

MYRTLE'S MUSINGS



Sea's The Limit Swim Club

We've been setting a few records this season—for the first time ever, we had over 100 swimmers at our November club night, and then again at December's Christmas club night. We also passed 100 club members in December. The club has grown so much in the past six years and thank you all for helping to make it one of the most inclusive clubs in Sydney.

Summer 2009

COOGEE BEACH DAY: MONDAY 26 JANUARY

We had a fantastic beach day at Coogee on Australia Day. The water was a bit cool for the smaller ones, so our ocean swim wasn't a particularly long one. But the beach cricket kept everyone occupied for several hours.



Thanks very much to everyone who came along and joined us, and to the barbequers.

See all the pictures here:

www.seasthelimit.com/beach_day_1-26-09.htm

DATES FOR YOUR DIARY

28 MARCH: GEAR 1 CHALLENGE

Last year we ran a very successful inaugural Gear 1 Challenge, which we hope to better this year. Stay tuned for confirmation of the date and time.

9 APRIL: CLUB CHAMPIONSHIPS

Please note the early date of April's Club Night (to avoid a clash with school holidays.) This is our big club night of the year.

You must have swum at three Club Nights in the season

to compete at our Club Championships in April, so if you have only been to two so far, the March Club Night is your last chance to qualify.

19 MARCH: CLUB NIGHT

29 MARCH: BALMORAL OCEAN SWIM

1km ocean swim in calm water, plus a 250 metre race for the under 12s. A great fun day. See www.oceanswims.com for more information.

18 & 19 APRIL: SHELLHARBOUR & MOLLYMOOK OCEAN SWIMS

A beautiful weekend of ocean swimming on the south coast. See www.oceanswims.com for more information.

CHRISTMAS CLUB NIGHT: THURSDAY 18 DECEMBER

113!! That's how many swimmers we had at our Christmas club night—an absolute record. Perhaps they'd heard about the fantastic goody bags, painstakingly put together by the Pavlakis family, only to be pulled open in a matter of seconds in search of instant sugar hits.



A likely looking bunch lining up to take part in our Christmas prize dive. Lucky dip prizes — who would be going home with champagne and who would win the passion pop??

[Note to self: when choosing items for prize dive make sure they sink, otherwise it becomes more of a prize 'bob-on-the-surface'.]



Someone's going home happy. Can't think why...



Thanks as always to our caterers who served up a record number of sausages for those who still had room for 'dinner' that didn't look like jelly sweets.

SWIMMERS OF THE MONTH

January

Eimear Spruhan & Anthony LaRosa



February

Bronte Fisher

&

Charlie Savala



December

Lucia Salas (left)

&

Darcy Roche-Bancroft
(not pictured)

BONDI OCEAN SWIM: SUNDAY 8 FEBRUARY

20 degree water all summer and then one freakish Sunday, it drops to 16 degrees. And so it was at the Bondi ocean swim. Congratulations to all those who braved the chilly waters, several of whom were taking part in their first ocean swim (don't be put off—it's not always this cold!)

At least the air was warm, the sky was clear (apart from a sky writer entreating us to drink Lipton iced tea) and the sea was a flat as a lake.



Results in the 2km event

Sasha Holland	34.20	F13-19	19th
Rosemary Cronley	37.28	F13-19	23rd
Meagan Reilly	41.26	F20-24	29th
Andrea Miller	30.45	F25-29	7th
Anna Torok	30.52	F30-34	6th
Colleen Souter	32.57	F35-39	4th
Katya Noble	34.57	F35-39	6th
Amanda Ibbott	36.17	F40-44	11th
Tracey Cronley	43.03	F45-49	17th
Dana Brewer	38.07	F45-49	12th
Brad Horrey	27.18	M13-19	8th
Ifa Paea	29.11	M13-19	13th
Jack Owen	37.28	M13-19	23rd
Tim Bleasdale (12)	40.50	M13-19	25th
Shaun Williams	27.04	M25-29	1st
Jacques Lepron	27.54	M25-29	4th
Chad Schneider	29.30	M35-39	8th
Steven Hawkesley	29.57	M35-39	16th
Tim Barry	31.03	M35-39	20th
Matt Grassmayr	31.41	M40-44	13th
Matt Pasfield	35.47	M40-44	37th
Mark Lyons	40.18	M40-44	78th
Darryl Bleasdale	39.12	M45-49	46th
Richard Murray	45.17	M45-49	81st
Rodney Molesworth	35.39	M60-64	4th

Results in the 1km event

Finella O'Hea	29.55	F10-12	14th
Eimear Spruhan	33.26	F10-12	15th
Natalie Pasfield	25.45	F25-29	48th
Carly Wilson	19.13	F35-39	4th
Brad Horrey	13.39	M Open	3rd
Tim Bleasdale	24.36	M10-12	12th
Ben Owen	24.54	M10-12	13th
Ifa Paea	15.22	M13-19	11th
Jack Owen	15.43	M13-19	13th
Jacques Lepron	14.21	M25-29	1st
Shaun Williams	14.56	M25-29	4th
Chad Schneider	14.56	M35-39	1st
Tim Barry	15.44	M35-39	5th
James Horrey	19.08	M40-44	13th
Richard Murray	21.38	M45-49	21st
Mark Spruhan	23.56	M45-49	26th

BITS & PIECES

HAPPY BIRTHDAY

We'd like to wish a very Happy Birthday to an integral part of the Sea's the Limit team: Gloria Schneider.

Gloria maintains the STL website, putting up the photos and results, and updating the club records. Gloria might be a long way away in the USA but we thank her so much for keeping us all up to date online.

March 11th is Gloria's birthday and we hope you have a great day.



BRAD HORREY AT NATIONALS



Stop posing for the camera, Brad, and get that forehead down.

Brad Horrey competed at the Australian Age Open Water Championships, held at Penrith on 28 February and 1 March.

Brad swam the 10km race on Saturday, only the second time he has attempted this distance and he took an impressive ten minutes off his previous time. He came 5th, in a time of 2 hours 10 mins.

He then backed up the following day to swim in the 5km event. He took a further 1.30 off his previous time, coming 4th in a time of 1 hour 1 min.

4th in the country! That is SUCH a big deal. Well done, Brad.

THE PENRITH BUG

No, we don't mean by that the dodgy after-effects of swimming in the Penrith 'duckpond' but there's obviously something in the water. More of our swimmers are heading west and testing themselves in the longer swims.

On 31 January, Ben Egan, Mick Mossman and Richard Murray all successfully completed their first ever 5km swim.

Congratulations. And I do believe a 10km is on the cards for some of them.

Good onya.

Ben Egan	M40-49	1.26:25	5th
Mick Mossman	M40-49	1.32:35	6th
Richard Murray	M40-49	1.48:39	9th

SEA'S THE LIMIT SWIM CLUB

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

Sea's the Limit Swim Club is a family-focused, not-for-profit, swimming club based at Botany Pool in the Eastern Suburbs. We are a NSW Swimming-affiliated club that looks to provide all members of our community with the chance to participate in the wonderful activities that our sport offers.

For information, please visit www.seasthelimit.com.

You can also email info@seasthelimit.com, or call Chad on 02 9665 1662