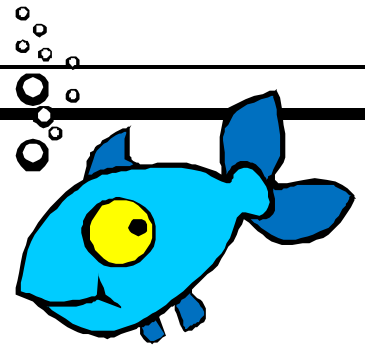


# SNAPPETS



Stadium Masters Swimming Club Inc

[www.stadiummasters.org.au](http://www.stadiummasters.org.au)

March 2023



## PRESIDENT



The Club had an overall win at Newman Churchlands ABCCC, due in part to about 17 members competing – well done to all participants. We then followed up on 25th February with a 10-person team undertaking our first-ever Virtual Rottneest Channel Swim. Conditions were excellent; low UV, no swell, good visibility and not a dorsal fin to be seen in the indoor 8 lane pool! The team comprised a contingent of our oldest (average age exceeded 74), uninjured and available members who completed the 20 km in an inaugural PB of 8 hrs 31+ mins. Thanks to HBF Venues West for kindly donating the lane.

We are starting to implement some cost-saving measures and hopefully these won't be too apparent to swimmers. We still plan on holding stroke clinics this year, one for each stroke and to be run by Elena of e-Swim. This year all clinics will be held on Saturday mornings around 9.30 am to ensure as many members as possible can participate – watch this space and the website.

There was another big win by several of our members on March 4th; Louise, Helen, Tania G, Deb, Brigitte and Denise are all members of the City of Perth SLSC (at City Beach) all female March Past team. For 10 years they have trained and competed regularly but they have never reached the top step of the podium – until this year's WA SLSC State Championships when they won Gold! Congratulations ladies. You can get your fill of military marching bagpipes and support them at the Australian SLSC championships ("Aussies") being held in Perth this year. They will be competing at Scarborough Beach at around 8 am on Sunday 2nd April.



In the meanwhile, keep blowing bubbles, Mark

Please remember to Follow us on Instagram  [stadiummastersswimming](https://www.instagram.com/stadiummastersswimming)  
and Like us on Facebook  Stadium Masters Swimming Club

[www.stadiummasters.org.au](http://www.stadiummasters.org.au)

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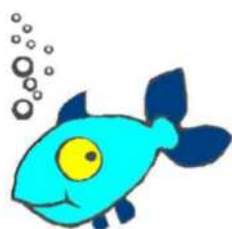


### APRIL

Jo Alievski	30 Apr
Stuart Gray	12 Apr
Geoff Hadley	21 Apr
Carmen Harrison	30 Apr
Louise Norris	17 Apr
Brigitte Schuhkraft	16 Apr
Peter Scott	23 April
Margaret Somes	22 Apr
Chandra Veliath	25 Apr

### MAY

Sara Cann	3 May
Tricia Sommerfield	27 May



## EVENT WRAP UP – CLUB SWIM - PRE - NEWMAN / CHURCHLANDS ABC CC – SAT 21 JAN 2023

This club swim was held just prior to our AGM at Bold Park in preparation for the Newman Churchlands meet. A BIG thank you to Merylyn, Barry, Peter D and Audrey for coming along especially to help with the running of the meet.

### Club Swim Sat. 21<sup>st</sup> January 2023 Bold Park pool LC

	Event	LC	Time swum	Comment
Denise Scott	BR100	50	2:31.40	PB by 5 sec
	FR50	50	1:08.13	PAB
	BA50	50	1:21.16	PB by 1 sec
	BR100	50	1:57.74	PB
	FR50	50	45.17	inaugural
Kim Simpson	BR100	50	2:01.87	PAB
	FR50	50	43.91	PAB
	BA50	50	56.64	PAB
Margaret Smithson	FR200	50	6:31.31	PAB
	FR50	50	1:09.55	PAB
	BA50	50	1:46.58	PAB
	BU100	50	2:31.24	PB by 5 sec
Tania Gregg	BR100	50	2:13.57	PB by 9 sec
Chandra Veliath	FR200	50	4:24.06	PB by 11 sec
	BR100	50	2:10.59	PAB/Best since '20
	FR50	50	50.03	PAB/Best since '20
Mark Anderson	FR200	50	3:21.59	inaugural
	BR100	50	2:02.04	inaugural
	FR50	50	44.15	inaugural
Peter Scott	FR200	50	3:34.95	inaugural
	BR100	50	2:02.73	inaugural

## EVENT WRAP UP - NEWMAN / CHURCHLANDS ABC CC – SUN 19<sup>TH</sup> FEB 2023

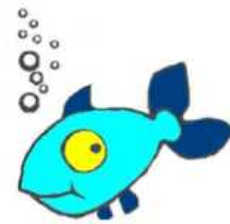
Hooray! What a team!

We won the Newman Churchlands ABC CC – not only because we swam well but also because we had more swimmers than any other club. More swimmers = more points so it's great to see what we can do when we all get together. A BIG thank you to Peter Lyster for timekeeping and photography, new member Aresh for efficiently marshalling us all and also to Rob W and Pat H for timekeeping. Stadium Masters came first on 158 points, Claremont Masters 112 points with Newman Churchlands on 98 points. A great effort by all who attended and all who swam. Many won raffle prizes afterwards and we all enjoyed a good spread of lunch provided by the hosts.

Here are the results from the meet:

Newman Churchland Results 19/2/2023					
Name	Event	Pool L	Pos	Time	Comment
Sue Woodward	FR200	50	1	4:43.94	47/100s off PB
Sue Woodward	BU50	50	1	1:05.48	PB by 2 sec
Sue Woodward	BU100	50	3	2:30.00	PB by 6 sec
Deb Wagstaff	FR200	50	1	3:41.63	inaugural
Deb Wagstaff	BR100	50	3	1:59.29	inaugural
Deb Wagstaff	FR50	50	1	40.75	PAB
Helen Loake	FR200	50	2	3:45.79	Best since '22
Helen Loake	BR100	50	2	1:55.00	PB
Helen Loake	FR50	50	2	44.95	PB
Anne Edmondson	FR200	50	2	3:36.28	PAB/best since '21
Anne Edmondson	FR50	50	4	46.69	PAB
Anne Edmondson	BA50	50	3	59.53	PAB
Jil Mogyorosy	FR50	50	7	52.60	Best since '22
Jil Mogyorosy	BA50	50	4	1:01.30	Best since '22
Cas Brown	FR200	50	4	5:22.33	Best since '22
Peter Scott	FR200	50	4	3:29.65	PB by 5 sec
Peter Scott	BR100	50	3	1:58.47	PB by 4 sec/CR
Peter Scott	FR50	50	4	37.07	PB
Brett Jago	BA50	50	3	54.87	Best since '21
Bill Woodhouse	FR50	50	4	45.33	Best since '22
Kim Simpson	FR50	50	2	42.32	PAB
Kim Simpson	BA50	50	1	53.93	PAB/Best since '22
Denise Scott	FR50	50	5	1:06.57	PAB/Best since '22
Louise Norris	BU50	50	5	55.62	inaugural
Louise Norris	FR50	50	5	47.78	PAB
Pamela Walter	BA50	50	1	55.77	Best since '22
Dale Wilcox	FR50	50	4	57.78	Best for '22
Barry Green	BR100	50	3	2:25.51	PAB/best since '19
Barry Green	BA50	50	2	55.89	PAB/best since '20
Rob Woodward	FR50	50	2	34.70	PB by 1 ½ sec
Rob Woodward	BA50	50	1	41.91	PB by 4sec/CR





The crew at Newman Churchlands meet

## **EVENT WRAP UP – VIRTUAL ROTTNEST SWIM – HBF STADIUM – SAT 25 FEBRUARY 2023**

The virtual Rottnest Swim was held in conjunction with the Rottnest Channel Swim, with both events being held simultaneously. Sixteen swimming groups took part in this event from groups in Tom Price, Paraburdoo, Onslow and even a group in Japan participated. Hopefully being tired and the need of a good night's sleep was the only ill effects for our swimmers! No one had to endure the threat of shark sightings, sunburn, boat fumes or rough seas and early sea breezes! The day held at HBF Stadium was a roaring success. So much so there is talk of a younger team as well next year.

The age range of our 10 swimmers was 67 years to 82 years. The average age was 74. Barry, Cas, Peter L, Bill, Pamela, Dale, Carmen, Jil, Brett and Mark completed the 20kms in 8 hours 31:48.28. Every team member swam their 2 km but in different formats.

Most took the opportunity to clock up some timed e1000 swims. 25 swims were timed on the day. As we were going to have lots of volunteers I invited other club members to come and be timed. Helen Loake took the opportunity to swim an inaugural 1 hour Freestyle and went on to complete 3000m. She will therefore get times on the portal for the 1 hr and times for 400, 800, 1500, 3000 can go on the portal at the end of the year when the times from the best internal time sheets are submitted.

Thank you to all the club members who volunteered to make the day such a success. Marilyn, Cas, Marg, Watson, Marg. Smithson, Dale for timekeeping plus the swimmers between their swims and Jo and Tania for marshalling the swimmers and recording the on-going tally.

Pamela has sent the results to the Rottnest Channel Swim Association so you should be able to find our results on the South32 Rottnest Channel Swim website soon.

Thank you also to Judy Bickley and HBF respectively for organising and donating a lane free of charge.

Stadium Masters  
 (Barry G, Bill W, Brett J, Carmen H, Cas B, Dale W, Jil M, Mark A, Pamela W & Peter L)

Stadium Masters  
 Swim Club 8:31:48



## EVENT WRAP UP - CLUB SWIM – PRE FREMANTLE ABC CC – SAT 11 MARCH

Club Swim LC 11 March 2023 (Indoor pool)

Swimmer	Event	Time	Comment
Cas Brown (78)	50 FR	1:04.77	Best since 2022
	50 BA	1:15.20	Best since 2020
Sue Woodward (56)	50 FR	58.45	Best since 2022, missed PAB by 0.01
	50 BU	1:03.62	PB
Aresh Anwar (56)	50 FR	44.27	inaugural
	50 BA	57.83	inaugural
	50 BR	59.26	inaugural
Barry Green (82)	50 BR	1:01.10	Best since '21
Rob Woodward (57)	50 BR	55.86	PB

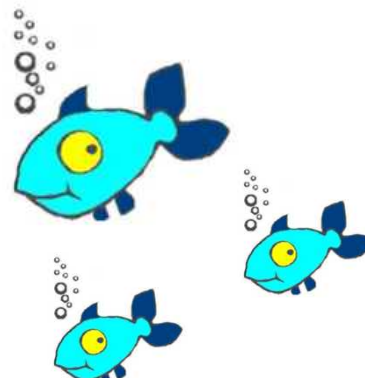
## EVENT WRAP UP – FREMANTLE ABC CC – SUN 26 MARCH 2023

Nine members participated in this meet. The weather turned out to be much better than forecast. It started off very cloudy and cold then the sun came out just in time for the relays and lunch. Host club organisation by Fremantle Masters was good for the individual events and

everything ran smoothly and finished ahead of time. Lunch was a very impressive spread. There were over 200 people competing with Stadium Masters coming 7<sup>th</sup>, with 6<sup>th</sup>, 5<sup>th</sup> and 4<sup>th</sup> places within 5 points of each other. Aresh has won the Supa Nova for participating in this, his first interclub swim and also swimming in the pre Fremantle club swim. Results are as follows:

**Fremantle ABC CC - LC – 26th March 2023**

Swimmer	Event	Time	Comment
Cas Brown	50 FR	1:00.80	= to best in 2021
Jil Mogyorosy	50 FR	51.13	PAB/best since '16
Jil Mogyorosy	50 BR	1:00.00	Best since 2022
Tania Gregg	50 FR	45.52	Best since 2022
Aresh Anwar	50 BA	56.14	PB
Aresh Anwar	50 BR	56.64	PB
Barry Green	50 FR	47.97	Best since 2022
Bill Woodhouse	50 BR	1:07.05	Best since 2022
Dale Wilcox	50 FR	54.88	Best since 2022



**EVENT WRAP UP – POINT PERON SWIM – SAT 4 FEB 2023**

By Pamela

Helen L thinks this is the best event on the calendar and it does seem to be growing every year.

Seventeen members met at the Walter shack and were ferried, thanks to Peter, Mark, the Scotts and Ros to the Penguin Island Jetty. The instructions were to swim within the 2-4 metre ribbon of white sand near the shore. Barry, followed by Jil, straight away headed for South Africa deciding the fastest route was straight across to the point but went wide and ended up swimming closer to the islands than anticipated which gave the walkers heart palpitations and many of the others concerns. The field was spread out with swimmers swimming at their own pace. This is fine because swimmers find their own group and look out for each other. A bit like a buddy system. Sharon walked back. Faster swimmers lazed on the pontoon waiting for the others to arrive.

The conditions were glorious and pretty calm. A shower awaited swimmers at the shack then tea, coffee and a fully laden table full of scrumptious food. To Deb's surprise she was presented with the President's Award as she couldn't attend the AGM.

Thank you to Helen who did a wonderful job of staying with the slower swimmers and making sure they were all OK and to Phil and Merrie who provided the support boat in the first year.

Next year we will have a paddler or two to keep swimmers on course.



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## EVENT WRAP UP - BUSSELTON JETTY SWIM – SAT 11, SUN 12 FEBRUARY

By Pamela

The Busselton Jetty swim is now in its 28<sup>th</sup> year. I have just finished the BJS for the 1st time and they recognised people who were swimming for their 20th and 25th times.

The solo swim age range was 10 years to 87 years. It is supposedly the biggest swimming race in the southern hemisphere. This year there were 4000 swimmers. Two thousand were solo swimmers. It is also the first time in me competing that I've seen or was wearing a 4 digit number on my arm. With four digit numbers you very nearly ran out of arm to accommodate them!

There were at least twelve different coloured bathing caps leaving the beach in waves one minute apart. As swimmers finished the announcer welcomed them back to land.

Conditions were pretty good but a bit choppy towards the end of the jetty. I didn't encounter any stingers. I have attached a photo with the towel that everyone received for swimming with a towel and lovely bathing cap. It would be fabulous to have a Stadium Masters contingent next year.



### GOGGLE SAW

Goggle saw the youngest member & the oldest member of the club pose for a photo recently



### LANE ETIQUETTE PLEASE PEOPLE!

It was suggested by some committee members that we include a refresher on lane etiquette. This will ensure you swim safe, make it enjoyable and satisfying while always showing consideration for other swimmers.

*In general*

1. At all times be aware of what is going on in your lane. Look around before you enter.

- 
2. Entering the pool—please do not dive in for the safety and comfort of others in your lane and the adjacent lanes. Diving should only occur in a controlled training setting.
  3. Wait your turn to enter the lane. If others are resting at the end, warn them that you are coming in.
  4. Swim on the left of the central black line on the floor of the pool, close to the lane ropes, just as in the rules of the road.
  5. When turning, look to see if anyone is close on your heels (take a backward glance when breathing) and when you reach the black 'T' move to the centre at a 45° angle. Touch at the black line on the wall and push off into the left-hand side of the lane.
  6. Push off underwater to avoid making waves for oncoming swimmers.
  7. Always keep the centre of the lane free at the ends of the pool. If stopping, squeeze into the corner of the lane so that other swimmers have ample room to turn. If there is insufficient space, then line up along the lane rope.
  8. Observe the following when overtaking:
    - If the swimmers in your lane are moving at a reasonable pace, overtake only at the turn. About 10 metres from the end indicate to the swimmer in front by a gentle touch to one foot. At the turn, the first swimmer pulls to the left to allow the other to turn first.
    - If you wish to overtake a much slower swimmer in the middle of the pool, first look to see if the coast is clear. If another swimmer is approaching, then wait. Then make sure you have the speed and distance to overtake safely. Once past, ease back to the left. Do not cut off the other swimmer or kick water in his or her face.
    - If you are being overtaken, do not speed up or attempt to race. This will cause confusion and may cause injury.



*In training*

*In addition to the above, you should also:*

1. Make an effort to arrive fifteen minutes early for every training session.
2. If unavoidably late, complete your warm-up in another lane and then join the program at the point the other swimmers have reached.
3. Respect the coach and the other swimmers by listening carefully to instructions so that time is not wasted in repetition.

Here is an example of lane etiquette: Craig was the last swimmer in, that is why he is in the middle

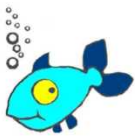
Thank you for swimming safely and courteously.

Stadium Masters Committee, Captain and Coaches



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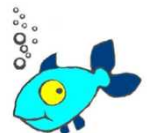
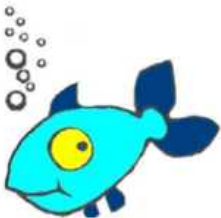
## **Following on from the above here are some more tips:**



- 1. Be aware of what is going on in your lane – make sure entries into and exits from the pool are safe and do not interfere with others.*
- 2. Swim on the left!*
- 3. When turning be aware of nearby swimmers. Turning usually involves crossing over to the right at the “T”. Push off to avoid making waves for incoming swimmers.*
- 4. Keep the centre of the lane free. If stopping usually cross over to the right and line up on the lane rope.*
- 5. Overtaking is usually done at the turns (by mutual agreement) but if it is attempted mid-pool look to see the “coast is clear”. Cut back to the left with as little interference as possible to the overtaken swimmer.*

### *Tips for training*

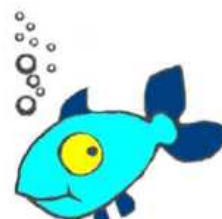
- 1. Warm up before entering the pool. This is for your own benefit and to allow the coach to explain what the session is about and allows the session to start in an orderly way.*
- 2. If at all possible, arrive on time and stick to the program. Training quality is improved if the lane can operate as a squad. The coach is there to assist so try and follow his/her directions.*
- 3. The order of swimmers should be mutually agreed so that repeat times can be held.*
- 4. Leave an appropriate gap between swimmers (no drafting unless this is a drill).*
- 5. Let swimmers finish at the wall (see item 4 above in Etiquette).*
- 6. Remain hydrated (have a waterbottle if necessary for liquid intake) but do not let these become an interference to the swim training.*



## **CLUB CAPTAIN'S CORNER**

By Pamela

Hi all, here's what's coming up:



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### Club Swim – Saturday 22<sup>nd</sup> April

In preparation for the State Championships on the weekend of 6<sup>th</sup> and 7<sup>th</sup> May 2023 held at HBF Stadium. Warm up 1.00pm for 1.30pm start. Please sign up, sheet will be in the cage.

### Mini golf – Saturday 29<sup>th</sup> April

It was requested to have mini golf on a Saturday so people could attend. Rolling starts from 5.00pm and just get there when you can. Head to the shop first to pay for your golf. You will be given a putter, a pencil and a scorecard. Link up with other club members, play your 18 holes then stay for dinner if you can. Huge prizes have already been acquired. Family and friends are always welcome. Let Margaret Smithson know if you will be attending with numbers and especially let her know if you intend staying for dinner. [smithsonmarg@gmail.com](mailto:smithsonmarg@gmail.com)

### After training supper at the Wembley Hotel – Tuesday 9<sup>th</sup> May

Let Marg Smithson know if you would like to attend [smithsonmarg@gmail.com](mailto:smithsonmarg@gmail.com)

### Stadium Masters Hosted 1500m event – Saturday 13<sup>th</sup> May

This is an event hosted by our Club held at HBF Stadium. Registrations will be out in the coming weeks if you wish to participate.

### Art exhibition – Opening Friday 2<sup>nd</sup> June

Pamela is exhibiting some of her artwork at Tresillian Arts Centre, 21 Tyrell St Nedlands and invites all members to the opening of her exhibition “Reflections” which is on Friday 2<sup>nd</sup> June. Time to be confirmed. It runs until 23 June. It is a solo exhibition by Pamela and explores the extinction and conservation of flora and fauna in our unique Australian bush.



### Upcoming Elena Nesci clinics – Saturday sessions only

All sessions will probably be in the indoor pool and will be held on Saturdays to cater to all:

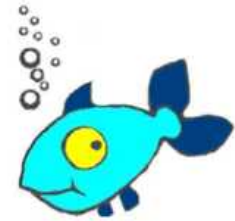
Freestyle – 20 May – 3 LC lanes 09.30 am-10.30am

Backstroke – 17 June – 3 SC lanes 09.30 am-10.30am

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Breaststroke – 26 August – 3 SC lanes 09.30 am-10.30am

Fly – 16 September – 3 SC lanes 09.30 am-10.30am



**Swim For Memory Charity Swim 2023** – Sunday 2<sup>nd</sup> July

Start preparing your teams of four for this year's Swim for Memory at HBF in the indoor 25 m pool from 0900-1300. As for previous years we are hosting this event with donations going to the Australian Alzheimers' Research Foundation. Usually we have been well supported by other Masters Clubs, but friends and families of our club should be invited to participate as well! More details a little nearer the time.

**Saturday morning ocean swims at Cottesloe**

These swims are still happening most Saturdays and we swim inside the shark net. Everyone is welcome. We meet at Cottesloe on the lawn to the north of Indiana Teahouse at 8.00am. Let someone know if you are thinking of attending to make sure a group is going. It is understood the net will be removed shortly after Easter.

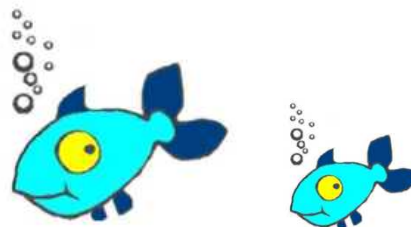
**Recycling initiative**

A new business has started up in Perth that recycles plastic lids into a range of products. I thought, as a club we could collect plastic lids for them. Plastic lids have a number in a triangle inside the lid and this business will accept lids numbered 2,4 and 5. If possible separate lids into those categories. I will deliver the lids to the business every 6 months so just prior to that I will call on members to deliver their lids to me or bring to a swim session. Go on to their website to see their range of products:

<https://www.madeinthecityof.co>

## **SOCIAL CLUB CORNER**

By Marg W



Another year is under way, with school carnivals finished and the mornings getting cooler. Our very friendly ducks have returned too!

The Claremont Group plan to celebrate Easter Week with about 14 sharing an 'after swim breakfast' at the Tee Box Cafe on Monday 3rd April - always very popular.

The usual swimming on Wednesday 5th and Monday 10th will be optional as the pool will be on an Easter timetable, ie. open 8am to 5pm. Our 8am start clashes with the other 'earlier starters' who would normally be finished by the time we get wet! So-o-o-o, it's decided we'll take a break and make it optional.

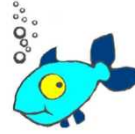
But for **fitness and fun** come join about 8 to 10 Snappers who swim Mondays and Wednesdays at 8am, with coffee 'n chat at the Tee Box @ 9.15am. No lanes are booked - choose your friendliest lane and do your own program - always much easier with a group.

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The Bold Park Group - Due to health and transport problems the group is no longer active, but meet informally.

Happy Easter everyone.

Marg Watson



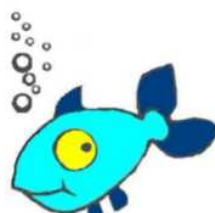
## **EVENT WRAP UP - Presentation of Honorary Life Membership Pin to Margaret Watson - MONDAY 27<sup>th</sup> FEBRUARY 2023**

By Barry & Pamela

Attending the TeeBox café at 9.00 am for the presentation morning tea were Margaret Watson, Pamela Walter, Audrey Bullough, Lillian and Geoff Hadley, Richard and Pauline Diggins, Stuart and Mary Gray, Bill Creswell, Ann Ritchie, Christine Matthews, Marilyn Burbidge and Barry Green. Quite a crowd!

Pamela noted that this was the usual social members Monday meeting after a swim (for some) in Claremont Pool. It was also Audrey Bullough's birthday, and she had generously provided cake and a flower arrangement. Finally, this was the occasion to present Margaret Watson with her Honorary Life Membership (as agreed at the recent Annual General meeting) pin.

Of the current members she is the second longest registered member of the club having joined in 1993 (one year after the club was established). Barry Green brought a message of congratulations from Hazel Christie (the longest registered member of the club, who joined in 1992). Pamela noted that Margaret had not only been a keen swimmer but had also been a wonderful volunteer over the years, taking part in many of the club's activities, in particular acting as the club archivist for many years. Our congratulations to Marg Watson.

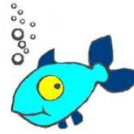


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## VALE PAT SUGARS

By Barry and Pamela

Patricia Lynette Sugars (22/1/1932 – 16/3/2023)

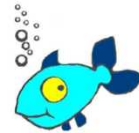


On Saturday 25<sup>th</sup> March, six members of the club - Cas Brown, Audrey Bullough, Marilyn Burbidge, Barry Green, Deirdre Stephenson, Pamela Walter who had known Pat, attended the funeral service for her.

Apart from the family members, there were also members of the girl guides (Pat was an enthusiastic guide leader to support her children who were in the guides) and many friends. We learned of Pat's "give it a go" attitude (she sky-dived at age 80) and we offered Pat's family the club's condolences. Pat was actively involved with Stadium Masters holding the Secretary role in 2004 and 2005. She was also Treasurer in 2009 and 2010 and a Social Convenor 2011.



This is a photo of Pat with her medal taken after the 2011 Masters Swimming National Championships at Challenge Stadium in Perth Apr/May 2011.



## AWARDS

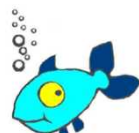
Here are some awards that have been presented since our last edition in January:

Deb Wagstaff and Anna Clare

Deb receiving her President's Award from the AGM at the Point Peron Swim and



Anna receiving her 1 Star award from the AGM for completing all e1000 swims in freestyle and her certificate for being runner-up in the Founders award which is an improvement award over 2022.



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## January Awards – Supa Nova and Super Snapper

Rob Woodward - Supa Nova

Denise Scott - Super Snapper

Denise is awarded the Super Snapper Award for being the swimmer of the January club swim meet with 2 PBs and a PAB.

Rob Woodward gets the Supa Nova award for swimming a FR 100 for the first time without stopping



## February Awards – Supa Nova and Super Snapper

Helen Loake - Supa Nova

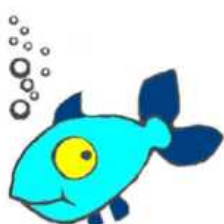
Tania Gregg - Super Snapper

Being the week of the Oscars at the time of awarding the Supa Nova and Super Snapper Awards, these awards were presented in the same vein.

We had three nominations for the February Supa Nova award. They were Helen – 1<sup>st</sup> 1 hr e1000 timed swim, Louise 1<sup>st</sup> – BU50 and Rob – 1<sup>st</sup> distance over 50 – BR 100 and BA100. All good milestones. (Rustle of paper and tense wait for the envelope to be opened.....)

And the winner is Helen Loake for her 1<sup>st</sup> 1 hr e1000 timed swim. She then went on to complete FR3000. The 60 min swim is now on the portal and Helen is at present No. 1 in the state in front of one other. The FR3000 is not an e1000 swim distance so will have to be submitted to the portal at the end of the year on the best internal time sheet along with her 400, 800, 1500 times.

There two strong nominations for the February Super Snapper Award. They were Peter Scott – 3 xs PBs at NC and Tania Gregg for being such a trooper and coming to swim at NC even though she had been unwell for several days. She had to swim an individual event so three other female swimmers wouldn't miss out on swimming a relay. The nomination is not for any swimming performance but for the sort of attitude which deserves commendation. And the winner is Tania Gregg

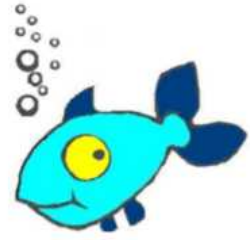


**March Awards – Supa Nova and Super Snapper**



Aresh Anwar – Supa Nova

Cas Brown – Super Snapper



Aresh has won the Supa Nova for participating in his first interclub swim at Fremantle and also swimming in the pre Fremantle club swim

Since being told to stretch forward and pull all the way through Cas has swum two e1000 swims: FR1hr – her best time since 2019 and FR800 – her best time since 2020



**DIARY ENTRIES**

Busy days ahead, put these dates in your diary:



<b>Mini Golf</b>	<b>Sat 29<sup>th</sup> April</b>
<b>Club Swim pre-States</b>	<b>Sat 22<sup>nd</sup> April</b>
<b>MSWA State Champs</b>	<b>Sat/Sun 6 &amp; 7<sup>th</sup> May</b>
<b>After training dinner</b>	<b>Tues 9<sup>th</sup> May</b>
<b>Club committee meeting</b>	<b>Wed 10<sup>th</sup> May</b>
<b>Stadium Masters 1500m</b>	<b>Sat 13<sup>th</sup> May</b>
<b>Elena Freestyle clinic</b>	<b>Sat 20<sup>th</sup> May</b>
<b>Pool change to SC mode</b>	<b>Sat 10<sup>th</sup> June</b>
<b>Elena Backstroke clinic</b>	<b>Sat 17<sup>th</sup> June</b>
<b>After Training Supper</b>	<b>Tue 13<sup>th</sup> June</b>
<b>Bunnings Sausage Sizzle</b>	<b>Sat 14<sup>th</sup> Oct</b>

**ACKNOWLEDGEMENTS AND DEADLINE**

Thanks to Mark A, Barry G, Pamela W and Marg W, for their contributions to this issue. **Next issue will be out end MAY 2023.** Thank you in advance for your contribution. I look forward to receiving any items you would like to forward [tania\\_gregg@hotmail.com](mailto:tania_gregg@hotmail.com)