



# Marlins e-Newsletter

PATRON : Russell Aubrey  
Mayor of City of Melville

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MELVILLE AUSSI MASTERS SWIMMING CLUB

## A VERY HAPPY NEW YEAR TO YOU ALL

**MARLIN OF THE MONTH FOR NOVEMBER** was Ivan Martinovich with 16 points! That's the maximum possible points for the month – well done Ivan. Second was Felicity Smith with 11 points, followed closely in third place by Rhonda Maloney with 10 points.

### **COMING EVENTS**

- Tues 1<sup>st</sup> Jan 2008 - Traditional Swim & BBQ at Cottesloe Beach – 8am
- Sun 27<sup>th</sup> Jan 2008 - Melville AUSSI annual Memorial Swim at Rockingham – keep this day free
- Sun 10<sup>th</sup> Feb 2008 - Melville AUSSI's 30<sup>th</sup> Birthday Party (See accompanying attachment)
- Sat 29<sup>th</sup> March 2008- Dale Alcock State OWS to be held at **COOGEE**
- 5-13<sup>th</sup> April 2008 - Port Pirie State Masters Games [www.portpiriemastersgames.com](http://www.portpiriemastersgames.com)
- Easter 2008 - Nationals to be held in Melbourne
- 17-25<sup>th</sup> April 2008 - World Masters Swim in Perth [www.2008finamasters.org](http://www.2008finamasters.org) or phone 9441 8361 for more details
- 23-24<sup>th</sup> Aug 2008 - State Swim – short course event
- 11-18<sup>th</sup> Oct 2008 - Alice Springs Masters Games
- Sat 1<sup>st</sup> Nov 2008 - Heart Swim
- 2009 - Nationals to be held in Queensland
- 10-18<sup>th</sup> Oct 2009 - World Masters Games in Sydney [www.2009worldmasters.com](http://www.2009worldmasters.com)  
(Sorrento Supa Swim has been cancelled for 2008)

### **FREMANTLE PORT SWIM – Saturday 1<sup>st</sup> December** (From Nancy Davies)

There were only 3 Marlins at South Beach for the Fremantle Port Swim. I always like to go there as that is where I grew up and swam as a kid. Colin Jefferson came 25<sup>th</sup> – not sure how many swam – at least about 250 I would say. Dave Reynolds swam the novice 400m with daughter Chelsea because of the rough conditions and it was her first ocean swim. I won my age group. It was very overcast and it rained. There was a 20 knot westerly howling in with a 2m swell. A nice light breakfast was brought to the swim from Culleys in Fremantle and handed out to those who had ordered. There was plenty of tea and coffee, watermelon and water for the competitors. Colin remarked at aerobics on Sunday that he wondered why he was a bit tired on Saturday afternoon!

### **AMANDA THE IRONMAN (?IRONWOMAN)**

Congratulations to Amanda Smith for completing the Ironman course at Busselton on 2<sup>nd</sup> Dec. – No Mean Feat!!!! I asked her to send me a report so that we could all read about it and after reading through it all I can say is WOW!!!!!!

This year I decided to tackle the full Ironman triathlon – I'm still not sure why! The Ironman consists of a 3.8 kilometre swim, a 180.2 kilometre cycle and finishes with a full marathon run distance of 42.2 kilometres.

Race day was Sunday the 2<sup>nd</sup> of December 2007. Competitors were required to register in Busselton on the Friday before the race. After the initial registration, there was a competitor's parade through the town, followed by a carbo loading party. It was great to meet other competitors and listen to the statistics, such as how many entrants (997 – only 197 girls), where they are from (all over the world – only 214 from WA) and how many ironman races people have done (62 was the highest from a Japanese man I think!).

Saturday was the official race briefing and it was compulsory to attend so everyone would have a clear understanding of the race rules and what penalties would be imposed. This was also the day I checked in all my gear for Sunday. This included my bike, shoes, all my clothes, food, bandaids, Vaseline, Panadol, and everything else I thought I might possibly need on the day! Sunday morning all I had to do was turn up in my bathers with wetsuit, cap, goggles and timing band ready to race.

The swim course was a 3.8km lap around the Busselton jetty plus a bit more parallel to the beach to make up the distance. The water conditions were pretty good, although 1000 people going off at once creates a huge washing machine effect, which I was right in the middle of!

The 180.2km bike leg is 3 x 60km loops, and surprisingly it's quite interesting, considering the long stretches of bitumen in the bush! There are aid stations every 10km, and all the volunteers cheer for you at each one. It takes some skill to collect a drink bottle, banana or cookie in your left hand at high speed!

The 42.2km run is a 3 lap course along the Busselton foreshore. I walked and ran in spurts, as did most others. I learnt that I can walk substantially quicker than most, including those that were apparently "running". It was great to get the support from the crowd all the way along the course, including the teenage girls dancing around on their front lawn at the furthest point on the course – they made me laugh every time I went past!

After a great day out, I crossed the line running and smiling to complete the course in 14 hrs 17 minutes exactly. And to mum and dads surprise I was still alive!

Amanda

### **BBB SWIM – 16<sup>th</sup> December**

87 swimmers competed this year, despite the threat of stormy weather. All but one managed to finish the course in reasonable conditions, although the leg home was tough against the tide. Apart from a couple of hiccups, everything seemed to go smoothly. There was some confusion when the stronger than expected current slowed the short course swimmers so that they met with the 5 km swimmers approaching from the opposite direction, but with some quick thinking and strategically placed paddlers the problem was soon remedied. Congratulations to Peter Maloney, Ivan Martinovich and their band of helpers for organising the event. Thanks to the visiting officials who helped out on the day. I hope you all noticed our brand new trailer being loaded up with all of the gear. To all of those members who helped on the day (some from as early as 4.30am!), thank you very much. Special thanks to Daniel Maloney who shivered in the water for so long, both setting up the bunting etc. and then handing out the biscuits and dismantling bunting etc. afterwards.

### **COMMITTEE OF MANAGEMENT 2008**

President	Cath Devereaux
Vice President/Delegate	Larissa Hoskins
Secretary	Sandy Mack
Treasurer	Natalie Kirby
Club Captain	Alan Potter
Vice Captain	Rhonda Maloney
Coach	Gail Bowden
Membership	Lynne Alguire
Publicity	Peter Maloney
Recorder	Anne Hitchen
Newsletter Editor	Michelle Lanigan
Social Organiser	Jaki Smith
Safety Officer	Sean O'Shaughnessy
Aerobics Coordinator	Pam Walker
Committee Person/ Assistant Aerobics	Julie O'Connor
Committee Person	Barry Stubbs

### **OUR NEW PATRON**

The new Mayor of the City of Melville, Russell Aubrey, has kindly accepted our invitation to be Patron of our club. We look forward to meeting him in the near future.

### **OUR THOUGHTS WITH MAXINE**

Our love and thoughts are with Maxine Fitzpatrick who lost her Mum recently. It was good to catch up with Maxine whilst she was at home briefly, and to hear of some of the exciting experiences she has been having overseas.

### **NEW WHEELCHAIR PRESENTATION**

On Friday 28<sup>th</sup> December a small group of members were present when we officially handed over the wheelchair to a representative from the council, together with a photographer, as well as the pool manager, Shaun Stevenson. Fortunately Bob Dunstan, who put so much time and effort into the 2006 river swim from which the money was raised, was able to be there to give some background information. Hopefully there will be a photo and story in the local paper covering the story.

### **NEW YEAR'S BREAKFAST AT COTTESLOE**

As usual, Ossie has kindly organised for us to use the BBQ and facilities at Cottesloe Surf Club for our traditional New Year BBQ and Swim beginning 8am. Meet on the beach in front of the Surf Club at 8am for an informal swim (if you are up to it after celebrating) followed by a BYO everything breakfast. This is a chance to start the year off with your club mates, and families are very welcome. It would be nice to see some of our newer members join us.

### **MELVILLE AUSSI ANNUAL MEMORIAL SWIM – Sunday 27<sup>th</sup> January**

For our newer members this 800m fun swim is always held on the Australia Day long weekend and we have a minutes silence to remember those members who are no longer with us. Just turn up at the jetty in time for a 10am sharp start, find the Melville AUSSI crowd on the beach and have your nominated time recorded. Weather permitting, we have some games on the beach after the swim and afterwards drive to Shoalwater and enjoy ourselves under the trees with Gordon and Nola Medcalf at their beach house. Bring everything e.g. chair, food, cold drinks etc. (Tea & Coffee provided)

### **MELVILLE AUSSI's 30<sup>TH</sup> BIRTHDAY CELEBRATION – Sunday 10<sup>th</sup> February**

We are celebrating our 30<sup>th</sup> birthday at Swan Yacht Club. Time: 7pm Cost: \$25 plus drinks. Please add your name to the list at club to give Lynne an idea of how many are coming. Tickets will be given to you on receipt of your money which must be paid by 3rd February. We also hope to be launching an update to our history book, thanks to our ever reliable, unofficial club historian, Rhonda Maloney. Please make every effort to attend!

**Further details on accompanying attachment.**

### **WORLD SWIM VOLUNTEERS & SWIMMERS**

If you would like to **volunteer** for the numerous positions that need to be filled, go to the Website [www.2008finamasters.org](http://www.2008finamasters.org) or phone 9441 8361 for details.

If you intend **swimming** in the World Swim could you please let me know? Thanks.

### **STRETCHES WITH NANCY**

Nancy is kindly conducting stretching exercises near the diving pool at 7pm each Thursday.

**NEWS FROM AUSSI WA - Officer Positions** – our current volunteer **Book-keeper** Robert Birch (Belmont) has been hard at this job for 8 years and is looking at retirement in the near future. If there is anyone in your club who has accounting and MYOB experience and is interested in this position please contact me for further information. The position entails completing the finances in the State office once per month for about 2-3 hours. Also if anyone is interested in learning and/or assisting Director of Recording Sandra Mutch with the **Dale Alcock OWS Series** results please contact Sandra direct via [sandra.mutch@worleyparsons.com](mailto:sandra.mutch@worleyparsons.com) or 0417 974 417.

The **World Masters Swim** in Perth in 2008 is a FINA event and therefore will be **conducted under FINA Masters rules. These rules vary slightly from AUSSI Masters rules and swimmers and coaches should make themselves familiar with the differences.** There is **no Medical Disability rule** and therefore anyone who had this certificate in AUSSI may want to have their strokes checked by a referee and coach to minimise any risk of disqualification.

### **DIFFERENT STROKES** (The State AUSSI magazine)

The summer edition of Different Strokes is now available on the Masters Swimming WA site.

**The National Newsletter should be on the national website shortly.**

### **JOKES** (Sorry Sean)

An Irishman was being tried for a clear case of murder but he had bribed a friend on the jury to stand out for a verdict of manslaughter. The jury were out for five hours but finally brought in the required verdict. The prisoner almost wept for joy as he thanked his friend. "Ay," said the friend, "ye may well thank me. There was eleven of them for aquitin' ye, but I stuck out for manslaughter."

Pat came along while Mike was painting a fence in tremendous haste. "Why are you working so fast?" enquired Pat. "To be sure," replied Mike, "I'm trying to get through painting the fence before my paint runs out."

Paddy's pregnant sister was in a terrible car accident. After being in a coma for six months, she wakes up and sees that she is no longer pregnant; frantically, she asks the doctor about her baby. The doctor replies, "Ma'am you had twins..... a boy and a girl. The babies are fine now, however they were poorly at birth and had to be Christened immediately - your brother came in and named them". The woman thinks to herself, "Oh not me brother, he's clueless, a bleed'n moron!" Expecting the worst she asks the doctor, "What's my daughter's name?" "Denise ," says the doctor. The new mother is somewhat relieved "That's a beautiful name, I guess I was wrong about my brother..I like Denise." Then she asks, "What's the boys name?" "Denephew".

Cath Devereaux

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Thank you all very much for your contributions, reports and information you have given me whilst I have been doing the newsletter. It has made my job so much easier. Please continue with your good work and send any items to your new Newsletter Editor, Michelle Lanigan.

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