



# NEWSLETTER

MAY 2000

Vic Laws Pool, Pizzey Park, Miami, Qld.



SWIMMING CLUB INCORPORATED

P.O. Box 455  
Mermaid Beach, Qld. 4218.

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## Committee:

President:	Georgina Young	0413 129 601	gyoung@koalakoaches.com.au
Vice President:	Alan Grant	5575 4235	
Captain:	John Crisp	5591 6117	
Secretary:	Brenda Robotham	5576 3117	brobotha@caningerss.qld.edu.au
Treasurer:	Ted Pullar		
Newsletter:	Brett & Julie Stuart	5576 1989	b_stuart@onthenet.com.au

## Coaches:

Lyn Stanley	5576 0695
Steve Cornelius	5538 7448

## Training:

Saturday	2:45 pm (briefing and stretches)
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	3:00 pm Swim
Tuesday:	6:30 pm Swim

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## Dates:

1 <sup>st</sup> May to 30 <sup>th</sup> June:	Maroochy Water Dragons Postal
7 <sup>th</sup> May:	Byron Bay Ocean Swim
13 <sup>th</sup> May:	Special Committee Meeting: 4:30 pm
13 – 14 <sup>th</sup> May:	24 hour Relay Swim
19 <sup>th</sup> May:	Presentation Night: 7:00 pm
20 <sup>th</sup> May:	General Committee Meeting: 1:30 pm
27 <sup>th</sup> May:	Samford Short Course Carnival

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## Coaches:

Lyn & Steve both support the idea of including "Flipper Sets" in our training regime, eg ½ hour sets, doing some kicks, sprints or drills. Those

without flippers see coach for ideas. Spare sets could be available.

## 24 Hour Relay Swim:



Noon Saturday 13<sup>th</sup> to Noon Sunday 14<sup>th</sup> May:

Team Coordinators:

- Alan Grant 5575 4235 A→L
- Norm Toward 5576 2473 M→Z

This event is developing into a competition between AL's and MZ's. The time slots are filling fast so get your entries in to be part of the fun fundraising event. Proceeds go to the "Gold Coast Recreational & Sport", a local charity that assists disabled youth. Tax deductible donations will help to build a new facility for them. Leanne Brown will record aerobic points for our club.



The midnight oil will be burning at the clubhouse with some sleeping over and Pizza's delivered for the graveyard shift.

### "Special Olympians" Swim Meet

By Alan Grant, March 2000:

Gold Coast Recreation & Sport (GCR&S) have written to Miami Masters with a big thank you for assisting with their annual swim meet for "Special Olympians". It was a fun and relaxed day that provided a lot of pleasure to myself and the other timekeepers and participants. The competitors were very committed during their events but also cheered on their team mates. The Royal Australian Navy Bicycle Fund Raising Team dropped in on the way through their Brisbane to Sydney event. GCR&S thank Pam Rendall, Moyra Gacton, Georgina Young, John Bailey, Norm Toward, Rod Greensill, Ted Puller and Rob Bradford, and non-members Liz Green and Abi Staunton (Grant) for their involvement. Hope I haven't missed anybody. – Alan Grant.



P.S. "Swimmers News Issue 2000 No. 2" from Queensland Masters Swimming noted: "Alan

Grant does a wonderful job in not only rounding up volunteers for timekeeping, but also arranged a team of Miami swimmers to give a coaching session a fortnight before the group's meet" – well done Alan and assistants.

P.P.S. for all the **Lunatics** in the club (especially Corin) the moonrising times for May are:

- 17<sup>th</sup>: 4:29 pm
- 18<sup>th</sup>: 5:04 pm (absolute full moon at 5:34 pm)
- 19<sup>th</sup>: 5:42 pm
- 20<sup>th</sup>: 6:23 pm



Note from Julie: "Anyone care to join us at North Burleigh Beach after training on Saturday 20<sup>th</sup>, 5:00pm to observe this breathtaking phenomenon and "Howl at the

Moon" ?  
(weather and clouds permitting).

### Social:

Margie, Kath and Moyra organised an Appreciation Sausage Sizzle at the pool



after our successful Club carnival. It was a pleasant social gathering with some fun lucky door prizes. The presentation dinner is to be held on Friday 19<sup>th</sup> May at 7 pm in the INDIAN PACIFIC ROOM (Upstairs) in the Mermaid Water All Seasons Resort (ex Lone Star Tavern) 20 Markeri Street Mermaid Waters. Tickets are \$20 for members (subsidised) or \$25 for non-members. Money to the social girls by Saturday 13<sup>th</sup> May, or Tuesday 16<sup>th</sup> at the latest. Three course sit down dinner with dancing afterwards with DJ (swimmer) Shaun Clarke.

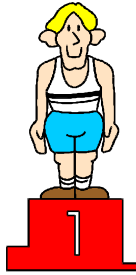
Dress "your best" and get ready for a fun night.

## National / State Titles: Gladstone, Easter Weekend

22 Miami Masters swimmers trekked 8 hours up to Gladstone to compete in the new millennium titles. With over 500 competitors, we did admirably well, coming 3<sup>rd</sup> overall behind the hosts Gladstone Gropers and Brisbane Southside. We blitzed the relays trophies for the 200+, 240+ and 280+ categories. Extra special commendation to Age Group champions:

- Barry Alpin (50 to 54 years),
- David Boylson (55-59 years),
- John Crisp (65 to 69 years)

And to Mark Fitzwalter (45-49 years) setting a new **National Record** in the 50m Butterfly of 29.26 seconds. We watched anxiously from the sidelines, but didn't have to look at the time for the result, Mark finished, looked up at the timeboard, and let out a huge whoop of joy from the pool. Awesome stuff, and Crispy was justifiably proud as Mark's coach and mentor. Mark is off to the World Masters Championships in Munich in August, looking to wind back another 2 seconds from his time to be in the running for gold, but with a training regime of 6 days a week, with gym workouts, and his times steadily dropping, he has this event firmly in his sights.



### AGE GROUP WINNERS:

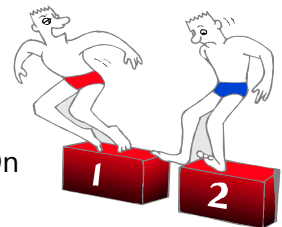
Age Group	National Place	State Place	Competitor
MEN:			
45-49		3 <sup>rd</sup>	Mark Fitzwater
50-54	1 <sup>st</sup>	1 <sup>st</sup>	Barry Aplin
		6 <sup>th</sup>	Jay Neville
55-59	1 <sup>st</sup>	1 <sup>st</sup>	Dave Boylson
60-64		3 <sup>rd</sup>	Don Leslie

		4 <sup>th</sup>	Dick Dodds
65-69	1 <sup>st</sup>	1 <sup>st</sup>	John Crisp
		4 <sup>th</sup>	Geoff Ross

### WOMEN:

40-44		4 <sup>th</sup>	Claire Reaburn
55-59		5 <sup>th</sup>	Margie Watts
		6 <sup>th</sup>	Kathy Watt
65-69		5 <sup>th</sup>	Phil Marshall
75-79		3 <sup>rd</sup>	Pauline Benjamin

Apart from the soggy conditions, we all enjoyed the competition and camaraderie. The state of the art touchpads and electronic timing came at a price – the starter used an electronic “Beep”, and this was not heard by many “audibly challenged” swimmers, including our own illustrious Captain Crispy. On Friday, John entered in his first event of the meet, the 400 freestyle, missed the electronic starter's “Beep”, and was left standing for a for a few seconds on the block after the others had dived in, still swam strongly and won the gold, but missed a possible national record.



Kathy Watt did remarkably well, scoring a bag of medals despite a painful stiff neck that had her sitting in the Casualty Ward at the local hospital for hours both days for some “drugs”. Chemist Julie obliged with a few interim doses, thank heavens there is no drug testing in Masters Swimming yet! Her Backstroking tip: keeping her head still probably improved her stroke!



Most of the team stayed at the Sundowner Motel, with a few interesting anecdotes to report:

Jay Neville and Dick Dodds shared a room and each morning Dick opened the curtains up at the crack of dawn, shining right into Jay's eyes,

robbing him of a precious sleep-in. Jay got his own back when in the change room at the end of the last day of the competition, Jay said how good it was to be warm and dry, and proudly displayed his last pair of dry jocks in the air, a rare commodity at the end of a meet, Dick moaned he has not got any left, Jay cracked: "Dicky's got a cold d\*ck"!

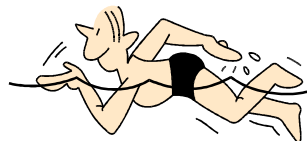
Hanna and Philomena roomed together and the 4:00 am train woke Hanna. Unable to get back to sleep, but reluctant to switch the light on and disturb Phil, she we went into the bathroom to turn the light on to read a book, sitting on the loo!

Margie Watts was caught out at the Welcoming Function. Margie wore her togs to the pool on Thursday, and then got changed to go to the Welcoming Function at the adjacent tennis club, slight problem in the change room, no undies!, and going back to the motel was too inconvenient, so undaunted, and unsupported, Margie attended the Reception foot-loose and undies-free!



With the Presentation Dinner sold out, we had our own "Awards" night at a local Italian restaurant, all the pizza and pasta you could eat for \$11 was great value. Julie and Brett almost missed the boat, lucky to catch a ride with Don and Fay. Margie, Kath, Phil, Hanna and Julie partied on to the Presentation Awards, where we collected 3 trophies for the relays. The highlight of the evening was seeing the oldest swimmer, Margo Bates strut her stuff on stage in a backless silver gown and purple feather boa, looking much younger than her 90 years. She climbed up on the podium and waved graciously to the standing ovation of the crowd. Our girls resolved then and there to keep swimming until we drop!

## Aerobics:



Leanne Brown reported a successful Aerobics swim one Sunday last month with 11 participants, 5 of which were first timers, all recording points. Aerobics swims are held fortnightly at 1:45 pm before Saturday training. The next session will be 13<sup>th</sup> May, the the 27<sup>th</sup>. The 24 hour relay swim counts for aerobic swims, so see Leanne for forms. The ½ hour swim is a solo, but relay swims can include any distance from 400m to count towards your set. See the notice board for more details on AEROBICS.

## Birthdays:

Happy Belated Birthday to:

Fiona Jamieson:	2 <sup>nd</sup> April
Dick Dodds:	7 <sup>th</sup> April
Rhonda Anderson:	10 <sup>th</sup> April
Clair Reaburn:	11 <sup>th</sup> April
Steve Cornelius:	12 <sup>th</sup> April
Mark Hibbs:	21 <sup>st</sup> April
Betty Arkenstall:	30 <sup>th</sup> April



Brenda Robotham:	1 <sup>st</sup> May
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And the following Birthday Babes:

Tom Marris:	6 <sup>th</sup> May
Phil Marshall:	10 <sup>th</sup> May
Gary Field:	19 <sup>th</sup> May
John Bailey:	19 <sup>th</sup> May
Pauline Benjamin:	21 <sup>st</sup> May
Peter Mitchell:	24 <sup>th</sup> May
Mark Falknan:	27 <sup>th</sup> May