



New Members

We have a few new members join in the last couple of weeks, which is good to see. Chris Twomey managed to recruit super fish Adrain Davini and Geoffrey Short, both competed at our State event early May, another new member is Claire Lyons, Claire has been training on her own and has now joined in on our morning training sessions, hopefully we'll be able to get her to compete for us at a couple of Interclubs this year.

Melville Be Active Club Challenge

Sunday 5th of April, 2009 was Swan Hills Masters first Interclub of the year, we were only able to field 3 swimmers, which was a bit disappointing, but this year should be big overall.

Chris Twomey and Hannah Green used the event as a stepping stone to the Nationals and performed well, Sandra Mutch's times have been improving with Chris's training schedule and managed to place 2nd in all her swims.

Hannah Green (20)	Chris Twomey (31)	Sandra Mutch (52)
200m BA 2.53.23	200m BR 2.50.33	200m BA 3.57.97
100m FR 1.10.53	50m BU 30.78	100m FR 1.26.74
50m BA 36.90	50m BR 33.62	50m BA 51.92

Our final points score and placing was 12 Swan Hills WSH 32

Postal Swims

Entries for our DO 45 Postal swim were increased this year with a total of 30 swimmers competing. Even though the proceeds from the holding the swim were small (\$160 after expenses) there is still a market out there and for little or no effort it is still a way of generating a little extra fundraising.

Bunbury 3 x 400m Postal Swim

This will again be on during the months of May and June, you need to swim x3, 400m swims in different strokes in both or either months. Cost is \$10 to enter, mmm I wonder if Chris will do any time trial swims in training??

National Swim 2009 - 30th Apr – 3rd May

Linda Leithhead and Hannah Green and Chris Twomey competed at the Nationals, Chris for his Irish team so that he could better some Irish Breaststroke records, which he did. The Medal tally was impressive with Chris returning home with 3 Silver, Hannah - 1 Gold, 3 Silver and 1 Bronze, Linda – 2 Gold, 1 Silver and 1 Bronze.

Hannah Green (20)	Linda Leithhead (22)	Chris Twomey (31)
50m FR 30.92 (Silver)	50m FR 30.65 (Gold)	50m BR 32.03 (Silver)
100m FR 1.07.72 (Bronze)	100m FR 1.07.39 (Silver)	100m BR 1.13.35 (Silver)
400m FR 5.16.54 (Bronze)	400m FR 5.20.61	200m BR 2.43.50 (Silver)
50m BA 35.52 (Silver)	50m BA 36.30 (Bronze)	50m BU 29.42 (Silver)
100m BA 1.17.74 (Gold)	50m BU 32.52 (Gold)	
50m BU 35.62 (Silver)		

Swan Hills Be Active Club Challenge 5th July

Our annual event in July is on again, over the past couple of years the event has been mainly run by Sandra Mutch, she is hoping that the club can get together and make the effort to attend and help out on the day.

Officiating is done by the Main pool of Referee's and Trainees from Masters Swimming WA, but we still need a few Key people on the day. Maida Vale AUSSI will again be attending and in the past help out with catering by each bringing a plate of food as their payment for attending the day. We will be approaching them to do the same this year.

Can members please leave donations of goods for our Raffle with Sandra Mutch. A couple of weeks before the event we'll organise the catering and making of the soups etc.

Below is the list of events that we are offering on the day, pick your events and fill in the form that Chris Twomey has. All members are expected to compete ☺

Event 1	200m Free (Choice)	Event 5	25m Back
Event 2	100m Breaststroke	Event 6	25m Free
Event 3	100m Butterfly	Event 7	25m Breaststroke
Event 4	50m Free (Choice)	Event 8	25m Butterfly

State Championships – 16th - 17th May

Swan Hills were well represented this year with Chris Twomey doing some last minute recruiting, unfortunately some of our younger members couldn't attend.

Our fantastic Mens relay team took out two State records, one in the 120-159 age group Medley Relay in a time of 1:55.98 and the other one for the 120-159 age group Freestyle Relay in a time of 1:44.06.

Picture below is the Record breaking Relay team, along with a photo of Chris Twomey and Sandra Mutch receiving the Handicap Trophy



Adrian Davini, Stefan Kohler, Chris Twomey, Geoffrey Short



Alex Pusenjak from the Heart Foundation, Chris Towmey, Sandra Mutch

Stefan Kohler is in top form at the moment setting a new State record for the 50m Fly in a time of 29.03 and narrowly missing the 50m Freestyle record for his age group 45-49 yrs. Chris Twomey reset the State 30-34 yrs 50m Breaststroke with his time of 32.18. State records also went to new member Adrian Davini for the Mens 20-24 yrs 100m Breaststroke 1:10.98 (this was also a National record) as well as bettering the 50m Freestyle record in his Relay split with a time of 24.52, then resetting it in the individual event with a time of 24.49. Our other new member Geoffrey Short lowered the Mens 20-24 yrs 50m Butterfly record with his time of 26.41.

Other swimmers Trish Deaker (40-44), Sandra Mutch (50-54) and Gunther Frantz (40-44) performed well. We once again managed to win the Handicap Trophy, this trophy is awarded to Clubs that gain the most number of points divided by the number of swimmers they have attending, we previously won this in 2006 and frequently win this trophy in the BACC awards.

Sandra Mutch	Trish Deaker
50m FR 38.23	50m BA 45.30
100m FR 1:28.76	100m BA 1:43.83
200m FR 3:16.46	200m BA 3:44.13
50m BA 52.63	
200m BA 3:59.43	

Adrian Davini	Chris Twomey	Gunther Frantz	Stefan Kohler	Geoffrey Short
50m FR 24.52 (State record)	50m FR 27.50	50m FR 29.17	50m FR 27.55	50m BA 31.42
50m FR 24.49 (State record)	50m BR 32.18 (State record)	50m BU 32.10	200m FR 2:17.79	100m BA 1:07.81
100m BR 1:10.98 (State/Nat record)	100m BR 1:14.19		50m BR 38.50	50m BU 26.41 (State record)
50m BU 27.37	200m BR 2:49.90		50m BU 29.03 (State record)	50m FR 26.63
	50m BU 29.57		200m IM 2:40.13	

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

- <http://swanhillsaussi.tripod.com/index.html>
- <http://www.swanhillsswimmingclub.org.au/>
- <http://www.mastersswimmingwa.asn.au/>
- <http://www.aussimasters.com.au/>

- Our own website that gets updated whenever possible. © Contains Club records
- Swan Hills swimming Club website
- State AUSSI website with lots of useful State info.
- The National website - all the Rules, Results & Ranking etc