

Club Session Sunday 3 May:

Cannons Creek pool management have apologised for not having Cannons Creek pool open at 8:00am on Sunday 3 May when PCA had a booking.

For all those who came along at 8:00am and then went home - sorry for your wasted trip. Those who did hang around were in the water by 8:30am.

Thank you for your patience.

Kings Birthday Weekend:

There will be no club and squad swimming or learn to swim on Sunday 1 June or Monday 2 June.

Three lanes have been booked for the morning of Tuesday 3 June for the Seniors and older Orcas to train together.

Learn to Swim – Term 2:

This current course was planned to have finished on 22 June, but due to the cancellation of lessons last Sunday (11 May) an extra lesson has now been added, and the course will finish on 29 June.

Vacancies:

Team Managers.

The club would like to increase our pool of people who are prepared to team manage at local meets.

The role requires managers to arrive at the meet in plenty of time, check swimmers in and send them to the marshall.

Usually, two or three people are appointed to the PCA management team, so you would never work alone. Together, the management team would sort out any problems that may arise, collect disqualification slips and be the advocate for the swimmers.

Initially you be buddied up with an experience manager while you learn to job.

If you are interested in becoming a team manager please email Viv - president@swimporirua.co.nz

Inspector of Turns (IOT).

For all meets our club is required to supply technical officials, including timekeepers and IOTs. While the role of timekeeping can be explained in a conversation

becoming on IOT requires training over a few meets followed by an assessment.

IOTs are essential in the running of meets and PCA need to increase the number of qualified IOTs we have on our books.

Having a number of IOTs is really important. If there aren't enough qualified IOT's available for each meet swimmers times will not be able to be used as qualifying times for National meets.

If you are interested in becoming an IOT please contact Blair St Just our officials co-ordinator on officials@swimporirua.co.nz or Brent Harris on info@swimporirua.co.nz

Annual General Meeting:

Thank you to all those who gave the club their support by attending Porirua City Aquatics AGM on 18 May.

Our committee for 2025/26 is:

Patron	Murray Pugh
President	Viv Morton
Vice President	
Secretary	Rose Crawford
Treasurer	Sonja Maharaj
Club Captain	
Registrar	Sonja Maharaj
Race Secretary	Elouise Thomas
Auditor	Jeanette Adams

Committee – Oliver Bennett, Sam Gathoga, Jessie Guo, Brent Harris, Zhen Zhen Jia, Sophie Khun-Hammond, JayMi Ng and Katrina Smith.

Murray Pugh was welcomed as Patron replacing Matt Meehan who has moved out of the area. Matt made a huge contribution to swimming over a number of years as an official and to Mana Swimco and the Porirua Swimming Clubs before they merged in 2009 to become PCA.

Murray has been a previous committee member and treasurer of PCA as well the treasurer and a board member of Swim Wellington. I am sure we will be calling on his vast knowledge in the future.

Brent Harris who was recently appointed to head Swim Wellington's Regional Technical Officials Panel (RTOP) has stepped down as PCA's Vice President, a position he has held since 2018 and as PCA's Registrar but intends to remain on the committee in an advisory capacity. His new position overseeing all the officials in

the region and ensuring meets are run within the rules will require much of his Brent's time – I guess we could say this is Swim Wellington gain and PCA's loss! As we all know Brent has been a huge contributor to the smooth running of PCA.

During the meeting presentations were made to our volunteer coaches, qualified officials and team managers.

Our rules allow for PCA to have up to 15 on the committee and as you can see we are a couple short.

New people would be most welcome. Anyone interested should speak to Viv or email president@swimporirua.co.nz. Special skills are not required – you just need a passion for local swimming and a degree in common sense!

Prize Giving:

While most of the cups and trophies presented at the prizegiving were based on results at the club champs, the following were awards for performances during the year.

Leaders Real Estate Cup – Swimmer of the Year – Joe Reiher

Southern Cross Cable Network Cup – Junior Swimmer of the Year - Rebecca Yu

Porirua City Aquatics Cup – Multi-class Swimmer of the Year - Nathaniel Wood.

Record Trophy for the swimmer who breaks the most club records during the year – Alyssa Bai

Pru Young Memorial Cup – Top performance of the Year - Rebecca Yu – for breaking the Wellington Record for 12 years and under 400m freestyle that had stood since 1994 by just over three seconds.

Personal Best Trophy for making the biggest improvement over all stroke and distances over the year – Justin Wang

Time Trial Trophy for making the biggest improvement over 200m freestyle over the year (this event must have been swum four times) – Chao Wang

Junior Girls Long Distance Trophy for 800m – Rebecca Yu

Senior Girls Long Distance Trophy for 800m – Lauren Crawford

Senior Boys Long Distance Trophy for 1500m – Justin Wang.

Nicols Trophy – for sportsmanship, attitude, being a good role model, attendance etc – Girls Maddy St Just and Boys, Nathaniel Wood.

Volunteer Cup – this cup recognises a volunteer who has made a huge contribution to PCA over the year – Rose Crawford.

Farewell to Richard Peterson:

With his pending move to Tauranga sadly PCA farewelled Richard Peterson at the beginning of May 2025.

Most of you will know Richard as one of our Sunday morning volunteer coaches and Learn to Swim instructors.

Richard has had a long history of volunteering for PCA – this began very soon after his eldest daughter Lucy joined the club in 2012 and has continued ever since. He also serviced on the committee in 2015/2016, was named Swim Wellington volunteer coach of the year in 2018 and received a Swim Wellington Service Award in 2021. Both of which were truly deserved.

Initially he coached both on Friday night and Sunday mornings and when one of his daughter's retired and the other moved into squad, Sunday coaching became his focus.

As we all know Richard has a great way with the kids. He makes his lessons fun and is a really good instructor/coach.

At his presentation Richard mentioned that he started coaching when he realised how hard the grandstand seats were at the pool and he would be more comfortable walking along the side of pool.



He also said what a big part PCA had played in his family's lives. Both his girls taught as volunteers in our Learn to Swim programme and this has led to part-time jobs in the industry. For one this has gone a long way to fund her way through university for which Richard is very grateful..

Richard will be missed by PCA and we thank him for his long service and dedication to our sport and swimmers not only within PCA but in the wider community.

The paintings the club gave Richard were of Mana Island and Titahi Bay Beach – views he saw from his house and will a constant reminder of his time at PCA.

Meet Reports:

SNZ National Age Groups (NAG's):

In the first week of the school holidays PCA took a team to Hawkes Bay for the NZ Age group National Champs.

We had 11 swimmers who worked exceptionally hard to meet the tough qualifying times for this event, Felix Thomas, Lauren Crawford, Asher Thomas, Alyssa Bai, Patrick Reiher, Justin Wang, Victor Yu, Karmen Zhou, Camille Zhou, lite Alafia, Nathaniel Wood.

We also had two Team Managers - Rose Crawford and Sam Yu, Coach – Gerusio, one official - Brent Harris.

It was a 7-day trip with most of the swimmers staying together, along with nine other teams at Woodford House (Girls boarding school) in Havelock North, which allowed our swimmers to get to know swimmers from other regions. There was 5 days of competition with the morning sessions consisting of heats, and the evening sessions were the age group finals. PCA ended up 24th out of 74 clubs in the age group points results, and 2nd for multi class points, this is an impressive result for our 11 swimmers.

Individual results are listed at the end of the newsletter.

There was an awesome atmosphere at the pool and our team put in impressive performances. We had some wonderful results including 15 Medals, 4 Gold, 3 Silver, 8 Bronze and 14 other top 10 finishes, we also entered 5 relay teams, 3 of the 5 finishing in the top 10. Individual results can be found below.

It was great to see the relationships between the swimmers grow over the week. A big thanks to Brent for Officiating the entire meet and Elouise for Officiating, Gerusio for coaching and supporting our swimmers, Rose & Sam for team managing.

Rose and Sam
Team Managers

Swimming Wellington Long Distance Champs:

Nine PCA swimmers entered the Swim Wellingtons Distance Championships held at Coastlands on the 10th May. The only events on the programme were 800m 1500m – nine races were held and while the events were long there was good support local swimmers, with other coming from Palmerton North and Manawatu.

Our swimmers did very well and should be proud of their achievements.

Swimmers	Event	Age Group placings
Justin Wang	1500m	Gold Medal – 14yrs
Cody Chen	1500m	Bronze Medal – 14yrs
Asher Thomas	1500m	4th – 14yrs
Jayden Ng	1500m	5th – 15yrs
Ashely Liu	1500m	Bronze Medal – 12yrs
Lauren Crawford	1500m	Bronze Medal – 15yrs
Emma Harrison	800m	4 th 13yrs
Maddy St Just	800m	Bronze Medal – 15yrs
Charlotte Harrison	800m	5 th 15yrs.

A big thank you goes to the team managers, Rose and Jesse. All the timekeepers and IOTs. Brent Harris, the meet director and Viv who presented the medals.

Race Night 16 May

Successful race nights don't happen without many volunteers helping out.

A big thank you goes to all those who time kept and officiated on the 16th. I know people's reluctance to time keep is often because they've never done it before, but it is easy, as many found out.

To the ladies who organised the entries and cards, thank you. For first timers, they did a great job. Thank you to the family who cooked sausages – this was appreciated and the two runners who clocked up a few steps did a great job – thank you.

To the swimmers, you all did very well. It was great to see some people trying new events and different distances. Race night is an opportunity for everybody to gain some confidence and have fun.

Thanks especially to Elouise, the starter. Coaches, Todd (the announcer) and Lucy and Chanith who offered technique advice.

For those who have been before, we realise our numbers were slightly down but we did clash with two local school events which was unfortunate.

...the next step after RACE Night

We have a number of swimmers whose swims at race nights show they are ready to take the next step and would enjoy another challenge.

Gold Coast meets are held regularly, either at the Coastlands or Tawa Pool, late on a Sunday afternoon

for swimmers from PCA, Tawa, Raumati and Otaki Titans Swimming Clubs.

These low key meets can't be held at Cannons Creek because of the diving ban. This doesn't mean swimmers have to dive, they can start in the water if they wish.

These meets are ideal for new swimmers where they are rewarded with ribbons for personal best times. These are not meets where finish placings are important or carry any weight, they are all about personal achievement.

Keep an eye on the notice board to see when the next Gold Coast meet is.

Entries are done online through the Swimming New Zealand database. Check with your coach if you have any queries.

Gold Coast – Sunday 25 May:

PCA had a massive team of 61 swimmers taking part in this meet. With the PCA team and swimmers from Otaki Titans, Raumati and Tawa nearly 100 swimmers took part, which was fantastic to see.

Congratulations to our swimmers especially the first timers and those trying new events.

Well done - Emilia Bleach, Matthew Bleach, Jackson Crawford, Charlotte Dai, Adalyn Dong, Isabel Dowd, Orion Kallahar, Ryder Kallahar, Indigo Eastham, Nate Hall, Jessica Harris, Kai Jiang, Tai Lewis, Evan Li, Edward Meng, Olivia Mitchell, Zoe Mitchell, Dalton Nguyen, Sofia Nguyen, Addison Parish, Frida Robertshaw, Lincoln Thomas, Danel Turetsky, Xi Wang, Logan Wilson and Nathaniel Wood.

Also well done to those who took more than 10 seconds off their previous best times – Alastair Bai, Jackson Crawford, Madison D'Oliveria, Tai Lewis, Emma Ng, Cooper Olliver, Amokura Olsen, Lincoln Thomas and Chao Wang,

How amazing - all of Otaki Titans swimmers achieved Personal Best times to win the PB trophy with 100% - PCA was second with 56.58%, very closely followed by Tawa 56.52% and Raumati was 4th with 50%
A big thank you to our managers Megan, Zhen Zhen and JayMi for organising the swimmers and coaches Steven and Lucy for their coaching advice.

As PCA hosted this meet Blair St Just (officials) and Elouise Thomas (entries) went the extra mile planning for this meet. Thank you to them both and everyone who helped out at the meet.

Learnings from the meet:

- Swimmers can stop in a freestyle event and as long as they don't take a step or push off from the bottom of the pool they won't be DQ'd. Once a step is taken, that is a DQ. This only applies in freestyle.

- Once a meet has started should swimmers choose not to swim any of their events, that is taken as 'not a best time' in the PB trophy calculation, working against the club's point tally.
- Swimmers need to follow the referee's instruction as to which warm up lanes to use. It was noted that the referee told PCA swimmers more than once to move from Raumati's warm up lane. In the allocation every club gets one lane with more being allocated to the larger teams.
- For the timekeepers – times are to be recorded even if a swimmer is DQ'd. The reason – should that DQ be protested and overturned those times will be needed.
- At this meet a number of parents were giving their swimmers racing advice before a race. We don't want swimmers being confused with too many instructions, the coaches advice is all that is needed, and parents are asked to leave the coaching to the coach.

A big thank you to everyone who supported PCA's raffle – the winners were two lucky families from PCA's Johnsonville squad.

Subscriptions:

The membership year begins on 1 July, and subs for the current year to 30 June 2025 are:

- \$200.00 for club members. That is, those who swim in the Tadpoles squad and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$160.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals and those who swim in PCA's Johnsonville squad.

Subs can be paid directly into the PCA bank account 030547-0205093-00 (please use the swimmers name as a reference), or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs are due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is reduced on a sliding scale from October to the following June based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the info@swimporirua.co.nz or the person on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on

an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our Treasurer at treasurer@swimporirua.co.nz to make an arrangement.

Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the start of the final session at 8:00pm on a Monday and 7:30pm on a Friday.

Those interested should contact Viv Morton on 027-645-1146 or email president@swimporirua.co.nz

BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Learn to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzle (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who did the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Viv Morton e-mail president@swimporirua.co.nz or phone 027-645-1146 for further information.

PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

The cost of caps are \$10 each if a swimmer requires another cap.

It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek) or the Team Manager at swim meets.

Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount in stock of PCA uniform hoodies with zips, T shirts, shorts and ponchos in various ages.

Please contact Jessie Guo on 021-232-1533 or e-mail uniforms@swimporirua.co.nz if you would like to purchase any PCA uniform items - see the web site for details, order form and bank details.

Bank Account Details:

Sunday Learn to Swim	03-0547-0205093-01
Squad Fees	03-0547-0205093-02
Everything Else	03-0547-0205093-00

If you are unsure which account you should be using, please contact treasurer@swimporirua.co.nz.

Upcoming Events:

14 – 15 June – SWN Short Course Champs (SC) – WRAC - Entries Close 9 June.

29 June – Gold Coast Matson (SC) – Coastlands – Entries Close 22 June.

13 July – PCA Div III (SC) – Tawa – Entries Close 6 July.

Club Lane and Squad Information:

A summary of how we structure our Club Lanes for new swimmers, and also our booklet for competitive swimmers can be found at the links below.

[Club Lane Swimming](#)
[Competitive Swimming](#)

Club Contacts:

President (Viv Morton)	027-645-1146
Vice-President (Vacant)	
Secretary (Rose Crawford)	e-mail
Treasurer (Sonja Maharaj)	e-mail
Race Secretary (Elouise Thomas)	022-140-5068
Junior Squad Coach	e-mail
Senior Squad Coach	e-mail
Officials Co-ordinator (Blair St Just)	021-782-591
Uniforms (Jessie Guo)	021-232-1533
Newsletter	e-mail

Swimming NZ Age group champ 2025 Swimmer Results

Swimmer/Student	Event	Ranking for age group in New Zealand
lite Alaifea 14yr girls	50 Breaststroke	Bronze / 3 rd
	100 Breaststroke	5 th
	200 Breaststroke	12 th
Alyssa Bai 14yr girls	100 Butterfly	4 th
	50 Freestyle	11 th
	100 Freestyle	7 th
	50 Butterfly	8 th
	200 Butterfly	4 th
Lauren Crawford 15yrs girls	800 Freestyle	10 th
	200 Backstroke	11 th
	50 Backstroke	11 th
Patrick Reiher 14yr boys	50 Breaststroke	16 th
	100 Breaststroke	11 th
	200 Breaststroke	8 th
Asher Thomas 14yr boys	50 Freestyle	24 th
	50 Breaststroke	Bronze / 3 rd
	100 Breaststroke	Silver / 2 nd
	200 Breaststroke	4 th
Felix Thomas 16yr boys	50 Freestyle	20 th
	100 Freestyle	8 th
	50 Butterfly	8 th
Justin Wang 13yr boys	1500 Freestyle	Bronze / 3 rd
	400 Medley	Bronze / 3 rd
	400 Freestyle	9 th
	200 Breaststroke	15 th
	100 Breaststroke	19 th
	800 Freestyle	Bronze / 3 rd
Nathaniel Wood multi-class	50 Freestyle	Bronze / 3 rd
15yr boys	100 Freestyle	4 th
	50 Breaststroke	Gold / 1 st
	400 Freestyle	Bronze / 3 rd
	100 Backstroke	Gold / 1 st
	100 Breaststroke	Gold / 1 st
	200 Freestyle	Silver / 2 nd
	200 Medley	Silver / 2 nd
	50 Backstroke	Gold / 1 st
Victor Yu 14yr boys	1500 Freestyle	11 th
	400 Freestyle	17 th
	200 Butterfly	10 th
	800 Freestyle	13 th
Camille Zhou 13yr girls	100 Butterfly	12 th
	50 Freestyle	Bronze / 3 rd
	100 Freestyle	4 th
	200 Freestyle	11 th
	200 Medley	10 th

Swimming NZ Age group champ 2025 Swimmer Results

Swimmer/Student	Event	Ranking for age group in New Zealand
Karmen Zhou 16yr girls	100 Butterfly	21 st
	50 Freestyle	14 th
	50 Butterfly	17 th
Karmen, Lauren, lite, and Camille	4x50 Freestyle Girls 16 & under	13 th
Lauren, lite, Karmen and Alyssa	4x50 Medley Girls 16 & under	5 th
Asher, Justin, Victor, and Patrick	4x50 Freestyle Boys 13-14yrs	10 th
Justin, Patrick, Victor, and Asher	4x50 Medley Boys 13-14yrs	9 th
Justin, lite, Victor, and Camille	4x50 Medley Mixed 13-14yrs	12 th