



Armadale Masters Swimming Club

NEWSLETTER

December 2019

CLUB CONTACTS

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- Secretary: Liz Dunn 0414939794 AMSC.Secretary@hotmail.com
- Club Captain: Colin Gibson 0447143881 AMSC.Captain@gmail.com



Wishing you a Merry Christmas and a

swimmingly good New Year.

IMPORTANT INFORMATION! PLEASE READ.

A big shout out to Jeff: He won first prize in our Presentation Evening raffle but declined the \$250.00 Voucher for a night's stay at the 5 star Duxton Hotel (organised by Greg). He took a hamper instead. The voucher was won by our Col and Gillian. They have already booked for the weekend of Gillian's birthday. Enjoy.

- **Armadale Pool's Christmas Movie Night on Friday 13th December was a sizzilingly successful fund – raising effort. (Organised by Greg!) The sausage - selling profits (\$330 +) are already in our Club's bank account. Greg personally thanks the sausage sizzle volunteers:**

Rowie, Rose, Rose's daughter Ellie, Pamela and Gerry Hans and Liz, Natalie, Derek and Charles

- **This Saturday 21st December Greg – the-all-round-organiser is once more organising our traditional Fun Day swim. It is always great fun. Be there.**

Now we can appreciate how valuable Greg has been to our club:

Greg you have been a magnificent member of our Club and especially as a committee member. You coached for a while; you fund - raised for most of your time at our club. Your efforts built up our coffers to rival those of bigger clubs. Your organizational skills are top class. You are always positive in all your approaches to life and to swimming. Your RAMOS Reports we will miss. We all wish you the very best at your new club. You have left us shoes too big to fill. We will have to use two or more people to continue with your excellent efforts. We will see you in the flesh and in the fresh and salty waters of the future. However, we Armadallians look forward to watching Gillian once more beating you to the finish line. Love from all of us to you and Kay

- **There is no training on the following December days:**

Tuesday 24th, Thursday 26th, Saturday 28th, and Tuesday 31st.

- **The next Coogee Training swim is on Sunday the 5th January. Meet at 7.45am at the café for 8.00am start.**
- **The Virtual Rottnest swim is on Saturday 22nd February. The following swim divisions are:**
 - 1. 20km solo,**
 - 2. team of 2 with each swimmer swimming a total of 10km,**
 - 3. team of 4 with each swimmer swimming a total of 5km,**
 - 4. team of any number up to 10 with each swimmer swimming approximately 2km (depending on the number in the team).**

This event is held in 50m pool at Armadale Pool. The start is at 5.45am and finishes approximately 2.00pm.

Entries need to be in before Xmas to Heather Croft.

- **2020 fees need to paid NOW!**

Captain's Report

December 2019

Completed Events Sat 23rd November is the Swan Hills Masters LiveLighter 1500m swim meet. Alex set a few state records 😊

Sun 24th November was our first club Coogee Beach Training Swim at Coogee Beach, good turnout.

Fri 29th November was Beatty Parks Masters LLCC 50's Long Course event. Jeff was the only club swimmer.

Sat 14th December was WOW Swim #2, the Fremantle Ports Swim Thru at South Beach, Fremantle. Distances were 400m, 1600m and 3.2km.



Hurry! Take the photo. Fetts is about to faint sucking in his tummy!

Upcoming Events

Sat 21st December is WOW Swim #3, the Xmas 10K Swim at Coogee Beach. Distances are 3.4km, 6.7km, 6.7km duo and 10km.

Sat 4th January 2020 is Perth City Masters 100 x 100m on 100's event.

Sun 19th January 2020 is WOW Swim #4, the annual Swim Thru Perth at Matilda Bay, Crawley. Distances are 250m Try It, 800m, 1600m and 3.5km.

Click here to register - <https://www.swimthruperth.org/>

Sun 26th January 2020 is WOW Swim #5, the annual Mandurah Australia Day Swim at Doddi's Beach, Mandurah. Distances are 250m Try It, 1km and 2km.

Click here to register - <https://www.mandurahmannas.org.au/mandurahaustaliadayswim>

- WOW Swims 2019-20 calendar available from the WOW Swims website - <https://www.wowswims.com.au/>
- MSA Pool events calendar available to download from MSA website - <https://mswa.asn.au/swimming/pdp-downloadable-events-calendar-2019/>

Our 2019 Presentation Evening held at Rose's place:



Alex receiving an award. Alex broke 4 State records in her age group all in one night and in one swim: during the 1500m Breaststroke! That deserves a big WOW!

Current WA Records: Female - 30-34 - SC

Age Group 30-34

Distance Stroke	Name	Club	Date	Time Location
25m Breaststroke	CHARLOTTE BIDWELL	WCM	24.08.2008	17.66 CHALLENGE STADIUM
50m Breaststroke	MARINA CAMPBELL	WMH	08.06.2003	38.65 MANDURAH AQUATIC
100m Breaststroke	MARINA CAMPBELL	WMH	08.06.2003	1:22.37 MANDURAH AQUATIC
200m Breaststroke	ALEXANDRA HOLT	WAM	23.11.2019	3:09.14 SWAN ACTIVE MIDLAND
400m Breaststroke	ALEXANDRA HOLT	WAM	23.11.2019	6:29.28 SWAN ACTIVE MIDLAND
800m Breaststroke	ALEXANDRA HOLT	WAM	23.11.2019	13:14.35 SWAN ACTIVE MIDLAND
1500m Breaststroke	ALEXANDRA HOLT	WAM	23.11.2019	25:17.66 SWAN ACTIVE MIDLAND



Janine with her Dave Green Award – most improved new member- presented proudly by her mum. Well done Janine



Rose: “Really! I get this award for doing what?” Well done Rosie.



Well done Yvonne.



What?! I came third? Impossible!



Well done Sue. Female Club Champ.



Heb and Chas Croft our 2019 Club Champions, and well deserved. Their training regime is most daunting; early morning swim training even in winter!



Well done Liz and Mary, and thanks to our President, Rowie, for presenting.

To the ocean they flock, adorned in all manner of costumes.

Some with flesh exposed and abounding, others covered, sleek, slick and smooth, but all with the grim determination to compete and complete the designated swimming course.

They are well practiced and experienced, but all still have a healthy respect for the saltwater sensation they are about to undertake.

The banter on the grass and beach before the start is relaxed, friendly even, with the happy sharing of Vaseline and sunscreen, or is it?

Does the inner competitive demon summon an audience with one's soul happily encouraging the disregard for friendship, helpfulness and companionship for a darker agenda unleashed once the starter's hooter has sounded.

NO BLOODY WAY, NOT WITH THIS LOT!

Fremantle Port South Beach Sat 14 December RAMOS REPORT

What a ripper of a morning, very flat seas, no wind and just the odd stinger, very hot and all relished the start when the cool ocean enveloped us.

A two distance event 1600m and 3200 m event.

Armadale had a great turnout with 12 members attending

Our President did us proud and was the official umpire and starter, however did manage to have a dip after the race. Beach supporters Liz and Col were injured, but Charles, Heather, Nicky, Gill, Natalie, Vicki, Rose, Fettes & Greg all took the plunge.

Rosie, and Nicole lead the way with a 3.2 km Swim, while all the others completed the 1.6 km course.

As usual, fierce competition between the competitors, resulted in a close finish with Gill taking out line honours.

Congratulations to all our swimmers. As is customary at these events a pleasant social gathering after the swim for brekky completed a wonderful morning.

A note from the RAMOS editor;

As most will know, from Sat 21st I will be leaving the club as I now reside in Shoalwater. As one door closes another opens, and the opportunity is available for another to pick up the quill to dip into the ink bottle and take over the editor – in – chief's position as reporter for the RAMOS group (Regular Armadale Masters Ocean Swimmers).

I have really enjoyed my 10 years at AMSC, the highlight being the wonderful friends I have made. I hope to see you all many times in the future.

Kay and I wish you all and your families, a very safe, healthy and happy Xmas, and may the new year bring all you wish for.

SPLASH

GREG

December birthdays:

Enzo 1st Dec. Alicia and Wayne both on the 5th and a year apart! Janine 20th, Jenny 27th December.



Three good friends went for a swim.
The one who was fat wished she was thin.
The one who was curvy wished she was clever.
The one who was clever wished she swam better.
The really great swimmer wished she was witty.
The one who was witty wished she was pretty.
All three friends thought the other two were just fine.
If only they could let their own bright light shine.
So throw on your swimsuit if you're fat or you're thin.
Enjoy fun and friendship love the skin that you're in! 💙

By Rachel Toll

<https://www.facebook.com/watercoloursbyrachel/>



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