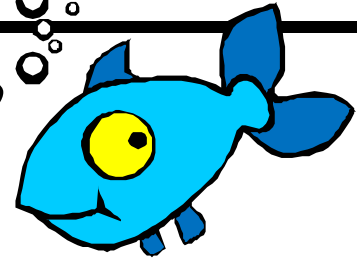


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

October 2025



VENUES WEST



Hi everyone

GET READY FOR OUR STADIUM MASTERS ABC CC!! NEXT WEEK! SUN 19TH OCT

Welcome to this latest edition of Snappets and yes – a lot has happened since our last edition back in April!

We've had Club swims, our hosted 1500m event, Gropers carnivals, Swim For Memory, our Elena clinics and of course, the World Aquatics Masters Championships 2025 in Singapore.

Good luck in your events for our own hosted Stadium Masters ABC CC coming up on Sunday 19th October. In addition we need everyone to make a donation if possible towards the raffle baskets. Donations can be left in the cage. We are also making requests for food for after the event. More on that to come....

Coming up after our Club Swim pre Stadium Masters and our Stadium Masters ABC CC is the Club Swim pre Mandurah on Saturday 25th October with the Mandurah ABC CC to be held on Sunday 2nd November. Mandurah is renowned for having a fabulous lunch spread afterwards – (it even rivals our Stadium Masters spread!) so be sure to add these dates to your diaries. Don't worry about the trek to Mandurah - it is fun to car pool it to Mandurah on the day. The final swim meet of the year is the Pride Carnival held at Beatty Park on Saturday 15 November.

Finally, the committee have recently been discussing the validity of the Tuesday night sessions. Of late there has been a poor turnout. If you are keen to keep attending these sessions please let coach Mark know – he has contacted most of you via the What's App TUE night swim group.

Speaking of What's App all major announcements for our club can be seen on the ANNOUNCEMENTS page. You also have the option to join one or all of our 3 off-shoot chat groups – Stadium Masters Enduro, TUE night swim, or Stadium Masters Cott Swim. Please join our What's App platform to keep informed if you haven't already. See you at the pool

Tania – Ed

PS: make sure you block out Friday evening the 5th of December for our end of year social to be held at Gustoso Restaurant in Floreat Forum at 6pm for pizzas and laughs. More info to come...



www.stadiummasters.org.au



FOLLOW US OR CHECK OUT OUR FABULOUS WEBSITE!

EVENT WRAP UP – CLAREMONT MASTERS GROPER'S RELAY – SATURDAY 26 July 2025

By Pamela

This fun event was held in HBF Stadium indoor pool (at the dive pool end). The Groper's Relay Carnival is always a much anticipated and enjoyable event.

We had a team of 16 – 12 women and 4 men making it possible to make up 3 women's, 1 men's and 2 mixed relay teams. We were placed 8th out of 14 clubs and won the 320- 359 trophy. There was only 24 points between 4th and 8th so we did very well against tough opposition. Results as follows:

Groper's Relay Carnival

Event 1 Mixed 200-239 4x50 SC Meter Medley Relay	2:55.77	6 th	10
Natasha Kedgley r:+0.92 21.98/44.00, Robin Connolly, Heather Rhebok, Robert Woodward,			
Event 1 Mixed 320-359 4x50 SC Meter Medley Relay	4:13.47	2 ND	18
Barry Green r:+0.78 26.34/56.32 , Pamela Walter, Bill Woodhouse, Audrey Bullough,			
Event 2 Women 200-239 4x50 SC Meter Freestyle Relay	2:38.21	4 TH	14
Kim Simpson 18.02/37.82 , Tania Gregg, Natasha Kedgley, Heather Rhebok,			
Event 2 Women 240-279 4x50 SC Meter Freestyle Relay	3:20.84	4 TH	14
Pamela Walter 23.71/49.43, Susanne Woodward, Jil Mogyrosy, Debra Wagstaff,			
Event 2 Women 320-359 4x50 SC Meter Freestyle Relay	4:17.08	1 ST	20
Audrey Bullough 35.09/, Margaret Smithson, r:0.16 Cas Brown, Kathy Sadler,			
Event 3 Men 280-319 4x50 SC Meter Freestyle Relay	2:54.69	2 nd	18
Barry Green 23.15/48.31, Robin Connolly 21.32/46.15, Bill Woodhouse, Robert Woodward,			
Event 5 Mixed 240-279 4x25 SC Meter Medley Relay	1:28.32	6 th	10
Robert Woodward r:+0.94 back -18.77 CR, Jil Mogyrosy, Kim Simpson, Robin Connolly,			

Event 5 Mixed 280-319 4x25 SC Meter Medley Relay	1:39.51	5 th	12
Barry Green r:+0.65 25.94, Tania Gregg, Susanne Woodward, Bill Woodhouse			
Event 6 Men 280-319 4x25 SC Meter Freestyle Relay	1:15.92	4 th	14
Barry Green r:+0.95 22.33, Robin Connolly, Bill Woodhouse, Robert Woodward,			
Event 7 Women 200-239 4x25 SC Meter Freestyle Relay	1:08.55	3 rd	16
Debra Wagstaff r:+0.89 17.39, Kim Simpson, Heather Rhebok, Natasha Kedgley,			
Event 7 Women 240-279 4x25 SC Meter Freestyle Relay	1:14.28	5 th	12
Tania Gregg r:+0.95 19.14, Jil Mogyrosy, Susanne Woodward, Pamela Walter,			
Event 7 Women 320-359 4x25 SC Meter Freestyle Relay	1:52.77	2 nd	18
Cas Brown 27.44, Audrey Bullough, Margaret Smithson, Kathy Sadler,			
Event 8 Men 280-319 4x25 SC Meter Medley Relay	1:32.28	2 nd	18
Robert Woodward r:+0.81 18.99, Robin Connolly, Barry Green, Bill Woodhouse			
Event 9 Women 200-239 4x25 SC Meter Medley Relay	1:19.31	3 rd	16
Natasha Kedgley 20.94, Kim Simpson, Heather Rhebok, Debra Wagstaff			
Event 9 Women 240-279 4x25 SC Meter Medley Relay	1:44.14	7 th	8
Tania Gregg r:+0.78 24.06, Jil Mogyrosy, Susanne Woodward, Kathy Sadler,			
Event 9 Women 320-359 4x25 SC Meter Medley Relay	2:19.06	2 nd	18
Audrey Bullough r:+0.67, Cas Brown, Pamela Walter, Margaret Smithson			

27 DQs – Mostly swimmer leaving the wall too soon before the in-coming swimmer touched.
None of our teams were disqualified





The 320+ team won their age group and collected this trophy. The members were

CAS BROWN, AUDREY BULLOUGH

MARGARET SMITHSON, KATHY SADLER

PAMELA WALTER, BARRY GREEN &

BILL WOODHOUSE

Well done!

The trophy winners



EVENT – SWIM FOR MEMORY – SUNDAY 29 JUNE 2025

This year's Swim for Memory was (as for last year) in aid of the Australian Alzheimer's Research Foundation (AARF). 12 teams registered for the event (2 associated with Belmont Masters and the remaining teams were made up of swimmers from Stadium Masters, Claremont Masters and their family and friends. This compares with 13 teams last year. 3 all-female teams and all the rest mixed (male and female).

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. It was a cold and rainy morning but everyone was in good spirits. Prior to the event, all WA Masters Swimming Clubs had been invited to take part.

There were three types of awards to be made;

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. Longest distance swum by any team.

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

Team	Age Group	Distance (km)	Distance/Laps swum	Comment
Super Seals	120-159	3.2	3.925	Age Group Winner for most laps swum, and winner for the Team which swam the most laps
Family Memories	120-159	2.75	2.35	
Swimming for Grumps	160-199	3.5	2.75	Age Group Winner for most laps swum
The Dumplings	200-239	2.5	3.525	Age Group Winner for most laps swum
Kath & Kim Ladies	200-239	2.75	2.825	Winner for the most donated
Djiljits	240-279	3.5	3.25	Age Group Winner for most laps swum
Splash Dolls	240-279	2.6	2.325	

Belmont Belles	280-319	2.2	2.3	
Forever Young	280-319	2.5	2.5	Winner of Closest to Nominated Distance
Claremont Good Vibrations	280-319	2.0	2.7	Age Group Winner for most laps swum
The Ancient Mariners	320-359	2.4	2.375	Age Group Winner for most laps swum

The award for most money raised for the charity was awarded to “The Kath & Kim Ladies”. Well done to all donors!

Many thanks to all swimmers, and their supporters on the day.

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).



The Dumplings

A grand total in excess of \$7,890 was raised, which exceeds last year's effort (about \$7,300). Given the current economic climate I think this is a magnificent result. Well done to everyone concerned. Let's hope this donation is instrumental in finding “a cure” for Alzheimers! Do “remember” to participate next year.

The 2025 teams and their members were;

1. Super Seals (Belmont); Brendan Falwell, Irina Kuznetzova, Linda Stenning, Chris Lesiter.

2. Family Memories; Margaret Smithson, Shariff Zayan, Nabilla Antipas, Oceani Antipas.



3. Swimming for Grumps; Denise Scott, Peter Scott, Daniel Scott, Nathan Scott.

4. The Dumplings; Laura Chambers, Rochelle Ledger, Craig Barnard, Aresh Anwar.

5. Kath & Kim Ladies; Kim Simpson, Kathy Sadler, Sara Cann, Christina Colegate.

6. The Djiljits; Mark Anderson, Helen Loake, Graham Wimbridge, Sara Gagliardi.

7. Splash Dolls; Jil Mogyorosy, Tania Gregg, Louise Norris, Joy Johnson.

8. 3 Budgies and a Smuggler; Sandra Saunders, Marianne Garvey, Rob Garvey, Pamela Walter.

9. Belmont Belles; Lynne Hunter, Hilary Arber, Leonie Yirrell, Kerry Allen.

10. Forever Young; Helen Austin, Jackie Egan, Barry Green, Phyll Tiller.

11. Claremont Good Vibrations; Pat Hallett, Peter Downey, Peter Jones, Carmen Harrison.

12. The Ancient Mariners; Cas Brown, Audrey Bullough, Peter Lyster, Bill Woodhouse.



Pamela with the Belmont Belles



EVENT WRAP – RIVERTON ABC CC – SUNDAY 20 JULY 2025

There were huge downpours outside but despite this the inside pool was good and the air temperature warm. 19 clubs participated in the Riverton ABCCC. Based on the number from each club Stadium should have come equal 4 however with 8 swimmers we came a very respectable 3rd.

Just imagine what we could do if we had more swimmer's registered!! There were many excellent results for individuals. See results below:

Natasha Kedgley	FR200	3.14.41	PB
Heather Rhebok	FR200	2.55.71	PB
Kim Simpson	FR200	3.16.13	PB
Margaret Smithson	FR200	5.41.26	PAB
Natasha Kedgley	BA100	1.41.78	PB
Pamela Walter	BR100	2.05.83	best since '22
Margaret Smithson	FR100	2.34.85	PAB/best since '22
Natasha Kedgley	BA50	46.39	PB
Jil Mogyorosy	BA50	1.06.03	best since '24
Heather Rhebok	BU50	43.14	PB
Heather Rhebok	FR50	36.01	PB
4 x 100 Women's Freestyle relay 240+			
Kim Simpson, Audrey Bullough, Natasha Kedgley, Heather Rhebok			7.00.91

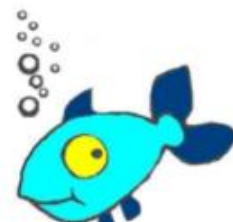
EVENT WRAP UP –

BACKSTROKE CLINIC – SATURDAY 23rd August 2025

By Barry G

On Saturday 21 swimmers and 3 observers (Tricia Summerfield, Peter Lyster, Barry Green) gathered (on time) at the outdoor 8 lane pool (50 m) for a backstroke clinic. As usual Elena Nesci (the coach) had some challenges for us (with about 30 minutes on dryland and 30 minutes in the water).

A full set of comprehensive notes taken by Barry and amended by Elena can be found on the website.



FLY CLINIC – SATURDAY 13 SEPTEMBER 2025

Again, a full set of comprehensive notes taken by Barry and amended by Elena for the Butterfly Clinic can be found on the website.

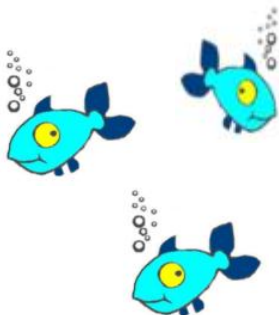
SUPER SNAPPER AWARDS



Super Snapper Awards were presented to Audrey Bullough and Cas Brown. Cas swam a BR1500 short course, Audrey swam a BA1hr short course the week before. In the process Cas broke or set 8 Club records in one e1000 swim and Audrey broke or set 7 records. Well done ladies! Truly inspirational!

NEW MEMBER – ROBIN CONNOLLY

Robin joined our Club a couple of months ago now and has been swimming 3 times per week with us – he is a keen member and enthusiastically registered for the Gropers Carnival not long after joining. Welcome Robin!



CLUB CAPTAIN'S CORNER

By Pamela

Hi all, here's what's coming up – PUT THESE DATES IN YOUR DIARIES...

Stadium Masters ABC CC – Sunday 19th October

Everyone should have registered by now for our own hosted swim.

We will also need items for the raffle baskets and these can be brought along and placed in the cage. We will be hosting the luncheon afterwards at the Hockey Club across the carpark. We are having a sandwich-making session at Helen Loake's house the day before on Saturday 18th October (more details to come and the more the merrier) and we will need fruit / cake / slices to supplement. Start thinking about how you can help out please... see message on our Stadium Masters Whats App group as to how you can contribute

The new swimming caps are available to purchase before the Stadium Masters ABC CC.

They are \$12.00, are seamless and stay on better than the previous ones. They have our club logo printed on them so are very flash. Let Sue W know if you would like one. Organise with her when you will both be at training so she can bring one along for you.

susannewoodward@gmail.com It would be lovely to see lots of our swimmers wearing them at our ABCCC. Thanks to Sue W for organising these caps, they look terrific.

Next After training supper – Tuesday 28th October.

Let Marg Smithson smithsonmarg@gmail.com know if you are coming as she will need to book the table.

Club Swim Pre Mandurah Sat 25th October and Mandurah ABC CC Sunday 2nd Nov

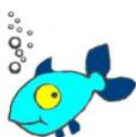
Pride Swim Carnival – Perth Rainbow Swans – Sat 15th November 2025

SAVE THE DATE - Our end of year Christmas Party –

The Christmas Sundowner is on once again at a new venue. Save the Date – Friday 5th October 6pm. More details to follow...

Xmas Swimming lanes

Our Xmas swimming lane booking will finish on Wed 17 Dec and resume Sunday 11 Jan 2026.



UPCOMING POOL MEETS

Sun 19 October	Stadium Masters Act Belong Commit Carnival	Perth HPC	200,100, 50 Relay
Sun 2 November	Mandurah Club Carnival	Mandurah ARC	25m, 50m, 100m, Freestyle, Backstroke, Breaststroke, Butterfly, IM
Sat 15 November	Pride Carnival (Perth RainbowSwans)	Beatty Park Leisure Centre	50m, 100m

VORGEE MILLION METRES PROGRAM

Vorgee Million Metres have updated their app which is easy to download and easy to use to record your swims. The app is available on the website, not on the app store – it can be accessed by clicking this link and following the instructions

<https://mastersswimming.org.au/programs/million-metres-program/million-metres-app/>



AEROBIC / ENDURO SWIM UPDATE

By Bill

Here is the latest Aerobic swim results:

Cas 745	Natasha 15
Audrey 570	Helen L 30
Anne 345	Louise 5
Tania 5	Heather 75
Mike 205	Margaret 10
Jil 40	Kara 40
Pamela 640	Bill 255
Sue 61	
15 swimmers	

TOTAL distance 3041kms

EVENT WRAP – CLUB SWIM PRE-STADIUM MASTERS ABC CC – Sat 4th Oct

15 swimmers entered for this club swim. We run club swims 2 weeks prior to each interclub/ABCCC. It gives new swimmers an opportunity so become familiar with the whistles they will experience at an official meet and all swimmers the

opportunity to record a time close to the meet so they can get a current, appropriate nominating time.

Thank you to Peter Lyster, who was the starter and Phyll Tiller who acted as marshal and Chief time-keeping. Both did a fantastic job which resulted in the event running smoothly. Here are the results:

Club Swim – 4th Oct. 2025 – indoor pool – LC 12.00pm W/U 12.00pm/12.30 start

	Event	Nom. time	Time	Comparison
Helen Austin	FR200	200-4:58.86 '24	5:00.36	Best since '24
Cas Brown	BR200	100 -3:13.15 '25 200 -6:42.95 '25	3:11.09 6:39.05	PAB/best since '24 PAB/best since '24
Louise Norris	BR200	200-4:03.99 '22	4:33.83	Best since '22
Helen Austin	BA100	inaugural	2:31.48	inaugural
Barry Green	BA100	2:16.90 '25	2:12.30	Best since '23
Sue Woodward	FR100	2:25.52 '25	2:06.43	PB by 19 secs
Robin Connolly	FR100	inaugural	1:43.75	inaugural
Louise Norris	BR100	100-1:56.13 '23	2:11.32	Best since '23
Bill Woodhouse	FR50	43.92 '25	43.91	PAB/ best since '24
Robin Connolly	BR50	inaugural	1:03.60	inaugural
Marg. Smithson	BA50	1:33.08 '25	1:28.31	PAB/ best since 2021
Robin Connolly	BA50	inaugural	1:07.70	inaugural
Sue Woodward	BA50	1:20.30 '25	1:12.66	PB by 8 secs

EVENT WRAP UP – STADIUM MASTERS HOSTED 1500M CARNIVAL

By Pamela

Because of the awful weather on the day in the past it was decided to hold the hosted 1500 in the indoor pool. We had 34 swimmers which was a good number but with precision organization we managed to get all swims done within the time.

This year Peter mentored Aresh as Meet Director. Aresh did a splendid job and will be looking to taking over completely next year. The team – Aresh and Peter doing the work beforehand and Aresh overseeing the proceedings on the day, Tania, organizing swimmers in heats, Bill, making sure there was a continual supply of timekeepers and Helen and Deb working on the computers beforehand and on the day the day went smoothly. The officials, as always did their job professionally, without fuss and quietly in the background.



1500 m Officials on the day

EVENT WRAP UP - SINGAPORE WORLD MASTER SWIMMING CHAMPIONSHIPS 7TH – 14th AUGUST 2025

By Tash

In early August, a group of brave (and excited) swimmers headed to Singapore to compete in the World Masters Swimming Championships. Swimmers from Stadium Masters, plus a Mandurah Masters swimmer and an ex-Stadium swimmer from NSW. This group had spent months of hard training and gym work in preparation for the event. They mostly consisted of more 'mature' swimmers, which makes the feat so much more impressive.

What can I say about the Championships? I can briefly sum it up by saying that it was one heck of a wild and crazy ride. And that does not do it justice! The atmosphere, the warm up and competition pools, the marshalling regime and the level of competition! All I can say is that it was next level. I was overwhelmed at times, however, being the competitive person that I am – it was the best experience ever! I would say that it is the closest that any of us 'mature elite' swimmers will ever get to proper elite level. I personally absolutely loved it!

And... I am incredibly proud of our 'mature' swimmers and the way they handled themselves. The atmosphere was loud and stressful at times. Marshalling was very strict and regimented. Some of the swimmers from other countries were a little scary... (obviously used to this type of competition). And there were people EVERYWHERE. Plus the younger swimmers (males in particular) did not seem to

care if there were older swimmers walking to marshalling, or going up and down stairs – they just pushed their way through!!

In saying that, there was also an incredible amount of comradery from many people from all sorts of different countries from all around the world. This was one of my favourite things about the competition. Generally, everyone would talk to everyone. In the marshalling room, I was often asked to have selfies with competitors; swimmers would cheer on a group of swimmers heading out to swim, and swimmers would just have a chat or laugh with each other (even if there was a language barrier!). And that is what Masters Swimming is all about, isn't it? It was such a beautiful and exciting thing to be a part of.

Our members competed very well in an extremely tough field. The majority of swimmers found both competition pools to be tough to swim in – cold and slightly heavy. However, there were multiple PB's swum, several Club Records (Heather, Gerda and our 320+ relay teams) came tumbling and our Golden Oldies were at it again with a swagger of medals. Young Audrey and Gerda Williams from Mandurah (we seriously need to recruit her properly!) won multiple medals between them. Audrey was the only swimmer to receive a Gold medal – and the smile on her face was absolutely priceless! In fact, it was worth every second of this journey – I'll never forget it!

Then came the relays. Most of you would know that our Captain unfortunately fractured her ankle a week before we left. Pamela was going to swim the butterfly leg of the 320+ relay, and as we know, this is a difficult stroke to master. But Jil put her hand up to get some lessons before we left and practiced her little butt off. She swam the butterfly leg of that 320+ relay and the team scored a Silver medal! It was phenomenal! Our 320+ freestyle relay also swam in style and won a Silver medal. It was such a fantastic way to end the meet! And what was also lovely, was that we sat with Claremont Masters for a good chunk of the week – I feel there was forging of new friendships with our 'rival' club. During the relays, they cheered for our club... and we cheered for their club. Again – the spirit of Masters Swimming.

Celebrations were held at the Raffles Hotel beginning with an original Singapore Sling in the Long Bar (I want to go back there!), followed by dining outside at Tiffins. It was absolutely beautiful! There was sightseeing, shopping, dinners, lounging by the hotel pool and happy hour drinks also.

I think the group that went will be bonded forever. We have had a 'reunion' already, and I don't think that will be the last. They were a beautiful group of people to go away with. And I think everyone got something special out of it. I know there are already swimmers talking about Budapest 2027. I'll be there for sure!



ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Pamela W, Bill, Barry and Tash for their contributions both written & photographic to this issue. I look forward to receiving any items tania_gregg@hotmail.com