

Armadale Masters Swimming Club



NEWSLETTER

JUNE 2015

CLUB CONTACTS

President: Ross Doherty 9496 2821
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Coach Coordinator: Heather Croft 9390 9177
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Secretary: Lexie Rankin 9398 6857
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Club Captain: Colin Gibson 9498 3931
AMSC.Captain@gmail.com

IMPORTANT INFORMATION

MSWA has a new home at 565 Hay Street Daglish (opposite Lords) and finally the new phone number has been connected – **08 9381 3550**.

We have sub-leased office space with Sports Medicine Australia (WA) and are enjoying their company and the location, which is still very convenient to the sporting precinct at HBF Stadium.

Our other details remain the same:

Executive Officer: Wendy Holtom wendy@mswaasn.au (0417 941 251)

Project Coordinator (P/T): Nadine Georgiades projectcoordinator@mswa.asn.au

WEB: www.mswa.asn.au

FACEBOOK: <https://www.facebook.com/MastersSwimmingWesternAustralia>

USELESS INFORMATION

Did you ever notice: The Roman Numerals for forty (40) are XL.

MANDURAH SWIM

Mandurah Masters LLCC Challenge Series Event Captains Report We had a great squad of 18 swimmers head to the Aqua Jetty in Warnbro on Sunday 21st June to compete in this year's Mandurah Masters Challenge Series Event which attracted swimmers from 10 clubs. At the end of the day we finished a fantastic 2nd place with 190 points. There were many great swims for the day resulting in 6 swimmers scoring maximum points. We had 8 swimmers recording personal bests, Gill, Heather C, Liz, Lochie, Pamela, Mary, Jeff and Hans. We had 16 individual records set and 2 relay club records in the 200M Mixed Free 160-199 age group (Rowie, Col, Gill, Chas) and 240-279 age group (Jeff, Heather A, Hans Pamela).

A fantastic effort by everyone involved and we cleaned up at the raffles as well with Colin, Hicksy and Catriona's mobile phone?? twice having winning tickets. A special thank you to all those who did timekeeping duties for the club. So a big thank you to everyone who came along and swam for the Mighty Pelicans!.. Cap'n Col.

ps. Next event is the Stadium Snappers LLCC meet at HBF Stadium on Sunday 20th September.



GENERAL INFORMATION

UNIFORMS

If any club members are in need of new or 'replacement' uniforms please contact Jennifer on 93907376 for information on purchasing.

DATES TO REMEMBER

Stadium Snappers LLCC meet at HBF Stadium on Sunday 20th September.
See Colin for more details

SOCIAL EVENT

Our Mid-winter social will be early in August. Confirmation of date and venue will be sent out via Liz.

MEMBER NEWS

Perth Marathon



Rowena at the 12km mark



Rowena's mum and dad (Sue and Glynn)

I ran the Perth Marathon on 14th June in around 4 hours, 27 minutes. The conditions for running were near perfect, and my outfit received plenty of comments (if only I managed to dress so well for work...) My intention was to beat my time from last year, but apparently training for a marathon, Nationals and studying isn't an ideal combination and I finished 4 minutes slower. I guess that means I will have to have another crack at a PB in 2016... once I have forgotten how much it hurt. Thanks to the West Australian Marathon Club for organising such a great event. If any swimmers are looking for something to compliment their swimming, have a look at what the marathon club has to offer - it's not just marathons!

(Thanks Rowena and it is great that your parents were able to share in the day with you.)

WELCOME TO OUR WORLD

Ariane Lucy (3.58ks) was born 29 May at 11.09pm at KEMH her parents Stuart (Liz's eldest son) and Alison are now learning how to cope with sleep deprivation.



And from Japan

Flettes and Marie are enjoying quality time with their son, Alex, (who took the photo) and their grandson Kai. They spent a week driving around Hokkaido. Now in Sendai (which is recovering from the Tsunami.) Off to Tokyo and then Kyoto.

Happy days



Thanks Flettes

BIRTHDAY WISHES

Louisa Cockram July 14th

Ross Doherty July 19th

Catriona Adams July 20th

Fettes Falconer July 25th

Enjoy your day and celebrate well.



INTERESTING SIGNS

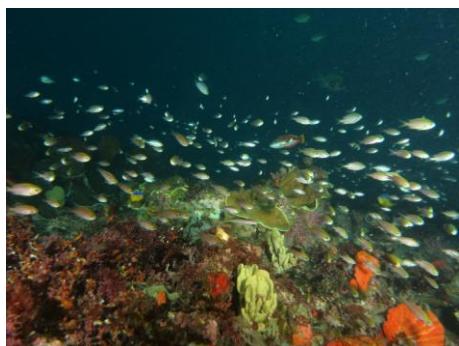
In an office: AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

In a London department store: BARGAIN BASEMENT – UPSTAIRS

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And from our underwater explorer:

Thank you Derek for sharing with us these wonderful photos taken on one of your recent dives at Rottnest. It is easy to see why you like diving.



Please send any news items to the editor at [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)