



## **Armadale Masters Swimming Club**

### **NEWSLETTER**

**April 2024**

#### **VERY IMPORTANT INFORMATION**

Keep scrolling down to the end where the most important information is kept. You will there note: we start our winter training indoors and at 7 pm this Thursday 2<sup>nd</sup> May. Saturday is indoors. Please note the new time.

President Charles flies out this week to compete in the **NATIONAL MASTERS SWIMMING CHAMPIONSHIPS**. We wish Chas all the best.

#### **April 2024 Club Championships Report**

The third round of 2024 Cub Champs was held on 6<sup>th</sup> April.

Twelve swimmers took the plunge, while a couple of others watched from the sidelines. Events on offer were 200m choice, and 50m choice.

Top point scorer of the day was Graham Hicks on 6, followed by Liz Dunn and Wayne Sams-Hayes both on 5.

In the ladies competition, Megan Webster and Yvonne Hunt are tied on 14 points, with Liz Dunn in third on 12.

Graham leads the men's competition on 26 points, with Fettes on 19 and Wayne Sams-Hayes and Charles Croft both on 7.

No personal bests set this round.

Natalie Upson (100 Breast, 50 Fly), Yvonne Hunt (200 Back), Liz Dunn (200 Free) and Fettes Falconer (200 Back) set Club Records.

There is plenty of time to get started in the Club Champs for 2024 - who will lift the trophy at presentation night - will it be you?

The next round of Club Champs will be on Saturday, 4<sup>th</sup> May. See you there!

Rowena Burch.

## Newman Churchlands Inter-Club Challenge Report

On a pleasant sunny Sunday morning the Armadale Masters team headed to Newman Churchlands to compete in our second interclub meet for 2024. The Armadale team members were Natalie Upson, Megan Webster, Heather Croft, Heather Adams and Charles Croft.

Armadale with only five team member compared to thirteen at Fremantle, the Armadale Masters team finished in eleventh place out of 20 teams.

There were no PBs, although Megan Webster was only 0.08 of a second from a 50m fly PB. Heather Croft set the only Club Records in her 200m free and 100m breast.

Only one relay was possible due to the small team size. The ladies competed in the 200m free (200-239 age group), finishing fourth.

Well done to all team members.

Graham Hicks.

**2024 Newman Churchlands ABC Club Challenge 07-Apr-24 [Ageup: 31/12/2024] LC Meters  
Armadale Masters Swimming [WAM]**

	<b>POINTS</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>NAME</b>
1	12.00	3	0	0	Upson, Natalie
2	11.00	2	1	0	Croft, Charles
3	10.00	1	2	0	Webster, Megan
4	6.00	0	1	1	Croft, Heather
5	2.00	0	0	0	Adams, Heather

## A Sizzling Sunday Afternoon



*Daniel and Wayne. Natalie is hiding*



*Jim, and Alan with Yvonne's's knee*





*Ross and Heather Adams with Jenny. Marcel is behind Heather holding a skinny malinky long leg!*



*Happiness is Gillian and Sue*





*Marcel doing what he does better than anyone.... dominate proceedings. Sara, Michelle and Alicia being very tolerant.*

*Skinny malinky Marcel with*

*Fat banana feet*

*Came to the Falconer's*

*And fell through the seat.*



*Keith telling about his dive into the Rosemary hedge. That episode had them all in stitches!*





*Rowena and Marie in Fettes's Zim 'bar' Bwe. Marie is wondering whether she ought to pour herself another wine. Of course she did!*



*Alan is becoming a knee expert! Liz is in full control.*



*Frank: 'Don't look now Colin, but I think Hans is about to give a speech!'*

*'Crikey!' exclaimed Colin. 'Do you think Hans might give Marcel a run for his money?!'*

**Thanks to Frank and Col for sizzling the boerewors and other sausages.**

**Thankyou Hans for bringing Marcel!**

**We are in awe of you Marcel! For those who do not know... Marcel had his mashed liver removed and a new liver transplanted ... just over a month ago!**



**The chair that skinny malinky longlegs fat banana feet fell through!**

**Missing from the Club's sausage sizzle:**



**Heather and Peter Jaekel (Heather had a bad attack of flu)**

**Cam and Clementine had a family emergency to attend to.**

**Brent was there! But where?**



*Rose between 2 thorns*



*Pamela between 2 thorns*





*There is Natalie, and Brent!*



*The party is over, and Fettes was hoping it was just the beginning!*

## **Masters Swimming Western Australia State Championships – 2024 Report**

The State Championships provide a rare opportunity to compete in all strokes and distances from 50m to 200m, all with fancy touch pad timing gear just like the pros use. As always, the emphasis is on fitness, friendship and fun and best of all, there are no qualifying times, no heats, semis and finals - just one and

done swimming in a mixed age, mixed gender heat of swimmers of similar pace. This makes the meet incredibly accessible, even for a relative newcomer. Results are compiled into genders and age groups at the conclusion of each event - which means even though you may have been 'last' in your race, you could be first in your age group.

Armadale was represented by the crack team of Wayne Sams-Hayes, Charles Croft, Gabby Wells, Megan Webster, Sarah Carr and Natalie Upson over the weekend of the 20 and 21 April 2024... and what a weekend it was! An age group winner, tumbled club records, personal bests, rattled state records and in one case, achieved and then not achieved. How can this be? Read on for more...

### **Wayne Sams-Hayes**

Wayne swam 4 PBs in the 50m, 100m and 200m freestyle, and the 100m breaststroke and set 3 club records for the 50 and 100m free and 100m breast. Wayne finished the meet with an equal 4th place in the competitive 50-54 Men's age group.

### **Charles Croft**

Charles swam a challenging program of freestyle and breaststroke events and was either first or second in all his events, which meant he was the age group winner for the 70-74 Men's - a fantastic effort! Unfortunately, no PBs or club records this time - this is his last year in this age group and he has already claimed quite a few records! When not swimming, he was on pool deck assisting with the timing.

### **Gabby Wells**

It was fantastic to see young gun Gabby competing - and with two PBs from two swims it was worth the effort. Gabby swam 200m free and 50m free. She finished 5th in her 20-24 Women's age group. We should also mention that Gabby is rather unique amongst our membership - she competes in Pony Club Tetrathlon and has represented WA. Tetrathlon consists of riding (showjumping), running, swimming and shooting, a stepping stone to the full Modern Pentathlon, an Olympic Sport. Well done Gabby!



## **Megan Webster**

Meg swam PBs in the 200m IM and 100m freestyle, with the 100m free also securing her a club record. She finished the two days in equal 8th in the 44-49 Women's age group.

## **Sarah Carr**

Sarah had a great meet finishing second in her age group over the two days. She achieved PBs in her 50m backstroke, 100m backstroke and 100m freestyle. She also swam club records for all those events and the 200m backstroke. Her 50m backstroke was 33.80, less than half a second off the long - standing state record of 33.46. Sarah gave an even better performance in the lead off leg of the 4 x 50 mixed medley relay to get to 33.61 - so close! Next time...

## **Natalie Upson**

New member Nat had a cracker of a meet - 6 swims for 6 PBs and 6 club records! She swam 100m breaststroke, 200m IM, 50m back, 200m breaststroke, 50 breast and 50 fly. She also finished 2nd in the 30-34 Women's age group. And now for the controversy! Nat's 200m breaststroke was 3:09.94, and the previous state record set in 1994 was 3:13.98... or so everyone thought - even the draft results had her swim as a record. However, during the week, another swimmer came forward claiming her swim from 2005 was missing from the state records - and that swim was 3:03.45 set in Canada! The results for that meet had been loaded in the portal at the time, but the state record was never processed. A disappointment for Nat, but as a recently returned swimmer with a few years to go in the age group, that record may yet be achieved!

## **Relays**

We had enough ladies for the women's relay events and enough men for a mixed team. The ladies set a club record in the 120-159 age group 4 x 50m Medley Relay. Well done Sarah, Nat, Megan and Gabby!

All up, the team finished a credible 9th place from 29 clubs.

Thanks to Gillian Caruso and Rowie Burch who officiated over the weekend, and Heather Croft who turned her hand to marshalling. Thanks to those who also took on timekeeping duties between races.

Rowena the Reporter.

**A National Geographic article, paraphrased by your Newsletter Editor, now follows:**

**Swimming just might be the best exercise out there. Here is why:**

**Propelling one's body mass through water activates numerous systems throughout the body and makes the low-impact, high-results nature of the sport second to none.**

Swimming provides an array of specific benefits such as:

- improved cardiovascular and respiratory fitness,
- improved muscle strength and endurance,
- improved lean body mass,
- lower risk of traumatic injuries such as occurs during high-impact activities,

and

- improved mental health and well-being.

The sport has the added advantage of being available to people of all ages and among those with physical limitations - individuals for whom activities like running or cycling could be more challenging.

Studies show that swimming also increases [range of motion](#), [reduces joint pain](#), [enhances flexibility](#), [improves posture](#), and [slows down the aging process](#). It's also been shown to help [people with multiple sclerosis](#), [and arthritis](#), and is good for [blood glucose management](#).

Arguably the most important benefit that comes from swimming is that it promotes heart health. [Research shows](#) that the practice also improves circulation and cardiovascular efficiency, so one's risk of heart attack and stroke diminishes.



## Your 2024 Committee

Charles Croft. President [amsc.president@hotmail.com](mailto:amsc.president@hotmail.com)

Fettes Falconer. Vice President [amsc.vicepresident@gmail.com](mailto:amsc.vicepresident@gmail.com)

Hans Vosbergen. Treasurer and Registrar  
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Heather Croft. Captain and Head Coach [amsc.headcoach@gmail.com](mailto:amsc.headcoach@gmail.com)

Fettes Falconer. Newsletter Editor [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)

Jennifer Findlay. Committee member

Sarah Carr. Committee Member

**Keep scrolling down!**

## Club Calendar May 2024

DATE	DAY	ACTIVITY / EVENT
2 <sup>nd</sup>	Thursday	Squad Training (7.00pm-8.00pm)
4 <sup>th</sup>	Saturday	Club Championships Round 4 100m, 50m, 25m Followed by morning tea – bring a plate 9.30am-10.30am
7 <sup>th</sup>	Tuesday	Squad Training (7.00pm-8.00pm)
9 <sup>th</sup>	Thursday	Squad Training (7.00pm-8.00pm)
11 <sup>th</sup>	Saturday	Squad Training (9.30am-10.30am)
14 <sup>th</sup>	Tuesday	Squad Training (7.00pm-8.00pm)
16 <sup>th</sup>	Thursday	Endurance Swims (7.00pm-8.00pm)
18 <sup>th</sup>	Saturday	Squad Training (9.30am-10.30am)
21 <sup>st</sup>	Tuesday	Squad Training (7.00pm-8.00pm)
23 <sup>rd</sup>	Thursday	Squad Training (7.00pm-8.00pm)
25 <sup>th</sup>	Saturday	Squad Training (9.30am-10.30am)
26 <sup>th</sup>	Sunday	Stadium Masters 1500m
28 <sup>th</sup>	Tuesday	Squad Training (7.00pm-8.00pm)
30 <sup>th</sup>	Thursday	Squad Training (7.00pm-8.00pm)