

Wellington Sports Awards 2026

These Awards were presented on 20 August and Club of the Year went to Ulalei Wainuiomata Netball. It was great for PCA to be one of the four finalists – this was a first for our club.

Matt Warren, CEO of Swim Wellington was Volunteer of the Year for his contribution to Surf Lifesaving and Canoeing.

Swimming NZ's National Youth Program

Swimming NZ recently added a third PCA swimmer to their Age Group Squad which is part of SNZ National Youth Program.

Congratulations to Ite Alaifea. Ite trains in our senior squad at Te Rauparaha Arena under coach, Justin Roberts. As a squad member she will join PCA's other two squad members, Sarah Choi and Alyssa Bai at a camp being held in October, following NZ's Short Course Championships in Christchurch. This squad identifies emerging talent as SNZ sets a pathway for swimmers towards the 2032 Brisbane Olympic Games.

Sunday morning club sessions

Sessions will be 8am to 9am until 13 September, then the following timetable will apply.

20-Sept	9-10am
27-Sept	9-10am
4-Oct	cancelled
11-Oct	9-10am
18-Oct	9-10am
25-Oct	cancelled
From 1 November	8-9am

Sept/Oct School Holidays Programme:

Monday, 28 September and 5 October

Diving sessions will be held at the Arena. These are 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 8pm. Those who normally come to club at 6pm should come at 6.30pm with the Tadpoles. Those who to later club sessions should come at 7.15 pm with the Seals.

Friday, 2 and 9 October

These sessions at Cannons Creek Pool will be dedicated to Badge swimming – see information below.

Distance Badges

All club members including squad members are invited to swim for Distance badges on the two Friday of the holidays.

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 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.

Those new to Distance Badge swimming should come at 6pm. Those swimming longer distance from 400m plus those doing 1k for a time should come at 7pm.

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.

PCA Junior Squads

Orcas, Sharks and Swordfish will train together at Cannons Creek during the school holidays, on Monday, Tuesday, Wednesday and Thursday from 5-6.30pm

PCA Seniors Squads

Normal sessions will be held during the holidays with one exception - Tuesday evening 29 September is cancelled.

Swim Wellington's Junior Sprint Challenge

Thank you to the PCA parents who completed feedback forms Swim Wellington circulated at this meet. From these, SW is trying to identify improvements that could be made to provide a more positive experience for those attending SW meets. Some feedback did relate to seating and bathroom

signage etc – all pool issues which are totally out of SW's control.

Other feedback showed clubs could do more educating members about swimming procedures. Two common questions asked in the feedback were;

- How timed-final events work, including how placings are determined across multiple heats.
- The disqualification (DQ) process, including why DQs occur and how officials communicate decisions.

Timed finals. When an event attracts a number of entries requiring more than one heat to be run, at many Junior meets these events are run as timed finals. Swimmers only swim once with times from all the heats collated to give the overall placings.

Disqualifications (Dqs). When a swimmer infringes (breaks a stroke/race rule) at Swim Wellington meets they will be Dq'd. with a DQ form completed by the officials, stating the reason and an announcement is made giving the heat and lane but not naming the swimmer. Team managers then view and photograph the form. PCA coaches are advised and should explain the reason of the DQ to the swimmer. Parents wanting more of an explanation can talk to the coach or team managers, but are not to debate the DQ with the officials. There is a process to protest DQ's. Protests must be done in writing and signed by the team manager, within a time limit from the infringement and be accompanied with the protest fee of \$100 in cash. Protests very rarely result in a DQ being overturned.

At Gold Coast meets swimmers who infringe are not usually DQ'd, instead they may be given the DQ form to learn from to discuss with their coach and learn from.

Social Media - Privacy

Those posting swimming photos on their personal social media are reminded, they must respect the privacy of others in the photo unless they have their permission to use the photo or they should blur other faces out.

Swimming club members agree to conditions on the membership forms and meet flyers allowing photos taken by approved Swim Wellington photographers to be used by the SNZ, Swim Wellington and the club for legitimate purposes – this agreement does not extend to photos being used on personal socials.

Gold Coast Meet Paekakariki Shield Chocolate Carnival Tawa Pool 6 September.

This meet is ideal for club and newer swimmers to enter with 50m races in all strokes, plus 25m butterfly on the programme and a number of relays. **Entries close on 30 August.**

Chocolate bars and ribbons are up for grabs for all those recording a Personal Best or a new time.

The relay teams will be selected from those who enter. We will need older swimmers to enter so we can enter the 14 and over relays. Trusting you will support the club.

Uniform Sale 31 August

At In-House League on Monday 31 August we will be holding a Uniform Sale with many items *reduced to clear* as PCA is moving to on-line ordering in conjunction with Arena. Further details about on-line orders are further down in this newsletter.

At the uniform sale payment can be made in cash (please bring the correct money) or by bank transfer, our preferred option.

Account details

Name Porirua City Aquatics Incorporated.

Number 030547 0205093 00

Particulars – Name

Code – Race Night

Reference – example hoodie 7-8

If you wish to purchase items before 31 August please contact Sophie Khun-Hammond on 021 548 669 or e-mail uniforms@swimporirua.co.nz

Current Stock Available as at 17 August: *These clearance price will apply until all items are sold.*

Type Of Item	Size	Quantity Available	Original Price	Clearance Sale Price
Junior Sizes				
Shorts	7-8	3	\$30.00	\$5.00
Shorts	9-10	6	\$30.00	\$5.00
Shorts	11-12	7	\$30.00	\$5.00
Shorts	13-14	3	\$30.00	\$5.00
T Shirts	7-8	1	\$30.00	\$10.00
Zipped Hoodie	7-8	3	\$75.00	\$25.00
Adult Sizes				
Ladies Tshirt	10	3	\$36.00	\$30.00
	12	1	\$36.00	\$30.00

Type Of Item	Size	Quantity Available	Original Price	Clearance Sale Price
Ladies Polo Shirt	12	2	\$53.00	\$36.00
	14	2	\$53.00	\$36.00
	16	1	\$53.00	\$36.00
Hoodie Ladies	12	3	\$87.00	\$65.00
Hoodie Ladies	14	3	\$87.00	\$65.00
Mens Hoodie	S	1	\$87.00	\$65.00
	M	3	\$87.00	\$65.00
	L	5	\$87.00	\$65.00
	XL	2	\$87.00	\$65.00
Mens Tshirt	M	1	\$36.00	\$30.00
	L	5	\$36.00	\$30.00
Singlet	S	1	\$35.65	\$5.00
Singlet	M	2	\$35.65	\$5.00
Singlet	L	1	\$35.65	\$5.00
Mens Polo shirt	S	3	\$53.00	\$36.00
	M	1	\$53.00	\$36.00
	L	5	\$53.00	\$36.00
	XL	1	\$53.00	\$36.00
PCA Ponchos	Size 1 (small)	2	\$65.00	\$35.00
Black Tee	L	1	\$35.00	\$30.00
Black Tee	2XL	1	\$35.00	\$30.00

PCA's Chocolate Fish Carnival 12 September.

PCA and Tawa clubs will be hosting a Chocolate Fish Carnival on 12 September at the Te Ngaengae Pool, in Naenae.

While this is a 50m pool, on this occasion the pool will be set up as a 25m pool to allow swimmers to qualify for NZ Short Course Champs, Swim Wellington allocates

each club one National qualifying (NQ) Meet a year as a fundraising meet. For ease of administration PCA and Tawa run their two meets together.

The meet is open to all club swimmers, especially those in squads. Swimmers may enter up to four events but only two without a time. PCA looks for your support at this meets/ Entries close Sunday 6 September.

MEET REPORTS

Masterton Club Spring NQ Meet 25 July

All four PCA swimmers who attended this meet recording PBs.

Shontelle Hautapu-Collins did a massive 12sec. PB for 100m medley and set new times in other events.

Eliza Au did 3 PBs in 4 events. Ella Au one PB in three races and Jackson Ellis 3 PBs in four races – well done to you all.

Manawatu League, Palmerston North 26 July

Frederika Shepeleva was PCA's only entrant at this meet recording 2 PBs over 3 races, including a massive 8 second. Well done, Frederika.

New Zealand Secondary Championship

Although swimming for their schools, PCA swimmers made their mark at these Championships held in Auckland from 30 July to 2 August.

T hose competing were; Elizabeth Yang (Newlands College), Felix Thomas, Asher Thomas and Sofia Nguyen (Aotea College), Rebecca Yu and Alyssa Bai (Samuel Marsden), Iite Alaifea (Wellington East Girls), Sarah Choi (Scots College) and Karmen Zhou and Camille Zhou (Queen Margaret College).

A number of club records were broken. Medallists were,

Name	Age	Gold	Silver	Bronze	Club Records
Elizabeth Yang	13			3	1
Sarah Choi	13	1	3		5
Aylssa Bai	15	1	2		2
Iite Alaifea	15		2		
Asher Thomas	16		1		
Karmen Zhou	17			1	2
Felix Thomas	17				1

Also to impress with PBs were Sofia Nguyen, Rebecca Yu and Camille Zhou.

In House League

Just over 90 swimmers took part in PCA first In-House League meet on 3 August.

Both the swimmers and supporters joined in the spirit of the meet with very vocal support. It was good to see most swimmers were prepared to swim races a little out of their comfort zone to earn points for their teams. Every swimmer in every heat earned team points.

The table below shows just how close the teams finished up. We would expect these results to chop and change over the next two meets.

Team	1	2	3	4	5	6
League						
1	179	175	189	145	181	185

Team four's low score was the result of people entering and not turning up. Thanks to those who did let us know they were sick or had a clash but when swimmers 'just forget' it leaves empty lanes and disadvantages the whole team.

A big thank you to the team leaders for organising and encouraging their swimmers, and too all those who officiated, especially the judges who had to call many very close races.

The next meet is 31 August with the final meet on 7 September.

MATSON TROPHY MEET 9 August Coastlands

100m freestyle handicapped races were the main event at this meet with swimmers swimming a heat. From there everyone had at least one other 100m swim in either a repechage and/or semi final, and then the grand final followed. Swimmer's placings in each round determined if they move on to the next round. Each round was handicapped back to the faster of either the swimmer's best time or a better time swum on the night.

For those who made the final this meant some, including PCA finalists swum four 100m races.



PCA Finalists were Emelia Muollo 3rd, Nathaniel Wood 10th. The winner was Zara Baker from Tawa with teammates Ehan Zhang 2nd, Holly Thompson 4th and Savannah Emmerson 5th. Raumati finalists were Szofia Rakovics 6th, Aurora van Reenen 7th, Hunter McArthur 8th and Marko Rakovics 9th

The Matson family donated very generous prizes for all the finalists and winning relay team. These were presented by Paul Matson, with the finalists each receiving a gift voucher and lollies, while the top 3 were given an extra, more substantial voucher. The relays team each receive a bar of chocolate while a number of swimmers received a bag of lollies as a lucky lane prize. A big thank you to Paul Matson and his family for their continued support of this meet his parents initiated many years ago.

Between the 100m freestyle rounds, individual 50m races were swum in each stroke, with swimmers receiving ribbons for personal best swims. Fifteen PCA swimmers competed in twenty-nine 50m races recording 14 new or personal best times. Annabelle Ossont was the PB star recording a massive 9 second in 50m butterfly. For most swimmers this was a very busy night of racing and with hardly any time to sit down!



The Bill Matson Memorial Relay Cup was also up for grabs. Teams of six first swum the heat to establish time and then swum a handicapped relay final. PCA B team of Nathaniel Wood, Harrison Boyt, Anya Hammond, Wambui Mubea, Alasdair Ossont and Kyle Sichampanakhone won the cup. The relay final was extremely close with less than 3 seconds separating the first five teams.

Thanks to Cliff for passing on his coaching wisdom. Also, thanks to the team managers Sophie Khun-Hammond and Jo McMaster and all PCA parents who officiated. Thanks to Rose for helping Viv work out the handicapping, and to PCA's Graham Seagull (the starter) for continuing to officiate even though their own swimmers retired years ago.

Special Olympics Event, Stokes Valley, 9 Aug.

Grace Hapeta, who trains in PCA's 7.20pm group on Monday and Friday nights competed in the Special Olympics T1 competition achieving excellent results in her four races.

She was 1st in 100m and 200m backstroke, 3rd in 50m freestyle and her relay team placed 2nd. Congratulations Grace!

Grace will compete for Porirua Special Olympics twice this year.

Have-a-Go Race Night - Friday 14 August 2026

While sickness and a school disco clash affected numbers at Race Night those competing did seem more than happy, especially the first timers and/ or those trying new events. It is always great to see swimmers proudly holding ribbons and how accepting others are when they miss a PB, PB - often by splits of a second.

A big thank you to all the timekeepers, to Bridget and Cliff for starting the races, Sonja and Justin for organising the cards and Doug and his helpers for cooking the sausages.

The Gold Coast Chocolate Carnival on 6 September at Tawa Pool mentioned earlier in this newsletter is the next step for those who enjoyed the challenge of Race Night.

Swimmers often ask 'if they have to dive' when meets are held at other pools, Diving is compulsory at Championship Meets, but at Gold Coast Meets swimmers can start in the water, holding the bar as they do on Race Nights, or dive from the starting block or off the side of the pool. During the warmup time is set aside for diving, allowing swimmers to work out what they are comfortable with.

Upcoming Events:

- 22-23 SW Short Course Champs 12 and over WRAC. **The Eligibility report for this meet can be found under Meets on our website.**
- 31 August PCA In-house league no 2 CCK.
- 6 Sept. Gold Coast Paekakariki Shield Meet Tawa/
- 7 Sept. PCA In-house league no 3 CCK.
- 12 Sept PCA NQ Meet, Te Ngaengae short course.
- 27 Sept/1 Oct SNZ Short Course Champs Christchurch

Subscriptions:

The membership year begins on 1 July, and subs for the year to 30 June 2027 are:

- \$285.00 for club lane 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.
- \$235.00 for Johnsonville Squad Swimmers.
- \$215.00 for Squad Members of Seals, Swordfish, Sharks, Orcas and Senior 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 notice board.

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 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 standard 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.

Standards 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.

PCA Arena Dome caps are available for purchase @ \$25.00. These are often preferred by those who race at a high level. To purchase a Dome cap contact Sophie Khun-Hammond, email uniforms@swimporirua.co.nz

Club Uniform:

PCA uniform is to be worn by all swimmers at swim meets.

We have an arrangement with Arena NZ for ordering PCA uniform items.

Details on ordering and the club discount code for other items are on our website uniform page [here](#).

Please contact Sophie Khun-Hammond on 021-548-669 or e-mail uniforms@swimporirua.co.nz if you have any queries.

Bank Account Details:

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

Thea account name is Porirua City Aquatics Incorporated.

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

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 Louise 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	email
Vice-President (Oliver Bennett)		email
Secretary (Rose Crawford)		email
Treasurer (Sonja Maharaj)		email
Race Secretary (Louise Thomas)	022-140-5068	email
Junior Squad Coach (Cliff Roberts)		email
Senior Squad Coach (Justin Roberts)		email
Officials Co-ordinator (Blair St Just)	021-782-591	email
Uniforms (Sophie Khun-Hammond)		email
Newsletter		email



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