

CAMPBELLTOWN COLLEGIANS MASTERS SWIMMING CLUB

SUPERSTAR SEPTEMBER 2019



The Shining at World Championships:
Suzie Haddad, Annie Cooke and Lindsay Risk
(above) and the support crew (below)

Have you ever had that feeling that somebody is watching? Looking at everything you do? Its a weird feeling - but that's happening to us at Campbelltown Masters Swimming this year. The whole country is watching us; watching our small masters swimming club is south-west Sydney. More on that later.



It's been a huge six months for our club. We've sent a delegation to the world masters swimming championships in South Korea, thoroughly enjoyed heaps of social activities, had fun (and won lots of medals) at various state championships, and had even more fun with our Sunday morning swims/talkfests/competition - and we're all fitter, healthier and happier because of it, so a real win-win situation.

In August Annie Cooke, Suzie Haddad and Lindsay Risk flew to South Korea for the World Championships. This is definitely not a lightweight competition, with strict (and fast) qualifying times. All three put in at least six months of intensive training, including weekly trips to Corrimal (in winter) to train in a 50m pool. Always the master of the understatement, Annie admitted that the three had put in "just a bit of effort" in preparation.

"I was hoping for one or two medals from my five swims" said Annie. Well, she was right - she won *two* bronze medals (200m backstroke and 50m freestyle) - but wait, there's more... plus *three* silver medals! 50m + 100m backstroke and 50m butterfly, all in personal best times, and beaten only by the world record holder in each event. Now *that* is a masterful performance! "My times were all faster than two years ago at the world championships in Budapest. I was thrilled. And it was a wonderful medal celebration, just like the Olympics" added Annie.

It seemed that flights to Seoul were half-filled with Campbelltown supporters, such was the travelling entourage of family members. It was wonderful to see - support at home and support overseas! This support pushed Suzie and Lindsay to new levels too, with outstanding swims, PB's and top-20 finishes. Suzie was 15th in the 3km



Super indeed! Club Champion Jim Pelosa



Special guest Kurt Herzog presents Hans Priess with the Club Spirit Award

second and there was a tie for third between Lesley Thompson and Russell McLeod.

Jim Pelosa also won the club Improvement trophy (again! We don't know how he does it. Actually, we do know, we just can't match him), followed by Greg Jacques and Lesley Thompson. Hans Preiss was a popular winner of the Club Spirit Award. The Encouragement Award (or en-**courage**-ment as our President is keen to emphasise) went to Barbara Briggs and Mark Thompson.

open water swim and followed it up placing 13th in her 800m freestyle.

It's not the same as the world championships but our Sunday morning swims are nonetheless competitive, in humorous, talkative, supportive way. Since the last edition of *Superstar*, our 2018 presentations were made (by no less than Australian Dolphins Swim Team member and world champion Kurt Herzog), with Jim Pelosa taking out the big one - Club Champion. Congratulations, Jim! Lindsay Risk finished

Mr Popular Kurt Herzog with some enthusiastic fans!





State Championships, Homebush

Masters Swimming NSW presented us with the NSW Endurance Swimming Trophy, for the (wait for it...) 19th consecutive year! 19 years, can you believe it?! Obviously, endurance swimming is a forte of our club. Five swimmers achieved maximum endurance points (and 'National Endurance Swimming Champion' status): Lesley Keogh, Heather Rouen, Russell McLeod, Jim Pelosa and Owen Sinden.

Here's an interesting statistic... NSW (and Australia) Masters swimming publicise the top ten swim times for every stroke and every distance each year - in 2018 every Campbelltown member achieved a state or

national top ten time; now that's impressive.

Competing at State Championships are always exciting times. At the olympic pool at Homebush, venue for the State Sprint Championships, it is extra special. 13 of us competed, with the final medal haul over the two days being 42: 13 gold, 18 silver and 11 bronze. Chief contributors to this feast were Paige Tomkins (3 gold, 3 silver), Heather Rouen (3 gold,

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Heather Rouen W63
Elly Ramon W71
Laura Lawrence W40
Suzie Haddad W34

**Gold medals at the
State Relay
Championships**

Women 240-279

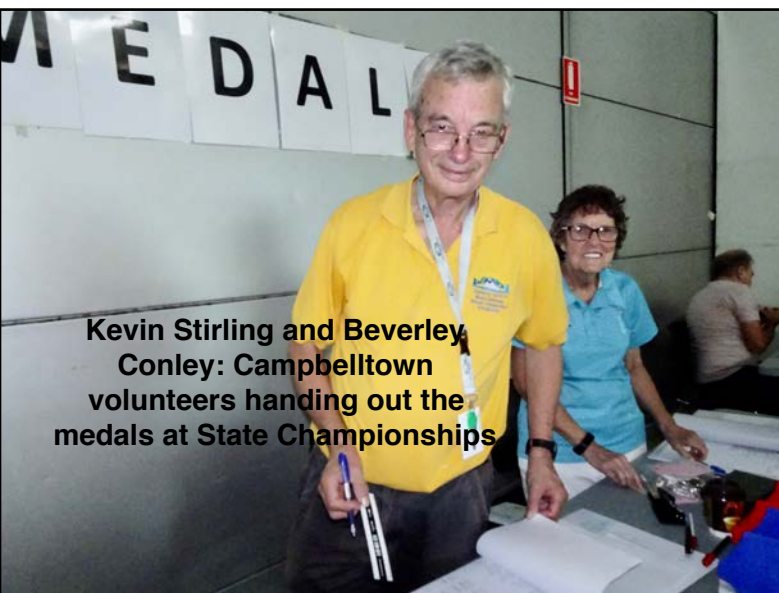
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B 5:00.13	07/04/10 Blacktown City

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Lesley Keogh W62
Kay Hough W70
Sharon Carpenter W42
Helga Duncan W78

Great team spirit at State Relays





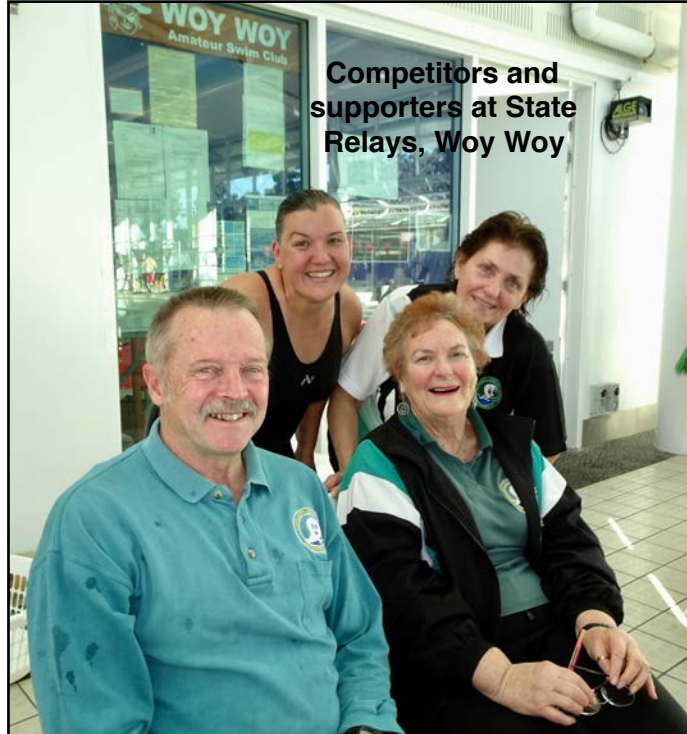
Kevin Stirling and Beverley Conley: Campbelltown volunteers handing out the medals at State Championships

1 silver, 1 bronze) and Kyle O'Brien (1 gold, 4 silver). Kyle kept up his winning ways to take home 2 golds (from 2 swims) at the recent NSW Long Distance championships, with Owen Sinden collecting two golds for a team result of 4-from-4.

The State Relay meet at Woy Woy: 22 of us on a bus, a huge day, huge fun, huge coffees, and huge results - mostly due to club Captain Jim Pelosa's hours of detailed planning - and our great swimming. It was huge! Exhausted, most fell asleep on the way home, with the driver politely being kept awake via thoughtful, well-meaning jabs to the neck with a knitting needle; see how kind and caring we are to each other ;) Also on the bus on the way home was Suzie Haddad's 1 Million Metre Award, presented



Madam Butterfly Shutterbug



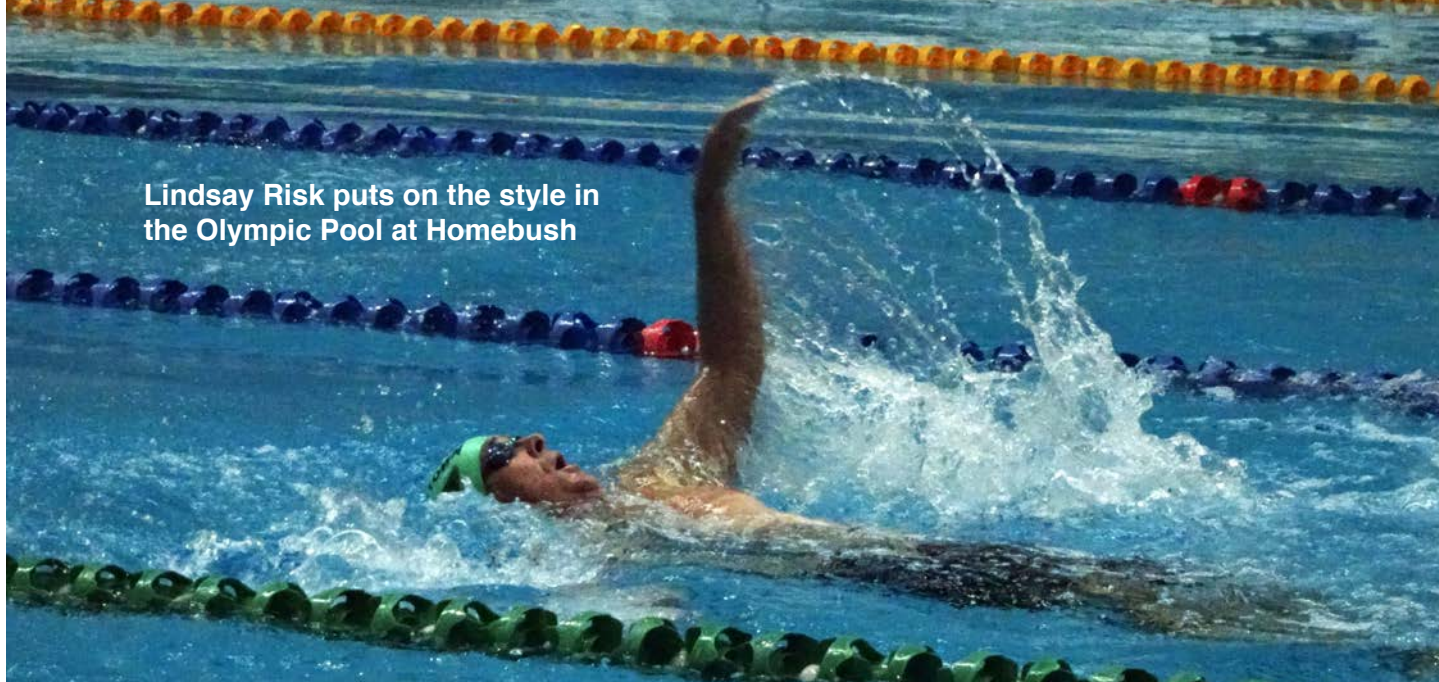
Competitors and supporters at State Relays, Woy Woy

to her by the state president. One million metres since joining Masters in November 2017, that's huge!

While we're on the subject of Suzie Haddad, she was named Campbelltown Senior Sportsperson of the Year for her swimming exploits during 2018, about eight years after club stalwart Helga Duncan did likewise. Congratulations Suzie!

So what do we do when we're not swimming? Easy - we're out partying somewhere. Our social gurus, Lesley and Mark Thompson (they're not too bad in the pool either) organise a multitude of events. Anyone who turns a 'Big 0' has a breakfast/lunch in their honour, mostly at the Art Gallery Cafe in Campbelltown. This year Kay Hough, Kyle O'Brien, Brian Sutton, Victor Libdy, Laura Carpenter and Bev Conley all turned either 30 or 40 (no-one older than that...).

Plus, there was Lesley and Mark's Australia Day BBQ, the club's presentation hosted by Heather and Terry Rouen, a ladies luncheon organised by Annie Cooke, two funny theatre visits ('The Gospel According to Paul' and 'Senior Moments'), a mid-winter movie-soup-and-pizza evening watching *Swimming With Men*, plus a fund-raising BBQ at Bunnings Gregory Hills.



Lindsay Risk puts on the style in the Olympic Pool at Homebush



The Suzie Haddad Show
NSW State Pointscore
Champion 2018 (left);
Campbelltown
Sportsperson of the Year
2018 (right);
Receiving her 1 Million
Metre Award from state
President Kerry Blanch
(below)



The past six months have seen another two new members join our club, Lexie Rouen and Jim Willis. A warm welcome to our club - we hope you enjoy it as much as the rest of us do!

So why are we being watched so closely? Because we're trailblazing a new Australia-first endurance swimming system, that's why. Sometimes everyone watching everything you do isn't a bad thing at all, it certainly keeps us on our toes. We just have to ask ourselves one question: do we feel lucky? Going by the results so far in 2019, and the extreme level of interest shown by Masters Swimming NSW and Australia, the answer is a resounding "Yes!"



Gregory Jacques
President



A hard-earned thirst needs a good hot coffee: relaxing after two testing days at State Championships.
Fun, fitness, friendship and coffee - the pillars of Masters Swimming ;)