

MANDURAH MANNAS  
MAY NEWSLETTER

Hello to fellow swimmers. Much has been happening and going to happen so read on and pencil in these dates in your social\exercise calander

SUNDAY MAY 21 10 HR RELAY SWIM AT MARC. due to cancelation of the Bayswater 12 hr relay we thought we would hold our own. The form is on the notice board, fill in your time slot and get some sponsors. It is a fundraiser for the club.

SUNDAY MAY 28 Morning tea and set program.  
50 metre Breaststroke  
100 metre Medley  
400 metre Stroke of your choice.  
50 metre Stubby stakes Breaststroke.

You can do two 25 metres of breaststroke if butterfly and you don't mix yet. we would like this program to run as smoothly as possible so warm up is at 9.00 sharp .Information will be on the white board. You will be timing others so being a t shirt to whip on after your swim. This is excellent practise for Albany.

Those who cannot do the program please try some of it but have a go, I am sure you will be pleasantly surprised.

SATURDAY SUNDAY JUNE 3rd 4th. Albany. Accommodation is filling quickly. See the notice board. A fun weekend assured.

SUNDAY 18th OUR INTERCLUB MEET AT MARC. Ali and committee co-ordinating together. Non swimmers are need to help. Con your husband wife lover to be in it. Bob is generously giving time to coach 'OFFICIALS' that is to watch stroke technique and turns ect for the meet. A great way to learn stroke correction for yourself. During the training times if there are a couple of people willing he will take time out to show them. THANKYOU BOB..

Some time in July we will have an ocean swim. interested??

Ok now to general news. Kathy M'Leod is surging ahead and breaking new ground. She has cracked the 400 metre brick wall and is the first to line up for aerobic swims. Great stuff. does your heart good. Greame M'Auslane's first offical time for 400 free 6.11 sec. Beautiful. Lovely to see many people do the 1/2 hr swim. Despite the 'I CANT' DO THAT' Thankyou to Deb Bloor for moving us along in the right direction.

Well done to those who went to the Nationals. especially to Ros and Greame who placed int their Heats.  
The cage looks great. Gerry is painting it this week. thanks Gerry.

Happy Mothers Day - to all our WONDERFUL  
MUMS.

Happy Days  
ED.