



Armadale Masters Swimming Club

NEWSLETTER

**MAY
2016**

CLUB CONTACTS

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Club Captain: Colin Gibson 9498 3931
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IMPORTANT INFORMATION

Please keep free Sunday July 10th for our mid-year Christmas in July. It has yet to be decided if this is going to be a breakfast or a lunch. We will send out information as soon as possible.

EVENTS.

Sunday 29th May at Riverton LeisurePlex. 400/800 Open Meet.

Saturday 11th June at HBF Stadium. 1500 Open Meet.

Sunday June 19th at Mandurah Aquatic Centre. LiveLighter Club Challenge.

Sunday July 3rd at Swan Park Aquatic Centre. LiveLighter Club Challenge.

If interested, see Capt. Col at Poolside

BIRTHDAY WISHES

June 13th Mary Plant
June 28th Mark Salomon

June 15th Jacqueline Briggs
June 30th Raphael Dajon



Enjoy your day and celebrate well.

Club Photographs

Thanks for all the photos and please keep them rolling in. We now have all the Christmas Dinner Presentation Awards from 2008 to 2015 and we also have some from 2005. If anyone has some photos from the 2006 and 2007 Christmas Dinner Presentation Awards then please get them to me or I can copy them if they are the good old prints.

Have a look at what we have so far on our [Photo Gallery](#). We have another half dozen or so files been put up in the past month. If you see a photo you think is inappropriate or a photo of yourself you just want removed then please let me know

Regards,
Jeff

REPORTS

WESTCOAST LIVELIGHTER CLUB CHALLENGE 2016 CAPTAINS REPORT

We were back at the Craigie Leisure Centre for the Westcoast LiveLighter Club Challenge, this time on a brisk Sunday morning swimming in the outdoor 50 metre pool. With one eye on the weather and the other on the cool water, 13 members braved the conditions and gave their best for the club. We finished in a respectable 5th position with 117 points, well behind the host club Westcoast, who must have had every person who had ever been a member swim for them, who finished on 367 points. Top points scorer for the day was Gill who got 3 wins for the day, with Heather Jeps and Chas finishing with two 1st and one 2nd placing. Four swimmers set pb's in their age groups with Gill in her 50m butterfly, Heather Jeps in her 100m freestyle, Pamela in her 50m freestyle and Liz in both her 100m freestyle and 50m backstroke (something in the wine Lizzie?) We also had four new club records set with Vanessa setting records in 100m backstroke and 100m breaststroke, Heather Jeps in the 50m breaststroke and Gill in her 50m butterfly. In the relays we had our 4 x 50m Women's Freestyle 160-199 Age Group team improve on their previous record by 10 seconds. A great effort by everyone involved and a special thank you to Lexie and Jerry for wearing a stop watch all day and being ready to time keep if required! So thank you to everyone who made the trip up north and swam for the Mighty Pelicans.

Cheers, Cap'n Col (ps. Our next event is the Mandurah LiveLighter Club Challenge on Sunday June 19th)

CLUB CHAMPIONSHIPS ROUND 3 2016

I arrived at the pool around 8:30am to again see several swimmers doing a decent warm up and by their results it looks like it is paying off for them. With several of our big guns away swimming at Lake Argyle we still managed to get a field of 14 swimmers to have a go even though 3 needed a bit of persuasion to join in. There were 4 PB's recorded on the day, 3 of which were swum by lane 7 newcomer Pamela in her 100 Freestyle, 50 freestyle and 25m backstroke and also Jeff in his 100m breaststroke. Pamela was also top point's scorer on the day with a total of 14 points, Pamela also set a new club record in the 25m backstroke. After twisting both his arms to join in Tim set 3 club records in the 100m freestyle, 50m Breaststroke and 25m backstroke. Please see the website for all the results and reports. Also thank you to Gerry for helping out with the timekeeping duties. Well done everyone, and look forward to seeing you all again on the 4th of June when we run the same 3 events but in reverse order

Jeff

REPORTS FROM OUR SWIMMERS AT THE FIRST NATIONAL KIMBERLEY LAKE ARGYLE SWIM



Gillian, Colin, Greg, Rowena and Ross.

ROWENA'S LAKE ARGYLE 20KM (OR MAYBE A BIT SHORTER) SOLO SWIM

Visit in May, they said. Wet season is over, they said. Unfortunately for us, the wet wasn't quite done with Lake Argyle, and we were greeted at the start line for the 20km event by a rather awesome display of thunder, lightning and rain. The start was delayed whilst waiting for the storm to pass. It was cold on the boat, so it was with a bit of relief that I dived in for the start to something that felt rather like bath water.

The first 5km of the swim passed quite pleasantly, with every breath an opportunity to take in the scenery. I stopped for a food and water break at the 5km mark, and there after found myself wishing I didn't have to take in quite so much scenery – the view had changed to reveal a rapidly approaching sheet of rain barrelling across the lake towards us. I felt very, very, small! In the end, we just missed that shower, only to be overtaken by another that made conditions somewhat challenging. The water became very choppy and it felt like I was on a

treadmill making no forward progress.

The next 5km passed by very slowly indeed. I was starting to feel quite unwell with a headache and nausea, and experiencing pain in one shoulder and through my back as I tried to maintain a “normal” floating position. The green marker buoy at 10km didn’t seem to get any closer. Our Armadale 20km quad team passed me not far out from the 10km buoy, and that gave me a bit of a lift to get to 10km.

It had taken nearly 4 hours to get that far (to put that in perspective, my 10km qualifying swim in Champion Lakes was under 3), and with a 7.5-hour cut-off and a rapidly deteriorating stroke, I decided to call it a day. My condition improved quickly once on the boat and out of the bath water as I was able to cool down. It is probably the only time hyperthermia has been a real concern with swimming. I shall never complain about cold pools again...

To add insult to injury, I had to report to the finish boat to register my withdrawal, and then climb the 400m “goat track” back to the resort. No easy exit at the boat ramp for me!

I am already planning a return to the Lake in 2018 for a spot of Unfinished Business. Hopefully, the new filtration system at Champion Lakes will be working by then (ha) for fresh water training, and the balmy temperatures at Thornlie pool should provide an ideal base for “bath water” acclimatisation.

With the swimming done, Frank and I continued on our way testing the strength of our relationship in a Hilux camper van (11 nights!). We had enjoyed Litchfield National Park on the way down, and squeezed in Katherine Gorge and Kakadu on the way home. I even spotted some new squad mates, but couldn’t interest them in joining our club.

A massive thanks to Ross for organising boats and skippers for this event, my skipper Scott Zahn, paddler Melissah Adams, and ever faithful supporter Frank (I’m sure there is a croc sporting a snazzy pair of \$1100 reading glasses now). Thanks also to Colin, Gillian, Greg, Anne and Kaye. It was a memorable trip and one I hope to do again!



Getting some freshwater “training” in a beautiful pool in Florence Creek, Litchfield National Park. Apparently too high up the escarpment for crocs here, but swimming without a cap did make me jump a few times when my plait tickled my shoulders!



The view from the lake shore looking up “St George’s Terrace”, otherwise known as the goat track. Plenty of first aid stations were provided on the way up – like cans of “toughen up”!



A “Rose Between Three Thorns” heading out to the start.



The storm about to hit us at the 20km start line.



When things were going well – approaching Hick’s Passage. Paddler Melissah Adams doing a great job with the only pink ski on the water (she said it was a gift, not her first choice of colour!)



About to head off again just after 5km (the yellow buoy). The weather isn't looking good



Getting closer to that elusive 10km marker, with the Armadale Team just in front and Greg's neighbour coming in nice and close in to the chopper for some photos!



Finally, at the 10km marker buoy and calling it a day.



The day after – what a beautiful day!



A new squad mate at Yellow Water Billabong in Kakadu.
They can outswim an Olympic swimmer when they are hungry...

Thank you Rowena for a great report and photos.. Ed

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[THE BIG SWIM LAKE ARGYLE 2016 – team A ROSE BETWEEN THREE THORNS](#)

The 7th May 2016 has been recorded as the most challenging conditions ever experienced in the Lakes swim history.

Great nice to be involved on such a special occasion.

Ok the background;

In 2015 Ross and myself decided we should attempt the 10 klm duo for this iconic Kimberly swim, the fallout from that, combined with the hype of the 2016 Rottnest channel swim it was decided team A ROSE BETWEEN THREE THORNS would once again squeeze into ridiculously small funky bathers and take on this year's 20klm quad Lake Argyle swim. With that done we also talked Rowie into doing the swim solo.

Registration accepted, we received our entry and planning began, luckily we had a team of Ross's friends who live and work in Kununurra that were able to arrange boats, skippers and paddlers.

Myself and Kay and Ross & Anne decided to drive up and both took 3- 4 weeks seeing some wonderful sites along the way, we caught up together in Broome for a few days and bumped into the Craggs for a mini Armadale swimming club reunion.

Thursday night 5th May Ross & I and the girls arrived at the beautiful Lake Argyle caravan park, Gill & Coll took the big silver bird from Perth to Kununurra arriving on Friday night and were promptly picked up and shuffled out to the Lake, only to be also joined by Rowie and Frank who had flown into Darwin, hired a camper the week before and had also been enjoying the sights further North on route to Lake Argyle. So the team was ready, early night Friday mentally preparing for the big day.

Early start on Sat meant we were on the water by about 6.15, heading out to the 20 klm start line for an 8am start. The previous weeks weather had been very hot and humid, this day was going to be different, storms were about and heavy rain had been falling around the surrounding areas, at approx. 7.30 the race safety communications reported to all boats to lower aerals and take down any boat covers as a storm with lightning was evident, well they were correct, the heavens opened up with massive rain, some wind, huge thunder and lightning, it reduced visibility and we thought it

may mean the cancellation of the race. All were drenched which was fine for a while until the cold set in, one easy solution was to jump into the lake which was a steamy 30.9 degrees, yep swimming in a bath.

However as quickly as the storm came it also went and with visibility returned we were able to find the start line and prepare for the delayed 8.10 start.

Start it did conditions a bit rough, dark and eerie, in the next few hours two other rain storms opened up, interesting swimming conditions when heavy rain (you get wet).

As the hours progressed we could see progress being made, 5 klm then 10, our boat was not far from Rowie's and we were catching her, that meant things were amiss, it could be seen that Rowie was in some difficulty with a very sore shoulder, to her credit she decided to pull the pin at 10 klm mark and retired, an amazing achievement in very challenging conditions.

The conditions were changing and from 10 klm mark the sun came out, water became almost bath like flat and we could just relax into our strokes and admire the magnificent scenery as we swam along.

We had a 7.5hr cut off and are please to say we made it is 7 hrs 20 min.

The race finishes with a glass of bubbly when you leave the water (not really what you feel like, but the second glass tasted better).

The day culminated in a seated dinner for some 600 hundred swimmers , skippers, paddlers and other friends, outdoor with no plan B for wet weather, as it was the rain returned from about 4.30 and was solid till about 6.00, luckily it then stopped for the rest of the evening , in true Kimberly style all just sat at the wet tables without a thought , rung out the napkins, emptied the stubby holders of rain water which were on the tables as gifts, and enjoyed a great meal complete with entertainment into the wee hours.

As the tiredness set in we headed off to bed for a well-earned rest.

Sunday was a leisurely start, breaky pack up, a bit of a tour around before Col & Gill headed home, Rowie & Frank headed off for more adventures Northward and Ross and myself after 1 more night in Kununurra headed South.

Many thanks to Ross and his Kimberly connections for all the support,

It is a great swim in a magnificent location, for any members thinking of giving it a go in the future

Greg.



Team of four



Gillian



Greg



Col in action



More rain clouds



Colours of the Kimberly's

Thanks Greg for a great report and Anne and Gillian for photos. Ed.

FETTES: FROM PHILIPPINES

Fettes went scuba diving in the Philippines (Port Barton, Palawan Island). Photo of him entering the water to dive on a wreck 24 metres down.



Fettes – entering the water



Looks a magical place

Fettes is now off to Zimbabwe and Namibia to chase rhino poachers. On his return there will (hopefully) be a report of what has been happening with the plight of the rhino.

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WADSA is in need of Volunteers for Events. Can You Help!

Dear Volunteers

Thank you for your interest in volunteering at our programs, following a list of programs that we are looking for volunteers to help at;

DATE	PROG	TIME	VENUE	AVAILABILITY Yes/No
Tuesday 17 th May 2016	Recreation My Way Kwinana Multi Sports Challenge	10.00am- 12.00pm	YMCA Mike Barnett Sports Complex Cnr Dixon Road & Goddard Street, Rockingham	
Tuesday 17 th May 2016	Recreation My Way Cockburn Multi Sports Challenge	1.00pm- 3.00pm	Coogee Community Hall 19 Arlington Loop, Coogee	
Wednesday 25 th May 2016	Act-Belong-Commit Competitions Indoor Carpet Bowls Championships	12.00pm- 4.00pm	South Perth Senior Citizen Centre 53 Coode Street, South Perth	
Tuesday 7 th June 2016	Recreation My Way Kwinana Archery & Frisbee Golf	10.00am- 12.00pm	Fiona Harris Pavilion Elmore Place, Orelia	
Tuesday 7 th June 2016	Recreation My Way Cockburn Archery & Frisbee Golf	1.00pm- 3.00pm	Coogee Community Hall 19 Arlington Loop, Coogee	
Friday 10 th June 2016	Juniors Ten Pin Bowling Carnival North	10.00am- 1.00pm	Super Bowl Melville 248 Stock Road, Melville	
Friday 17 th June 2016	Juniors Ten Pin Bowling Carnival South	10.00am- 1.00pm	Super Bowl Warwick 12 Dugdale Street, Warwick	
Friday 24 th June 2016	Recreation My Way Cockburn/Kwinana Adventure Day Activities	10.00am- 3.00pm	Woodman Point 74 O'Kane Court, Munster	
Saturday 9 th July 2016	Act-Belong-Commit Competitions Boccia Singles State Championships	8.30am- 3.00pm	Morley Sport & Recreation Centre Wellington Road, Morley	
Saturday 13 th August 2016	Act-Belong-Commit Competitions Swimming State Championships	11.30am- 6.00pm	HBF Stadium 100 Stephenson Avenue, Mount Claremont	

Could you please list your availability and I will then pass on your contact details to the relevant staff member who will then be in contact with you closer to the date of the program to confirm details (time, venue etc.)

Please let me know if you have any further queries.

Kind regards

NYREE BABICH

Administration Officer

WA Disabled Sports Association | Leisurelife Centre | East Victoria Park WA 6101

Ph: (08) 9470 1442 | Fax: (08) 9470 3878 | www.wadsa.org.au |

CLUB UNIFORM DIRECT PURCHASE

The club has made arrangement with Westate Embroidery for club members to purchase club uniform items. Members should visit the Westate Embroidery shop in Maddington, select and pay for club uniform item as required.

The club uniform is not mandatory therefore members can purchase any item/s they would like. Check with other members to help select item you are interested in purchasing.

WESTATE EMBROIDERY

2/1862 Albany Hwy
Maddington WA 6109
PH: 9493 0349

Email: emb@westateembroidery.net.au

Item	Type	Style	Price *	Brand
Dress Uniform				
Polo Shirt S/S Green/White	Men's Flask Polo	P3010	\$33.00	BIZ Collection
Polo Shirt S/S Green/White	Ladies Flash Polo	P3025	\$33.00	BIZ Collection
Jacket Green/White	Adult Flack Track Top	J3150	\$52.00	BIZ Collection
Long Pants Green	Adult Flack Track Pants	TP3160	\$38.00	BIZ Collection
Shorts Green	Men's BIZ Cool Shorts	ST2020	\$22.00	BIZ Collection
Every Day Wear				
Polo Shirt S/S Bottle/White	Adult Fine Knit Polo	2FKP	\$25.00	JB's wear
Polo Shirt S/S Bottle/White	Ladies Fine Knit Polo	2FKP1	\$25.00	JB's wear
Polo Shirt L/S White	Adult Signature Polo	210XL	\$29.00	JB's wear
Polo Shirt L/S Bottle Green	Adult Signature Polo	210XL	\$29.00	JB's wear
Hoodie Bottle Green/Gold	Adult Contrast Fleecy Hoodie	3CFH	\$46.00	JB's wear
Hoodie Bottle Green/Gold "ARMADALE MASTERS SWIMMING CLUB" hot pressed on back	Adult Contrast Fleecy Hoodie	3CFH	\$64.00	JB's wear

*** Price includes Club Logo**

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