



Swan Hills AUSSI Masters Swimming Club

07/07/2005

News Sheet #2

Swan Hills Be Active Club Challenge

Sunday 3rd of July, 2005 saw the running of Swan Hills first Interclub. With only five members competing it was always going to be hard to finish amongst the top point scoring clubs, not withstanding all five members put in sterling efforts, even managing to win their age group in both relay events.

Eighty three swimmers nominated with seventy actually competing on the day. Twelve individual and six relay State records and one individual and seven relay National records fell to competing swimmers.

One of our newest members Graeme Groom surprised himself with some very decent times, one of these being fast enough to snare himself a State record in the 100m Backstroke (1m29.69s), not to be outdone, Sandra Smith set two personal best times along with a State record for the 100m Backstroke (1m40.48s). Super fast Stefan Kohler, was not beaten on the day and set State records in the 50m Free (27.53s) and 50m Butterfly (29.62s). It was good to see Erin Shaw competing and Trish Deaker was very pleased with her times, especially for her 50m Breaststroke.

Trish Deaker (37)	Erin Shaw (45)	Sandra Smith (48)	Stefan Kohler (43)	Graeme Groom (57)
100m BA 1.32.25	200m FR 3.04.18	200m FR 2.57.59PB	100m IM 1.09.63SR	200m FR 2.48.00
50m BU 42.59	50m BR 50.03	100m BA 1.40.48PBSR	50m BU 29.62SR	100m BA 1.29.69SR
50m BR 47.50	50m FR 38.81	50m FR 35.47	50m FR 27.53	50m FR 32.78

Final points score was

1	Stadium Snappers	WSU	165
2	Maida Vale	WMV	121
3	Perth City	WPC	86
4	Armadale	WAM	83
5	Whitford	WWF	71
6	Swan Hills	WSH	68
7	Belmont	WBM	67
8	Gosnells	WGO	36
9	Bold Park	WBP	32

We received a lot of positive feedback for our Interclub, with most competing club secretaries passing on their thanks for a well run event. Look out next year when our membership is bigger. Thanks to our helpers, Gordon Jones (Recorder), Deb Atkinson (Marshal), Barry Chittleborough (Check Starter), and big thanks to Merelene (Trish's mum) for acting as runner and super kitchen helper and Penny (hurry up and join) (Trish's friend) for taking photo's.

Our Club Records have been updated on our website, take a look.

Do you need bathers?? We're looking into club bathers, ladies should be ~\$40. Swan Hills Swimming Club are processing Speedo orders at the moment, closing date Friday 15th of July.

How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a new Swan Hills swim cap? Sandra has these for only \$6.

Don't forget Saturday Aerobic swims (12noon to 2pm), come test your fitness and do a longer swim, we're still waiting for someone to go further than 800m's ☺, who will be first?

Have you visited our AUSSI websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

Our own website that gets updated whenever possible. ☺

<http://www.aussiwa.com.au/>

State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/>

The National website - all the Rules, Results & Ranking etc



IMPORTANT – Requires your urgent attention

Our next event is the Margaret River Be Active Club Challenge on the 23rd of July. Please let Sandra Smith know ASAP if you are going to go down, as she will need to send the entries off in the next week or so. The Margaret River Interclub only happens every 2 years and it is always a good event. In the evening they hold a Xmas in July celebration, which is always well attended. It would be good to have at least half of us there. How about taking your spouse on a weekend away and stop in at some wineries on the way home Sunday or we can organise budget accommodation/shared travel arrangements.

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**Be Active Club Challenge**  
**Saturday July 23**  
**Margaret River Aquatic Centre**

Swim and socialize at one of the few Saturday events on the Masters swimming program. Swim hard on Saturday, party hard on Saturday night, recover on Sunday.

**Warm up from 12 noon for a 12.30 start.**  
**Cost \$5 per person includes pool entry.**

Because you don't get much chance to swim short course (25m pool) events, we try to give you plenty of choice, but we do need to restrict the program in the interests of finishing on time.

Events are 200m, 100m, 50m and 25m of all strokes including 200m IM and 100m IM. Swimmers are restricted to three events per person, including only one 200m and one 100m event.

Keep Saturday night free from 7pm for a Christmas-in-July dinner at the Margaret River Cultural Centre (adjacent to the pool), with DJ and dancing. Cost \$25 per person (partners welcome) for a two-course meal, cash bar available at very good prices.

Entries close on Friday July 15. Please give entries to your club secretary, along with money for both the swim and dinner.

**Accommodation**

For accommodation bookings, go to [www.margaretriver.com](http://www.margaretriver.com) you can view all sorts of accommodation options and book online. This is a free service.

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Future dates for Interclubs that we are competing at, as a club

Bunbury Be Active Club Challenge	11 th September
Perth City Be Active Club Challenge	9 th October

Future Long Distance Swim dates

Stadium Snappers 1500m (long course)	6 th August
Mandurah 400/800m (short course)	14 th August
Maida Vale 1500m (short course)	17 th September
Barracudas 400/800m (long course)	13 th November
Perth City 400/800m (long course)	26 th November

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The 2006 National Swim will be held in Canberra, are you interested in attending?? If so then let Trish know you are interested, as she is organising the fundraising to help us get there.  
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Keep on the look out for potential members, WE NEED MORE!!