



## Swim Thru Rottnest

The club has accommodation booked for the Swim Thru Rottnest for **Saturday 3<sup>rd</sup>** and **Sunday 4<sup>th</sup>** December in the Sergeant's Mess (the house on the hill). Add this one to the diary. **There are 11 places still available.**

See **Maree** to secure your bed! This is usually a fun weekend and a nice protected swim, for those who are not too confident about open water swimming. So why not give it a try!



Last year Craig Wallace kindly offered several days accommodation at his "Blue House", a self contained luxury holiday house in Denmark. This was offered in association with the club points score competition. As a result Les and I have just spent 5 days rediscovering an extremely beautiful part of Australia. Our thanks go to Craig for his generosity. I would recommend the "Blue House" to anyone.  
Eddie Smith

A man was driving down the road and ran out of petrol. Just at that moment, a bee flew in his window.

The bee said, 'What seems to be the problem?'

'I'm out of petrol,' the man replied.

The bee told the man to wait right there and flew away. Minutes later, the man watched as an entire swarm of bees flew to his car and into his petrol tank. After a few minutes, the bees flew out.

'Try it now,' said one bee.

The man turned the ignition key and the car started right up. 'Wow!' the man exclaimed, 'what did you put in my petrol tank?'

The Bee answered.....

BP!



## A bit of inspiration for all of us!

*This is an extract from the blog of one of the recent successful Perth swimmers to swim the English channel – which I thought was pretty amazing until I read this excerpt.*

### *Being Cheered Up By Britain's Best Comedian*

What was the lesson that I needed to learn? Well, on Tuesday I was invited by my good friend and physiologist, Dr. Greg Whyte, to travel up to Oxfordshire and have the once-in-a-lifetime chance to swim with world-renowned comedian [David Walliams from Little Britain](#) as part of his hugely inspiring and monumental swim of the 140 miles (220 km) length of the River Thames. David is doing this for [Sport Relief](#) and aims to raise over £1 million for the charity. The guy is a total legend, my personal comedy hero and certainly one of the biggest inspirations for me attempting the English Channel in the first place as David successfully smashed the Channel in 10h 29m in 2006 for the same charity. This is a totally amazing time and so it was a real honour to be invited to swim with him – I was grinning like a cheshire cat all day long and had to keep pinching myself that I was even there!

I ended up swimming for 7 hours with David but wore a wetsuit to keep warm and stave off any potential infections from the dirty(ish) water of the Thames. The pace was pretty steady but then again David has to swim the length of the English Channel every day for 8 days in a row!! Truly amazing – here's me making a big deal out of the English Channel when Walliams is truly doing it tough. Puts it all into perspective.

I think what I learned from this experience was how cool, calm and collected David was when swimming and taking everything in his stride. He commented on how he used distraction techniques (like thinking about the lyrics for all the James Bond theme tunes) to take his mind off the pain he was suffering along the way. Also, in his very modest way he was the first to say that his amazing Channel swim time was due in part to the very fortunate weather conditions that he had that day. He went on to add that his coach (Greg) was a much stronger swimmer and yet had terrible weather when he tried unsuccessfully two days previous to cross the Channel.

I guess this made me really appreciate the fact that to set a good time you need a lot of factors on your side and given that I was still (at this point) facing the prospect of no swim at all I began to focus on the simple goal of just getting my feet wet. I cannot thank Greg and David enough for offering me that opportunity to swim with them that day... definitely one to tell the grandchildren!

But to read more go to this link

[www.channeldare.com](http://www.channeldare.com) to read about a group of Perth swimmers who swam the English channel recently.

I read one of the blogs written by just one of these swimmers and it's quite amazing the waiting they have to go through to try to get a good tide and wind conditions etc. Not to mention the actual swim itself!

