



## **Armadale Masters Swimming Club**

### **NEWSLETTER**

**March 2024**

#### **IMPORTANT INFORMATION**

**Armadale Masters Swimming Club punches above its weight once more. We came **Third** in a big inter – club competition. Please read on for the report by Graham.**

**A big Armadale Masters sausage sizzle is a – happening at Fettes and Marie’s 14<sup>th</sup> April. Expect emails and messages about the details.**

**Nearly 40 Armadallians will be attending ! Onya you lot. Let the FUN Begin!**

#### **CAPTAIN’S REPORT**

Two more Masters swimming open water swims in March to finish off the season.

The first was **Mullaloo Mile State Championships** held on Saturday 2<sup>nd</sup> March. Long, early morning drive from Armadale to Mullaloo: The water looked amazing when we got there, but as we were waiting, the north easterly wind picked up. The first wave was for the 400m swimmers, then the 800m, public 1600, State Championship 1600m and 3200m. I found the southern leg of the swim was quite pleasant but there’s always a downside to that and it was! True to form we had to swim into the wind going back north, which I found much harder. I thought I would take a shortcut and headed for the wrong buoy near the end but was turned back and had to take the correct course. The whole swim was quite murky so couldn’t see any fish. It was a water finish but the boom to touch was so high, I had to try to jump a couple of times and just hoped my time registered. Bacon and egg roll (included in the entry fee) was delicious, as was the plentiful fruit.

Thanks to Rowie and Gillian for officiating yet again.

Now for the times:

- Charles – 31.48, 2<sup>nd</sup> in his age group
- Heather Croft 34.23, 1<sup>st</sup> in age her group (Well done Heb! From all the club members)
- Colin 36.10

Charles and I also won a raffle which was lots of tomatoes, sweetcorn and a zucchini plant in a pot. We dined on lots of Spag. Bol. to use up the tomatoes.

The last swim was **Coogee Jetty to Jetty** which has always been a very popular swim and is usually sold out well before the event. Armadale swimmers were Fettes, Graham, Charles and myself. Gillian also swam and it was great to see Gillian competing in an open water event after so long officiating. Beautiful weather and conditions. A few people did, however, manage to find stingers.

Times: Gillian – 750m – 14.15 – 1<sup>st</sup> in her age group

Charles – 25.49

Graham – 28.05

Heather Croft – 28.46

Fettes – 30.25



*Gillian posing with Daphne the Duck after winning her Coogee J2J swim and collecting her prize.*



*Graham collecting his breakfast.... The most important part of the swim!*

Heather Adams and Colin entered, but did not start. Maybe next year?!?  
Thanks again to Rowie for officiating.

I will be pestering everyone to enter the **MSWA STATE CHAMPIONSHIPS** at HBF Stadium on Saturday and Sunday 20<sup>th</sup> and 21<sup>st</sup> August.

**NATIONAL MASTERS SWIMMING CHAMPIONSHIPS** to be held in Darwin from 3<sup>rd</sup> to 7<sup>th</sup> May. President Charles will be competing. Hopefully someone else from Armadale will want to give it a go as well?

Heather Croft  
Club Captain/Head Coach

## **March 2024 Club Championships Report**

The second round of 2024 Cub Champs was held on 9 March, a week later than normal owing to the State Open Water Championship the week before.

Eleven swimmers took the plunge, while a couple of others watched from the sidelines and assisted with timing (Hans, Rowie and Yvonne L). Events on offer were 100m choice, and 100m choice.

Top point scorer of the day was Graham Hicks with a perfect 10, followed by Fettes Falconer on 9 and Sue Sullivan on 8.

Megan Webster and Yvonne Hunt lead the ladies on 12 points, with Sarah Carr in third on 10.

Graham leads the men's competition on 20 points, with Fettes on 17 and Charles Croft in third on 3.

Personal bests were set by Megan Webster and Sarah Carr in their 100m free.

Liz Dunn (100 Free, 100 Back) and Sarah Carr (100 Free, 100 Fly) set two Club records each and Natalie Upson set one in the 100m breast.

Special mention to Charles Croft who dived in for his first Club Champs swims in some time.

There is plenty of time to get started in the Club Champs for 2024. Who will lift the trophy at presentation night - will it be you?

The next round of Club Champs will be on Saturday, 6<sup>th</sup> April. See you there!

Rowena Burch.



*Photo taken soon after the*

*March Club Champs.*

## **Fremantle Masters ABC Club Challenge**

On a pleasant sunny Sunday morning the Armadale Masters team headed to the port city of Fremantle to compete in our first interclub meet for 2024. The Armadale team members, in no particular order, were Natalie Upson, Sarah Carr, Megan Webster, Wayne and Alicia Sams-Hayes, Rose Fenton, Jenny Findlay, Heather Croft, Graham Hicks, Charles Croft, Liz Dunn, Fettes Falconer and the ever delightful Mary Plant.

Starting where we left off in 2023, the Armadale Masters team finished in third place out of 22 teams.... the same finishing position as at the Mandurah interclub meet in November 2023. This is an outstanding result given the team's small size with only 13 team members. Finishing in third place behind Fremantle and Mandurah Masters, both large clubs, is an excellent achievement.

There were some tremendous individual performances with Sarah Carr, Megan Webster, Natalie Upson, Alicia and Wayne Sams-Hayes swimming PBs in their individual events. A total of 16 individual Club Records, with Sarah Carr, Natalie Upson and Wayne Sams-Hayes setting three each. Mary Plant and Megan Webster set two each and one each by Heather Croft, Liz Dunn and Fettes Falconer.

The relays were mixed team, which means two females and two males. So, with four males in the Armadale team that allowed for two relay teams. The meet relay options were 200m freestyle and 200m medley. Therefore the club competed in four relays.

Club Relay Records were broken:

- a new record in Freestyle for the 280-319 age group and in the Medley for the 240-279 age group.
- The other relay team set a Club Relay Record in the Medley for the 160-199 age ground.
- The two medley records bettered two very old records set back in July 2008. (A little bit of trivia, Charles Croft and Fettes Falconer were members of the 2008 relay teams.)

Fremantle Masters put on a lunch consisting of BBQ sausage in a bun and a lovely selection of homemade salads and cakes.

Well done to all team members on a truly outstanding result.

Armadale Masters team results are available from the [Latest News](#) page on the [Club Website](#).

Graham Hicks.

Fremantle Masters Swimming Club		
2024 Act Belong Commit Club Challenge Series Event		
Long Course		
24 <sup>th</sup> MARCH, 2024		
Place	Team	Points
1	Fremantle Masters Swimming Clu	263
2	Mandurah Masters	140
3	Armadale Masters Swimming Club	101
4	Claremont Masters	78
5	Maida Vale Masters Swimming Cl	66
6	Belmont Masters Swimming Club	62
6	Rockingham Masters	62
8	Superfins WA Masters Swimming	51
9	Perth Rainbow Swans	48
9	Melville Masters Swimming Club	48
11	Stadium Masters Swimming Club	35
12	Beatty Park Masters	21
13	Bold Park Masters	18
13	Carine Masters Swimming	18
15	Leeming Masters Swimming Club	14
16	Whitford Master Swimming Club	12
16	Gympie Gold Fins	12
18	Somerset Masters Swimming Club	10
19	Cockburn Masters	7
19	Westcoast Masters	7
21	Central Aquatic Swimming & Lif	4
21	Swim West Masters	4
23	Riverton Masters	2
<b>Total</b>		<b>1,083.00</b>

Claremont won the Handicap Award





Go Jen!



Go Mary!



Go Chas and Natalie!



Part of the Cheer Squad.



Go Graham!



Go Wayne!



Keep on keeping on Gillian!



Gillian and Rowena in the frame.

## Thank you to our officials from W.A. Masters Swimming.

These wow series are brought to you by a team of volunteers officials (including Rowena Burch, Ron Gray, Lynn Duncan, Des Seery, Warren Cassidy, Gillian Caruso, Jeremy Allen and Ian Donaldson).

(We punch above our weight in officiating. Onya Gillian and Rowie !).



## The 2024 AGM.



*Will those girls in the front stop messing about and pay attention!*

## Your newly elected 2024 Committee

Charles Croft. President [amsc.president@hotmail.com](mailto:amsc.president@hotmail.com)

Fettes Falconer. Vice President [amsc.vicepresident@gmail.com](mailto:amsc.vicepresident@gmail.com)

Hans Vosbergen. Treasurer and Registrar [amsc.treasurer@hotmail.com](mailto:amsc.treasurer@hotmail.com)

Heather Croft. Captain and Head Coach [amsc.headcoach@gmail.com](mailto:amsc.headcoach@gmail.com)

Fettes Falconer. Newsletter Editor [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)

Jennifer Findlay. Committee member

Sarah Carr. Committee Member

**Keep scrolling down!**

## ClubCalendar April 2024



DATE	DAY	ACTIVITY /EVENT
2 <sup>nd</sup>	Tuesday	Squad Training (6.30pm-7.30pm)
4 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)
6 <sup>th</sup>	Saturday	Club Championships 200m and 50m Followed by bring a plate morning
7 <sup>TH</sup>	Sunday	Newman Churchlands Club Carnival
9 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)
11 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)
13 <sup>th</sup>	Saturday	Squad Training(8.30am-9.30am)
16 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)
18 <sup>th</sup>	Thursday	Endurance Swims (6.30pm-7.30pm)
20 <sup>th</sup>	Saturday	Squad Training (8.30am-9.30am)
20 <sup>th</sup> /21 <sup>st</sup>	Saturday/ Sunday	MSWA STATE CHAMPIONSHIPS
23 <sup>rd</sup>	Tuesday	Squad Training (6.30pm-7.30pm)
25 <sup>th</sup>	Thursday	ANZAC DAY NO TRAINING
27 <sup>TH</sup>	Saturday	Squad Training (8.30am-9.30am)
30 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)