



# Armadale Masters Swimming Club

## NEWSLETTER

### November 2017

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#### CLUB CONTACTS

- **President:** Ross Doherty **9496 2821** AMSC.President@hotmail.com
- **Head Coach:** Jeffrey Sanders **0411750767** AMSC.CoachJeff@gmail.com
- **Secretary:** Vanessa Toop **0435 060 905** AMSC.Secretary@hotmail.com
- **Club Captain:** Colin Gibson **9498 3931** AMSC.Captain@gmail.com

#### Attention! IMPORTANT INFORMATION !

***FROM THE SOCIAL COMMITTEE/FUND RAISING DESK***

***HO HO HO.***

***YEP! ST NIC IS NOT FAR AWAY. HOWEVER BEFORE HE GETS STUCK IN OUR CHIMNEY'S WE HAVE TWO PRESSING ISSUES TO DEAL WITH:***

***1/ RAFFLE TICKETS, ONLY 25 MORE DAYS BEFORE OUR HUGE \$1000.00 1<sup>ST</sup> PRIZE RAFFLE IS DRAWN.***

***THIS WILL BE DRAWN AT OUR XMAS FUNCTION 9 DEC 2017  
ARRIVE 6:30. PRESENTATIONS 7:30***

***A BIG THANK-YOU TO THOSE WHO HAVE PAID FOR THEIR THREE RAFFLE TICKETS (\$60.00). PLEASE, THOSE WHO HAVE NOT PAID SEE GREG A.S.A.P.. PLEASE PROVIDE NAMES, TICKET NUMBERS AND PHONE CONTACTS IF YOU HAVE ON-SOLD THE TICKETS. ## NB. THIS IS A LOTTERIES COMMISSION REQUIREMENT## PAYMENT CAN BE MADE DIRECT TO THE CLUB ACCOUNT:***

***ARMADALE MASTERS SWIMMING CLUB: BSB 086116 Account 323723684***

\*\*\* IF YOU ARE UNABLE TO SELL ALL OF YOUR TICKETS PLEASE SEE GREG A.S.A.P. TO RETURN THE TICKETS.

\*\*\*\*\* ANY MEMBERS SEEKING ADDITIONAL RAFFLE TICKETS ALSO SEE GREG SO THAT SHOULD UNSOLD TICKETS BECOME AVAILABLE HE CAN REDISTRIBUTE THEM.

**2/ COME ALL YE FAITHFUL. THAT IS; COME TO OUR END OF YEAR CHRISTMAS WIND-UP AND PRESENTATION EVENING.**

**THIS IS TO BE HELD AT HOP SCOTCH RESTAURANT IN ROLEYSTONE ON THE 9<sup>TH</sup> DECEMBER SATURDAY EVENING.**

**OUR PRESENTATION EVENING IS ALWAYS A GREAT EVENT AND WE ENCOURAGE ALL OUR MEMBERS AND PARTNERS TO COME ALONG . COSTS INCLUDE A 3 COURSE MEAL, WITH DRINKS AVAILABLE AT BAR PRICES .**

**COSTS ARE \$40.00 MEMBERS AND \$45.00 PARTNERS.**

**PLEASE LET GREG KNOW IF YOU ARE ATTENDING AND EITHER PAY HIM DIRECT OR DEPOSIT DIRECT INTO: ARMADALE MASTERS SWIMMING CLUB**

**BSB 086116 Account 323723684.**

**WE NEED TO CONFIRM THE NUMBERS WITH THE CHEF ASAP.**

**HAPPY SWIMMING**

**GREG**

## **XMAS FUN TRAINING SESSION**

**THURSDAY 21 DECEMBER NORMAL TRAINING NIGHT;**

***This year ,as we are at Cannington, our normal silly season Xmas fun day will not be on the Saturday morning but the previous Thursday night.***

***We have arranged to have lanes 1,2 & 3 all to ourselves and you can be assured it will be a fun light-hearted training session, with the usual games, prizes and fun events.***

### **REQUIREMENTS:**

***The ability to forget your age and respectability, laugh long and loud, shout, scream and generally show the rest of the pool that we love Xmas , our club and the friendship we enjoy.***

***Hope to see you all there.***

***Master of Ceremonies: Greg***

## **CAPTAIN'S REPORT**

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### **Completed Events since the last report**

- Sat 28<sup>th</sup> Oct – SWA OWS MSWA Bonus Round at Cottesloe
- Sun 29<sup>th</sup> Oct – Fremantle Masters Live-Lighter Club Challenge LC (Team Andy and Chas)
- Sun 29<sup>th</sup> Oct – Club Coach Accreditation Course
- Sat 4<sup>th</sup> Nov – Club Champs Rd 10 (100m and 100m) - With the final positions all but set and the postponed Cottesloe open water swim on same morning we had only 9 perky Pelicans turn up for the last round of the club championships for 2017. Points Scored: Sue Sullivan was the star of the day scoring 9 points followed

NOT so closely by Graham Hicks with 4 and Jennifer 3 points. The rest of us could only manage 1 point for each swim. Club Records: Lexie having not swum 100m SC breaststroke since 2010 gave it a shot and set a new club record in her age group – Well done Lexie! Also, Yvonne Hunt having not swum 100m backstroke for 5 years also set a new club record in her age group – Well done Yvonne! The rest of us: We made a splash and a few ripples and/ but saved our energy for next season. Well done everyone, and look forward to seeing you all again next year for the 2018 Club Championships. Look out everyone I think Lane 8 will be after both male and female trophies.

- Sun 12<sup>th</sup> Nov – MSWA OWS Rd 1 - Lake Leschenaultia OWS (The annual pilgrimage to Lake Leschanaultia has been done and swum, well done to Vanessa, Jeff, Greg, Graham, Gill, Col, Chas, Heb, Mark and Mary. Rowie was there officiating as well.

## **Upcoming Events**

- Sun 26<sup>th</sup> Nov – Melville Masters LiveLighter Club Challenge
- Sat 2<sup>nd</sup> Dec – Rotto Swim Thru
- Sat 9<sup>th</sup> Dec – Freo Ports Swim Thru
- Sat 9<sup>th</sup> Dec – Presentation and Awards Evening
- Sun 17<sup>th</sup> Dec – MSWA Open 10km Coogee Beach

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**RAMOS REPORT**



## R. A. M. O. S. ?

### REGULAR ARMADALE MASTERS OCEAN SWIMMERS.

#### RAMOS Report – Cottesloe Beach, 4 November 2017.

With the growing popularity of open water swimming these days, seaside parking is a premium. So the trip from the Armadale District to the ocean generally needs to be an early one. And this is especially the case for events run by Swimming WA (SWA), who have a very strict rule about registering by 7:30 (or else no swim). The other painful SWA rule requires every participant to wear two race number transfers (SWA call them tattoos and they may as well be tattoos because they're almost impossible to remove). This means lining up at 7am on a cold morning for a volunteer to repeatedly apply a cold, wet sponge to bare shoulders. And to continue the 'cold' theme – the race briefing didn't miss the detail about the water temperature being 20.2°C.

So AMSC had five swimmers in the event. Chas, Heather, Gilly and Colin all looked speedy in their fashionable Yingfa go-fast suits. (Ross, in his stock Speedos, looked less speedy). Wading out to the start was not fun because the water felt icy and the wait for the starter's gun - uncomfortable. But as always, the race started and there was more to contend with than cold water.

Conditions were close to perfect and anybody that has swum at Cottesloe would recall that this is quite the 'eco-swim' with lots of reef and marine life to enjoy along the way (especially if one gets too close to the shore and gets trapped within an arm's reach of the reef). Despite the perfect conditions, Gilly had a need to disrespect the ecological balance with her first breakfast. (Apparently that was Ross's fault because he misread the pre-race conditions) ??

The 1.25 km swimmers all finished and left Chas out there working hard on his second lap of the course. They all shared a loathing for events with multiple laps of the same course - 1.25 was a unanimous good choice (this time). But good on you Chas!

Gill, Colin and Ross left Heather on the beach to clap Chas in and went off in search of a quick breakfast before the Cottesloe parking inspectors got to work. The OBH \$10 breakfast special was suggested so all headed there (and the parking inspectors were beaten – this time). The OBH was a fine choice and while there, out came the

smartphones for bluechiptiming results. “That’s strange, all the times look slow”. Col was quick to conclude that the course must have been longer than 1.25km. Oh yeah Col!. (It turns out that the course was in fact 300m too long). The times now look respectable.

So that was Saturday 4 November - first Open Water Swim - first dose of sun, salt, surf, hard work, endorphins and social breakfast – how great is that? Summer’s finally here!

**Ross**

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I should add lake swimmers to the RAMOS title! Sunday 12<sup>th</sup> November was the Lake Leschanaultia Masters swim.

The event has a 400 mtr or 1600 mtr two option swim. The lake is in the Chidlow area just North of Midland.

Being a Masters swim it has the relaxed and friendly feel that we have come to know; like minded swimmers all participating with a friendly and happy attitude. The lake always offers a very calm and enjoyable swim, the water temperature was a balmy 20 degrees with great clear visibility.

Armadale Masters had a big turn out with most of the regular open water swimmers and a few very welcome extras.

Swimmers were Gillian, Heather, Vanessa & Mary were joined by Graham Hicks, Charles, Greg, Mark, Jeff & Colin. Rowie did us proud as the official race referee. Mary smashed the 400 m course, coming first in her age group. Well done Mary! This is a great swim for those swimmers who do not want to tackle a long distance. We will be looking next year to entice many of our lane 3 swimmers to come and have a go.

Gillian was the best of the 1600 m swimmers, however all did a great job in ideal conditions.

In true Armadale Masters tradition a wonderful array of home-made cakes, biscuits and sandwiches were shared between all after the swim and success for Greg with the raffle.

**AND A THOUGHT :**

**“The water does not know how old we are”**

**Greg**

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**RAMOS REPORT FOR COOGEE ROUND 3**

**SWIMMING WA OPEN WATER;  
SAT 18<sup>TH</sup> NOV**

The Swimming WA ocean series runs alongside the Masters swimming calendar. At times, members of RAMOS will attend those swims.

On the morning of Saturday 18 November, the weather gods were, perhaps, sending a warning that this may not be the best day for a dip. Torrential rain and winds greeted 4 old time RAMOS stalwarts; Heather and Charles, Ross and myself.

To say that the conditions were not perfect would be like saying cyclone Tracey was a bit windy!

Perhaps a slight exaggeration, but, it was certainly rougher than we normally experience, and what we did not know was that the stingers were thick for most of the course, and no participants were to be spared.

I must say, and feeling a little sheepish, Ross and I opted for the 1.25 km swim. That decision was taken well before we had knowledge of the conditions, but still, we felt a little embarrassed that we had selected the shortest option. However, the amazing Croft team had signed up for the 2.5 km distance.

Now, some may have seen our Champion Charles, in lane six, sometimes skipping the last 100 of a set or having a toilet break at times and be sucked into the thinking that he may not be at his best. No, No, No! I have a theory that when you add salt and Charles, together, a magical chemical reaction takes place. Champion Charles did an amazing swim, clocking 43 min 48 sec in challenging conditions. Well done.

Ok, let's set the scene. Batgirl, Wonder Woman, Super Girl, Zena Warrior Princess; all exceptional females. Stand aside and make way for HEROIC HEROINE HEATHER! Two things Heather insists on with ocean swims; calm seas and no stingers! Ah, sorry! No and no!! However, that did not stop her. With steely determination, Heather completed her 2.5 km in a great time of 53 min 31 sec. Me dips me lid; an awesome effort!

Till we meet again with sand between our toes, seagulls in the sky, the sun warming our bones and the crystal clear blue waters of the Indian Ocean tempting us, again.

Greg

We are planning more Saturday/Sunday Coogee Beach endurance swims after the Festive Season.

A reminder: When down on the beach please do not forget the sun block!

## **BIRTHDAY WISHES**

Many happy returns to:

Jenny Finlay 27<sup>th</sup> December



**ENJOY YOUR DAY**

## **Back and Forth and Up and Down**

1. Fettes recently returned from a 4X4 Voluntour trip to Dirk Hartog Island. Despite ripping off the canopy gull-wing door of his cousin's 4 wheel drive that Fettes borrowed for the adventure he assures the trauma, and the expense, was well worth it.

A group of 12 paid -up volunteers assisted 6 scientists from the Department of Biodiversity, Conservation and Attractions (the new name for Parks and Wildlife and before that C.A.L.M. ) with their important research and rehabilitation work on Dirk Hartog Island. Their aim is to return Dirk Hartog island to its natural state ie prior to Dirk Hartog's landing in 1616 when he left an inscribed pewter plate saying he was there.

Known as ***Return to 1616***, this ecological restoration project is presently the world's largest.

The aim is to restore the original ecosystem of the island by controlling weeds, eradicating sheep, feral goats and feral cats and reintroducing native animals.

Some weeds still remain. The sheep and goats are long gone. The 'cat-men' are at this moment still scouring the island to make sure the last cat is well and truly gone. Meanwhile the scientists, led by Keith Morris (ex Roleystone resident), have released 12 of each species of very rare (radio-collared) Hare Wallaby (Banded and Rufous). The volunteers assisted the scientists in radio tracking each Banded/Rufous-Hare Wallaby. One little wallaby reported in dead according to the

radio signal. Then, lo and behold, his signal came back to life on the third day. He has now been nicknamed 'Jesus'.



This is a Banded-hare Wallaby.... about the same size as a Quokka.

The volunteers also assisted in pit-trapping fauna of the creepy, crawly and little furry types. The data collected will be a base for scientists to compare against in the years to come. Below is a Dunnart (a member of the Dasyuridae family)... the only marsupial on the island to survive the the feral cat scourge. BTW The poor male only lives for about a year. He dies from his frenzied reproductive efforts.



Flettes about to go for a snorkel off Dirk Hartog Island. He is wearing a sun block



on his head... the Armadale Masters swim cap.

The wanderers, Liz and Hans, are still at it... this time wandering around the wilds of Tasmania. They could well bump into Amanda and her new hubby Matt. However, there is doubt that Amanda is into the hard slog like Liz. She appears to be a glamper, not a camper.

This is one of Liz's Facebook entries:

Hans and I at the start of the Cradle Mountain Overland Track and at the finish. It was a very tough 6 days over some hard terrain carrying a tent, sleeping bags, cooking equipment and 6 days food but we made it and absolutely loved the challenge. Will post some pics once back home.



Rock - hard, rock - hopper Jeff (with rocks in his head) returned from a month of trekking in the Bhutanese Himalayas. We all agree ... he is mad! This bloke, our Head Coach, can teach us a thing or three about endurance.



These 2 items (below) were recently down in Busselton checking out swimming conditions for the next Busso Jetty swim. Ol' Bat ears and his friendly Dalmatian report that a spectator platform jutting out into the sea at the swimmers exit point has been built (Bill and Hans remember that exit very well). The aim being to entertain the crowds close up as we all exit after well over an hour of swimming.

