



Armadale Masters Swimming Club

NEWSLETTER

**January
2018**

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 0447143881 AMSC.Captain@gmail.com

Attention! IMPORTANT INFORMATION !

Gillian and Greg are swimming a duo in the Port to Pub swim. They are swimming to raise funds for Sebastian's school. The school kitchen requires renovating. Sebastian is Gillian's autistic son.

A fund me page has been set up. Should club members wish to donate the link is:

[Gofundme.com/port-to-pub-for-kenwick-school](https://www.gofundme.com/port-to-pub-for-kenwick-school)

Captain's Report

Completed Events since the last Newsletter

Thurs 21st Dec – Greg's Xmas Fun Night – highlight was the slide! 😊

Sat 30th Dec – SWA Mullaloo OWS – MSWA Bonus points round

13th Jan – Cottesloe Classic Mile

21st Jan – Claremont Masters Swim Thru Perth MSWA OWS Rd #3

Upcoming Events

Fri 26th Jan – Mandurah Masters Australia Day Swim

Sat 3rd Feb – Rd 1 Club Championship Series 2018

Sat 4th Feb – MSWA Super Clinic at HBF Stadium

Sat 3rd Feb – Swanny Ocean Classic

Fri 9th Feb – Swan Hills Eastern Hills Club Challenge event

Sun 11th Feb – SWAMSWA Bonus Round at Shorehaven Alkimos

Sun 11th Feb – Busselton Jetty Swim

RAMOS



R. A. M. O. S. ?

REGULAR ARMADALE MASTERS OCEAN SWIMMERS.

RAMOS REPORT: COTTESLOE CLASSIC SATURDAY JANUARY 13th

"Only those who risk going too far can possibly find out how far they can go."

And so it was , that 5 of the Ramos regulars, clad only in a token lycra covering, plunged into the sparkling waters of the Indian ocean.

Cottesloe beach is iconic for beach and ocean swimming, just ask the great whites!

However, no bities this Saturday, just magnificent clear, clean ocean water, minimal breeze with flat seas and a bonus; no stingers!

One could say perfect conditions for a dip.

The swim had two options with the classic Cottesloe mile (1.6km) and a new 3 km swim.

Ross and I did the big swim , with Heather, Charles and Fettes opting to keep with tradition and do the mile. All swimmers did a great job.

For swimmers interested in giving the ocean a go; all these swim events have shorter distances that you can start with. Cottesloe was no exception with a 500 m event. I encourage all members to give it a go. Apart from the swim, the breakfast after is always great fun.

Next swims to look out for is the Australia Day swim at Dodds beach in Mandurah the 26th Jan . The Australia Day swim is always well supported by

the club, so come and join us. Late entrants are allowed to enter 1 hour prior to the swim.

Times for the CLASSIC day were;

Greg 55.53, Ross 1 hr 5.03, Fettes 31.52 (3rd in his age group),
Heather 33.22 and Charles 28.14

“THE SEA, ONCE IT CASTS ITS SPELL, HOLDS ONE IN ITS NET OF WONDER FOREVER”

GREG

BIRTHDAY WISHES

Many happy returns to:

Amanda and Gillian



ENJOY YOUR DAY

Masters Open Water Swim Series Interim Points as of January 2018

MSWA OWS SERIES 2017-18 POINTS SCORE UPDATE –

As at 13 January 2018

Male top '5'

30-34	Stuart ANDERSON	WMV	48
75-79	Stuart GRAY	WSU	48
65-69	Charles CROFT	WAM	40
35-39	Ryan MEAD	WSH	38
35-39	Nicola FRASCHINI	WCM	36
50-54	Frank VAN ROOYEN	WWC	36

Female top '5'

70-74	Theresa ELLIOTT	WCM	48
30-34	Jennifer ROLLIN-BUSBY	WMH	48
45-49	Gillian CARUSO	WAM	40
45-49	Belinda BOYD	WBM	36
18-24	Rebekah WELLER	WMH	36

Top '5' Clubs

Club	Total Points	Swimmers
Perth City	418	27
Maida Vale	326	20
Westcoast	305	21
Armadale	300	15
Claremont	284	18



Masters Swimming WA
Open Water Swim Series
Male Points Score - 2017-2018



Age Grp	Swimmer	Club	Round #1	Round #2	Round #3	Round #4	Total Points
18-24	Joseph ROONEY	WCM			12	12	24
25-29	Cameron MITCHELL	WPC	12				12
25-29	Donovan CASTELYN	WAM			12		12
25-29	Corin GOWLAND	WPC	10				10
25-29	Oliver COX	WCM			10		10
30-34	Stuart ANDERSON	WMV	12	12	12	12	48
30-34	Richie CHIPMAN	WOP		10	12		22
30-34	Robert BRINDAL	WFR	10		10		20
30-34	Adam BEATON	WBP	8			10	18
30-34	Matthew BARNDON	WCR		8	10		18
30-34	Anton TSORVAS	WCM	6			8	14
30-34	Eric DUIGAN	WPC	12				12
30-34	Michael QUARTERMAINE	WWC				12	12
30-34	Daniel MCKEON	WPC	10				10
30-34	Ian BONNEY	WWC				10	10
30-34	Greg BOURNE	WMV		8			6
35-39	Ryan MEAD	WSH	10	12	8	8	38
35-39	Nicola FRASCHINI	WCM	12		12	12	36
35-39	Travis O'NEILL	WSU	8	8	10		26
35-39	Mark WILLIAMSON	WPC	8		6	10	24
35-39	Bruce SCORER	WRV	10		10		20
35-39	Alan RICKARD	WML		10	4		14
35-39	Aitor DIAZ	WOP				12	12
35-39	Stephen METZ	WOP			12		12
35-39	Bob TARR	WPC			10		10
35-39	Stephen HUGHES	WRK				10	10
35-39	Cliff BRENNAN	WSS		8			6
40-44	Chris HOPKINS	WSH	12	12			24
40-44	Nicholas VAN ZWOL	WSS			10	12	22
40-44	Andrew RIGG	WML			12		12
40-44	Tully YOUNG	WSG				12	12
40-44	Gavin PASCOE	WCR			10		10
40-44	Robert CZAPLINSKI	WPC	10				10
45-49	Shaun JESSOP	WPC	12			12	24
45-49	Andrew PAGE	WPC		10	10		20
45-49	Aaron MAXWELL	WFR			12		12
45-49	Greg WATKINSON	WFR			12		12
45-49	Matthew READING	WOP				12	12
45-49	Perry MOLENDUK	WPC				12	12
45-49	Sean NEARY	WPC		12			12
45-49	Anthony PAINI	WWC			10		10
45-49	Ben HUMPHREYS	WMV				10	10
45-49	Neal GOURLEY	WRK				10	10
45-49	Stephen BUSH	WNL			10		10
45-49	Chad EDWARDS-SMITH	WCM				8	8
45-49	Shane TUNGATE	WFR			8		8
50-54	Frank VAN ROOYEN	WWC	12		12	12	36
50-54	Jon HAINES	WPC	12		12	10	34
50-54	Colin GIBSON	WAM	10	4	8	8	30
50-54	John MUIR	WCM	10			12	22



Masters Swimming WA
Open Water Swim Series
Male Points Score - 2017-2018



50-54	Peter GRAY	WSU		12	10		22
50-54	Andrew TWINE	WCR		10	10		20
50-54	John EVERITT	WWC	8			12	20
50-54	Stephen FIDGE	WWC	10			10	20
50-54	Steve NORREGAARD	WMV		8	8		16
50-54	Arifin TJAHJANA	WPC			6	8	14
50-54	Knut Hovem	WOP	6	3	4		13
50-54	Michael PLOZZA	WML		6	6		12
50-54	Jonathon HART	WFR			10		10
50-54	Gavin CULL	WSU	8				8
50-54	Titus GALSWORTHY	WFR			8		8
55-59	Tony BALL	WKA	12		3	12	27
55-59	Michael KERMAN	WWC			10	12	22
55-59	Derek SEXTON	WFR			10	8	18
55-59	Dixie JOY	WML	8			10	18
55-59	Gregory FREY	WAM		12	6		18
55-59	Tim POWELL	WCR	6	10			16
55-59	Bruce PHILLIPS	WWC				12	12
55-59	Greg HITCHEN	WML			12		12
55-59	Jon JESSOP	WPC			12		12
55-59	Paul BLACKBEARD	WCM	10				10
55-59	Paul WILKINSON	WRK			10		10
55-59	Peter MANNOLINI	WCM				10	10
55-59	Salomon MARK	WAM		8			8
55-59	Simon LYONS	WMH			8		8
55-59	Richard AUSTIN	WLM		6			6
55-59	Ashley CHAPLYN	WSS			4		4
55-59	Peter KUHNE	WPC			2		2
60-64	Brendon BUNNING	WBB	12		10	12	34
60-64	Jeffrey SANDERS	WAM		10	12	10	32
60-64	Ross DOHERTY	WAM	10		6	12	28
60-64	Rex BURKE	WML		12	8		20
60-64	Allan TAYLOR	WBB			12		12
60-64	Wayne CABLE	WMH				12	12
60-64	Peter CLARK	WML		8			8
60-64	Cees KOEMAN	WSS			4		4
65-69	Charles CROFT	WAM	12	8	10	12	40
65-69	Paddy KNIGHT	WRV		8	12		20
65-69	Graeme POW	WRV	10	2	6		18
65-69	Graham HICKS	WAM		4	10		14
65-69	Robert TEMBY	WWC		12			12
65-69	Graham CROFT	WCM		10			10
65-69	Murray CORP	WSM	10				10
65-69	John FREY	WBM			8		8
65-69	Steven CRAKE	WMH			8		8
65-69	Greg BOWATER	WLM		3			3
70-74	Paul JACKLIN	WMH	12		12		24
70-74	Gwyn WILLIAMS	WMV		12	10		22



Masters Swimming WA
Open Water Swim Series Point Scores
Season 2017-2018



Age Grp	Swimmer	Club	Round #1	Round #2	Round #3	Round #4	Total Points
18-24	Rebekah WELLER	WMH	12		12	12	36
18-24	Renae LAMBOURNE	WWC				12	12
18-24	Megan MACDONALD	WSM	10				10
25-29	Lisa HARDING	WFR	10		12	12	34
25-29	Maelle BOURDAIS	WPC	8	12	12		32
25-29	Aithne DELL	WML	6	8	8	10	32
25-29	Rebecca YIP	WML		10	10		20
25-29	Karis CHAPLYN	WWC			10	8	18
25-29	Jacqueline BRIGGS	WAM			6	8	14
25-29	Caterina PAGANELLI	WPC	12				12
25-29	Camilla SPRY	WIW				12	12
25-29	Siobhan GOODWIN	WWC				10	10
25-29	Sarah LACEY	WML		6			6
25-29	Fiona HIGH	WIW				6	6
30-34	Jennifer ROLLIN-BUSBY	WMH	12	12	12	12	48
30-34	Katy WELCH	WPC	12		12		24
30-34	Kate MCINERNEY	WKA			10	12	22
30-34	Lizzie O'BRIEN	WPC	10		10		20
30-34	Simone LUKER	WBP	8			10	18
30-34	Sarah GRAIN	WOP		4	10		14
30-34	Renata De Melo	WPC	10				10
30-34	Mary MATTHEWS	WOP				10	10
30-34	Jacqueline BROMELL	WSM				10	10
30-34	Amanda HICKS	WCM		2	8		10
30-34	Alana HARPER	WBM	10				10
30-34	Samara ROGERS	WSS			8		8
30-34	Anna SERGEANT	WWC	8				8
30-34	Anna EISENHAEUER	WCM		8			8
30-34	Sheena CLARK	WMV		6			6
30-34	Marjan STOLTE	WSM	6				6
30-34	Sabrina WILLIAMS	WRV	4				4
30-34	Niamh KENNEDY	WOP		3			3
35-39	Tammy NORREGAARD	WMV	12	10		10	32
35-39	Jessica HOLMES	WSS	12		12	8	32
35-39	Helen JONES	WMV	10		10	12	32
35-39	Kacy MAZZINI	WWC	10			10	20
35-39	Helen WILSON	WMV	8		8		16
35-39	Natalie TAYLOR	WPC			12		12
35-39	Kristy BRACKSTONE	WCM				12	12
35-39	Katherine CREEPER	WOP				12	12
35-39	Danielle BERRY	WSS			4	8	12
35-39	Ceinwen ROBERTS	WMV		12			12
35-39	Rebecca SHIPP	WOP			10		10
35-39	Naomi PATRICK	WCM				10	10



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35-39	Vanessa TOOP	WAM		8			8
35-39	Jennifer COOK	WMV		6			6
35-39	Anna NEGUS	WSM			6		6
40-44	Cindy JESSOP	WPC	12		8	10	30
40-44	Sarah JEMERSON	WSH		12		12	24
40-44	Kendal LEGGETT	WFR	12		12		24
40-44	Jackie GARDINER	WPC	10			12	22
40-44	Caroline DYER	WMV		10	10		20
40-44	Rachel HARWOOD	WWC	10			6	16
40-44	Jen CASOTTI	WSH		8		8	16
40-44	Emily CHETWIN	WPC			12		12
40-44	Cate LAW	WBP				12	12
40-44	Lisa ROMEO	WCM				10	10
40-44	Anna WEATHERILL	WWN				10	10
40-44	Vicky POELMAN	WKA				8	8
40-44	Sarah DOMINGUEZ	WFR			6		6
40-44	Angela HAYWARD	WPC		6			6
40-44	Kara STONE	WFR			4		4
45-49	Gillian CARUSO	WAM	10	10	10	10	40
45-49	Belinda BOYD	WBM	8	8	8	12	36
45-49	Claire WARE	WMV		12	12		24
45-49	Kareena PRESTON	WFR	12		10		22
45-49	Sari GALSWORTHY	WFR			12		12
45-49	Allison HASS	WPC	12				12
45-49	Lisl MCGUIRE	WOP	10				10
45-49	Fiona HAIGH	WPC			8		8
45-49	Hamidah BUANG	WBM	6				6
50-54	Bridget YOUNG	WRK	12			12	24
50-54	Karen ALFORD	WBM	10			10	20
50-54	Wendy KENNEDY	WMH				12	12
50-54	Sandra THOMPSON	WMV		12			12
50-54	Pamela HOAR	WFR			12		12
50-54	Julie ASTLEY	WCM			12		12
50-54	Lena WILKINSON	WFR			10		10
50-54	Jackie HAGAN	WRK		10			10
50-54	Christina CHANDLER	WFR			8		8
55-59	Julie O'CONNOR	WBB	12		10	12	34
55-59	Lyle KILDEA	WRK			12	12	24
55-59	Heather WHITEHEAD	WOP		12	8		20
55-59	Colleen WRAY	WMH	10		4		14
55-59	Glenda HURTADO	WMH				12	12
55-59	Jane Thomas	WMH	8		3		11
55-59	Rhonda PEARSALL	WBS				10	10
55-59	Renuka RANASINGHE	WRK		10			10
55-59	Gay RICHES	WFR			10		10



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55-59	Susan GILES	WMH		8			8
55-59	Lorraine BRIGGS	WFR			8		8
55-59	Lesley HART	WMV		6			6
55-59	Jane BOYS	WFR			6		6
55-59	Kerry Den Boer	WSH		4			4
60-64	Ann-Maree Lynch Calnan	WSU	10		8	10	28
60-64	Viki SHELVER	WWC		12	12		24
60-64	Sandra MUTCH	WSH		8	10		18
60-64	Kerry ALLEN	WBM	8		6		14
60-64	Patricia DOOEY	WNC				12	12
60-64	Maggie READ	WMV		4	8		12
60-64	Deborah BLOOR	WMH		2	10		12
60-64	Eleanor Bourne	WMV		10			10
60-64	Lorraine QUAYLE	WWC		6			6
60-64	Susan MCDONALD	WMH		1	4		5
60-64	Jan HOWIE	WML		3			3
60-64	Kerry HODSON	WWC		1			1
65-69	Heather CROFT	WAM	10	8	4	12	34
65-69	Pamela WALTER	WSU	12	12	6		30
65-69	Alexis DENNESS	WMH	8		3	10	21
65-69	Andrea WILLIAMS	WMV		10	8		18
65-69	Julie KERR	WSS			12		12
65-69	Jan MCGOWAN	WFR			12		12
65-69	Lynette HUNTER	WBM	6	2	2		10
65-69	Jennifer CRAKE	WMH			10		10
65-69	Isabel BUSCH	WFR			10		10
65-69	Elizabeth DUNN	WAM			8		8
65-69	Kate ELLIOTT	WMV		6			6
65-69	Pamela MCHUGH	WML		4			4
65-69	Sharron BURNS	WSH		3			3
70-74	Theresa ELLIOTT	WCM	12	12	12	12	48
70-74	Carrol WANNELL	WWC				12	12
70-74	Samantha JONES	WFR			10		10
70-74	Pauline GEORGE	WSS			8		8
75-79	Pam WALKER	WML		12			12



Coaches, Swimmers and Technical Officials SUPER CLINIC

Masters Swimming WA members are invited to register now!

When:	Sunday 4 th February 2018 <ul style="list-style-type: none"> • Technical Officials : 11.00am – 12.50pm • Coaches : 11.50pm – 3.00pm • Swimmers : 1.00pm - 3.00pm
Where:	HBF Stadium, Mt Claremont <ul style="list-style-type: none"> • Technical Officials and Coaches meet at their start times as above at <u>8-lane outdoor pool</u> before moving to the Claremont Masters Clubrooms adjacent to the pool. • Swimmers meet at the <u>10-lane outdoor pool</u> ready to swim at 1.00pm.

What:	A SuperClinic to prepare for the 2018 National Championships in April. Details include: <ul style="list-style-type: none"> • Technical Officials will undertake a theory session and be provided with rule changes and updates for reaccreditation. • Coaches will be provided with the same information and relevant documentation at their meeting with the Technical Officials from 12.30 – 1.00pm followed by pool deck training in stroke improvements and rule enforcements with the swimmers. • Swimmers will be provided with technical correction in a 2-hour pool session and any updates on rule changes where necessary. <p>Nibbles and refreshments will be provided at the end of the Super Clinic.</p>
Cost:	<ul style="list-style-type: none"> • Coaches: \$15.00 (GST inclusive) • Swimmers: \$25.00 (GST inclusive)
RSVP:	Registration forms with payment due by Thursday 1 st February 2018, to: <ul style="list-style-type: none"> • via EFT to BSB # 066 103 / A/c# 1000 4275 (scan Rego form & email at same time) OR • post to MSWA, Beatty Park Leisure Centre, 220 Vincent Street, North Perth, 6006

REGISTRATION FORM

Email to: masters.admin@mswa.asn.au

OR

Post to: MSWA, Beatty Park Leisure Centre, 220 Vincent Street, North Perth, 6006

Name:	MSWA Club:
Mobile #:	Email:
<i>Coach:</i>	
\$15.00 Payment (select one) <input type="checkbox"/> Enclosed OR <input type="checkbox"/> Paid by EFT (reference on EFT payment)	
<i>Swimmer:</i>	
\$25.00 Payment (select one) <input type="checkbox"/> Enclosed OR <input type="checkbox"/> Paid by EFT (reference on EFT payment)	