



STINGERS NEWS

BUNBURY MASTERS SWIMMING CLUB INC NEWSLETTER

WELCOME

Hello Members Old and New

Welcome to this edition of the newsletter. I have been travelling, so am hoping I have got everything that's happened since September included. If not, let me know and I'll get it into the next newsletter. See you at the pool!

Sally

Upcoming Events

Harvey Dam Swim: 13th January, 2018

Mandurah Australia Day Swim.

Busselton Jetty Swim, 11 February, 2018

Pam's Pen

First of all I must apologise to our editor Sally Murphy for going AWOL when the last newsletter went to print. I won't promise I'll never do it again: you never know.

With Christmas looming upon us fast we find we are all very busy in our personal lives outside of swimming, but we still manage to find time to complete our goals we have been setting ourselves. Brian Hall has just completed one of his goals that have taken him 25 YEARS 6

MONTHS 3 WEEKS and 3 DAYS to fulfil. Is that a challenge or what!!!! Well done Brian. Read on in the newsletter to find out what he has achieved.

On the past weekend this is what a few of our members have been up to. We will start with Friday endurance swims which you can also read all about in Elspeth's report so I won't double up. On Saturday our one and only Wendy Thornhill went to Rottneest and competed in the half Iron Man triathlon (you all remember how hot it was on Saturday). Hopefully she has managed to get her story to Sally in time for the newsletter. Also on Sunday Morning Jacki Panizza and Leanne Stacy flew the flag for us by competing in the Nina's Have a Go triathlon which was held at our own sports centre. After Jacki had competed her tri she then went to the Surf club and competed in their swim.

Also on Sunday morning a large group represented Bunbury Stingers at Busselton bright and early in the morning. This was a real buzz for me and I had goose bumps. No I didn't swim, but for quite a few it was their 1st ever ocean swim. I suggested to them at training quite a few times that it would be a good opportunity for the 1st timers to have a go. I was a bit worried that I might have been pushing a bit too hard and would scare them off but I knew they were ready. Then Julie came on board with me and backed me up.

The 500m swim was completed by Aina, Maureen, Liz, Elspeth and Thelma. These girls all received a medal for their efforts. I was so proud of what they had achieved. It does not seem so long ago to me that their goal was just to be able to do 100m without having to stop and hang onto the end before the next 50m (do you remember those day's). Now their new goal is the Busselton Jetty as a team, go girls!!!

In the 1.25 swim was Brian Hall. He was then followed in the 2.5 swimmers who were -: Brendon Bunning, Julie O'Connor, Tracey Van Uden, Allan Taylor. Brendon just got pipped at the post by one of our former members (Richard George who now swims and lives in Bsn). The girls were luckier. Julie managed 2nd place and Tracey was awarded 3rd placing. Julie is so close to winning but other girls just seem to pop up from nowhere. Hang in there Julie, it's going to happen! This swim last year was Tracey's 1st ever open water swim and look at her now you can't stop her.

Now you can look forward to all these interesting things in your following newsletter, also notes from the competitors on their thoughts of their achievements. Enjoy.

Pam Hall
Masters Swim Coach 2017
November 2017.



Vorgee Endurance 1000

September and October were both fabulous months for Endurance swimming.

In September a total of 30 swims were completed:

8 x 400 m; 8 x 800 m; 3 x 30 mins; 6 x 45 mins and 5 x 60 mins. Two highlights were Sally Murphy's 400 m Individual Medley and Jill, Ben and Iain swimming their first 60 mins Freestyle together. Well done!

In October 23 swims were completed:

8 x 400 m; 6 x 800 m; 2 x 1500 m, 3 x 30 mins; 2 x 45 mins and 2 x 60 mins. New member Allan Taylor dived straight into the deep end with a 45 mins Freestyle swim.

A big thankyou to Brian and Julie for covering for me while I was away.

November is shaping up as another terrific month with 14 swims completed in the 2 sessions so far:

6 x 400 m; 4 x 800 m; 3 x 1500 m and 1 x 60 mins.

All in all, we are heading for another great annual result. The Endurance Awards will be presented at the A.G.M. in January and hopefully the final State and National Results will be available by then. I'm really looking forward to seeing how we have gone in 2017!

Our final Endurance session for the year will be Friday 15th December.

Well done everyone.

Elsbeth Binckes.

Endurance Officer.

Open Water Swimming

The 2017 / 2018 Season has begun and lots of Stingers have already participated in an event. Here are our results so far.



Rotary Blackwood Marathon Relay Saturday 28 October 2017

Brendon Bunning swam the swim leg for Team 15, Kathryn Knoll's team.

Swimming WA Round 1 Cottesloe Saturday 4 November 2017

2.5 km

Julie O'Connor - Female Super Legends -
56:32.00 - 2nd

Brendon Bunning - Male Super Legends –
1:01:29.00 - 17th



Sufferfest Rottneest Island Triathlon **Saturday 11 November 2017**

This was a Half – Ironman event which entailed a 2 km swim, an 80 km bike ride and a 20 km run.

Wendy Thornhill completed the course, coming 4th in her 40 – 49 Female Age Group. She was 7th Female overall with her 36:38 swim, 3:00:34 ride and 1:54:41 run. Her total time was 5:36:12. What an amazing effort. Congratulations Wendy!!!

Swimming WA Round 2 Busselton **Sunday 12 November 2017**

10 Stingers participated and were supported by Pam, Noelle, Geoff Binckes, John Common and Tracey Van Uden's husband. All our swimmers fell into the Super Legends Category and completed their various distances comfortably.

500 m

Liz Common – 14:12.00 - 1st.

Aina Hargans – 15:39.00 - 3rd

Thelma Sharp – 15:40.00 - 4th

Maureen Owen – 18:01.00 - 5th

Elsbeth Binckes – 18:02.00 - 6th

1.25 km

Brian Hall – 34:55.00 - 8th

2.5 km

Julie O'Connor – 47:42.00 - 2nd

Tracey Van Uden – 55:50.00 - 3rd

Brendon Bunning – 49:40.00 - 4th

Allan Taylor – 51:07.00 - 6th



Details of future Open Water Swims are available on the Masters WA and Swimming WA Web Sites, or see the calendar at the end of the newsletter.

Elsbeth Binckes

Endurance officer.

5 Million reasons to be Proud

Can you imagine swimming FIVE MILLION METRES?

Brain Hall can, because he has done it. And it only took him 25 years, 6 months, 3 weeks and 3 days.

He completed the distance during a club training swim. Pam let us know his last 50m and our swimmers all lined the lane ropes either side of the lane to cheer him in.

Info from MSWA site:

History

The Million Metre Awards were established in 2001 for one, three, and ten million metres. In 2004, they were expanded to include five and seven million metres. In 2007, the two million metre award was added. In 2008, the Vorgee Million Metres Award was expanded to recognise swimmers who attain fifteen million metres and above.

Million Metres Awards

Upon successful completion of each distance, members are awarded with the following:

ONE MILLION: a polo shirt and certificate

TWO MILLION: a polo shirt and certificate

THREE MILLION: a polar fleece, engraved plaque, and a certificate

FIVE MILLION: a polo shirt, engraved plaque, certificate, and Vorgee gift pack

SEVEN MILLION: a polar fleece vest, engraved plaque, certificate, and Vorgee gift pack

TEN MILLION: a taslon jacket, engraved plaque, certificate, and Vorgee gift pack (10 mil).

All garments are embroidered with the Masters Swimming Australia logo, the Vorgee logo, the words “One (two, three, five, seven or ten) Million Metre Club”, and the recipient’s name.

Million Metres Club

Members who complete each distance become members of the Million Metre Club.

Any other members keen to complete the challenge should visit the site or chat to Brian about how to keep the necessary records.

Well done, Brian. We are very proud of you.



Brian after his recent Skins success.

Travelling Stingers

If you have travel-envy, look away now, as we see where Stingers have been and what they've seen. If YOU travel somewhere interesting, do flick me a write up and some pictures, and I will share them in the Newsletter for everyone to share the fun.

Ben and Jill's Excellent Adventures

Hi all

We had a great couple of days in San Diego. Went to a beer festival, had lunch at the Coronada Hotel with Karen, Kari and Conrad.

Flew to San Francisco and drove up to Mariposa, our base for Yosemite.

We've had two full days in Yosemite and drive eastwards tomorrow on the Tioga Pass Road thru the Sierra Nevadas.

Heading toward Salt Lake City and then on to Yellowstone.

All beautiful

Love

**Ben and
Jill**



Sally Sees Sharjah

I was lucky enough to be invited to Sharjah for eight days to present at the world's third biggest book fair, the Sharjah International Book Fair. Sharjah is in the UAE, not far from Dubai, and I had an amazing experience. Of course, I enjoyed the culture, and the bookfair more than I enjoyed being chauffeur driven to work each day. One day I was picked up in a brand new Tesla! But really, it was all very hard work. I did get time to swim in the hotel pool, and seemed to be an object of curiosity, because few guests swim laps.

Sally M.



Stinger in the Spotlight

No Stinger in the Spotlight this edition as no one came forward in response to my request. If you have not been profiled ever OR if it's been some time since you were profiled, please drop me a line or see me at training. It won't hurt a bit, I promise, and our readers love to learn more about each other.

Other News/Attachments

Member Catherine Curnow has been busily working on a wonderful photo book featuring Bunbury in all its glory. Please find an invitation to the launch of this book below, and please come along and support two good causes: the book itself, and the beautiful family it is raising funds for.

Catherine has also been busy volunteering with iSports. More volunteers are always needed. Please see the advertisement below, or talk to Catherine about her experiences.

Forthcoming Events

Listed at the beginning of the newsletter and also below in a handy table you can print out and put on your fridge (thanks, Julie!).

That's it for this issue. See you in the water!

Ed

Club Contacts

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MSWA Calendar

Please visit 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

Swimming WA Calendar

Please visit www.openwaterswimming.com.au for details about upcoming events and to register.

Date	Distance	Where	Organisers / Website link	Julie's Picks
Sunday, 22 October 2017	1.8km	North Cottesloe - Cold Water Classic	SLSWA	Too cold for me!
Saturday, 28 October 2017	5k, 2.5k, 1.25k, 500m	Cottesloe	Swimming WA #1 / MSWA bonus	Still too cold for me!
Sunday, 12 November 2017	1600 & 400	Lake Leschenaultia 30th Anniversary	MSWA #1	Lovely swim, but clashes with Busselton
Sunday, 12 November 2017	5k, 2.5k, 1.25k, 500m	Busselton	Swimming WA #2	Cold but good swim
Saturday, 18 November 2017	5k, 2.5k, 1.25k, 500m	Coogee Beach	Swimming WA #3	Nice place to swim
Saturday, 2 December 2017	1600m	Rottneet Swim Thru	Cottesloe Crabs	Great swim but expensive day
Saturday, 9 December 2017	5k, 2.5k, 1.25k, 500m	Fremantle Port	MSWA #2	Usually a good swim
Saturday, 16 December 2017	5k, 2.5k, 1.25k, 500m	Leighton	Swimming WA #4	Nice place to swim
Sunday, 17 December 2017	10km	Coogee	MSWA	If you are planning to do a Rotto solo!
Saturday, 23 December 2017	5k, 2.5k, 1.25k, 500m	Scarborough	Swimming WA - Relay Round	Not for me -- too rough
Saturday, 23 December 2017	1.8km	Trigg - Tower to Tower	SLSWA	Not for me -- too rough
Saturday, 30 December 2017	5k, 2.5k, 1.25k, 500m	Mullaloo	Swimming WA #5 / MSWA bonus	Not for me -- too rough
Sunday, 31 December 2017	1k, 2k	Albany	SLSWA	Nice place to swim
Saturday, 13 January 2018	5k, 2.5k, 1.25k, 500m	Harvey Dam	Swimming WA #6	Fabulous swim -- highly recommend
Saturday, 13 January 2018	400m, 1.6k, 3k	Cottesloe Classic	SLSWA	Nice place to swim
Saturday, 20 January 2018	5k	North Cottesloe - Coastal Relay	SLSWA	Not for me
Sunday, 21 January 2018	5k, 2.5k, 1.25k, 250m	Swim Thru Perth	MSWA #3	Not for me
Friday, 26 January 2018	4k, 2k, 1k	Mandurah	MSWA #4	Great swim - highly recommend
Friday, 26 January 2018	1k, 1.5k, 3k, 6k	Champion Bay SLSC	SLSWA	Clashes with Mandurah
Friday, 26 January 2018	5k, 2.5k, 1.25k, 500m	Sorrento	Swimming WA #7	Clashes with Mandurah
Saturday, 3 February 2018	2.2km	Swanbourn - Swanny Ocean Classic	SLSWA	My second favourite swim!
Sunday, 4 February 2018	5k, 2.5k, 1.25k, 500m	Rockingham	Swimming WA #8	Nice place to swim -- highly recommend
Sunday, 11 February 2018	3.6k	Busselton Jetty Swim	Busselton Jetty Swim	My favourite swim
Sunday, 11 February 2018	5k, 2.5k, 1.25k, 500m	Shorehaven, Alkinos	Swimming WA #9 / MSWA bonus	Don't know about this one
Saturday, 17 February 2018	1.6k, 3.2k	Leighton SLSC	SLSWA	Nice place to swim
Saturday, 24 February 2018	20k	Rottneet Channel Swim	Rottneet Channel Swim Assoc.	Too far for me!
Sunday, 25 February 2018	1k	Peppy Beach	Rhonda Brennan Memorial Swim	Fabulous swim -- highly recommend
Saturday, 3 March 2018	1.6k	Leschenault Inlet	Barrett Swim Thru	Club usually supports this in numbers
Saturday, 3 March 2018	4k, 2k (States), 1k	Rockingham - MSWA State Championships	MSWA #5	Lovely place to swim -- should be good
Monday, 5 March 2018	5k, 2.5k, 1.25k, 500m	Mandurah	Swimming WA #10	Nice place to swim
Sunday, 11 March 2018	1500m, 750m, 250m	Coogee Jetty to Jetty	MSWA #6	Great place to swim -- can be busy
Saturday, 17 March 2018	20k	Port-to-Pub	Hotel Rottneet	Too far for me!
Sunday, 25 March 2018	5k, 2.5k, 1.25k, 500m	Swim the Swan	Swimming WA #11	No thanks!
Saturday, 31 March 2018	4km (solo/duo/team)	Albany	MSWA #7	Great swim, but cold
Sunday, 1 April 2018	1.6k, 3.2k	Denmark - Southern Ocean Classic Mile	SLSWA	Wonderful swim if conditions good



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Cover Design by Christie Johnston

Book Launch

Friday 1st December 5.00-7.00pm

Bunbury Regional Entertainment Centre Foyer

Canapes provided

Hot and cold drinks available to purchase from BREC bar

Event Registration Via Our Website Essential

For Catering Purposes

Book Price \$37.00 Excluding Postage

Pre Orders and Queries Welcome Via Our Website:

www.photobookofbunbury.com.au

YOUR OPPORTUNITY TO BECOME INVOLVED



VOLUNTEERS NEEDED



Come and Volunteer at any of our sporting
programs or events



While we encourage the participation of all in the community our
programs and activities have been specifically developed to meet the
needs of individuals with an intellectual disability and those who are on
the Autism Spectrum

Are you Patient, Reliable, Selfless, Passionate
or you want to just connect with other people
then why not make contact with us?

Contact Deborah at isportssecretary@gmail.com or M: 0419192303

