



Armadale Masters Swimming Club NEWSLETTER

February 2025

A Very Important Repeat Message!

Membership Renewal must be made.

Please pay online at Swim Central. (CTRL and click to follow the link)

Other Important Notices

- **Our March Club Championships will be held on Saturday 8th March.** This is because Saturday 1st March is the Master's State Open Water Swim at Mullaloo
- **Our AGM follows the Club Champs (Saturday morning 10 am, 8th March).** Please attend. We need to elect a committee. The club does not run without a committee.
- **A shock announcement:** Both Charles and Heather Croft are vacating their committee positions; Charles as President and Heather as Secretary. These important positions must be filled at our AGM. Please nominate for one of these positions.
- **Owing to health reasons Heather Croft is resigning from Club Captain and Head Coach. HELP!** One or two of our AMSC coaches need to step into these important shoes/fins. PLEASE!

Club Reports

From Tanya Andrews and Gabby Wells; AMSC representatives at the Busselton Jetty Swim:



From our Tanya



I found the swim challenging as the conditions were very choppy and rough. My time was very slow compared with previous years, but I just went out to take it easy and finish! I was very happy to finish!

From our Gabby

My Busso weekend started on the Saturday running the half marathon at the Busselton Bay Run which was good fun (but reminded me how much I love swimming!).

Sunday began in a mad rush as I realised, I had left my swimming bag, including my goggles and bathers in Perth... the very things I needed for an ocean swim! Luckily, I managed to buy everything I needed from trade stalls before my swim and got on my way with the other 3000 swimmers competing in the 3.6km solo swim. With the wind picking up the conditions for the day were less than ideal. However, I really enjoyed the swim and the experience - the atmosphere was amazing.

I finished the jetty swim in 1 hour and 21 minutes which I was happy with given how rough it was out there. Overall, it was a great weekend and I'm already looking forward to my next ocean swim!

Gabby with her friend Brigid at the Busso Jetty Swim:



Gabby Brigid

Gabby reports she also competes in Tetrathlon events (a derivative of the Olympic event Modern Pentathlon). It involves 4 phases - a 2km run, swim, laser pistol shooting and a horse-riding element which is usually either a show jumping or cross-country course. It is competed over a weekend with Saturday usually involving the run, swim and shoot phase and the Sunday having the ride phase. The swim has previously been a 200m race, but this year has changed into a timed swim, where you have 4 minutes to swim as far as you can. Points are awarded based on how many meters you cover.

I have been competing in Tetrathlon since 2017 and have competed at a State and National level. It is a super fun and challenging sport.



Newman Churchlands ABC Club Challenge Report

From our Megan Webster:

Sunday's Churchlands carnival was a stunning summer day. Not a cloud in the sky and sun so hot, officials were boiling in their blue shirts and swimmers had to dash between shady spots to avoid blisters on their feet.

The water was a lovely cool 26°c.

A big shout out and thank you to our 2 officials, Rowena and Gillian. They powered through the heat until the last race was completed. Thank you also to the team timekeeper Heather (Heb), who by volunteering for the entire carnival allowed the swimmers to focus on their races.

A successful carnival for our swimmers (Colin, Natalie, Charles and I) with most races being completed faster than entry time, and some new Personal Bests being set.

A special "well done" to Natalie who completed her first 100 Butterfly in style. Not only did she come first in her age division with the amazing time of 1:30.09 but would have come second overall in the fastest heat.

An editor's addition: Charles came first in each of his 3 races. Onya Chas! And what about Megan's stunning time in the 50m Butterfly?!

Newman Churchlands ABC Club Challenge 2025 16-Feb-25 [Ageup: 31/12/2025] LC Meters
Location: Newman Churchlands Pool
Armadale Masters Swimming [WAM]

Time	F/P/S	Event	Place	Points
Croft, Charles (75) M				
3:39.75L	F # 1	Mixed 75-79 200 Free	1	4
1:55.19L	F # 2	Mixed 75-79 100 Breast	1	4
39.56L	F # 4	Mixed 75-79 50 Free	1	4
Gibson, Colin (58) M				
3:24.95L	F # 1	Mixed 55-59 200 Free	2	3
39.56L	F # 4	Mixed 55-59 50 Free	4	1
1:03.08L	F # 5	Mixed 55-59 50 Back	2	3
Upson, Natalie (33) F				
2:44.84L	F # 1	Mixed 30-34 200 Free	2	3
34.28L	F # 4	Mixed 30-34 50 Free	2	3
1:30.09L	F # 6	Mixed 30-34 100 Fly	1	4
Webster, Megan (46) F				
2:55.80L	F # 1	Mixed 45-49 200 Free	2	3
44.41L	F # 3	Mixed 45-49 50 Fly	1	4
44.84L	F # 5	Mixed 45-49 50 Back	2	3

Our little AMSC team of 4 did us Armadallians proud. We need a bigger team next year!

(A Facebook report from our Col)

The 2025 Virtual Rottnest Swim was swum and done on Saturday 22nd February in perfect pool conditions, no stingers or other biteys! Duo Team Sarah Carr and sister Rachael completed the 20km in 5 hours 39 mins. The AMSC Duo Team 'Blackline Pirates' of Meg and Colin, completed it in 6 hours 31 mins. A duo swim is each doing 10km in rotating sets of 500m. The next day I was a bit sore and sunburnt. A special thanks to the 'Blackline Pirates' timekeeping crew of Hans and Lance. Well done all!

Editor's addition: Gillian was poolside for most of the time providing her delicious food and drink.



Happiness is.... the ending!



Red in the face and body – Col, and Megan with their medals

The Real Rottnest Swim

A report on our President's efforts in the Real Rottnest Swim follows:

Our Chas was doing the real Rottnest – in his boat skippering a solo swimmer friend. It was not Anthony Mudge! (Editor).

A report from our Anthony Mudge follows:

(We do not often see Anthony because he is a FIFO.)

I'd thought about doing the Rottnest Channel Swim since I moved to Perth in 2016. At the start of 2023 I started telling people I was doing it so that it forced me into training. I started by joining the Armadale Masters as well as swimming in the pool at work up in the Pilbara. I bought a Garmin watch to track the distances. I also discovered the WA Open Water Series and the Lake Leschenaultia swim. So, I dipped my toes in very gradually and built up the distances bit by bit. It was a whole new world for me. I grew up and spent most of my twenties and part of my thirties playing electric guitar in rock bands and staying up till stupid o'clock, waking up with a hangover. It never occurred to me that people would get up to go swimming competitively for fun... when I was going to bed!

People asked me if I was doing it in a team, a duo or solo. My standard response was "I'm doing it once and I'm doing all of it...". I should have kept my mouth shut. I racked up the kms, the aches and pains and stinger bites. I had no idea if I was ready for the 2024 event, but I turned up anyway. Then it was abandoned at 10am. The first time in 34 years that no-one reached Thompson's Bay before it was called off... "Just my luck" I thought...

"Oh well, looks like I'm doing it again"... My skipper and paddler immediately signed up for the challenge. The stated advice per the gospel of Facebook was never to do a first-time solo crossing with a first-time paddler and first- time skipper. Well, I seem to have managed it twice...lol.

Fast forward to Feb 22, 2025, and I'd racked up over 500 kms in training. The stars aligned, quite literally as it turned out, and I pitched up to Cottesloe Beach for a second time at stupid o'clock to see what the sea would throw at me. Pretty much the same as it turns out...

The forecast was for South-Easterlies at about 15-20 km/h if I remember rightly...chance of a lunch-time lull, then turning to the South West for the afternoon. The Sou-Easter made it choppy but manageable, and I'd made good time, averaging 3km/h, around what I'd do in the pool, so I was happy we were

making progress. By 10:00am, when the event was called off last year, I'd only done about 6.5kms. By the same time this year I'd managed 12.3 kms. Things were looking good, apart from nearly being run over by other swimmer's boats and their paddlers...

None of the training, the Open Water Series, the early starts, the hundreds of kms in the pool and the Coogee shark nets could have prepared me for what came next...My Garmin watch died at 12.3kms.... 3 hrs 53 mins in. The last recorded heart rate was 171 bpm. That was before the wind changed...

From 12.3 kms off Cottesloe Beach to my arrival in Thompson's Bay I spent another 6 hours and 1 minute in the water. The wind apparently had picked up to about 25 knots and the swell to about 2 meters. It was BRUTAL! I kept saying to Matt, my paddler; "it's not getting any closer..." It was like someone kept moving the island on me...I thought about giving up so many times. The odd time the skipper and his boat came within earshot I asked, "how much further...?". The reply: "you don't want to know..."

The sun had gone from being over my left shoulder to well and truly in front of my right. I asked Matt the time. 2:00pm... Jeez! As per last year before the pin was pulled, I doubted whether I'd make the cut-off. While the seaweed is still moving from top to bottom, I'll keep going, I thought. If I'm still paddling and its not moving, then I'm calling it.

The wind and the swell went nuts. I worried whether the skipper's 16ft half-cabin with its 50 hp outboard would even make it, let alone me. I'd learned to bilateral breath for the event. It didn't matter; I was pummelled from both sides whenever I gasped for air. Still the island seemed the same distance away as it had two hours ago...until finally Matt said "see that red buoy...? Swim for that..." Halle-frickin-lujah...!"

That took another hour...or so it seemed...and that was the last straw for Matt the paddler. Bailed at 17 kms. The boat also called it around the 18km mark and I pretty much swan the last 2 km completely solo.

Everyone I asked at that point and after how much further it was, lied. Not far...just another 1500 meters...you're nearly there...The seaweed kept moving beneath me and so I kept flapping my arms until I either reached the beach or

they told me to get out...I reached the beach...9 hours 54 minutes after I left Cottesloe. Fark! Wasn't what I had in mind for the day, nearly ten hours in the water...!

I definitely had sea legs when they helped me up the beach through the finish gate and straight to the medical tent...They sat me outside, got me a blanket, got me a cup of hot Gatorade (another first) and a handful of kids lollies...yay!! The guy sitting across from me was shivering violently, wrapped in a normal blanket and a space blanket. He put on a brave face and gave me an "I'm ok really..." kind of smile....

I got my medal, my prize pack and my photo and hightailed it on the ferry, vowing never to go swimming...ever...again...lol

Then, someone asked if I was keen for next year.... hmmmm....maybe.... ;-)

Anthony



Well done Anthony! on a marathon report. (Editor – wishing you a quicker effort next year)

Whilst the Virtual and Real Rottnest races were being swum a gallant band of Armadallians braved the early morning cold wind and patches of cold water to do some open water Coogee Jetty to Jetty swim.

After a swim there and a run back our shivering and blue -to- the- bones Michelle/Mishy had to get into her car and put on the warm air conditioner to help her thaw out. She was late for breakfast!

BE THERE >>>>>> Where? At our Club's last 2024-2025 Open Water Swim:



CTRL and Click: Coogee Jetty to Jetty Swim 29 2025 | Online Entries (There may well be places still available. Have a go! See you there both Michelles?)

The Benefits of Swimming

Swimming involves a wide range of movements that promote flexibility and improve joint mobility. It can help increase range of motion in the shoulders, hips, and other joints, reducing the risk of injury and improving overall flexibility.

Typing a report on your Masterly swimming efforts is good for the finger joints and helps fill up newsletter space to keeps us all connected. More reports for future newsletters please. See you at the AGM.

We sadly say bye to our Liz. She is moving to Busselton.