



HCM NEWS



December 2009

Upcoming Events 2009 - 2010

**12th December
2009**

*Russell to Paihia
Ocean Swim, Bay of
Islands. 3.3km.*

**16-17th January
2010**

*2010 NZ Masters
2.5km Open Water
Champs and Epic
Swim Festival, Lake
Taupo.*

30th January 2010

*Capital Classic
Ocean Swim,
Oriental Bay,
Wellington. 2.8km
and 700m*

6th February 2010

*Kapiti to Mainland
Swim, Raumati.
3.3km.*

12-14th March 2010

*National Long
Course
Championships,
Splash Palace,
Invercargill.*

11th April 2010

*5 Bridges River
Swim, Hamilton
Gardens. 5.5km.*

In this newsletter:

Tawa Chocolate Fish Meet
Club Clothing
Louise in the sub-Antarctic

The Christmas function
North Island Champs
Deborah at Gallipoli

BARRY'S BIT

It's been a busy year for all of us, but we still seem to make time to come down to the pool, have a splash, coffee on Saturday and other liquid refreshments on a Wednesday. Isn't that what it's all about - fun, friendship and fitness?

During the year there have been a number of different activities organised by the committee (and others), and hopefully at least one, if not more, appealed to most of you. It's hard to come up with different activities that might appeal to the majority of the club, so any new ideas are always appreciated. New committee members are always welcome and it's good to have new blood and new ideas. If anyone would like to go that extra mile and be on the committee, that would be really great - just come and have a chat to me about this sometime.

Welcome to all you newbies who have not received one of our newsletters before. I hope you are enjoying your swimming and socialising with the club. Please don't hesitate to approach me if you think we could be doing something better.

Don't forget that your 2010 subs are now due. You should all have received an email about this, so please do pay early to make Simon's job easier.

Congratulations to our cup winners for the year: Margie for sea swimming, Simon the most-improved swimmer and, the President's Cup to Nicola for volunteering to be Editor and producing this newsletter for us.

We will be looking for a new Editor in the New Year as Nicola will be off on her OE. Thank you for a sterling contribution Nicola.

In closing I wish you all a very Merry Christmas, and a happy and healthy 2010. And of course, last, but not least, please drive carefully.

Barry

Tawa Chocolate Fish Meet

On Saturday the 26th September around 30 swimmers arrived to compete in the Harbour Capital Masters annual Chocolate Fish Meet. Swimmers of all ages and experience were warmly greeted by Suzi and Sheryl and handed a goody bag. Tony was looking keen as he was first in the water for the warm up, not too much effort was used however, as after a few gentle laps he moved onto coaching some of the younger swimmers on diving techniques.

With the warm-up complete and the many timekeepers and helpers in place, Nicola announced the teams for the first event, the 4 by 50m relay. The teams gathered by the blocks (for the lanes that had them!) and were informed it was 'one length freestyle followed by one length doggy paddle'. The race got under way and there was confusion around what was the definition of doggy paddle! After the finish, discussion turned to the fact it was a lot more tiring than freestyle!



Michael, Jim, Carol and Sue- the super helpers.

There was a break of a couple of minutes after the relay to allow the competitors to recover before the more serious events. These commenced with the 200m Freestyle, where there were a number of impressive swims. Margie McKee swam a stylish 50 Butterfly as part of her 200 IM,

Vanessa Young a great Freestyle and Hamish Allardice a fantastic Breaststroke.

Many swimmers had a very full schedule, especially Tim Shaw and Andrew Griffin who, after competing in the final heat of the 200m Freestyle, had to swim again straight away in the 50m Butterfly. They performed admirably and went on to compete in several other events.

The swimming races continued until a break for another relay. The same teams lined up for a 4 by 25m event where each competitor had to complete a length carrying a noodle above their heads. The slippery surface of the pool made for entertaining performances, with the eventual victors 'HCM Team 2' in lane one winning by the length of a fingernail.

It was then back to the serious racing, where other notable performances included - Chris Linnell, beating many of his entered times, Tony Hickmore's sprinting and the Perrott sisters' demonstration of stylish sprint freestyle.

Throughout the meet chocolate fish were handed out to keep up the energy levels of swimmers and officials alike. There were also spot prizes on offer for outstanding or entertaining performances.

After the swimming was completed, many of the participants and organisers headed to the Porirua Workingmen's Club for a buffet dinner. Barry and Sheryl handed out prizes (including a fabulously kitsch cake slice!), much food and drink was consumed, and the more outgoing enjoyed dancing to the live band.



Jon and Ali Rowe

HCM Swimmers' Achievements

2008-2009 Ocean Swim Series

Congratulations to Tim, Vanessa and Margie who placed in the 2.8 Swim series competition (based on points awarded in their best three swims).

- | | | |
|---|--|--|
| ★ Vanessa Young
3 rd - 40-49 years female | ★ Tim Shaw
2 nd - 40-49 years male | ★ Margie McKee
2 nd - 50-59 yrs female |
|---|--|--|

These three swimmers have been training hard over the winter and are currently making their mark in this season's series.

World OutGames July 2009

While the rest of us were trying to cope with a chilly July, HCM members Martin Kaulback, Eve Treggerthan and Karen Moses were representing New Zealand amongst 6000 athletes from 80 countries at the World OutGames in Copenhagen, Denmark. Unfortunately, we do not have the specifics of Eve and Karen's achievements. However, we do know that Martin performed fantastically. The Editor would like to think that his success in due in part to HCM members in the fast lane who made up tough sets, then made him lead ("You're the international swimmer, you go first. And do these 100s on 1:20"). Martin did extremely well, excelling even his own expectations and coming home with a number of medals. Well done Martin.

- | | |
|---|--|
| ★ GOLD Mens 50m Backstroke 35-39 years | ★ SILVER Mens 50m Freestyle 35-39 years |
| ★ GOLD Mixed 50m Medley relay 200-249 yrs | ★ SILVER Mixed 50m Freestyle relay 200-249 yrs |
| ★ SILVER Mixed 100m Freestyle relay 200-249 yrs | |

Club Clothing

Togs
We have men's and women's club togs for sale. They are Speedo Endurance, black with our gold logo on them. Women's sell for \$65.00 and men's for \$45.00. This is a very good price for togs and they wear well.

Swim Caps:
We have good stocks of silicone swim caps (black caps with gold writing on them). The caps sell for \$10 each.

Club Shirts
Shirts sell for \$40 each. We only have a limited stock so will take orders if we don't have your size. See below for sizes and pictures.

Mens	S	M	L	XL	2XL	3XL	5XL
Half Chest (CM)	52	55	58	62	65	71	79
Kids	4	6	8	10	12	14	16
Half Chest (CM)	36	38	40	42	44	46	49
Ladies Equiv.	-	-	-	-	8	10	12



If you would like to purchase any of these items please see Barry.

Summer Holidays with Seals?



Every summer, I pack unusually bulky items for my summer trip, including full wet weather gear, 3 polar fleeces and enough thick warm socks to sink a ship - but that's what you need when you head to NZ's sub-Antarctics for

summer. My destination each year is Enderby Island in the Auckland Island group - about 500km south of Stewart Island - to research NZ sea lions, NZ's only endemic (means found only in NZ!) and critically endangered seal species.

Each year I run a team of 3 to 6 people who spend 6 weeks to 4 months living in DOC huts researching NZ sea lions, Yellow Eyed Penguins and Southern Royal Albatross. Its pretty basic living- solar panels for power, water off the roof for drinking, a long drop for a loo and until recently, a foot pump shower. But it's worth it when you live on an island with 3 species of seals, 3 species of penguins, and over 60 other bird species - mostly sea birds. The weather is not that great - average summer temperature of 8 degrees and usually blowing a gale - but that is the environment the animals love and that is why they are there!

A quick biology lesson: there are two main seal species that can be seen around New Zealand: the NZ fur seal (you can see these at red rocks) and NZ sea lions. Here is a quick description of the difference between them, because I think it is important for you to know!



NZ FUR SEAL

NZ fur seals are most common on rocks anywhere in NZ at any time of the year. NZ

fur seals have pointy-noses, long whiskers and a body covered with dark grey brown fur. Female NZ fur seals are 1.5m in length and weigh 30-50kg, adult males 2.5m and weigh 90-150kg. There are an estimated 50 - 60,000 NZ fur seals in NZ.

NZ SEAL LION MUM & PUP

NZ sea lions are found on sandy beaches mainly around Otago Peninsular, the Catlins, Southland, Stewart Island and the NZ sub-Antarctics (Aucklands and Campbell Is). NZ sea lions have a blunt nose and short whiskers.



Adult male NZ sea lions can be Grey, Brown or Blackish in colour with well-developed manes like a lion (hence being called sea lions!). They reach 2.5-3.5m long and weigh 350-500kg. Adult females are blonde to creamy grey. They reach 1.6-2m long and weigh 80-160kg. NZ sea lions' major breeding colonies are found at the Auckland Islands where about 86% of all pups are born. NZ sea lions used to breed all around NZ from Cape Reinga to the Sub-Antarctics.

There are now less than 10,000 NZ sea lions in NZ.

I hope everyone has a great summer!

Louise Chilvers



World records and raging surf in Gissy

The Masters North Island Short Course Swimming championships were held in Gisborne on the 6th and 7th of November. This was a first time hosting of the event for Gisborne, so it was exciting for the local club, while the avocados and mandarins in the welcome packs were exciting for the participants.

There were 140 swimmers in total with HCM having three members present -Bill Walsh, Ingrid Saxton and Margie McKee. Despite the small HCM contingent, there were some impressive performances. Bill preliminarily broke two national records in the 50-54 year age group for 50 and 200 Breaststroke. Not only that but he won gold in all four events that he raced in. Margie came away with two gold and two silver from four events, while Ingrid put in some valiant performances.

There were six world records broken- all by the very youthful Barry Young (70yrs), so the standard of swimming was very high.

On the Sunday an inaugural ocean swim was held across the road from the pool, at Midway beach. There was a great southerly blowing and the 15 degree sea was as rough as it gets- but not enough to deter 40 hardy souls. It was more of an adventure than a swim. But that did not deter Margie in her home surf who not only took out her age group, but was fifth overall out of the water (in fact so great have Margie's recent performances been that she features on almost every page of this newsletter!- Ed).

Good times and well done to Bill, Margie and Ingrid!

Margie McKee and Nicola Jackman

A White Christmas Party

Friday 4th December saw a large contingent of club members head out to Lyall Bay Bowls Club for our Christmas party; the only participating condition that at least one item of clothing must be white.



A lot of people put in great efforts including Vanessa, who pulled off a very good "Hawkeye" Pierce impression; Nicola, who dragged out her old schoolgirl netball uniform; David, who must have borrowed some of Russell Coutts old sailing gear from the 80's (which may have actually fit him back in the 80's) and Sheikh Nasser bin Hamad al-Khalifa and Sheikh Fawaz

bin Mohamed al-Khalifa who obviously couldn't face going home after their disappointment on November 14th. Anyone querying Sheryl's commitment to the club's dress up code got flashed her white knickers.



Everyone got stuck into the generous bar tab and playing bowls, gratefully guided by some of the local players.

A very tasty spit roast dinner was served up and followed by a few words and presentations by Barry to Simon Henderson (cup for most improved swimmer), Margie McKee (best sea swimmer) and Nicola Jackman (President's cup for club spirit). Tony got a special mention from John, which included some very flattering

photos for his mantlepiece. Then it was time for secret Santa presents to be delivered by the Womble Joe. People really pushed the boat out this year with an array of well-thought up, mature gifts including a puncture repair kit, a jigsaw puzzle, a kiddie's sword and Himalayan salt.



Some hotly contested pool and darts games took place afterwards and a few closet jigsaw

fanatics were exposed after getting quite irate over a missing/stolen final piece which was eventually handed over.



Deborah, Andrew, Haydn's bum, Louise, Ali and Gina.

A select few, the "Night Owls", were invited back to Haydn's for poker but this quickly dissolved after some were just more interested in making and eating toast - but not before Vanessa showed herself to be a shark at the table.

Gina Bradshaw

A Swimmer in Gallipoli



Every year 2000-3000 New Zealanders and up to 7000 Australians head to the Gallipoli Peninsula in Turkey to commemorate ANZAC Day. On the 25th of April 1915 ANZAC troops landed on the peninsula in an ill-fated attempt to help seize the Dardanelles and so knock Turkey out of the war and open up Russia's access to the Allies. By January 1916, after months of heavy casualties on both sides, allied troops eventually evacuated the peninsula.

I visited Gallipoli in November. Today it is a national park - a quiet place that looks a lot like the

scrub covered hills around Wellington. Everywhere there are graves and monuments to the dead. Trenches and tunnels dug by the troops 94 years ago cover the hillsides. You can easily see that the narrow beaches, sheer cliffs and scrubby gullies would have provided little cover. We were there on another significant day, Armistice Day. It was quite a moving experience to leave poppies at ANZAC Cove and Chunuk Bair, a hill held by New Zealand troops for four days and where they lost almost half of their 4,500 men.



Gallipoli is of great significance to the Turks as well as to those they fought so intensely. During the months of fighting the two sides developed a great respect for each other. This is reflected today by the welcome Turkey provides to New Zealand and Australian visitors in April each year for the joint services held at four sites on the peninsula on April 25th.

It is a huge exercise to provide facilities for the 10,000 or so people who attend the services each year. Everything has to be brought onto the peninsula: stands, portaloos, generators, ambulance and security services. Busloads of Kiwis and Aussies make the pilgrimage onto the peninsula's narrow unsealed roads. All three governments work together to plan for the commemorations. My trip was as part of New Zealand's advance team to talk to the Turkish authorities, look at site plans and develop contingency plans in

case of emergencies. The most likely emergency is bad weather. It would not take long for hypothermia to take hold when people are outside all night without cover waiting for the Dawn Service.



If any of you are thinking of going to Gallipoli next April please register on the Ministry of Foreign Affairs and Trade *Safetravel* website: www.safetravel.govt.nz so we can easily contact you or let your family know how you are in case of an emergency. And don't forget to take out travel insurance!

Deborah Geels

Lane Etiquette

There is no particular reason to include this in the newsletter but it's always good to revisit some simple guidelines that will help us all have room to move in the lane while making sure we still get the workout we strive for. Firstly, we all need to make sure we are in the correct lane, according to our speed and ability.

1. **5 second rule.** (at the start of each set arrange yourselves according to speed and start with 5 seconds between each swimmer).
2. **Turn on the right-hand side of the lane.** (when you approach the end of the lane start to move to the right, making sure to avoid the turning swimmer in front of you. Get as close to the right as possible so that there is room behind you for following swimmers).
3. **Stop on the left-hand side of the lane.** (if you need to stop during a set, pull off to the left, giving the trailing swimmer the right-hand side to turn).
4. **If you find you are faster than the swimmer in front, ease back.** (ease back if you are catching a swimmer and then ask to move up a spot at the end of the set. If you find you are holding up swimmers, then suggest they go ahead of you at the end of the set.)
5. **Swim close to the left-hand lane rope.** (we need to be conscious of our fellow swimmers coming towards us in the same lane, so make as much room as you can by swimming close to the left)

Terms and trivia

For new swimmers or old ones who never knew but were too embarrassed to ask:

Long course: a pool set up for 50m long races. Summer is the season for long course racing. The Olympic games and all major international competitions are long course.

Short course: a pool set up for 25m long races. Winter is usually the season.

IM: slang for individual medley, an event in which the swimmer uses all four competitive strokes in this order: butterfly, backstroke, breaststroke and freestyle.

Rev IM: an IM but swum in reverse order. I.E. freestyle, breaststroke, backstroke, butterfly.

Split: a swimmer's intermediate time in a race. Splits are registered every 50 metres (or 25) and are used to determine if a swimmer is on record pace.

Negative Split: used in our training programmes to indicate that the second half of a distance should be swum faster than the first half. E.G. if swimming a 200m, the second 100m should be faster than the first 100m.

Positive Split: used in our training programmes to indicate that the first half of a distance should be swum faster than the second half. E.G. if swimming a 200m, the first 100m should be faster than the second 100m. It is the opposite of a Negative Split

SR: used in our training programmes and means "Swim Rest". If the programme calls for 5 times 100 metre swims with SR 2.00, this means that every 2 minutes you will start a 100 metre swim. I.E. the swim and the rest are completed within the allocated 2 minutes.

P-Up: used in our training programmes and means "Pick Up". E.G if you are swimming a 200 metre distance with PU each 50, It means that

you should swim each 50 metres of the 200 faster than the previous 50 metres.

LA: used in our training programmes to indicate that you should swim only using your Left Arm

RA: used in our training programmes to indicate that you should swim only using your Right Arm.

Barb's Drill: used in our training programmes and was introduced to us by our coach Barbara Watson. It relates to a drill we do which is to swim breathing every stroke.

Hypoxic: used in our training programmes as anaerobic training and is to reduce the number of breaths per swim strokes. It will be associated with a series of numbers e.g. Hypoxic 3, 5, 7 meaning; to swim breathing every 3rd stroke then every 5th stroke and then every 7th stroke and to repeat for the distance being swum.

Rolling IM: used in our training programmes and usually associated with 50m sets. Each 25m of the 50m is a medley stroke with the first 25 of each subsequent 50m repeating the stroke done in the last 25m of the previous 50m. So, if the programme calls for 4 times 50m rolling IM the 50m swims would be swum as:

- 1st 50m - butterfly and backstroke;
- 2nd 50m - backstroke and breaststroke;
- 3rd 50m - breaststroke and freestyle; and
- 4th 50m - freestyle and butterfly.

Did you know...

Butterfly was 'born' in the early 1950's as a loophole in the breaststroke rules and in 1956 became an Olympic event in Melbourne.

In all FINA and US competitions, each swimmer's head must surface within 15 metres of the start of the race. This rule was passed by FINA in 1998, because some swimmers were using an extended underwater start.