



Fitness, Friendship  
& Fun

# Carine Masters Swimming NEWSLETTER

March 2012

Carine Masters Swimming Inc, established in 1977. The first Masters Swimming Club in WA



Carine Masters,  
sponsored by:



## 2012 STATE CHAMPIONSHIPS—BUNBURY

Eight swimmers from Carine attended the championships held in Bunbury on March 4 and 5. Most finished first, second or third in all their events! There were a number of PBs and many happy smiling faces.



*LtoR back: Denise Vercoe, Lynne Malone, Jane Laws, Margaret Roffman, Carol-Ann Infante, Glenys McDonald. Front: David Laws*

Margaret Roffman, David Laws and Lynne Malone were tireless officials as well as swimmers. Others helped with time keeping using a new electronic system that does away with the need for stop watches. It was the first time the system had been used by Masters Swimming WA.

We had great results. We gained 342 points in and were very competitive in the relays we swam, with first and second placings.

Team members were Lynne Malone, Margaret Roffman, Carol-Ann Infante, Denise Vercoe, Jane Laws, Dean Cox, David Davies and David Laws.

Carol-Ann was named Age Group Winner and received an engraved wine glass. Denise was nominated for the 'Have-a-Go News Encouragement Award' and was one of four winners! She was surprised and delighted with her prize of an embroidered towel, and "over the moon" with her times which surpassed all her expectations! It was lovely to catch up with Glenys McDonald, one of Carine's founding members, Steve Smith, a former President, and friends from other clubs. Thanks to Lauren Cox and Jenny Davies for coming along to support our team, and to Bunbury AUSSI and Masters Swimming WA for a great event.



*Carol-Ann with her trophy*

## PRES'S PRATTLE

A lively and enthusiastic first meeting of the new Carine committee was held on Monday March 12th. Great to have new blood!

Among the issues decided was the distribution of donations from the Australia Day Swim to our chosen charity - Huntington's WA - which will receive a total of \$1005 from Carine and on-line swimmer donations.

A special thank you to Bill Holman who loaned his generator and with fellow members of Rotary Club Hilarys helped with the beach set-up again. Carine has donated \$200 towards their charities and loaned Rotary our four marquees for the coming Rotary Carine Community Fair. Carine Masters - the first AUSSI Masters in WA - will turn 35 on Friday April 27th 2012. We'll celebrate with a dinner - please keep the evening free and join us.

## VORGEES ENDURANCE 1000

Can you swim 400m? 800m? 1500m? What about swimming continuously for 30 minutes? 45 minutes? 60 minutes? The Vorgee Endurance 1000 program is designed for Masters swimmers around Australia to increase their aerobic fitness. Participating is as easy as turning up to a training session so that your swim can be recorded. Look for more details in next month's newsletter, or in the [MSA national newsletter](#) which you should have received in your email box in the past few days.

# CARINE NEWSLETTER ~ MARCH 2012

## COOGEE JETTY TO JETTY SWIM

The conditions were ideal on Sunday 11 March when four Carine swimmers – David, Margaret, Marie and Denise – participated in the annual Jetty to Jetty Swim at Coogee.

Everyone swam well in this event, which is known as an ideal introduction to open water swimming. It is also well organised at a wonderful shady venue and there is a great atmosphere as supporters walk up and down the beach cheering on the swimmers. Breakfast follows the swim and as usual was a feast.

This was Denise's first open water swim, and she blitzed her opposition, winning her age group three minutes ahead of her competitors. A fantastic result. Congratulations Denise.

Please give some thought to participating next year. It would be great to have an even bigger Carine contingent next year.



David Laws, Denise Vercoe, Marie Stoakes and Margaret Roffman at Coogee

## SOMEONE SAID:

Lynne Malone had a great day of golf just prior to State Championships. She now has a hole-in-one to tick off the to-do list. Congratulations Lynne.

There is a tradition in need of re-establishment: "happy hour" at Craigie Leisure Centre following Wednesday night training on the last Wednesday of the month. Let's make a date for 7.30pm (or just a tad later to allow for showers) on Wednesday, March 28.

Jane Laws and Rachel Wright earned the Club \$60 when they officiated for Tri-Events at the Tadpoles Tri-athlon. Thanks for your efforts, Jane and Rachel.



## HAPPY BIRTHDAYS FOR APRIL TO:

Richard Marshall – 2<sup>nd</sup>

Vanessa Holman - 16<sup>th</sup>

## HAVE A GREAT DAY AND A GREAT YEAR



## CALENDAR OF EVENTS

24 March MSWA State OWS Coogee Beach  
(MSWA members only)

14-17 April 2012 National Masters Adelaide

22 April Westcoast BACC @ Craigie

## NEXT MEETING

The next committee meeting will be held on Monday 16 April at 19 Balfern Court Hamersley. Please send agenda items to [carinemasters@gmail.com](mailto:carinemasters@gmail.com). All members are welcome to attend.

## WESTCOAST CHALLENGE

Rachel recently emailed everyone [this flyer](#) about the above meet, which will be held at Craigie in the long-course pool on Sunday 22 April.

This carnival is a great opportunity for our Club to field a big team of competitors and win some extra points for the season.

Being in our home pool is a bonus—and not far to go on a Sunday morning.

Why not come along and enjoy a morning of swimming, meet people, catch up with friends and generally part of a community event.

Snacks will be provided by Westcoast and drinks will be available for sale.

Entries should reach Club Captain Dean Cox at [carine-clubcaptain@hotmail.com](mailto:carine-clubcaptain@hotmail.com) by Sunday 8 April.

## CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays 9:30am, outdoor pool for training; Wednesday 6:30pm to 7.30pm, indoor pool, coaching.

### POSTAL ADDRESS

PO Box 2468 Warwick WA 6924

### CLUB PEOPLE

Patron: Dr Kay Cox . President: Margaret Roffman. Secretary: Rachel Wright

Treasurer: David Laws; Vice President: Marie Stoakes. Club Captain: Dean Cox. Newsletter Editor: Kerry Hodson.

Publicity Officer: Jane Laws. Coach: John Burns.

[Carine Marsters Online](#)

Webmaster: Andrew Laws

**Club Email address:** [carinemasters@gmail.com](mailto:carinemasters@gmail.com) **Club Captain Email address:** [carineclubcaptain@hotmail.com](mailto:carineclubcaptain@hotmail.com)

[Masters Swimming WA](#)

**MSWA - Email address:** [info@mswa.asn.au](mailto:info@mswa.asn.au)

Check the MSWA web site for events, results, records and rankings plus general information about Masters Swimming.