

**Willoughby Swim Club INC**



**Willoughby wins Gold in 2007**

**AUSTRALIAN SWIMMING GO CLUB PB AWARDS!**



Willoughby Swim club has been awarded the Gold Standard in the Australian Unity GO Club PB. This is a wonderful achievement. Only 6 other clubs in NSW have reached this level - with 20 clubs achieving the status Australia wide.

The GO CLUB PB program measures the performance of

clubs across 5 different areas: membership, administration, activities, coaching and officiating, marketing and promotion.

A lot of hard work has gone into achieving this award—special thanks should go to Regina Haertsch and Graeme Brewer for all their efforts and leadership.

**Off the blocks**

**Willoughby Swim Club point score winners**

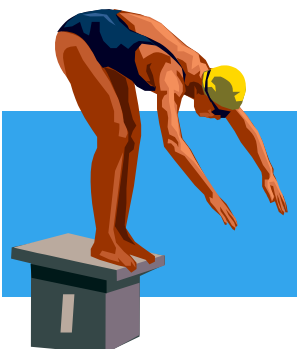


Stephanie Cannell and Nathan Elliff - 2006/07 Club points score winners of all those aged 13 years or over. Congratulations!

**NSW SC Development Meet**

Willoughby had 8 swimmers in the Northern Suburbs team competing at SOPAC last Sunday. Lauren Amedee, Jack Basil-Jones, Xenia Boynton, Tom Chancellor, Lucy Mason and Ben and Jacqueline Schafer.

All swam well with many PBs and a special mention goes to Ben Schafer who came 1st in the 100 IM and 50 fly and 3rd in the 50 free, and Tom Chancellor who came 2nd in the 50 free and 50 back. Both boys were also part of the winning Northern Suburbs 12- 3 years 200 free-style relay. Well done everyone.



**Australian University 2007 Games**

Luane Rowe has had great success representing the University of NSW (UNSW) at the Australian University 2007 games held at the Gold Coast in September.

Luane broke the 7-year record in the women's 800m freestyle and came 2nd in the 400 free, 200 fly and 3rd in the 100 fly. Pretty amazing.

**Ocean Swims**

**Open Water Swims**

Attached find the calendar for ocean and open water swims—all important updates—will be added as the come to hand.



Sam McConnel presenting Graeme with a Thank You Award at the club presentation night

## Northern Suburbs District Swimming

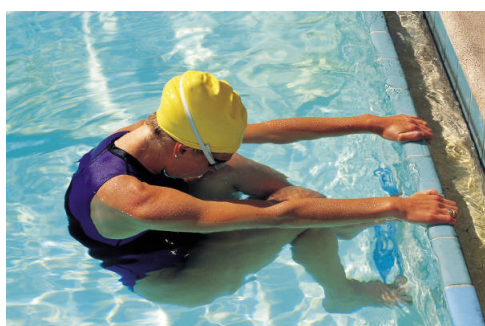
The first Northern Suburbs meet is November 4 at SOPAC. The program for the first carnival is attached to this newsletter. Programs for all 3 meets are on the website.

The **closing date** for entries for Northern Suburbs 1 is **19 October**. Entries for the following 2 carnivals (November 24 and December 2) are due November 9. Age for all 3 carnivals is at November 4. Give entries to Gina McConnell, Graeme or place in the entries box by the club noticeboard.

## Summer Almanac

The new 2007/2008 NSW Summer Almanac is out. It will be on our website and can also be viewed on the NSW swimming site [www.nswswimming.com.au](http://www.nswswimming.com.au) under resources.

All this seasons qualifying times and entry dates can be found here



WILLOUGHBY SWIM CLUB INC.



## Willoughby Committee members 2007/2008

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Leona McLeod	(02)9967 8992
Treasurer	Leslie Rowe	(02) 9959 3454
Race Secretary	Gina McConnell	(02) 9427 9197
Registrar	Lainie Cannell	(02) 8901 3086
Clothing	Joan Curtis	(02) 9967 5596
Committee Members	Peter Nolan	Denise McGrouther
	Vivian Dundas	Leslie Colins
	Sharon Cook	Rowan Shaw
	Molly Schafer	

Willoughby  
Swim Club  
Inc

### Next Meeting

Monday 29<sup>th</sup>  
October 2007  
– Freeway  
Hotel, Artar-  
mon 7.45pm

## Upcoming Swimming Events

- Northern Suburbs Meet 1, SOPAC  
4 November
- Northern Suburbs Meet 2, SOPAC  
24 November
- Northern Suburbs Meet 3, SOPAC  
2 December
- Swimming Australia Open Water  
Championship, SIRC Penrith  
8-10 December
- NSW Metropolitan Champs, SOPAC  
15 –16 Dec
- NSW State Age LC 10-12 years,  
SOPAC  
12–13 Jan 2008
- NSW State Age LC 13 –18 years,  
SOPAC  
14–18 Jan 2008
- Olympic trials  
22-29 March 2008

## Upcoming Tours

- Canberra, ACT  
20 &21 October
- Tasmanian Age Hobart  
8-10 March 2008
- Australian Age Brisbane  
9-13 April 2008

## Noosa Trip

The squad has returned from Noosa looking fit, tanned and totally exhausted. From the little that has been reported so far it sounds like it was extremely rewarding, a lot of fun and a lot of hard work—details and photos to follow in the next newsletter!

## Training and Racing Gear

Any swimmer who requires gear should check our website [www.brewerswimming.com.au](http://www.brewerswimming.com.au) as we offer fins, paddles, swim-suits, goggles (including opals) at greatly reduced prices.

We can also source the new Speedo FS-PRO paper fastskins if you know your size.

Anything you'd like placed in the newsletter please contact Rowan Shaw  
[rowanshaw@tpg.com.au](mailto:rowanshaw@tpg.com.au)

**FIRST NORTHERN SUBURBS****SUNDAY, 4TH NOVEMBER, 2007****2:00 PM WARM UP, 2:30 PM START****SYDNEY OLYMPIC PARK AQUATIC CENTRE****DUTY CLUBS: ABBOTSLEIGH, RAVENSWOOD, NORTH SYDNEY**

1	Women's	Open	200	Backstroke		3.10.00
2	Men's	Open	200	Backstroke		3.00.00
3	Girl's	10 Yrs	50	Freestyle		46.00
4	Boy's	10 Yrs	50	Freestyle		42.00
5	Girl's	9/U	50	Breaststroke		1.10.00
6	Boy's	9/U	50	Breaststroke		1.08.00
7	Girl's	11/12	100	Butterfly		1.50.00
8	Boy's	11/12	100	Butterfly		1.50.00
9	Girl's	13/14	100	Butterfly		1.40.00
10	Boy's	13/14	100	Butterfly		1.30.00
11	Girl's	15/16	50	Butterfly		39.00
12	Boy's	15/16	50	Butterfly		36.00
13	Girl's	9 Yrs	50	Freestyle		51.00
14	Boy's	9 Yrs	50	Freestyle		47.00
15	Girl's	11/12	50	Freestyle		42.00
16	Boy's	11/12	50	Freestyle		40.00
17	Women's	Open	50	Freestyle	<b>DALE TROPHY</b>	31.00
18	Men's	Open	50	Freestyle	<b>DALE TROPHY</b>	29.00
19	Girl's	10/U	100	Breaststroke		2.05.00
20	Boy's	10/U	100	Breaststroke		2.05.00
21	Women's	Open	50	Backstroke		38.00
22	Men's	Open	50	Backstroke		36.00
23	Girl's	13/14	100	Freestyle		1.20.00
24	Boy's	13/14	100	Freestyle		1.15.00
25	Girl's	15/16	100	Butterfly		1.40.00
26	Boy's	15/16	100	Butterfly		1.30.00
27	Women's	Open	100	Breaststroke		1.50.00
28	Men's	Open	100	Breaststroke		1.40.00
29	Girl's	12/U	200	IM		3.50.00
30	Boy's	12/U	200	IM		3.50.00
31	Mixed	MD	50	Freestyle		
32	Women's	Open	400	Medley Relay		
33	Men's	Open	400	Medley Relay		
34	Girl's	10/U	200	Freestyle Relay	<b>DOUGLAS TROPHY</b>	
35	Boy's	10/U	200	Freestyle Relay	<b>BIGNELL TROPHY</b>	
36	Women's	Open	200	Butterfly		3.00.00
37	Men's	Open	200	Butterfly		2.54.00
38	Girl's	14/U	200	Freestyle Relay		
39	Boy's	14/U	200	Freestyle Relay		
40	Girl's	15/16	200	IM		3.20.00
41	Boy's	15/16	200	IM		3.10.00
42	Girl's	13/14	100	Backstroke		1.35.00
43	Boy's	13/14	100	Backstroke		1.30.00
44	Women's	Open	500	Freestyle Relay	<b>MARKS TROPHY</b>	
45	Men's	Open	500	Freestyle Relay	<b>FITZGERALD TROPHY</b>	

## Ocean Swims 2007/2008

### November 2007

- Sunday 11<sup>th</sup> Rodd Island Swim, 2km, 500m, 10am Iron Cove (Drummoyne Water Polo)
- Sunday 18<sup>th</sup> Dawny's Cockatoo Challenge, 1 km, 2.4 km (around Cockatoo Island in Sydney harbour)
- Saturday 24<sup>th</sup> Toowoon Bay, 400 m, 1 km, 2 km Toowoon Bay, central coast beach (Toowoon Bay SLSC)
- Sunday 25<sup>th</sup> Gosford Stingrays Open Water Carnival, 1km, 3km, 5km Terrigal Beach,
- Sunday 25<sup>th</sup> Island Challenge, Coogee, 1 km, 2.4 km Coogee, Sydney eastern beaches (Coogee SLSC)

### December 2007

- Saturday 1<sup>st</sup> 3 Points Challenge Nth Curl Curl North Curl Curl, Sydney Northern beaches (North Curl Curl SLSC)
- Sunday 2<sup>nd</sup> Bondi-Bronte, 2 km, 10 am Bondi Beach - Bronte Beach, (Bronte SLSC).
- Sunday 9<sup>th</sup> Bilgola Ocean Swim, 1.5 km, 11 am Bilgola, northern Sydney beaches (Bilgola SLSC)

### January 2008

- Sunday 6<sup>th</sup> The Roughwater, 2 km North Bondi, eastern Sydney beach (North Bondi SLSC).
- Sunday 13<sup>th</sup> Avalon Beach Ocean Swim, 1.5 km, 10.30 am Avalon Beach, (Avalon Beach SLSC)
- Sunday 20<sup>th</sup> Mona Vale Mighty Marathon, 1.6 km, 10 am Warriewood - Mona Vale, (Mona Vale SLSC)
- Sunday 27<sup>th</sup> The Big Swim, 2.7 km, 10 am Palm Beach - Whale Beach, (Whale Beach SLSC)

### February 2008

- Sunday 3<sup>rd</sup> The Cole Classic, 1km, 2km, 10km Manly, (Cole Classic Committee with Manly LSC)
- Sunday 10<sup>th</sup> North Bondi Classic, 2 km Bondi, (North Bondi SLSC)
- Sunday 17<sup>th</sup> DY2K, 2km swim + optional 4km run Dee Why, (Dee Why SLSC)
- Sunday 24<sup>th</sup> The Manly Wharf 2km Swim Manly, (Manly SLSC)

### March 2008

- Sunday 2<sup>nd</sup> Sydney Harbour Swim Classic, 1.5km Man o' War Steps, Sydney city
- Sunday 16<sup>th</sup> Shark Island, 2.3 km, 1 km Cronulla, (Cronulla SLSC)
- Sunday 16<sup>th</sup> Balmoral, 1km Balmoral (Balmoral Beach Club).
- Sunday 30<sup>th</sup> 10th North Steyne Ocean Swim, 1.5 km, 2.8 km Northern end of Manly beach (North Steyne SLSC)

### April 2008

- Sunday 13<sup>th</sup> Tamarama Ocean Swim, 2km, 10am North Bondi - Tamarama (Tamarama SLSC)

## Open Water Swims

DATE	MEET	VENUE	DISTANCE
11 Nov 2007	Ripples St. Mary's	Penrith Lakes	5km (10km)
18 Nov 2007	Teloepa	Lake Burley Griffin	5km (10km)
25 Nov 2007	Gosford Stingrays	Terrigal Beach	1km, 3km & 5km
1 Dec 2007	Penrith Berry Rickards	Penrith Lakes	5km (7.5 to 10km)
26 Jan 2008	Scone	Lake Glenbawn	1km, 3km & 5km
27 Jan 2008	Penrith Bridge to Bridge	Penrith Lakes	3km (5km)
2-3 Feb 2008	Lake Hume Bridge Swim	Lake Hume	2km, 5km, 10km & 25km
3 Feb 2008	Gosford Stingrays	Brisbane Water	1km, 3km & 5km
2 Mar 2008	Teloepa	Lake Burley Griffin	5km & 10km
16 Mar 2008	Narrandera	Lake Talbot	2km, 4km, 5km & 8km