



Wahoo Witness

August 2013



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Editor:

Caren Strydom

Send your news to:
mcstrydom@telkomsa.net

2014 Committee Part II

Congratulations to the following sub-committee members:

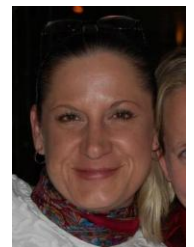
Pool Swimming:

Guy Harker
Jannes van der Merwe
Francois Grobler
Ria Reeves
Winton Myers



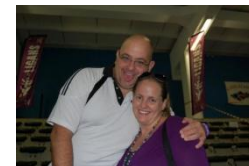
Open Water Swimming:

Owen Sheftz
Niki Lee
Marilyn Adan



Meet 'n Greet: Mercia Ferreira

Special Projects: Tracy Helps



Welcome

A hearty welcome to our new member:

- Dave Krawitz and Jacques de Villiers

Pool News

Wahoo wins Frost Bite Series

Frost Bite II was held on 22nd of June with 7 clubs competing. Wahoo won with a convincing 1036 points overall.

Well done to the following achievers:

GAUTENG QUALIFYING TIMES:

Andre Steynberg, Romy Altmann, Simon Thirsk, Matt Josephson

GAUTENG RECORDS:





John Garson

SA RECORD from the team comprising John, Winton, Brian & Peter! Well done!

SA RECORD from the team comprising Marilyn, Mercia, Elaine & Jean! Well done!

Frost Bite III was held on 20th July and 5 clubs competed. Wahoo won again with 637 points, which means we took the series!

Well done to the following achievers:

GAUTENG QUALIFYING TIMES:

Andre Steynberg, Romy Altmann, Hip Hipper.

Well done to winners of the Fun Relay:

Jannes (Wahoo), Chris (Players), Gabriella (Aqua Athletes) and Phil (Waterborn).



Ken cleans up in Plymouth

Our very own Ken Williams has just returned from British Masters Champs. He did us proud – his results:

- 1st 50 free - 33.23
- 1st 100 free - 1.15.66
- 1st 200 free - 2.54.54
- 1st 400 free - 6.26.89
- 1st 50 butterfly - 46.50
- 1st 400m freestyle relay

He now holds all the British records for freestyle from 50m - 800m in the 75-79 age-group and is going to the European championships in Eindhoven at the end of August. Go Ken!



Tocher's travels and training

News from Tocher – the man with a plan – he WILL find a pool to train in wherever he is. At the moment it's Addis Abba. He sent us a few pics of his "Olympic size" training pools varying in temps from 20 to 24 degrees.



Pat's perfect pool plunge

Our Ozzie Wahooigan, Pat Galvin turned 80 in March this year. He broke 2 world records in the 100 and 200 breaststroke events in the 80-85 age-group. He now holds nine National records in this age-group. Well done Pat!



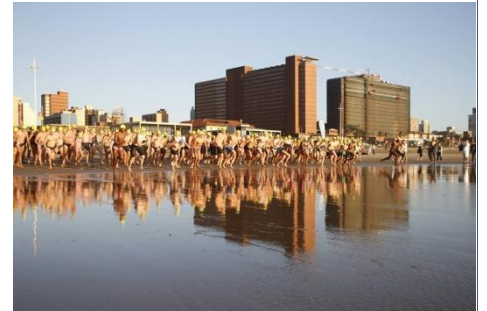


Open Water News

Dolphin Mile



Guy Harker and Caren Strydom competed in the Dolphin Mile held in Durban on 23 June and in times of 30:42 and 31:57 respectively. Caren also did the swim on 4 Aug. The last swim of the series will be on Sunday 8 September.



Caren crosses the Continents

Caren Strydom swam from Asia to Europe in the Bosphorus Crossing swim held by the Turkish Olympic Committee in Istanbul, Turkey on 7 July. One of 1600 swimmers of all ages, she did the 6.5km swim in 55 mins and came 5th in age. When asked how she swam so fast she replied "the Bosphorus Strait joins the Sea of Marmara and the Black Sea, so it generates an extremely strong current in both directions – it's all about how successful you are at taking the right line. I can highly recommend this swim."



Roger zoots it around in Zurich

Roger Finch is at again – he swam across Lake Zurich on 4 August in a 26.4 km race. Despite the fact that he nearly ended up in jail for various "infringements" and run-ins with the local authorities he managed to complete the race in 8 hours 47 mins. He pipped a close-rival to the finish by 2 seconds! According to Roger this other guy challenged him with 2 km to go and they sprinted it out to the finish! I think Rog was finished after that. Well done Rog – we will be watching your next one – The 17.5 mile Ederle Swim in New York on 18 August.





Kit

These stunning long-sleeved t-shirts are available @ only R125.

Please email [Caren mcstrydom@telkomsa.net](mailto:Caren.mcstrydom@telkomsa.net) if you would like one.



Upcoming events

- 17 & 18 Aug – Gauteng Masters Short Course Champs
- 25 Aug – Winter Fitness Challenge – individual
- 31 Aug - Winter Fitness Challenge – team event
- 15 Sept - Wahoo Relay Gala

Social

Member's Birthdays

Aug

Helen Lawless - 1st

Roger Finch - 15th

Romy Altmann - 17th

Stuart Collins - 20th

Juergen Dressel - 21st

Theresa Gilmartin - 23rd

Debbie Scott - 23rd

Winton Meyers - 23rd

Wynand Viljoen - 24th

Nick Winston - 24th

Matt Josephson - 25th

Sept

Sandy Murray - 3rd

Francois Grobler - 5th

Jock Adan - 9th

Paul Jacka - 9th

Graeme Parsons - 9th

Cindy Strydom - 11th

Peter Hutchings - 12th

Caren Strydom - 20th

Felicity Spence - 25th

Jaco Erasmus - 26th



Wahoo Masters Swimming Club

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