

STL NEWSLETTER



Sea's The Limit Swim Club

Our Gear 1 Challenge held at the beginning of the month was a huge success. See full details on page two, but we'd like to take this opportunity to thank all those who took part and braved the unusually chilly waters of Botany Pool, and all those who were generous sponsors. We look forward to its return, bigger and better, in 2009. **March 2008**

Our next major event is the Club Championship (see below). Good luck to all swimmers taking part. Let's see if we can achieve some PBs (even if we don't have fancy LZR suits.)

April's Club Night is our Club Championship, one of our biggest nights of the year. Can you win your division or do a PB?

CLUB CHAMPIONSHIP: THURSDAY 10 APRIL

The championship will be on the **second** Thursday of the month, before the school holidays start on 11 April. Races will be swum in age group divisions (check the records page on the website for the age groups.) You must have swum in three club nights since October to qualify for the Championships. Ask Georgina if you're not sure whether you qualify.

We will also have our club merchandise at this club night, so bring along your Myrtle Money from the Gear 1 Challenge and choose from a t-shirt, polo shirt, fleece, bag or cap.

Entry is through the doors in the middle of the grandstand at 7pm. \$1 per person.



MOLLYMOOK OCEAN SWIM: SUNDAY 20 APRIL

Would you look at that scenery? Who could resist a trip to Mollymook for a swim at one of the best spots on the south coast?

Mollymook holds a special place in the hearts of STL's ocean swimmers. The past couple of years we've had beautiful weather for the weekend, the locals are genuinely happy to welcome you to their swim, and there's a laid-back vibe that you just don't get at the Sydney swims. And while we don't want to jinx it, we just can't think of a better way to spend a Sunday in April.

The main 2 km swim starts at 10.30am. This year, there's also a 500 metre swim for the first time, starting at 9am, which means that all the family can take part in the weekend.

We usually have a good representation from Sea's the Limit. Several swimmers also take part in the 1.2 km Shellharbour swim on the Saturday morning. This swim starts at 11am, giving you plenty of time to travel down from Sydney, do the swim, then continue on to Mollymook for the event on the Sunday. The organisers also offer special prizes for those who do both swims. It makes for a great weekend away.

Be aware that the swim falls in the middle of the school holidays, so make sure you book your accommodation in advance.

GEAR 1 CHALLENGE REPORT: SUNDAY 2 MARCH

This year we held our first ever Gear 1 Challenge—to see how many laps each individual could swim within a two hour time limit.

Chad initially thought perhaps 30 club members would take part, and was thrilled to see nearly 60 swimmers join in and challenge themselves.

Chad had set each person a lap target. Many swimmers reached their targets and some outright smashed them! On the day, 58 swimmers swam a total of 3416 laps, or 170.8 kms.



Braving the chilly waters of the pool on a sunny Sunday afternoon

There were some great achievements on the day, and we only have room to mention a few of them here.

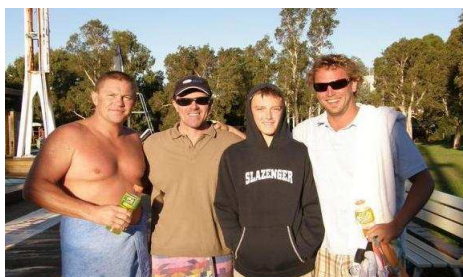
Congratulations to the following swimmers who are still in learn to swim classes:

Jace Cain—aged 5, 12 laps
Dylan Tipping—aged 5, 2 laps
Jake Travis—aged 6, 8 laps
Max Fallowfield—aged 7, 24 laps
Megan Dobrosavljevic—aged 7, 20 laps
Wade Jones—aged 7, 20 laps
Thomas Webb—aged 8, 20 laps

Maddison Cain, aged 10, only started coming to squads at Christmas, and swam 60 laps, an impressive 3 kms.

The following are now members of the Century Club: swimming at least 100 laps, a very respectable 5 km, in the two hours.

Some of our Centurions (l-r):
Mark Lyons,
James Horrey,
Bradley Horrey;
Chad Schneider



Bradley Horrey (152 laps)
Chad Schneider (150 laps)
Rosie Cronley (136 laps)
James Horrey (126 laps)
Carly Riddoch (120 laps)
Jack Owen (106 laps)
Darryl Bleasdale (102 laps)
Adam Doyle (102 laps)
Tim Bleasdale (100 laps)
Blake Farrelly (100 laps)
Bronte Fisher (100 laps)
Mark Lyons (100 laps)
Rebecca Milne-Muller (100 laps)
Erika Williamson (100 laps)

The Gear 1 Challenge was also a fundraiser for the club with each swimmer being sponsored to swim their laps. Funds raised are converted to 'Myrtle Money' which can be exchanged for club merchandise at the Club Championships.

Thanks to all those who collected money; we raised over \$3,500 for the club and we're absolutely delighted with it.

Congratulations to our top five fundraisers:

1. Lily Osborne
2. Thomas Webb
3. Sidney Floyd
4. Nancy Muir
5. Bronte Fisher

If there wasn't photographic evidence, would you have believed it? Our omnipresent pool-deck stalwart, Georgina Horrey, owns a cossie! She earned the title of March Swimmer of the Month (see p.3) for accepting her challenge of swimming 7 laps. She went one better and swam 8 laps. Good onya!



Well done to all those involved for making it such a success and we look forward to it being bigger and better in 2009.

SWIMMERS OF THE MONTH

We congratulate the March "Swimmers of the Month": Georgina Horrey and Jake Fallowfield.



Georgina was set a target of 7 laps in our Gear 1 Challenge. Despite fearing this was beyond her, she decided to prove herself wrong and achieved an enormous PB by completing 8 laps in the two hours. Is this the start of something bigger? Will it be another year before we see her back in the pool? Let's hope not.

Jake has recently started competing in ocean swims and has taken to it like, well, like a duck to water. He nearly doubled his Gear 1 Challenge target of 30 laps and competed at Balmoral in both the 250 metre and the 1 km swims. There's a great ocean swimming future ahead of him.



Congratulations to those long distance swimmers who took part in this year's Bridge to Beach event on 9 March. The conditions were perfect. Well done to Anna Torok for finishing 3rd female, in a great time of 2 hours 59 minutes, and congratulations to Rodney Molesworth for his longest swim to date: 11 km.

OTHER RESULTS

Well done also to our younger swimmers taking part in the Balmoral swim for the first time. There was a 1km race, as well as a 250 metre swim, in which Luke Lyons came 5th.

BRADLEY GOES TO NATIONALS

All at Sea's the Limit want to wish Bradley Horrey the very best of luck for his upcoming race at the Australian Age Open Water Championships.

The 5 km race takes place at Lake Kawana on the Sunshine Coast on 14 April.

Bradley, seen here with Carly Riddoch, managed to top the lap leaderboard at the Gear 1 Challenge, completing 152 laps, or 7.51 kms, which is good training for when he tries to beat his previous 5 km PB of 1 hour 11 mins.



Bradley manages to find time for a drink in between swimming 152 laps in 2 hours



The Mayor of Botany Bay Council, Ron Hoenig, managed to track down Mark Lyons at RSL State Swimming Championships earlier in March.

STAR SPOTTING

We hear rumours Hugh Jackman was at Botany Pool last week, trying to have his picture taken with Mark.

Unfortunately, Mark was washing his hair that day.

KNOW WHERE YOU'RE GOING....ENJOY GETTING THERE!