



RANDWICK & COOGEE AMATEUR SWIMMING CLUB INC.

Golden Gulls Gazette

Volume 14 Issue 6

February 2009

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Our McDonald Encouragement Awards this month go to: Emer Cooper, Rebecca Raeside, Lachlan Small, Juliette Tighe, Robert Tighe, Eleanor Treharne and Grace Treharne.



Mario Mili, Paul O'Hara and Tony Raeside at Myuna Bay.
'And the one I caught was THIS big'

Photo: Robin Parkinson

Your Picnic Puzzles (See back page)

Prizes will be awarded for the neatest correct entries. The judges' decision will be final and no correspondence will be entered into. The editors' relatives are ineligible to enter. The competition is restricted to Botany Pool participants.
Entries close at 1.30pm.

COMING UP

21 February - Special Event
200 yards Individual Medley
7 March -
400 yds Freestyle Championship

The **GO CLUB PB** program, a Swim Australia initiative in conjunction with Australian Unity was introduced in 2005, to bring awareness to the importance of club structures by measuring the performance of clubs across different areas. Clubs are asked to record their performance against five strategic areas:

- Membership; measuring the clubs ability to attract new members and maintain or increase its existing membership base.
- Administration; measuring the clubs ability to operate efficiently, safely and remain financially viable.
- Activities; measuring the clubs participation levels from club nights through to National championships, and also the number of social activities on offer for its members.
- Coaching and officiating; measuring the number of technical officials available, the coach to swimmer ratio, and the level of participation in regional and state development activities.
- Marketing and Promotion; measuring the clubs commitment to communication with its membership and the ability to attract sponsorship dollars, through promotion utilising local media, web page and activities for non member organisations.

After four years, we've cracked it – at last! R&CASC achieved a Green award with a score of 52%

See information at swimming.org.au/

Club Supporters:

10 Group Pty Ltd, Art Gallery of New South Wales, Australian Museum, Australian National Maritime Museum, City of Botany Bay, Coogee Legion Ex-Service Club, Food For Less Randwick, Historic Houses Trust of NSW, Hoyts Entertainment Quarter, Joe's Meat Market Randwick, McDonalds Coogee Beach, Randwick Labor Club, Randwick Rugby Union Club, Randwick Village Fruit Market, State Transit - Randwick Buses, Sydney Aquarium, Sydney Tower and OzTrek.



SLEUTH SAYS...

17 January Low tide 7.55am 0.6m - water temperature 20°C

- ◇ Nina Mili and Phil Stevens both proudly displayed blue tickets – a first for them both.
- ◇ Matt Dabron - returning to the Club he swam with as a boy - won his race by two lengths. We wonder if he has been practising all these absent years?
- ◇ Cathy Walker requested an adjustment to the handicapping rules by taking height into consideration. She felt David McDowall has an unfair advantage!
- ◇ Elena Trupke performed a great backstroke, but unfortunately started heading for Wedding Cake Island. She was caught just passing the eastern side of the bollard on the twenty yard mark.

24 January 2009 High tide unknown – water temperature, about right. These statistics are unknown as Sleuth was participating in the 'away' weekend at Myuna Bay.

- ◇ The handicapping could have been a teensy weensy bit tighter, particularly for Peter Tighe, who went off in a freestyle race as the first swimmers were two thirds of the way down the home straight!
- ◇ The highlight of the morning's swim was a great butterfly finish with a strong group of contenders for the places.
- ◇ Everyone enjoyed the races and the barbecue that followed. As the temperature was around 45°C the rest of the afternoon was also spent in the pool!
- ◇ A birthday party for Annalisa Trupke was followed by an evening of entertainment led by Hazel Brombey assisted by granddaughter Emma (their mind reading act was reported to be 'awesome'). This was climaxed by Anne Gately's juggling act and Peter Brombey's balancing act which were the highlights of Saturday evening. (If you would like details of their agents for your next soiree, see Sleuth.)
- ◇ The next day was spent involved in sporting activities such as sailing, kayaking, archery and rogaining (we think all those involved in this activity got lost and never did figure out what it was all about!).
- ◇ The weekend was voted tops.



31 January 2009 Low tide 6.30am 0.4m – water temperature 20°C

- ◇ David Stewart swam a time trial, of course John McGann was joking when he told him, '*amongst a whole lot of cheats*'.

7 February 2009 High tide 7.00am 1.82m – water temperature 18°C

- ◇ The carnival at Coogee Beach and the predicted high temperatures that brought out a larger crowd than usual, caused havoc at Wylie's with some people having to park near their homes, a late start to the races and blueys holding up races.
- ◇ Alison Haines won the 50yard freestyle with a PB. Watch out Alison, the handicappers have their eyes on you!
- ◇ Rachel Cousins' twelve month swimming taper in England has paid off – she got blue tickets in all her races.
- ◇ Rescuing us all from the dreaded blueys, Matt Mison lost his goggles and had to go back in to fish them out.

Vale Marcia Carney, mother of Peter, Brian, Jenny and Robert who have all been, or still are, members of R&CASC. Our condolences go to the family at this time.

