



Armadale Masters Swimming Club

NEWSLETTER

February
2017

CLUB CONTACTS

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

Coach Coordinator: Heather Croft 9390 9177
AMSC.CoachingCoordinator@hotmail.com

Secretary: Vanessa Toop 0435 060 905
AMSC.Secretary@hotmail.com

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

PLEASE READ: IMPORTANT INFORMATION FOR YOUR DIARY!

- The Virtual Rottneest Swim is on this **Saturday 25th February** at Armadale Pool. Teams are in and paid up. Arrive at the pool at 5.30 am. Start is at 6 am. It is a long morning that can go into the early hours of the afternoon. Bring plenty drinking water (a hot day is forecast), snacks, sun screen, chair and gritted teeth.
- **Very Important:**
Our Annual General Meeting will be held on **Saturday March 11th at 10 am** ...after Saturday morning swimming. A new committee is elected for 2017. The present committee is calling for nominations. Two or three committee members are stepping down. They need to be replaced. Do your bit to assist in the running of our club. Nominate yourself, or nominate someone else. Nomination forms available from Vanessa Toop amsc.secretary@hotmail.com or, see her poolside.

- The penultimate round of the MSWA Open Water Series is the Coogee Jetty to Jetty on **Sunday March 12th**

For the first time, the following perpetual shields will be presented to the:

- * **Best Masters Swimming WA Club**
- * **Best Swimming WA Club**
- * **Best WA Triathlon Club**

To be in the running to win one of these shields club swimmers must be entered into the 1,500m swim and have the first 6 swimmers (*minimum of 3 female swimmers*) from the same Club to finish.

The event also includes:

Additional choice of regular 750m and 1,500m swim distances

- Discounted early bird and family entries
- City of Cockburn Community Big Breakfast
 - Beach walk to the start line
- Kidzone with bouncy castle, face painting, \$5 brekky bag and icecream van

- Our first club pool event for the year is the Mandurah Masters LiveLighter Club Challenge on **Sunday April 2nd**

Mandurah Masters Club
invites your members to a

2017 LiveLighter Club Challenge Event

Date: Sunday 2nd April 2017
Venue: Mandurah Aquatic & Recreation Centre - SC Outdoor
Address: Pinjarra Rd, Mandurah WA 6210 -
Warm up: 8.15 to 8.45am **Meet start time:** 9.00am

EVENTS:

1. 100m Butterfly	9. 25m Butterfly
2. 100m Backstroke	10. 25m Backstroke
3. 100m Breaststroke	11. 25m Breaststroke
4. 100m Freestyle	12. 25m Freestyle
5. 50m Butterfly	13. 100m Individual Medley
6. 50m Backstroke	14. 4 x50m Mixed Freestyle Relay
7. 50m Breaststroke	15. 4 x50m Mixed Medley Relay
8. 50m Freestyle	

The event is **OPEN** to all Masters Swimmers. *"The event will be limited to the first 150 swimmers who nominate"*

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and appropriate Relays.
- All participating Clubs are to provide timekeepers and watches
- Cost of event entry is \$10 per swimmer paid **prior** (plus pool entry on the day). Includes refreshments following the event. Clubs please forward team payments to:
Mandurah Masters BSB 633 000, A/c 155870694 use club name as reference by 28th March 2017

Captain Col requires your nominated events **NOW**, please. See him poolside.

Club	Date	Venue	Distances	Course
Pre-Nationals	Sunday 26 th February	Newman College	To be Advised	LC
Beatty Park LiveLighter 50's	Friday 24 th March	Beatty Park	50m & 4 x 50m relays	LC
Mandurah Masters LiveLighter Club Challenge	Sunday April 2 nd	Mandurah Aquatic Centre	100m all 4 strokes, 100IM, 50m all 4 and 25m all 4 strokes	SC
MSWA- State Championships	Saturday 29 th & Sunday 30 th April	HBF Stadium	Long Course Open Meet – Program to be advised	LC
Thornlie	Sunday 7 th May	Leisureworld Thornlie	400/800m	SC
Maida Vale Masters	Saturday 13 th May	Darling Range Sports College	1500m	SC
Stadium Masters	10 th June	HBF Stadium	1500m all strokes	LC
Bunbury Masters	17 th June	SW Aquatic Centre	Bunbury Skins	LC
Swan Hills LiveLighter Club Challenge	Sunday 2 nd July	Swan Park	200/100/50/25m, Mixed Medley & 4x25m relays	LC
Leisure Park	Sunday 23 rd July	Leisurepark	400/800m short course	SC
Claremont	Saturday 5 th August	HBF Stadium	Golden Groper State Relay	LC
Somerset	Sunday 6 th August	Aqualife East Victoria Park	1500m	LC
Riverton	Sunday 10 th Sept	Riverton Leisureplex	400m & 800m	LC
Stadium Masters LiveLighter Club Challenge	Sunday 24 th Sept	HBF Stadium	200 (IM,FS,BRS & BK) 100 (FS,BK,Fly,BRS) 50 Fly, Brs, Free, 50BK, 4 x 100 women's FS & FS Relays.	LC
Fremantle Masters LiveLighter Club Challenge	Sunday 29 th October	Fremantle Leisure Centre	200 (choice of Free, BK or BRS) 50 Fly, 50 FS, 50 BRS, 50 BK, 4 x 50 Mixed FS & Medley Relays	LC
Melville Masters LiveLighter Club Challenge	Sunday 26 th November	Leisure Fit Booragoon	100m All Strokes, 50m All Strokes, 4 x 50 medley relay Women and Men	LC
Perth City	Saturday 23 rd Dec	Perth College	100 x 50m and 100 x 75m Long	LC

Welcome to New Members

- Rose Fenton, Shane Matthews, Bert Vosbergen, Alexander Horn and Andrew Johnson.
- Three previous member rejoined: Danny Van der Veer, Nigel Chaytor and Lochlin Manning-Day. Welcome back.

Fun and Friendship

Tim and his lovely wife, Aini, provided Saturday morning tea as a 'thankyou' to Armadale Masters for being so welcoming and friendly. That's what Masters Swimming is all about: Fun and Friendship with a little bit of Fitness thrown in. Thanks Tim and Aini. We many enjoyed your delicious Malaysian food.

Below is a photo of Ainee. Note bene (NB): most of the food has already disappeared; eaten by most appreciative swimmers.



REPORTS

RAMOS REPORTS by Greg Frey

1) AUSTRALIA DAY MANDURAH SWIM 2017

I LOVE A SUNBURNT COUNTRY, A LAND OF SWEEPING PLAINS, OF RUGGED MOUNTAIN RANGES, OF DROUGHTS AND FLOODING RAINS, I LOVE HER FAR HORIZONS, I LOVE HER JEWEL SEA !!!

YEP THAT'S WHERE WE COME IN, AND WHAT A RIPPER OF A JEWEL SEA IT WAS AT MANDURAH DODDI'S BEACH. WELL, AT LEAST AT 7.30 WHEN THE OCEAN WAS A FLAT AS A POOL.

HOWEVER, AT 8.30 KICK OFF THE WIND HAD COME IN AND A FAIRLY GOOD CHOP

HAD ARRIVED. THE POOL BECAME A BIT CHOPPY.

BUT, I AM GETTING AHEAD OF MYSELF. THE AUSTRALIA DAY SWIM IS ALWAYS A BLOODY RIPPER, BEING A MASTERS EVENT IT HAS THAT CALM JOVIAL ATMOSPHERE, FRIENDLY EVEN, AND THE RAMOS TEAM ALWAYS TURN OUT IN FULL. 15, YEP 15 SWIMMERS ATTENDED. WELCOME AMANDA TO THE WONDERFUL WORLD OF OCEAN SWIMMING, AND SHE SMASHED IT AS WELL. AS USUAL THE RACE BRIEFING TAKES PLACE PRIOR TO THE SWIM. OUR ROWIE TRADING HER BATHERS FOR A FLAG AND WHISTLE IN HER ROLE AS OFFICIAL STARTER KEPT AN EYE ON PROCEEDINGS. BUT, THIS ROWIE PERFORMED AFTER THE BRIEFING, AND, AS TRADITION DICTATES ON AUSTRALIA DAY, A ROUSING RENDITION OF OUR NATIONAL ANTHEM WAS SUNG. I AM HAPPY TO REPORT THAT IT SOUNDED GREAT WITH MOST REMEMBERING THE WORDS AND THAT QUIET TIME IN THE VERSES BEFORE A BOOMING LAST CHORUS.

THE MANDUR SWIM CATERED FOR 1KM, 2KM OR 4 KM DISTANCES. MOST OF THE TEAM DID THE 2 KM WITH GRAHAM H AND PAMELA DOING THE 1 KLM. IT WAS A 1KM COURSE BASIC RECTANGLE, THE 2 K SWIMMERS JUST DID A SECOND LAP. DUE TO THE CHOPPY CONDITIONS, ALL THE TIMES OVERALL WERE SLOWER THAN NORMAL, BUT HEY THAT IS OCEAN SWIMMING.

A GREAT TRADITION THAT HAS FORMED WITH THE RAMOS CREW IS TO WAIT ON THE BEACH UNTIL OUR LAST SWIMMER HAS FINISHED. IT IS A GOOD TIME TO TELL STORIES AND RELATE THE TALES OF THE SWIM, WHILE REMOVING UNWANTED STINGERS THAT MAY HAVE HITCHED A RIDE, LUCKILY NOT TOO MANY THIS SWIM.

AFTER A QUICK SHOWER, MOST RETIRED TO A GREAT BREKKY AT THE DOME JUST ACROSS THE ROAD, SOME SAY THE BEST PART OF THE MORNING.

IT SHOULD BE NOTED THAT AS FAR AS MASTERS COMPETITIONS GO OUR RAMOS SWIMMERS FAIR VERY WELL WITH 9 OF THE SWIMMERS COMING IN 1ST, 2ND OR 3RD IN THEIR RESPECTIVE AGE GROUPS. THIS WILL BE INTERESTING AS THE COOGEE JETTY TO JETTY SWIM HAS A TEAM CLUB TROPHY COMBINING THE 4 FASTEST SWIMMERS TIMES, WE MAY HAVE A REAL SHOT OF GRABBING THAT. SPECIAL MENTIONS;

CHAMPION CHARLES IS BECOMING A REAL THREAT. HE NOT ONLY CAME FIRST IN HIS AGE GROUP BUT HE WAS ONLY 7 SECONDS BEHIND GREG AND GILL WHO DEAD - HEATED OVER THE LINE FOR FIRST OF THE RAMOS MOB IN. WELL DONE CHARLES.

AMANDA BATTLED THE NOT SO KIND CONDITIONS FOR HER FIRST 2 KLM, GREAT EFFORT PLACING THIRD IN HER AGE GROUP.

ROSE RETURNED FOR HER SECOND SWIM A REAL TROOPER NOW AND DID THE 2 KM SWIM SMILING AS USUAL ON THE WAY OUT. JUST A NOTE ROSIE; YOU NEED TO GET UP THE BEACH OVER THE TIMING MAT ASAP ... LEAVE THE CHATTING 'TILL AFTER.

FETTES WITH ALL THAT EXTRA TRAINING IS SWIMMING LIKE A DOLHIN, GREAT EFFORT.

LIZZY ZOOMED HOME AND ALONG WITH COLIN AND GREG ALL PLACED

SECOND IN THEIR AGE GROUPS.

NOT TO FORGET JEFF AND HEATHER WHO CAME THIRD IN THEIR AGE CATEGORY.

Addendum:

Jacqui is a regular ocean swimmer and also did the 2km swim on Australia day making 16 swimmers from our club.

Jacqui posted a great time of 48 min 24 sec also coming third in her age group her Busselton time would be 1 hr 27 min .

WONDERFUL TO SEE LEXIE AND PETER AS WELL AS SO MANY FAMILY AND FRIENDS ATTENDING TO SUPPORT US, MANY THANKS.

TIMES BELOW AND EXTENDED FOR BUSSO, LETS HOPE FOR KINDER WEATHER;

GREG & GILL	40 MIN 1 SEC	1 HR 12 MIN
CHARLES	40 MIN 8 SEC	1 HR 12 MIN AND A BIT
FETTES	45 MIN 11 SEC	1 HR 21 MIN
COLIN AND ROSS	47MIN 48 SEC & 47MIN 54 SEC	1 HR 26 MIN
JEFF	48 MIN 45 SEC	1 HR 27 MIN
HEATHER	49 MIN 20	1 HR 29 MIN
LIZZY	50 MIN 35 SEC	1 HR 31 MIN
BILLY	52 MIN 3 SEC	1 HR 33 MIN
AMANDA	55 MIN 53 SEC	1 HR 40 MIN
HANS	58 MIN	1 HR 44 MIN
ROSIE	1 HR 10 MIN	2 HRS 6 MIN
GRAHAM H	1 KM 24MIN 46 SEC	1 HR 29 MIN
PAMELA	1 KM 32 MIN 20 SEC	1 HR 56 MIN

NEXT SWIM IS SAT 4 FEB COTTESLOE TO SWANNY.

“I’d like to be seen as an average Australian bloke or Sheila, I can’t think of a nobler description of anybody than to be called an average Australian”

2) COTTESLOE TO SWANNY SAT 4 FEB &

Before: Fettes, Jacquie, Ross, Greg



“SWANNY, HOW I LOVE YA, HOW I LUV YA, MY DEAR OLD SWANNY”.
HUGE NEWS: MASSIVE, HEADLINES READ “SWIMMING WORLD SHOCKED”
HUGE CROWDS WERE IN SHOCK AND ABSOLUTE AWE AS CHARLES THE
CHAMPION RESPLENDENT IN HIS NEW YINGFA ALL IN ONE BLACK COBRA
LOOKING SWIM SUIT, APPEARED OUT OF THE WAVES AT THE FINISH LINE JUST 6
SEC BEHIND THE LEGEND GILLIAN SUPER FISH. AS RECENT EVENTS SHOW
CHAMPION CHARLES HAS BEEN CLOSE ON THE HEELS OF THE DYNAMIC DUO
GREG AND SUPERFISH WHO OVER THE YEARS DO EPIC BATTLES FOR LINE
HONOURS IN EACH SWIM.

HOWEVER WHERE WAS GREG? WELL, GREG WAS ACTUALLY FINISHED ON THE
BEACH BUT ONLY BECAUSE HE SWAM IN AN EARLIER WAVE, FINAL BLUE CHIP
TIMES REVEAL GREG A WHOLE MINUTE SLOWER THAN BOTH GILLY AND
CHARLES. YES, I KNOW I CAN HEAR THE SUCKING OF BREATH AND FEEL THE
SHOCK AMAZEMENT OF THE READERS.

DURING THE FOLLOWING DEBRIEF AND PRESS CONFERENCE (BREKKY), GREG
COULD OFFER NO EXPLANATION. AS THE ULTIMATE TEST (BUSSELTON JETTY)
IS SHORTLY UPON US ALL EYES WILL BE ON THE YINGFA WEARING BARRACUDA
TO SEE IF , YES, IF HE CAN TAKE LINE HONOURS FOR THE ARMADALE CLUB.

BUT WAIT, JUST TAKE A FEW DEEP BREATHS , GRAB A CUPPA, BECAUSE MORE
HUGE NEWS. THE OTHER HALF OF THE DYNAMIC DUO, HEATHER ALSO
SMASHED ALL KNOWN SWIMMING RECORDS TO BEAT HOME BOTH ROSS AND
COLIN. DID I MENTION THAT HEATHER WAS ALSO DECKED TOP TO TOE IN A
YINGFA BLACK COBRA LOOKING SWIM SUIT? WHEN HEATHER GETS INTO THE
COBRA, JUST LIKE BRUCE WAYNE, SHE TRANSFORMS INTO “THE BURNT
SAUSAGE”. AMAZING SWIMS BY BOTH OF THEM, STEWARDS ENQUIRY PENDING.

PHEW!!!! MORE REGULAR NEWS, THE COTT TO SWANNY IS A GREAT CLASSIC
SWIM, JUST ONE DIRECTION, NO TURNING AROUND BUOYS, JUST STRAIGHT
LINE SWIM, TURN RIGHT AT THE LAST BUOY AND FINISH.
SOME 1000 COMPETITORS TOOK ADVANTAGE OF A STRONG CURRENT AND
SLIGHT RUNNING SEAS TOWARDS SWANBOURNE. THIS RESULTED IN SOME
REALLY FAST TIME, IT IS A GREAT SWIM, CLEAN WATER LOTS TO LOOK AT, REEFS
AND FISH ALONG THE WAY. AS THE FINISH IS AT SWANBOURNE MOST PARK
THAT END AND WARM UP BY A 2 KM WALK BACK TO COTTESLOE FOR THE 8
OCLOCK START.

8 SWIMMERS FROM THE CLUB COMPETED ALL FINISHING IN FINE SPIRITS, THE
OBLIGATORY BREKKY AND DEBRIEF WAS ENJOYED BY THOSE THAT ATTENDED.
MOST OF THIS KEEN ‘ELITE’ SWIMMING GROUP ARE SWIMMING THE NEXT DAY
AT THE ROCKINGHAM SWIMMING WA OWS EVENT.

STAY TUNED.

After: Heb, Col, Fets, Ross, Greg, Chas, Jacquie, Gill



3) ROCKINGHAM SUNDAY 5 Feb. 2017

TALK ABOUT CASUAL, REGO BETWEEN 8.30-9.30 AND MOST EVENTS STARTING BETWEEN 10 AND 10.15, GREAT TO BE ABLE TO HAVE A SMALL SLEEP IN AT LEAST.

10 RAMOS REGULARS FOUND A NICE SPOT UNDER THE TREES ON THE FORESHORE AT ROCKINGHAM TO LINE UP FOR A BACK TO BACK OCEAN SWIM, A FEW STIFF AND SORE SHOULDERS AFTER COTTESLOE TO SWANNY SWIM ON THE SATURDAY BUT AS USUAL THE CREW WERE BURSTING WITH ENTHUSIASM. IT WAS GREAT TO SEE JEFF AND ROWIE ABLE TO SWIM TAKING A BREAK FROM COACHING AND OFFICIATING.

SWIMMERS HAD THE CHOICE OF 1.25, 2.5 OR 5 KLM SWIMS, ALL BUT 3 CHOSE THE 2.5KLM SWIM WITH HICKSEY, JEFF AND CAPT COL HAVING A CRUISEY SWIM IN THE 1.25KLM EVENT.

ROCKINGHAM IS A DEEP WATER START, HOWEVER TO GET TO THE DEEP WATER YOU HAVE TO WADE SOME 50 MTRS OF KNEE DEEP WATER. THIS IS NICE AS YOU CASUALLY GET TO THE START LINE. HOWEVER, MURDER WHEN TIRED LEGS, SCREAMING LUNGS ARE SAYING YOU ARE TOO OLD TO RUN AND LEAP TO THE FINISH LINE, ESPECIALLY WHEN YOU HAVE KEPT PACE WITH THIS YOUNG WHIPPERSNAPPER FOR THE LAST 500 MTRS IN THE WATER THEN HE OR SHE LEAPS PAST YOU AND DASHES TO THE LINE. OH HOW WE LONG FOR THE MANNERED APPROACH OF MASTERS EVENTS AT THE FINISH LINE.

ANYWAY, A BEAUTIFUL DAY WITH VERY GOOD CONDITIONS, LIGHT WIND AND JUST A RUFFLE ON THE WATER TO REMIND YOU IT IS AN OCEAN WE ARE SWIMMING IN.

JUST A NOTE TO FUTURE COMPETITORS; IT IS GENERALLY A GOOD RULE TO

START WITH EVERY ONE ELSE IN YOUR WAVE. HICKSEY, ALTHOUGH YOU MADE A STRIKING FIGURE STRIDING THROUGH THE START GATE, OVER THE SAND, THROUGH THE SHALLOW WATER ALONE, AND SOME 100 METRES BEHIND THE FIELD AT THE START, IT DOES PAY TO PLAY WITH EVERYONE ELSE.

WHAT IS THAT I FEEL, THAT PERSISTANT THOUGHT, THE UNASKED QUESTION?!! HOW DID CHAMPION CHARLES AND THE BURNT SAUSAGE FAIR, AND DID THEY AGAIN WEAR THE NEW YINGFA SUITS?

MY OATH THEY DID AND YEP “LIKE A PAIR OF DOPLHINS” MAGNIFICENT EFFORT BY BOTH OF THEM. GREG JUST MANAGED TO REGAIN THE FIRST SPOT, A WHISKER IN FRONT OF ROWIE, AND THEN CHARLES NOT FAR BEHIND. POOR GILLY HAD A MAJOR GOGGLE MALFUNCTION THAT SADLY SLOWED HER DOWN TO PULL IN FOURTH OF THE RAMOS CREW.

HICKSEY, JEFF AND CAPT COL SMASHED THE 1.25 BARELY RAISING A PUFF. HATS OFF TO FETTES WHO IS SWIMMING WITH RENEWED ENERGY, VITALITY AND SPEED, AND JACQUI FOR SHEER PERSISTANCE DETERMINED TO DEFEAT A CONSTANT HEAD ACHE AND SPIN AFTER EACH SWIM, SUCH IS THE CALIBRE OF THE RAMOS GROUP.

AS USUAL GREAT SUPPORT FROM FAMILY AND FRIENDS , WITH A FEW SWIMMERS JOINING UP FOR LATE BREkKY/ EARLY LUNCH.

BELOW ARE THE TIMES FOR BOTH SWIMS, WITH EXTENDED BUSSELTON PREDICTIONS. AS CAN BE SEEN THE ADVANTAGE OF A STRONG SEA AND CURRENT GOING YOUR WAY MAKES A HUGE DIFFERENCE IN TIMES.

NEPTUNE; CAN WE PLEASE GET AN OUTGOING CURRENT FROM THE BEACH TO THE END OF THE JETTY THEN INGOING ON THE OTHER SIDE NEXT WEEK AT BUSSELTON?

BEST OF LUCK TO ALL GIVING THE BIG ONE 3.6 KLM JETTY SWIM A GO ON NEXT SUNDAY, SAFE TRAVELS .

	COTT TO SWANNY	BUSS	R/HAM	BUSS
GILL	32 M 53S	54 M 50 S	44M 40 S	1HR 4 M
CHARLES	32M 59 S	55 M	43M 52S	1HR 3M
GREG	33M 56S	57MIN	43M 19S	1HR 3M
ROWIE			43M 23S	1 HR 3M
FETTES	37M 16S	1HR 1M	50M 50S	1HR 13M
THE SNAG	37M 51S	1 HR 2 MIN	53M 43 S	1HR 17M
CAPT COL	37M59S	1 HR 2MIN	25M.44S	1 HR 14 M
ROSS	38M 16S	1 HR 3 MIN		
JACQUI	39M18S	1 HR 5 M	54M 50 S	1HR 19M
HICKSEY			25M13S	1HR 12M
JEFF			26M36S	1HR 16M

BUSSELTON HERE WE COME!!!!!!!!!!!!!!!!!!!!!!

4) RAMOS REPORT BUSSELTON JETTY SWIM FEB 12 2017

“Man is not made for defeat” he said “A man can be destroyed but not defeated”

Ernest Hemingway

If one did not know better, one could be excused for thinking that Ernie was standing on the beach at Busselton around 7 am Sunday morning looking out to sea along the jetty that was disappearing into the ocean mist, when he made that statement.

For what we were all looking at, some 2300 able bodied and determined competitors, was not pretty; a strong cross offshore wind with regular wave sets and swell pushing from North to South into the jetty.

(KING NEPTUNE WAS NOWHERE TO BE SEEN! Addendum by Editor)

For any ocean swimmers that period before an event can sometimes be a little harrowing, added to that, when conditions are not good, the anxiety levels rise. Self-doubt becomes an unwanted associate. For all of us preparing, getting sun screened, vasolined, goggled and other pre-race routines completed, we know that this will be a momentous struggle.

Ocean swimming, well any swimming really, is probably one of the most individual sports a person can do. On challenging swims, each swimmer fights their own battles along the way and looks within themselves to find the inner strength and determination needed to finish the event.

And, so it was that 13 of Armadale’s finest made their way to the start line. Following 8 staggered starts from 8am at 1min 30 intervals we plunged into the depths to start the 1.8 km slug to the end of the jetty round the end and 1.8 km back to shore.

I cannot stress the admiration I feel for all of the competitors, however, specifically our mob, we know that we have a varied group of swimmers, some well experienced and some that struggle more than others,

11 of our team finished the swim in under 1 hr 30 min, a terrific achievement.

However, for the two new RAMOS hero’s Pamela and Hans who, with sheer determination, would not be beaten and completed the swim in 2 hrs 9 min and 2 hrs 4 min respectively; a massive effort in truly challenging conditions. Hail the Hero’s. Generally, due to the conditions times were slower than expected with even the fastest professional swimmers coming 4-5 min slower overall. This did not seem to have affected our very own Champion Charles, who was the first of the Ramos team over the finish line with a fantastic time of 1 hr 10 min 35 sec. Charles was 4th overall in his age group and 265th over the line out of all the male swimmers, a truly remarkable swim. Well done!

Bill was another who put in an amazing performance, training all year in preparation for this swim. Bill left nothing in the tank to beat home many of his club rivals with a 1 hr 25 min 48 sec.

Colin and Ross continued their rivalry with only 12 sec separating them on the line with Colin 1 hr 23 min 28 sec and Ross 1 hr 23 min 40 sec.

Our female competitors performed spectacularly as well, Vanessa was first in closely followed by Jacqui, Heather and Liz, all within 2 minutes of each other.

Fettes did a great time in just over 1 hr 27 min, however was not happy that his all-time nemesis (Billy) beat him in. Jeff finished with the hugest smile , loved the

challenge and can't wait to tackle it all again. I think if he could have swam back the other way he would have.

TIMES FOR THE SWIM ARE;

**Charles 1:10:35 Greg 1:11:42 Colin 1:23:28 Ross 1:23:40 Bill 1:25:48
Fettes 1:27:26 Vanessa 1:27:52 Jacqui 1:28:07 Heather 1:28:39 Jeff 1:29:45
Liz 1:30:28 Hans 2:04:30 Pamela 2:09:02.**

As tradition dictates, after the swim most swimmers and partners stayed for breakfast at The Goose. Sunday night for those that hung around had a terrific meal and get - together at Stilts Restaurant where the glory of the swim was retold repeatedly.

Special mentions;

We could all feel for our Superfish Gill who was side lined with an eye issue. She is a real trooper and would have loved to be in the water with us.

Lexie and Pete made the trip for support which was very much appreciated .

To all the family and friends that support us, they put up with our constant talk and discussions pre and post swim, a big thank you.

Good luck for those swimming the next round at Alkimos, and for the rest of us in the Virtual Rottnest the following weekend.

A RAMOS report from Rowena

Round 12 of the Swimming WA OWS at Alkimos

Four brave members ventured forth into the far flung northern suburbs at a truly indecent hour for Round 12 of the Swimming WA OWS at Alkimos. This was the last "bonus" SWA round for the Masters point score competition.

Alkimos is named after the merchant vessel that was wrecked off the coast in the 1960s. Part of the ship is still visible above the water line quite close to shore. The beach itself is nicely protected by an outlying reef, but we still had to contend with seaweed, turbid water, wind, and the occasional stinger.

Gill and Colin opted for the 1.25km version, with Gill making a return to open water competition after an eye injury at Rockingham. Opting for the shorter distance paid off with Gill picking up bronze in the Legends category in a time of 21:52.9. Captain Colin completed the course in 25:49.3, and will be doing the 5km event next year...

Open water regular Jackie lined up for the two lap, 2.5km journey finishing in a time of 57:03.6.

As I am a sucker for punishment, I joined with my former Melville team mates Rebecca Yip and Aithne Dell for the 4 lap, 5km version. Beck finished with the bronze in the Open category in a time of 1:21:25.7, with me following in 1:30:56.9 and Aithne in 1:36:25.1. Both girls are swimming to Rottnest this year - Aithne in a duo, and Beck in a team of four AND the 25k Port to Pub solo.

Well done to all swimmers who made the trek. I look forward to hearing the excuses of the rest of our regular ocean going swimmers who didn't make the trek...

Next on the calendar is the popular Coojee Jetty to Jetty swim on 12 March, followed by the final swim of the Masters OWS in Albany on 15 April. Jetty to Jetty places are filling fast, so if you want to swim this one, make sure you get your entries in!

Rowena

Newman - Churchlands LiveLighter Challenge 2017 19-Feb-1720

WoW! Wonder of Wonders! An Armadale Masters team of only 3 took up the Challenge at the Newman College pool last Sunday, and came 14th out of 18 teams. A marvellous effort: Andrew Johnson (our newest member: 28.6 seconds in the 50 free. WoW!), Bert Vosbergen (another new member. 3 mins 7.6 seconds for the 200 free. WoW again!) and Hans (an old hand who contributed a good 5 points. Well done). Our new man, Andy, came in with 3 firsts and maximum points.

This augurs well for future inter-club pool competitions. We have to be in it to win it. The more entries we have the more points we accumulate. We want to come 1st!

SO

We need as many as possible to make a big splash at:

Mandurah on: Sunday 2nd April.

Get your names in to Cap'n Col ASAP.

BIRTHDAY WISHES

Yvonne Hunt 23rd February

Liz Dunn 28th February

Graham Hicks 3rd March

Colin Gibson 3th March

Linda Cragg 14th March



WE HOPE YOU ENJOY YOUR DAY

What about this? These Brits involve themselves in the cold - water swimming championships at the lido in Tooting, south London: This they do hoping for medals for the fastest, an award for the best hat and a mass jump-in in aid of Crisis, the homelessness charity. Have a look at these photos and consider those brave Armadallians who are going south to Albany to swim across a 4 km stretch of harbour during the **Easter break in mid – April.**

https://www.theguardian.com/lifeandstyle/the-swimming-blog/2017/jan/30/making-a-splash-cold-water-swimming?utm_source=esp&utm_medium=Email&utm_campaign=GU+Today+AUS+v1+-+AUS+morning+mail+callout&utm_term=211003&subid=18505567&CMP=ema_632