

# The STiNGERS NEWS

## Bunbury Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this issue we round up the events for Jan and Feb, shine the spotlight on Sally Murphy and find out what's been happening over summer...

Read on for the latest STiNGERS news...



## Summer round up...

### Pam's Pen

So much has been happening since our last newsletter that I don't know where to start. So I am going to begin with thanking our committee for the 2016 season. What a fantastic job you all did. The club just seems to be growing stronger with each year. Geoff and Richard congratulations, you both have guided us along the way for many a season. Nothing ever seemed to be a challenge, for you just took it in your stride, got on with the action no matter what. Both Brian and I have gained a font of knowledge from you which we really appreciate. Although I think we might still be calling you occasionally for your advice. Good luck to our new leaders for 2017.

What a strange summer we are having this year. Mother Nature is really testing our skills in the open water swim season. We seemed to have done it all, calm, rough, hot, cold, windy, stingers. Snow is about the only thing I could safely leave off the list.

I am very proud of our members this year. No matter what mother Nature has thrown at us, our swimmers and our supporting members have banded together to cheer everyone on. This has given the Club a great atmosphere, one we all like to be part of. I know the swimmers really appreciate the cheers they receive along the way. Especially after the gruelling Busselton Jetty Swim.

I was chuffed with each and every one of you. In the 22 years I have been part of it, as a swimmer in teams, duos and solo I think that would have been the most trying of all. Members have spoken to me after that swim saying how it was different parts of their training

## UPCOMING EVENTS

**Sat 4 March** Barrett Swim Through, 3pm. Register Now

**Sun 2 April** Mandurah Carnival – Nominations to Julie or Wendy

**Next meeting** Tuesday 14th March 6:30pm at BSC clubrooms

**Next social** Visit to Georgina's. Date TBA (but soon). Bring a plate to share.



Bunbury Masters Swimming Club Inc  
PO Box 329 Bunbury WA 6231  
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)

sessions that kicked in and helped them along the way in that swim. That means a lot to me to know that I have helped you achieve your goal.

As far as I know we only have the Barrett Swim on the 4<sup>th</sup> March to round the season off. At present training is going to be sprints in preparation for Mandurah Carnival, States, our own Skins and then finally the Country Carnival by Correspondence. We won this last year so we do have our bragging rights at stake. Also in amongst that on 28<sup>th</sup> / 29<sup>th</sup> April are our State titles up in Perth.

Do please keep up your endurance swims 2.30pm Friday afternoons. Now is a good time to be doing your longer swims to keep your distance fitness up because training is going to be mainly sprints,

Good Luck to Sally Murphy who has taken over publishing our Newsletters. Sally has replaced Erica who has done our Newsletters for a long, long time. Once again Erica many thanks we do appreciate everything you do for us.  
Enjoy our new additions everyone.  
Pam's Pen  
February 2017.



## Open Water Swimming

Swimming WA Round 6 Saturday 31 December  
2016 Mullaloo Beach.

Congratulations to Brett De Bruyn who completed the 10 kms swim in a time of 2:48:14.5 thus securing his solo entry in the Rottne Channel Swim for 2017.

Swimming WA Round 8 Saturday 14 January 2017  
Harvey Dam.

Eight Stingers competed in the inaugural OWS in the Harvey Dam on a very hot afternoon. The water temperature was pleasant and there were no waves or potential "nasties" to contend with. However care had to be taken getting in and out of the Dam because of drowned tree stumps!

1.25kms - Kathryn Knoll - 12th in the Legends ( 35 – 49 ) in 32:34.6.

2.5kms - Steve Povee - 1st in the Super Legends ( 50 + ) in 41:39.3.

Brendon Bunning – 7th in the Super Legends in 53:58.2.

Brian Hall – 12th in the Super Legends in 1:12:02.6.

Christine McCafferty - 6th in the Legends ( 35 – 49 ) in 49:55.2.

Julie O'Connor - 3rd in the Super Legends ( 50 + ) in 50:31.3.

John Kain 2.5kms in 59:31.1

5 Kms – Brett De Bruyn finished 2nd in the Open Age Group( 18 – 34 ) in 1:21:20.3

Congratulations to medal winners Steve, Brett and Julie.



### Swimming WA Round 9 Saturday 21 January 2017 Bunbury Back Beach.

Sixteen Stingers faced challenging conditions in a rather choppy, unwelcoming sea. Five swimmers were attempting their first OWS and all finished their various distances successfully. Well done everyone. Thanks to all the club and family members who came down to support our brave swimmers. Let's hope for a calmer sea next year !

500 m – Alicia Golik - 1st in the Open Age Group ( 18 – 34 ) in 9:24.5.

Thelma Sharp – 2nd in the Super Legends ( 50 + ) in 13:49.7.

Alicia and Thelma received a medal for participating.

1.25 kms – Kathryn Knoll – 7th in the Legends in 37:08.7.

2.5kms – Female.

Julie O'Connor – 3rd in the Super Legends in 53:52.5.

Susan French – 4th in the Super Legends in 54:21.6.

Sally Murphy – 11th in the Legends in 54:46.2.

Christine McCafferty – 12th in the Legends in 55:44.6.

Tracey Van Uden – 5th in the Super Legends in 55:45.0.

- Male. ( All Super Legends )

Steve Povee – 1st in 43:54.0.

Brendon Bunning – 10th in 56:08.3.

Paul Hanson – 11th in 58:57.9.

Ron Edwards – 14th in 1:00:34.0.

Bill Tapper – 15th in 1:04:53.0.

Brian Hall – 18th in 1:16:09.3

Bill McGuigan – 19th in 1:17:13.2

5 kms – Brett De Bruyn – 2nd in the Open Age Group in a time of 1:27:47.

Congratulations to medal winners Steve, Brett and Julie.

### MSWA Swim Series 4 Thursday 26 January Mandurah

2 kms – Julie O'Connor – 2nd ( 55 – 59 ) in 44:49.4.

Brendon Bunning – 2nd ( 60 – 64 ) in 44:49.5.

Ron Edwards – 1st ( 80 – 84 ) in 48:59.0.

Bill McGuigan – 3rd ( 75 – 79 ) in 1:02:5.

### Cott To Swanny Ocean Classic Saturday 4 February 2.2 kms

Julie O' Connor 34:45.0 20th / 56.

### Swimming WA Round 11 Sunday 5 February Rockingham

2.5 km – Julie O' Connor 47:01.0 4th in the 50 +  
What fantastic results.

### Australia Day in Mandurah





## Endurance 1000

The final results for 2016 Vorgee Club Trophy Competition are now available. We finished 8th out of 24 participating clubs in WA which is a fantastic result. Ron Edwards was 1st, Sally Murphy and Julie O'Connor were 2nd, Sally Barnden, Elspeth Binckes and Margaret Moylett were 3rd and Noelle James 4th for total points earned in their respective Age Groups. It was a fabulous team effort over the year with every single swim completed earning points for the club.

Nationally our results were even more impressive as we came 30th out of 152 clubs participating around Australia. Well done Stingers !!

We're off to a great start this year and already have some super swims recorded. So, if you would like to challenge yourself over longer distances or just improve your aerobic fitness, come along to our Endurance sessions on Friday afternoons at 2:30 pm.

Elspeth Binckes  
Endurance Officer

**A swim for all**  
Be part of the 2017  
Hotel Rottneest Port to Pub  
swim to Rottneest

**When:** 25 March 2017

**Course:** Leighton Beach to Rottneest Island (Hotel Rottneest)

**Categories:** Solo, duo and teams of four and six swimmers

25km ultra-marathon solo event – the longest open water swim in Australia!

Registration & sign up for the latest news  
[www.porttopub.com.au](http://www.porttopub.com.au)

Prize money and prizes

Wetsuits allowed

**Registrations now open - don't miss out!**

#porttopub

## Top Tens

On both a national and state level, lots of our members featured in top ten times for events in their respective age groups. Congratulations to the following:

### State Top tens

Steve Povey once  
Brian Hall 4 times  
Sally Barden once  
Sally Murphy 5 times  
Katherine Knowles once  
Tanya Price twice  
Alice Stubber 3 times  
Julie O'Connor 16 times  
Jill van Ruit twice  
Elsbeth Binckes 17 times  
Liz Commons 9 times  
Aina Hargins 4 times  
Noelle James 9 times  
Thelma Sharp 3 times  
Margaret Moylett 12 times

### National Top tens

Sally Murphy twice  
Julie O'Connor 4 times  
Elspeth Binckes 8 times  
Noelle James 7 times  
Thelma Sharp 3 times  
Margaret Moylett 7 times  
Richard Morris once  
Brian Hall 3 times

Well done everybody, and thanks to Noelle for compiling this list.



## Social Stingers

And for our next social event....

Soon – Very Soon, Date TBA

### **Trip to See the Babies ....**

We are planning a day out at Georgina's new home. She is expecting new additions to her family. Her pig is due to give birth anytime soon. The plan is that we will go for a swim in Harvey in the morning and then adjoin to Georgina' for lunch. Lunch will be "bring a plate to share". It should happen within the next 2 weeks and we will let you know the details shortly.

We look forward to seeing you there!  
Social Committee



*Steve's Shave errr Shade Tent being put to good use at Back Beach*

*Swimming is a confusing sport. Sometimes you do it for fun, and other times you do it not to die. And when I'm swimming, sometimes I'm not sure which one it is.*

*Demitri Martin*

## From the Committee

### Go Brett!

Stingers young-gun member Brett de Bruyn is off to Rotto – the long way. Following on from an excellent performance at the Busselton Jetty Swim, he's now competing in the Rottnest Channel Swim on Saturday 25th February. Go Brett!

#### Message From Brett:

I really appreciate all the support that everyone at Bunbury Stingers have given me throughout training. It's starting to feel pretty close now, the nerves are kicking in but I'm super excited to touch the beach at Thompson bay on the 25th! I hope everyone had a good jetty swim despite the conditions, I'll see you all at the pool in the coming weeks!



### FOOD FACT

*The sweet potato is a root vegetable and is not closely related to the potato.*

## Swimming Facts

### Did You Know?



The oldest swimming stroke is Breaststroke, which is also the slowest stroke swum at the Olympics.

Over half of the top swimmers in the world suffer with shoulder pain.

The Bikini got its name from Bikini Atoll – a nuclear test site in the South Pacific!





## Photo Gallery



## Upcoming events

Grab your pencils and calendars... there are oodles of exciting events coming up....

### Upcoming Swims

The following **Open Water Swims** are remaining for the season:

**Monday 6 March** Swimming WA round at Leighton 500m, 1.25km, 2.5km or 5km.

**Sunday 12 March** Coogee Jetty to Jetty Swim (Livelighter MSAWA OWS Round 5 1500m, 750m and 250m Try it

**Saturday 18 March** Suburbs to the City – South Perth to Elizabeth Quay (Swimming WA Round 15) 1300 m

**Saturday 15 April** Albany Masters Harbour Swim (Livelighter MSAWA OWS Round 6)

4km (Solo, Duo, Quad)

The 2017 Masters Swimming WA **pool calendar** is available at <http://www.mswa.asn.au/Events/2017-Pool-Events>.

An important change this year is that all events are open to all clubs, but with a cap on numbers... first in best dressed.

The events likely to oversubscribe are Mandurah (2nd April) and Melville in November. All entries for pool events have to come via the club... either Wendy Thornhill or me.

Pool events likely to appeal to Bunbury members:

- Mandurah, 02-April
- State Championships, 29-30-April (HBF Stadium)
- Bunbury 3x400m Postal Swim, May-June
- Bunbury SKINS, 17-June
- Country Correspondence Carnival, June-August.

### MSWA Calendar

Please visit [www.mswa.asn.au](http://www.mswa.asn.au) for details about upcoming pool and OWS events.

#### ***Keen for more swimming news?***

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter at [www.mswa.asn.au](http://www.mswa.asn.au)

### Swimming WA Calendar

Please visit

[www.openwaterswimming.com.au](http://www.openwaterswimming.com.au)  
for details about upcoming events and to register.





**IT'S LIVE!**  
in Queensland



**GREAT BARRIER REEF  
MASTERS GAMES**  
Cairns Australia  
25-28 MAY 2017

# REGISTER TODAY!

Be quick and secure your spot in the biggest games in the tropics...

**SPORTS INCLUDE**

## SWIMMING

**Tobruk Memorial Pool, 370 Sheridan Street, Cairns North**

Minimum age for competition is 18 years i.e. a swimmer must have turned 18 by the time he/she registers.

**EARLY BIRD REGISTRATIONS OPEN UNTIL 31 MARCH**

[www.gbrmg.com.au](http://www.gbrmg.com.au)

**GENERAL ENQUIRIES**

PHONE	07 4044 3150
WEB	<a href="http://www.gbrmg.com.au">www.gbrmg.com.au</a>
EMAIL	<a href="mailto:gbrmasters@cairns.qld.gov.au">gbrmasters@cairns.qld.gov.au</a>
 Like us on Facebook	<a href="https://www.facebook.com/GreatBarrierReefMastersGames">GreatBarrierReefMastersGames</a>

**GREAT BARRIER REEF  
MASTERS GAMES**  
Cairns Australia  
25-28 MAY 2017



Printed by **LOTS**  
looking good











**Cairns Post**

# Stinger in the Spotlight

## Introducing Sally Murphy

### What got you started in swimming?

*Life. I don't remember a time where I didn't love to swim. We lived in the main street of Collie so could walk to the pool, and summer holidays were at the beach. And, being Collie people, the goal of being*



*able to swim across Black Diamond was a big motivator. I joined the swimming Club as soon as could and did that till I left high school and became a mum. Since then I have swum as often as I could but it's long been a goal to get back into a club.*

**How long have you been a member?** Since October. I love it.

**Where do you like to swim?** Wherever there is water.

**Favourite stroke?** Freestyle. I also love butterfly but a doggy back means I have to limit how much I do it.

**Most memorable swimming moment?** Probably my first Busselton Jetty Swim a few weeks ago.

**Favourite movie/book/music?** So many books, but a children's book called *The Naming Of Tishkin Silk*, by Glenda Millard is one I want to hug. Favourite movie is hard because I don't watch a lot, but *Dead Poets Society* and *A Beautiful Mind* are two that stay with me. Music? Something I can sing along to.

### How do you spend your day when you aren't swimming?

*I write. And read. Both of which are part of my job – I'm a children's author and poet. I also do sessional work at university, and speak at schools, libraries and festivals. I also attempt to run a home – I've got two teens still at home (out of 6 kids) and three grandkids.*

**One thing about you that might surprise others?** I'm the youngest of six kids and have six kids of my own.

**Favourite sports team:** Dockers all the way.

**One thing that you could not go a day without?** Chocolate.

**Wise advice to others starting out in swimming?** Wear bathers.

*Many thanks to Sally for participating in our Stinger in the Spotlight segment.*

*If you haven't yet been featured and would love to star here in a future newsletter, let me know!*



## Club Contacts

---

**President** Julie O'Connor  
bluesky.jules@gmail.com

**Secretary** Ben van de Ruit  
secretary@bunburymasters.asn.au

**Treasurer** Brian Hall 9721 6496

**Coach** Pam Hall 9721 6496

**Club Captain** Julie O'Connor  
bluesky.jules@gmail.com

**Endurance** Elspeth Binckes  
gebinckes@iinet.net.au

**Safety** Wendy Thornhill

**Newsletter** Sally Murphy  
bigmurph@wn.com.au

**Social** Noelle James 0430 500 226  
james.noelle10@gmail.com



Like us and share with  
your friends on Facebook @  
bunburymastersswimmingclub



## Thanks to all contributors

As always, many thanks to all contributors to our newsletter. Sorry for any mistakes or omissions – I shall try to live up to Erica's brilliance in future.

Til next time  
See you in the water! Ed.