



The swimmer

December 2009

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Glenbrook Swimming Club
PO Box 205
Glenbrook NSW 2773
www.glenbrookswimmingclub.com.au

Swimathon stars

Fantastic effort swimmers!

Another successful Swimathon was held on Saturday 5 December, with 17 Club swimmers giving it their best and swimming as many laps as they could between 8am and 11am on a sunny morning at the pool.

Thanks to the family members who acted as lap counters, and also to

Name	No. laps
Emma Suzuki	8
Claudia Neale	14
Maya Suzuki	30
Jessica Harris	40
Gemma Morgan	40
Liam Clifford	50
Nicholas Hawkins	52
Gabrielle Neale	62
Emily Mazenauer	72
Denis Leys	80
Siobhan Clifford	80
Eloise Trotter	90
Joshua Morgan	100
Georgia Mazenauer	100
Laura Mitchell	110
Kieren Picking	132
Madison Hughes	208

Merrill Leys who was the recorder on the day. Matt Neale provided a yummy post-swim bbq of sausage and egg sandwiches, which was scoffed down by hungry Swimathon competitors. Well done!

NB: Please hand in all Swimathon money to Matt Neale.

CONGRATULATIONS TO OUR NEW CLUB CAPTAINS FOR 2009-10: Christine Kidd (Captain), Madison Hughes (Captain), Cherise Terry (Vice Captain)
CONGRATULATIONS TO GSC SWIMMERS OF THE MONTH: Paige Felton (Nov), Kieren Picking (Dec)

Bathurst Qualifying Meet

New records set by our Club swimmers

On the 29th of November several GSC swimmers travelled to Bathurst to compete against other clubs in the area, including Cowra, Orange, Lithgow, Katoomba, as well as some Metropolitan swimmers. Glenbrook performed extremely well, and our younger swimmers in particular achieved many PBs, broke records and won medals galore! Siobhan Clifford and Will Healey broke two records each, and Georgia Mazenaur, Nick Hawkins, Eloise Trotter, Brad Hoffman and Madison Hughes each broke one. Great work!

Gold medals went to Siobhan Clifford, Nicholas Hawkins, William Healey, Brad Hoffmann, Madison Hughes, Georgia Mazenauer, Daniel Neale and Eloise Trotter. Silver medalists included Fraser Brown, Siobhan Clifford, Samantha Hale, Jessica Harris, Nicholas Hawkins, William Healey, Brad Hoffmann, Georgia Mazenauer, Andrew Mitchell, Claudia Neale, Daniel Neale and Gabrielle Neale. Bronze medals were awarded to Fraser Brown, Haimish Burton, Jebediah Burton, Siobhan Clifford, Dustin Davies, Nicholas Hawkins, Madison Hughes, Riley Hughes, Rachel Lock, Emily Mazenauer, Abby Mitchell, Stuart Smith and Eloise Trotter. All the results and times achieved are on our website.

Triathlon and beach swim

Club swimmers also took the challenge at this year's Nepean

Enticer, with two of our Club swimmers medalling – Maya Suzuki came 1st in the 14-15 years age group, and Emma Suzuki achieved 3rd place in the 7-9 years category. In the 1km swim event, Cherise Terry came 2nd overall in a great time.

On Sunday, a contingent of 10 GSC swimmers headed down the M4 for the annual 2.2km Bondi to Bronte swim, along with over 2,000 other swimmers. A beautiful day, with a fairly calm sea, saw the pool swimmers keeping up with the ocean swimmers very well. Top results for the day were Russell Merrick, who was 4th in his age category and 62nd overall, and Nicholas Hawkins who came 2nd in his age group and 75th overall – great effort Nick and Russ!

Carnival entry deadlines

From Race Secretary Fiona Neale

Keep this list handy, because if you miss the entry deadline you cannot enter that carnival.

CTS 1: 31st Jan. Glenbrook pool
Entries Close: 11-1-10

CTS 2: 7th Feb. Lithgow pool
Entries close: 11-1-10

Speedo Sprint: 6th Feb. Katoomba Pool
Entries Close: 29-1-10

NSW State (13-18yrs) Championships: 4-9th Jan.
Entries Close: 9-12-09

NSW State (10yrs and under-12yrs) Championships: 16-17th Jan.
Entries Close: 28-12-09

Country Regional- Mingara: 23-24th Jan.2010
Entries Close 8-1-10

NSW State Open Championships: 12-14th Feb. 2010
Entries Close: 29-1-10

NSW Country Championships: 27-

28th Feb. 2010

Entries Close: 11-2-10
Swimming NSW Qualifying Meet:
6-7th March 2010

Entries Close: 26-2-10

If you would like to start coming and organising your cards now as we are coming into the busy Christmas season, and I imagine people will be going away on holidays. I am at the pool most days to hand out entry cards.

Extra Pointscore events

From 2010, Club nights will consist of an extra Pointscore 50m event, which will be the formstroke from the next week's program. A great way to practise for those school swimming carnivals in February! Write them in your program so you don't forget.

CTS/CWD amalgamation

How does it affect you?

From April 2010, CTS and Central Western Districts swimming bodies will be amalgamated. This will affect our Club in a number of ways, including the location of carnivals. CWD stretches as far west as Lake Cargellico, so travel to some of these carnivals may prove challenging. More information will come to hand throughout the season as officials organize logistics and the finer details of the amalgamation.

KEY DATES 2009-10

Xmas Break - Monday 21st Dec returning Monday 11th Jan 2010

CTS carnivals

CTS1 31st January
CTS Sprint/Speedo Heats 6th February
CTS2 7th February

Last Club Night - Monday 22nd March

Other Dates

29th Nov 2009 - CTS Summer Qualifying Meet – Bathurst

4th-9th Jan 2010 – NSW State Age [13-18yrs] – SOPAC

16th -17th Jan 2010 - NSW State Age [10yrs & Under to 12yrs] – SOPAC

23rd -24th Jan 2010 - Country Regional Meets (Glenbrook targeting Mingara – **book your accommodation NOW** – peak holiday season)

12th -13th Feb 2010 - NSW State Open Championships – SOPAC

27th -28th Feb 2010 - NSW Country Championships – SOPAC

13th Mar 2010 - NSW Speedo Sprint Finals – SOPAC

16th - 21st Mar 2010 – Australian Open Swimming Championships – SOPAC

15th August 2010 – Bunnings BBQ fundraiser – M4 Bunnings

CHAMPIONSHIP CARD REMINDERS

- 1. Write event number on top RH corner (some pink cards don't have "event Number" stamped on them, but still write in the number)**
- 2. You can't write "TT" as your time – you have to write in a time you've done in that stroke/distance**
- 3. 6:45pm is the cutoff – as more championships are swum, your card will not be accepted as the races have to be seeded then and there.**

