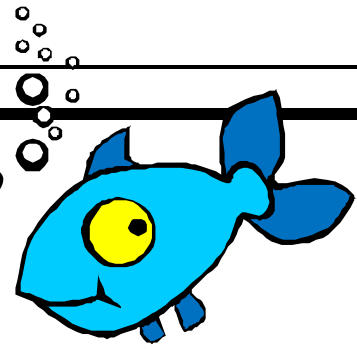


# SNAPPETS



Stadium Masters Swimming Club Inc

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

JULY 2024



## PRESIDENT

Hi Snappers,  
Our Swim For Memory on 23<sup>rd</sup> June was again very successful with 13 teams taking part and a total of over \$7,000 donated to the Australian Alzheimer's Research Foundation.

A big shout out goes to Barry for organising and running the event, to all those who participated and donated, and to Venues West for their continued sponsorship. Chapeau (it's TdF time) to Belmont Masters for their ongoing support of this relaxed and fun event; 5 of the teams were associated

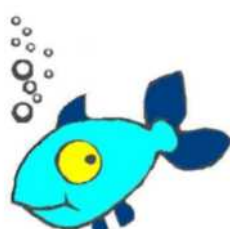
with Belmont – a great effort.



It's rare for a day to pass and to not hear news related to mental health issues – and MSWA are now seeking volunteers in clubs to act as Mental Health Champions. No qualifications are needed and resources are available to help anyone act as a Mental Health Champion in their club. Champions don't provide counselling or psychological guidance but are instead people who are interested in sharing resources and promoting positive mental health messages. In a similar vein, MSA are also offering free training in Member Protection Information Officer (MPIO) skills, i.e. responding to complaints, and ethical and practical considerations. If anyone is interested in getting involved in either of these Masters Swimming HQ initiatives, please don't be backward in stepping forward!

In the meanwhile, next time you hit the water, don't leave your lateral chain behind, cheers, Mark

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



## IN THIS ISSUE:

August / September Birthdays  
Event Wrap-Up – Club swim Pre-Riverton  
Event Wrap Up – Swim For Memory  
Event Wrap Up – Riverton ABC CC  
Goggle Saw  
Club Captains Corner  
Enduro Swims  
Awards  
New Members  
Diary Entries  
Acknowledgements

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# EVENT WRAP UP – CLUB SWIM PRE RIVERTON – SAT 29<sup>TH</sup> JUNE 2024

By Pamela

A small group gathered in the outdoor pool on a blustery Saturday afternoon. This Club swim was held in the long course pool in preparation for the Riverton ABC Club Challenge and the Golden Gropers Relay coming up end of July.

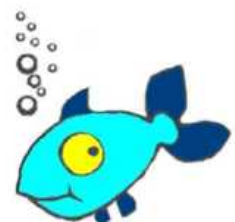
Big claps for everyone who attended as there was a big football clash happening at the same time as the swim, ie. Fremantle vs Sydney Swans and this event must have kept the masses away, certainly not the weather! Not to worry, thanks to modern technology we were all able to watch the football via Foxtel on Tania’s mobile phone in between our heats! Everyone was happy in the changerooms after – Fremantle had claimed the win. Here are the results:

## Club Swim – 29<sup>th</sup> June 2024 in preparation for Riverton ABCCC. Outdoor 10 lane in long course.

	LC/ sc	event	Time	Comparison
Marg. Smithson	50	FR100	2:45.16	PAB/best since '22
Tania Gregg	50	FR100	1:55.47	PB by 23 sec
Pamela Walter	50	FR100	1:59.38	Best since '22
Bill Woodhouse	50	FR100	1:52.40	PAB/best since '22
Chris Colegate	50	FR100	1:36.49	inaugural
Rob Woodward	50	FR100	1:28.81	PB by 17 sec
Marg. Smithson	50	FR50	1:05.94	PAB/ best since '22
Chris Colegate	50	FR50	39.98	inaugural
Marg. Smithson	50	BA50	1:34.90	PAB/ best since '22
Chris Colgate	50	BU50	52:58	inaugural
Rob Woodward	50	BR50	54.22	PB



<b>AUGUST</b>	
Philip Lowe	1 August
Margaret Watson	4 August
<b>SEPTEMBER</b>	
Kim Simpson	30 Sept



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## EVENT WRAP UP – SWIM FOR MEMORY – SUN 23<sup>rd</sup> June 2024

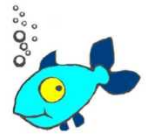
By Barry

This year's Swim for Memory was (as for last year) in aid of the Australian Alzheimer's Research Foundation (AARF). Thirteen teams registered for the event (5 associated with Belmont Masters and the remaining teams were made up of swimmers from Stadium Masters, Claremont Masters and their family and friends. There were a lot of Belles! Four all-female teams but only one all-male team.

The event (a one-hour relay swim for teams of 4) was held outdoors at HBF Stadium in the 8-lane pool converted to a 25 m pool. Prior to the event all WA Masters Swimming Clubs had been invited to take part.

There were three types of awards presented;

1. Longest distance swum in the appropriate age group
2. Distance swum closest to the nominated distance
3. Most money raised for the charity
- 4.



The results for awards 1 & 2 are shown below. Five age groups were represented, but two age groups contained only one team each.

Team	Age Group	Laps (25 m)	Distance (km)	Distance/Laps swum	“Winners”
Dolly's Team	120-159	128	3.2	2.5	Age Group
Tri for 4	160-199	124	3.1	2.225	
Super Seals	160-199		5.2	4.875	Age Group
Swimming for Grumps	160-199		2.875	2.975	
City Beach Crawlers	200-239	134	3.35	4.0	Age Group
The Early Birds	200-239	100	2.5	2.9	
Slippery Seals	200-239		4.0	3.425	
The Four Belles	240-279	93	2.325		
HELMARFARANG-Finskas	240-279	160	4.0		Age Group
The Flying Belles	240-279		2.6	2.6	Closest to Nominated
Coldplay	240-279		3.0	3.55	
Belmont Belles	240-279		3.3	2.825	
Four for All	280-319	88	2.2	2.225	Age Group

The award for most money raised for the charity was awarded to “City Beach Crawlers”. Well done to all donors!

“The Early Birds” swam their swim on Saturday 8<sup>th</sup> June, as team members were scheduled to be away on the actual day of the event. Many thanks to all swimmers.

It should be (gratefully) remembered that Stuart Gray is responsible for the fish trophies that are awarded each year (with an elastic band on each of them so that they come right back for use the next year).

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Other Stadium Masters Swimming Club members came to support the event; Jo Alievski and Denise Scott. I hope I haven't missed someone. On the day, Belmont support was significant, as was support for the City Beach Crawlers.

Now for a status report on the money raised (as money is still coming in after the event).

At last count there were 45 donors online with a total of \$3,721 donated. I have recorded cash donations totalling \$3,245. This gives a grand total of \$6,966 which exceeds last year's effort (about \$6,359) with 1 extra team registered this year. Given the current economic climate I think this is a magnificent result. I will keep you informed of any further progress as it is still possible to donate online (preferably), or in cash to me. Well done to everyone concerned. Let's hope this donation is instrumental in finding "a cure" for Alzheimers! Do "remember" to participate next year.

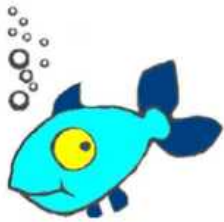
Team line-ups were as follows:

1. **The City Beach Crawlers** – Barry Green, Owen Taylor-Williams, Winn i Taylor Williams, Phil Hoff (200-239 age group).
2. **Four for All** – Bill Woodhouse, Helen Austin, Dick Austin, Lynn Milne (280-319 age group).
3. **Dolly's Team** - Heather Jaeckel, Simone Jaeckel, Wesley Jaeckel, Dexter Jaeckel (120-159 age group).
4. **The Four Belles** – Joy Johnson, Pat Hallett, Louise Norris, Jil Mogyorosy (240-279 age group).
5. **The Early Birds** – Tania Gregg, Deb Wagstaff, Natasha Kedgley, Brigitte Schuhcraft (200 – 239 age group).
6. **Tri for 4** - Pamela Walter, lacey Newsome-Saunders, Liz Burrows, John Walter (160 -199 age group).
7. **HELMARFARANG – Finskas** – Mark Anderson, Helen Loake, Angela Razvi, Farook Razvi (240-279 age group).
8. **The Flying Belles** – Carmen Harrison, Margaret Smithson, Christina Colegate, Sara Gagliardi (240-279 age group).
9. **Coldplay** – Dave Hodby, Robyn Smith, Kylie Leaman, Sally Hollis (240-279 age group).
10. **Super Seals** – Brendan Fawell, Steve Hall, Nicole Badani, Mandy Maywood (160 - 199 age group).
11. **Belmont Belles** – Michelle Chia, Lynne Hunter, Sandra Light, Leonie Yirrell (240-279 age group).
12. **Slippery Seals** – Ross Goodwin, Linda Stenning, Kerry Allen, Sharon Lyons (200 – 239 age group).
13. **Swimming for Grumps** – Peter Scott, Denise Scott, Nicholas Scott, Nathan Scott ((160-199 age group)



***The City Beach Crawlers team with their trophy***

***The Early Birds team***



***Dolly's team with their trophy***





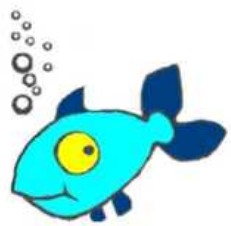
**Super Seals team & their trophy**



**The Flying Belles team**

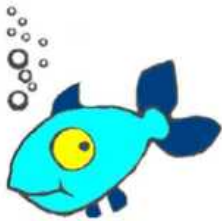


**Tri for 4 team**

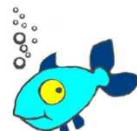




**Four for all team with their trophy**

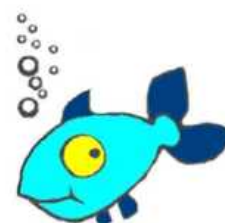


**Everyone on the day...**



## EVENT WRAP UP – RIVERTON ABC CC – SUN 14<sup>TH</sup> JULY

By Pamela



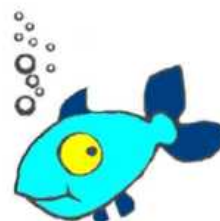
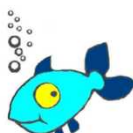
**Stadium Masters won the event with 140 points!** Congratulations to all who participated in this event

Twenty three clubs competed at this Riverton ABC Club Challenge. We had thirteen swimmers and were able to field 2 women's and 1 men's relay teams which was fabulous.

The relay 4 x 100 LC freestyle is seldom offered so therefore all three relays turned out to be club records. Check out the club records for your age group and see if you are close to individual times, train hard to try and beat them. The club records are reviewed at the end of each year and once checked go on the website.

In second place was Claremont with 123 points. Many of our swimmers will be very happy with their times. There were lots of PBs and PAB and firsts and seconds in their age groups. Three members gained top points in all 3 events. A stand out swimmer of the meet was Sue who gained 3 x firsts with 2 PBs and 1 PAB. Well done!

Here are the results:

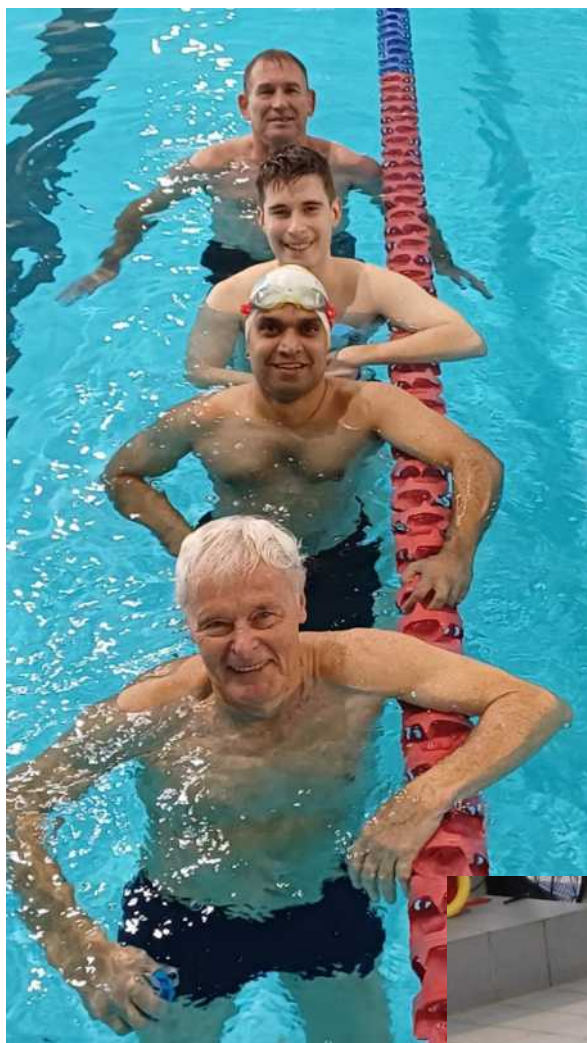


Riverton ABCCC – 14 <sup>th</sup> July 2024					
Name	Event	Date	LC	Time swum	Comment
Christina Colegate	BU50	14/6	50	49.52	PB
Christina Colegate	FR100	14/6	50	1:33.26	PB
Natasha Kedgley	BA100	14/6	50	1:47.38	inaugural
Kim Simpson	FR50	14/6	50	40.75	PB
Susanne Woodward	FR50	14/6	50	54.94	PB
Susanne Woodward	FR100	14/6	50	2:08.76	PAB/best since '21
Susanne Woodward	BA50	14/6	50	1:17.40	PB
Denise Scott	BR50	14/6	50	1:09.48	Best since '23
Margaret Smithson	FR100	14/6	50	2:50.35	Best since '22
Bill Woodhouse	FR100	14/6	50	1:47.80	PAB/best since '22
Bill Woodhouse	BA50	14/6	50	58.30	PAB/best since '13
Pamela Walter	BA50	14/6	50	53.95	Best since '21
Pamela Walter	BA100	14/6	50	1:57.36	Best since '21
Pamela Walter	BA200	14/6	50	4:12.70	Best since '19/CR
Helen Austin	FR200	14/6	50	4:58.86	PB
Cas Brown	BA100	14/6	50	2:42.10	Best since '23
Cas Brown	BA200	14/6	50	5:49.52	Best since '23
Cade Owen	BR50	14/6	50	45.65	inaugural
Cade Owen	FR100	14/6	50	1:18.39	Inaugural/CR
Chandra Veliath	BR50	14/6	50	1:02.37	PAB
Chandra Veliath	BR200	14/6	50	4:54.98	PAB



Here are the relay results from the meet with the new 2024 results added to the club records:

72-119				
120-159				
160-199				
200-239	Riverton	Kim Simpson, Christina Colegate, Pamela Walter, Natasha Kedgley	2024	6:44.75
240-279	WNG BACC	Elizabeth Edmondson, Marilyn Burbidge Theresa Elliott, Pamela Walter	2011	7:38.07
280-319	Riverton	Helen Austin, Cas Brown, Margaret Smithson, Denise Scott	2024	10:33.43
320-359				
200-239	Riverton	Peter Scott, Bill Woodhouse, Chandra Veliath, Cade Owen	2024	6:35.50



### ***Mens 4x100 FR relay***

Peter S, Cade, Chandra, Bill

### ***Womens 4x100 FR relay***

Helen A, Cas, Marg, Denise



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## SATURDAY ENDURO SESSIONS

By Bill

E1000 timing sessions

**Thursday:** 9.30 -10.30

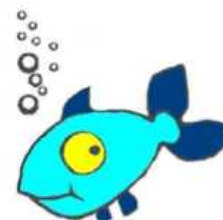
**Friday:** We can also time swimmers Friday for 400s before the normal Friday session. Timing 12.30 – 1.30 then the session 1.30 – 2.30.

**Saturday:** 12.30 – 1.30.

The Enduro programme gains points for the club in an Australia-wide Masters Swimming competition (sponsored by Vorgee) in which Stadium Masters has in the past done well (1st in WA and 2nd in Australia). Points are gained for each swim, and there is a table which, in each age, group allots points for each type of swim depending on the time (or distance) swum.

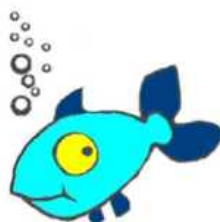
The total number of swims (gaining points) that can be completed is 62 – broken down into:

25 individual 400m swims  
25 individual 800m swims  
3 x 1500m swims  
3 x 30 minute swims  
3 x 45 minute swims  
3 x 60 minute swims



Timing sheets and more information on the endurance programme can be found on our website. Here are some point scores to 1<sup>st</sup> July 2024 for the 17 participants:

Mark	55
Helen A	3
Cas	548
Audrey	389
Sara	4
Christine	3
Anne	320
Tania G	11
Brett	16
Helen L	40
Jil	55
Brigitte	22
Phyll	330
Deb	5
Pamela	535
Bill	300
Sue	30



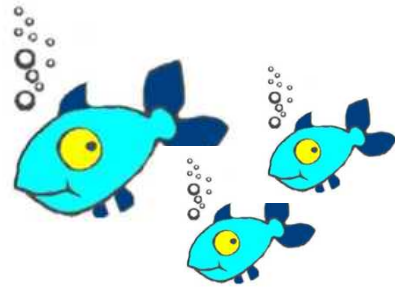
Total points 2666

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## CLUB CAPTAIN'S CORNER

By Pamela

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



### Golden Groper relay carnival on Sunday 18 August 2024

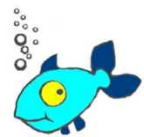
10.30 – 5.00pm. The closing date to register is 8<sup>th</sup> August. Please enter early so we have time to make up the relay teams. Entry can be done via the website. There is another 4 x 100 relay option being offered at the Groper's relay comp so there is another opportunity to get into the Stadium Masters club records. The Groper's relay is short course and the 4 x 100 relay on offer is a mixed relay. This is a lot of fun!

### 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:

**Backstroke**                      Date to be confirmed

**Fly** –                                      14 September – 3 SC lanes 09.30 am-10.30am



Next After training supper– Tuesday 27<sup>th</sup> August Training 6.30 – 7.30pm, dinner at 8.00pm Let Marg Smithson [smithsonmarg@gmail.com](mailto:smithsonmarg@gmail.com) know if you are coming as she will need to book the table.

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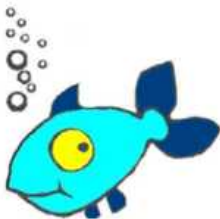
## SAVE THE DATE – STADIUM MASTERS ABC CCC – SUNDAY 20 OCTOBER

This is our hosted event and will be held on SUNDAY 20 OCTOBER. Save the date and more information will follow. We will need help with donation of raffle items and food for the refreshments afterwards.

### AND OTHER DATES.....

#### DIARY ENTRIES

Maida Vale 1500m	Sat 10 <sup>th</sup> Aug
Claremont Groper relays	Sat 18 <sup>th</sup> Aug
After training dinner	Tues 27 <sup>th</sup> Aug
Butterfly Clinic	Sat 14 <sup>th</sup> Sept
Somerset 1500m	Sun 17 <sup>th</sup> Sept
Pool changes to Long Course	Sun 16 <sup>th</sup> Sept
Club Swim pre Stadium ABC CC	Sat 5 <sup>th</sup> Oct
Bunnings Sausage Sizzle	Sat 12 <sup>th</sup> Oct
Stadium Masters ABC CC	Sun 20 <sup>th</sup> Oct
Club Swim pre Mandurah ABC CC	Sat 2 <sup>nd</sup> Nov
Mandurah ABC CC	Sun 17 <sup>th</sup> Nov
After training dinner	Tues 19 <sup>th</sup> Nov
Pride Swim Carnival – Claremont	TBA



#### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Mark A, Barry G, Pamela W, Bill W for their contributions to this issue. **Next issue will be out end Sept 2024.** 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)