



Armadale Masters Swimming Club

NEWSLETTER

September 2019

CLUB CONTACTS

- **President:** Rowena Burch 0415 192 373 AMSC.President@hotmail.com
- **Head Coach:** Heather Croft 0406 528 303 AMSC.HeadCoach@gmail.com
- **Secretary:** Liz Dunn 0414939794 AMSC.Secretary@hotmail.com
- **Club Captain:** Colin Gibson 0447143881 AMSC.Captain@gmail.com

IMPORTANT INFORMATION ! PLEASE READ.

- Spring is nearly over! We start back in the outside 50m pool this Tuesday October 1st.
- Tuesday time reverts back to the 6.30 pm start.
- Thursday is as is: 6.30 pm to 7.30 pm.
- Saturday reverts back to the 9 pm start

Entries for the SunSmart Busselton Jetty Swim 2020 opens early Tuesday 1st October ... at 5am!

Swim distances, you can choose from :

- Solo Swim : 3.6km around the iconic Busselton Jetty
- Team Relays : get a team of 2 or 4 together and make a day of it with friends, family or workmates.
- One Mile - Swim to Shore : swimmers will enter the water near the end of the jetty and swim to shore, a distance of 1.6km - or 1 mile.

Places are limited, so enter early to avoid disappointment.

Enter online - click the button below.



Pamela wants to be part of a team - either two or four - for the Busselton Jetty Swim

Captain's Report

September 2019

Sat 7th September—Club Champs Round 8 was 50m, 100m and 25m choice of stroke. We had 13 swimmers compete and the highest points scorer was Alex with 11. Alex (50m breaststroke and 25m fly), Janine Hunt (100m IM) and Maree Lim (50m free) all set pb's. New club age group records were also set with Maree in the 100m breaststroke, Gill in the 25m free and Fettes in the 100m backstroke.

Get all the reports from the results page on our club website -

<https://armadalemastersswimmingclub.com/events/pool-event-results/>

Upcoming Events

Sat 5th October is Club Champs Rd 9, with 200m and choice of stroke. Warm up from 8.30am, 1st event at 9.00am.

Sun 27th October is Fremantle Masters LiveLighter Distance event at Freo Leisure Centre – 200m and 50m choice of strokes and relays. For those interested, please send your entries to me.

Sun 10th November is the first of the WOW Masters Swimming Open Water Series with the 32nd Annual Lake Leschenaultia Open Water Swim run by Maida Vale Masters. There are distances to choose from, 400m, 800m, 1600m and 3200m. Registrations are now open, click here -

<https://www.registernow.com.au/secure/Register.aspx?E=35788>

Registrations open at 5.00am Tuesday 1st October for the 25th Busselton Jetty Swim click here to register -

<https://www.registernow.com.au/secure/Register.aspx?E=35788>

Here are a few pics of our club's volunteers hot at work fund raising at our annual Maddington Bunnings' Sausage Sizzle fund-raiser , Sunday 29th September:



Rose's daughter (can't you tell?), Bill, Tim, Jenny



Bart (Alex's partner), Col, Mary



Tanya, Ross (Heather Adam's hubby), Vanessa

We raised about \$800 for our club. Many thanks to all the volunteers who made the day most successful. Special thanks to those who were volunteered: Rose's daughter, Bart, and Ross. A big thankyou goes to Greg our champion fund-raiser who once again saw to the smooth running of the event.



NATIONAL CHAMPIONSHIPS 2020 SYDNEY

Short Course Meet
15th -18th April 2020
Sydney Olympic Park

Open Water Swim
19th April 2020
Lake Parramatta

Entries Open September 2019!



Day One Wednesday

1. 800m Freestyle
(Form strokes & IM permitted)

Day Two Thursday

2. 400m IM
3. 50m Freestyle
4. 200m Breaststroke
5. 100m Backstroke
6. 25m Butterfly
7. 200m Freestyle
8. 4 x 50m Women's Medley Relay
9. 4 x 50m Men's Medley Relay

Day Three Friday

10. 400m Freestyle
11. 100m Butterfly
12. 50m Backstroke
13. 4 x 50m Mixed Freestyle Relay
14. 25m Breaststroke
15. 100m IM
16. 50m Butterfly
17. 200m Backstroke
18. 4 x 50 Mixed Medley Relay

Day Four Saturday

19. 50m Breaststroke
20. 200m Butterfly
21. 100m Freestyle
22. 25m Backstroke
23. 100m Breaststroke
24. 25m Freestyle
25. 200m IM
26. 4 x 50 Men's Freestyle Relay
27. 4 x 50 Women's Freestyle Relay

Day Five Sunday

- 1km & 2km

Open Water Swim.
Lake Parramatta,
Western Sydney



To those who had their birthdays in September:

12th Sept: Karina

21st Sept: Chris

28th Sept: Graham Cragg

29th Sept: Peter



Cancer survivor becomes first person to swim English Channel four times nonstop

Sarah Thomas is recovering after swimming for more than 54 hours, being stung in the face by a jellyfish and surviving on an electrolyte formula tied to a rope.