



Armadale Masters Swimming Club

NEWSLETTER

**MARCH
2016**

CLUB CONTACTS

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GENERAL INFORMATION

The committee would like to thank Lexie for the great work she has done over the years as our club secretary. Her dedication to the job has always been appreciated and carried out with utmost care.

We have the pleasure of saying welcome to Vanessa who is taking over the position of our new secretary. Also welcome to Fettes as a committee member who will take over as the newsletter editor.

WINTER SWIMMING VENUE

From Saturday 9th April we will be changing to our winter training venue being the Cannington Leisure Centre starting at 8.50am. For those who will be swimming there for the first time, we usually have morning coffee after the swim at the pool café.

CLUB CHAMPIONSHIP

Club Championships Round 2 Saturday 5th March

We were back to our usual Saturday morning timeslot for the second round of the 2016 club championships on March 5th. It was a good turnout of 12 swimmers given it was the Labour Day long weekend. We were joined by an old member Sue Sullivan, who after some encouraging words from some old club mates, joined in and swam her two events, well done Sue. There was also talk of a return to club as well. As for the round, swimmers had a choice of two different strokes over 100 metres

Most swimmers chose to go with freestyle and their preferred other stroke. Highest points scorer on the day was Rowie with Jeff in second. There were 4 pb's recorded which included Rowie in her 100m butterfly, Fettes in his 100m breaststroke, Colin in his 100m breaststroke and Jeff in his 100m freestyle and 100m breaststroke. There were also 3 new individual club records set with Rowie beating her own time in the 100m fly and both the Yvonne's (Hunt and Lovegrove) setting records in previously vacant age groups, well done ladies.

Great swimming everyone.

Please see the website for all the reports.

Also thank you to everyone for your timekeeping and recording efforts.

I would like to be able to also say no missed strokes on the sheets but our repeat offender (who shall remain nameless) was at it again.... you signed your name Fettes...again...oops!

Cheers.

Cap'n Col.

EVENTS.

Saturday 2nd April LiveLighter 2016 State Open Water Swim at Coogee Beach Championship
2000m event and non-Championship 1000m event Entries close 29th March.

Sunday 17th April at LeisureFit Booragoon. LiveLighter Club Challenge

Sunday 1st May at Craigie Leisure Centre LiveLighter Club Challenge

Sunday 7th May at Leisureworld Thornlie 400/800 Open Meet

Sunday 29th May at Riverton Leisureplex 400/800 Open Meet

If interested, see Capt. Col at Poolside

WELCOME BACK

Welcome back Suzanne Sullivan – Hope you enjoy catching up with old friends and swimming back in the champagne lane.

TEA ROSTERS

April 4th Pamela – Hans – Jannette

BIRTHDAY WISHES

APRIL

15th April – David Berry

15th April - David Kennedy

17th April Michelle - Hollamby

27th April – Heather Jeps



Enjoy your day and celebrate well.

ROTTNEST CHANNEL SWIM 2016

A ROSE BETWEEN THREE THORNS TEAM NUMBER 653

The Rottnest Channel swim is big, not only in the amount of training, organising & support that is required, but the entry aint cheap either.

A team of 4 costs \$1000.00 non-refundable as well.

Add to that costs for boat fuel, food and drinks, it is a serious investment.

SOOOO regardless of what the day was going to produce we as a team were 100% committed. Gillian super fish, Capt. Col, Ross and I were primed and pumped.

The day is a long one and a very early start, 3.00am alarm, coffee breaky and the boys are at the boat ramp at 4.30am, boat and skipper arrives, smooth transition and we are loaded and on the river heading for the heads in the dark, a beautiful still warm morning arrives highlighting our beautiful city as the city lights fade and the dawn breaks.

Gillian is up and picked up by Anne Doherty (thanks Annie) to be on the beach at Cottesloe for registration at 5.55am, in preparation for the 6.55am start.

Gillian connects with our paddler on the beach Graham and makes last minute plans as to the location they will meet at the 500 mtr mark.

Meanwhile the boys have arrived off Cottesloe and are chilling, on the boat waiting for our turn to join the circuit to find our swimmer.

The view is hard to explain, the sea is full of boats of all sizes and shapes, literally thousands nearly 1500, the sea is flat, the swell is small, the wind is slight, all perfect conditions for an ocean swim.

The Tall ship Leeuwin, sits at 1500 mtrs off the beach and floats as a silent sentinel guarding the channel as all

swimmers must have found their paddlers and boat before they can proceed past this point.

“There she be” was the call we spot Gillian and Graham the paddler amongst the swarm of swimmers, and Ralph our skipper starts the water ballet that is involved in manoeuvring the boat in front of the swimmer to drop the next swimmer Capt. Col in, so the swap can take place, a high five slap and Col is away.

We do 10 minutes’ sessions with Greg following Col and Ross after that, overall each swimmer does about 10 rotations.

Things are going really well with the weather holding up and near perfect swimming conditions, EXCEPT exhaust smoke, the view from the back of the boat shows a blue smoke haze floating on the water, constantly being added to by our puffing two stroke outboard, unfortunately the effects that has on sea sickness tips Gillian over and she gets crook, although better in the water but not good on the boat. However, for those of you that have been sea sick you will appreciate the determination and commitment that Gilly displayed, crook as she was she still did not miss a rotation and continued to swim strongly, and was one very happy vegemite when her toes hit the sand at Rottnest.

We completed the swim in 7 hrs 18 min, for you 50 mtr junkies that is an average of 65.7 sec /50 mtrs for 400 laps.

It was fantastic to all leave the water onto the beach as a team, of course in our new very tight matching bathers. The finish is a great fun time with the realisation of what you have actually just completed mixed with the hype of photographers, thousands of cheering crowds and onlookers, up through the finish ramp, welcoming volunteers with water, hardy congratulations, finish medal and then through to the official photographs.

Our support boat was staying over at Rotto for the night and my brother had come over to pick up the team and take us home, he had moored his boat just South of Geraldton, so a longish walk and then another swim out to his boat before we could all relax.

Relax we did, cold beer and cider, nibbles and food, dry clothes, happy as the proverbial pigs we were

Our return journey was much quicker with the seas still smooth we had a very enjoyable relaxed trip home back to the boat ramp at Royal Perth Yacht club.

As we cruised home you again contemplate and feel a real sense of pride that we have just swam this distance and confirm in our thoughts that the ones that brave the solo are the real champions.

Many thanks to Annie, Ralph and John our skipper and crew, Peter and Sheryl our other crew, special mention to Graham our paddler, who’s calming presence every time you lifted your head to breath was very reassuring.

Till next year

PS; for all the photos, go to aussie’s in action, Rottnest Karma swim, put in 653 and see us in action.

Greg



Colin, Gillian, Greg and Ross



Gillian in action.

4 FROM 7 (clever name, 4 swimmers from lane7) Liz, Vanessa, Jacqui & Jeff.

It started as a very early and thankfully a very warm morning. I don't think many of us had much sleep the night before as we were all really excited and nervous about the day ahead. After dropping Scott (Dave's brother) at our house, Vanessa and Dave were taken to Cottesloe by Dave's other brother to begin the adventure. Liz, Jeff, Scott, Mark (the skipper) and I all began our journey to the boat ramp with Miss Aqua Diva. We arrived at Coogee boat ramp around 4.30am. It didn't take long to get Miss Aqua Diva into the water and ready to go as there were 6 available boat ramps. Unfortunately, as Liz was trying to move out of the way of another incoming boat she fell off the beginning part of the jetty, landing on solid concrete. Luckily Liz wasn't hurt and we all let out a very relieved sigh. However, Liz carried her bruising for the next couple of weeks, meaning she must have been sore during the race, I dubs my hat to her. Not everyone was lucky though; another team at the jetty realised that they would not be completing the swim as their motor had decided that it would be a good time to malfunction. We all said goodbye to dry land (and the stranded team) and were on our way.

We were in the water a little early so decided to stop about 5km out and wait until a little closer in time to move into the crowd. Once we did move into the crowd the atmosphere was amazing. There were an enormous amount of boats present. I expected there to be a lot of boats but this exceeded my expectations. There were so many types, one of my favourites was a little dinghy with a beach umbrella attached to offer the swimmers some shade. It wasn't just the boats that were amazing, it was the flags, balloons, and other items attached to the boats offering a never ending sea of colour.

Our wave was off at 7.15am, it took approx. 20mins for us to locate both Dave and Vanessa in the water after the start of our wave. It helped that Vanessa had designed and made personalised flags for both the boat and the kayak. The one on the kayak was bright pink and read "Rottnest" with an arrow pointing back to Cottesloe. Our flag was also bright pink with bits of paint splashed on it stating our team name (I was at the front of the boat waving it and being a spotter for dad). We also had a second flag, being the St George flag of England. We had this sitting on an extended pole at least 3m higher than the roof of the boat. On top of this we had given Dave a VHF Hand held radio that was already tuned into channel 68. Needless to say it didn't take long for Dave to spot us and us to find them.

Once we had a clear path with the kayak and decided it was safe we got Vanessa and Jeff to do a switcheroo. This went well and we continued our way towards Rottnest (ignoring the direction that the flag on the kayak was pointing). On a side note I think this flag was an excellent idea and can only hope it made people a little confused as to the right direction to swim (I only joke of course). For the first 10km of the swim we decided to switch every 15 mins we then reduced this to every 10 mins. Liz jumped in after Jeff and I was the lucky last swimmer. As a swimmer you could feel the conditions change once we were in the channel, and I can speak for everyone who participated in our team it was great to have a toilet on the boat.

Dave and Scott did a rotation on the kayak for every rotation we completed swimming. I can honestly say that I didn't see any other kayakers switch as quickly as what Scott and Dave did on the day. Their change overs took less than 15 seconds. It was straight in the water for both and then jumping in the kayak and boat respectively. We saw a great many kayakers who would travel back to the boat and the next person would try to get into it without getting wet. A huge thank you needs to go to both Dave and Scott for their help during the day. Not only did they kayak but they also helped Mark with boat stuff.

On Rotto it was party central, with about 800 people outside the local bar and several other parties along the beach. One party had 10 boats tied up together and yes they were enjoying themselves. We were all glad to have finished the race and excited about making it to Rotto, however, we were also just as keen to go home and have a nap. Dave met us at the shoreline after he had departed earlier and gave us the VHF radio. We used this to meet dad, Scott and Miss Aqua Diva further up the shore. Dad and Scott brought the boat onto the beach, we all jumped in and said goodbye to Rotto.

After we left Rotto Dad made the crossing into Fremantle in about 18 mins. He had already organised another crew to take the boat out for the inaugural Melville Swan Fishing Championships overnight up the Swan River. This logistical move was great; as it just allowed us exhausted swimmers to get off Miss Aqua Diva and just go home (Dad recovered the boat the next day).

I just wanted to use this opportunity to say a huge thankyou to Liz, Jeff and Vanessa for being my teammates. I

also wanted to thank Dave and Scott for being amazing paddlers and support crew on the day and lastly my dad Mark for having the most stressful job as skipper. Also dad I am again really sorry for forgetting to pack your food.

Jacqui



Vanessa, Jeff and Paddler Scott



Jeff getting ready to 'tag' Vanessa at changeover



Jacqui, Liz, Jeff and Vanessa

Congratulations also go to David Berry who also did the swim in a team of four (or did that end up as a team of three)

VIRTUAL ROTTNEST SWIM AT THE ARMADALE POOL

THE SWORDFISH TEAM



Hans. Derek. Heather J and Kathryn

We all duly gathered at the pool in the cool early morning half-light to yet again set about that slightly crazy annual challenge of ploughing up and down the pool for lap after lap, kilometre after kilometre, hour after hour until, finally, 20 kms had been completed.

Derek, Heather Jeps Katherine Hurford from Thornlie and myself made up the mighty Swordfish Team.

The two teams of 4 from Armadale were assigned to the same lane so needless to say it developed into a head to head battle as the day wore on. I was made lead swimmer for the Swordfishes only because nobody else on the team wanted to get into the cold water at 6.00am, and so I swam the first 500m against Charles. I think he only beat me by 150m!

However, the other 3 Swordfishes put in really strong performances when their turn came and they were able to peg back the deficit. And that set the pattern for the day. I lost ground on my leg and the others made it up. We pushed on through those first hours and then through the heat of the late morning until we finally established a lead over the other team which they could not make up. I tried diplomatically not to mention too often to Rowie that she was losing, which only made her swim even faster.

We finished in 7 hours 24 minutes. The other team wasn't far behind.

Hans

(with apologies to Rowena, Charles, Fettes and Jenny)

THE SPEEDY SEAHORSES



Jennifer. Rowena. Charles and Fettes.

Charles, Jennifer, Fettes and I dutifully turned up bleary eyed at the pool for a 6am start on our virtual quest to Rottneest. With a name like "The Speedy Seahorses", we thought we were a sure thing for the win in the Armadale teams battle. Charles was the first to brave the cool waters and got us off to a great start, followed by Fettes, me and Jen.

The lead changed several times throughout the day, which made us question whether speedy was a term that could be applied to seahorses. Hans was always quick to point out when his team of Swordfish were ahead, but was a little quieter when the Seahorses got in touch with their speedy side and took the lead.

As the day wore on and the sun climbed higher, the spots of shade became smaller and we became more "friendly" with those around us. Charles rates a special mention for his sun fighting outfit - diving in dressed in a tight white t-shirt tucked into his bathers. We were all taken back to the 70s, even if some of us weren't around back then!

In the end, we were pipped at the post by approximately 200m, with all members completing a 5km share of the distance. It was great to see our members out enjoying the day and achieving their goals.

Thanks to Heather Croft for organising the day and doing a great job putting the teams together so we were evenly matched. It certainly kept us motivated, and swimming strongly throughout the day.

Rowena

NOVELTY TEAM

Mary, Jannette, Tim, Yvonne H, Jai, Anita, Alex, Yvonne L, Susan and Vincent.

Being short of swimmers for the “Novelty Team” this year Heather gave the OK for us to invite five people from Broome to join us, being Husband & Wife (Jai and Anita) with their son Alex and Yvonne Ls daughter Susan and Susan’s son Vincent.

So here we were having a very early morning start to what would turn out to be a very hot day. As the sun rose higher the chairs and tables kept moving further back trying to gain a little shade, out came more sunscreen and then a few donned their rashees. We had to share our lane with two other teams but three teams swimming in the one lane didn’t seem to cause any problems.

Swimming started as usual at 6am with Mary having the honour of doing the first swim of 200m and Tim bringing us home for the 20k final lap

We completed the 20k swim in 8:05:34. Another great Virtual Rottnest Swim.

A big thank you to Mary and Jannette for doing the bulk of the time keeping.

“We really missed your timekeeping this year Peter..”

Yvonne L



Tim had the honour of doing the 20k final lap.



Three Generations. Vincent, Susan & Yvonne.

Beatty Park Live Lighter 50's,

Congratulations to Charles Croft who had good results in the LiveLighter 50s event. Charles entered in the 50s back stroke, breast stroke and freestyle. He swam in good times. The results are on the club events page.

At this event (even though it was the night before her solo 20k swim) Rowena gave up having an early night so that she could officiate – Well done to you both.

20TH ANNIVERSARY JETTY TO JETTY SWIM



What a magnificent morning to swim in the 20th anniversary of the Coogee Jetty to Jetty! Conditions were near perfect for the record number of entrants ... 3 short of 1000.

Had Mr Graham Hicks woken up in time it would have been two short of a thousand!

The water in Cockburn Sound was nearly flat calm, with an invigorating temperature and not a stinger in sight. And, there near the start was the Leeuwin sail training ship to add to the ceremony.

Everyone said that they had an enjoyable swim.







































Please see the results below.

We nearly always do well in the spot prizes and raffles. This time Yvonne Lovegrove won a picnic rug, and our Bec (we can claim half of her; the other half is regarded as Melville's) carried away the prize of the day; the \$1,500.00 holiday voucher.

The Coogee Jetty to Jetty swim is a fitting way to end the summer. See you all there next year.

Fettes

Share	Print	Name	Time	Category	Cat Pos
		Heather ADAMS	00:15:58.3	55-64	6
		Jannette EDWARDS	00:19:54.4	55-64	11
		Yvonne LOVEGROVE	00:19:58.3	65-74	9

Pos	Race No	Share	Print	Name	Time	Category	Cat Pos
91	339			Rowena BURCH	00:21:52.8	25-34	7
194	354			Gillian CARUSO	00:24:23.8	45-54	12
228	404			Charles CROFT	00:24:58.0	65-74	5
282	899			Vanessa TOOP	00:25:47.6	35-44	27
291	467			Peter ESCOTT	00:26:05.6	55-64	26
329	471			Fettes FALCONER	00:26:48.4	65-74	10
347	285			David BERRIE	00:27:01.4	45-54	61
376	495			Colin GIBSON	00:27:26.9	45-54	65
403	439			Ross DOHERTY	00:27:54.9	55-64	36
405	322			Jacqueline BRIGGS	00:28:00.3	15-24	22
431	614			Heather JEPS	00:28:25.3	35-44	43
467	844			Jeffrey SANDERS	00:29:03.6	55-64	41
490	406			Heather CROFT	00:29:20.4	55-64	19
517	448			Liz DUNN	00:30:00.9	65-74	7
573	916			Hans VOSBERGEN	00:31:41.8	65-74	21
667	793			Maria PLANT	00:38:31.1	65-74	28
669	592			Yvonne HUNT	00:39:28.4	55-64	44
	482			Greg FREY	DNS	55-64	
	562			Graham HICKS	DNS	55-64	

PORT TO PUB

Port to Pub 2016 – When is a solo Rotto swim not really a solo?

Sometime last year, probably after a late night doing assignments, I decided that 2016 would be the year I answered the quintessentially West Australian question of “have you done Rotto?” with a yes. Unfortunately, getting a boat organised for the Rottnest Channel Swim in February proved elusive. Thanks to Ross, a new plan emerged to swim the 20km event at Lake Argyle in May, and with my entry in, I thought that would be my big race for the year.

Then Jeff came along one afternoon at training and casually dropped that he had a boat for me for the new Port to Pub swim in March if I was interested. I wasn’t sure about two 20km swims so close together, but Jeff can be very persuasive...

Months of long training sessions, jelly fish stings, wrinkly skin, and a 10km dip in Champion Lakes followed. All too soon, the big day was upon us. I spent my final hours before the race officiating at the Beatty Park 50s meet (go Charles!) before getting home for a few hours of sleep.

We arrived on the beach with plenty of time to register, then my partner Frank slathered me in layers of sunscreen, zinc & castor cream and wool fat. Last of all was the zinc war paint, with the orange nose looking like it may have been applied in the dark by a blind man (pretty much the case at 5.30 in the morning). With my paddler Neil sitting just off the beach and the boat in the holding zone, we were ready to start.

Although the field was fairly small, the start was still chaotic with slippery bodies everywhere and paddlers occasionally getting in the way. Things improved somewhat by the time we picked up the support boat, and we settled in for the long slog.

With the sun nowhere to be seen, I was utterly convinced that my paddler was trying to take me to Rockingham. It is quite disorienting swimming out to sea as you have no reference points and things like other support boats and paddlers don't always stay on the same side, creating the illusion that you are swimming in circles. Every time my paddler tried to have a break to stretch or have a drink, I would be off like a rocket in the wrong direction. If it wasn't for my wonderful support crew, I'd probably still be swimming to the Abrolhos Islands or maybe South Africa. Switching my breathing to every four strokes helped me keep better track of my paddler.

A highlight of the swim was at about 7.5km when we passed under the stern of the *Ikan Jahan*. Neil was trying to explain in a mixture of simple words and hand signals what it was we were doing to her curious crew lining the rails. It certainly gives you a new appreciation of just how big a cargo ship is when you are a tiny blob bobbing in the water next to one!

By the 10km mark, my shoulders were starting to hurt and I had collided with two or three jelly fish. The message was that I was on track for "7 hours or a bit under" finish time. At 12km, things started to get really tough. Although the swell was pushing us towards Rottnest, it was also making me quite nauseous. This became clear at my first feeding stop in the swell when I was trying to eat and Rottnest kept appearing and disappearing on the horizon. I made it to 14.5km before it all became a bit much and I "fed the fishes" – something which makes you feel instantly better!

From then on, it became a real mind game and I was only able to take on small amounts of water. There were moments when I cursed myself for not packing a spare set of arms, and when I thought lovingly of my tracksuit, towels and socks ready and waiting on the boat. But then I remembered that I had come so far, and that so many people were out there with me – and not just the other competitors. I decided that I was over this horrible swell, and the only way to get out of it sooner was to pick up the pace. I kept telling myself over and over again that all I had left to do was another Saturday morning training session in the pool with my squad mates, and if I could do those, I could definitely do this. Reaching the wonderful green marker buoy at 17km was particularly inspiring, we were so close and it just became a regular Wednesday morning 3k swim between the jetties with Beck. Easy peasy, we do 3k swims all the time! Then it was just a Jetty to Jetty swim, then before I knew it, my boat was gone, then my paddler pointed at the beach and said "swim for the blue flags". The shoulders were screaming, but it was just a 400m swim to go now and there was another blue cap soloist in my sights, then he was behind me, then there was a team of six, and I went straight through the middle of them, and then it was the beach and an unbelievable 6 hours 19 minutes and 2.8 seconds on the clock and third place female overall.

Congratulations must go to former member Rebecca Yip and Aithne Dell from Melville Masters on a speedy duo swim of 6 hours 15 minutes. An especially big congratulation to Ray Mottram and Marcus Tang from the Port Beach Polar Bears on an incredible duo performance of 8 hours 53 minutes. Ray is currently undergoing chemotherapy for melanoma, so their achievement is truly inspiring. Ray was one of the first people I met when I started swimming back in 2007, and one of his first questions was "So, are you doing Rotto next year? Piece of cake!" We've done the sums and think that a Rotto swim probably entitles you to at least 26 pieces of cake!

So, when is a solo not really a solo? They say it takes a village to raise a child, and this is also true for "solo" swims. If it wasn't for the organisers juggling new babies of the human variety with new babies of the event variety, I wouldn't have made it. If it wasn't for my support crew of skippers Shaun and Jarrod, paddler Neil,

backup paddler Peter and stroke counter extraordinaire Jeff, I wouldn't have made it. If it wasn't for Frank and Neil's partner Jenny on the beach at Leighton, or the wonderful reception from the Melville Masters and Port Beach Polar Bears at Rottnest, I wouldn't have made it. If it wasn't for the coaches at Melville, Armadale, and Thornlie, I wouldn't have made it. If it wasn't for my parents and little sister anxiously tracking my swim from 3500km away, I wouldn't have made it. And I wouldn't have made it without sharing the countless laps in the pool and kilometres at the beach with my squad mates from all over Perth. Thanks to each and every one of you, I am truly humbled to count you as my friends.



On the beach at Leighton



All lubed up and ready to go.



Leaving the *Ikan Jahan* behind at about 8km

Safe and sound on Rottnest



With my support crew on Rottnest (L-R Peter, Shaun, Neil, me and Jarrod). Sneaky Jeff sneaked out of the photo by getting behind the lens!

WADSA Swimming Championships

Unfortunately, Greg will not be able to offer his services this year with the Disable association, they are chasing volunteers for the swimming championships, normally this involves either timing or marshalling, Greg highly recommends this to any members as it is a very fulfilling and inspirational experience. Below are the details if you feel you could offer help.

2016 WADSA SWIMMING CHAMPIONSHIPS

We are looking for volunteers for the 2016 WADSA Swimming Championships. We hope that you will be able to assist us on the day filling roles such as time keeper, basket carriers and runners. We would greatly appreciate any time you may be able to spare on the day.

The event takes place from **12:00pm–6:00pm** on **Saturday the 13th August 2016** at HBF (Challenge) Stadium. We ask that volunteers arrive by 11:00 / 11.15am for a briefing before the competition starts near the announcers table.

If you are able to assist on the day, please fill in the form below by **MONDAY 4th July 2016**. If you have any further queries, please call Nyree at the WADSA office on 9470 1442.

We look forward to hearing from you soon.

Yours sincerely,

Dot Shipard – Coordinator

YES, I WOULD LIKE TO VOLUNTEER AT THE 2016 WADSA SWIMMING CHAMPIONSHIPS.

NAME: _____ CONTACT PHONE: _____

EMAIL: _____

ADDRESS: _____

AVAILABILITY: Saturday 13th August 2016 ☐ Time/s: _____

Please send any news items to the editor at amsc.editor@gmail.com