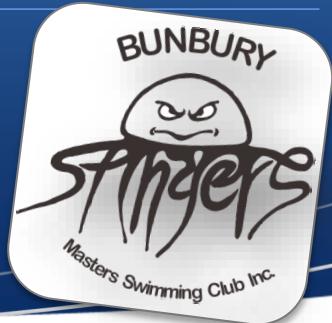


# The STiNGERS NEWS

## Bunbury Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this issue we have celebrate the 30 years of the Bunbury Stingers.



### Bunbury Stingers Swimming Club is now 30!

Bunbury Stingers Masters Swimming Club turned 30 at the end of 2019 and we are thrilled that you are here to celebrate 30 years of **fitness, friendship and fun** with us. Our club remains as fun, energetic and welcoming as it was when it started back in 1989 and we thank everyone for their participation and contribution to the club over the last 30 years.

This newsletter has lots of items from the past 30 years for your enjoyment. Some old newsletters, photos, records still current, and we will all certainly remember this year as the “year of social distancing”. A thanks to those that have contributed to the articles for this newsletter. Read on!



Bunbury Masters Swimming Club Inc  
PO Box 329 Bunbury WA 6231  
[secretary@bunburymasters.asn.au](mailto:secretary@bunburymasters.asn.au)  
[www.bunburymasters.asn.au](http://www.bunburymasters.asn.au)

Like us on Facebook: [www.facebook.com/bunburymastersswimmingclub](https://www.facebook.com/bunburymastersswimmingclub)

## From our Coach Pam Hall

It is an honour to be asked again to contribute to our keepsake newsletter celebrating 30 Years of Fitness, Friendship and Fun.

We certainly live up to our Motto don't we? Now how do I abbreviate the past 5 years. The club just about knows all about me so I am not going down that line, I am just going to run through some of the highlights since 2014.

Each year seems to start with the Busselton Jetty Swim. This is still the highlight of our year and our open water season. Endurance swimming is still very popular. Memories of Brian Hall completing his 5 million metres swim. To my knowledge Brian is the only one from Bunbury Masters to do so. Also when Jill van de Ruit accomplished her 1st one million swim.

We also managed to get a group together after much persuasion from the coach to compete at the Mandurah Carnival.

The Country Carnival by Correspondence to me is a great competition. After much persuasion once again from the coach we do manage to get all members together doing some brilliant swims, surprising ourselves as well as the coach. The relays certainly show what great spirit our club has, particularly once Julie has put together our age group relays.

Thank you Julie from us all for coordinating this entire event, it is appreciated. We know how much work is involved to achieve this.

For the last 2 years we have had an evening training session as well. It has proved very popular for people who work during the day. Most of these swimmers came from a group of swimmers who were coached by a coach I used to work alongside with at the Bunbury Swimming Club. He has retired and I was approached to take them on.

Since then I have had a lot of fun and enjoy the banter, grizzles, and complaints. I have found that the longer the swim session goes on the quieter they get! Unless they are doing breast stroke, backstroke or butterfly then a bit of the noise does appear again for a while. It is a great squad. I really enjoy them.



It is also good to see a couple of swimmers from this squad who were competing for the Bunbury Swimming Club when I was coaching them.

The biggest highlight for me personally since I've been involved with the club was in 2015 when I was made a Life Member of the club this is indeed an honour and I am very proud of this award.

Other highlights have been when I was awarded the Kaye Cox scholarship for Coaching.

Coach of the year by Masters Swimming Western Australia 2013

Western Australia Industry Sports Coach of the Year 2013

Coach of the year by Master Swimming Western Australia 2018

This year the format for our coaching has changed. We now have a coaching committee as our club has grown. We did need a change. This started to occur in October 2019 at the start of the open water season. It has been a great transition and it's what has been needed to happen for a long time. The club is now the strongest it has ever been in the coaching section. We do have 3 qualified coaches and one retired coach amongst us to see the Club through this year.

Pam Hall  
Retired Swimming Coach March 2020  
Life member 2015



Pam in action

## From our Club President Julie O'Connor

Whilst I have been involved in Masters Swimming since 2004, I have only been involved with the Stingers since 2012, having been a member of Melville Masters prior to moving down to Peppy Beach. I can't therefore contribute anecdotes about the early years, although I do have access to many of the old records, so can attest to the magnificent contribution that so many of our members have given to the club.

Firstly, I would like to acknowledge the efforts of our 5 Life members:

- **Marie Harris:** Marie was a founding member of the club and gave so much to the club over so many years, including serving on the committee for 15 years (11 of those as Newsletter editor). Thanks Marie, you are a wonderful person and an absolute inspiration!
- **Margaret Moylett:** When I joined the club, Margaret was Club Captain and Endurance Coordinator (previously called Aerobics Captain). Nothing was ever too much trouble for Margaret. She took on any job with enthusiasm. All up, Margaret served on the committee for 23 years, often taking on multiple roles in a single year... including 16 years as Aerobics Captain (now Endurance), 7 as Club Captain, 5 as Secretary, and 8 as Recorder. Thanks Margaret. We certainly miss your company at the pool.
- **Thelma Sharp:** Thelma has participated in every Busselton Jetty Swim (one of only a handful to do so). Apart from being a superb role-model through her success in the pool (including many State Titles and records), Thelma also served as President for 5 years, and Vice-President for 4. Thanks Thelma, you are still inspiring us all, in and out of the pool.
- **Brian Hall:** Brian joined not long after the club started and has been making a magnificent contribution both in and out of the water ever since. I have lost count of how many years that Brian was the top Male points scorer in Endurance, and I am sure that Brian regrets the only Busselton Jetty swim that he missed due to work. Brian has also served on the committee for 19 years, including 17 as Treasurer. Wherever and whenever the club requires assistance... Brian is there. Brian, you are a club treasure!



- **Pam Hall:** Pam joined with Brian in mid-1990 and is the majority of the reason why the club membership numbers are so strong now. Pam first joined the committee in 1991, and has been involved in the running of the club ever since, including running the coaching single-handed between 2011 and 2019. Her enthusiasm on pool deck, and her absolute passion about helping each and every one of us achieve our goals is second to none. As if coaching 3 lanes, twice per week during the day wasn't enough... Pam was approached to take on an evening group whose coach was retiring... and so now our evening numbers are also going from strength to strength. Pam has twice been named Masters Swimming WA "Coach of the Year" for her efforts. Pam, you are an absolute legend!

I would also like to acknowledge the wonderful efforts of some other early club members:

- **Richard Morris:** Richard was another founding member of the club who immediately took on the role of Club Recorder. Following a back injury, Richard left the club for some years, before re-joining in 2012. Since returning, Richard has single-handedly run our tremendously successful National 3x400m Postal Swim, and has been Secretary of the club for 5 of the past 7 years.
- **Ron Edwards:** Ron joined the club at the start of 1990 (shortly after the club started). Over the years, Ron has provided great leadership, both in and out of the water. Apart from being an excellent swimmer, Ron served on the committee for 11 years, including 5 as President and 3 as Vice-President. Ron is still an enthusiastic swimmer, particularly in the ocean, and regularly wins his category in Open Water events.
- **Sandra Smith (now Mutch):** Sandra joined the club at the start of 1994 and took over the role of Club Recorder almost immediately, and then also took on a share of the coaching from Barbara Pellick. It wasn't uncommon for Sandra to wear 4 or 5 different

'hats' on the committee during her time with the club (from 1998-2000 Sandra was Recorder, Head Coach, Endurance Coordinator, Newsletter Editor and PR Officer!).

- After moving to Perth, Sandra became State Recorder for Masters Swimming WA and has since been awarded Life Membership of MSWA. The successful SKINS carnival that we ran for some years was Sandra's idea.
- **Lucinda Hanczakowski:** Lucinda was another early member of the club who gave great service in the early years. Lucinda served on the committee for 8 years on and off, and has remained an active member of the club most years.
- **Edwin Kordt and Bill McGuigan:** Along with their good mate Ron, Edwin & Bill were also early members of the club and gave many years of service via various committee roles during the early years. Both are still active, enthusiastic ocean swimmers.



Lastly, I would like to acknowledge the efforts of current and recent members of the club for their assistance with the running of the club:

- **Geoff Mazzucchelli:** Geoff became President shortly after I joined, and was a magnificent ambassador for the club for the next 4 years.
- **Erica Eiffler:** Erica took over the Newsletter after Marie's magnificent 11-year stint. Back then, we published Newsletters monthly, and Erica did a magnificent job for the next 5 years.
- **Jill & Ben van de Ruit:** Jill and Ben have been such enthusiastic club members, willing to take on any job that needs doing, including organising many social events, plus Ben was Secretary for 2 years and is now producing our magnificent Newsletters.
- **Kathryn Knoll:** Kathryn is another who is always willing to step in for any job when required. Apart from helping us attract new members via keeping our Facebook page active, Kathryn organised our 2 Bunnings Sausage Sizzle fundraisers, is one of our 4 current qualified coaches, and is Vice-President.
- **Elsbeth Binckes & Liz Common:** The Endurance program is an important part of our swimming (especially in Winter), and these 2 have done a magnificent job taking over from Margaret who did it for so many years.
- **Steven Povee, Allan Taylor, Tanya Davey, Jackie & Mark Panizza:** Apart from representing the club at so many Open Water (and some pool) events, this group of people have always stepped up to help in any way that they can (including donating meat for our fundraising events). Thanks 'guys'!
- **Tanya Price, Noelle James & Sally Murphy:** Thanks for your efforts on and off the committee over the past 5 years.

Thanks to the efforts of the above-mentioned plus all other members just for being enthusiastic members of the club, the club numbers grew to a peak of around 36 by 2004, before dropping significantly. In 2011 Pam started the day time coaching sessions, and numbers steadily increased to the mid-40s by the end of 2016. At this point, we were not providing deck coaching to the small Wednesday night crew. In mid-2017, Pam was approached to take on a group that trained on Monday and Wednesday evening. Pam agreed to provide programs, but said that she would not personally attend... yeah right! The evening group has now gone from strength to strength with Pam's help. At the end of 2019, the club had 78 active swimming members, plus 2 non-swimming Life members.

However, as can be seen from 2004 to 2011 (and I have also seen with my old club), numbers can decline rapidly, so it is critical that we constantly attract new members with fresh ideas (this includes refreshing the committee by the way... hint, hint!).

Bunbury Stingers, past and present, are an absolutely amazing bunch of people that I could not be prouder to be associated with. Let's hope that we can get back into the pool soon!

Julie O'Connor  
Club President



## Looking back at the 25th newsletter

*Pam requested that her blog from the 25<sup>th</sup> anniversary newsletter could be included, so here it is.*

### From Pam Hall – Head Coach

When I was requested to contribute to a special 25 year keepsake newsletter I was very hesitant. I started thinking what could I possibly say to cover the last 25 years in swimming, most of which I had been involved with as a coach.

When I first started with the club, I was involved with the Bunbury Swimming Club coaching and officiating for WASA Teaching swimming with the Education Department main stream and special needs Special Education.

I joined Bunbury Masters Swimming when the club was in its earliest stages. I did this with the intention to have some swim time for myself. Little did I know what I was letting myself in for. I remember in the old days the stroke was Freestyle with not too many members being able or wanting to do other strokes.

All this seemed to change about the time a group of members decided to go to Melbourne in 1992 to compete at the National Swimming Championships. Well you can't just front up to a completion without training for it, can you? So I organised training sessions for these swimmers and anyone else who wanted to join in. In this group were a few individuals, who we still have amongst us today, who weren't going to go to Melbourne but wanted to put their training to good use. No small challenge was going to be good enough for these few hearty soles and they had decided to form a relay team to swim to Rottnest. This did make me put on my thinking cap for training programs allowing for sprints as well as distance swimming. So with the help of my BSC coaching partner I was able to make up a program that was suitable.

This involvement over the years of the Rottnest Challenges was one of the highlights of my coaching challenges. It did carry on for quite a few years. In 1993 we had one solo team compete, then in 1994 it expanded to duos and solos by 1995. We even had a brave member tackle a double crossing. This idea didn't appeal to any other members. We do have a lot of these members amongst us today. This was also when our open water training and swimming came to the front. One person took 12 hours to do her solo swim. What a challenge! Well done Veronica. The club members and supporters always stayed on Rottnest for the weekend so it turned to be a great social event of the year. There have been a lot of good friendships cemented on those weekends that are still going strong today.

Since this time we have always had two training sessions per week, not always with a coach available as the new members now have the privilege of. Naturally we are still involved with our weekend open water swims. The Busselton Jetty Swim has taken over from the Rottnest Chanel swim as the challenge of the year.

Over my coaching time I have introduced nearly all the swimmers to the 4 strokes – Freestyle, Backstroke, Breaststroke and Butterfly. When learning these stroke there was always plenty of laughter from the swimmers as they were trying to master the drills that were required. The comment was made on numerous occasion that I was trying to drown them!!

Swimmers from our club have mastered these strokes, some better than others, and have gone on to have great success in their competitions.

I have had the honour of swimmers in my squad attaining age group records, state records and attaining medals of all colours, bronze, silver and gold, national records and many medals representing the Nationals Swims Championships. Also Swimmer of the Meet at the State Championship (one of the hardest awards to achieve) this was a big highlight, not only for the swimmer but for me as the coach.

Then there is also all the open water swim success. There is just too many of these to name them all. It never ceases to amaze me what swimmers can achieve when they have the will to this applies to whatever age group you are. I find there is no challenge too great for a swimmer.

Coaching is very rewarding as well as frustrating at times but those times are few and far between otherwise we just wouldn't be coaches.

My greatest highlight with the Bunbury Stingers has been firstly when I was awarded the Kaye Cox Scholarship for Coaching, and then last year when I was awarded Coach of the Year by Masters Swimming Western Australia. Boy! Was that a roller coaster of a year involving dinners and other special events in Perth as guest of honour at these events I never thought I would be participating in.

At the moment I have two budding coaches in my wings, who are keen to learn as much as they can so we will be able to share the load of coaching and share our knowledge. I am looking forward to and enjoy working with these two members at present and know that the club will benefit from this greatly. Anyone else who could be interested please put up your hand and let us know, we would like to have you aboard.

Over the years I have seen our club award Life Membership to several members. This was first awarded in 1998 to Marie Harris one of our founding members, followed by Margaret Moylett then Thelma Sharp then Brian Hall. All of these members are still actively involved with the club, training and competing in their various swimming competitions. This is in itself a great achievement when you note they have been training and swimming as well as competing for the last 25 years.

While coaching these swimmers at different times I have seen them collect many age group records, personal best times, national awards, numerous state certificates as well as their great success in age group open water swims. This has been a great thrill to me to be able to have encouraged these swimmers to keep motivated for this long is a great achievement in itself. I think this could be a challenge to all our new members out there to see if you can match them!

Pam Hall  
Bunbury Masters Swimming Coach 2014

## Our Founding members



Marie Harris



Richard and Wendy Morris



Ron Edwards



Lucinda Hanczakowski



Sandra Swain

## Our Life Members



Marie Harris awarded in 1998



Margaret Moylett awarded in 2003



Thelma Sharp awarded in 2006



Pam Hall awarded in 2015  
and Brian Hall awarded in 2008

## STINGERS IN SOCIAL DISTANCING 2020

Remember those group swims where we huddled in for a group photo.



Remember the anticipation before an event that you shared with your club mates.



Remember those coffee sessions after a hard training session in the pool.



And even if some of your fellow clubmates are a little eccentric they were always there to lend an ear and give encouragement.



And after the event they cheered you in and made you feel like you had just scaled your Everest, which made your efforts feel that much sweeter.



Tanya Davey PB at BUSSO JETTY. Mark Panizza swam 3x3km races in 3 days.

There were no thoughts of social distancing at this year's Rockingham OWS State Championships opened by Mark McGowan, a local boy. There were 750 competitors doing everything from 1km to 10kms. It was shoulder to shoulder listening to the race director. It was like being in the Gala Room of the Ruby Princess, but no coronavirus insight.



Now, when we swim at our favourite outdoor venue, as all pools are closed for the duration, it is a case of "fancy meeting you here", as we keep our distance.



Even the legends have to abide by the imposed restrictions and find secluded beaches in which to hone their skills.



80	<a href="#">Shirley Cull</a>	♀	42		07:39:27	
81	<a href="#">Ron Edwards</a>	♂	64		07:40:19	
82	<a href="#">Phillip McCormack</a>	♂	38		07:40:21	
83	<a href="#">Anthony Morgan</a>	♂	30		07:41:00	
84	<a href="#">James Pittar</a>	♂	30		07:42:00	
85	<a href="#">Mark Crowther</a>	♂	33		07:42:30	
86	<a href="#">Kenlin McKenzie</a>	♂	60		07:46:48	
87	<a href="#">Chris Shellabear</a>	♂	42		07:48:09	
88	<a href="#">Jon Haines</a>	♂	35		07:48:16	
89	<a href="#">Max Naismith</a>	♂	51		08:00:05	
90	<a href="#">Clyde England</a>	♂	42		08:04:43	
91	<a href="#">Shane</a>	♂	49		08:07:20	

## ROTTO CHANNEL SWIM 1992.

Hang in there STINGERS, we have been through a lot in the past 30 years and we will regroup on the other side, there is nothing more certain.

Allan Taylor

## One of Our First Club Newsletters

# Bunbury Aussie Swimming Club Newsletter

Number 7  
President - Sandra Swain  
Phone 21 2042

Wednesday June 6, 1990  
Secretary - Marie Harris  
Phone 21 7191

### Weight Training Workshop

 A Weight Training For Swimming' seminar will be conducted by Mr. Greg Wilson of the University of W.A. It will be held in the executive suite of the Superdrome in Claremont. No swimming is involved but a new approach to training might be fun if you can be in Perth on June 16 from 9 to 11am. Applications close Monday June 11, 1990. Best of all, it's FREE to paid up AUSSIE members. See Sandra for a application form.

### AUSSIE Swim September

September 16 and 23 are the AUSSIE long distance competition for 400's, 800's and 1.5km. Keep the training up on Wednesday so we can enter a team this September. (Members only however.)

### Books



We have copies of an AUSSIE booklet 'Introduction to Adult Swimming, Level One' if anyone is interested in a read. See Sandra if you are. There are still plenty of AUSSIE bumper stickers too!

### Friday Night Dinner



Our first dinner night will be on June 29 at Louella's, Stirling Street (BYO). We can have the place to ourselves and a limited choice of menu. They can do either a casserole meal for eight dollars a head, or a pasta meal for ten dollars a head. We plan to eat at 8.30pm wearing after swim gear and socialise in comfort. Please return the tear off sheet to Sandra if you can come along so we can get a rough idea of numbers.

### Southwest Games 1991



The games will be held in Bunbury late in March. We have volunteered to help with the adult swim section and our first job will

be to help get contacts for each shire to b name collectors and liaison persons. Late we will be involved in planning the day events, and on the day itself we can hel the marshalls and timekeepers from th Bunbury and Leshenault Swimming Club.

I'm also sure we will be swimming as it is collect a point for your shire' event and ou club represents quite a few different shire which should be good for competition. Keep space on your calendar, and if yo know keen swimmers from outlying area who would like to be a liaison person le Sandra know. Rumour has it that Ro Baker who visited us from Eagle Bay is previous S.W. games winner! Ask him fo details.

### Peter's Aqua-Spectacular 1991



The first planning meeting we held last Tuesday and AUSSI were invited, so we must be legitimate club now! As the date March 2 and 3 conflict with ou own state swim meet, we were reluctant to put our support to an event of our own. We will still be informed as plans develo so if anyone does want to plan somethin or help out, we can still be involved. Le Sandra know any ideas you may hav

Anyone not going to Perth will hopefull compete in or help with the Icebergs Swim-Thru that Saturday AM.

### Snippets



We have been informed that one of the benefits of being an AUSSI member is insurance cover whe travelling to and from the pool or club nights.

Bernie Coucher just won the T.A.F.E award for best full time mature age studer. Well done Bernie!



Marie Harris is now one of the top ten in the nation for backstroke in her age group. A famous swimmer in our midst!

Richard George gets an honourable mention for being the topic of a write-up in the local paper after winning most of the events he swam with Icebergers on Sunday the 27th. Imagine how fast he would be without the beard!

### Swim Training on Club Nights.

This month's training timetable prepared for us by Peter Jelinek has a different approach to the main series. Instead of 5 or 10 minute swims followed by 50's and 100's we are going to try interval training. This involves swimming a set distance, say 100 metres, on a regular time, resting for approximately 20 seconds, and going out again for another 100m. For example, a swimmer may take 1m 55s to swim 100m, so with a 20 second rest he/she should repeat the cycle every 2m 15s. You should not be getting more than 25 seconds rest between each 100m, and if you are exhausted after a couple of 100's with this amount of rest you are swimming too quickly. If you rest too long, your heart rate is allowed to drop too much and you lose the sustained training effect this swimming provides. Different lanes will be swimming on different time intervals so if the lane you are in is too easy or hard, move into the one next door. Experiment and find the speed you are comfortable with and can swim a reasonable number (your idea of reasonable) of 100's on. With this base you can begin to improve by adding to the number of 100's swum, or reduce the time interval by 5 seconds increments. We will also be swimming intervals of 50m with a rest time of 10 - 15 seconds to add a bit of variety.

### Log Books

In this newsletter there is a copy of an AUSSIE log book page as an example of the sort of information you should be recording if you are serious about improvement. A log book provides you with a complete history of your training which can be compared with performance increases to determine if that type of training is effective. It is also very useful for tracking down problems associated with injuries, over-training and lack of motivation. The log book should be filled out immediately after a training session.

**Your heart rate during training**  
A person involved in any form of aerobic training can use regular pulse counts as a



guide to how hard they are working, and then adjust the training level accordingly. There are three heart rates which are used to determine your level of fitness.

1. The Basal or resting heart rate is the lowest heart rate and best taken when you first wake up, before you sit up and get out of bed. For most adults this ranges between 30 and 88 beats per minute.

Generally, the lower the rate the higher the fitness level of the person. Women's heart rates can be 5-10 beats faster than men's under the same conditions.

2. The exercise heart rate can be taken immediately after you stop swimming, usually over 10 seconds and multiplied by 6. This is a measure of how hard you have been working.

3. The recovery heart rate will decrease and fitness will improve as the heart becomes more efficient in returning the body to normal more quickly. After 10 minutes you should be nearly fully recovered and if still stressed after 20 minutes then the level of exercise was too strenuous. To regularly wait 10 or 20 minutes is impractical so take your recovery heart rate 1 minute after a swimming session to allow improvements to be noted. Use the same distance swim each time you record this, and preferably make it over 100m.

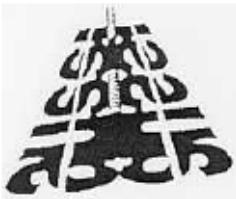
Each person has a maximum heart rate which depends on age and fitness level. A rule of thumb method to determine this is to calculate 220 minus your age. For example, a 40 year old would have a maximum heart rate of 180bpm, where  $180 = 220 - 40$ .

The intensity of your training is the most critical factor in aerobic conditioning. For your training to have an effect your swimming has to be vigorous enough to produce a sustained heart rate above a certain level appropriate for your age.

This level is where your working heart rate is between 70% and 90% of your maximum rate. If your heart rate while exercising (i.e. immediately after) is within these levels then benefits will result. After an initial 6 weeks of training you should be working at the lower level of your age target zone. If your heart rate is going well over the 90% level and is getting towards your maximum, then slow down immediately as you are placing too much stress on your body.

## March 1992 Club Newsletter

Make sure you check out Barb Pellick's report of her first (of 30) Rottnest crossings!



# Bunbury Aussi Swimming Club Newsletter



Number 29

President - Ron Edwards

Phone - 214738

### President's address

Well here we are in the thro's of another busy season. I believe that we are having some great swimming now as a result of our training over the past few weeks. Thanks to everyone for their support. I'm hopeful for good times for us all at the National event in Melbourne.

- Ron

### ROTTNEST REPORT

We made it! It took 5 hours and 38 minutes and we came in 25th place, out of 39 teams. We were expecting to take 6 hours for the swim so to complete the swim in 22 minutes quicker - we were rapt!

Friday night (staying at Mums place) was a disaster. I don't think anyone got more than a couple of hours sleep. Next year we decided we'll all go night-clubbing and forget about sleeping, everyone was so excited.

Saturday morning - we woke up early to catch the boat at 6am getting to Cottesloe by 7am. Robyn had the first leg out from Cottesloe. She swam for an hour. The start was chaos, 39 swimmers, 39 boats and 39 wave ski's, we couldn't even get the boat near Robyn for probably half an hour. John Phelp paddled along with Robyn for what he thought would be his only stint on the wave ski, this wasn't to be.

Next in the water was Ron, he did an hour and a half straight. By this time the field had sorted itself out with some teams heading what looked to be miles off course. Brian decided he would relieve John on the wave ski; John gave him a crash course on how to paddle it.

March /1992

Secretary - Margaret Moylett

Phone - 971952

On jumps Brian, off falls Brian. He climbed on the wave ski again mumbling something about it "looking easy" - and off he comes again! He managed to climb back on it and just sat and waited while we got the Zodiac back to rescue him. The expert, John, jumped back on the wave ski to paddle with Ron most of the way.

I was next in, oiled up and ready to go. Clyde told me he'd jump on the wave ski and paddle along with me. I didn't see Clyde for very long.

I was told he was as proficient at paddling a wave ski as Brian, he also had to be rescued. During my swim some people on board the boat had started to get sea sick including Joanne who was next in.

Joanne's turn. She had been throwing up before she even jumped in so as soon as she swallowed some salt water she was throwing up again. Top effort Joanne, she swam for about an hour throwing up all the time, Joanne swam her leg the hard way!

Rottnest was in sight by now, Robyn took over from Joanne and swam for about 30mins then I jumped in and finished it off. I got the privilege of running over the finish line, what a thrill. Everyone else had jumped overboard and met me on shore with two bottles of champagne, spraying it around. It really was a great feeling of accomplishment standing on Rottnest looking back at the mainland from where we had swam. It was a great swim, everybody swam really well and we learned a lot ready for the swim next year. Not everything went to plan but it was a learning experience. We'll blitz them next year!!

Oh by the way, the team is one member short for next year, any volunteer's? The swim was

so good I'd like to tackle it myself - crazy?  
Special thanks to John Philp for paddling  
nearly all the way by himself, he hadn't  
expected to, he slept well Saturday night.  
- Babazza

### Gossip column

Well apart from showing style in the water it appears that some showed style at the mini golf. Like Barbara who scored a 'hole in one' and John Phelp who did the same!

Who couldn't find his bathers on the Rottnest swim morning? Would he have done the swim in ladies bathers?

Who lost his bathers on the way back? The same person who did a tour of Perth hot spots

### Bunbury Aqua Spectacular 1600m Swim thru

We were well represented here on Saturday with 13 Stinger members present and a few associates also. Robyn Phelp was nearest to her handicap estimate of 28.30 with 28.31. Well done Robyn. Barbara Pellick was the winner of her age group with a time of 20.29. Great time Barbara.

The event was organised very well by Bernie. No doubt the experience of our Koombana swim thru and with Clyde at the computer again was a recipe for success.

The water around me seemed to have little action as I made my way along. Then about 300m from the finish the water turned white like it was full of Pirana. It was look out here I come from everyone! I was happy to finish my first mile event even at 53rd place. There were a few funny things that happened, like those swimmers who took short cuts ended up trying to swim in 5cm of water. Talk about mud-slinging!

A great time was had by all and the Parade Hotel venue was very appropriate for the finish. - Marc

### Confirmation of Swim times:

Monday	Koombana beach	5-30pm
Wednesday	Rec ctr Outside pool	6-8pm
Friday	Rec ctr Heatedpool	2 lanes 7 -8pm full use 8-9pm



Thelma Sharp and Marie Harris represented us at the State summer meeting in Perth. They took 7 firsts and three second places between them. Marie took 10 seconds off her backstroke time 100m. She took firsts in 50 and 100m and second place in the 200m.

Thelma missed the state record 50m by 0.02 secs.

Well done both of you.



Next week Ron Edwards and Jean, Thelma Sharp and David and Marc Purchon will be in Melbourne.

Ron, Thelma and Marc will be swimming in a full and varied set of events representing the club. (We'll also be having a great time.) Wish you were ther too. We will give you a full report when we get back!

### DONATION

At the last committee it was decided to support the Bunbury Life-saving Society. They gave us escorts on our regular ocean swims this year. A \$30 gift voucher was awarded.

### LOGBOOK

a new logbook for swimmers is available shortly. It will be good for logging up those kilometres. The million Metre award is still available!

**Breakfast** at the Back beach kiosk on Sunday 8th March anyone?

8-30 start. E & B \$7.50. Lot \$10.00

Hello to new members Karen Gobby and Don Bruce.

### TREASURER

Jill Simpson our new Treasurer reports that our club funds now stand at \$1025.64 Cr. Thanks Jill.

Next committee meeting is at Thelma Sharps home. The date is 23rd March and Thelma & Davids' address is 34 Windich way, Bunbury.

March swimming programme:  
Timed events.                           Coaches session.

Mar 6th.

200m Free  
100m Breaststroke.  
50m Backstroke.

1200m with 3 accelerator sets.

1-3 mins between each set consisting of:  
25m slow. 25m fast. \*  
50m slow. 50m fast.  
100m slow. 100m fast.  
50m slow

\* fast=80-85% effort.

---

Mar 13

200m Breaststroke  
100m Backstroke  
50m Butterfly.

1200m

12x100m; 75% effort  
Repeats on 1.55, 2.05 or 2.15 min

---

Mar 20th

50m Free  
200m Backstroke.  
100m Butterfly  
or 4x25m Individual Medley

Pyramid 1200m

consisting of;  
2x50m  
2x100m (Rest times  
3x200m to be decided  
2x100m on the night)  
2x50m

---

Mar 27th

100m Free.  
50m Breaststroke  
20m Butterfly or  
4x50m Individual Medley.

1200m

15x50m 75% effort.  
8x25m Wind sprints  
Repeats on 0.60, 0.70, or 0.80 mins  
(ie. 60 secs, 70 or 80)

## Our Trophy collection



## Awards presented to our swimmers over the past years

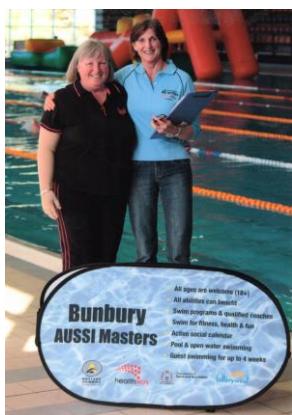
<b>Year</b>	<b>Presidents Trophy</b>	<b>Koombana Bay Swim Thru - 1st Junior Bunbury Swimmer</b>	<b>Koombana Bay Swim Thru - 1st Senior Bunbury Swimmer</b>
		<b>Donated By Pam &amp; Brian</b>	<b>Donated By Pam &amp; Brian</b>
2019	Kathryn Knoll		
2018	Pam & Brian Hall		
2017	Elspeth Binckes		
2016	Julie O'Connor		
2015	Richard Morris		
2014	Erica Eiffler		
2013	Pamela Hall		
2012	Margaret Moylett		
2011			
2010			
2009			
2008	Marie Harris		Chris Williams
2007	William McGuigan		Peter Kerr
2006	Paul Smaniotto		Kylie English
2005	Pamela Hall	Rohan Mabey	Kylie English
2004	Margaret Moylett	Samuel Millner	John Drinkwater
2003	Gita Neumann	Ben Loverock	Jim Smith
2002	Lucinda Hanczakowski	Peter Castieau	James Stephen
2001	Sandra Smith	Caleb Maguire	Jerry Gianculos
2000	Brian Kennedy	Brad Cole	Scott McDowell
1999	Thelma Sharp	Brendon Bardowski	Veronica Bardowski
1998	Margaret Moylett	Scott Barry	Richard Batt
1997	Bev Tillman	Glen McAlister	Eugene Lambert
1996	John Vergeer	Kristopher Brown	Murray Gellard
1995	Marie Harris	Hayden Smith	Ian Williams
1994	Toni Crilly	Nicholas Milordis	C. Black
1993	Barbara Pellick	Robin O'Kane	Don Caporn
1992		Ben O'Kane	Don Caporn

<b>Year</b>	<b>Most Outstanding Swimmer - Overall</b>	<b>Most Outstanding Swimmer - Male</b>	<b>Most Outstanding Swimmer - Female</b>	<b>Most Improved</b>	<b>Encouragement - AM</b>	<b>Encouragement - PM</b>
	<b>Donated by Thelma Sharp</b>				<b>Donated by Pam Hall</b>	<b>Donated by Pam Hall</b>
2019	John Drinkwater	John Drinkwater	Jackie Panizza	John Finlayson	Les Fabre	Peter Edwards
2018				Jackie Panizza	Kathryn Knoll	Mark Panizza
2017				Aina Hargans	Maureen Owen & Leanne Stacey	
2016					Barry Bastow	
2015					Liz Common	

<b>Year</b>	<b>Top Male Endurance</b>	<b>Top Female Endurance</b>	<b>Country Correspondence Carnival</b>
2019	Gordon Taylor - 400	Julie O'Connor - 305	1st - 2794 points
2018	Brian Hall - 251	Julie O'Connor - 500	1st - 2074 points
2017	Brian Hall - 385	Julie O'Connor - 930	1st - 2635 points
2016	Barry Bastow - 249	Julie O'Connor - 660	1st - 2256 points
2015	Brendon Bunning - 24	Julie O'Connor - 675	2nd - 991 points
2014	Brian Hall - 110	Margaret Moylett - 241	4th - 605 points
2013	Brian Hall - 260	Margaret Moylett - 612	
2012	Bill McGuigan - 68	Margaret Moylett - 544	

## Kim Tyler's special coaching sessions

Over the past few years we have been fortunate to have the specialised training sessions by Kim Tyler. These sessions were very well supported and received by club members. Below are some photos of the sessions.



## Rottnest Crossings

No review of the Bunbury Stingers would be complete with mentioning the Rottnest Channel Swim.

The Bunbury Stingers have fielded many competitors over the years however accurate records have been difficult to find as the actual results do not record the club name.

Below are some of the suspected swimmers along with their support crews.



Murray Johnston,  
Start of 1998 swim



Murray Johnston –  
“I am never doing  
that again



Peter Jelinek and  
Murray Gellard.  
Double crossing 1998



Pam and Brian Hall, paddlers for Murray  
Johnston



## Busselton Jetty Swim

The Busselton Jetty Swim had its 25<sup>th</sup> year this year. The Bunbury Stingers have fielded competitors in this event every year that it has been run.

A special congratulations to our Thelma Sharp for competing in her 25<sup>th</sup> jetty swim, to Brian Hall for his 24<sup>th</sup> and to Ron Edwards for his 20<sup>th</sup>.

In 2020 the club had a record of 41 members participating in the event

28 solo

1 in the 1 mile

5 in a 2 swimmer relay

7 in a 4 swimmer relay



Pam completing the Busso Jetty Swim solo 2000

18 of our solo swimmers managed to achieve their personal best swim



## Bunbury Stingers State Records History

State records indicate that since 1996 members of Bunbury Stingers have broken records 136 times, and 10 of these are still CURRENT!

<b>Age-</b>	<b>Distance</b>	<b>Stroke</b>	<b>Name</b>	<b>Date</b>	<b>Time Current</b>
18-24	100m	Backstroke	AMBER LILLEY	22/07/2000	01:20.5
18-24	50m	Butterfly	AMBER LILLEY	22/07/2000	36.75
18-24	200m	Backstroke	AMBER LILLEY	10/09/2000	02:54.3
18-24	50m	Butterfly	AMBER LILLEY	10/09/2000	36.05
55-59	100m	Breaststroke	BRIAN HALL	10/09/2000	01:44.0
70-74	50m	Breaststroke	BRIAN HALL	30/04/2011	44.31
65-69	400m	Freestyle	DAVID SHARP	15/09/2001	09:50.2
65-69	800m	Freestyle	DAVID SHARP	15/09/2001	20:07.2
65-69	1500m	Freestyle	DAVID SHARP	15/09/2001	38:43.5
70-74	25m	Breaststroke	DAVID SHARP	23/07/2005	33.84
50-54	100m	Breaststroke	GAIL HARRISON	27/08/2000	02:00.2
50-54	50m	Freestyle	GAIL HARRISON	27/08/2000	38.33
65-69	400m	Backstroke	GITA NEUMANN	7/09/2002	09:18.6
65-69	800m	Backstroke	GITA NEUMANN	7/09/2002	18:53.3
65-69	400m	Breaststroke	GITA NEUMANN	7/09/2002	09:43.2
65-69	800m	Breaststroke	GITA NEUMANN	7/09/2002	19:38.7
65-69	100m	Backstroke	GITA NEUMANN	11/12/2002	02:02.9
65-69	400m	Butterfly	GITA NEUMANN	11/12/2002	11:04.2
65-69	1500m	Backstroke	GITA NEUMANN	6/09/2003	36:07.0
65-69	1500m	Breaststroke	GITA NEUMANN	6/09/2003	37:58.1
65-69	25m	Backstroke	GITA NEUMANN	23/07/2005	16:48.0
70-74	50m	Breaststroke	GITA NEUMANN	11/06/2006	57:36.0
70-74	100m	Breaststroke	GITA NEUMANN	11/06/2006	02:11.8
70-74	200m	Backstroke	GITA NEUMANN	2/07/2006	04:34.9
70-74	400m	Backstroke	GITA NEUMANN	13/08/2006	09:47.5
70-74	800m	Backstroke	GITA NEUMANN	13/08/2006	19:51.7
70-74	1500m	Backstroke	GITA NEUMANN	13/08/2006	37:32.6
70-74	100m	Backstroke	GITA NEUMANN	10/06/2007	02:09.4
70-74	100m	Breaststroke	GITA NEUMANN	10/06/2007	02:09.6
60-64	100m	Backstroke	JOHN-MARC PURCHON	10/09/2000	01:52.0
60-64	100m	Breaststroke	JOHN-MARC PURCHON	10/09/2000	01:52.8
65-69	100m	Backstroke	JOHN-MARC PURCHON	19/02/2003	01:57.9
65-69	200m	Backstroke	JOHN-MARC PURCHON	19/02/2003	04:14.4
65-69	100m	Breaststroke	JOHN-MARC PURCHON	8/06/2003	01:53.4
35-39	50m	Breaststroke	LUCINDA HANCZAKOWSKI	22/07/2000	42.89
35-39	100m	Breaststroke	LUCINDA HANCZAKOWSKI	22/07/2000	01:35.3
35-39	100m	Breaststroke	LUCINDA HANCZAKOWSKI	27/08/2000	01:35.2
35-39	50m	Freestyle	LUCINDA HANCZAKOWSKI	27/08/2000	45:36.0
35-39	100m	Breaststroke	LUCINDA HANCZAKOWSKI	10/09/2000	01:34.5
35-39	50m	Freestyle	LUCINDA HANCZAKOWSKI	10/09/2000	32.66
55-59	400m	Freestyle	LUELLA MAY JENKINS	15/09/2001	07:29.5
55-59	800m	Freestyle	LUELLA MAY JENKINS	15/09/2001	15:24.6

55-59	1500m	Freestyle	LUILLA MAY JENKINS	15/09/2001	29:16.4	
30-34	100m	Individual Medley	LYNETTE DICKSON	27/08/2000	01:22.7	
30-34	50m	Butterfly	LYNETTE BARTLEY	28/07/2001	40:48.0	
30-34	400m	Freestyle	LYNETTE BARTLEY	11/12/2002	05:46.1	
70-74	100m	Backstroke	MARGARET MOYLETT	12/06/2005	02:40.2	
75-79	800m	Breaststroke	MARGARET MOYLETT	17/10/2010	27:18.2	
75-79	1500m	Breaststroke	MARGARET MOYLETT	17/10/2010	52:54.5	<b>Current</b>
75-79	200m	Freestyle	MARIE HARRIS	27/08/2000	05:28.1	
75-79	200m	Backstroke	MARIE HARRIS	20/05/2001	05:40.8	
75-79	100m	Backstroke	MARIE HARRIS	15/09/2001	02:57.0	
75-79	400m	Backstroke	MARIE HARRIS	15/09/2001	12:20.8	
75-79	800m	Backstroke	MARIE HARRIS	15/09/2001	24:47.2	
75-79	1500m	Backstroke	MARIE HARRIS	15/09/2001	46:49.0	
75-79	400m	Backstroke	MARIE HARRIS	11/12/2002	11:09.7	
80-84	100m	Backstroke	MARIE HARRIS	19/02/2003	02:47.4	
80-84	200m	Backstroke	MARIE HARRIS	19/02/2003	05:55.8	
80-84	400m	Backstroke	MARIE HARRIS	6/09/2003	12:10.2	<b>Current</b>
80-84	800m	Backstroke	MARIE HARRIS	6/09/2003	24:25.7	<b>Current</b>
80-84	1500m	Backstroke	MARIE HARRIS	6/09/2003	46:29.2	<b>Current</b>
80-84	400m	Freestyle	MARIE HARRIS	13/08/2006	12:12.8	
80-84	800m	Freestyle	MARIE HARRIS	13/08/2006	24:32.7	<b>Current</b>
80-84	1500m	Freestyle	MARIE HARRIS	13/08/2006	46:26.9	<b>Current</b>
90-94	100m	Backstroke	MARIE HARRIS	25/05/2013	03:18.2	<b>Current</b>
90-94	200m	Backstroke	MARIE HARRIS	26/05/2013	06:51.3	<b>Current</b>
45-49	200m	Breaststroke	ROLAND MUENCH	10/09/2000	03:20.3	
65-69	100m	Freestyle	RON EDWARDS	12/12/2001	01:24.1	
65-69	200m	Freestyle	RON EDWARDS	12/12/2001	03:01.8	
65-69	100m	Breaststroke	RON EDWARDS	17/11/2002	01:53.5	
65-69	100m	Freestyle	RON EDWARDS	11/12/2002	01:20.7	
65-69	400m	Freestyle	RON EDWARDS	11/12/2002	06:34.6	
65-69	200m	Freestyle	RON EDWARDS	19/02/2003	03:01.6	
40-44	100m	Butterfly	SANDRA SMITH	7/08/1999	02:00.4	
40-44	200m	Butterfly	SANDRA SMITH	7/08/1999	04:26.3	
40-44	400m	Butterfly	SANDRA SMITH	7/08/1999	09:55.0	
40-44	800m	Butterfly	SANDRA SMITH	7/08/1999	20:49.0	
40-44	200m	Breaststroke	SANDRA SMITH	5/08/2000	03:59.8	
40-44	400m	Breaststroke	SANDRA SMITH	5/08/2000	08:21.6	
40-44	800m	Breaststroke	SANDRA SMITH	5/08/2000	17:27.6	
40-44	400m	Individual Medley	SANDRA SMITH	5/08/2000	17:11.7	
40-44	200m	Breaststroke	SANDRA SMITH	10/09/2000	03:50.7	
40-44	400m	Breaststroke	SANDRA SMITH	15/09/2001	08:09.2	
40-44	800m	Breaststroke	SANDRA SMITH	15/09/2001	16:54.3	
40-44	1500m	Breaststroke	SANDRA SMITH	15/09/2001	32:09.1	
40-44	200m	Individual Medley	SANDRA SMITH	12/12/2001	03:45.7	
60-64	800m	Breaststroke	THELMA SHARP	1/03/1996	18:25.8	
60-64	400m	Breaststroke	THELMA SHARP	1/03/1997	08:56.0	
60-64	1500m	Breaststroke	THELMA SHARP	1/03/1998	35:16.9	
60-64	50m	Breaststroke	THELMA SHARP	23/05/1999	51.35	
60-64	50m	Butterfly	THELMA SHARP	23/05/1999	49.3	

60-64	50m	Freestyle	THELMA SHARP	23/05/1999	39.13	
60-64	100m	Breaststroke	THELMA SHARP	27/08/2000	02:00.6	
60-64	200m	Breaststroke	THELMA SHARP	10/09/2000	04:16.1	
65-69	200m	Breaststroke	THELMA SHARP	3/03/2001	04:24.9	
65-69	100m	Breaststroke	THELMA SHARP	4/03/2001	02:04.0	
65-69	400m	Breaststroke	THELMA SHARP	28/04/2001	09:18.0	
65-69	800m	Breaststroke	THELMA SHARP	28/04/2001	19:09.3	
65-69	1500m	Breaststroke	THELMA SHARP	28/04/2001	36:31.6	
65-69	100m	Breaststroke	THELMA SHARP	20/05/2001	02:00.7	
65-69	50m	Freestyle	THELMA SHARP	20/05/2001	39.85	
65-69	800m	Individual Medley	THELMA SHARP	27/05/2001	19:35.2	
65-69	400m	Freestyle	THELMA SHARP	15/09/2001	08:22.9	
65-69	800m	Freestyle	THELMA SHARP	15/09/2001	17:14.0	
65-69	1500m	Freestyle	THELMA SHARP	15/09/2001	32:40.3	
65-69	100m	Breaststroke	THELMA SHARP	2/03/2002	02:02.1	
65-69	50m	Butterfly	THELMA SHARP	5/05/2002	52.7	
65-69	100m	Freestyle	THELMA SHARP	5/05/2002	01:37.6	
65-69	100m	Butterfly	THELMA SHARP	17/11/2002	02:10.9	
65-69	200m	Butterfly	THELMA SHARP	17/11/2002	04:45.3	
65-69	400m	Individual Medley	THELMA SHARP	11/12/2002	09:07.8	
65-69	100m	Butterfly	THELMA SHARP	23/04/2003	02:01.3	
65-69	200m	Breaststroke	THELMA SHARP	24/04/2003	04:20.4	
65-69	200m	Individual Medley	THELMA SHARP	23/07/2005	04:16.3	
70-74	200m	Breaststroke	THELMA SHARP	6/05/2006	04:37.2	
70-74	100m	Butterfly	THELMA SHARP	6/05/2006	02:14.2	Current
70-74	100m	Breaststroke	THELMA SHARP	7/05/2006	02:07.4	
70-74	200m	Butterfly	THELMA SHARP	7/05/2006	04:57.8	Current
70-74	200m	Breaststroke	THELMA SHARP	13/08/2006	04:40.9	
70-74	400m	Breaststroke	THELMA SHARP	13/08/2006	09:39.2	
70-74	800m	Breaststroke	THELMA SHARP	13/08/2006	19:50.1	
70-74	1500m	Breaststroke	THELMA SHARP	13/08/2006	38:02.2	
70-74	25m	Breaststroke	THELMA SHARP	23/08/2008	28.15	
70-74	50m	Freestyle	THELMA SHARP	24/08/2008	43.68	
70-74	100m	Freestyle	THELMA SHARP	24/08/2008	01:48.5	
70-74	400m	Freestyle	THELMA SHARP	14/09/2008	08:34.1	
70-74	800m	Freestyle	THELMA SHARP	14/09/2008	17:29.4	
70-74	1500m	Freestyle	THELMA SHARP	14/09/2008	33:09.9	
75-79	50m	Freestyle	THELMA SHARP	19/06/2011	45.82	
75-79	100m	Freestyle	THELMA SHARP	19/06/2011	01:49.1	
75-79	100m	Individual Medley	THELMA SHARP	19/06/2011	02:09.8	
75-79	400m	Freestyle	THELMA SHARP	16/04/2012	08:37.3	
75-79	50m	Butterfly	THELMA SHARP	24/06/2012	01:06.9	
75-79	400m	Freestyle	THELMA SHARP	17/04/2013	08:37.2	
75-79	800m	Freestyle	THELMA SHARP	17/04/2013	18:02.6	

## Some random photos and articles to enjoy!

WEDNESDAY DECEMBER 31 1997



BUNBURY thoroughbred trainer Dave Sharp has the physique of a lumberjack. Not the sort of man you'd call a wuss.

He also works as a barrier attendant at South-West race meetings and the former dairy farmer has never been known to shirk the risky task of climbing up into the barrier and holding horses steady until gates spring open.

Sharp had a foot wedged beside one fractious horse in the barrier at Bunbury races on Saturday. The hayburner jumped sideways at the start and Dave's ankle was injured.

He limped from the barrier and sat down in considerable pain as the horses headed towards the home turn.

Barrier staff eased a boot from Sharp's injured foot. Starter Mal Stewart wanted to remove Dave's sock to check the damage but Dave called a halt. Ambulance men soon arrived and also requested that the sock be removed. After considerable hesitation, Dave reluctantly agreed. Barrier staff could hardly contain their mirth.

Toenails on the battered foot were each painted in different colours.

Dave sheepishly explained that his young grandchildren had painted the toenails as he relaxed on Christmas Day. He left the paint on so they would not be disappointed if checking on their artistry a few days later.

Incidentally, tests showed there was no structural damage to the ankle but Sharp's image has taken a battering.

□ □ □

## Rhonda Brennan Memorial Swim



Sunday the 3rd of February

Register before 8.45am, Start time 9am,

**This is a 1,000m Sealed Handicap event open to all season 2001 members and friends.**

To qualify to win the Perpetual Trophy,  
you must have been a member of  
Bunbury AUSSI Masters Swimming Club Inc. last year

The course will start in the water on the left side of the Bunbury Surf club, using their orange buoy as a starting mark, swimmers will swim south for 500m, turn around at a smaller orange buoy and return to the start in an anti clockwise direction.

We will endeavour to have safety craft available. All swimmers swim at their own risk.  
All swimmers will have their time recorded.

A presentation will be held at the Extensions Cafe after the event.

Winner is the person with fastest Time, after Actual Time is added to Handicap Time. The Handicap Time was derived from the difference between **Mane Harris's** 1000m time and each individual's Time.

3<sup>rd</sup> February 2002

Place	No.	Name	Actual Time	Handicap Time	Time Difference
1	15	KENNEDY Brian	0:22:51	0:08:00	0:30:51
2	10	JOHNSTON Murray	0:17:06	0:13:50	0:30:56
3	8	BARTLEY Lynette	0:16:43	0:14:20	0:31:03
4	14	HANCKOWSKI Lucinda	0:17:34	0:13:30	0:31:04
5	2	HALL Pamela	0:29:10	0:02:00	0:31:10
6	4	EDWARDS Ron	0:18:34	0:12:40	0:31:14
7	3	SHARP Thelma	0:22:53	0:08:30	0:31:23
8	7	HALL Brian	0:22:56	0:08:40	0:31:36
9	6	WEBB Letitia	0:19:28	0:12:50	0:32:18
10	5	SHARP Dave	0:28:24	0:04:00	0:32:24
11	16	MOYLETT Margaret	0:35:27	0:04:55	0:40:22
1		HARRIS Marie	0:00:00	0:00:00	DNF
13		BRENNAN Ross	0:21:36		
17		GANFIELD Coral	0:21:51		
18		GANFIELD Errol	0:23:03		
9		HANCKOWSKI John	0:19:04		
19		LOVEROCK George	0:16:55		
11		MCGUIGAN Bill	0:24:56		
12		Steve (Brennan friend)	0:28:43		

Swimmers sorted in Actual Finish Time

Place	No.	Name	Actual Time	Handicap Time	Time Difference
1	8	BARTLEY Lynette	0:16:43	0:14:20	0:31:03
2	19	LOVEROCK George	0:16:55		
3	10	JOHNSTON Murray	0:17:06	0:13:50	0:30:56
4	14	HANCKOWSKI Lucinda	0:17:34	0:13:30	0:31:04
5	4	EDWARDS Ron	0:18:34	0:12:40	0:31:14
6	9	HANCKOWSKI John	0:19:04		
7	6	WEBB Letitia	0:19:28	0:12:50	0:32:18
8	13	BRENNAN Ross	0:21:36		
9	17	GANFIELD Coral	0:21:51		
10	15	KENNEDY Brian	0:22:51	0:08:00	0:30:51
11	3	SHARP Thelma	0:22:53	0:08:30	0:31:23
12	7	HALL Brian	0:22:56	0:08:40	0:31:36
13	18	GANFIELD Errol	0:23:03		
14	11	MCGUIGAN Bill	0:24:56		
15	5	SHARP Dave	0:28:24	0:04:00	0:32:24
16	12	Steve (Brennan friend)	0:28:43		
17	2	HALL Pamela	0:29:10	0:02:00	0:31:10
18	16	MOYLETT Margaret	0:35:27	0:04:55	0:40:22

24 SOUTH WESTERN TIMES, Thursday, January 25, 2001

## GOODlife seniors

# Sports medal for service to swim club

### Senior scene

with  
**BILL ADAMS**

Tell me your news, views and ideas. Tel: 9725 8291



MARGARET Moylett's contribution to swimming in WA over the past decade has been recognised with an Australian Sports Medal.

The medal — awarded to the Bunbury Australian Union of Senior Swimmers International Masters Swimming Club member — is a "one off" award to mark the new millennium and the Centenary of Federation.

Nominees for the medal have been drawn from the ranks of sporting icons and competitors, however, this award also recognises those in the sporting arena who work at the grass roots level, helping Australians achieve sporting greatness as a nation.

Included in the sports medal award nominations are coaches, referees, umpires, administrators, supportive club members, ground and track maintenance people, those who contribute to the health and fitness of sporting participants and the hardworking fundraisers without whose efforts many clubs would not survive.

Mrs Moylett, who takes part regularly in ocean swim-throughs with her clubmates off the coast of Bunbury and Busselton, earned her successful nomination for the medal for dedicated service to the Bunbury Swimming Club and the AUSSI Masters WA as secretary and club aerobics captain.

Federal Sports Minister Jackie Kelly said the Australian Sport Medal was a peoples' medal and offered an opportunity for the often unsung heroes of Australian sport to get recognition.



• Margaret Moylett

Mrs Moylett will be presented with her medal by State Senator Sue Knowles at a special Australia Day function at Observation City tomorrow.

Other senior swimming recipients include Judith Drake-Brockman from Claremont who is still breaking records at 79 and Myrtle Wright who continues to take to the water in her 90s.

"While the top sports people get their recognition and awards it's sport and its administrators at grass roots level that promote Australia's greatness on the sports field at national and international level," Mrs Moylett said.

"I'm honoured that my small contribution to swimming has been recognised with the award of this prestigious Australian Sports Medal."



His Worship the Mayor and Councillors in promoting the dynamic new **SOUTH WEST SPORTS CENTRE**

Request the pleasure of the company of

**Mr Peter Jelinek & Committee Member  
Bunbury Aussie Masters**

To Welcome

**Olympic Gold Medallist & IOC Member  
Susie O'Neill AM  
To Bunbury**

To be held

ON: Friday 23<sup>rd</sup> February 2001

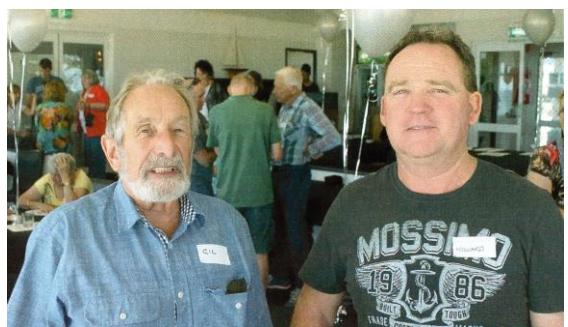
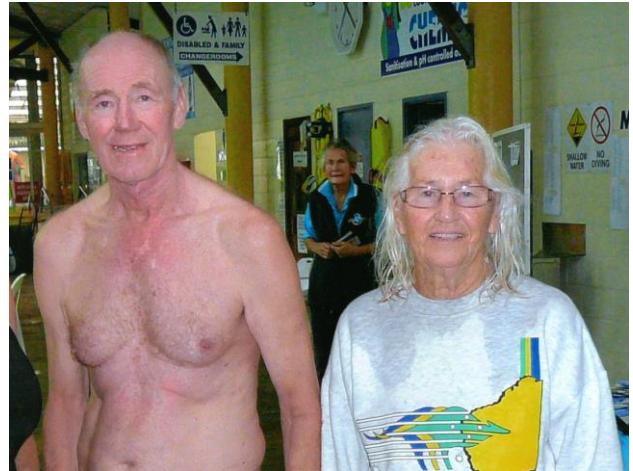
AT: 9:45 am

VENUE: Council Chambers, Stephen Street, Bunbury  
(entry via the gardens)

RSVP by 20<sup>th</sup> February - Leanne Maher, phone 9780 8201 fax 97 808 269  
Email: leannem@bunbury.wa.gov.au

Mr Peter Jelinek  
Bunbury Aussi Masters  
14 Hudson Place  
AUSTRALIND WA 6233







## Teamwork drives friendly swimmers

### JETTY SWIM ■ Jackson Lavell-Lee

They say swimming is a lonely sport, however a team of dedicated swimmers from the South West has proven that theory wrong.

The 'Thelma and Mates' team formed initially in 1996 to support Thelma Sharp of Carey Park to swim the Busselton Jetty Swim.

In 2018, Liz Common of Gelorup, Aina Hargans and Maureen Owen of Bunbury along with Ms Sharp form the team of friends currently training for the SunSmart Busselton Jetty Swim for 2019.

The team ranges in age from 64 to 82, and in swimming experience from just five years to about 80.

The four women are all members of the Bunbury Masters Swimming Club.

Their main goal is to train hard in the lead up to the event and get Sharp across the finish line at the



Maureen Owen, Thelma Sharp, Aina Hargans and Liz Common prove age doesn't matter when it comes to participating in the jetty swim.

Busselton Jetty Swim on February 10, 2019.

Sharp will be 82 and will be participating for the 24th time, not missing one year of the event's history.

Apart from her success in the Jetty Swim, Sharp has swum to Rottnest in teams a total of four times and has set numerous records in her State Masters Swimming category.

"I swim in the Busselton Jetty

Swim every year to keep fit," she said.

"I enjoy the swim itself and all the great activities offered in the jetty area both before and after the swim."

Thelma and Mates team members will join the 3100 swimmers participating in the main 3.6 kilometre swim around the jetty.

The team certainly embodies the Masters Swimming motto – "Fitness, Friendship and Fun."







The End

Well, not quite the end yet!



## Club Contacts

President	Julie O'Connor 0418 936 059 <a href="mailto:bluesky.jules@gmail.com">bluesky.jules@gmail.com</a>
Vice President	Kathryn Knoll
Secretary	Richard Morris 0427 217 389 <a href="mailto:secretary@bunburymasters.asn.au">secretary@bunburymasters.asn.au</a>
Treasurer	Brian Hall 9721 6496
Coaching Committee	Julie O'Connor, Pam Hall, Kathryn Knoll, Danielle Pesci
Club Captain	Jackie Panizza
Endurance	Liz Common <a href="mailto:commonej@bigpond.com">commonej@bigpond.com</a>
Safety	Steve Povee
Public Relations	Tanya Price
Newsletter	Ben van de Ruit <a href="mailto:ben.vanderuit@gmail.com">ben.vanderuit@gmail.com</a>
Social	Jill van de Ruit <a href="mailto:jill.vanderuit@gmail.com">jill.vanderuit@gmail.com</a>



Like us and share with  
your friends on Facebook @  
bunburymastersswimmingclub



## Thanks to all club members

As always, many thanks to all club members  
for making our club so special. ..... ☺

Til next time  
See you in the water!  
Ben – the Ed.

