



# Wahoo Witness

June 2013



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**Editor:**

**Caren Strydom**

**Send your news to:**  
mcstrydom@telkomsa.net

**Welcome to the very first edition of the Wahoo Witness !**

## 2014 Committee

Congratulations to the new committee which was elected at the AGM held on Friday 27 April at Old Eds:

President: Elaine Alder  
 Vice President: Caren Strydom  
 Treasurer: Mervyn Miller  
 Secretary: Carole Bridges



Look out for the sub-committees in the next edition.....

## 2013 Awards

Congratulations to the following award winners:

POOL PARTICIPATION: Mercia Ferreira & Carole Bridges

OPEN WATER Guy Harker, Owen Sheftz,

PARTICIPATION: Caren Strydom, Michael Phillips,  
Carole Bridges, Royden Tustin,  
Phil Nicholson, Elza Marais,  
Mike Davies

COMBINED: Carole Bridges

MOST COMPETITIVE SWIMMER: Carole Bridges

LONG HAUL AWARD: Roger Finch

MOST IMPROVED MALE SWIMMER: Bobbie Crowther

MOST IMPROVED FEMALE SWIMMER: Yvonne Barnard

CONTRIBUTION TO WAHOO: Tracy Helps

BEST MALE POOL SWIMMER: Simon Thirsk

FEMALE POOL SWIMMER: Elaine Alder

BEST NEWCOMER: Schalk Malan

FEMALE OPEN WATER SWIMMER: Elaine Alder

MALE OPEN WATER SWIMMER: Michael Phillips

WAHOO SPIRIT AWARD: Caren Strydom

PRESIDENTS AWARD: Ria Reeves





## Welcome

A hearty welcome to our new members:

- Nikki Candy
- Romy Altmann
- Pearl Potgieter
- Byron Billett
- Debby Milligan
- Cyndi Strydom
- Marion Bell
- Rene Botes
- Wynand Viljoen



## Pool News

### Wahoo wins Frost Bite 1

What a turn-out for the first gala of the season – 66 swimmers took part of which 25 were from Wahoo. We won the gala with a commendable 1107 points overall !

Well done to the following achievers:

SA QUALIFYING TIMES:

Andre Steynberg,

GAUTENG QUALIFYING TIMES:

Andre Steynberg, Romy Altmann,

Matt Josephson,

GAUTENG RECORDS:

Romy Altmann, John Garson, Matt Josephson

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



## Versistyle

Versistyle in a nutshell: every distance of every stroke 50m-1500m – no time limit.

Well done to the following Wahoo members who completed this challenge during May (from left in pic):



Owen Sheftz, Graham Parsons, Caren Strydom, Francois Grobler, Carel van Heerden, Andre Steynberg, Winton Myers, Markand Heather Phipson, Corina Andrews

## Open Water News

### Dolphin Mile

Congratulations to Guy Harker on completing the Dolphin Mile held in Durban on 19 May in a time of 28:51, coming 5th in his age group. Roger Finch and Caren Strydom went down to the 9th June Dolphin Mile event. The swim coincided with the arrival of a cold front, so was very choppy! Caren came 3<sup>rd</sup> in her age group in a time of 31:22 and Roger assisted Sam with her first ever surf swim.





## Arizona leaves it's SCAR on Roger

Rodger the Dodger, our intrepid open water adventurer has been at it again – this is Rodger “entering” the water (everyone else hiked down the cliff in appropriate hiking shoes). His latest open water adventure was the Arizona SCAR Marathon Swimming Challenge - 4 lakes in 4 days and more than 67 km of open water swimming in the desert canyons of the Lower Salt River. Good luck for your swim across Lake Zurich in July Rog!



## Upcoming events

- 22 June - Frost Bite II
- 23 June – Dolphin Mile
- 14 July – Dolphin Mile (sardine dependant)
- 20 July – Frost Bite III
- 2-11 Aug – World Masters Games Torino Italy - Good luck Elaine and Carel!
- 4 Aug – Dolphin Mile
- 17 & 18 Aug – Gauteng Masters Short Course Champs
- 25 Aug – Winter Fitness Challenge – individual
- 31 Aug - Winter Fitness Challenge – team event
- And don't forget bookings for HELL WEEK for first week of September - there are 5 spots left – contact Matt (mattrichardj@live.co.za) before 31 May !

## Social

# Member's Birthdays

## May

|  |                                    |                                   |
|--|------------------------------------|-----------------------------------|
| Hendrick van der Hoven - 1 <sup>st</sup> | Michael Pryke – 7 <sup>th</sup>    | Simon Thirsk – 15 <sup>th</sup>   |
| Carole Bridges – 16 <sup>th</sup>        | Walter May - 17 <sup>th</sup>      | Mervyn Miller – 22nd              |
| Johan du Bruyn - 26 <sup>th</sup>        | Pearl Potgieter – 29 <sup>th</sup> | Eurika Scholtz – 31 <sup>st</sup> |
|  | Elaine Alder – 31st                |                                   |



### June

Anesta de Jager – 1st  
Carel van Heerden – 26<sup>th</sup>

Ken Hannah – 15<sup>th</sup>  
Royden Tustin – 27<sup>th</sup>

Tocher Mitchell – 25<sup>th</sup>

### July

Theo von Bardeleben – 11<sup>th</sup>

Frank Kienhofer – 13<sup>th</sup>

Andrew Forrester – 21<sup>st</sup>

Sue Parsons - 25<sup>th</sup>



**Wahoo Masters Swimming Club**

**Fax 086 5666 719**

**info@wahoomasters.co.za**

**www.wahoomasters.co.za**