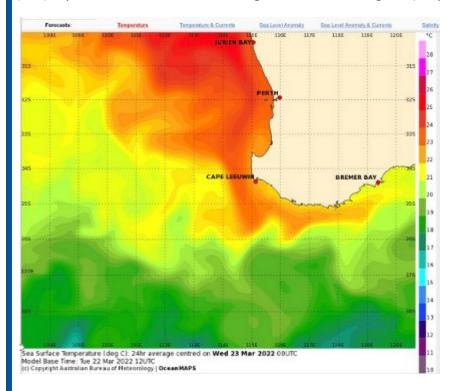


NEWSLETTER April 2022

President's Pen - April Newsletter 2022 (Richard George)

The nights are getting cooler and there is rain forecast for the end of March. It's time to make the most of the relatively still and mild autumn months to come, and *swim*, *swim*, *coffee*, *swim*, *coffee*, *eat*, *sleep and do it again*, before the winter arrives. Best of all, ocean temperatures are still up at their new high (22°), by normal standards. The Stingers seem to have gone (maybe).



MSA Just One More - Grant Program.

Hot off the press, we have received approval for a grant of \$1000.00 from Masters Swimming Australia to cover, Restart and Ceinwen Roberts Visit!

City of Busselton - Funding success

The Committee was pleased to be notified this week that we were successful in the City of Busselton Community Assistance Program with a grant of \$4000. The Grant team, driven by Richard Stubbs, Donna Stephenson, and Natalie Metcalfe (Treasurer), with helpers are to be congratulated for their efforts. The Club will now go about the purchase of new pool equipment, banners, signage, and a Club computer, along with other improvements for the coming year's swimming.

As part of this funding we have 5 places available for First Aid and CPR Training.

Please email Donna on <u>president@busseltonmastersswimming.com</u> if you are interested in participating in First Aid Training.

President's Pen - continued

RESTART 22

There has been a lot of behind the scenes work to get the 2022 restart program up and running. As noted in the last Newsletter, we had 25 nominations, with 21 starting and returning to the second Sunday program. The first session was coached by **Andrew Sexton**, who was able to break down freestyle into a series of achievable steps for the diversity of swimmers who started with us. **Donna Stephenson** followed up the second Sunday with a refresher and we were all gratified by the positive comments for both coaches and their complementary styles. A big shout out the **Steve Gibson** too, who was able to bring lanes 1 and 2 into the session, and who maintained their resolve – and **Mon Gilks** who was providing words of wisdom and support. After each session we've had coffees at the Par 3 (what an amazing upgrade they have done and also great coffee). We especially welcome **Julie Wishart** who joined after the first Sunday Restart session. Love it Julie. Plus **Sonia Miezis** who recently joined.

Council of Clubs AGM

Masters Swimming WA had a previous years income of \$225,000 (increased from 2020) and carried a planned debt of -\$15,000. Masters WA has \$140,000 in historic cash reserves and is in a good budget position. In 2022 it expected to have a budget expenditure of \$306,000 with \$179,000 for wages. About \$90,000 goes on events, clinics and swims and \$10,000 on insurance. Details are available if anyone wants. Masters is investing in staff to drive more activities to in turn drive membership. Hannah Lawton, Development Officer and Kareena Preston, Coaches support are two examples. **Masters WA** is now in the same building as **SwimmingWA** and has better facilities for events and meetings. Board Members were re-elected at the AGM (23rd March), including a new Director of Finance. Committee largely unchanged.

Swimming Events

Our Busselton Masters Open Water Captain **Colin Holden** and **Steve Gibson** ran a OWS Netted Lap Swimmers timed event on March 19th to see how well we knew our way around one or two laps, and how long it took. Times and places are in Colins Report, but for those taking on the Busselton OWS event next year, *just run up the beach* – that's my tip .

Covid cancellations

As you read in the March Newsletter, we have had to postpone our Open Water Session and dinner evening with **Ceinwen Roberts**, founder of the Port to Pub and Triple Crown Champion. Sadly for us the seating limits and need for CV-19 caution meant we will try to get Ceinwen back prior to summer. Unfortunately Ceinwen had the Port to Pub cancelled, 6 days out, and for those who listen to the ABC Mornings, will have heard her speaking passionately about the event and the decision's impact.

Winter GLC

Booking for Lane Hire for Winter has been submitted by **Trish**, and we will find out soon the exact times we will be able to have. We will continue Trish's Monday AM session, Tuesdays and Thursday PM and do a 5-week trial on Wednesday afternoon. The main winter session is Saturday AM – so watch out for the Stroke Clinics and later in winter our 4-5 week Busselton Masters Carnival with **Rhonda Pearsall**. Brave swimmers will also hit the ocean Tuesdays at Yallingup and some swim weekdays... Brrrrr.

President's Pen - continued

Strategies and Meetings

The Busselton City and Good Sports are holding sessions over the next few weeks on Club Strategic planning and Drug and Alcohol strategies. Anyone qualified want to come with the President, please call or email.

Club Fundraiser Busselton 100

We are volunteering as a club at the Busselton 100 on 30th of April. This is a great fundraiser for our club. Plus a great event to watch and be involved in. Our time slot is 1pm—5pm. Sometimes we are sent home earlier. We raise \$35.00 for everyone who volunteers!

Next Committee meeting – 20th April 2022 (6pm George's Alfresco)

See you all in the water... Richard George, Club President.



The Busselton Respiratory Study Needs You

The Busselton Health Study is looking for participants to undergo these tests. I think they are a little desperate actually! They require you to be over 18 and to be on the Electoral Role for the local area in 2019.

It is a one off analysis of :-

- Lung Function Tests,
- Full Blood Picture,
- Body Measurements,
- Skin Allergy Test
- and Sleep Analysis. All Free.

It gives you a health snapshot of how you are travelling and helps with Medical Research. Gail went and had it done recently and the staff are fantastic. Very professional and helpful. Richard has now booked in!

The sleep apnoea test is a trick! I may have to repeat mine as the finger thing came off during the test while I was asleep. However, so long as it goes for 4 hours all is good!

To make contact and a booking:-

Busselton Testing Centre & Study Participant Enquiries

a: 18 West Street, BUSSELTON WA 6280

m: PO Box 659, BUSSELTON WA 6280

p: +61 (08) 9754 0548

f: +61 (08) 9754 0544

e: busseltonhealthstudy@bpmri.org.au





Vince, pictured on the left and his duo partner Nick Bakker

Rotto Channel Swimmer

Vince Serafino from Busso Masters competed in a duo called **Bakkerfino**

Vince writes, it was a quite last minute thing, my mother Pam Serafino was booked in to complete the duo to Rottnest with my brother in law Nick Bakker. Then she broke her foot. So yeah, I was in, I think it was better that I had less time to prepare a whole lot less pressure haha! The conditions where rough, though the whole weekend and accommodation and family time we had at Rottnest where truly amazing!

We will be back out there again soon







Vince, pictured on the bottom of the left photo, and his duo partner Nick Bakker tagging each other.

The ski rope is to help get back into the boat and not get left behind!

Vince well under way, photo on the right



Nick pictured below





Team Bakkerfino

completed in the

fantastic time of 06:57:48.83



Rhonda Pearsall & Julie O'Conner's Rotto Experience

I thought the Rottnest Channel Swim had eluded me until I met up with the tour de force duo, Julie O'Connor and partner Brendon. Initially I jumped on board to be a training buddy for Julie's Rottnest Channel Solo swim. However, there was 6 months of training regime ahead and I was finally persuaded that I take up the challenge too. With Julie's contacts with friends from Melville Masters we had a Skipper, Boat and paddlers, including my son, Aaron. So, it was decided that we will attempt a Tandem Solo crossing. This meant both Julie and I would be Solo swimmers except that we would share a support boat.

We combined training sessions at the pool and endurance ocean swims. Building distances from 12-15km per week to 25-30km per week. Brendon was our training stalwart who joined us for most of the training sessions and cheered us on when we swam an extra lap or two around the jetty. After 6 months of training the day we had prepared for had finally arrived - the Rottnest Channel Swim.



It was a fine line for the organisers to either go ahead or cancel the event due to the forecast of deteriorating weather conditions. The decision was made to go ahead and despite knowing it was going to be a tough swim we were up for the challenge. The day started with a SE 10-15 knot winds. We anticipated the wind to be swinging around the 12km mark to a steadily building sea breeze.





We left the shores of Cottesloe beach at 6:00am with pumping music and floodlights behind us and a flotilla of paddlers and boats ahead of us. Amongst the chaos of swimmers and kayaks on the water we were picked up after the 500m mark by our two paddlers. Immediately we both relaxed as our paddlers led us to our support boat. It wasn't long before the sunrise behind us silhouetted the distant Indiana Tea House on the mainland and illuminated us, as the sun rays hit the water. A magical start to our adventure.



It was exciting to venture out in the open ocean with our 'bubble' of safety that the skipper and paddlers provided while we just kept swimming. Our longest training was 12km in fairly rough conditions in Geographe Bay.





As we pushed beyond that distance we weren't sure what we going to be up against. It wasn't long before the wind turned head on SW sea breeze - building to 25knots with 1 - 2m swells. It was challenging to get into a swim rhythm while punching through the swell. At this stage we often had waves breaking over us! Sub optimum conditions had set in for the remainder of the swim – it was going to be tough.

The paddlers had a gruelling effort in the fast deteriorating conditions too. Yet they had full focus on spurring us on and managing our nutrition at each feed stop. The skipper and crew consistently encouraged us along the way. Especially to keep us motivated and pushing stroke for stroke as we started to fatigue in the conditions past the 16km mark.





It was amazing seeing the island looming on the horizon. As we swam closer to Rottnest, there were often shouts of encouragement and cheers from paddlers and the crew. It was with immense relief to be nearing the end and finally aiming for the finish chute. The noise of the crowd greeted us as we finally emerged from the water to step on the shores of Rottnest Island. What a great experience shared with Julie and the rest of the team.

The skipper, crew and paddlers were awesome and we are totally indebted to them for helping us achieve the Rottnest Channel Swim. It redefined our Solo swim...there was no 'Solo' but a total team effort. And we definitely had the A-Team that enabled both Julie and myself to finish an epic journey of swimming the 20km Rottnest Channel Swim.







Absolutely stunning weather and water clarity for the annual club snorkel at the end of the jetty. Thanks to Simon and Andrew for leading the dive as well as Rhonda and Todd as lead paddlers. Some members swam out and then frolicked, and others swam in, and others did both. A great coffee on the lawns afterwards.







Visit by Kareena Preston Coach and Swimmer Educator MSWA

Kareena visited on Monday 21 March 7.45am at pool, grass area,

where she conducted a Dryland Mobility Session., followed by a pool training followed at 8.15am.

Then on the Tuesday night training session Kareena coached the entire session at 7pm. Our members got plenty of inspiration and training out of her visit.







Kareena
Preston
Visit





Kareena also squeezed in a Social Swim at Yallingup.....

Kareena's take on the Yallingup Lagoon!

"Looks are so deceiving. "
Strong undercurrent on the way out and an inshore drift that has you swimming at top speed and going backwards " but so much fun! "

Definitely good interval training!



BMSC Nominated Timed Swim

Words by Colin Holden

The inaugural BMSC Nominated Timed Swim was held in perfect ocean conditions on Saturday 19th March. Similar to the Barrett's Swim Thru' event this is **not** a race but a chance to set your own pace - nominate a time to complete the set distance and see how close you can get to your nominated time.

Results listed below and as you can see it was very close. Winner trophy went to Lesley finishing just 4 seconds outside her nominated time. The 'other' trophy went to Anne who had a great swim 4 minutes & 15 seconds quicker than her nominated time. Sadly Richard who may have recorded just 2 seconds outside his nominated time received a 5 second penalty for 'dawdling up the beach' As with all these events the timekeepers decision is final!

Thanks to Steve Gibson for organising the swim, and to Rhonda for helping out with the timing.

This event was the beginning of the "Lost Keys Saga" Luckily it ended with a happy ending. Many steps and kms were used up, not to mention the stress and anguish by Rhonda, after losing her cars keys. Happily they were located right where they were supposed to be!

One lap 850m

NAME	NOMINATED TIME	ACTUAL TIN	ME DIFFERENCE
Lesley	22.27	22.23	0.4
Suzanne	22.22	22.17	0.5
Sue Hart	15.00	15.08	0.8
John	19.00	20.25	1.25
Кауе	18.00	16.04	1.56
Donna	17.00	15.00	2.00
Maureen	20.30	17.32	2.58
Mon	23.23	19.31	3.52
Anne	30.00	25.45	4.15
Debra	30.00	DQ time not	recorded

Two laps 1700m

NAME	NOMINATED TIME	ACTUAL TIN	ME DIFFERENCE
Richard	31.30	31.23	0.07
lan	35.00	33.54	1.06
Andrew	33.00	31.28	1.32
Aaron	29.00	32.44	3.44

BMSC Nominated Timed Swim Event

Saturday 19th March



Above the line up of competitors for the nominated Swim Time



Above Presentation Ceremony Award Winners Anne and Lesley
With Richard and Steve

Wheels and Peddles April 2022

Things required for Cycling - Helmet, Sunnies, Jacket
Things required for Swimming - Cap, Fins and Goggles



Both need a Water bottle!!

Put them together and you're all set..

Off ya Go —- On ya Bike! from Not so anonymous



The adventures of Swimmers on Bikes on Thursday, replacing, Caps & Goggles for Helmets & Sunnies.

Come for a cycle and ride on the many various Bike paths in and around our own backyard of Busselton.

Glorious in any weather conditions.

Meeting at Dolphin Road, West Busselton, 9.00am Thursdays

We keep in touch on messenger (Thursday Bike Ride Group) and it's polite and thoughtful to advise if riding or not riding.

Some of our destinations: Busselton, Geographe Bay, Vasse, Dunsborough, always an interesting ride, loads of places to go.

The Destination is always about the Coffee! Don't forget your mask.

Usually back home by 10.30/11am.

This isn't a race, it's purely enjoying the scenery, the company, the chatter, the laughter, share a story. We all look out for each other, someone always waits to see that everyone is OK. Sometimes there's 3, sometimes there's 12 people.

Not compulsory, but most enjoyable.

Tips and Hints: Carry a phone, repair kit just in case, Water Bottle and really flashy cool helmet! And now a Mask.

Hi Viz clothing recommended. Avoid shoes with laces, Bring Water, Make sure your Bell works on whatever type of Bike you ride. Old, New, even eBikes, whatever you have, you're welcome to join us. Some of us have baskets to carry stuff in.

Bike ride last day of March 2022

3 Gals and a Bloke - Bohemian Brew in Vasse, for lovely coffee in Vasse and chatter and sharing stories.

About 28Kms 3hr round trip, well that includes the a rather long coffee break...on the path, on the dirt track all round Vasse Newtown..

A very pleasant ride...



Left to Right above—Mon, Lynnette, Michael and Lesley

Ceinwen Roberts Pot Luck Dinner Postponed

As you read in the March Newsletter, we have had to postpone our Open Water Session and Pot Luck Dinner evening with **Ceinwen Roberts**, founder of the Port to Pub and Triple Crown Champion.

Sadly for us the seating limits and need for CV-19 caution meant we will try to get Ceinwen back prior to summer. Tragically Ceinwen had the Port to Pub cancelled 6 days out and for those the listen to the ABC Mornings, will have heard her speaking passionately about the event and the decisions impact.





Swimming Program April 2022

Swim Times

8.15am Monday Trish Miller GLC (Not run on Public Holidays April 18th and 25th)

7 pm Tuesday Peter Pavlinovich GLC

2.45pm Wednesday Andrew Sexton GLC (from 27th April)

7 pm Thursday Andrew Sexton GLC

8.45am Saturday from 30th April

Social Swim

- 8.30am Saturday's Busselton Nets (this will stop when the net comes out)
- 10.30am Tuesday's Yallingup Lagoon

Membership Fees

Annual Club membership fee for 2022 is now due for renewal by 31 December 2021.

Please find attached the link to **Renew** your membership for 2022 with

Busselton Masters Swimming Club Inc. The link can be copied and pasted to your browser.

https://mastersswimming.org.au/about/membership/

Or it is available on the Club Website

The membership fee for 2022 is \$165.

If you require help with your Username and Password, please contact me by return email for your Username. Password can then be retrieved using the 'Forgotten Password' icon.

Please make sure that you select **RENEW** membership and do not Join as a new member

For New Members please select the link New Member

Busselton Masters Swimming Club looks forward to you joining us for more Fitness, Friendship and Fun in 2022.

Kind regards

Todd Taylor Membership Officer

president@busseltonmastersswimming.com



Club Captain - Open Water

Colin Holden <u>colinholden968@gmail.com</u> mob. 0490708935

Just to let everyone know I have agreed to take on this new role on the Committee.

Regular Social Open Water Swims will continue throughout the summer season as normal.

Listed below is our last open water swim for this summer. The last event is detailed on the next page.

Dates also on Busselton Masters Calendar https://www.busseltonmastersswimming.com/

2022 OPEN WATER EVENTS CALENDAR

DATE	EVENT	LOCATION	DISTANCES	TYPE
Easter Sat 16/04/22	Bay Swim	Gracetown	1KM	Ocean Solo

YALLINGUP LAGOON SOCIAL SWIMS

WEEKLY ON TUESDAY AT 10.30AM

Due to the Yallingup Store removing seating we are going to take our lunch and sit on the lawn at Yallingup Beach after the swim and buy take away coffee at the local coffee shop or bring a flask, and maybe a beach chair!

We must work on our 10,000 words for the day somehow!



GRACETOWN BAY COMMUNITY SWIM 1KM Ocean Swim

Could be a good choice for your first open water event

WHEN: Easter Saturday 16th April 2022

TIME: Check-in from 8.30am Event start 9.30am.

Come early to get a car parking spot!

WHERE: Gracetown Main Beach

HOW: Registrations Open Now - \$20 entry. Close Friday 8pm before the swim.

https://www.eventbrite.com.au/e/gracetown-2022-easter-bay-swim-tickets-274009619147

ONLINE REGISTRATION ONLY NO REGISTRATIONS ON THE DAY

SOCIAL: Stay around – for presentations – Coffee van & community food stall at the beach After-

wards head to Olio Bello Café for lunch - table booked from 11.30am

https://oliobello.com/pages/the-olio-bello-cafe

RSVP by Sunday 10th April to Colin for table booking please (partners welcome)

FAQ: Changerooms? Yep cold water shower & toilets

How many entrants? Usually 100+ but not more

than 200.

Is it a race? Can be with age group prizes – but you can just enjoy the challenge of

a 1KM ocean swim.

INTERESTED: More Info https://www.facebook.com/bayswimgracetown/

Ask Colin Holden / Rhonda Pearsall or one of the other Masters

members that have swum this one before

TRANSPORT: Car pooling may be possible – names to Colin by weekend before









From the Newsletter Editor—Gail George

Hi Everyone

We are a very social club and encourage members to participate in our club for Fun, Fitness and Friendship.

Thanks go to those who helped out by supplying photos and articles! Plus the proof readers!

Please share anything that may need to go in the next newsletter to:-

president@busseltonmastersswimming.com



Save the dates!

Busselton Masters Swimming Club - Social & Events Calendar 2022			
Month	Activity	Details	
April	 Postponed Pot Luck meal with Guest Speaker Ceinwen Roberts Gracetown Bay Swim (Easter) Australian Masters Games (Perth) Busselton 100 Club Fundraiser 	 April 16th April 23-30th 30th April 2022 1-5pm 	
May	Mother's Day DrinksGolf Day and Lunch	8 May 4pm15th May	
June	 MSWA Winter Solstice Swim at Yallingup Beach Lagoon Pickleball Followed by Dinner at the Ship Inn 	 21st June 10.30am 19th June 5-7pm Dinner to follow 	

Caps

If your cap needs replacing please contact Todd Taylor

president@busseltonmastersswimming.com



Out and About





Meelup Swim

Our first Meelup Swim, or should it be the Mealup swim? There was a banquet, as always!

Excellent conditions and lots of enthusiastic participants!

Plus a very hungry Kookaburra swooped in and took the Angus burger out of Jan's hands, as she went to take a bite! I think he may have done it before!!





Next Committee Meeting

Wednesday 20th April 2021

Time 6.00pm-8pm Location George's Alfresco
Any Agenda Items please direct to Donna Stephenson our Club Secretary

president@busseltonmastersswimming.com

Newsletter Items

Please send us in club news and photos to the email account, notation of "Newsletter Item"

Any relevant news of club members swims or photos. This makes the newsletter more interesting!

Please email to Gail George corymbia151@bigpond.com



Volunteers Needed Busselton 100

The Busselton 100 triathlon is on

Saturday 30th April 2022

We will need volunteers from

1pm-5pm, (sometimes we finish early)

This is part of our club Fundraisers for the year.

What is involved, we look after an and Aid Station.

This involves keeping snacks and drinks replenished for the competitors.

We take over from the Junior Busselton Swimming Club who do the morning shift.

Location Near the Sea Rescue Club on the Corner of Geographe Bay Road and Russell Road Busselton

Andrew Hembroff is coordinating the registrations of volunteers.

Please email him the details below andrewhembroff@gmail.com

Your Name	
Your Phone Number	
Your Email Address	
Emergency Contact Person	
Emergency Contact Person Phone Number	
Shirt size—choices are X-small, Small, Medium, Large, X Large You will be provided with a free shirt or hat on the day.	

What we do at the Aid Station

RUN AID STATION VOLUNTEERS - BUSSELTON 100

Location: Run Course, Busselton Foreshore at designated aid stations (3)

Times: SATURDAY 30th April 1:00pm-5:00pm

Equipment Supplied: T-shirt, hat,

Roles:

- Ensure there are adequate drinks allocated to drink stations and continually refill drinks when necessary. This includes sports drink and cola drink as required.
- Hand out drinks to participants in a safe and professional manner to minimize disruption to their race – this includes use of hygienic gloves.
- Ensure area around drink station is free of used cups and bottles.
- Collect up all used cups and bottles in bags provided for disposal.
- Pack unused drinks back into cartons and pack up the drink station at the end of the event.



Monday Trainings 8.15am -9.15am With Coach Tricia Miller

Enjoy a Social Cuppa on the lawn after
BYO Cuppa and Snack
or purchase Coffee and Snacks from the

GLC Café

They have Yahava coffee or

Try a smoothie, wrap, toastie or the specialty cake of the day.

Lots of healthy options and great atmosphere.





Busselton Foreshore East Upgrade

How magnificent is this!



The City of Busselton Bay to Bay newsletter announced the soon to be opened expansion of the foreshore towards the Sea Rescue centre and Ford Road.

Looks like a great place for a BBQ, swim and location to hold events.

The Mayor, even said we could drink wine there!
It might reduce the pressure on the nets and the Equinox car park?
I'm sure the Busselton Masters Swimmers on Bikes will be first to use the trail!@?

They probably already have!!

To the keen eye, it looks like a Little Coffee Shop as well...impressive!



Club Training News

Please Check the **Google Calendar** on the BMSC website if you can't remember!!

Monday Holidays

Trish Miller Training Monday Mornings 8.15 am

Please Note NO Training on the Monday Holidays on

18th April Easter,

25th April Anzac Day

Andrew Sexton Training Thursday Nights 7pm to 8pm

Peter Pavlinovich Training Tuesday Nights 7pm to 8pm

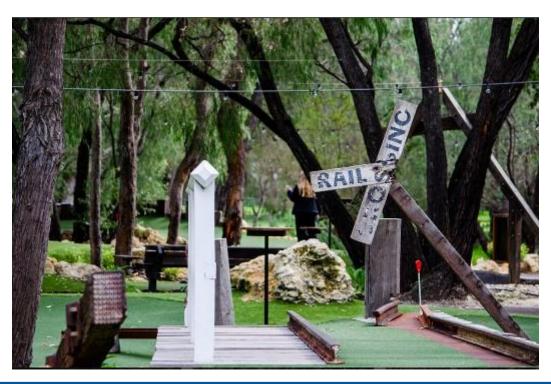
Andrew Sexton Training Wednesday Afternoons 2.45pm-3.45pm

Starting 27th April to 25th May 2022 for a 5 week trial

Re-Start Program

Next Dates are 3rd and 10th April each session followed by a cuppa at the Par 3 Café on Fairway Drive







Please Support our Sponsors

Summer Social Swims Social Swims on Saturday

At the Nets 8.30am, followed by a cuppa a the Beach Shack/Equinox.

The Equinox is a massive supporter of our club providing our swimming caps and complimentary coffee mornings.







Bold and Beautiful

Swimmer of the Month Coming Soon A \$100.00 Budgy Smuggler Voucher

Sports Power Busselton

They give club members a discount on swimming equipment including fins, goggles and bathers.



Such a great local business with friendly helpful staff

Our Club Member Naomi Taylor does an amazing job on our club's website. Support Naomi's

business Micro Biz Web Solutions for all of your web and Social Media needs.



Roles	Who	Purpose / Leads	Other
President	Richard George	Club direction, supports Committee to achieve Clubs goals.	MSWA, Shire, GLC issues - opportunities. Tell me what you want from our Club
Secretary / Coach	Donna Stephenson	Essential systems and processes, streamlining operations (Meeting secretariat)	Guides Executive Health and fitness
Treasurer	Natalie Metcalf	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Membership / VP	Todd Taylor	Membership, SportsTG, new members first contact.	Vice-President
Grants Officer	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club develop- ment
Coach, Coach	Trish Miller	Coaching team, Andrew Sexton,	Looking to be a coach?
Co-ordinator		Peter Pavlinovich, Donna, helping achieve swimmers goals though skills. GLC communication.	MSWA links. https:// mastersswimming.org.au/ become-a-club-coach/
Club Captain—Pool	Rhonda Pearsall	Leads Club pool swimming	Opportunities to
		meets / events / records.	achieve swimmers
Club Captain—Open Water	Colin Holden*	Open Water Swims— coordinates Club members	goals. Works with Club coaches.
			*R2R fundraising
Bold & Beautiful	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Club development – Social Events	Gail George	Leads events with Committee and members support	Please all help here
Communication	Gail George	Newsletter Facebook	Google calendar
Committee	Andrew Stephenson	Supports Club—events	Committee member
Committee	Simon Keall	Supports Club—events	Committee member