

MASTERS of the pool

Bored of just swimming endless laps? Why not join a Masters swimming squad? **Maya Anderson** reports.

Staring at the black line on the bottom of the swimming pool can make laps a little dull. But a Masters swimming club promises a fun and social remedy to swimming training.

According to Masters Swimming WA executive officer Wendy Holtom, the club has 1330 WA members between the ages of 18 and 85, with the main demographic 45 to 65, and members love that the clubs offers friendship and fun.

"Swimming with a group of like-minded people and exercising with friends gives people a great lift mentally," she said. "Training with a group is more enjoyable than swimming solo laps. One trains harder and swims further in a group."

The clubs offered great social benefits.

"Many clubs go for coffee after every session, or have monthly meals or functions together," Ms Holtom said. "Many go away on weekends together, enjoy other sports together like paddling, walking and cycling, and have birthday celebrations and more."

Masters Swimming WA State president Ivan Martinovich said most members had been swimmers as kids or young adults.

"You don't need to be a fantastic swimmer," he said. "Some people come to help heart problems or weight problems, others come for the social aspect, others want to improve their swimming."

Most clubs ask that new members swim a few laps, although

it does not matter how slowly

Ms Holtom said regular swimming had excellent health and mental benefits.

"Swimming is non-load bearing and therefore more gentle on the joints, however is excellent aerobic exercise for the heart and lungs," she said.

After a lifetime of struggling with asthma, Melville Aussie Masters Swimming Club member Teresa Phillips picked up swimming at 57 and said she no longer suffered from symptoms and had more energy.

"Regular swimming gives you energy for other things," she said. "I feel younger now at 73 than I did when I was 50. We're all young at heart at Masters. Old age is only a number."

Mrs Phillips said she loved how friendly the members were.

"When I joined I was very shy; I felt very nervous and self-conscious about people watching me," she said. "Masters helped me come out of my shell and made me much more confident."

WANT TO COMPETE?

Regular swim meets are conducted by clubs throughout each year and are participation-based, Wendy Holtom said. "All are the same model of no finals — one enters a time for an event and swims against others. Relays are fun events that everyone enjoys."

SWIMMING — NOT JUST FOR SUMMER

Ivan Martinovich said joining a squad was a fantastic way to exercise throughout the year. "Most activities are in heated pools so you can do it all year-round. Squads also offer a safe environment to work out in — it's not like being out in the dark."

For information on other Masters Swimming Clubs and how to join, call 9387 4400 or visit mswa.asn.au

Swim Thru Rottnest

The club has accommodation booked for the Swim Thru Rottnest for **Saturday 3rd** and **Sunday 4th** December in the Sergeants Mess (the house on the hill). Add this one to the diary. There are 14 places still available.

See **Maree** to secure your bed!



And some funnies from John! Lemon Squeeze

There once was a religious young woman who went to Confession. Upon entering the confessional, she said, 'Forgive me, Father, for I have sinned.'

The priest said, 'Confess your sins and be forgiven.'

The young woman said, 'Last night my boyfriend made mad passionate love to me seven times.'

The priest thought long and hard and then said, 'Squeeze seven lemons into a glass and then drink the juice.'

The young woman asked, 'Will this cleanse me of my sins?'

The priest said, 'No, but it will wipe that smile off of your face.'

Pest Control

A woman was having a passionate affair with an Irish inspector from a pest-control company.. One afternoon they were carrying on in the bedroom together when her husband arrived home unexpectedly.

'Quick,' said the woman to the lover, 'into the closet!' and she pushed him in the closet, stark naked..

The husband, however, became suspicious and after a search of the bedroom discovered the man in the closet..

'Who are you?' he asked him..

'I'm an inspector from Bugs-B-Gone,' said the exterminator.

'What are you doing in there?' the husband asked..

'I'm investigating a complaint about an infestation of moths,' the man replied.

'And where are your clothes?' asked the husband.

The man looked down at himself and said, 'Those little bastards!'

Thanks again John!



A bit of inspiration for all of us!

World

the west.com

The West Australian

PARTY ANIMAL CLOONEY: I'M NO PRESIDENT P

Edited by ALAN KIRK

Swimming senior sets record for Channel

LONDON

The 70-year-old who has become the oldest person to swim across the English Channel says he was left so delirious by his gruelling feat he thought the French coast was a cloud in heaven.

Briton Roger Allsopp said he was physically and mentally exhausted by his record-breaking exploits, having swum for 17 hours and 51 minutes across one of the world's busiest shipping lanes.

The retired breast cancer surgeon waded in at Shakespeare Beach in Dover, south-east England, on Tuesday, aiming for Cap Gris-Nez, 34km away.

But as he battled against tides and currents pulling him this way and that, he ended up taking a far longer, zig-zag route.

He had a support boat but made no contact with it and swam in only a cap, goggles and trunks as Channel swimming rules dictate.

He staggered ashore near Wis-sant on the north-east French coast early on Wednesday.

"There was a little beach lit up by the boat. I was really confused by that stage, I didn't know where I was," Mr Allsopp said.

"It looked like a little cloud. I thought I'm going into heaven or something. I walked on that. I didn't see anything. I was out of it. It wasn't instant elation but as the day's worn on it's really sunk in."

Mr Allsopp had no chance to celebrate ashore, let alone crawl into a warm bed. Immigration rules



Goggled up: Roger Allsopp before his record Channel bid. Pictures: Associated Press



Sole effort: Mr Allsopp trains in Dover.

meant that he had to turn around and swim back out to the support boat for the return crossing.

Guinness World Records adjudicator Anna Orford went on the support boat to verify the record.

"To swim the English Channel is

a great challenge and to do it at the mature age of 70 years is astounding," she said.

"We are very pleased to congratulate Roger on this achievement and in doing so setting a new Guinness World Record."

The previous record-holder was retired airline pilot George Brunstad, the uncle of Hollywood film star Matt Damon, who swam the Channel aged 70 years and four days in August 2004.

Mr Allsopp was aiming to raise £750,000 (\$1.13 million) to fund medical equipment for cancer research at the University of Southampton, southern England and is confident of reaching the target.