



GROPER'S GOSSIP

Newsletter of Claremont AUSSI Masters Swimming Club Inc.
Christmas 2007

Merry Christmas All Ye Gropers

It's been a great year at Claremont – I think you'll all agree. We've attended some excellent carnivals, had unfailingly good Club Nights with amazing culinary delights, hosted a couple of awesome social functions, and we have welcomed some 30 new members!!!

In this issue, we revisit the Gosnells/Armadale and Somerset Carnivals, the Foot Rally, and some great achievements by our members. We also call for nominations for our annual (and very prestigious!) Craig Bell Service to the Club Award, and give you a few important dates for the festive season.

And to all members and their families – a Very Merry Christmas!

Sally Bell



Our preferred supplier, proudly supporting Claremont AUSSI Masters Swimming Club



GOSNELLS / ARMADALE CARNIVAL

On 6 October, 20 Gropers **packed a travel lunch** and headed out to Thornlie Pool for this great joint-club-hosted twilight carnival.

It was great to welcome back **Lynette Quinlivan** who put in a couple of great 50s, her efforts only barely clouded by an unfortunate relay incident involving **Peter Chong** and a lane-rope!



Over the course of the carnival, three Gropers ended up in the record books, with **Colin Mayrhofer** coming away with 1 National record (100 IM) and 2 State records (50 Free and 100 Free); **Sally Bell** with 1 National record (200 Back) and 1 State record (100 Free); and **Gary Bradley** with 1 State record (200 Back – even if the second 100 didn't feel too great!).

Many other Gropers had event wins – **Chris Roberts, Charlotte Bidwell, Natalie Roberts, Ali Farmer, Anthony Dunne, Lauren Goodall, Peter Chong, Heather Jewell, Lesley Chute, Mark Henry** and **Lynette Quinlivan**.

One of the highlights of the evening was seeing our **B-lane Boy Trio** discovering how fast they actually were over 50 Free – with **Duncan Booth** swimming 32.61, and **Pete Gardner** (33.50) just edging out **Paul Hanssen** (33.71).

The two **Richards** in attendance – **Hughes** and **Fox** – showed their usual consistent style and carnival dedication, particularly in their fast 50 Frees of 35 and 38 respectively.

Elena Nesci had a bit of an iffy start with a **2-out-of-10 belly flop** when she false-started the 100 IM, but made up for it somewhat with fast 50 and 100 Frees.

Our **impressive relay performances** were somewhat marred by a case of mistaken identity, however we came away from the meet **overall winners** and best of all, Charlotte got home in time for the rugby.

SOMERSET CARNIVAL

*by Guest Columnist,
New Member Nicky Corsbie*

Sally Bell asked me if I would help out and write a report on the Somerset Carnival. As a newcomer to Masters Swimming this will be from a much different perspective. I am only just becoming familiar with names around the Club and I certainly don't know anyone's personal best times.

Having not swum a competitive race in a pool since I was 18, I entered into the Somerset Carnival **feeling a little apprehensive**. I had no idea what to expect... My last experience of a swimming carnival was watching my daughters at

Beatty Park in the packed-to-the-rafters high-pitched squealing arena of the highly competitive Secondary School Girls Interschool Carnival.



Patrick brings the comforts of home to Somerset

Somerset was **relaxed, friendly, supportive, impressive**, but most of all **inspiring**.

With a team of 23, Claremont gained **34 age group 1st places** and out of 18 events Claremont recorded the **fastest times across all age groups on 12 occasions**. That's impressive!

Somerset Club finished 1st with Stadium Snappers 2nd, a skimpy 10 points ahead of **Claremont in 3rd place**.

Being DQ'd in the first event of the day, the Medley, didn't wipe the smiles off the faces of either **Alicia** or **Peter Chong**. They appeared happy to have just **completed the event** on a Sunday morning and were prepared to face the rest of the day in good spirits. *(NB: It was sad to farewell Peter to a family emergency before the end of the meet and we send him our warmest thoughts.)*

As we try to age gracefully, **our bodies creak and protest** more and generally don't react as quickly as we would like them to. Providing inspiration to me were the swims

from evergreens **Lesley, Jenny, Peter Chong** and **Ian Fergus** and although not from our club, just fantastic to see someone like Joyce O'Farrell graciously pull on her bathers and swim at 87 years of age.

Impressive and speedy swims were clocked from **Patrick** and the whippet-like **Anthony** who must surely have his sights set on some top placings in the World Masters next year, and a gutsy effort from **Gary** in his attempt to do Fly in the 100 Free. (He'd prefer you to recall Club night a week later instead.)

Alison started her day with a cracking Medley and finished with a smart time in the 50 Fly and 1 or 2 places all day as did **Nerida (Neddie) Schmidt** who had 1 and 2 finishes in her 100 and 50 Breast respectively, in her **first ever carnival** as one of our adventurous Friday morning ladies.



Neddie says "Hey that was actually fun!"

The other lads (that's boys in their 30s or 40s) all appeared to have a good day especially **Frank** in the Medley, **Richard** in the 50 Fly, **Pete** in the 100 Breast and **Paul** and **Duncan** in the 50 Free (disappointingly for me, Duncan dived in without his mask and snorkel. I was really looking forward to seeing how that could be done!)



You can still look so fresh at the START of a 200 Fly

Sally B and Sally S... well the Sallys just **are** impressive. They swim like they **think they are still teenagers** and produce times to match and come out of the water with that stoked teenage look on their faces. In my book, any one who even thinks about swimming a 200m Fly deserves a medal but Sally B looked like she actually enjoyed it!!!. (*Editor's Note: Looks can be very deceiving.*)

Almost teenagers **Heather, Charlotte and Elena** showed beautiful examples of technique and produced some pretty slick times to secure the **top placings** in all their events.

Led by **Duncan** and his big voice the vocal support for all team members from the marshalling area and poolside was most **supportive, welcome and reassuring**.

Relays are great fun and while the top teams from Claremont left clear flat water between them and the other clubs in the Medley relays, for me it was just **great to be involved in a team** event.

Jill and her smooth Backstroke (as it was all day) and **Jenny** securing the Fly, showed anxious newcomers **Inger Wang** and I what this Masters Swimming is all about.

Inger – another Friday morning regular – was quite nervous about her first meet and yet she came away with a win in the 50 Breast!

After such a great day, it was clear to me that **age and times don't really matter** just...

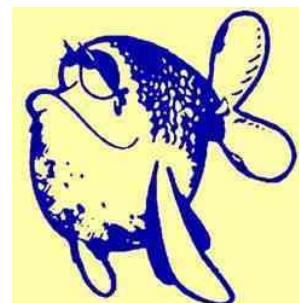
Get moving
Get fit
Have fun, and
Meet some great people.

Thanks everyone – I'm up for again next time!



Happy Gropers at Somerset

*Editor's addition: Of course **Nicky** is being very modest here not mentioning her own achievements... After only a few months she's **regained so much fitness** that she's swimming some amazing times already... We loved watching her glorious Freestyle as she cruised to two great swims, a 33 for the 50 and 1.15 for the 100.*



CRAIG BELL SERVICE TO THE CLUB AWARD 2007



This award commenced in 2004, in memory of club member and past President, **Craig Bell**, who died tragically in August 2004, aged 38.

Craig was a **terrific club member** who swam at most carnivals, and served on the committee, most notably as President. He **carried out his tasks with good humour and with minimum fuss.**

The Craig Bell Service to the Club Award seeks to honour a club member who has **attended carnivals, training and other swimming and social functions**, and been prepared to pitch in when help was required. Basically, someone who is an **all round good club member** much like Craig was.

Nominations are not limited to Committee members – your choice may be someone who is **always helping out behind the scenes**, or may be a Committee member who has worked hard **outside** their usual portfolio OR has done their regular job **“above and beyond the call of duty”**. It’s up to you!

Nominations are open to all current club members. Each club member may nominate one person.

A **perpetual trophy** is awarded each year at our AGM in January, and a small gift given to the recipient.

Past winners have been **Elena Nesci, Steph Canet, Patrick Verryn/Gabrielle Jolliffe (joint).**

Please **return your nominations** to a committee member at **training**, or **post** them to **PO Box 257 Claremont 6910**. The Committee will decide the winner based on nominations received.

Nominations close Monday 7 January 2008

- ✂ ----- ✂ -----

Nomination form - Craig Bell Service to the Club Award

The **2007 Craig Bell Service to the Club Award** should be awarded to _____

because _____

Your name: _____

- ✂ ----- ✂ -----

CHRISTMAS FAMILY CLUB NIGHT

Our Club Night for December is NOT on the last Tuesday of the month – it is actually on **Tuesday 18 December**.

And it's a special one – it's a **Family Club Night** so please come along and bring all your kids. *(We'll be bringing four, so top that! In fact, please feel free to borrow one if you are running short.)*

A **special invitation to our Friday morning members** – please come along and meet the “rest” of our Club. Most of them are reasonably sane, we promise.

It's on at **7pm** for a brief swim and some fun races (for the kids too), and then our **usual sumptuous fare** in the Clubrooms adjacent to the 8-lane pool from 8pm onwards for a small charge, with drinks available over the bar.

IRON-NAT

One of our most loved members – **Natalie Roberts** – made the rest of us very delighted, awed and proud when she completed the **Busselton Ironman Triathlon** on Sunday 2 December.

With a goal of just “making it” and with no intention of running the marathon – walking it instead – Nat finished the gruelling event in **15 hours and 47 minutes**, to the extreme delight of both herself and her proud Ironman husband, **Chris**.

Nat tells us that she **drew out that last couple of hundred metres** so she could soak up the atmosphere,



“high-fiving” anyone in sight as she made her way to the finish line.

Along the way, she told the commentator, “I only did this so I could hear the words – **Natalie Roberts, You Are An Ironman** – so you'd better say it!”

True to form, he did say it, preceding it with the words... “She really wants to hear this so...”

Nat's split times were **1 hour 21 mins** for the 3.8km swim; **6 hours 57 mins** for the 180km bike ride; and **7 hours 28 mins** for the 42km WALK.

And she came to training on Tuesday night!!!



GREAT GROPER ACHIEVEMENTS RECOGNISED

By Guest Columnist, Elena Nesci

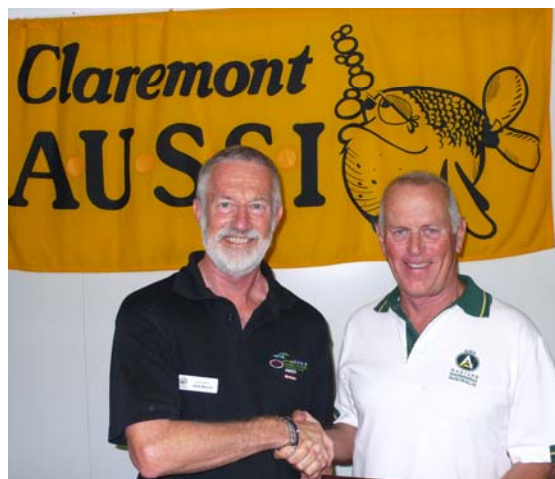
Greatness comes naturally to Gropers and a couple have been recognised for their tremendous achievements with some prestigious awards presented in the last few weeks.

It was with great pleasure that we welcomed the **Board members** of Masters Swimming WA and two National Life members, **Kay Cox** and **Glenys McDonald**, to our November club night to help celebrate the presentation of **National Life Membership** to founding member **David Cummins**.



David with Glenys McDonald (left) and Kay Cox, fellow National Life Members

David's involvement with Masters Swimming at **Club, State and National level** has been extensive and stretches back throughout his **28 years** as a Claremont Gropers. His National Life Membership complements his club and State LMs and **recognises his involvement** with committees and the running of events and programs at all levels.



David is presented with his National Life Membership by the President of Masters Swimming WA, Jack Busch

As well as **holding just about every committee position** at club level and **serving as State President** from 1987-1992, David also served as the **WA Board Member/Delegate** for **14 consecutive years** from 1987. His strength as a communicator was instrumental in pulling groups together to run National events and **give WA the confidence** to go forward in this area to run some great championships. In addition to **competing at Club, State and National swim meets**, David has been involved in the organisational aspects including **announcing and officiating**. His energy and enthusiasm is underpinned with a great self-confidence and pragmatism **that ensures positive results**.

Claremont Masters, Masters Swimming WA and Masters Swimming Australia have benefited greatly from his **tireless involvement** and all at Claremont extend our **warmest congratulations** to him and look forward to **many more years of his advice and encouragement**.



Another Groper who has made her mark on the National (and World) stage this year is **Sally Bell**. Sally was named **2007 WA Masters Sportswoman of the Year** at the Womensport West **Sportswoman of the Year Awards** held on Friday 23 November.

The award **recognises her achievements** over the past year in the 45-49 age group in Masters swimming, during which time she broke **1 World Record, 13 National Records** and **21 State Records**. This is the **second time** Sally has won this award, first claiming it in 2002.



Sally being interviewed by Verity James at the Sportswoman of the Year Awards

David and Sally's **stellar achievements** cap off a wonderful year for Claremont with **State and**

National records for several other members and **terrific results** at all our carnivals and in the open water swim series. I know Sal and Dave would be the **first to congratulate** those Groper who have set PBs, raced for the first time, mastered a new stroke or **generally contributed to the club atmosphere**, an atmosphere with the perfectly heady mix of healthy competition, friendly rivalry, endless banter and the odd glass of wine!!!!

THE FIGHT FOR THE BOOT - THE LEGENDARY FOOT RALLY

An **historic social event** which commenced at Claremont in 1984 was held this year after a **five-year hiatus** – the wonderful **Foot Rally**.

For the uninitiated, the Foot Rally involves a **3-hour walk** around a retail precinct that also boasts a **suitable number of watering holes** (no, not pools), while answering a number of **tricky "scavenger hunt"-type questions**. This year, as in many previous years, it was held in **Fremantle** on a glorious Saturday afternoon, **3 November**.





The happy Foot Rally crowd at Little Creatures

Without going into agonising detail, those who were there will all tell you that it was a **fantastic day**, in no small part due to **Frank (and Linda) Glass'** wonderful preparation. The question paper was **innovative, interesting and beautifully produced** and we all had a great (and **sometimes frustrating**) time coming up with our answers.

Winner of the coveted "Boot" trophy for the highest score of correct answers was the delighted **Jill Woodworth**.



Jill shows off the Boot

Jenny Williams – unable to attend the Rally this year as it was her daughter's wedding day – has **found the following article** that she wrote **some years ago**, about the **history** of the Claremont Foot Rally, and we're delighted to be able to reproduce it here. **Thanks Jen!**

For those newer members who may not know how the Fremantle Foot Rally came into being, this is for you.

*During the year of 1983 at a Social Committee meeting at the Highway Hotel, Claremont, which was the place where we held all our club nights, festivities and general after-swim drinks, **Noel Williams** proposed his idea of a pub crawl through Freo. Other members of the committee – **Jenny Williams, David Cummins and Judith Drake-Brockman** – thought it was a good idea but it never came to fruition.*

*The following season saw some new blood on the Social Committee in the shape of **Brian Green** who joined Noel and Jenny in organising the year's festivities. We were determined to get this Foot Rally thing going so one Friday evening, Noel, Jenny, Brian and **Brian's wife Jenny** hit Fremantle armed with notebooks and bios to get the route mapped out. I should point out here that these were the days before random breath testing when a body could drink any given quota and still drive home.*

At the first hotel we jotted down a few details for potential questions, at the second hotel the notebooks and bios became a bit of a hassle and we committed things to memory. After the third and fourth pub we were just plain enjoying ourselves – what Foot Rally?

Two weeks later we had to return to Freo to do it all again but this time not to lose sight of the reasons for being there. All questions were listed with their appropriate pubs and the following day were put in correct order and a draft rally was printed.

Just to be sure it was viable, the four returned to Freo AGAIN and did a dummy run a week beforehand. All was ready and on Saturday 4 August 1984, the inaugural Fremantle Foot Rally was born.

For a trophy we had a sample workboot (left at Brambles workshop) and Noel rivetted a plaque onto one side for the inscription of the winner's name. The dinner was held at the Federal Hotel and after the scores were counted, Jenny went into the kitchen and engraved the winning name onto the boot.

*The Rally was originally going to be a one off but it was such a success it was unanimously voted to become an annual event and the club's resident woodworker, **Bob Skeet** (Bob also made the box which to this day still holds our stopwatches) mounted the boot onto its present block so that additional winners' names could be added.*

Editor's addition: The Rally has variously been held in Fremantle, Northbridge, Cottesloe and Subiaco.

ANNUAL GENERAL MEETING

You will all have received a recent email confirming the date of our next AGM – **Monday 14 January** at **7pm** in the Clubrooms.

Claremont's AGMs are conducted speedily and **in good humour**, and we urge you to attend and join us for a **drink afterwards**. Apart from the usual business, including election of office bearers, we present the **Craig Bell Service to the Club Award**. See you there!

COACH'S CORNER

By Richard Hughes



The year is **rapidly coming to a close**, and the training focus will now shift towards **open water swimming** and longer distances. So if you want to swim your first 1600m open water event, or you're doing the Rottnest Swim – **summer is the time for you**. The programs over the next months will centre around 200s and 400s freestyle, and will attempt to **build aerobic fitness** and **endurance**. There will still be some non-free and shorter stuff for a bit of variety.

It's been **great to see a huge revival in numbers at training** on Tuesday and Thursday evenings, so much so that the **repeat times** for the A and B lanes were **made faster** by 10s per 100m in an attempt to **balance the numbers across the three lanes** evenly.

I've enjoyed **helping out the new faces** with some tips on style and technique, so hopefully you are seeing some results. **Club nights have also enjoyed strong support**, even during the cold winter months when we were **banished** to the 10 lane pool. Club night is a great opportunity to race without the performance pressure of a carnival, and you can get a **measure of your times** for a few events – and a chance to shock the coach with some fast swims.

The **timed 400s and 800s** I have conducted throughout the year will be put towards the **National Aerobic points** competition – you need to have **five swims of the same stroke/distance** to earn points. So there will be a few more chances to do 400s and 800s if you are one or two short of that elusive five swims.

NOTE: For anyone who has done Aerobic Swims outside of the above, please ensure your Aerobic Sheets reach Richard Johnson by 15 December!!!

Thanks to all the other program writers who have contributed during the year, and **special thanks to Elena** for her assistance with the more hands-on coaching.

Richard



XMAS / NEW YEAR TRAINING DATES

There will be no training over Christmas / New Year period.

The club will not be hiring lanes for the Christmas and New Year weeks.

Friday mornings

Last session Friday 14 Dec
Restart Friday 11 Jan

Tuesday and Thursday evenings

Last session Thursday 20 Dec
Restart Tuesday 8 Jan

LAUREN TAKES THE PLUNGE



Congratulations to **Lauren Goodall** on the occasion of her wedding in November. Is hubby a **potential new member??!**

PERC IS AWARDED - AGAIN !

Congratulations to **Perc Edwards** for his **Certificate of Commendation** in the **2007 Sports Officials Awards** conducted by the Department of Sport and Recreation.

We are also **very pleased** to have Perc back with us (even if not quite yet in the water) after what has been a **rather lengthy period of health issues**, including a stay in hospital and an operation.

Thankfully, he is **on the mend**, and should be back to his old self soon!

GG BUSINESS DIRECTORY

Holiday Home to Rent
Shoalwater Bay
3x1 Duplex, sleeps 6-8, 300m to beach and coastal bike track.
Contact: Roy Burton 94483827