

Easter and April School Holidays

All club and Junior Squad swimming is cancelled on Good Friday, Easter Sunday and Easter Monday. Club swimming is also cancelled on Sunday 12 April the middle weekend of the school holidays.

Club programme during the holidays:

- Friday 10 April and 17 April at Cannons Creek Pool will be dedicated to Badge swimming – see information below.
- Monday 13 April Diving sessions will be held at the Arena. This is open to club swimmers plus those in Tadpoles and Seals Squads. Swimmers will need to pay the council door entry charge. PCA has three lanes booked from 6.30pm to 8.30pm.

For diving, those who normally come to club at 6pm should come at 6.30pm with the Tadpoles. Those who come to club at 6.40pm should come at 7.05 pm. The Seals, plus older swimmers who swim at 6.40pm and those who come to club at 7.20pm should come 7.45pm.

DISTANCE BADGE

All club members including squad members are invited to swim for Distance badges on Friday 10 and 17 April.

PCA has distance badges swimmers can achieve by completing a distance without stopping, Distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed all these distances they move on to swimming 1 kilometre (40 lengths) for a time. The club has various ribbons to reward swimmers for the times achieved.

New swimmers need to start with the 25m swim, then do the 50m swim and continue for as long as they wish. We don't allow swimmers to swim a longer distance and then walk off all the shorter distance ribbons.

To help these evenings run smoothly our coaches need help from parents counting laps and/or timing the 1k swimmers.

Please note. Swimmers may need to wait their turn if the lanes are full, so everyone has the opportunity to achieve their goals.

Learn to Swim Term Two 2026

Our next course of lessons will start on 10 May and finish on 28 June 2026. Lessons will not be held at Kings Birthday weekend.

Class times are 9.15am and 10am with all levels held at each time slot.

On the first day swimmers should arrive at least 15 minutes earlier than their class time to complete enrolment process.

The fee is \$50.00 for this course of lessons – payment can be made on the first day - cash only, no eftpos, or deposited into account number 030547 0205093 01. Account name Porirua City Aquatics Incorporated. Please use your swimmers name as the reference and include L2ST2.

Please note. All participants must be at least 5 years old, 1.1m tall, long hair must be tied back – wearing a cap is preferable. Goggles are essential and can be purchased at the pool.

Porirua City Aquatics Novice Carnival

10 May 2025 CANNONS CREEK POOL 1.30pm, warm up for 2pm start.

ENTRIES CLOSE 3 MAY 2026

Come along and "HAVE A GO" – an introduction to racing

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting newer club members and swimmers who have not raced in three or more zone or interclub events.

All swimmers 8 years and under are considered 'Novice swimmers' and are eligible to enter. Swimmers 9 and over who have qualified to swim at the Wellington Champs may not enter. Club events like Race Nights, Club Champs, In House league held at the Cannons Creek pool for our members only are not counted for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should

sit together with the team manager. Parents should sit away from the team.

All those competing will receive a 'participant' ribbon. Swimmers will swim each event they enter once, and times will be collated, should there be more than one heat, to rank the swimmers – in swimming this is known as 'timed finals'. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard and on the flyer which can be found on our website.

Entries close on 3 May. While the flyer asks swimmers to enter through Fastlane PCA swimmers who don't have a log-in should contact Viv

It would be great if PCA was the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 027 645 1146.

NOVICE CARNIVAL LUCKY LANE PRISES. Can you help make this carnival a success?

It is our aim to give every Novice swimmer at Lucky Lane Prize and usually PCA has been lucky enough to have items donated from our swimming community. These may include drink bottles, frisbees, balls, vouchers, novelty items – maybe you or your employer has give aways that could be shared. Sponsorship will be acknowledged at the meet. If you can help please email Viv, president@swimporirua.co.nz

Officials update

Sadly, PCA farewelled Gillian Kalafatelis at our recent club champs. Gillian was a qualified referee and Inspector of Turns and after many years of officiating has decided to retire from the sport.

Gillian has been a member of PCA since 2011 and prior to that was with the Raumati and Tawa Swimming Clubs.

While her son Alex stopped swimming some time ago, it has been great that Gillian has continued to officiate. Porirua City Aquatics wishes to thank Gillian for the many years she has put into swimming – she will be missed.

Congratulations to Shelley Au who recently qualified as an Inspector of Turns.

PCA is looking to increase our number of qualified IOTs. Due to recent retirements our club does not always have enough IOT's to cover our duties at National Qualifying and Wellington Championship Meets – if you are interested in becoming an IOT or finding out more about the role please contact Viv at president@swimporirua.co.nz.

Swimzone Racing's Meet

SZR hosted the first National Qualifying Meet for the year at the Te Ngaengae Pool (Lower Hutt) on 21 February. Being a long course meet to gave swimmers another chance to experience long course racing as well as updating their National Qualifying times.

Twenty-three PCA swimmers raced, with 50% achieving best times from their 52 swims. Congratulations to Amokura Olsen who was a standout improving her 200m backstroke time by a massive 15.86 seconds.

Thanks to all PCA's officials and Rose and Mary the time managers. Sadly, due to a shortage of Inspectors of Turns (IOT) the meet could only be run in 8 of the 10 lanes, resulting making it longer than necessary.

Junior Festival

Swimming NZ's Junior Festival Meets were held at four locations around the country with ours, the All Stars Region covering Manawatu, Wairarapa, Wellington and Whanganui held the Coastlands Pool over 3 sessions on the 28 February and 1 March.

PCA's team of 33 was the biggest club team at the meet and while many individual races were very close the relays were extremely exciting! Well done to all our swimmers.

A big thank you goes to:

- all the parents who helped with duties and officiating, particularly Elouise and Nathan Thomas who 'worked' at two sessions;
- Steven and Cliff for coaching and encouraging the swimmers;
- Zhen Zhen, Rose and Catherine our team managers – with so many relays to organise this was a full on job.
- those who helped out when they didn't have swimmers competing. Phil Reiher, Brent Harris, Graham Seagull and Viv Morton.

Congratulations to all the PCA team. In a number of races PCA scored the trifecta taking out all three podium places! Results are included at the end of this newsletter.

The relays were very exciting and totally dominated by PCA, as the results show. The kick relays offered something different and were fun events. In the mixed (2 Boys/2 Girls)kick relays the club entered numerous team to give everyone a go, and that paid off with three tames making the podium.

Learnings from this meet.

- Swimmers must sit with the team, to save the managers needing to hunt for them to send to marshalling. We understand swimmers like to talk to their parents after a race, but this should be kept to a brief conversation so the swimmer can return to the team. With only three age groups often the

turnaround time between races for swimmers is short.

- This meet showed PCA has a shortage of people prepared to manage teams and be Inspectors of Turns (IOT). A club of our size should not need to have people managing as Rose did for two sessions when they don't have children competing. People interested in training for these roles should contact Viv on president@swimporirua.co.nz

Capital Classic – NQ Meet 7 March 2026

Twenty three swimmers took part with 36% recording PB's from 42 swims.

During the meet Swim Wellington's Life Membership presentations were made to Jacqui and Greg Forsythe who have given numerous years to swimming as officials, regional, nationally and internationally and in training officials locally. They have set up an excellent platform for others to follow with regards to running meets of a high standard. Personally, I will miss Greg's valuable contribution to Swim Wellington Events committee that I am part of – Viv

Thanks to coach Justin and team manager Megan for encouraging and supporting our swimmers at this meet and to all those who officiated.

Club Champs

A big thank you to everyone who helped this meet be so successful and run so smoothly. As most of you will realise heaps of planning goes into these meets.

Thanks to Elouise, Blair and Brent for the pre-meet preparations. Thanks to parents to took on one of the various roles on the day - team managing, officiating, timekeeping, cooking sausages, marshalling, running results, recording results etc. It was especially good to see a number of people training as IOTs. ZhenZhen and Cathrine deserve special mention for the wonderful job they did as marshalls.

Thanks also to Matthew and Suzanne Billington and Hugh Allen from the Tawa Club for officiating at the second session.

In the pool there were some great swims.

Congratulations to Federika Shepeleva who broke the Wellington record in the Girls 9 years and under 50m butterfly with a time of 34.55. Federika had equalled this record the recent Junior Festival – the previous record of 34.58 was held by Vinnie Tat, also of PCA, set on 4.5.19.

Thanks also to our coaches Cliff Roberts, Steven Zhu and Justin Roberts for all their knowledge and wisdom they share with our swimmers.

Certificates, trophies and cups and age group medals will be presented at the club's AGM and Prizegiving on 24 May 2026 at 3pm – mark your diary now!

Open Water Racing

Swim Wellington's Open Water Challenge was held at Oriental Bay on 28 February in perfect conditions - a flat sea, glassy water, no wind and the plenty of sun!

PCA swimmers did the club proud.

- Indy Spalding (Gold Medal) – 5km in 15 and under
- Lauren Crawford (Gold Medal) – 2.5km in 16-34 years
- Jackson Smith (Bronze Medal) – 1.25km in 15 and under
- Quinn Spalding (Bronze Medal) – 500m in 15 and under

Also swimming in the 15 and under 500m race were Indigo Eastham 4th, Abi Black 5th and Sacha Eastham 7th.

PCA parents also did well with Chris Eastham placing 2nd in the 500m, wife Vicki taking the Silver medal in the master female 2.5ks race with Rae Black 4th and Katrina Smith 8th.

At the NZ Secondary School Open Water Championships held at the Blue Lake in Rotorua on 7 March Lauren Crawford won the Bronze Medal in the females 3.5k race and a Silver Medal in the Ocean Series event – well done Lauren!

PCA Swimming Caps:

We have two types of caps for swimmers:

1. All new members (club and squad) are entitled to a PCA cap on receipt of their first subscription payment. Caps are replaced free of charge if they split – swimmers need to return their damaged cap to get a replacement.

PCA caps are \$10 each for those who might to keep a spare in their bags.

It would not normally be expected for swimmers to 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.

2. We also have a limited number of PCA Arena Race caps for \$25.00 each. These are designed for swimmers who are racing at a high level. They are 3D soft caps and are engineered for uniform compression and hydrodynamic performance, streamlines the head and hair into a smooth shape. These can be purchased through secretary@swimporirua.co.nz

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 Sophie Khun-Hammond on 021548669 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:

- Gold Coast Woollahra Trophy, Coastlands Aquatic Centre – 29 March 2026
- 2026 NZ Age Group Swimming Champs – Hawkes Bay Regional Aquatic Centre – 8 April 2026
- SWN NQ4 (12yr + only)- Te Ngaengae Pool – 18 April 2026
- Raumati NQ Meet, Coastlands Aquatic Centre – 9 May 2026

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).....[email](#)
Newsletter [e-mail](#)

2026 JUNIOR FESTIVAL - ALL STARS Results						
			1	2	3	PBs
10 & under	Female	Federika Shepeleva	8	1		8
		Sophia Dahirot	5	3	1	8
		Xi Wang			1	6
		Charlotte Dai				1
		Eliza Au				4
		Jade Wang				6
		Grace Xie				1
		Jessica Harris				2
		Jordyn-Leigh Jacobs				0
		Skylar Xue				0
		Wambui Mubea				1
		Jiayang Li				2
	Male	Aiden Zhou				2
		Domi Dai		7	1	6
		Isaac Guo				1
		Evan Li			2	2
Ethan Li					0	
Ray Liu					2	
11 year	Female	Ella Rapson-Bennett				1
		Anna Han	10			7
		Adalyn Dong				3
	Male	Hugo Guo				1
		Michael Winton		1	2	1
12 year	Female	Ella Au	3	1	2	3
		Amokura Olsen			1	2
		Peixin Tian				3
		Elizabeth Yang	7	2	1	5
	Male	Alistair Bai	3	2	1	4
		Chao Wang	5	4	2	4
		Lawrence Wang			4	6
		Lincoln Thomas	1	1		6
Edward Meng				2		
Totals			42	22	18	100

12 & under 6x50 Free Club Relay:

(Mixed)

1st - PCA A relay team (Alistair Bai, Amokura Olsen, Michael Winton, Anna Han, Federika Shepeleva, Domi Dai)

2nd - PCA B relay team (Chao Wang, Ella Au, Hugo Guo, Sophia Dahirot, Ella Rapson-Bennett, Evan Li)

(Female)

1st - PCA A relay team (Ella Au, Amokura Olsen, Ella Rapson-Bennett, Anna Han, Federika Shepeleva, Sophia

Dahiroc)

(Male)

1st - PCA A relay team (Chao Wang, Alistair Bai, Domi Dai, Hugo Guo, Michael Winton, Evan Li)

12 & under 4x50 Free Club Relay:

(Mixed): 1st - PCA A relay team (Alistair Bai, Amokura Olsen, Chao Wang, Elizabeth Yang)

2nd - PCA B relay team (Lincoln Thomas, Lawrence Wang, Peixin Tian, Anna Han)

(Female): 1st - PCA A relay team (Ella Au, Anna Han, Peixin Tian, Elizabeth Yang)

(Male): 1st - PCA A relay team (Alistair Bai, Lawrence Wang, Chao Wang, Lincoln Thomas)

12 & under 4x50 Medley Club Relay:

(Mixed): 1st - PCA A relay team (Peixin Tian, Elizabeth Yang, Chao Wang, Alistair Bai)

2nd- PCA B relay team (Anna Han, Lawrence Wang, Ella Au, Domi Dai)

(Female): 1st - PCA A relay team (Amokura Olsen, Elizabeth Yang, Ella Au, Anna Han)

(Boys): 1st - PCA A relay team (Michael Winton, Lawrence Wang, Chao Wang, Alistair Bai)

12 & under 4x25 Kick Club Relay:

(Mixed): 1st - PCA A relay team (Chao Wang, Elizabeth Yang, Peixin Tian, Alistair Bai)

2nd- PCA E relay team (Ella Au, Lawrence Wang, Jade Wang, Isaac Guo)

3rd- PCA F relay team (Anna Han, Sophia Dahiroc, Michael Winton, Ethan Li)

(Female): 2nd - PCA B relay team (Jordyn-Leigh Jacobs, Xi Wang, Grace Xie, Anna Han)

(Boys): 1st - PCA A relay team (Domi Dai, Aiden Zhou, Chao Wang, Ethan Li)

2nd - PCA B relay team (Alistair Bai, Isaac Guo, Michael Winton, Hugo Guo)

3rd - PCA C relay team (Edward Meng, Ray Liu, Evan Li, Lawrence Wang)

