

What's coming up?

**FAMILY FUN NIGHT, Cannons Creek Pool,
Monday 15th December
6pm warm for a 6.30pm start.**

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- monster whirlpool
- width kick for younger family members
- family relays (teams of three from one immediate family)
- friend's relays (teams of three)
- adults kicking races
- piggyback races
- three-legged swimming races
- an adults 50m sprint for those who wish to re-live their swimming days.

Note – For safety reasons all children under 5 must be accompanied by an adult in the pool

While it is hoped that parents will take part, this is not compulsory. Apart from the 50m sprint, all other events are for non-swimmers. If you can carry a child on your back – please bring your togs along and join in!

All families are to bring a plate of finger food. BBQ Sausages and orange drink will be supplied.

Christmas / January School Holidays:

This will be final session for club swimmers who swim at Cannons Creek on Fridays and Monday's evening and Sunday mornings.

Orcas, Sharks, Swordfish, Seals and Tadpoles last training date for 2025 will be advised by email.

Normal club swimming will recommence the week beginning Monday 2 February. There will be no swimming 6 February as it is Waitangi Day. Sunday morning club swimming will restart on 8 February 2026, 9am to 10am.

There will be no squad swimming Monday 19 January (Anniversary Day) or Waitangi Day Friday 6 February.

New Training Squad:

PCA's Tadpoles Squad is first squad in our competitive pathway, swimming on Friday night from 6:00 to 6:45pm. Due to demand this term a second Tadpoles squad was introduced, swimming on Thursdays from 5pm to 6.45pm at the Cannons Creek Pool.

Swimmers can attend one tadpole session per week (sticking to the same day each week) plus one club session on either Monday or Friday nights. Sunday is also an option if they wish to swim three times a week.

We have space in Thursday Tadpoles and would welcome new swimmers from February 2026. Swimmers must be able to swim all four strokes and be prepared to race in club and Gold Coast Meets.

Cliff Roberts, our junior professional coach takes the Tadpoles with a focus on technique. Tadpoles cost an additional \$45.00 for the term and swimmers are required to pay door entry to the pool. Anyone interested should contact Viv on president@swimporirua.co.nz

Special General Meeting:

A big thank you to all those who attended our Special General Meeting on 12 November to adopt PCA's updated Constitution and Rules.

Thank you to Murray Pugh (our Patron) and Brent Harris for their valuable input as the committee worked through the updates required for PCA to comply with the 2022 Incorporated Societies Act.

Meet Reports

Wellington Relay Champs:

The Wellington Relay Championships held at the Kilbirnie Pool on 1 November 2025 proved very successful for our club.

This Meet was solely about relays and included both age group and open freestyle and medley relays. The meet was electric - loud and noisy as swimmers supported their teams. Often races were extremely close causing the noise level to rise with people off their seats in excitement.

Cups and trophies were up for grabs in many events and medals were presented to the winning teams. PCA certainly came away with their share of silverware.

The very first relay for the Walker and Hall trophy – a trophy that was first swum for in 1911 - tested a club's depth by requiring teams of 5, with a swimmer of each

age group 9 and under, 10/11, 12/13, 14/ 15 and 16 and over swimming 100m each. PCA finished up winning by 16 seconds, with our second team taking Silver just 0.68sec ahead of Tawa.

PCA also won the Karori Shield, another relay that tested the club's depth with teams of 10, a girl and a boy from each age group. PCA finished up placing first by 5 seconds, with our B team taking second place 4 seconds ahead of Swim Zone Racing.

Probably the relay that created the most interest were the Golden Oldies with teams of two women and two men over 30 years old. Todd Morton lead out the A team swimming a very impressive 27.10 seconds for 50m, and then Elouise Thomas, Vicki Eastham and Blair St Just followed to win the Gold Medal. Our B team came away with the Bronze – Megan Carr, Katrina Smith, Anthony Dowd and 'ring in' from Raumati.

A big thank you goes to the team managers Rose, Sophie and Susie who were assisted by Jo and Elouise who had a busy night organising teams especially when PCA had two or three teams in the same event and swimmers needed to know the swimming order and stroke they were swimming.

As you'll appreciate organising relay teams can be challenging especially when PCA had two or three teams in the same event with swimmers needing to know the swimming order and stroke they were swimming.

Overall, our management team coped very well with the challenges they faced.

Thanks also to Cliff and Justin for their advice and the many parents who officiated and time kept. Also big thank you to Brent Harris (the Meet Director) who was challenged at many levels with computer and score board issues, illnesses and injuries all requiring his attention.

The results for the medal winning teams are attached. We also note that PCA had several other teams that placed in the top 10.

Have-a-go night:

Once again race night clashed with school discos with swimmers making the choice to boogie rather than compete. Nevertheless, those who came along did really well.

Congratulations to all our swimmers who took part, especially those who tried new events, swum longer distances and/or took part for the very first time. It is always great to see all those smiley faces with their ribbons.

A big thank you, to all the parents who time kept and assisted at the meet. As it was a 'have-a-go' meet it was good to see new people helping with entries, marshalling, announcing and time keeping.

Thanks to Brent Harris for officiating and running the meet. PCA appreciates officials who attend when they don't have children competing. Thanks also to swimmers, Lauren Crawford and Indigo Eastham who time kept.

Barbecue sausages. Once again the BBQ was cancelled. I know this was disappointing for a number of swimmers who told me *in no uncertain terms* how very hungry they were! I cancelled this when I knew we were going to be short of helpers to cook!

To prevent future cancellations and hungry swimmers, if I were to have a list of keen cooks I could called upon before buying supplies then we could run a roster. If you are keen to help – please let me know and I am sure those hungry swimmers will appreciate your efforts. Please email me on president@swimporirua.co.nz – thanks Viv

Hardcore Meet:

PCA and the Tawa club jointly hosted a second national qualifying meet in a month, at the Te Ngaengae Pool (Lower Hutt) on 8 November 2025. This was a huge meet with just on 180 swimmers taking part, including 33 from PCA.

PCA's Nathaniel Wood was one of four lucky swimmers to compete in at least three events and have his name drawn out of the hat to win a \$50 cash prize. Other lucky swimmers were Justin Zhang (Tawa) Alexander McElrea (Pirates) and Abigail Maxwell (Masterton).

Many of our younger swimmers added to their racing experience by competing in the 50m pool. Times recorded at this meet are referred to as L/C times – swimmers wishing to make a comparison to times swum in a 25m pool can convert the L/C times to short course (S/C) by deducting 1.70 seconds for freestyle, medley and backstroke, 1.40 sec. for butterfly and 2.00 sec for breaststroke, per 100m, to account for the advantage gained in turns.

A big thank you goes to the Tawa club and all those who officiated and covered the duties.

Thanks also to our team managers (Rose, Sophie and Susie) and coach Cliff.

Semi-automatic timing was used at the meet - meaning, stop watches start automatically, then are stopped manually and the time drops in to the computer (magic!). A big thank you to Noel and Janet from Swim Wellington running this system

Gold Coast Chocolate Carnival :

The Gold Coast Chocolate carnival was held on Sunday 16th November at Tawa Pool.

This meet attracted lower numbers than usual with 45 swimmers from PCA and others from Tawa and Raumati making up the 61 swimmers.

Winning Chocolate and a PB ribbon was the highlight for those achieving a personal best or establishing a new time.

For many of our swimmers this was their first meet and they did the club proud. A number of swimmers, both new and the more experienced would have been disqualified for stroke infringements but it was decided to allow the swimmers their times and treat these as a learning experience. Coaches have been given the forms and will discuss the issue/s with the swimmers. PCA won the Personal Best trophy with 62.06% of our swimmers achieving a Best time. Tawa was second on 44.4%.

The main focus of this meet were the relays, both freestyle and medley, in various age groups. Tawa fielded very few teams, making the competition rather one sided, although PCA entered multiple teams in some age groups so it turned out to be PCA v PCA.

PCA won the Shield with 59 points against Tawas 16. While the entries from other clubs were disappointing there were a number of positives for PCA with our managers reporting numerous swimmers were happy to swap strokes or swim strokes out of their comfort zone in the medley relays so the team could meet the entry criteria.

A big thank you goes to all those who answered the call to officiate and take on duties at the meet, especially those who didn't have swimmers competing.

Thanks also to Rose and Sophie, the team managers and coaches Cliff and Steven.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$220.00 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.
- \$220.00 for PCA's Johnsonville Squad swimmers
- \$185.00 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 were due on 1 July and are now overdue.

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 starts at 7.20pm.

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 Lean 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 are entitled to a club 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:

PCA uniform is to worn by all swimmers at swim meets. We hold a stock of PCA uniform hoodies with zips, t-shirts and ponchos in various ages. To order see the web site for details, order form and bank details.

Please contact Jessie Guo on 021-232-1533 or e-mail uniforms@swimporirua.co.nz

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:

5 – 7 December – Swimming Wellington Long Course Champs (12 years and over) at WRAC

15 December - PCA Family fun night- Cannons Creek

10 January - SNZ Open Water Champs, Lake Taupo

30 January - Oriental Bay Challenge (Open Water

14 February 2025 - Scorching Bay Challenge (Open Water)

15 February 2026 - Gold Coast Chocolate Carnival – Tawa

28 February 2026 – All Stars Junior Festival - Coastlands Aquatic Centre

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](#)

Report of Best Times:

If you require a list of your times, please email Elouise Thomas the Race Secretary at race@swimporirua.co.nz and they will be sent back to you.

Club Contacts:

President (Viv Morton)	027-645-1146
Vice-President (Oliver Bennett)	
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 (Sophie Khun-Hammond)	e-mail
Newsletter	e-mail

Wellington Relay Champs Results

Age	Placing	Team
Freestyle		
5x100m	Gold	Eric Yuan, Jayden Ng, Sarah Choi, Ella Au, Federika Shepelva
	Silver	Felix Thomas, Justin Wang, Alastair Bai, Lawrence Wang, Xi Wang
9 & U girls	Gold	Jordyn-Leigh Jacobs, Jessica Haris, Wambui Mubea, Hannah McMaster
	Bronze	Abi Black, Anya Hammond, Sasha Eastham, Jocelyn Li
9 & U boys	Silver	Aiden Zhou, Kai Jiang, Alasdair Ossont Emil Rimer
11 & U girls	Gold	Ella Au, Anna Han, Adalyn Dong, Sophia Dahioc
11 & U boys	Gold	Lincoln Thomas, Lawrence Wang, Edward Meng, Michael Winton
13 & U girls	Gold	Sarah Choi, Kristen Young, Sofia Nguyen, Elizabeth Yang
15 & U girls	Gold	Lauren Crawford, Alyssa Bai, Camille Zhou, Lite Alaifea
15 & U boys	Bronze	Jayden Ng, Asher Thomas, Cody Chen, Justin Wang
Open girls	Silver	Karmen Zhou, Dannielle Rule, Camille Zhou, Alyssa Bai
Medley		
9 & U girls	Gold	Jordyn-Leigh Jacobs, Jade Wang, Xi Wang, Eliza Au
11 & U girls	Silver	Ella Au, Anna Han, Adalyn Dong, Sophia Dahioc
11 & U boys	Gold	Lincoln Thomas, Lawrence Wang, Edward Meng, Michael Winton
13 & U girls	Gold	Sarah Choi, Kristen Young, Sofia Nguyen, Elizabeth Yang
15 & U girls	Gold	Lauren Crawford, Alyssa Bai, Camille Zhou, Lite Alaifea
15 & U boys	Bronze	Jayden Ng, Asher Thomas, Cody Chen, Justin Wang
10 x 50m Freestyle	Gold	Xi Wang, Adian Zhou, Ella Au, Lincoln Thomas, Sarah Choi, Chao Wang, Aylssa Bai, Jayden Ng, Karmen Zhou, Felix Thomas
	Silver	Jade Wade, Kai Jiang, Anna Han, Lawrence Wang, Kristen Young, Alastair Bai, Camille Zhou, Asher Thomas, Danniell Rule, Joe Reiher