



**CURRENT SWIM PROGRAM**

**CLUB NIGHT**

THURSDAY 7 to 9 pm

**AEROBICS (DISTANCE SWIMMING)**

1st & 3rd SUNDAY of each month 9 to 11 am

**TRAINING MONDAY 5:45 to 7:00 am & 7.30 to 8:45 pm**

WEDNESDAY 5:45 to 7:00 am & 7 to 8.15 pm

SATURDAY 8 to 9.15am then coffee at café.

Welcome to my first newsletter.....I guess that you have all been sitting on the edge of your seats awaiting its arrival(!). I trust you will have feedback for me ....good and bad – and I have been training hard to develop the broad shoulders to take all kinds! Please feel free to email or chat to me at club with features and additions or subtractions you would find useful to have included or excluded. It is my intention to use this medium as a method of participation and information to be communicated at club level. I do not wish to be responsible for writing the articles that appear in it – although I will endeavour to include information necessary to impart to one and all at various times.....I see this more as our chat room – with its contents to be gathered by all club members. My email address is [greenbean@iinet.net.au](mailto:greenbean@iinet.net.au) Please send anything for inclusion if possible, in word (\*.doc.) (WinWord) format as it makes my job much easier! A huge thankyou to all who contributed to this current edition.

For those of us who are sometimes in need of using it as a reference – I have included a table of contents.....if you wish to search the document and find certain info or a particular article, hold down the ctrl key and left click on the relevant heading in the table of contents. You will then be transported directly to the relevant area. Thankyou Bill Gates.

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## **FITNESS:**



### ***SUNSET COAST 5km SWIM 04/01/03 - Dave Reynolds***

With the apologies for the weather and the “At least there won’t be many stingers today”, ringing in our ears – the 5 Marlins consisting of Nina, Rebecca, Jan, Maxine and myself entered the ocean @ Scarborough for the 5km Sunset Coast swim. We were greeted by a set of big dumpers as we entered the water and as we swam to the starter buoy a few hundred well wishing stingers.....

The first 2.5km was wind assisted and not too bad going: apart from the SS (Scarborough Stingers) brigade. The second half of the swim was a long hard slog against the wind...and the SS continued to harass one and all. The finishing line was a welcome sight for everyone (especially me). Jan’s finish was probably the most spectacular, going across the line after completing a well maneuvered half pike: followed by a triple twisting tumble courtesy of another Scarborough dumper. Well done Rebecca on completing her first Scarborough 5km race in not very nice conditions.

### ***SWIM THRU PERTH 25/01/03 - Dave Reynolds***

After waiting in the sun for what seemed like an hour, the swim thru Perth started precisely one hour late! This year’s race started at Matilda Bay, and followed Mounts Bay Road around to Barrack Street. Approximately 270 swimmers entered the water and included 8 duo teams with changeover at the old Swan Brewery. Jan, Hillary, Maree, Natalie, Amanda, Ray and myself were the Melville representatives on the day.

Ray’s dodgy knee caused him problems and forced retirement from the race (much to his displeasure). Natalie led the Marlins home with a very impressive swim, finishing in 1:17:53. Maree was hot on her tail at 1:18:10 – great effort.

Jan, Amanda, Hillary and myself followed these two in.... Hillary, sporting a George-Michael beard thought the race was too easy and was toying with the idea of tumble turning and heading back for another 4.5km swim.

Natalie finished third in her age category, which was a great effort.

Maree was fifth in hers – and Jan fourth....well done all!

This was a great swim by everyone, and the hard training regimes certainly showed through with some very impressive times – with a thank you to Jan for the variety of programmes.

### ***SORRENTO SUPER SWIM 18/01/03 - Dave Reynolds***

This was open to the more mature swimmers ( I don’t know how I got a start). Sandra, Carlene, Hillary, Maxine and I made the journey north to represent Melville.

The conditions were absolutely perfect, no wind and a welcome shortage of stingers. The ideal conditions made for some pretty quick times for the swimmers. Prizes were awarded for closest to nominated time, and Maxine won the prize for her age group. She believes her little sight-seeing tour mid-race must have been a blessing in disguise!

This is an event that is well worth the journey, the hospitality is second to none and the money raised goes to a great cause (Cerebral Palsy Association)

Well done Inglewood AUSSI!

## *BUSSELTON JETTY 4km 09/02/03 - De Ed*

Noel and I headed south for our annual Busselton swim. The conditions were perfect and rumour has it that there were over 600 swimmers. It is encouraging to see young and old participate in the 4km event. It is comparable to the Cott – Swanny swim with the scenery on the ocean bed. The setting at Busselton gives participants a nature experience with the marine life that calls the jetty home.....such an enjoyable morning. The Vasse café is recommended for a hearty post-swim breakfast. The presentations were very slow in commencing and we decided that time with our friends was the better option! There was a lack of WML participants, possibly due to the event of the night previous. Ex member Marina and partner were there, but we did not spy them in the crowded conditions. (A Margaret River w/end would work in well with this event!!!!???)

## *THE ROTTNEST CHANNEL SWIM 22/02/03 - De Ed*

This was a challenging day for all. The start was delayed by half an hour while the organizers debated whether the race would be abandoned. The decision was made to go ahead with the event – much to the joy of the participants.

The Marlins were not represented by any solo swimmers this year. The duo teams of Dave and Maree (Hillary's Rejects), Steve Park and friend (Waving Not Drowning), Andy Litster and training partner Shaz (Shandy), Mike Bench and fellow Freo Fin Nicola (The Odd Couple), Jan and Natalie (The Snow Flurries) headed out ahead of Nina and Rebecca who were in a team with X marlin Marina and another unknown Irish livewire (The Octopussies). Carlene gathered a team from Armadale Hospital (The Armadillos), but misfortune struck early for them with their boat breaking down and not starting on time..... It was noted, however, that the problem was fixed and this team beat everyone to the celebrations at the other end!!!!!!!

Seasickness was the major obstacle facing one and all.

I couldn't help but noticed how when the going gets touch the women get going. The first person to the Island this year was a young Gun – Melissa Benson – GO GIRL!

Shandy excelled with 11<sup>th</sup> place overall duo, Snow Flurries won their age group and team Octpussy achieved a great result with third in their age group. Well done to all who made it and all who didn't – as always it is a team event and would not be possible without dedication and participation of the entire support crew – in fact this area of the team never seems to have the recognition they deserve – without them the swim would not and could not take place. It is the editor's opinion that the entire team ought to receive a medal. It was the toughest swim in the history of the race – more than half the competitors DNF and I know none of us would have done it without the members who didn't just have to jump in and swim!

## *AEROBICS REPORT - Nancy Davies*

Firstly let me briefly recap 2002, congratulations to all the swimmers who participated, especially Rhonda Maloney who was the best in our Club (390 points (Top Points), Rhonda swam all events in the yearly program and received top points for every swim she did, well done Rhonda, I might add this is not the first time Rhonda has achieved this success she makes a habit of it every year. Also congratulations to John Ward who was our best male swimmer for the year, achieving a total of (85 Points) quite a few of those points were Top Points also, not bad for a 71 year old.

## Individual Club Placing's and Points

<u>Women</u>			<u>Men</u>		
1	390	Rhonda Maloney	1	85	John Ward
2	306	Nancy Davies	2	73	Peter Maloney
3	150	Nola Medcalf	3	70	Gordon Medcalf
4	133	Teresa Phillips	4	38	Sean O'Shaughnessy
5	105	Jeanette Ward	5	32	Steve Park
6	45	Anne Hitchen	6	22	Carl Ross
7	39	Lynne Alguire	7	14	Doug McLean
8	35	Cath Devereaux	8	12	Dave Reynolds
9	30	Renee Dalimore	9	8	Laurie Hunt
9	30	Maree Hoban			
11	28	Kristina Lund			
12	25	Rita Blom			
13	15	Natalie Kirby			
14	9	Hilary Beck			

On 'Club Participation' in our State we came fourth place with 23 swimmers from 41 financial members for 2002.

With 'Total Points Placing's' in our State we came seventh with total points adding up to 1694, Female 1340 points and Male 354 points, so come on 'guys' what about giving us ladies a bit of competition this year.

With 'Average Points per swimmer' in our State we also came seventh averaging 41.32 for 41 financial members for 2002 very good result and congratulations again to all the swimmers who participated and helped our Club gain these points.

The National Aerobics Points are yet to be announced

Now onto 2003 which is shaping up to be even better than 2002 at the beginning of March we have 21 people that have started swimming for Aerobic Points, well done and keep up the good work. I am pretty good at "nagging" people into swimming, and the only excuse I can give you is that it is for your own good, and I know from experience that so much satisfaction is achieved from doing Aerobics, and the only person that gains is yourself with all that "Fitness and Fun" so go to it!!!

Another quick rundown on how the Aerobics work for the new members and the old members that may just be starting to swim aerobics again, or have not participated before.

When you start your swims I will put a cover sheet with your name on it in front of your completed swims in the 'blue box file' which is always near the card boxes on the table so you can see exactly what you have swum and you can choose what swims you want to do next.

For Freestyle, Backstroke and Breastroke for the year you swim 400 metres x 5 swims 800 metres x 5 swims (only one swim permitted in a month). 1500 metres swim x 1, half hour swim x 1, three quarter hour swim x 1 and 1 hour swim x 1 in all of the above strokes.

For Butterfly and Individual Medley for the year you swim 400 metres x 5 swims and 800 metres x 5 swims (only one swim permitted in a month). The long swims are not included in these strokes, Phew! Thank goodness.

Now that's pretty easy!!!!

Aerobics are held on the second last or last Thursday of each month, after the first event of the night, decided by your Captain Sean and myself, and also on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month at Melville Aquatic Centre from 9.00am to 11.00am. If we miss a Sunday we will try and catch it up on a Friday night at Melville, as the Pool is very quiet on Friday night.

Any questions please ask me or Rhonda and Peter, and most important lets all enjoy our Aerobics in 2003, Happy Swimming

**FRIENDSHIP:**



### **NEW YEAR'S DAY ANNUAL SWIM 2003 - Lorna Clark**

Our club's traditional start to the New Year was a happy event and it was pleasing to have more attend than last year.. Among those present were members Jan & Bob: Noela & Gordon; Teresa & Kevin, Jeanette & John; Ossie, Lorna and ex-members Yvonne, Mike, Margaret T., Betty & Roy The weather was ideal, warm, no wind, flat calm seas and the water a decent temperature. On the tables set up were champagne, a must, orange juice and even tea and coffee, and sitting around members enjoying their various breakfasts. The satisfying aroma of sizzling bacon, sausages and eggs wafted over everyone. Our thanks go to Ossie for his efficient work in organising the b-b-q (and cleaning up afterwards!) to make it possible for the cooking to be done. He looked very smart in his chef's apron too.

### **H.M.N. - 2ND JANUARY, 03 - Lorna Clark**

There was only a small turn out of members for this, our first swim of the year. Eleven people swam in events while there were twenty three for socialising afterwards. Hard to believe the club has been at this complex for twelve months. There have been good and bad nights, but nothing stops dedicated Marlins from swimming - a tough breed. It was pleasing to have visits from Lia Blom, her daughters Jessica and Fiona, also Dave Reynolds's daughter, Chelsea. Potential club members in 15-20 years from now? Sec.. Lynn handed out special leaflets giving all the Masters swims for the year, lots of them coming up. Also Bob reminded members the National Swim will be held in April, time to start training!! It is not often members can get to the Nationals, so this is a bonus to be able to attend in our home State. Entry forms, available on club nights, have to be submitted by mid-March. Come on Marlins, let's all have a go, if at all possible, and be part of the fun.

## *ANNUAL MEMORIAL SWIM 26/01/03 - Noela Medcalf*

The club's annual Memorial swim was held at Rockingham Beach. The 20 swimmers entered the water @ 10:30am for the half mile swim. Then, afterwards, on the Medcalfs' lawns, we BBQed, reminisced and played bocce as usual. Peter Maloney presented the Gordon Royle Memorial Trophy to Gordon, with Maxine and Dave tying for second and Roy third.

A great day – Thanks to Dick Blom for timekeeping and Noela and Gordon for their hospitality.

*FUN:*



## *UNTAPPED TALENT - Lorna Clark*

The 2002 Channel 7 Christmas pageant was a stunning affair as always. Among the volunteers who helped to make it so on the night, were two Mighty Marlins. Among the glitz and glamour they quietly got on with their allotted

task. Channel 7 had dressed them up as clowns, beautifully made up, and they worked with a will. Their task? Complete with buckets and shovels, they had to walk behind the camels and dispose of their poo. They did this with panache and flair!! One of the clowns had made up a bucket full of realistic looking balls of 'pretend' poo, which were anchored to the bucket by a long piece of elastic. Every now and then she would throw one towards the spectators. The looks of horror on their faces, as the poo flew towards them, then the relief shown as it sprang back into the bucket, was worth the effort to her. How much untapped talent do we have in our club? These two have been invited by Channel 7 to repeat their performance next year. Needless to say they will, as they had such a RIPPER time and looked really FANCY in their outfits. Well done, brave ladies.

## *PRESENTATION NIGHT - 8TH FEB 2003 - Lorna Clark*

On this balmy summers night quite a large contingent of club members gathered at the Swan Yacht club

To enjoy another social night, the presentation of trophies. Tables were set up in the outdoor section, and after much to-ing and fro-ing between them, everyone was finally seated and relaxed in this pleasant venue. The chef did a great job of cooking the b-b-q, the steaks, sausages and pieces of chicken were spot on. Served with a variety of tasty salads and a fresh fruit salad to complete the menu, it was a meal enjoyed by all. We were delighted to have the Mayor Melville, Katie Mair, and her fiancé, Gary, come along and be part of the proceedings. After the meal most moved out into the open area, where it was cool, with a great view of the river. President Peter opened the proceedings by welcoming Katie and Gary, and all our members before the important part of the night. Katie made a short speech and thanked the Marlins for their invite to her and Gary. Peter read the name of the winner for each trophy, which was presented to them by Katie, each one receiving loud applause



from all and sundry. The latter, who also enjoyed watching, were some guests from a wedding being held upstairs. They were out on the verandah clapping along with us. It was a most enjoyable evening. Maybe this will become an annual event and to those who couldn't make it, be sure to put it on your calendar/diary for next year. If you want to be among the winners, put lots of effort into being a good club member as well as a good swimmer, then next time it might be YOU getting the applause.

## PRESENTATION NIGHT AWARDS:

### CLUB POINTS

1 <sup>st</sup> Male	Ray Mottram	99 points	1 <sup>st</sup> Female	Rhonda Maloney	88 points
2 <sup>nd</sup> Male	Sean O'Shaunessy	92 points	2 <sup>nd</sup> Female	Kris Lund	86 points
3 <sup>rd</sup> Male	Doug McLean	87 points	3 <sup>rd</sup> Female	Teresa Phillips	76 points

### MARLIN OF THE YEAR

A perpetual trophy donated by the City of Melville goes to the overall winner of the club points  
RAY MOTTRAM – The first member to win this award twice (also won in 2000)

### AEROBICS POINTS

1 <sup>st</sup> Male	John Ward	85 points	1 <sup>st</sup> Female	Rhonda Maloney	390 points
2 <sup>nd</sup> Male	Peter Maloney	73 points	2 <sup>nd</sup> Female	Nancy Davies	306 points
3 <sup>rd</sup> Male	Gordon Medcalf	70 points	3 <sup>rd</sup> Female	Noela Medcalf	150 points

### JOHN DEVEREAUX NEW MEMBER ENCOURAGEMENT AWARD

This trophy has been renamed the John Dev trophy, because he was always very much involved in encouraging new and old members alike to have a go. This year's recipient has been involved in club nights, training, competitions, open water swims, social and fund raising activities. Swimming improved greatly. He is enthusiastic in all he does. Well done *DAVE REYNOLDS*

### THE NANCY DAVIES TROPHY

(Closest to nominated time at Swim Thru Rottnest) *SHAUN O'SHAUNESSY* (21 secs slower than nom time).

### MARLIN OF MEDIOCRITY

Once again, the recipient is by no means a mediocre swimmer – just doesn't give it all he has all the time!. *STEVE PARK* with honourable mention to Renee Dallimore.

*Congratulations to all winners -*

### FAMILY DAY OUT - BURSWOOD PARK - SUNDAY 13<sup>th</sup> APRIL 2003

Meet 11:00am at FREE car park – Causeway end of Burswood Complex.

Beautiful public park with plenty of free parking. Surrounds Burswood Resort and Casino – multiple winner of state Tourism Awards.

Good free BBQ and picnic facilities with clean amenities. Great walking and cycling paths along the river. Children's playground. Plenty of lawned area for games (so bring some along)

Heritage trail with bronze sculptures of famous WA pioneers. Free 40 min tour begins at 11:30am. Just a stone's throw from the Casino if you want to lose all your money.

An order has been put in for fine weather – if not delivered, bring along umbrellas to keep off the hot sun or rain!

## MARGARET RIVER CLUB CHALLENGE - 2nd & 3rd AUGUST 2003

**EARLY NOTICE! From Cath Devereaux**

Accommodation is booked for chalets at the Seaview Caravan Park for this event. There are 4 & 6 berths chalets and I have booked for 20 people. If you are interested, let me know ASAP. Definite numbers need to be known by the end of May.

## MARLIN OF THE QUARTERS

January.....Noela Medcalf  
February .....Lorna Clark  
March..... Amanda Smith

*Well done Ladies !!!!!!!!!!!!!!!*



### *A Final Thought*

### **CORN HARVESTER – compliments Lorna Clark**

A husband says to his wife as she enters the shower, “You look like the back end of my million dollar corn harvester” The wife does not respond!!

Later that night in bed, as he tries to put his arm around her, she moves away.... “What’s the problem?” he asks. “Well, if you think I am going to start this million dollar machine for that lousy little corn cob you’ve got, then you’ve got another thing coming!”, she says.