

Melville Marlins Newsletter

May 2013



ENDURANCE 1000 – by Pam Walker

The months are racing by and our Endurance 1000 swimmers continue their programs. So far 30 members have completed one or more endurance swims. Nice to see new member, Rebecca, starting her program with a 1500m swim and our coach, Peter, with a 400m freestyle.

Up to 30 May our points total is **3243**.

Next Endurance 1000 sessions are:

8.30am on Sundays (23 June is carnival at Mandurah)

2.00pm on Monday

June 10 and 24

July 8 and 22

Aug 12 and 26



Congratulations to Marlin of the Month for May: Charles Renner!

Masters Swimming WA State Championships

This was held over the weekend on 25 and 26 May 2013 and Melville had a team of 9 swimmers. Charles, Peter, Ivan, Pam, Eddie and Rowena swam on both days while Rebecca and Claire came on Saturday and Rhonda swam on Sunday. Peter was the Meet Director, Ivan was an announcer and Pam was an official. Rhonda was able to put up 6 relay teams but unfortunately two did not swim but of the 4 that competed we had one 1st placing, two 2^{nds} and one 4th placing which was a credible effort from our small team.

Overall out of the 28 Clubs that competed over the two days Melville came 10th with 366 points.

It was a busy weekend of swimming but a good chance to catch up with friends made through meeting a various swimming carnivals.

Pam Walker

Manhattan Island (From Gail)

39 swimmers

11 places

6 from Australia

4 of those from Western Australia

Male

1st	Paul Newsome - Perth Western Australia
2nd	Lochie Hinds - Sydney NSW - Australia
11th	Timothy Donovan - Perth Western Australia

Female

1st	Ceinwen Roberts - Perth Western Australia
8th	Lisa Delaurentis - Perth Western Australia
10th	Victoria Gorman - Sydney NSW - Australia

Old is great !!!



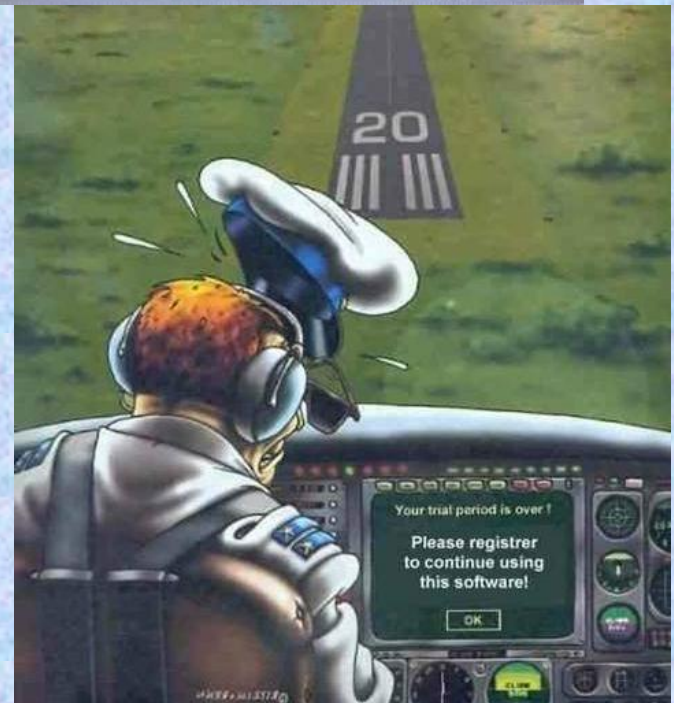
An old Woman was asked, "At your ripe age, what would you prefer to get : Parkinsons or Alzheimers ?"

The wise one answered, "Definitely Parkinsons - Better to spill half my wine than to forget where I keep the bottle."

Try the link below from Gail, to see how to do IM turns



<http://www.youtube.com/watch?v=4b9WNujw9SU>



Funnies courtesy of John Musty.

Albany Masters Harbour Swim Thru

Peter Harvey and I made the journey to Albany over Easter for a chilly 4km swim across the Princess Royal Harbour. Although conditions were overcast, the water wasn't as cold as last year which made for "pleasant" swimming. Both of us missed out on age group prizes this year, but I came away with a spot prize. Peter went on to swim the Southern Ocean Classic Mile at Denmark the following day - I had to come home and do assignments! Thanks to Albany Masters for organising the swim, and thanks to Ron Gray who made the trip down from Perth to keep us all in line. If you haven't done this swim before, I would highly recommend it. It is one of the most scenic swims on the calendar and well worth the drive. There are also options for wetsuits, duos and teams if 4km in cold water is not your cup of tea. - Rowena



South Australia Masters Games - Orroroo, April 13

Lured by the culinary delights of South Australia (Kitchener Buns!), I made the trip to Orroroo (a few hours drive north of Adelaide) for the SA Masters Games. My older sister Tamasin also came down from Alice Springs to compete in her first carnival. The swimming was held in a narrow, 5 lane, 33 1/3 yard outdoor pool - so personal best times were guaranteed! I came away with 5 gold medals in the 133 1/3 yard IM, the "1 lap butterfly" the "2 lap butterfly", the "4 lap backstroke" and the "4 lap breaststroke". Tamasin picked up two silver medals in the 1 and 2 lap freestyle events (her only events). We joined with local swimmers Ron and Bruce for the relays, narrowly missing a medal in the freestyle. It was a well run and friendly event with most swimmers taking home at least one medal.

Held annually, the SA Masters Games are a great initiative supporting rural communities. Next year they move to Naracoorte, although swimming has yet to be confirmed (but the athletics sounds like fun...) - Rowena