

NEWSLETTER November 2022

President's Pen November – Richard George, Club President

Club 2022-2023

Annual General Meeting was held 15th October 2022. Around 30 members attended, and many gave their apologies. The meeting re-elected the 2022 Committee (see below) and unanimously passed a motion to increase fees to \$175. This increase wasn't forecast but arose to keep pace with the National and State body Fee increases foreshadowed last newsletter and ensure we could maintain the level of service and social activity so much enjoyed by members. The Clubs Strategic Plan 2022-25 was tabled (see our website).

Committee Changes

This year Rhonda P has stepped down from the Pool Captains role. Rhonda has been a committee member from the start, and we thank her for all she has done for our Club, and how she worked with us. That means we are looking for a new Pool Captain. Is that YOU?

Stepping up to the 2023 Committee is our new coach, Steve G. Steve jumped into Tuesday nights after Peter Pav finished his Winter session. We presented Pete Pav. with a gift from the Club at his last night, and Steve did a 'coach the coaches' session Tuesday with Trish M., managed by Kareena Preston from MSWA. Please support Steve every Tuesday 7pm.

Todd Taylor advises the new SWIMCENTRAL membership manager should be up early November to enable you to join for 2023. Watch for MSWA emails. We all need to update our details with them, this email has been sent—please don't ignore it!!



22 October The First ocean swim at the nets Summer 22-23

President's Pen November continued

Members and Social

This Saturday night 5th Nov, WA ocean swimmer **Ceinwen Roberts** is presenting her amazing Triple Crown, Hall of Fame and Open water stories to us at the Surf Club. Please bring your 'Pot Luck' specialty. It will be followed by an OWS session swim school Sunday morning 8.30am at the nets!

We had a wonderful 'Pot Luck' dinner and presentation from **Donna S** about aging, nutrition, health and physical activity last Saturday. I do lots of public speaking for work, and know how much time and effort it takes to do them. Thank you, Donna (and AJ).

Bold and Beautiful watchers will have noticed **Darryl K** made **1 Million metres**. We are proud of past presidents' achievement, and eagerly await the next member to get to there. Tricia Miller achieved her 1 million metres award and Rhonda Pearsall, recently achieved 2 Million Metres as well!

Read the Newsletter - Social pages for events coming up soon.

Winners – we all did it!

The inaugural **Busselton Masters Carnival** was our Clubs attempt to streamline the Masters *Country Correspondence Carnival* swim event. How amazing we WON the CCC Trophy for Country Clubs, and pipped Bunbury by 9 points (1533 v 1524). This is attributable to **Rhonda** and her team of helpers and your love for swimming.

Busselton Masters hosted members in teams at this year Blackwood Marathon, with much success of our members of mainly SuperVets. Details to follow.

Swimming numbers at **Trish's Fish's** Monday session are amazing, and reflect the groups appreciation. Wednesday 2:45pm is running into summer, if you want and use it. Tuesday and Thursdays 7PMs are working well, but we can always cater for you. Also don't forget the Yallingup 10:30am Tuesday social swim. Plus we are back at the Nets on Saturdays 8.30am.

Spring seems to have been postponed – but we are Masters – see you in the Ocean 8:30 am every Saturday from now to late Autumn at the Nets!

Congratulations to Susanne R, who won the recent fundraising Christmas Advent Calendar Raffle.

Thankyou to Mon who stitched this entirely by hand over a 45 hour period.





Million Metres Program

Congratulations the below mentioned members who have received recognition for achieving personal milestones in the Vorgee Million Metres Program. The most notable being Pam Walker from Melville, for achieving 5 Million Metres. Cliff Brennan - 1 Million

- Colin Holden - 1 Million Busselton Masters
- Julie Westbrook - 1 Million
- Todd Taylor - 1 Million Busselton Masters
- Cas Brown - 2 Million
- Richard George - 2 Million Busselton Masters
- Marlene Anderson - 3 Million
- Pam Walker - 5 Million



**Swimmers at Yallingup
Lagoon on October 11th**



Congratulations to Busselton Masters Club we won the MSA Country Correspondence Carnival!!

Great team effort Busselton Masters! Every member that entered an event over the 3 Day – Busselton Club Carnival gained points to help the Club win 1st Place! All the points accrued from individual swims during this time went towards the MSA CCC. Congratulations!

Thank you to the legends that came down to participate in the Busselton Club Carnival. Thank you to the wonderful members that helped out on each of the 3 days, especially our Time Keepers. Thank you to our awesome Coaches, Andrew, Peter and Trish to help the Club achieve this milestone.

MSWA will send an email out soon showing results and records broken.

Thankyou Rhonda, Club Captain—Pool

2022 Country Correspondence Carnival Results

The Act Belong Commit Country Correspondence Carnival (CCC) is a meet open to all affiliated country Masters Clubs and their members. The CCC was held July to September 2022.

Congratulations to Busselton Masters Swimming Club who have won first place!

The full results and records are listed below.

CCC Results 2022

| Place | Club Name | Points |
|--------------|---------------------------------|---------------|
| 1 | Busselton Masters Swimming Club | 1533 |
| 2 | Bunbury Masters Swimming Club | 1524 |
| 3 | Mandurah Masters Swimming Club | 805 |
| 4 | Geraldton Masters Swimming Club | 672 |

Thank you to our State Recorder, who has taken the time to automate the records into Meet Manager so that future results can be produced more quickly.

Thank you to Julie O'Connor who meticulously double checked all records.

Congratulations to all clubs and swimmers who took part in the Country Correspondence Carnival this year.

ACT BELONG COMMIT
**COUNTRY
CORRESPONDENCE
CARNIVAL
RESULTS**



| | | |
|-----|-----------|-------|
| 1st | BUSSELTON | 1,533 |
| 2nd | BUNBURY | 1,524 |
| 3rd | MANDURAH | 805 |
| 4th | GERALDTON | 672 |

The results are in and it could not have been any closer, but Busselton edged out Bunbury by the narrowest of margins in this year's MSWA Correspondence Country Carnival.

Competition is alive and well in Masters swimming in regional WA. Nine points is all that separated the clubs, Busselton scoring 1,533 to Bunbury's 1,524 points. Mandurah came in third with 805 points, consigning Geraldton to fourth with 672 points.

There were a good number of records for the event broken. We give a call out to all those who broke event records in order of the number they took out. Suffice to say that Busselton overall recorded the largest number of event records, with 13.

5 - Records broken: Rhonda Pearsall (Busselton, 60-64) * includes one Relay

4 - Maureen King (Busselton, 70-74 age group)

2 - Niamh Healy (Busselton, 18-24)

2 - Lynnette McPhail (Mandurah, 80-84)

2 - Alexandra Shorter (Mandurah, 50-54)

1 - Brett Edwards (Busselton, 45-49)

1 - Peter Pavlinovich (Busselton, 50-54)

1 - Amber Jackson (Geraldton, 35-39)

1 - Gerda Williams (Mandurah, 80-84)

1 - Pauline Wingate (Mandurah, 80-84)

1 - Busselton 'A' W200 F/S Relay - S Buckland, T Gibson, R Pearsall *, H Lee

Twenty event records broken in total! Congratulations to all the record breakers, to those who won their age categories and of course to overall winners Busselton Masters. Plus, a big thank you to everyone who competed

Wheels and Peddles October 2022

Thursday Bike Riding Adventures

Keep in touch via messenger

The Month of October has gone.. For various absurd reasons I have been a bit absent from Bike Rides, so I have relied on others to help put together a report for news..

2nd October 2022 The annual Cowaramup to Margaret River Return Bike Ride

A great turn out from our member at the Cowaramup Men's Shed for the start of our ride to the Hairy Marron in Margaret River. This time we didn't get lost, went straight there. The coffee and food was quickly consumed before we headed back home. It was a lovely day although a tad cool and I'm sure we're all looking forward to the next ride whether it be on an eBike or a road bike. Photos and Report Courtesy of Lesley Reid



Next item of business

A week or so ago it threatened heavy rain, looked dark and menacing so this individual had other things to do.. Mike G went to the usual Dolphin Road start point and low and behold there was Tricia and an old mate.. Now I mention this because, I was the whimp, due to the impending rain, and my Passport was being delivered, but this is more about Tricia's friend..

His name is **Laurie**. Tricia, Laurie and Mike peddled off venturing around one of the usual riding loops, I think they did the Town loop, the rain eased off, the sun came out, the three of them had a fabulous ride. I made up for not going in the morning by doing a 10km ride later in the day.

Now, Laurie deserves special mention because, Laurie is 92 ! Yes, that is correct, 92... He wasn't a whimp. They all got back safely having enjoyed the joys of Bike riding.

Well, not entirely, there's always a little tale to be told on the riding adventures: Laurie didn't crash, Tricia didn't crash, but Mike came off. Seems he slipped, and the bike came down on top of him, slight knee graze, bit of blood & swelling, followed by a bit of limping for a day or two. He's fine!

Laurie deserves an award for that I think. At least a Special Mention.



Bike Ride Cowaramup to Margaret River

October got off to a great start with 24 going to Saturday Swimming Training on the 1st and on the 2nd we had 23 bike riders riding to Margaret River!

Only one minor injury noted! Phew.



Newsletter Editor and Social Corner - Gail George

The Social Organisers

Darryl K., Tess M. Sue H, Colin H, Steve G and Gail G.

Thankyou to the backup crew who help with everything! Colin is sending through the flyers for all of the Open water swim events and he is updating the Google Calendar with the event information as well! Without that, the newsletter wouldn't make it to you. Also thank you to Naomi Taylor who is helping train me up on mailchimp and the website updates! I am picking up plenty of skills on the way!

Things Coming up

Summer and warm water are zooming up fast! I hope!

This Saturday night we have our guest speaker Ceinwen Roberts coming to speak to us about her journey as an ocean swimmer. Richard and I went to the MSWA conference in 2020 and heard Ceinwen speak and were keen for the membership to hear her story and be inspired by her achievements.

Later in the month of November we have our November outing ,going down to swim at Augusta! Always fun down there and great pub food.

The photo to the right was taken at last months outing , the Cowaramup Bike Ride! That was a fun day out!



Busselton Masters Swimming Club - Social & Events Calendar 2022

| Month | Activity | Details |
|-----------------|--|---|
| November | <ul style="list-style-type: none">• Potluck Dinner and Guest Speaker Ceinwen Roberts, Busselton Surf Lifesaving Club• WOW Swim Koombana Bay 500m, 1.25km, 2.5km,5km,10km• Augusta Swim and Pub Lunch | <ul style="list-style-type: none">• Date 5th November• Saturday 26th November• 20th November Sunday |
| December | <ul style="list-style-type: none">• Busselton Ironman Fundraiser• BMSC Christmas Windup Busselton Foreshore Swim and BBQ BYO• Christmas Day Swim 8:30am | <ul style="list-style-type: none">• Sunday 4th December• 18th December 4pm• 25th December 8.30am |

Pot Luck Dinner and Guest Speaker

Ceinwen Roberts

Saturday November 5th 6pm

Location, the Busselton Surf Lifesaving Club

Barnard Park 21 Foreshore Parade, Busselton WA 6280

Please bring a dish to share

It could be a casserole, salad, vegetable dish or dessert!

Tea and Coffee provided BYO drinks

**Open Water Swim and coached session
with Ceinwen**

Sunday 6th 8.30am at the Nets Busselton Foreshore



Ceinwen has been swimming since 5 years of age, competing at a State and National Level for 8 years before moving to Open Water Swim Events. She has been coaching juniors, State and squads since 1998, while also working as a personal trainer and in the Corporate Health sector. Ceinwen has completed Rottnest Channel crossings, which includes a triple crossing completed in 2013. She has also completed the English Channel, Manhattan Island Marathon Swim, Catalina Crossing and Alcatraz Swim. Ceinwen's passion for swimming to Rottnest led her to co-found the Port to Pub Swim from Leighton beach to Rottnest Island. This world-class event opens up opportunities for all levels, including those wanting to try out in a team of 6, a team of 4, a duo, solo or the world class 25km ultramarathon. She is also the co-founder of the annual Euroz Hartley Cold Water Classic Swim which has raised over \$100,000 for the The Leukaemia Foundation, as well as numerous other fundraising swims.



Social Swim at Flinders Bay Augusta & Lunch at the Pub

WHEN: Sunday 20th November 2022 – Weekend before WOW Koombana Bay

TIME: Meet up at Flinders Bay for a 10.30am swim

WHERE: Swim at Flinders Bay (Go straight through town out towards the lighthouse approx. 2km turn off **LEFT** DAVIES RD – Flinders Bay car park with playground & shower block is on the left) Search Google maps for Flinders Bay Augusta
Lunch at the Augusta Hotel.

HOW: RSVP to Colin please by **Sunday 13th Nov** for Lunch Table Booking.
Partners are welcome. colinholden968@gmail.com mob: 0409708935

COST: <https://www.facebook.com/AugustaResorts/menu>
Lunch prices as per bar menu.

SOCIAL: If you get to Augusta early & want a pre swim coffee check out the collectables & coffee at the Ragged Robin – provided they are open!
<https://www.facebook.com/The-Ragged-Robin-1454731451501791/>
Meet up for lunch at the Augusta Hotel – table booked at midday.

FAQ: **Are there changerooms?** Yes with cold water showers
How far do we swim? Up to you & depends on the conditions - maybe 1km
Can I just turn up on the day? Yes but please RSVP if staying for lunch

TRANSPORT: Car pooling may be possible – ask around to see who is going
It takes just over an hour from Busselton



Colin Holden our Club Captain Open Water Swims has put this together
Preliminary Dates for 2022 / 2023 OPEN WATER EVENTS (DRAFT)

| DATE | EVENT | LOCATION | DISTANCES | TYPE |
|---|-----------------------|--|--|-----------------------|
| Following Swims are all Local – Day trip only | | | | |
| Sat 26/11/22 | WOW series | Koombana Bay Bunbury | 500m/ 1.25km /2.5km/5km/ 10km | Ocean Solo |
| Sunday November | Augusta Swim | Flinders Bay | @1KM | Ocean Social |
| Sat 21/01/23tbc | Margaret River Ocean | Gnarabup | 1KM | Ocean Solo |
| Sun 12/02/23 | Busselton Jetty Swim | Busselton | 600m/ 1KM relay 1.6 / 3.6KM solo | Ocean Teams / Solo |
| Sat 25/02/23tbc | Barretts Swim-Thru | Bunbury | 1.6KM | Estuary Solo |
| Sun 12/03/23 | Jetty to Jetty | Coogee | 750m / 1500m | Ocean Solo |
| Sat | Steves nominated time | Busselton West St Nets | 850m / 1.7KM | Ocean Solo |
| Sat 8/04/23 | Bay Swim | Gracetown | 1KM | Ocean Solo |
| During JAN FEB 2023tbc | Virtual ROT-TO | Busselton | New event 20KM Accrued distance or 10xperson team 2KM each | Ocean Solo Teams |
| Following Swims venues further away so probably involve overnight stay | | | | |
| Nov 2022 – Mar 2023 | WOW series | www.wowswims.com.au downloadable-calendar | 250m try it Up to 10KM | WOW |
| Sept 2022 – Mar 2023 | OWS series | www.openwaterswimming.com.au/events/ | 500m up to 10KM | OWS |

UPDATE ROTTO Virtual Swim 2023

Distance options to suit all abilities

38 SWIMMERS ALREADY REGISTERED

By End October Deadline

Missed Out? See Colin There is a wait list.

Next Step:-

If you have not already paid - Pay \$15 cash to Colin asap

OR pay \$15 EFT Busselton Masters Swimming Club BSB: 036-123
A/C 497285 Notation 'Surname Rotto'

Save the dates:- Final weekend Saturday 18th and/or Sunday 19th to
do the open water team swim – **Most swimmers are opting to
accumulate the 20kms over 4 weeks from Sat 21st Jan but every-
one who can should swim with the teams on the final weekend
of fun and presentations.**

More details including:- Recording your swims / Allocation of
teams / Final weekend schedule including presentations. To be
advised later





ROTTO Virtual Swim 2023

WHAT: A chance to be a part of the South32 Rottnest Channel Swim

WHEN: Sat 21st Jan to Sun 19th Feb 2023 (FOUR WEEKS)

WHERE: Usual beach at West St nets and / or other open water locations

RULES:

- ♦ **20 KM** Swim as SOLO / DUO / FOUR or 'NOVELTY' TEAM of TEN
- ♦ Plenty of options to complete the distance.
- ♦ First decide to go
 - ♦ SOLO or organise yourself into a
 - ♦ DUO or
 - ♦ FOUR- person team OR nominate to be part of
 - ♦ TEN-person team.
- ♦ SOLO SWIMMERS can choose to do accrued distance over FOUR WEEKS.
- ♦ All other TEAM SWIMMERS to complete the whole 20KM over Final Weekend Sat & Sun 18th & 19th Feb.
- ♦ 'NOVELTY' TEN-Person Teams to swim 2km each Sat 18th Feb

PRESENTATIONS: Social Function time & venue to be advised for Presentations
On completion participants awarded medal & certificate

COST: \$15 per person to enter

HOW: Names with cash to Colin or Email colinholden968@gmail.com





OWS Series Koombana Bay Bunbury

WHEN: Saturday 26th November 2022

TIME: Check in 6.30-7.30am
Briefings from 7.30am start from 7.40am in distance waves.

WHERE: Koombana Bay Bunbury.

HOW: Register direct via website – registrations close the day before but it could sell out so best register asap. If it doesn't sell out they **may** have on the day late registration
<https://www.openwaterswimming.com.au/event/ows-series-bunbury/>

COST: \$27.50 500m / \$46.00 – 1.25 / 2.5 & 5KM / \$51.50 7.5K & 10KM

SOCIAL: Stay around after the swim – there is a Café at the beach but it will get busy so BYO thermos & snacks if you want to avoid the Queue!

FAQ:
Are there changerooms? Yes with cold water showers
Can you wear a wetsuit? Yes but no exposed zips and watches and jewelry can't be worn due to risk of scratching other swimmers.
Is it good for a first timer? There is a 500m 'try it' swim which is a good first time distance – conditions vary it isn't the clearest water & sometimes it can be windy.
Is it a race? Sure is - but as usual go at your own pace.

INTERESTED: More Info <https://www.openwaterswimming.com.au/event/ows-series-bunbury/>
Ask Rhonda / Todd who swam this one last year

TRANSPORT: Car pooling may be possible – ask around to see who might be going



Coogee Jetty to Jetty Ocean Swim

Could be a good choice for your first open water event 750m / 1500m

WHEN: Sunday 12th March 2023

TIME: Check-in from 6.45am Briefing 8am
Walk from 8.10 to start line. Swim starts 8.30/8.45am
Come early to get a car parking spot!

WHERE: Woodman Point Coogee

HOW: Registrations open November date TBA – it will sell out so register early.
If you entered last year when event was cancelled and donated your entry fee you will get a spot

COST: Early bird discounts 750m \$36 1500m \$42 (\$10 more after early bird 1st week)

SOCIAL: Stay around – for presentations and breakfast - Coffee van & Community food stalls

FAQ: **Changerooms?** Yep cold water shower & toilets
How many entrants? 1500m event capped at 1,000 but it is a wave start according to your nominated time
Is it a race? Yes for some but there is also a prize for closest to your nominated time and you can just enjoy the challenge of a 750m or 1500m ocean swim.

INTERESTED: More Info <https://www.jettytojetty.org.au/>
Ask Suzanne, Sue, Lindsay or one of the other Masters members that have swum this one before





COACHES CORNER

Things are changing over summer as we go back to the Ocean Swimming

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

All of these trainings are at the GLC

Tricia Miller Training Monday Morning 8.15am to 9.15am

Last day 28th November

Steve Gibson Training Tuesday Nights 7pm to 8pm

Andrew Sexton Training Wednesday Afternoons 2.45pm-3.45pm

ongoing until demand drops off

Andrew Sexton Training Thursday Nights 7pm to 8pm

Open Water Swimming

Swimming at the Nets 8.30 am Saturday

Yallingup Lagoon Swims 10.30am Tuesdays

Remember Bring Your Fins to Training

YALLINGUP LAGOON SOCIAL SWIMS

**WEEKLY ON TUESDAY TOES
IN AT 10.30AM**

**A Cuppa Afterwards at the
Yallingup Store!!**



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

Caps

**If your cap needs
replacing please contact**

Todd Taylor

president@busseltonmastersswimming.com





Please Support our Sponsors

The Equinox

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



**BOLD AND
BEAUTIFUL**
SWIM SQUAD MANLY



Bold and Beautiful

Swimmer of the Month

to the lucky September winner... **Gail Stubber**

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 Andrew Hembroff | Meeting secretariat Essential systems and processes, streamlining operations | Guides Executive Health and fitness |
| Treasurer | Natalie Metcalf | Budgets / reporting, audits, planning. | Guides Club expenses, and helps set fees |
| Membership / VP | Todd Taylor | Membership, Swim Central, new members first contact. | Vice-President |
| Grants Officer | Richard Stubbs | Funds, Opportunities, facilities. | Supports Club development |
| Coach, Coach Co-ordinator | Trish Miller | Coaching team, Andrew Sexton, Peter Pavlinovich, Donna, Steve Gibson, helping achieve swimmers goals though skills. GLC communication. | Looking to be a coach? MSWA links. https://mastersswimming.org.au/become-a-club-coach/ |
| Club Captain—Pool Club Captain—Open Water | Vacant Colin Holden* | Leads Club pool swimming meets / events / records. Open Water Swims—coordinates Club members | Opportunities to achieve swimmers goals. Works with Club coaches. |
| Bold & Beautiful | Andrew Stephenson | Specific B&B website | Fun, Monthly prizes |
| Triathlon Events | Andrew Hembroff | Specific - 2 Tri Events | Fundraising Event Coordinator |
| Social Events | Darryl Kelly Tess Martin, Sue Hart, Colin Holden, Steve Gibson and 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 |

To Contact the committee members please email president@busseltonmastersswimming.com