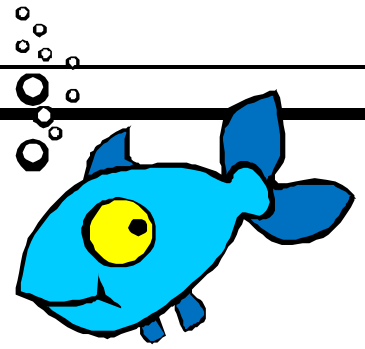


# SNAPPETS



Stadium Masters Swimming Club Inc

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

March 2024



## EDITOR



The President is currently away and has been for a little while. A lot has happened in his absence but he will be able to catch up on all the latest in this issue!

We are an active bunch. Get up to speed reading about the Virtual Rotto

Swim, which saw 10 of our more mature swimmers go the distance of 19.7kms and in a good time. We had swimmers compete at Fremantle ABC CC; swimmers having a go at some of the open water swims; timed swims; swimmers attending poolside plays; being interviewed on breakfast radio, and dining out every so often at the Wembley Hotel. Most importantly a lot of us are good at cooking sausages and serving them up with a smile at Bunnings Subiaco – (coming up on the 13<sup>th</sup> of this month!). This is the first of our 2 sausage sizzles for 2024 and these are our major source of funds which pay for our lane hire. Most important! Please get involved.

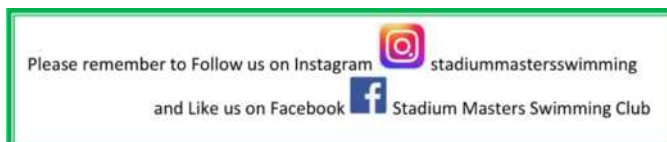
Yes, we are an active bunch. We still plan on holding our stroke clinics this year, one for each stroke and to be run by Elena of e-Swim. All clinics will be held on Saturday mornings around 9.30 am to ensure as many members as possible can participate, look out for the dates in this issue. The Club and Committee work hard to organise fund raising, social events and other swim events so please support and participate where you can. Also there has been many new faces joining us in the lanes over the past weeks, trying us out and seeing what we are all about so please make them feel welcome.

Happy Swimming, see you at the pool. ED (Tania G)

Check out our brand new website will **ALL** the info you need:

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

**Stadium Masters Bank Account:**  
**BSB - 036-063**  
**Account no – 16 298 4**



## IN THIS ISSUE:

Event Wrap Up – Virtual Rottneat Swim  
Event Wrap Up – Pre Fremantle Club Swim  
Event Wrap Up – Fremantle ABC CC  
Event Wrap Up – Point Peron Swim  
Event Wrap Up – OWS Busselton  
Jetty Swim, Coogee  
Goggle Saw  
Club Captains Corner  
Top Ten Awards  
Diary Entries  
Acknowledgements

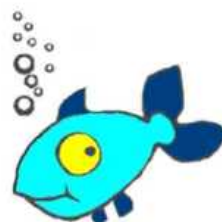
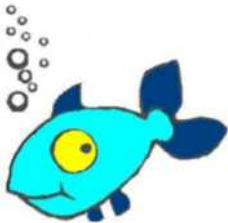
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## EVENT – “THE POOL” – PRODUCTION – BOLD PARK POOL – FEBRUARY 2023

After letting members know that “The Pool” was being held at Bold Park Pool. Barry, Cas and I went on that same night. Bold Park were hosts to this world-first immersive theatre experience in partnership with the Black Swan State Theatre Company.

The play is by Steve Rodgers and theatre go-ers sat poolside with personal headsets and listened to the actors conversations playing out in and around the outdoor pool. The storyline looked into the “relationships between generations and water was explored as a metaphor for healing – emphasising its cleansing, relaxing, sustaining and community-building powers”, which we can all relate to.

After the production audience members, who had signed up, were invited to be part of a 10 minute aqua fit water class . Cas had worn her bathers and had signed up. One of the cast members was Carys Munks, a member of Superfins, who some swimmers may know from swim meets.



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## EVENT WRAP UP – VIRTUAL ROTTNEST SWIM – HBF STADIUM – SAT 24 FEBRUARY 2024

Once again a golden oldies team was put together for this event which was run in tandem with the actual ocean water event. Our team did much better than the actual Rottnest Channel Swim teams as we managed to finish which was a huge plus. The other big advantage was that the water was calm (unlike the ‘real’ swim which encountered big seas and swell) and there were no shark sightings.

We completed the distance in 9:10:50.44 (Last year’s time 2023 – 8:42:00).

Everyone who swam took home a medal and a swim cap. Thanks to everyone who participated and a big thank you to Judy Bickley and HBF respectively for organising and donating a lane free of charge. We are most appreciative.



## EVENT WRAP UP - CLUB SWIM – PRE FREMANTLE ABC CC – SAT 9<sup>th</sup> MARCH 2024

*By Pamela*

We had 18 people sign-up for this club swim which is probably our highest number of participants ever. Three members unfortunately had to pull out prior to the event for varying reasons so we ended up with 15 swimmers (still a good number). Four members had never participated in a club swim before. Mike was the only person to set a new club record though there were a couple of PBs which is pleasing. Natasha was not a member but joined straight after. She must have enjoyed it.

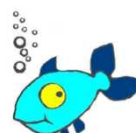
Thank you to Peter Lyster, Tricia Summerfield and Helen Austin who came to help on the day with the running of the event.



**Club swim – 9<sup>th</sup> March. 2024 – HBF Outdoor LC - 10 lane. In preparation for Fremantle ABCCC**

Event and heats	Best time for '23	Event	Time	Comment
Pamela Walter	57.35	BU50	59.15	Best for '23
Heather Rhebok	45.22 '22	BU50	50.41	PAB/Best since '22
Louise Allan		BU50	1:05.73	inaugural
Mike Haederle		BU50	47.49	inaugural
Dick Austin	1:14.14	FR50	1:16.29	Best since '23
Philip Lowe		FR50	53.09	Inaugural 1 <sup>st</sup> ever
Jil Mogyorosy	51.13	FR50	53.83	PAB
Audrey Bullough	1:06.67	FR50	1:08.85	Best since '23
Denise Scott	1:05.64 '24	FR50	1:00.56	PB by 5 sec
Natasha Kedgley		FR50	46.36	Inaugural
Heather Rhebok	37.52 '22	FR50	40.53	PAB/Best since '22
Rob Woodward	34.70	FR50	35.83	Best since '23
Mike Haederle		FR50	36.26	inaugural
Peter Scott	37.07	FR50	36.43	PB
Natasha Kedgley		BR50	1:00.55	Inaugural
Louise Allan	57.15 WCM'23	BR50	53.56	inaugural
Anne Edmondson	1:03.68 '19	BR50	1:05.84	PAB
Jil Mogyorosy	59.93	BR50	1:05.10	PAB
Mike Haederle		BR50	50.72	inaugural
Peter Scott	54.82	BR50	51.99	Best since '22
Dick Austin	1:35.79	BA50	1:37.34	
Audrey Bullough	1:33.30 '24	BA50	1:32.20	Best since '23
Natasha Kedgley		BA50	54.30	Inaugural
Heather Rhebok	43.36 '22	BA50	47.46	PAB/Best since '22
Jil Mogyorosy	1:00.09	BA50	1:08.43	PAB
Mike Haederle		BA50	48.30	CR/inaugural
Peter Scott	53.03 '22	BA50	54.50	Best since '22
Bill Woodhouse	59.15 '18	BA50	1:06.65 Timed the day before	PAB

**EVENT WRAP UP – FREMANTLE ABC CC – Sun 24<sup>th</sup> March 2024**



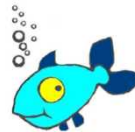
*By Pamela*

A small team of Stadium Swimmers attended the Fremantle Masters ABC CC. Bill was extremely happy with the results from his three swims and was several times heard saying that “the pool was short and that the salt in the water made it a fast pool”. Pity I didn’t feel the same but it’s something to keep in mind for next year. Heather and Natasha swam for us, Heather for the first time in ages and Natasha for the first time. Many people swam their best time so far this year.

Results are as follows:

0.0

Fremantle ABCCC – 24 <sup>th</sup> March 2024					
Name	Event	Date	LC	Time swum	Comment
Pamela Walter	BU50	24/3	50	57.75	Best since '23
Pamela Walter	BR50	24/3	50	56.66	Best since '23
Pamela Walter	BA50	24/3	50	56.97	Best since '23
Natasha Kedgley	FR50	24/3	50	41.22	PB by 5 sec
Natasha Kedgley	BR50	24/3	50	57.67	PB by 3 sec
Natasha Kedgley	BA50	24/3	50	48.99	PB by 5 sec
Heather Rhebok	FR50	24/3	50	37.87	PB by 3 sec
Heather Rhebok	BA50	24/3	50	45.84	PB by 1 ½ sec
Jil Mogyorosy	BR50	24/3	50	1:03.25	Best since '23
Cas Brown	FR50	24/3	50	1:00.36	Best since '20
Cas Brown	BR50	24/3	50	1:30.00	Best since '23
Audrey Bullough	FR50	24/3	50	1:07.99	Best since '23
Audrey Bullough	BA50	24/3	50	1:26.75	Best since '23
Bill Woodhouse	FR50	24/3	50	43.34	PAB Best since '22
Bill Woodhouse	BR50	24/3	50	1:04.00	PAB Best since '21
Bill Woodhouse	BA50	24/3	50	58.78	PAB Best since '13



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

*By Pamela*

A small group of Stadium Swimmers swam the 2.8 kms Point Peron swim. It was a glorious day, the water was flat and clear and with the recent planting of more sea grass there were teams of small fish. Denise even saw a small stingray on the bottom. Everyone remarked that the swim was really enjoyable. Hopefully more people will be available to take part in the great event next year.



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## EVENT WRAP UP – OWS

By Pamela

### BUSSELTON JETTY SWIM – SUN 11 FEBRUARY 2024

The Busselton Jetty swim is held over a distance of 3.6km. Pamela and Cade took part and their results are below. There were 3000 solo swimmers taking part, setting off in waves two minutes apart. The oldest person to complete the solo swim was an 88 year old male. This sounds like a lot of swimmers swimming around the jetty but it was a well organised swim with lots of space between the swimmers.

Name	Age group	Pos. in age group	Time	Pace	Comparison
Cade Owen 12 mins faster than 2023	20-24	35/60	1:10:12.9	15.7 min/km	12 mins faster than 2023
Pamela Walter	70-74	12	01:25:41.0	22:2 min/km	

### COOGEE JETTY TO JETTY SWIM – SUN 10 MARCH 2024

Pamela also did the 1500m Coogee Jetty to Jetty swim. The oldest swimmer competing in this event was 96 and he swam the 750m category. It was a lovely swim. You had to walk from the south jetty along the beach to the north jetty, where the 750m swimmers were dropped off at the half way mark. There were about seven waves of swimmers in the 1500m swim. The current was slightly with us and the water was clear with white sand bottom all the way.

Pamela says it was a bit lonely on the beach before the swim and afterwards and she wishes more Stadium Swimmers would do them!!

### VORGEE MILLION METRES

The Masters Swimming newsletter recently announced The [VORGEE Million Metres App](#) is proving to be successful with over 800 registered users logging their swims daily/weekly. In 2023 MSA mentioned they had an amazing 65 members who have reached one of the many Million Metres Milestones - with 2 members hitting the lofty heights of Ten Million Metres. One of these members was none other than our own Pamela Walter! Theresa Elliot also reached a big milestone of reaching 7 million metres recently. Congratulations ladies!

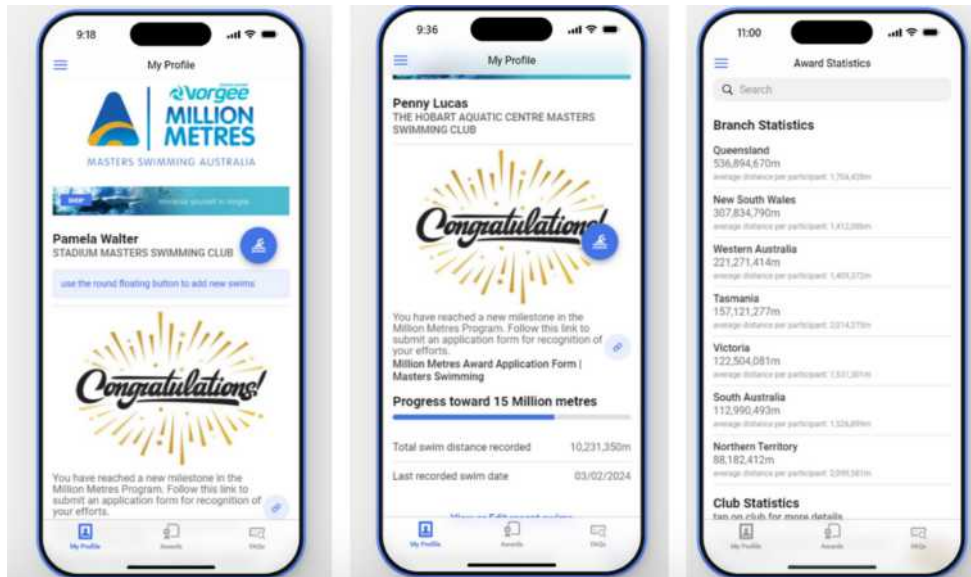


Scan this QR code here to access the Vorgee Million Metre app

Here is Pamela with her Nitro Jacket, \$50 Vorgee e-voucher. She will also receive an engraved plaque and certificate. Theresa received a Vorgee swim bag, \$50 Vorgee e-swim voucher, million metres cap and certificate.

Download the app from the QR code below and start logging your metres swum.

Of all the Masters Swimming Clubs in Australia, Stadium Masters is sitting 9<sup>th</sup> in the country with 41,773,928 metres logged!





**GOGGLE SAW**



Goggle Saw Pamela and Barry spruiking the Club and its benefits early on a sunny morning a few weeks back at City Beach. They were chatting to the 720 ABC Breakfast Host Mark Gibson who has been hosting from Perth beaches each Wednesday over Summer.

Thanks Cas for the photos

## **NEW FACES AROUND OUR CLUB:**

If you see any of these lovely faces suddenly swimming in a lane with you please say Hi and make them feel very welcome. Jess, Natasha, Emma, Cade, Claire, Tash, Grace, Philip, Sinead in no particular order. Welcome everyone!







Cottesloe net swims are coming to an end

## CLUB CAPTAIN'S CORNER

*By Pamela*

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

**HBF Closed from April 25<sup>th</sup> – April 29<sup>th</sup> for works**

**Wednesday sessions** – are back to 9.30am starts

**Thursday timing sessions** – are back to 9.30am for the foreseeable future

**E 1000 timing sessions will move** – from Fridays 12.30-1.30 to **Saturdays 12.30-1.30** from Sat 4<sup>th</sup> May

**Bunnings Sausage Sizzle** – This Saturday 13<sup>th</sup> April Bunnings Subiaco

**Next after training supper at the Wembley Hotel** – Tuesday 23<sup>rd</sup> April

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

**Stadium Masters Hosted 1500m event** – now on Saturday 26 May

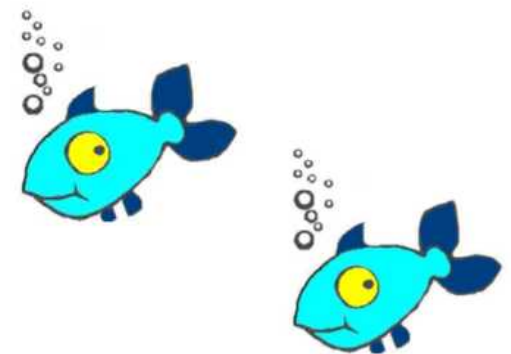
This is an event hosted by our Club held at HBF Stadium. Registrations are out now if you wish to participate.

**Upcoming Elena Nesci clinics** – **Saturday sessions only**

All sessions held on Saturdays to cater to all:

Freestyle – 11 May –09.30 am-10.30 am

Breaststroke – 25 May –09.30 am-10.30 am

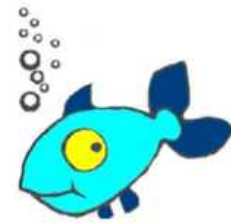


Backstroke – 20 July – 10.00 am – 11.00 am

Fly – 16 September – 11.30 am – 12.30 pm

Pool in Short Course – Sunday 16 June

Swim For Memory Charity Swim 2023 – Sunday 23 June



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.

## 2024 Pool Meet Calendar:

Fri 3-Tue 7 May	Masters Swimming Australia National Championships	Parap Pool, Darwin		LC
Sun 9 June	Riverton Masters Act Belong Commit event	Riverton Leisureplex	400m, 800m (all strokes)	LC
Sun 23 June	Stadium Masters Swim for Memory Charity Event	HBF Stadium		SC
Sun 14 July	Riverton Masters Act Belong Commit Carnival	Riverton Leisureplex	200m, 100m, 50m all strokes (up to 3 swims but only 1 x 200)	LC
Sat 10 Aug	Maida Vale Act Belong Commit 1500m	Darling Range Sports College	1500m, choice of stroke	SC
Sun 18 Aug	Golden Groper Act Belong Commit Relay Carnival	HBF Stadium	4 x 50, 4 x 25 Relays	SC
Sun 25 Aug	Somerset Masters Act Belong Commit 1500m	Aqualife Victoria Park	1500m, choice of stroke	LC
TBC	Mandurah 200/400	Mandurah ARC	200m, 400m, Freestyle, Backstroke, Breaststroke, Butterfly, IM	SC
Sun 20 Oct	Stadium Masters Act Belong Commit Carnival	HBF Stadium	200,100, 50 Relay	LC
Fri 1 - Mon 4 Nov	Let's Swim Together	Multiple venues	State-wide Come and try weekend	
Sun 17 Nov	Mandurah Club Carnival	Mandurah ARC	25m, 50m, 100m, Freestyle, Backstroke, Breaststroke, Butterfly, IM	SC
TBC	Pride Carnival (Perth Rainbow Swans)	Claremont Aquatic Centre		LC

## TOP TEN AWARDS

Here are the Top Ten awards that have been presented to some members since our last edition in January

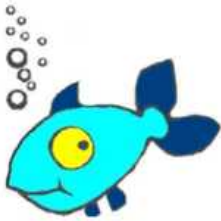




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## DIARY ENTRIES

Busy days ahead, put these dates in your diary:



<b>Club committee meeting</b>	<b>Wed 10<sup>th</sup> Apr</b>
<b>After training dinner</b>	<b>Tues 23<sup>rd</sup> Apr</b>
<b>Elena Freestyle clinic</b>	<b>Sat 11th May</b>
<b>Elena Backstroke clinic</b>	<b>Sat 25th May</b>
<b>Stadium Masters 1500m</b>	<b>Sat 26th May</b>
<b>Pool change to SC mode</b>	<b>Sat 16th June</b>
<b>Elena Backstroke clinic</b>	<b>Sat 17<sup>th</sup> June</b>
<b>Bunnings Sausage Sizzle</b>	<b>Sat 12<sup>th</sup> Oct</b>

*A note from our friend Lynda Joachim: Tues 6<sup>th</sup> Feb 2024*

Dear Tania,

Once again congratulations to all who have contributed to this informative and fulsome edition and to those swimmers achieving their awards.

I always love reading every single word and it makes me wish I was there with you all. Congratulations to all the achievements made by the swimmers and the Committee. Just wonderful to read and it is always an emotional time as I reflect back on the many friendships formed and lots of fun times had in the pool and out.

Keep up the fantastic spirit, enjoy, and keep smiling even underwater.

Best wishes,  
big hugs, miss being there, but you have made me feel as if I am there with you.

Take care,

Lynda Joachim (currently Ron and I are on a World cruise of 107 days on Queen Victoria)

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Pamela W, for her 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)