



# Peakhurst ASC Inc Newsletter

## Summer Season

<https://peakhurst.swimmingclub.org.au>

Thought of the Week – “The beautiful thing about leaning is that no one can take it away from you.”

## 11 February 2023

### Today's Events: 200m Freestyle Championship Swims, Breaststroke, Freestyle, Butterfly (100m\*)

#### Summer Registration Fees

Please see Donna Lane for all registration details.

Fees are \$155.00 for Full Swimmer or \$140.00 for Club Swimmer, this covers both summer and winter seasons 2022/23.

#### Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
12	14-01	44	63	2
13	21-01	39	51	6
14	28-01	41	69	4
15	04-02	68	94	8

#### Upgrades

##### Upgrades Week 15 – 04-02-2023

Angus Tovey → 25mtr Backstroke  
Bianca Wood → 50mtr Freestyle, 50mtr Backstroke  
Charlie McInerney → 25mtr Freestyle  
Isabella McKenna → 25mtr Freestyle  
Klaudija Kasunic → 50mtr Backstroke  
Lotte-Mae Riley → 25mtr Breaststroke  
Thomas Tovey → 50mtr Freestyle

Congratulations to all these swimmers.

#### Birthday Wishes

Pat Lusty celebrates her birthday tomorrow,  
Deb Hogan celebrates her birthday on  
Tuesday, Finn Westbury turns 10 on Monday  
and Dexter Kaing turns 8 on Wednesday.

We hope you all have a wonderful birthday.

#### 200mtr Freestyle Qualifiers

These swimmers are listed on page 4 of this newsletter.

#### Upcoming Events

01-03-2023 - Monthly Club Meeting  
25-03-2023 - Day 1 Summer Championships  
01-04-2023 - Day 2 Summer Championships  
01-04-2023 - Easter Raffle

#### Easter Raffle

We will be drawing our Giant Easter Raffle on  
Day 2 of Summer Championships 1-4-2023.

We ask every family to bring in an item for  
this raffle.

You can start bringing these items in from the  
start of March.

#### School Carnival Results

##### Narwee Public School

##### Jules Riley 11yrs Boys

50mtr Freestyle 1<sup>st</sup>  
50mtr Backstroke 1<sup>st</sup>  
50mtr Breaststroke 1<sup>st</sup>

##### Emmeline Riley 9yrs Girls

50mtr Freestyle 1<sup>st</sup>  
50mtr Backstroke 1<sup>st</sup>  
50mtr Breaststroke 1<sup>st</sup>

## Carnival Results

### 2023 Australia Day Carnival

#### Jameson Gregory- Gaughan 9yrs Boys

50mtr Backstroke – PB	1.05.83
50mtr Breaststroke	1.11.28
50mtr Freestyle	52.85
100mtr Freestyle	1.49.62

### 2023 Metsea Speedo Sprint Heats

#### Jameson Gregory-Gaughan 9yrs Boys

50mtr Freestyle	49.66	36 <sup>th</sup>
50mtr Breaststroke – PB	1.16.43	28 <sup>th</sup>

#### Ivy Lane 9yrs Girls

50mtr Freestyle	10 <sup>th</sup>
50mtr Breaststroke	12 <sup>th</sup>

#### Zara Murphy 9yrs Girls

50mtr Freestyle – PB	39.44	11 <sup>th</sup>
50mtr Breaststroke – PB	53.66	10 <sup>th</sup>
50mtr Backstroke – PB	46.82	7 <sup>th</sup>
50mtr Butterfly – PB	44.36	5 <sup>th</sup>

#### Arin Pandit 11yrs Boys

50mtr Freestyle – PB	37.87	38 <sup>th</sup>
50mtr Breaststroke – PB	49.68	21 <sup>st</sup>
50mtr Backstroke – PB	48.33	39 <sup>th</sup>
50mtr Butterfly – PB	47.00	31 <sup>st</sup>

#### Dominique Sortwell 8yrs Girls

50mtr Freestyle – PB	45.73	13 <sup>th</sup>
50mtr Breaststroke – PB	1.04.52	20 <sup>th</sup>
50mtr Backstroke – PB	55.21	22 <sup>nd</sup>
50mtr Butterfly – PB	48.64	7 <sup>th</sup>

#### Marcus Sortwell 12yrs Boys

50mtr Freestyle – PB	42.64	42 <sup>nd</sup>
50mtr Breaststroke – PB	1.01.31	38 <sup>th</sup>
50mtr Backstroke – PB	50.77	40 <sup>th</sup>
50mtr Butterfly	52.17	33 <sup>rd</sup>

#### Jason Van Ryn 10yrs Boys

50mtr Freestyle – PB	39.25	34 <sup>th</sup>
50mtr Breaststroke	1.01.87	42 <sup>nd</sup>
50mtr Backstroke	51.06	39 <sup>th</sup>
50mtr Butterfly – PB	54.49	39 <sup>th</sup>

#### Mitchell Van Ryn 8yrs Boys

50mtr Freestyle	49.22	12 <sup>th</sup>
50mtr Breaststroke	1.09.56	13 <sup>th</sup>
50mtr Backstroke	54.79	12 <sup>th</sup>

## Open Water Swimming

Last Sunday a group of Peakhurst swimmers contested the annual Shark Island Ocean Swim at Cronulla Beach.

The group did extremely well, with Jordan finishing in 1<sup>st</sup> place in his age group.

Congratulations to all the swimmers.



## Joke of the Week

What kind of exercise  
do lazy people do?

**Diddly-squats.**

## Summer Championships Information

With 6 weeks to go before Summer Championships, there is still plenty of time to qualify.

Entries will be open later in the season. You will need a Summer Championships Event List to complete your entry cards this will be printed in the newsletter in late February.

Entry into Championships will be online just like the usual weekly entries.

Swimmers need to be registered and must have swum 8 Freestyle swims and 4 of each of the other four strokes.

A Black Line sheet is available at the Recording Table and the website so you can see what swims are required to qualify for Championships.

If next to your child's name is a black line that means that they have qualified for all swims in their age group. If there is a number next to their name that means they still have to swim that number of swims to qualify for Championships.

If any swimmers have not swum the required number of swims to qualify they can still swim in Championships as an Exhibition Swimmer. This will give them the experience of Championships for next time.

There is 1 more opportunity for our senior swimmers to contest the Dash on 4-3.

Championships are swum over 2 weeks:-

Day 1 – 25-03-22 – Breaststroke, Butterfly & Freestyle

Day 2 – 01-04-23 – Medley, Backstroke, 25mtr Dash & McAlpine Relay

Cost of each swim is \$1.50 per event, program will be available free on line the night before, Gate entry is free.

No of Swims available:-

Freestyle – 6

Backstroke – 3

Breaststroke – 3

Butterfly – 4

Ind Medley – 3

Swimmers can enter just their age events or can enter 11yrs & Under and age events (11yrs & under swimmers) or Age and Open Events (12yrs & Over swimmers).

### 25mtr Dash by Invitation

During the Summer Season there are 4 opportunities for swimmers who have qualified to swim 100mtr freestyle to take part in the 25mtr dash event, there is one more opportunity on 4-3.

This event is open to both boys and girls.

At the conclusion of the 4th Dash swim, the Race Committee will then select the 10 swimmers (5 boys & 5 girls) who will be invited to swim in the 25mtr Dash on Day 2 of Summer Championships.

This event is one of the highlight events of Summer Championships, very exciting and prestigious to be part of.

### McAlpine Relay

All swimmers are eligible to be chosen to swim in the exciting McAlpine Handicapped Relay. This relay is the second highlight of Day 2 of Summer Championships.

Freestyle events are swum on Day 1 of Championships and from these events the swimmers will be selected to swim in the McAlpine Relay, which is a relay made up of 4 teams of 13 swimmers.

This relay is a handicapped event and the fastest swimmers from the 25mtr and 50mtr individual Freestyle events are chosen to swim in this relay.

The seeding and handicapping for this relay event is a lengthy and complex process. If you are not coming on Day 2 of Championships or are leaving early please let George Ross know ASAP so your child can be eliminated from the relay before the seeding process takes place.

We encourage all our swimmers to take part in the end of season championships

# 200mtr Freestyle Championship Events

## Saturday 11 February 2023

### 200m Freestyle Boys Qualifiers

#### 12 Years & Under

**Record 2:15.64 Mark Donovan 16-02-1997**

- |    |                 |         |
|----|-----------------|---------|
| 1. | Corey Hogan     | 3:01.41 |
| 2. | Marcus Sortwell | 3:02.89 |

#### 13-16 Years

**Record 2:00.47 Henry Lee 30-01-2000**

- |    |                  |         |
|----|------------------|---------|
| 1. | Nikolas Gadzuric | 2:38.31 |
| 2. | Karl Gillan      | 2:58.21 |
| 3. | Kyle Chen        | 2:59.15 |
| 4. | Ryder O'Gradey   | 3:00.00 |
| 5. | Ryan Gillan      | 3:04.86 |

#### 17 Years and Over

**Record 2:07.04 Jordan Henry 13-02-2021**

- |    |                  |         |
|----|------------------|---------|
| 1. | Jordan Henry     | 2:09.01 |
| 2. | Harrison Taranec | 2:20.94 |
| 3. | Mitchell Ede     | 2:41.41 |
| 4. | Greg Gillan      | 2:58.84 |

**Open Record 2:00.47 Henry Lee 30-01-2000**

### 200m Freestyle Girls Qualifiers

#### 12 Years & Under

**Record 2:24.81 Nicole Chan 23-10-2010**

- |    |          |         |
|----|----------|---------|
| 1. | Ivy Lane | 3:29.71 |
|----|----------|---------|

#### 13-16 Years

**Record 2:18.18 Caitlin Gratsounas  
14-02-2009**

- |    |                  |         |
|----|------------------|---------|
| 1. | Isabella Skead   | 2:54.44 |
| 2. | Alanna Griffiths | 2:56.04 |
| 3. | Annika Gillan    | 3:04.38 |
| 4. | Erin Seymour     | 3:29.56 |

#### 17 Years and Over

**Record 2:32.90 Emma McDonagh 22-02-2014**

- |    |             |         |
|----|-------------|---------|
| 1. | Kaitlin Ede | 3:11.72 |
|----|-------------|---------|

**Open Record 2:18.18 Caitlin Gratsounas  
14-02-2009**

These 200mtr Championship Events will be swum  
at the beginning of today's program

# **Carnival Calendar**

Date	Club	Location	Entry Format	Cost and Closing Date
Sat 25 & Sun 26-2-2023	2023 NSW Snr Metro Champs	Sydney Olympic Park Aquatic Centre	Online via Swim Central	\$21.00 per event Entries close 14-2-2023 QT's apply
Sun 5-3-2023	The Hills LC Qual Meet	Waves Aquatic Centre, Baulkham Hills	Online via Swim Central	\$9.00 per event Entries close 22-2-2023 or when entry limit is reached
Fri 10 to Sun 12-3-2023	2023 NSW State Open Champs	Sydney Olympic Park Aquatic Centre	Online via Swim Central	\$21.00 per event Entries close 28-2-2023 QT's apply
Sat 25 to Sun 26-3-2023	2023 Jnr State Age Champs	Sydney Olympic Park Aquatic Centre	Online Via Swim Central	\$21.00 per event Entries close 14-3-2023 QT's apply

**Please note these events may change depending on Covid restrictions. Keep watch on the Swimming NSW or Metsea websites for updates.**

**Please note the closing dates of the above carnivals are a guide only as some carnivals are very popular and they can close weeks prior to the published closing date. If you wish to enter any of these carnivals please get your entries in ASAP to avoid disappointment.**

**These are only a few of the carnivals that are available. To see all the available carnivals go to the Swimming NSW website for further information.**

**<https://nsw.swimming.org.au>**

**If you require any further information on how to enter outside carnivals please come and see Race Secretary George Ross.**

**Anyone with any news, swimming results or other relevant information you would like included in the newsletter, please contact Robin Ede on 0417 418 334 or at [robin.ede61@gmail.com](mailto:robin.ede61@gmail.com) by 6pm Thursday.**

**Anyone with information for administrative matters please direct them to [peakhurstasc@gmail.com](mailto:peakhurstasc@gmail.com)**

# PEAKY SWIM STAR

<b>Name:</b>	Ben Portois
<b>Age:</b>	12
<b>Favourite Swimming Stroke:</b>	Freestyle
<b>Hobbies:</b>	Biking & Playing Games With Friends
<b>When I Grow Up I Want To Be:</b>	A Psychologist
<b>School I Attend:</b>	Trinity Grammar
<b>Favourite School Subjects:</b>	PE
<b>Favourite Sports Team:</b>	Sydney Swans & Sydney Sixers
<b>Favourite Food:</b>	Pizza
<b>Favourite Movie:</b>	Harry Potter
<b>Favourite TV Show:</b>	Brooklyn 99
<b>Favourite Song:</b>	Unholy by Sam Smith
<b>Whom I Most Admire:</b>	My Family (including My Dogs)
<b>Likes:</b>	Food & Dogs
<b>Dislikes:</b>	Rotten Food
<b>In 5 Years Time I Would Like To Be:</b>	In Year 11
<b>How Would You Describe Yourself:</b>	An Energetic Dog Lover
<b>I am Really Good At:</b>	Chess



**18-02-2023 – 200mtr Butterfly Champs Swims, Medley (Br),  
Freestyle, Backstroke (100m\*)**

