



## ARMADALE MASTERS SWIMMING

### CLUB NEWSLETTER

JULY 2021

#### CLUB CONTACTS

President      Colin Gibson      0447 143 881

Club Captain    Rowena Burch    0415 192 373

Secretary      Liz Dunn          0414 939 794

Treasurer      Hans Vosbergen 0439 998 564

Head Coach/Coordinator

Jacky Briggs      0413 322 070

## AMSC 2021 Club Championships Round 5 – 17 July 2021

A small but keen contingent of Persistent Pelicans turned up for the COVID-19 lockdown delayed round 5 of our Club Championship. With only 10 number of competitors, “cool” weather and a teensy bit of rain around, we opted to use the two lanes in the indoor pool. Thanks to Hans and Colin for negotiating indoor diving privileges with the pool staff (and thanks to AFAC for letting us!)

For those who don’t know, the Club Championships is not about being the fastest swimmer in the club – or even your age group. Points are awarded based on how well you swam that day in comparison to your previous times for that stroke and distance. It is a friendly competition rewarding consistency, effort and having a go.

Two events were on offer – 200m 25m choice.

Graham Hicks was top point scorer of the day with 7 points, followed by Wayne Sam-Hayes on 5, and Fettes Falconer putting aside shoulder complaints on 4 points.

Four club records were set on the day. Congratulations to Sarah Carr with two records in the 200m backstroke and 25m breaststroke (F35-39 years), and Peter Daniels and Shaun Williams both swimming under the previous 200m freestyle record for M35-39 age group. Shaun now holds the record – something for Peter to aspire to? I’m sure Jeff has a beeper session for that... Wayne set the only PB of the day in his 25m freestyle.

In the Men’s competition, Graham Hicks has taken the lead on 20 points, with Wayne Sam-Hayes close behind on 19 in second. Charles Croft remains in third on 14 points.

In the Women’s competition, Pamela Pearson retains the lead on 20 points, narrowly ahead of Sarah Carr on 19. With Gillian and Captain Rowie missing this round, Jennifer Findlay has pulled ahead to third all on her own on 13 points.

The next round of Club Championships is scheduled for Saturday 7th August 2021. Venue to be determined once we know the weather!

Captain Rowie

## Riverton Livelighter Club Challenge

### Riverton – 18 July 2021

Three swimmers represented team Armadale at Riverton Livelighter Club Challenge (LLCC). The LLCC carnivals happen several times a year, hosted by different clubs. They are open to any Masters swimmer and offer a variety of events from 25m sprints to 200m in all strokes and in both long course (50m) and short course (25m) format. Riverton offered 200m, 100m and 50m events in all strokes, plus a 200m individual medley and men's and women's 4x50m freestyle relays. Swimmers can choose up to three individual events, and will be seeded in heats based on their nominated time. This means they swim against people of similar speed to them, regardless of gender and age group. Results, however, are based on 5 year age groups for both males and females.

Sarah Carr, Charles Croft and new member Tegan Engler all swam individual events. Unfortunately, we didn't have enough members competing to field a relay team.

Congratulations to Sarah who achieved two club records and two personal bests in her 200m backstroke and 100m breaststroke (F35-39). Congratulations also to Charles Croft who continued his dominance of breaststroke events with three club records in the 50m, 100m and 200m breaststroke events (M70-74). Charles and Sarah both won their age group for all three events they competed in.

New member Tegan Engler joined just in time to compete and has shown her potential with some much faster than anticipated times in the 100m freestyle, and 50m fly and free. She won two events for her age group (F35-39) and claimed second in the other. Watch this space for more quality results from Tegan...

Armadale Masters also have a Pool Competition trophy for members competing at carnivals such as LLCC and State Championships. Points are awarded based on the swimmer's position in their age group at the competition.

In the Women's competition, Sarah is leading on 34 points followed by Tegan on 11 points. And that's it for the girls – no-one else has competed!

In the Men's competition, Charles is leading on 64 points, followed by Colin Gibson on 48 points with Hans Vosbergen in third on 10. Daniel Douglas is 4<sup>th</sup> on 8 points – and that's it for the boys.

With our membership now over the 50 members mark, it would be great to see more of our members having a go at these carnivals. The next will be Westcoast Masters Just 100s (pending) on 26 September, followed by Stadium Masters LLCC on 24 October. So discuss your short distance goals with one of our coaches and consider giving one of these carnivals a go!

Captain Rowie

It has been the clubs busiest month ever for Endurance swimming with 69 swims completed and a total of 61,625m swum including 8 PB's and 11 club records.

Armadale Endurance LC EMERALDS July 2021 01-Jul-21 to 31-Jul-21 [Ageup: 31/12/2021] LC Meters

Location: AFAC

Armadale Masters Swimming [WAM]

Time	F/P/S	Event	Place	Points	Improv
<b>Carr, Sarah (38) F</b>					
13:48.86L	F # 1	Mixed 35-39 800 Free	---	10	21.95
7:33.43L	F # 3A	Mixed 35-39 400 Breast	---	5	-8.30
6:40.44L	F # 8	Mixed 35-39 400 Back	---	5	-0.53
60:00.00L	F # 10	Mixed 35-39 3275 Free	---	80	---
<b>Chapman, Adele (56) F</b>					
15:29.29L	F # 1	Mixed 55-59 800 Free	---	10	10.63
7:23.65L	F # 2	Mixed 55-59 400 Free	---	5	0.98
7:29.24L	F # 2A	Mixed 55-59 400 Free	---	---	6.57
10:09.39L	F # 3A	Mixed 55-59 400 Breast	---	5	-19.23
17:28.54L	F # 4	Mixed 55-59 800 Back	---	10	21.19
21:03.65L	F # 5B	Mixed 55-59 800 Breast	---	10	---
9:07.48L	F # 6	Mixed 55-59 400 IM	---	5	---
8:30.82L	F # 8	Mixed 55-59 400 Back	---	5	5.77
30:00.00L	F # 9	Mixed 55-59 1450 Free	---	40	---
<b>Dunn, Elizabeth (73) F</b>					
9:45.73L	F # 2A	Mixed 70-74 400 Free	---	---	83.80
9:17.08L	F # 2B	Mixed 70-74 400 Free	---	---	55.15
13:22.06L	F # 3	Mixed 70-74 400 Breast	---	5	65.80
26:58.45L	F # 5	Mixed 70-74 800 Breast	---	10	18.73
12:28.37L	F # 8	Mixed 70-74 400 Back	---	5	-6.79
<b>Falconer, Fettes (74) M</b>					
8:39.59L	F # 2	Mixed 70-74 400 Free	---	5	85.78
<b>Hicks, Graham (69) M</b>					
17:39.63L	F # 1	Mixed 65-69 800 Free	---	6	241.22
<b>Kelly, Vicki (65) F</b>					
20:35.99L	F # 1	Mixed 65-69 800 Free	---	6	55.70
20:56.44L	F # 1A	Mixed 65-69 800 Free	---	---	76.15
<b>Ormerod, Luke (35) M</b>					
15:42.44L	F # 1	Mixed 35-39 800 Free	---	6	0.97
7:28.06L	F # 2	Mixed 35-39 400 Free	---	---	24.30
7:16.40L	F # 2B	Mixed 35-39 400 Free	---	---	12.64
20:18.23L	F # 4	Mixed 35-39 800 Back	---	4	-71.27
<b>Pearson, Pamela (71) F</b>					
19:57.77L	F # 1	Mixed 70-74 800 Free	---	10	39.38
10:04.78L	F # 2A	Mixed 70-74 400 Free	---	5	26.24
13:53.87L	F # 3	Mixed 70-74 400 Breast	---	---	198.39
24:23.17L	F # 4A	Mixed 70-74 800 Back	---	10	79.47
28:19.08L	F # 5	Mixed 70-74 800 Breast	---	10	56.15
60:00.00L	F # 7	Mixed 70-74 1825 Back	---	80	---
<b>Williams, Shaun (35) M</b>					
13:00.96L	F # 1	Mixed 35-39 800 Free	---	10	-10.20

**Armadale Masters Swimming****Individual Meet Results**

Armadale Endurance LC July 2021 31-Jul-21 [Ageup: 31/12/2021] LC Meters

Location: AFAC

Armadale Masters Swimming [WAM]

Time	F/P/S	Event	Place	Points	Improv
<b>Carr, Sarah (38) F</b>					
6:05.60L	F # 1	Mixed 35-39 400 Free	---	5	---
13:18.42L	F # 7	Mixed 35-39 800 Back	---	10	---
29:40.60L	F # 13	Mixed 35-39 1500 Breast	---	40	---
<b>Croft, Charles (71) M</b>					
8:58.14L	F # 5	Mixed 70-74 400 IM	---	5	---
29:15.27L	F # 11	Mixed 70-74 1500 Free	---	40	78.70
34:58.28L	F # 12	Mixed 70-74 1500 Back	---	40	63.05
33:20.61L	F # 13	Mixed 70-74 1500 Breast	---	40	-33.86
30:00.00L	F # 17	Mixed 70-74 1275 Back	---	40	---
30:00.00L	F # 20	Mixed 70-74 1325 Breast	---	40	---
45:00.00L	F # 22	Mixed 70-74 2250 Free	---	---	---
30:00.00L	F # 25	Mixed 70-74 1500 Free	---	40	123.43
<b>Croft, Heather (69) F</b>					
34:26.60L	F # 11	Mixed 65-69 1500 Free	---	40	33.59
44:02.21L	F # 12	Mixed 65-69 1500 Back	---	40	166.93
30:00.00L	F # 14	Mixed 65-69 1300 Free	---	40	---
30:00.00L	F # 16	Mixed 65-69 1025 Back	---	40	---
30:00.00L	F # 19	Mixed 65-69 1050 Breast	---	40	---
45:00.00L	F # 24	Mixed 65-69 1550 Back	---	50	---
<b>Dunn, Elizabeth (73) F</b>					
25:23.58L	F # 7	Mixed 70-74 800 Back	---	10	---
<b>Holt, Alexandra (34) F</b>					
6:29.88L	F # 1	Mixed 30-34 400 Free	---	5	46.32
7:47.80L	F # 2	Mixed 30-34 400 Back	---	5	76.37
7:37.11L	F # 3	Mixed 30-34 400 Breast	---	5	50.18
8:40.85L	F # 4	Mixed 30-34 400 Fly	---	5	44.23
7:44.91L	F # 5	Mixed 30-34 400 IM	---	5	38.96
13:25.16L	F # 6	Mixed 30-34 800 Free	---	10	108.53
15:25.98L	F # 7	Mixed 30-34 800 Back	---	10	129.40
16:11.19L	F # 8	Mixed 30-34 800 Breast	---	10	124.40
17:24.29L	F # 9	Mixed 30-34 800 Fly	---	10	52.97
15:46.16L	F # 10	Mixed 30-34 800 IM	---	10	66.65
30:00.00L	F # 15	Mixed 30-34 1775 Free	---	40	---
30:00.00L	F # 18	Mixed 30-34 1600 Back	---	40	---
30:00.00L	F # 21	Mixed 30-34 1525 Breast	---	40	---
45:00.00L	F # 23	Mixed 30-34 2700 Free	---	50	---

**Armadale Masters Swimming****Individual Meet Results**

Armadale Endurance SC July 2021 01-Jul-21 to 31-Jul-21 [Ageup: 31/12/2021] SC Meters

Location: AFAC

Armadale Masters Swimming [WAM]

Time	F/P/S	Event	Place	Points	Improv
<b>Croft, Heather (69) F</b>					
11:41.61S	F # 3	Mixed 65-69 400 IM	---	3	---
<b>Hicks, Graham (69) M</b>					
7:13.98S	F # 1	Mixed 65-69 400 Free	---	5	65.53
<b>Holt, Alexandra (34) F</b>					
25:52.58S	F # 4	Mixed 30-34 1500 Back	---	40	---
<b>Pearson, Pamela (71) F</b>					
12:39.31S	F # 2	Mixed 70-74 400 Breast	---	5	-2.75

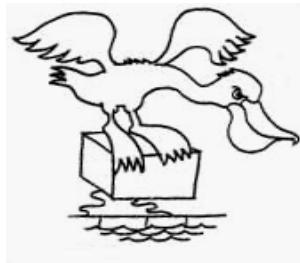
## Coaches

On behalf of all the Emeralds swimmers I would like to say thank you to Jeff who is on pool deck at 5.30am every Monday and Wednesday morning rain, hail, or shine. We are all stronger swimmers thanks to Jeff's dedication and coaching.

Coaches are incredibly important in any swimming club, and we are very fortunate to have a great team of dedicated coaches. I know at times we take these coaches for granted and I include myself in that.

So, take a bow Jeff, Peter, Jacky, Colin, Alex, Derek, and Fettes. Although they are taking a break from coaching thank you to Heather, Charles, and Tim for their many years on pool deck.

Liz Dunn – Secretary.



## Armadale Masters Swim Club Midyear get together

**Venue: King Road Brewery, 796 King Road, Oldbury.**

**Date: Sunday 22 August**

**Time: 12.30pm**

**Can you give me some indication that you (partner) will be attending so I can book some tables.**

**There will be no swimming just eating, drinking and talking.**

**Liz 0414 939 794**





## Armadale Masters Swimming Club

### Club Calendar AUGUST 2021



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
2 <sup>nd</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
3 <sup>rd</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	25m (1 lane) & 50m (3 lane)
4 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
5 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)	Peter	25m (3 lane)
7 <sup>th</sup>	Saturday	Club Champs (100m, 50m & 25m choice)	Jeff	TBA
9 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
10 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Jacky	25m (1 lane) & 50m (3 lane)
11 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
12 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Colin Hans	25m (3 lane)
14 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	Alex	25m (2 lane) & 50m (2 lane)
16 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
17 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	25m (1 lane) & 50m (3 lane)
18 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
19 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)	Colin	25m (3 lane)
21 <sup>st</sup>	Saturday	Squad Training (9.00am-10.00am)	Fettes	25m (2 lane) & 50m (2 lane)
21 <sup>st</sup>	Saturday	Maida Vale LiveLighter Distance Meet (12.30- 5.30pm)	Rowena	Darling Range Sports College
22 <sup>nd</sup>	Sunday	Mid-year social event	Liz	TBA
23 <sup>rd</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
24 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Fettes	25m (1 lane) & 50m (3 lane)
25 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
26 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)	Derek	25m (3 lane)
28 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	Alex	25m (2 lane) & 50m (2 lane)
30 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
31 <sup>st</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Jacky	25m (1 lane) & 50m (3 lane)

## MEMBER NEWS

### SATURDAY JULY 10<sup>TH</sup>

After a short closure of the swimming pool due to a covid lockdown, we should have all been itching to get back in the water, but only Graham H and Fettes managed to brave the cold. Hans our E1000 coordinator was there to check if all was above board. It is possible a couple of club swimmers also had an extra early morning swim.



Wishing all our club members who were born in the month of August a **Very Happy Birthday**  
Celebrate well, enjoy your day.

August 1<sup>st</sup> Rowena Burch

August 5<sup>th</sup> Rose Fenton

August 29<sup>th</sup> Hans Vosbergen

New Swimming Costumes. There has been a delay on the production of these due to Covid Lockdowns in the Eastern States. We should see them soon if the lockdown is lifted..

We would like to welcome back Nicole Badani to our swim training.

For many years Nicole was our only swim coach and was always on deck to give training at every session.

### VITAMIN D

We are all informed as to how vitamin D is good for our health and well-being. When we are in short supply of sunny days, then, we must get this from other sources. Apart from buying capsules of this vitamin from a chemist. Best food sources are found in the following:

Salmon. Tuna. Sardines. Mushrooms. Egg yolk. Milk. Plus read the labels for foods fortified with Vitamin D. i.e. Cheese, breakfast cereals, yoghurts etc.

If any members have an item to put in your club newsletter, send to editor [AMSC.Editor@gmail.com](mailto:AMSC.Editor@gmail.com)