

NEWSLETTER

REDLANDS BAYSIDE
MASTERS SWIMMING CLUB



March 2017

PRESIDENT'S REPORT

NATIONAL CHAMPIONSHIPS 2017

In August last year I became part of an organising committee for the 2017 Masters Swimming Nationals being held at the Southport Aquatic Centre. Rachael Keogh was the Meet Convenor.

I also took on the Meet Director role which, to be honest, was quite daunting. At this time, I asked for volunteers from our Club to help out. Rose and Tina helped out in admin roles.

As the event came closer quite a number of our members volunteered.

Many thanks to Vivien, Rose, Linda Meredith, Linda Mansfield, Sharon and her mother Marion, Ann and Emma.

A big thank you to Sharon and Marion for running a club raffle for the first 2 days of the event raising over \$500. Great work ladies!

As long as I've been the Club President I have always been continually amazed at the spirit of our club members as they step up and give their time. I'm very proud of you all. Also special mention to my wife Karen for her work and support before, during, and after the event. I would also mention Simon Bole-Brown who was an official during the Nationals.

On the competition side, I'd like to congratulate Linda Meredith, Nathan Mead, Emma Marshall and Trevor Green who competed and came home with medals. Well done to you all!



NEW CLUB SHIRTS

Vice President Peter Fitzgerald finalised the order of our club shirts and these were distributed gratis at our Sunday morning training day on 26 March. Peter spent a lot of time liaising with the manufacturers and myself to finalise the shirts, with input from committee members Viv, Sandra and Ann. A further shipment has been delivered as there was a heavier than expected demand for the Small Men's size.

SAUSAGE SIZZLE

Rose and I have organised a Bunnings Sausage Sizzle fundraiser for Saturday 24 June this year at Victoria Point and, as in past years, I know that we can count on members for assistance. A roster will be prepared closer to the date and if you can spare a couple of hours, it would be very much appreciated.

COACHING

I would also like to thank Ann and her coaching team for their ongoing efforts looking after our club swimmers. Our coaches often sacrifice their own swim time to help others and in order to support Ann, who is our

mainstay, and Linda Sharon and Trevor, I am investigating the option of a paid coach, to give our volunteers some time to focus on their own swimming.

MY FUTURE ROLE AND CLUB PRESIDENT VACANCY

During the Nationals Masters Swimming, Masters Swimming Queensland held their AGM. All board positions were made vacant. I was nominated for the VP South role by Rose and Peter and the nomination was accepted by all members who attended the AGM. I'm very proud to be on the board and am looking forward to the future challenges that this will bring.

I would just like to remind you all that I will not be standing for the Club President role at our AGM which will be held in August.

I would like to encourage any members who may be interested in being Club President please come and speak to me. I've been Club President for 4 years and the position and involvement with the Club have been very rewarding.

VICE PRESIDENT

At the AGM, our Vice President Peter Fitzgerald will also step down. Peter has given me permission to announce in advance that he will not re-nominate for the Vice President's position this year. Peter has been in this role previously and has been an awesome contributor to our Club. He has expertly facilitated the order of a smartly designed club shirt which gives an updated look with a black trim, and the larger logo stands out well on a white background. His input at meetings has been appreciated and his support valued. I would encourage anyone who is interested in taking on the role of Vice President to talk to Peter.

Our Club needs fresh ideas and new drive to keep moving in a forward direction. Please remember that anyone who takes on these

roles will have plenty of support from myself and the Committee.

NOTICE OF COMMITTEE MEETINGS

As a matter of procedure, our Club holds a Committee meeting every 2 months. Club members are entitled to bring to the Committee's attention matters of concern or submit items to be discussed at Committee meetings. Due to my work roster being given to me on a fortnightly basis I notified the Committee of a meeting date often at very late notice which can be inconvenient. Within the Committee there is an understanding of my work situation. Having said that, I was made aware that Club members had been disappointed at the lack of, or no notice of, when a meeting was going to be held.

I would like to apologise to Club members for this. Notice was sent out to all members regarding the April Committee Meeting and this procedure will be adopted for all future meetings.

CLEVELAND AQUATIC CENTRE

There will be some management changes at the pool. The current manager will soon be finishing and Belgravia are now advertising the position. I'm hoping the new manager will still provide our club with our existing set-up of free lanes. I've also been told that Belgravia will continue with management of the Cleveland Aquatic Centre for at least two more years as the council puts out submissions for upgrading the pool.

AGM DATE

Our AGM will be held on SUNDAY 6 AUGUST following training. Award presentations will precede the meeting and morning tea will follow the formalities. Rachael Keogh, MSQ's President will address the meeting and have an opportunity to meet Club members.

Yours in swimming,

Shane Knight, Club President

MEMBERSHIP

Club membership now totals 37 and we welcome new members Ron Marshall and Jetrin Anderson who both joined in February.

An initiative of the Club this year has been the printing of cards for use by swimmers taking advantage of the four free coaching lessons. Thanks to Club Secretary Rose Milnes for design and organising printing.



COACHING

The Club has been fortunate this year to have had Trevor Green, Linda Meredith and Sharon Devitt putting swimmers through their paces in the 50m, with invigorating drills, some energetic kicking at the wall and individual stroke correction, while Club Coach Ann Gartshore has given her attention to swimmers in both the 25m and 50m and supported our new coaches with her advice and expertise.

SWIM MEETS

National Championships (Long Course) 8 - 11 March 2017

MSQ hosted the 42nd Masters Swimming Championships at the Gold Coast Aquatic Centre, Southport. The event attracted 532 entries.

QRB Club President Shane Knight expertly handled the position of Meet Director, and received written congratulations on his expertise and leadership from the National Board of Management and Masters Swimming Australia.

Members who assisted in volunteer positions during the four day event were Vivien, Rose, Linda Meredith, Linda Mansfield, Sharon and her mother Marion, Ann and Emma.

QRB was represented in the pool by Emma Marshall, Trevor Green, Nathan Mead and Linda Meredith.

Emma's first competition attempt at 100m breaststroke scored her a State Silver and National Bronze. Emma achieved a PB in her 50m freestyle.

Linda medalled in all her five events with a PB in the 100m backstroke.

Nathan received medals in 7 of his eight events.

Trevor showed that he was returning to his best form, after injury and time away from Brisbane, with medals in four events. His butterfly events times closely approached those from the Rockhampton Nationals in 2014 and his 200m breaststroke eclipsed his time at the Rockhampton Nationals.

Congratulations to our Fab Four competitors!



QRB MEDAL LIST

WIMMER	RACE	MEDAL NATIONAL	MEDAL STATE
EMMA MARSHALL	100 BREASTSTROKE	BRONZE	SILVER
TREVOR GREEN	200M BREASTSTROKE		BRONZE
	100 BUTTERFLY		BRONZE
	200M BUTTERFLY	SILVER	GOLD
	400M IM		BRONZE
NATHAN MEAD	100M FREESTYLE		SILVER
	200M FREESTYLE		BRONZE
	400M FREESTYLE		BRONZE
	800M FREESTYLE	BRONZE	GOLD
	50M BREASTSTROKE	GOLD	GOLD
	100M BREASTSTROKE	BRONZE	SILVER
	200M BREASTSTROKE		BRONZE
LINDA MEREDITH	50M FREESTYLE	BRONZE	GOLD
	100M FREESTYLE	SILVER	GOLD
	200M FREESTYLE	SILVER	GOLD
	50M BACKSTROKE	BRONZE	GOLD
	100M BACKSTROKE	BRONZE	GOLD

Hervey Bay Long Course – 11 February 2017

Heather Robinson, at her first meet, represented QRB at Hervey Bay. Heather, who had been successful at her previous 1 km ocean swim at Burleigh in November, also competed in the Torquay 1000 which preceded the pool event. It was a spectacular beginning for Heather in Masters Competition, with a Gold Medal in the ocean swim (a “warm up”) and an outstanding first in her 50m freestyle in a time of 36.42 which put her in the top MSA rankings for this stroke and distance. Heather also competed in the 50m breaststroke.

Heather and her husband embraced the festivity of the event by attending the evening presentation dinner hosted by the Hervey Bay Humpbacks – an event well known for its hospitality and bling!

Festivity and bling at Hervey Bay's presentation dinner

Heather, nearest camera, heads out in the Torquay 1000 OWS



Noosa Long Course - 25 March 2017

Emma once again demonstrated the results of her commitment and training, in achieving personal bests in her 50m and 100m freestyle, and 50 and 100 backstroke. She formed QRB's team of one, and she looks forward to Queensland meets where she will have the company of teammates. Emma is booked for the Great Barrier Reef Games on 26 and 27 May and will have a fellow QRB member in Heather Robinson.

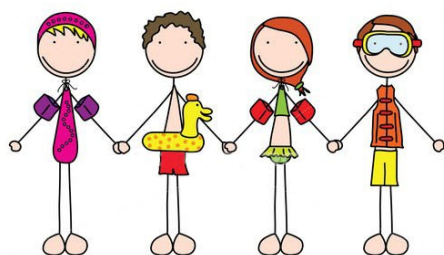


Noosa trialled the on-line Meet Entry system which had been successful at the Nationals. Results were easily and quickly accessible on the website.

2017 - MSQ CALENDAR OF EVENTS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
April						
22	SC	Whitsunday	QWY	North	08/17	Cannonvale Pool
29	SC	Yeronga	QYP	South	09/17	Yeronga Pool
MAY						
CANCELLED		River City Rapids	QRC	South	10/17	Somerville House, Brisbane
13	LC	Rats of Tobruk	QRT	North	11/17	Tobruk Pool, Townsville
26 - 27	LC	Great Barrier Reef Masters Games			12/17	Tobruk Pool, Cairns
JUNE						
10	SC	Rum City	QBB	Central	14/17	Bundaberg Swim Academy
10 - 11	SC	Clarence River	NCM	NSW	15/17	Yamba, NSW
JULY						
8	LC	Brisbane	QSM	South	16/17	Brisbane Aquatic Centre
22	SC	Genesis Aquatic	QGA	Sunshine	17/17	Genesis College
AUGUST						
19	SC	Brisbane	QBN	Sunshine	18/17	The Valley Pool, Brisbane
SEPTEMBER						
23	SC	Maryborough	QMB	Central	19/17	Maryborough Centenary P
OCTOBER						
7	SC	University of Qld	QUQ	Sunshine	20/17	UQ Pool, St Lucia, Brisbane
21	LC	Sunshine Coast	QSC	Sunshine	21/17	Kawana Waters Pool
21	LC	Long Tan	QLT	North	22/17	Long Tan Pool, Townsville
NOVEMBER						
25	LC	Aqualicious	QAL	Sunshine	23/17	Centenary Pool, Brisbane
25	OWS	North Mackay	QNS	Central	24/17	Pioneer River, Mackay

FOCUS MEET CHANDLER 8 JULY



QRB TEAM TO COMPETE AT CHANDLER!
COACHES WILL PREPARE SWIMMERS OF ALL LEVELS IN THE COMING MONTHS WITH DRILLS, STARTING AND FINISHING TIPS TO GET OUR TEAM COMPETITION READY.

TRIATHLONS AND OCEAN SWIMS



Sandra Wylie (left) and Heather Robinson packed up their tents and headed for the Mooloolaba Half Mile Ocean Swim on 5 March. They were both awarded first place in their age groups.

Smiling faces before the Half Mile
Photography by World Series Swims & Surf Shots

POOL ATTENDANCE

During the January-March period, a regular core of 20+ (Sundays) and 10 (Wednesdays) members attended our training days. It is pleasing to note that our Sunday swimmers continue to enjoy the coffee and camaraderie after they churn out some laps and gain benefit from drills and technique correction.

SOCIAL

Travel Titbits

VIVIEN'S NZ TRIP

All smiles at Nelson, in the north of New Zealand's South Island but Vivien unfortunately sustained some injuries during her recent cycling trip in New Zealand, after encountering rough terrain during a walking component. Vivien is now well on the road to recovery and back to her active life.



EMMA'S TRIP TO THE RED CENTRE

Emma Marshall joined a week-long Contiki Tour in Central Australia's Red Centre in February, taking in Alice Springs and Australia's most recognisable icon, Uluru.



A NEW LOOK FOR MEMBERS



Peter and Lloyd
resplendent in new Club
shirts

Members were surprised by a special gift on Sunday 26 March. President Shane Knight arrived with a mystery box containing the shipment of QRB's new-design club shirt. Most of Sunday's roll-up managed to secure their shirts.

Please apply to Shane or a member of the committee if you haven't had the opportunity to claim your shirt. Members are asked to wear

their new-look shirts at club events and fundraisers, such as the sausage sizzle planned for Bunnings later in the year. Thank you to Peter Fitzgerald for the snappy attire!



Linda, in perfectly sized 8, with Shane

Vivien, Ann and Jacqui. The club also joined in a celebration of Ann's birthday, hosted by John and Ann's daughters Jo, Carol and Gail



Flowers and cake for Ann, pictured with Carol and Jo



PROFILE – JOHN GARTSHORE, OBE

John and Coach Ann Gartshore have been members of the Redlands Bayside Swimming Club since 2010 (Ann) and 2011 (John) with Ann soon after taking on the role of coaching beginners/stroke correction in the 25m. Both Ann and John compete in meets with Ann the winner of many medals and ranked well in her age group. After some time out of competition (bowls, gardening competing for his interest) John scored his first Gold Medal at Kawana in October 2016 shortly after receiving his OBE (Over Bloomin' Eighty) award. John has had a varied and interesting career and raised a family of hard workers like himself. Gail, Ann and John's youngest daughter, has now joined Redlands Bayside, and competed at Noosa and Kawana meets in 2016. Elder daughters Jo and Carol, while also being water lovers, currently comprise the cheer squad.

EARLY LIFE AND A CHANCE MEETING

I don't have a middle name (my parents were too poor!). I was born in Glasgow in 1936 and



when I was 12, I emigrated to Australia with Mum and Dad. I lived at Moorooka, Brisbane for 10 years and took up Lifesaving at Miami Beach. I also played A Grade Rugby League with Souths until I was called up to do my National Service

training in 1956 at Wacol.

It was there that I met Ann, who happened to be visiting her brother who was also training at Wacol. My big achievement as a "Nasho" was to win the coveted "Crossed Rifles" Medal.



Even better was when Ann and I were married three years later, in 1959. We settled down at Mt Gravatt and this is where our three daughters (Jo, Carol and Gail) were born, raised and schooled.

SWANBANK POWER STATION

As soon as I finished my apprenticeship as an Electrician, I worked as a Lift Mechanic, installing elevators in Brisbane's bigger buildings. Whilst working as an Electrical Engineer at Swanbank Power Station, near Ipswich, the Box Flat Mine nearby blew up. Many people were killed and to see that carnage close up was traumatic. Soon after that incident the 1974 floods occurred. The Swanbank Power Station became isolated by floodwaters and our crew were unable to get home for four days. The only food left in the canteen consisted of Iced VoVo biscuits, soft drinks and chocolates. These were soon consumed and we waited for a boat to bring supplies.

ADVENTURES AT HERON

In 1988, we started work with Queensland University Heron Island Research Station. My job was as Maintenance Technician and Ann's was as secretary.

The Research was being done by groups of students with their lecturer (all studying marine biology). They came by boat from Gladstone and there was student accommodation for up to 50.

Everyone had to bring their food supplies from Gladstone. The Station provided a huge laboratory for their research and most of the time the students were out in boats collecting whatever.

It was like no other place on earth, to be working on Heron. We had freshly caught fish (coral trout, red emperor, parrot) for breakfast, lunch and dinner.

MY LOVE OF SPORT

Back home to Mt Gravatt, I loved to play at Pacific Golf Club and whilst there, won C Grade Singles and when I played at Redland



Bay Golf Club, I also won C Grade trophy, as well as a "Hole in One". Playing Lawn Bowls, became my passion around 2006 whilst living at Victoria Point. 2010 was a big year for me as I won 5 titles – A Grade singles, A Grade pairs, Over 60 Pairs, Over 60 Fours and Over 60 Open.

SWIMMING – A FAMILY AFFAIR

Finally, Ann coaxed me into joining Redlands Masters Swimming Club. Last year when I was 80 years old, I won my first Gold Medal in swimming – 50m freestyle at Kawana Waters. Now that my daughter, Gail, who was swimming champion at High School, has joined Redlands, I have renewed enthusiasm about my training and have received much encouragement from Club coaches.



An inspired cruise dress-up from a family who loves to be creative! Back (from left) Gail, John, Jo, Front (from left) Carol, Ann. Aboard the Pacific Dawn in 2016

Profile - GAIL GARTSHORE



TODDLER TWIMMING

My first "pool moment" came when I was 3 years old. We had a backyard pool and one day mum saw me walking down the back stairs with a towel over my shoulder. Mum calls out - "Gail where do you think you're going?" And I reply "I'm going twimming". I think mum said something like "no you're bloody not" or words to that effect...

GETTING SERIOUS

From there, I started swimming at primary school and surprised I was pretty good at it. All I ever, ever wanted was to beat this other girl Roslyn who was a sports star. In grade 7 I finally beat her and won my first gold medal.....the proudest moment of my life (so far)!

I joined a proper swim club and started getting serious about this thing. I swam in the state titles and ranked 5th in backstroke, which has always been my favourite stroke. I hated breaststroke (I don't really understand why) but would avoid it whenever possible.



A TWENTY YEAR BREAK

Once I got to grade 10 in high school, the 4.30 morning starts (sorry mum) and endless hours of training started to get in the way of my study and social life....and I couldn't keep going anymore. Sadly, I gave it up. I always thought I'd swim casually, just not in a squad, however it was twenty years before I ever swam a lap again!

JOINING REDLANDS

Having mum and dad swim with the Masters made me interested in the ol' black lines again. I love

the fact that I can spend time with them doing something we all love. I am super proud of both of them and brag to my friends and anyone else who'll listen, about how fit and amazing my folks are. I'm kinda jealous of them but I keep that to myself.

Nowadays I just swim on Sundays and do the occasional carnival which is good fun. I work fulltime at National Bank (don't hate me for that) and also help run an animal rescue group called Pets Without Partners which has kept me very busy for the past 5 years.



NATIONAL
CHAMPIONSHIPS
2017
GOLD COAST

Volunteers and competitors at the Nationals



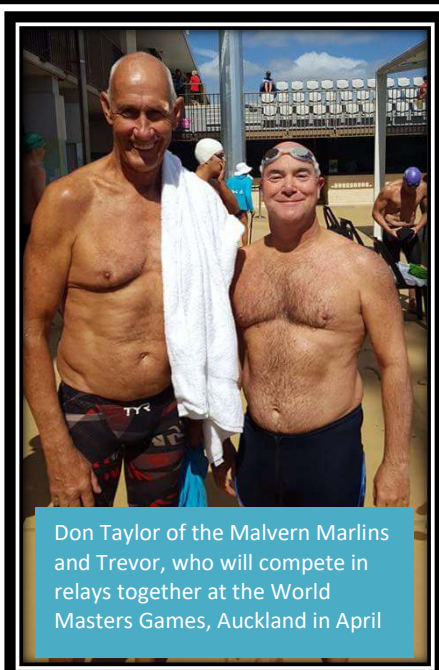
Shane and Karen at the Presentation Dinner, Southport RSL



Ann, Shane and Rose



Meet Director Shane with MSA President Craig Smith



Don Taylor of the Malvern Marlins and Trevor, who will compete in relays together at the World Masters Games, Auckland in April



Sharon and Marion with Simon at the Raffle Table