on a huge weekend of activities with a large concert and fireworks on the Sat evening.

Early to bed for most, lots of water and for some old hands a restful sleep, however for some attempting this iconic swim the first time it can be a restless night , sole searching trying to make sense and the dawning reality of what they have agreed to do. Few!! Feel the tension, Up early on Sunday and down to the beach for a 7.15 briefing, new this year was transfer numbers instead of texta numbers on the arms and legs, the system worked well. Preparation of sun screen , clean goggles, final check and head to the start line with the mass of swimmers, young , old, all shapes and sizes, wet suits, fins, snorkels even one girl I talked with who had her camera with her for some shots along the way!!!##***.

Conditions on the day were good at 7 am it was "flat as a pool" no wind, by the start time of 8 the wind had started to slightly increase making the 3.6 klm journey a bit bumpy at times, not perfect conditions as noted the winners time was 3 min slower than the record, however an amazing 43 min, yep that is an average of 36 sec per 50 mtrs for 72 laps.

Fantastic news that all 12 Ramos swimmers who entered completed the swim and are all very happy with their times.

Huge congratulations to Hans who competed for his first Busselton swim and had only just started ocean swimming a few weeks before, his time was 1 hr 38 min 25 sec that is an

impressive 1min22 sec/50mtrs for 72 laps well done;

Our super fish Rebecca did an amazing time of 59 min 02 sec on track for the really big Rotto solo 20 klm swim in a few weeks, well done Bec

On the competition front, the pressure was being felt by myself with Gillian and Charles looking to knock me off my very shaky mantle, and over the 3.6 klm only 1 min 24 sec separating all three of us. I just managed to sneak home in front by a very narrow 23 sec from Gillian and Charles only 1 min 1 sec behind Gill. Greg 1 hr 4min 53, Gill 1 hr 5min 16 and Charles 1 hr 6 min 15.

Other superb efforts were;

Ross 1 hr19.31, Colin 1 hr 22.52, Heather J 1hr 26.05, Jeff 1 hr 26.37, Heather Croft 1 hr 26.53, Liz 1 Hr 28.43, Heather Adams 1 Hr 32.31.

Special mention to the Jepstar who casually does this swim with only 1 day a week training. The Busselton swim is a great challenge and is very achievable for all swimmers, the feeling of elation at the end is normally enough for swimmers to book it in for next year,

As usual a great breaky de brief was held and enjoyed by all,

Thanks to all the supporters

Greg

“The road to success is always under repair”

RAMOS REPORT AUSSIE DAY 2015 DODDS BEACH MANDURAH

A new venue for this year's Aussie day 2 klm ocean swim, well the jury is out with some preferring the old site behind the Silver Sands hotel. A beautiful day strongish winds made the water a little rough on the return leg. The course was a two lap circuit, however swimming east was into the sun making finding the big orange marker buoy's a challenge. However as they say especially on Aussie day “you would not be dead for quids”

The swim started with a traditional rousing recital of Advance Australia fair, led by Rod Baker an amazing example and inspiration to us all, Rod is well into his 80's fit as a fiddle and looks about 65, The briefing over overseen by our own Rowie who is learning the ropes as an ocean water referee, we all headed for the beach.

The race as usual has several waves so after a 2 min gap between each wave all swimmers were in the water and under way.

Armadale was well supported again with 10 swimmers, Rebecca was the stand out super star, heading out for a light swim in preparation for her solo Rottnest swim in a few weeks, and Bec came home 1st in her age group with a red hot time of 33 min 23 sec.

The rest of the Ramos regulars came in generally as they are supposed to HOWEVER, some of the swimmers are starting to rethink their position, namely C T C (Charles the Champion), recently our own superfish Gillian has felt the pressure of Charles as he has slipped past Gill a couple of swims this year, but now he is chasing me, in fact I was only able to hit the beach a very slim 3 sec, yes 3 sec in front of Charles. What is that man on, I demand drug testing. No not really, Congrats to Charles who had a great swim at 37 min 14 sec,

The rest of the team came in the following order Gill 37.35, Graham H 40.27(still trying to shake off a really sore back) Ross 44.05 Col 46.54 Heather 47.09 (something in the

Croft water I think) great swim again Liz 47.30 and a fantastic 2nd in her age group and Jeff at 48.48 bringing in the rear of our field, It should be said that Jeff did spend a few hours up and down Jacobs ladder on Sunday.

As usual the morning ended with a scoop of prizes for several of the members and then any Ramos swim is not complete without a fantastic breakfast this one was at the Dome, which was a very convenient 100 mtrs away.

Thanks for all who attended and as usual all Armadale members are welcome, have a chat to one of the regulars and come and join us for any one of the many ocean swims that are coming up.

Next week is the Swanny to Cottesloe 2.2km

See you in the drink

Greg

ACTUAL ROTTNEST SWIM IN THE OCEAN

And the top spot must go to Rebecca Yip who not only did her first solo swim to Rottnest Island but had to face a cruel sea and many hours of hard work to get there. Well done Rebecca we are all very proud of you.

VIRTUAL ROTTNEST SWIM

21 FEBRUARY 2015

The Virtual Rotto Swim has come and gone for another year – phew.

Most people started arriving at the pool at around 5.30 am with a chill in the air but the promise of a beautiful day.

Once I got the time sheets and the stylish pink swimming caps, it was time for the serious business of getting enough lanes for our swimmers. The pool management was very kind giving us 5 lanes so the duo of Greg and Rowena had a lane to themselves – at least for a while.

Once the briefing was over, the race was on at 6.00 am.

Now for the teams and times:

Duo: Rowena and Greg – time 5:51: 8.2 sec.

This was a team to avoid when it came to their changeover. I was unfortunate to be standing near Rowie when Greg was finishing so had to stop his clock and start hers, then write numerous times down with Greg trying to explain what I should be doing – ALL TOO HARD. I moved a long way from them at the next changeover. Well done to this team who powered along for their 20km. Then Greg went over to the novelty team and swam 400m for them – what a legend. Also while I was doing my bit of time keeping for this team, Greg was having a malfunction with his bathers having to pull them up at every turn.

Teams of 4:

Ross, Heather C, Graham Bamford, Charles – time 7:15:25.69. We seemed to be fairly steady all the way except for Graham who got faster with his billowing T shirt on – weird!!

Gillian, Katherine, Janette, Colin – time 7:16:01:24 – same old competition between Gillian and Charles. Katherine hadn't swum with us since the last virtual Rotto swim but she fitted in really well and may join us as a 2nd club.

Heather J, Jennifer, Danny, Fettes – time 7:40:53. Competitive Fettes kept asking me what the other teams were up to.

Liz, Mary, Hans, Derek – time 8:01:05:66. Quietly and efficiently swam their 20kms, except there was a bit of a panic when Liz lost her goggles and pink cap.

Zita, Laurence, Pamela, Julie – time: 8:14:28. Just a coincidence I put the police force together (sorry Pamela). I did ask Laurence to solve the case of Liz's missing pink cap and goggles. Amazingly he spotted quite a few pink caps and goggles but unfortunately Liz didn't seem to be able to recognise any of them as being hers.

Novelty: Catriona, Jeff, Sean, Yvonne L, Graham Hicks, Vanessa, Michelle. Graham has already done a report for this team, which did really well with some swimmers coming and going. Once again Lexie and Peter did the time keeping so a big thank you to them again.

Lexie and Peter also brought their gazebo which I am sure Belmont was very grateful for.

This is always a great day for mixing together and getting to know members from the other lanes. The shared food was very welcome and yummy. I took credit for quite a while for the slice with the coconut but then Liz got me to crack under pressure and I had to admit I hadn't made it or even brought it.

I would like to sincerely thank all the swimmers who took part in this swim. Everyone from the teams of 4 turned up, which is a bit worrying beforehand. All seemed to be enthusiastic and in good spirits throughout the day. I think we were all over it by the end of the day (except maybe for Greg, not sure what he was on), but I'm sure we'll be back again next year.

I think everyone should be very proud of their efforts as all swimmers finished and were a credit to their team – WELL DONE!!

Heather Croft
Coaching Coordinator/Head Coach

TEAM OF-5 4 6 4 5 6 7 or whatever -- Team AMSC

Hi Team,

What a tremendous team we are, completing the Virtual Rottneest Channel Swim in 7 hours 25 minutes. We all swam slightly different distances but together we knocked off the 20km in quick time. Check out the team photo and all the results in the attachments.

Michelle decided she has done enough after 1200m so deliberately stood on a bee so she could head off to somewhere cooler. A few simple words would have sufficed. No need to go to such extraordinary lengths.

Jeff swam in all thirteen rotations, just cruising along doing 200m at a time. I think he was getting a little cold as he did add a 1500m in to the mix.

Yvonne put in a solid performance and also completed all rotations. Although the old hammy gave she some trouble when trying a 400m.

Cat could not decide if it was better to swim freestyle or backstroke so just kept alternating for the whole swim.

Previous member Sean came along to lend a hand. He was nearly the only other swimmers to complete all rotations but I noticed he missed the first rotation which I thought was a bit slack. You would think people could turn up on time.....

Bill turned up at one point, jumped in, did 800m then disappeared. Must of had a better offer somewhere.

Vanessa had her son's birthday party over on the grassed area. With 15 kids screaming and running amuck she decided to leave them with her husband and come over and do 900m. Swimming the last lap to complete our 20km.

Greg is a glutton for punishment, after completing a duo with Rowie he came over and knocked out two 400m to help us.

Before I finish I would like to thank two special people who come along each year and do all the timekeeping for us. Without Lexie and Peter we swimmers would not be able to relax back, eating and drinking and generally enjoying ourselves when not swimming. Thanks guys, we do appreciate it. 😊😊😊



Team Fetz's Follies



Team AMSC



Team Armadale



Team Seahorses



Team Swim Reapers



Team to the Deep End and Back



Team Pelicans

MEMBER NEWS



Jennifer Findlay's daughter (Melissa Ward) is due to have her first baby on March 23rd
We send our best wishes to Melissa and look forward to Jennifer giving us the happy news when the baby is born.

Sent in by a club member for those who swim in Dublin

**Due to a water shortage in Ireland,
Dublin swimming baths have announced
They are closing lanes 7 and 8.**

This is our club newspaper and we love to share the good things that happen
Please email your holiday, sporting or any other good news to
amsc.editor@gmail.com

Hon Ed