

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Monday, July 03, 2017 4:21 PM  
**To:** Lynn Marshall  
**Subject:** Carleton Masters Swimming Newsletter #447

## Carleton Masters Swimming Newsletter #447

Monday, July 3<sup>rd</sup>, 2017

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni: 7:30am Earlybirds I (56 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (62 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (12 addresses), Masters Alumni (29 addresses).

**"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek." – Mario Andretti**

### Masters Program Notes and Cancellations

- The Summer session starts **Tue Jul 4<sup>th</sup>**. All Saturdays in Summer are 12:15-1:25pm, and are included for weekday swimmers.
- Details of the Summer programs can be found near the end of the newsletter. Only the 7:30am and 6pm groups run in summer.
  - Summer 6pm Whitecaps is **full**: wait list available. (Please let me know if you are on the wait list.)

### Swimmer Notes

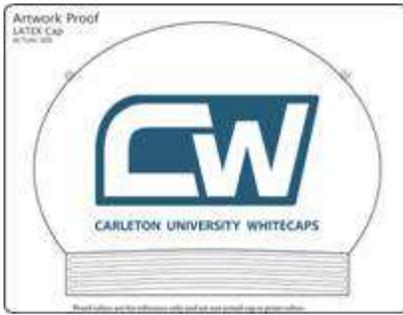
#### Swimmer Updates:

- You will be pleased to hear that Coach **Mits** is going to return to the pool this Fall! For now, he is going to coach the occasional Saturday. He's enjoying his time with 10 month old **Hiroshi**, and sends this update: "Hiroshi now has 8 teeth and is a whiz at crawling. He is pulling himself up to standing on the furniture, but falls on his butt when he raises his arms in excitement that he is standing."

- **MSO (Masters Swimming Ontario) Update:** Swimming Canada and Masters Swimming Canada are not budging on their stance of not allowing Masters Swimming Ontario to register Masters swimmers for competition or sanction meets. A Masters task force is working with Swim Ontario to figure out the process for Masters Clubs and Masters swimmers to register with Swim Ontario starting this Fall. MSO will continue to exist with its focus being on non-competitive Masters swimmers. I will provide updates as details become available.

- Researchers at the Human and Environmental Physiology Research Unit (HEPRU) of the University of Ottawa are currently recruiting participants aged 18 to 75 years to take part in an exercise study. At this time they are especially in need of older adults (aged 55-75 years) and individuals with type 2 diabetes and/or chronic hypertension. Qualifying volunteers will receive a VO2max test (gold standard in assessing aerobic fitness) and a body composition analysis (hydrostatic weighing technique) (\$650 value). These results will be provided to you upon completion of the experimental session. If you want to learn about your physical fitness and are interested in helping researchers at the University of Ottawa study the effects of exercise-induced heat stress in older adults and individuals with diabetes and/or chronic hypertension, call at 613-562-5800 ext. 4270 or email [hepru@uottawa.ca](mailto:hepru@uottawa.ca), including your name, age and phone number.

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



## News and Links:

- Toronto Area Pool Roof Collapses (Everyone OK): <http://www.citynews.ca/2017/06/17/tragedy-averted-roof-collapses-schomberg-swim-school/>
- 10 Swim Coach Stereotypes (I know which is me!): <https://swimswam.com/10-swim-coach-stereotypes-what-type-is-your-coach/>
- 15 Swimmer Stereotypes (which is you?): <https://swimswam.com/15-swimmer-stereotypes-we-love-and-hate/>
- **Pope Francis** Hugs International Swimming: <http://www.federnuoto.it/eventi/settecolli-2017/settecolli2017/item/39096-pope-francis-hugs-international-swimming.html>
- **Jason Lezak** Sprinter Dryland Training: <https://www.bodybuilding.com/fun/jasonlezak1.htm>
- Tennessee (Texas) Turns Demo: <https://swimswam.com/video-thats-not-flip-turn/>
- Is the Chlorine in Pools Safe?: <https://mobile.nytimes.com/2017/06/16/well/is-chlorine-in-swimming-pools-safe.html>
- The Health and Well-Being Benefits of Swimming: <https://swimswam.com/study-health-wellbeing-benefits-swimming/>
- Fitness Myths: <http://www.independent.co.uk/life-style/11-fitness-myths-that-are-doing-more-harm-than-good-a7787756.html>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$45 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there’s a particular suit you are looking for, I may be able to track it down.

**Caps and Goggles to Borrow:** I always have a “lost and found” bag full of spare caps and goggles to borrow if you forget (or break) yours.

**Swim Caps for Sale:** The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you’re interested in looking at these. If anyone has any caps that they’d like to donate, they would be most welcome.

**Nose Clips for Sale:** Cost \$5. Contact me if you are interested.

## Summer Session Information

Dates: Tue Jul 4<sup>th</sup> to Sat Sept 2<sup>nd</sup>; excluding Mon Aug 7<sup>th</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed); **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here:

I am coaching for **Sean** on **Tue Jul 4<sup>th</sup>**.

**Owen** is coaching for **Sean** on **Tue Jul 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>** (to be confirmed).

**Owen** is coaching for **me** on **Fri Jul 28<sup>th</sup>** and **Mon Jul 31<sup>st</sup>** (to be confirmed).

**Fin Day:**

Thu Aug 3<sup>rd</sup> / Fri Aug 4<sup>th</sup>

**Time Trials:**

Mon Jul 10<sup>th</sup>: timed 400fs or IM

Mon Jul 17<sup>th</sup>: timed 50 and 100 choice

Tue Aug 10<sup>th</sup> / Wed Aug 11<sup>th</sup>: 800 / 1500fs

Tue Aug 15<sup>th</sup> / Wed Aug 16<sup>th</sup>: 200 choice

Thu Aug 31<sup>st</sup> / Fri Sept 1<sup>st</sup>: fun day (relays, etc.)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

## Spring Session Information

Dates: Mon May 1<sup>st</sup> to **Mon Jul 3<sup>rd</sup>**; excluding Mon May 22<sup>nd</sup>, Sat Jul 1<sup>st</sup>. (Mon Jul 3<sup>rd</sup> is a Saturday make-up workout.)

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

7:10pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

8:15am Saturdays (except: 10:45am on May 20<sup>th</sup>; and **12:15pm Mon Jul 3<sup>rd</sup>**): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** coached for **me** on **Sat Jun 24<sup>th</sup>**.

I coached the **make-up** Saturday workout on **Mon Jul 3<sup>rd</sup>**.

**Fin Day:**

Thu May 25<sup>th</sup> / Fri May 26<sup>th</sup>

**Time Trials:**

Thu Jun 1<sup>st</sup> / Fri Jun 2<sup>nd</sup>: 400 fs or IM

Tue Jun 6<sup>th</sup> / Wed Jun 7<sup>th</sup>: 200 choice

Mon Jun 12<sup>th</sup>: 800 / 1500fs

Thu Jun 22<sup>nd</sup> / Fri Jun 23<sup>rd</sup>: 50 and 100 choice

Thu Jun 29<sup>th</sup> / Fri Jun 30<sup>th</sup>: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

Thanks to those who participated in the **relays** on **Fri Jun 30<sup>th</sup>**. There were six improvements, led by the 7:30am **John's**, who improved their 50fs by 1.7 and 1.6 seconds. **Flo** added another 0.9 to her previous improvement of 16.8 for a whopping 17.7 second improvement in her 50fs this term! The list of improvements follows:

**50fs** (4)

<b>Flo Kellner</b>	16.8 (earlier in term)+0.9=17.7	EB2
<b>John Weston</b>	1.7	EB1
<b>John Halloran</b>	1.6	EB1
<b>Justin Kernot</b>	0.9	EB2

50br (1)

<b>Flo Kellner</b>	0.1	EB2
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50fl (1)

<b>Miguel Chavez</b>	0.5	EB1
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## Spring Session Summary

A big thank you to evening coach **Sean Dawson**, to Saturday coaches **Tim Kilby**, **Blake Christie**, and **Mark Blenkinsop**, and sub-coaches **Rachael Bertoia** and **Owen Saunders** for their coaching this term.

Apologies to the Earlybirds for not being able to use the bubbles on the last day as they are again/still under repair ☹  
! Thanks to **Tony Revitt** (8:30am Earlybirds) for entertaining us with a few great dives off the towers!

Here's the summary of the attendance and time trials for the Spring session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Spring term or by e-mail.

### Weekday Attendance:

This term we had **just one** swimmer with perfect attendance. Congratulations to **Harley Gifford** (7:30am Earlybirds).

Here is the weekday attendance summary for this term:

**7:30am Earlybirds:** May 1-June 30<sup>th</sup> (26 workouts): range 16-27; average: 20.6

Perfect Attendance: **Harley Gifford**

Missed 2 Workouts: **Bruce Brown**

Missed 3 Workouts: **Mike Mopas, Ursula Scott**

Missed 4 Workouts: **Jennifer Murdock, Robin H, Susan N-Y,**

**8:30am Earlybirds:** May 1-June 30<sup>th</sup> (26 workouts): range 13-25; average: 18.7

Missed 1 Workout: **Justin Kernot, Nancy Manning**

Missed 2 Workouts: **Flo Kellner**

Missed 3 Workouts: **Rod Haney**

Missed 4 Workouts: **Mark Blenkinsop, Natalie Aucoin**

**6pm Whitecaps:** May 1-June 29<sup>th</sup> (26 workouts): range 18-29; average: 24.5

Missed 1 Workout: **Don Wells**

Missed 3 Workouts: **Joanie Conrad, Mars Nienhuis, Nicole Delisle**

Missed 4 Workouts: **Cam Dawson, Konstantin Petoukhov, Owen Saunders, Peter Lithgow**

**7:10pm Whitecaps:** May 1-June 29<sup>th</sup> (26 workouts): range 6-15; average: 10.5

Missed 5 Workouts: **Lisa T**

### Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Spring session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 108 different swimmers: 57 women and 51 men. There were 380 completed time trials: 201 for women and 179 for men. If you notice any errors or omissions, please let me know.

Thirty-four swimmers (19 women and 15 men) improved in at least one event (59 total improvements). **Flo Kellner** (8:30am Earlybirds) was the most improved swimmer for the second term in a row! This term she improved her 50fs by 17.7 seconds (35.4sec/100m). Next most improved was **Nicole Mikhael** (6pm Whitecaps) with a 40.9 second improvement in 200fs (20.5sec/100m). She was followed by the most improved man, **Peter Lapner** (6pm Whitecaps) with a 28.9 (7.2sec/100m) improvement in 400fs. Next was **Jocelyn Pender** (6pm Whitecaps) with a 28.4 (7.1sec/100m) improvement in 400fs. Rounding out the top three for the men were **Philip Kaisary** (6pm Whitecaps) with a 2.6 (5.2sec/100m) improvement in 50fs and **Christian Cattan** (6pm Whitecaps) with an 8.0 (4.0sec/100m) improvement in 200fs. **Justin Kernot** (8:30am Earlybirds) improved in five different events, while **Christian** improved in four. Several swimmers improved in three different events: **Christiane Wilke** (7:30am Earlybirds), **David Moore** (6pm Whitecaps), **Flo**, and **Mars Nienhuis** (6pm Whitecaps).

Twenty-six swimmers (11 women and 15 men) scored 270 plus points in at least one event (80 swims total), as per the 2015 point scores at this link: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points](http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points). **Andrea Zarins** (6pm Whitecaps) had the highest score with 463 points for 2:23.1 in 200fs. Next was top male, **Justin Kernot** (8:30am Earlybirds) with 441 points for 26.6 in 50fs. He was followed by Coach **Sean Dawson** with 422 points for 27.0 in 50fs. **Erin McRae** (7:30am Earlybirds) just missed the 400 point barrier with 397 for 31.6 in her 50fs. **Adrian Finn** (6pm Whitecaps) was next with 392 for his 1:01.4 100fs. **Ingrid Hagberg** (6pm Whitecaps) was the 3<sup>rd</sup> woman and 371 for 2:34.1 in 200fs, and **Tony Revitt** (8:30am Earlybirds) was 3<sup>rd</sup> male with 370 for his 28.2 50fs. **Justin** scored over 270 points in seven events, and **Tony** in six. **Bogdan Djerkovic** (6pm Whitecaps), **Erin**, **Mars**, **Lisa Sharp** (7:10pm Whitecaps), and **Owen Saunders** (6pm Whitecaps) scored over 270 points in five events each.

All those improving and all those scoring over 270 points, as well as the top 3 improvements, and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

### Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, TR = Masters trial workout.

### Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 19 women and 15 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	<b>Flo Kellner</b>	<b>EB2</b>	<b>F</b>	<b>50fs</b>	<b>17.7</b>	<b>35.4</b>
2	<b>Nicole Mikhael</b>	<b>WC1</b>	<b>F</b>	<b>200fs</b>	<b>40.9</b>	<b>20.5</b>
3	Jocelyn Pender	WC1	F	400fs	28.4	7.1
4	Liliane Cardinal	EB1	F	100fs	6.3	6.3
5	Sandy Lawson	EB1	F	100IM	5.9	5.9
6	Melanie Heroux	EB2	F	400fs	20.1	5.0
7	Christiane Wilke	EB1	F	200fs	7.0	3.5
8	Andrea Mrozek	EB1	F	200IM	5.9	3.0
9	Mars Nienhuis	WC1	F	200fs	5.9	3.0
9	Ursula Scott	EB1	F	100fs	2.4	2.4
11	Lisa Tauskela	WC2	F	200fs	4.5	2.3
12	Megan Holtzman	EB2	F	200fs	3.6	1.8
13	Andrea Zarins	WC1	F	200fs	2.5	1.3
14	Ruth Fawcett	WC1	F	400fs	1.9	0.5
15	Andrea Chandler	WC1	F	200fs	0.6	0.3
15	Susan Hulley	EB1	F	200fs	0.5	0.3
15	Jean Kneale	WC2	F	200fs	0.5	0.3
18	Robin Henderson	EB1	F	400fs	0.6	0.2

19	Natalie Aucoin	EB2	F	400IM	0.3	0.1
<b>1</b>	<b>Peter Lapner</b>	<b>WC1</b>	<b>M</b>	<b>400fs</b>	<b>28.9</b>	<b>7.2</b>
2	Philip Kaisary	WC1	M	50fs	2.6	5.2
3	Christian Cattan	WC1	M	200fs	8.0	4.0
4	Jean-Louis Tiernan	WC1	M	200fs	7.5	3.8
5	John Weston	EB1	M	400fs	14.7	3.7
6	Konstantin Petoukhov	WC1	M	400fs	13.7	3.4
6	Justin Kernot	EB2	M	1500fs	51.0	3.4
8	John Halloran	EB1	M	50fs	1.6	3.2
x	Mark Blenkinsop	EB2	M	50bk	1.4	2.8
9	David Moore	WC1	M	400fs	9.8	2.5
10	Harley Gifford	EB1	M	200bk	4.6	2.3
11	Tony Revitt	EB2	M	200bk	4.4	2.2
12	Bogdan Djerkovic	WC1	M	50fs	0.8	1.6
13	Miguel Chavez	EB1	M	200fs	2.1	1.1
14	Brad Shapansky	EB1	M	200IM	0.1	0.1

### Fastest Swimmers (best event for each person) :

All those scoring 270 or more points are shown. This term there were 11 women and 15 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
<b>1</b>	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>200fs</b>	<b>2:23.1</b>	<b>463</b>
2	Erin McRae	EB2	F	50fs	31.6	397
3	Ingrid Hagberg	WC1	F	200fs	2:34.1	371
4	Mars Nienhuis	WC1	F	200fs	2:36.1	357
5	Luz Osorio	WC1	F	50f1	34.6	349
6	Paola Osorio	WC1	F	200fs	2:40.1	331
7	Lisa Sharp	WC2	F	400fs	5:46.1	311
8	Gillian Massel	WC2	F	400fs	5:50.7	299
9	Elsbeth Cudmore	EB2	F	200IM	3:02.4	298
10	Kristen Campbell	WC2	F	200fs	2:46.3	295
11	Lisa Tauskela	WC2	F	100fs	1:17.5	285
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>50fs</b>	<b>26.6</b>	<b>441</b>
<b>x</b>	<b>Sean Dawson</b>	<b>EB2</b>	<b>M</b>	<b>50fs</b>	<b>27.0</b>	<b>422</b>
2	Adrian Finn	WC1	M	100fs	1:01.4	392
3	Tony Revitt	EB2	M	50fs	28.2	370
4	Owen Saunders	EB2	M	50fs	28.7	351
5	Bogdan Djerkovic	WC1	M	100fs	1:03.8	349
6	Sam Hersh	EB2	M	50fs	28.8	348
<b>x</b>	<b>Mark Blenkinsop</b>	<b>EB2</b>	<b>M</b>	<b>50fs</b>	<b>29.4</b>	<b>327</b>
7	Gi Wu	WC1	M	50fs	29.5	323
8	Don Wells	WC1	M	800fs	10:58	306
9	Diego Gonzalez	WC1	M	100fs	1:06.8	304
10	Leandro Velazquez	WC1	M	100fs	1:07.6	293
11	David Moore	WC1	M	100fs	1:07.7	292

12	Sebastien Robillard-Cardinal	WC2	M	50fs	30.9	281
13	Miguel Chavez	EB1	M	200fs	2:33.5	271

(For point scores, see: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points](http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points).)

### Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
<b>50fs</b>					
1	<a href="#">Flo Kellner</a>	EB2	F	17.7	35.4
1	<a href="#">Philip Kaisary</a>	WC1	M	2.6	5.2
2	John Weston	EB1	M	1.7	3.4
3	John Halloran	EB1	M	1.6	3.2
(1/5)					
<b>100fs</b>					
1	<a href="#">Liliane Cardinal</a>	EB1	F	6.3	6.3
2	Ursula Scott	EB1	F	2.4	2.4
3	Flo Kellner	EB2	F	2.3	2.3
1	<a href="#">John Halloran</a>	EB1	M	2.4	2.4
2	Justin Kernot	EB2	M	1.8	1.8
3	Christian Cattan	WC1	M	1.4	1.4
(4/3)					
<b>200fs</b>					
1	<a href="#">Nicole Mikhael</a>	WC1	F	40.9	20.5
2	Christiane Wilke	EB1	F	7.0	3.5
3	Mars Nienhuis	WC1	F	5.9	3.0
1	<a href="#">Christian Cattan</a>	WC1	M	8.0	4.0
2	Jean-Louis Tiernan	WC1	M	7.5	3.8
3	Miguel Chavez	EB1	M	2.1	1.1
(10/3)					
<b>400fs</b>					
1	<a href="#">Megan Holtzman</a>	EB2	F	33.0	8.3
2	Jocelyn Pender	WC1	F	28.4	7.1
3	Melanie Heroux	EB2	F	20.1	5.0
1	<a href="#">Peter Lapner</a>	WC1	M	28.9	7.2
2	John Weston	EB1	M	14.7	3.7
3	Konstantin Petoukhov	WC1	M	13.7	3.4
3	Christian Cattan	WC1	M	13.6	3.4
(8/6)					
<b>1500fs</b>					
1	<a href="#">Christiane Wilke</a>	EB1	F	18.0	1.2

1	Justin Kernot	EB2	M	51.0	3.4
2	Christian Cattan	WC1	M	44.0	2.9
x	Mark Blenkinsop	EB2	M	2.0	0.1
(1/3)					
<b>50bk</b>					
1	Liliane Cardinal	EB1	F	1.6	3.2
x	Mark Blenkinsop	EB2	M	1.4	2.8
(1/1)					
<b>100bk</b>					
1	Harley Gifford	EB1	M	0.1	0.1
(0/1)					
<b>200bk</b>					
1	Harley Gifford	EB1	M	4.6	2.3
2	Tony Revitt	EB2	M	4.4	2.2
(0/2)					
<b>50br</b>					
1	Flo Kellner	EB2	F	0.1	0.2
(1/0)					
<b>50f1</b>					
1	David Moore	WC1	M	0.5	1.0
1	Miguel Chavez	EB1	M	0.5	1.0
(0/2)					
<b>100IM</b>					
1	Sandy Lawson	EB1	F	5.9	5.9
(1/0)					
<b>200IM</b>					
1	Andrea Mrozek	EB1	F	5.9	3.0
1	Justin Kernot	EB2	M	3.4	1.7
2	David Moore	WC1	M	2.3	1.2
3	Konstantin Petoukhov	WC1	M	1.1	0.6
(1/4)					
<b>400IM</b>					
1	Natalie Aucoin	EB2	F	0.3	0.1
(1/0)					

### Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 32:30.)

	Name	Group	Gender	Time
<b>50fs</b>				
1	Erin McRae	EB2	F	31.6
2	Ingrid Hagberg	WC1	F	33.4

3	Mars Nienhuis	WC1	F	34.0
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>26.6</b>
x	Sean Dawson	EB2	M	27.0
2	Tony Revitt	EB2	M	28.2
3	Adrian Finn	WC1	M	28.6
4	Owen Saunders	EB2	M	28.7
5	Sam Hersh	EB2	M	28.8
(39/41)				
<b>100fs</b>				
<b>1</b>	<b>Erin McRae</b>	<b>EB2</b>	<b>F</b>	<b>1:11.4</b>
2	Mars Nienhuis	WC1	F	1:12.0
3	Lisa Sharp	WC2	F	1:16.2
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>0:59.5</b>
2	Adrian Finn	WC1	M	1:01.4
3	Bogdan Djerkovic	WC1	M	1:03.8
(22/22)				
<b>200fs</b>				
<b>1</b>	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>2:23.1</b>
2	Erin McRae	EB1	F	2:33.5
3	Ingrid Hagberg	WC1	F	2:34.1
<b>x</b>	<b>Sean Dawson</b>	<b>EB1</b>	<b>M</b>	<b>2:18.3</b>
<b>1</b>	<b>Adrian Finn</b>	<b>WC1</b>	<b>M</b>	<b>2:21.5</b>
2	Owen Saunders	WC1	M	2:22.0
x	Mark Blenkinsop	EB2	M	2:25.9
3	Bogdan Djerkovic	WC1	M	2:28.2
(36/23)				
<b>400fs</b>				
<b>1</b>	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>5:12.2</b>
2	Erin McRae	EB1	F	5:23.7
3	Mars Nienhuis	WC1	F	5:36.5
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>4:49.0</b>
x	Sean Dawson	EB1	M	4:55.2
2	Owen Saunders	WC1	M	5:04.4
3	Tony Revitt	EB2	M	5:05.9
(32/30)				
<b>800fs</b>				
<b>1</b>	<b>Isla Paterson</b>	<b>EB2</b>	<b>F</b>	<b>17:18</b>
2	Heloise Emdon	EB1	F	17:39
3	Nancy Manning	EB2	F	17:44
4	Candace Newman	EB1	F	17:53
(8/1)				
<b>1500fs</b>				
<b>1</b>	<b>Erin McRae</b>	<b>EB1</b>	<b>F</b>	<b>21:27</b>
2	Mars Nienhuis	WC1	F	22:17

3	Ingrid Hagberg	WC1	F	23:01
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>19:07</b>
2	Tony Revitt	EB2	M	19:53
3	Owen Saunders	EB2	M	20:27
(23/15)				
<b>50bk</b>				
<b>1</b>	<b>Robin Henderson</b>	<b>EB1</b>	<b>F</b>	<b>1:00.8</b>
2	Liliane Cardinal	EB1	F	1:12.6
3	Nancy Manning	EB2	F	1:13.5
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>32.1</b>
x	Mark Blenkinsop	EB2	M	37.1
2	Bruce Brown	EB1	M	40.9
3	Mike Mopas	EB1	M	46.3
3	Tony Michel	EB1	M	46.3
(4/10)				
<b>100bk</b>				
<b>1</b>	<b>Ingrid Hagberg</b>	<b>WC1</b>	<b>F</b>	<b>1:22.8</b>
<b>1</b>	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>1:21.6</b>
2	Don Wells	WC1	M	1:26.6
3	Jamie Chalmers	WC2	M	2:02.1
(1/3)				
<b>200bk</b>				
<b>1</b>	<b>Melanie Heroux</b>	<b>EB2</b>	<b>F</b>	<b>6:46.9</b>
<b>1</b>	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>2:37.6</b>
2	Sam Hersh	EB2	M	2:47.9
3	Harley Gifford	EB1	M	2:58.2
(1/4)				
<b>50br</b>				
<b>1</b>	<b>Margaret King</b>	<b>EB1</b>	<b>F</b>	<b>51.6</b>
2	Lisa Meyer	EB2	F	53.3
3	Marie-Odile Junker	EB1	F	56.4
<b>1</b>	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>36.5</b>
2	Sam Hersh	EB2	M	43.2
3	Amir Banihashemi	EB2	M	44.8
(8/5)				
<b>100br</b>				
<b>1</b>	<b>Karen Jensen</b>	<b>WC1</b>	<b>F</b>	<b>1:51.7</b>
<b>1</b>	<b>Bill Westcott</b>	<b>WC1</b>	<b>M</b>	<b>1:29.3</b>
x	Mark Blenkinsop	EB2	M	1:30.2
<b>2</b>	<b>Gi Wu</b>	<b>WC1</b>	<b>M</b>	<b>1:34.3</b>
(01/3)				
<b>200br</b>				
<b>1</b>	<b>Candace Newman</b>	<b>EB1</b>	<b>F</b>	<b>4:07.8</b>
2	Lisa Meyer	EB2	F	4:09.1

1	<b>Francois Jacques</b>	<b>EB1</b>	<b>M</b>	<b>3:34.5</b>
(2/1)				
<b>50f1</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>34.6</b>
2	Natalie Aucoin	EB2	F	39.0
3	Dawn Walsh	EB1	F	45.0
x	<b>Mark Blenkinsop</b>	<b>EB2</b>	<b>M</b>	<b>29.9</b>
1	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>30.7</b>
2	David Moore	WC1	M	33.7
2	Owen Saunders	EB2	M	33.7
(7/10)				
<b>100f1</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>1:19.7</b>
(1/0)				
<b>200f1</b>				
1	<b>Natalie Aucoin</b>	<b>EB1</b>	<b>F</b>	<b>3:29.5</b>
(1/0)				
<b>100IM</b>				
1	<b>Natalie Aucoin</b>	<b>EB2</b>	<b>F</b>	<b>1:34.9</b>
2	Sandy Lawson	EB1	F	1:35.0
3	Andrea Mrozek	EB1	F	1:36.7
1	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>1:12.5</b>
2	Mike Mopas	EB1	M	1:35.5
3	Cory Fraser	EB2	M	1:45.3
(9/3)				
<b>200IM</b>				
1	<b>Elsbeth Cudmore</b>	<b>EB2</b>	<b>F</b>	<b>3:02.4</b>
2	Andrea Mrozek	EB1	F	3:26.2
3	Ursula Scott	EB1	F	4:09.5
1	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>2:31.5</b>
2	David Moore	WC1	M	3:01.0
3	Konstantin Petoukhov	WC1	M	3:08.7
(4/7)				
<b>400IM</b>				
1	<b>Sandy Lawson</b>	<b>EB1</b>	<b>F</b>	<b>7:04.7</b>
2	Natalie Aucoin	EB2	F	7:06.9
(2/1)				

## Fun Relays (Fri Jun 30<sup>th</sup>)

### 3 x 50 Free Relay

#### 7:30am Earlybirds

1. 1:55.1 Team 3: Bruce Brown, Marie-Odile Junker, Dawn Walsh  
 2=. 2:02.6 Team 1: Robin Henderson, Ursula Scott, John Halloran  
 2=. 2:02.6 Team 4: Tony Michel, Heloise Emdon, Harley Gifford

4. 2:06.1 Team 2: Mike Mopas, Liliane Cardinal, Miguel Chavez
5. 2:09.9 Team 5: Larry Durr, John Weston, Sandy Lawson

### 8:30am Earlybirds

- X. 1:51.3 Team 6: Justin Kernot, Tony Revitt, Mark Blenkinsop, Sean Dawson (4x50)
1. 2:21.4 Team 1: Sam Hersh, Melanie Heroux, Chris Whitehead
- 2=. 2:28.2 Team 3: Nancy Manning, Isla Paterson, Janine Debanne
- 2=. 2:28.2 Team 2: Owen Saunders, Flo Kellner, Bob Tipple

### 3 x 50 Medley Relay (back, breast, fly)

#### 7:30am Earlybirds

1. 2:22.3 Team 3: Bruce Brown, Marie-Odile Junker, Dawn Walsh
2. 2:22.4 Team 4: Tony Michel, Heloise Emdon, Harley Gifford
3. 2:32.4 Team 2: Mike Mopas, Liliane Cardinal, Miguel Chavez
4. 2:44.6 Team 5: Larry Durr, John Weston, Sandy Lawson
5. 2:45.1 Team 1: Robin Henderson, Ursula Scott, John Halloran

#### 8:30am Earlybirds

- X. 2:05.5 Team 6: Justin Kernot, Tony Revitt, Mark Blenkinsop, Sean Dawson (4x50)
- 1=. 3:06.8 Team 2: Bob Tipple, Flo Kellner, Owen Saunders
- 1=. 3:06.8 Team 1: Melanie Heroux, Sam Hersh, Chris Whitehead
3. 3:12.9 Team 3: Nancy Manning, Isla Paterson, Janine Debanne

## Ask the Coach

**Dear Coach:** Please explain the rules for the back to breast turn and how I can make mine more efficient. Improving Turner

Dear I. Turner: Sure. You must finish on your back and push off on your breast. To be efficient, only touch the wall with one hand and spin onto your stomach. Ask your coach for a demo / clinic. It is not legal to do a flip turn from back to breast, unless you touch the wall on your back first, which would be very inefficient!

**Dear Coach:** What breathing pattern do you recommend for long distance free races? How do I become more comfortable with that? Distance Racer

Dear D. Racer: For long distance, oxygen becomes more important than symmetry, so breathing every two strokes is fine and recommended for most Masters swimmers, when you are racing. That said, breathing on both sides is recommended in workout, most of the time. That said, you should experiment with your race breathing in workout, especially when you are swimming fast so that you are comfortable with it while racing.

**Dear Coach:** Should the number of strokes per length be the same for free and back? What about the number of kicks under water? Counting My Strokes

Dear C.M. Strokes: The number of strokes per length for free and back should be similar. The amount of time you spend underwater will affect the stroke count (the longer you are underwater, the fewer strokes), so the second part of your question affects the answer to the first part. While fly kick is considered to be the fifth stroke for elite level swimmers, for Masters swimmers there is a wide range of ability in kicking. Also, kicking uses a lot of energy, so should be used sparingly for longer distances. If you are going to be racing, you should ask your coach to time you with various kicking strategies and figure out what kick and distance off the wall works for you. For example, my fly kick is better than my flutter kick when I'm on my back and slower when I'm on my front, and compared to my swim speed all my kicks are pathetic. As my backstroke is slower than my free, I tend to do a bit more kicking underwater on my back (and I do fly kicks) than on freestyle (and I do free kicks). Thus, my stroke count is usually a bit lower on backstroke than on free. On long distance free races, I don't kick off the wall at all.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$35.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us

in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link: <https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national database (that may be the same or different from your MSO number). Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

Full details on all Ontario Masters competitions can be found at:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

May 1<sup>st</sup>, 2017 to April 30<sup>th</sup>, 2018 Global Swim Series: <https://globalswimseries.com/races/>

June, July, August Technosport 2k, 3k, and 4k Swims, Meech Lake: **CANCELLED**

Sat Jul 15<sup>th</sup> Bring on the Bay 1.5k and 3k Swims, Ottawa (MSO Registration not required) <https://bringonthebay.com/>

Aug 7-20<sup>th</sup> FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12<sup>th</sup>; Pool Swimming: Aug 14-20<sup>th</sup>)

Sat Aug 12<sup>th</sup> Ottawa 4k Riverkeeper Swim (750m and 1.5km also available; MSO registration not required)

<http://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Aug 12<sup>th</sup> Sun City 1k and 4k Swims, Orillia, fundraiser for Simcoe/Muskoka Child Advocacy Centre (MSO registration not required): <http://www.cacsimcoemuskoka.ca/sun-city-swim.html>

**Race Results:** (Please send in your results, and/or let me know if I missed anyone.)

## Sun Jun 25<sup>th</sup> Ironman 70.3 Mont Tremblant

Here's another race report from **Jordan Monnik** (x-Earlybirds). Congrats to **Jordan** on a great race!

On Sunday, June 25<sup>th</sup>, I raced Ironman Mont-Tremblant for the 4<sup>th</sup> time. I love this race. I think it has everything a great 70.3 course should have. It offers clean water, rolling and flat bike sections, punchy climbs, and a run course that challenges both the body and psyche. It's near perfect.

Sunday was my second half-ironman in two weeks. Coming off a nice performance in Maryland for Eagleman, I was motivated to race and my body was feeling good. I knew I would need a solid performance to place well in a field of some of Canada's most elite long-course triathletes.

Of particular focus for this race for me was the swim. I had a less than stellar swim two weeks ago and I wanted to realistically be in the second chase pack, knowing Antoine Desroches was in the mix along with some other really quick former ITU swimmers. This was achieved. I swam in the second chase pack and came out of the water with Lionel Sanders, Alex Vanderlinden, Mikael Nathan, and Kevin Portmann only about 2:20 down from the leaders.

After Lionel took off on the bike, the rest of us started to try and make up ground on the lead pack. I had a decent first 35km to the 117 turn around, but started to feel a little flat after that. I did my best to stay with the group but spent a significant portion of time yo-yoing off the back, putting in surges to try to stay in contact. Not a very efficient way to ride a bicycle. Luckily, things kind of evened out in the Duplessies section, where the punchy climbs really slowed things down a bit. In the end, I cycled to a 2:13:38 split and was happy with my overall position heading out on the run.

I believe I left T2 in 10<sup>th</sup> position, very closely behind two competitors who were slightly ahead of me on the bike. I was able to establish a nice pace early, and quickly passed the two ahead of me and created a nice gap. Up ahead, I saw 7<sup>th</sup> position, perhaps just a minute and change a head. I stayed steady and let the effort come naturally. I was slowly able to real in 7<sup>th</sup> position, passing him at around the 9km mark. I was really happy with the way things were going for the first 10k, where I averaged around a 3:30/km pace. I knew the return home would not be quite so pleasant, with the path section being slightly uphill and taking the final hilly 5k on tired legs. Continuing to feel good, I made up ground on 6<sup>th</sup> position and passed him around the 15km mark. At this point I was very pleased. I plugged along and low and behold 5<sup>th</sup> position came into sight. I was running out of time but the thought occurred to me that he may be within reach. It was at least enough motivation to try really hard for the last 4km. While I did make up some significant ground I was unable to

catch 5th and finished just 30 seconds back... dang. In the end I finished with a 1:16:25 run split, a half-ironman PB for me, and an overall time of 4:00:13 for 6th place. Like I mentioned, I was really pleased with my effort. I can still see areas where I could have been faster. At this conjecture, I am left with positive feelings for the future.

Like I said, this is probably my favourite race (IM race that is). I really feel on home court so to speak. I saw so many familiar faces on the course and loved receiving so many cheers and chatting with everyone about their experiences. From the K2J'ers, the Zone 3'ers, the OTC'ers, Iron Northers and all those independents, Ottawa really has an impressive endurance community. It's an honour for me to be a part of it. Special thanks to Cyclelogik, who keep my bike running like a well oiled machine (literally) and Ian Fraser who has been coaching me for the past three years as part of the Human Power Performance Team. Also, Zizu Optics, who make sure I have the best sports (and now casual) eyewear available (25% discount code for any of you interested ;)), and Felt Canada.

### Sun Jun 25<sup>th</sup> Etobicoke LC Meet

I was Carleton's only swimmer, and was still having breathing problems, which was reflected in the times ☹️. Full results: <https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=893>.

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 1500fs (18:59.52), 400IM (5:42.01)

### Sat Jul 1<sup>st</sup> Kanata 5km Run (927 participants)

Congrats to **Sheila** and **Nancy** on their great runs, and podium finishes! Did I miss anyone else? Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=43805&status=results>.

**Sheila Kealey** (8:30am Earlybirds; 50-59): 19<sup>th</sup> overall, 5<sup>th</sup> woman and 1<sup>st</sup> in category in 20:08.0

**Nancy Manning** (8:30am Earlybirds; 60-69): 94<sup>th</sup> overall, 28<sup>th</sup> woman and 2<sup>nd</sup> in category in 24:03.8

### Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **June 29<sup>th</sup>**).

### Private and Semi-Private Masters Swim Lessons

#### Summer Schedule:

Mon-Fri 11:30am to 12:30pm, and 12:30pm to 1:30pm

Mon-Thu 4:30 to 5:30pm, and 5:30 to 6:30pm

#### Prices:

**Private:** \$52.50 per hour, plus HST.

**Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

### Notes and Reminders

#### Summer Masters Swimming Programs, Barcodes, and Prices

A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. Saturdays are included in your weekday registration for Summer. The information below is also on the web site:

<http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

**Summer 2017: Tue Jul 4<sup>th</sup> to Sat Sept 2<sup>nd</sup>; no workouts Mon Jul 3<sup>rd</sup>, Mon Aug 7<sup>th</sup>, or Mon Sept 4<sup>th</sup>**

**7:30am Earlybirds:** 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow): Coaches: Weekdays: **Lynn**;

Saturdays: **rotating schedule**; barcode 13184; cost: \$198+HST

**6:00pm Whitecaps:** 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean**

and **Lynn**; Saturdays: **rotating schedule**; barcode 13189; cost \$108+HST

**12:15pm Saturday Earlybirds ONLY:** 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 13186; cost: \$36+HST

#### Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

#### Carleton Masters Swim Team Photos:

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.  
Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.  
Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.  
There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (6pm Whitecaps), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now.

**Newsletter:** An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

**Suggestions for Workouts or Interested in Making up a Workout or a Set?:** If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

**Interested in Copies of my Workouts?:** Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out a month's worth of workouts at a time. (Note that these are only the workouts that I coach.)

**Triathletes:** Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>