

Labour Weekend:

All squad and club swimming is cancelled on Sunday 25 and Monday 26 October – Labour weekend

Sunday Morning Club Sessions:

The following timetable will apply for PCA Sunday morning club sessions.

- 20 and 27 September 9:00am to 10:00am
- 4 October – swimming is cancelled
- 11 and 18 Oct 9:00am to 10:00am
- 25 October – No Session (Labour Weekend)
- 8:00am to 9:00am will resume on 1 November

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, Seals and Swordfish.

Swimmers will need to pay the council door entry charge.

PCA has three lanes booked from 6:30pm to 8:00pm. Those who normally come to club at 6:00pm should come at 6:30pm with the Tadpoles. Those who do later club sessions should come at 7:15pm with the Seals and Swordfish.

Friday, 2 and 9 October

These sessions will be at Cannons Creek Pool will be dedicated to Badge swimming.

New swimmers should come at 6:00pm. Those doing distance in excess of 400m and the onw kilometre timed swim should can at 6.45pm

PCA Learn to Swim Lessons - Term 4:

Our next course of lessons will start on 1 November and finish on 13 December 2026.

Class times are 9:15am and 10:00am 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 \$55.00 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 L2ST4.

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.

Podium Protocol – Reminder:

For all meets where medals are presented the following rules apply:

- No towels or headgear are to be worn on the podium
- Swimmers are to wear a club top. This means any PCA logo'd top or poncho.
- When swimmers can't collect their own medal, maybe they are preparing for their next race or warming down, a teammate of the same gender is to sub in on the podium.

Swimming NZ Tri-series 2026:

A big thank you goes to Nathaniel Wood for this report about his experiences as a NZ representative in the 2026 NZ Tri-Series Team, July 2026.

I recently competed in the Ngarluma Tri Series in Karratha, Australia. It was a fantastic experience.

The New Zealand (NZ) team who came from all over the country was divided into 'NZ Team White' and 'NZ Team Black'. This year I was selected for the NZ Team Black. The team met at Auckland airport before heading to Perth for the night where we were given our NZ caps. The next morning the NZ teams headed to the pool for a training session before flying to Karratha. Our coaches were hugely experienced and led by NZ head coach Carl Gordon and Team Manager Brigitte Mahan. NZ Black coaches were Ben Lavigne and Wilrich Coetzee. NZ Team White coaches were Kirsty Johnson and Chris Paproski

The Karratha pool was an amazing outdoor pool despite the pool temperature being 22 degree which was not the best for training but made me go fast during racing.

I competed in the following: 50 Butterfly: 42.23, 100 Breaststroke: 1:33.41, 200 IM: 2:56.96, 100 Backstroke: 1:18.09, 75 Butterfly: 1:10.24, 100 Freestyle: 1:13.71,

100 IM: 1:24.64, 200 Freestyle: 2:35.34, 4x50 IM Relay and 4x50 Freestyle Relay.

After winning all of the five matches, NZ Team Black were crowned the overall champion team for the first time ever with 2593 points, ending Victoria's three year streak. Victoria took second position with 1937, NZ Team White third with 1763 and Western Australia fourth with 1429.

Aside from racing and training, all of the teams had the opportunity to visit Nganjarli (Deep Gorge) in Murujuga National Park, where we looked at rock art of human images, extinct animal species such as megafauna and thylacines (Tasmanian tiger), as well as existing avian, marine and land animals dating back as far as 50,000 years and learned about the history and culture of the Ngarluma Country and First Nations people of the region. The Murujuga National Park is home to the largest and most diverse collections of rock art in the world. As well as that we had a fun quiz night, with teams made up from NZ White, NZ Black, Western Australia and Victoria.

Overall, the 2026 Ngarluma Tri Series Tour in Karratha, Australia was an incredible experience for me. The accommodation and the food was great, the weather was incredible with the sun shining all day and no clouds for the entire time I was there. The competition events were smoothly and professionally run, thanks to the officials and the Karratha swim club for supplying timekeepers. A huge credit goes to the coaches who made sure everyone was prepared and on time for their races and to Ben Lavigne for running dryland sessions before our training sessions.

A big thank you to everyone (including my coach and Porirua City Aquatics) who supported me and helped make Tri series possible. I am now continuing to train hard and looking forward to the next swimming opportunities that come my way! *Nathaniel Wood*

SNZ Short Course Champs:

PCA will be sending one of our biggest teams ever to swim at this meet being held in Christchurch from 27 November to 1 October.

To be able to compete swimmers need to meet the tough qualifying times – we wish our team every success.

The team is Lite Alaifea, Alyssa Bai, Sarah Choi, Lauren & Jackson Crawford, Tai Lewis, Joe & Patrick Reiher, Dannielle Rule, Felix & Asher Thomas, Daniel Turetsky, Nathaniel wood, Elizabeth Yang, Eric Yuan, Camille Zhou.

Elouise Thomas & Rose Crawford are team managers with Justin Roberts as coach.

MEET REPORTS:

Manawatu Winter Championships:

Jackson Ellis and Federika Shepeleva both competed at these Champs held in Fielding on 7 August.

Jackson came away with 4 PBs from his five races while Federika won three Gold Medals, a Silver and one 6th place. Congratulations

Remember, swimmers competing outside the Wellington Region must advise our Race Secretary so she can update PCA records.

HB-PB Winter Championships:

This was a very successful for Sophia Dahiroc who achieved 8 1st placings and one second placing in the girls 11yrs events.

Parumoana Interschool Sports:

Cannons Creek Pool was abuzz for the two days of Parumoana Interschools Swimming Sports, with 155 swimmers from Years 4, 5 and 6 competing on Wednesday 26 August and 79 swimmers the following day from Yrs 7&8.

The meets were jointly organised by Dash Swim School and PCA with help from Easyswim Swim School. Over the years Parumoana interschools have become huge on the school calendar as club mates compete against each other for school pride in the hope of walking away with one of the Winners Cups.

The Parumoana School cluster includes Adventure, Discovery, Papakowhai, Paremata, Pauatahanui, Postage, Pukerua Bay, Rangikura, St Theresas (Yr 5 & 6 only) and Whitby Collegiate (Yr 7 & 8 only) Schools were limited to two entrants per event, with the fastest six heat swimmers contesting the final. All finalists earned points for their schools. The racing was close, while school mates, parents and grandparents very vocal with their support.

At both meets the leader board chopped and changed, after each race with no clear winner until the relays were swum.

Final results were

Place	Years 5 & 6	Points	Years 7 & 8	Points
1 st	Plimmerton	211	Papakowhai	127
2 nd	Papakowhai	202	Plimmerton	118
3 rd	Adventure	138	Whitby Collegiate	97
4 th	Discovery	135	Adventure	71
5 th	St Theresas	105	Discovery	69
6 th	Paremata	69	Pauatahanui	26
7 th	Pauatahanui	61	Paremata	22
8 th	Pukerua Bay	3	Pukerua Bay	17
			Postgate	1

The top two swimmers from each Parumoana event will now compete in the Regionals on Friday 18 Sept. against swimmers from Lower Hutt, Upper Hutt and Kapiti Zones, at the Te N'gaengae Pool.

A big thank you goes

- to the teachers and parents who transported swimmers, managed teams and officiated at the meet.
- PCA parents who took on key positions like starting, refereeing, chief timekeepers – your help and experience was invaluable to the success of these meets.
- Nathan Thomas and Todd Morton for announcing and refereeing on both days.
- Thanks to Porirua City Council for donating the pool.
- the Dash Swim School team for taking on vital roles around the pool including pool set up, marshalling, running, collating results, photocopying results/programmes.

This is a huge event to organise. Both PCA and Dash should be very proud of the way the meets ticked along. The atmosphere especially at the Year 4, 5 & 6 meet was electric!

PCA's club values of **Proud, Community, Attitude** were well achieved at these sports.

Wellington Short Course Championships:

These Champs, for qualified swimmers 12yrs and over were held at the Kilbirnie pool on 22/23 August with two sessions a day making it a very busy weekend for our team of 33 and their families.

For the fourth time in five years PCA won the top club trophy, the Mana Swimco Cup with 2302 points. Pirates were 2nd with 2213, just ahead of third placing Tawa on 2207. All finalists earned points for the team and these were combined with points earned at the recent Wellington Distance Champs.

Tawa Swimming Club won the Tawa Trophy with 71.2 pts, PCA was second 65.7pts. The Tawa trophy goes to the club with the best points average per swimmer.

Meeting Lewis Clareburt and seeing his Commonwealth Games medals was a highlight of the meet for many swimmers, who had photos taken with Lewis before he went on to present medals.

Congratulations to Nathaniel Wood, who lowered his New Zealand Para Record for 400m medley, S10 category during the meet. Congratulations Nathaniel.

Twelve club records were broken at the Champs – Congratulations to Anna Han 2, Sarah Choi 3, Elizabeth Yang 1, Alyssa Bai 5 and Chao Wang 1. PCA records can be viewed on our website.

Individual results were:

Name	Age	Regional Placing			Top 10
		G	S	B	
Ella Au	12	1	5	2	
Ella Rapson-Bennett	12	1	3	1	
Peixin Tan	12		1	3	4
Anna Han	12	9			
Alistair Bai	12	1	4	4	2
Chao Wang	12		4	2	2
Lawrence Wang	12			2	11
Lincoln Thomas	12	1	3	1	7
Kyle Sichampanakhone	12				2
Edward Meng	12				3
Paxton Hammond	12				1
Sarah Choi	13	3			
Elizabeth Yang	13	5	2		
Nate Hall	13				1
Tai Lewis	13		4	4	
Sofia Nguyen	14			3	1
Rebecca Yu	14	5	1	1	
Jackson Crawford	14				7
Camille Zhou	15		4		1
Ite Alaifea	15	3		1	2
Alyssa Bai	15	9			
Livvy Andrews	15				3
Asher Thomas	15	4			3
Patrick Reiher	15		2	3	3
Cody Chen	15			1	1
Lauren Crawford	16		1	1	2
Maddy St Just	16				6
Boyi Zang	16				1
Dannielle Rule	17+			2	5
Joe Reiher	17+	2	2		1
Felix Thomas	17+			1	4
Daniel Turetsky	17+	1	1		3
Nathaniel Wood	17+		2	2	5

A big thank you goes to our team managers, coaches (Justin, Cliff and Steven) and all those who officiated, especially Technical Director Brent Harris, and all those who helped in other areas to ensure the meet ran smoothly.

Gold Coast Paekakariki Shield and Chocolate Carnival – 6 September Tawa Pool:

This Gold Coast Chocolate Carnival was one of the smallest meets ever with just under 50 swimmers taking part, twenty were from PCA.

Lower numbers meant the meet was very relaxed making it easy for PCA's nine swimmers competing for the first time - everyone did themselves proud. Well done to Alexandra Bennett, Jessica Chen, Theo Cook, Jaba Mubea, Oliver Newton, Skyla Ruston and Peiyi Tian.

Raumati won the Best Time trophy with 83% of their swimmers achieving PBs. Second was PCA with 81%, followed by Tawa on 78%.

The Paekakariki Shield was also up for grabs in the relay events. Unfortunately, due to lack of numbers PCA didn't have any relay teams in the 12/13yrs and 14/over events, resulting in Tawa winning the shield.

A big thank to our two new team managers, Mandy and Bex, coach Cliff, and all those who officiated and did the other duties. Thanks to Vicki Gibbs from Tawa for running the computer.

2026 In-House League:

The final meet in PCA's 2026 In-house series of three meets held on 7 September proved to be as loud and exciting as ever. On the final night 107 swimmers took part – our biggest meet ever!

Team	1	2	3	4	5	6
Meet 1	179	175	189	145	181	185
2	207	180	230	231	189	208
3	143	160	192	196	114	199
Total	529	515	611	572	484	592
Place	4th	5th	1st	3rd	6th	2nd

As you can see the leaders board changed often – team 4 was well behind after the first meet and finished up 3rd well done!



Congratulations to Team three – our 2026 winners. Oliver Newton, Theo Cook, Theo Young, Frida Robertshaw, Harrison Bradley, Jacob Byrne, Mason Gallen. Emelia Bleach, Harrison Cook, Aditya Singh Rai, Victoria McCrae. Sophia Dahiyo, Manaia Temarama, Arthur Hutchison, Lawrence Wang, Olivia Mitchell, Jackson Crawford and Daniel Tukersky

The success of the series is very much in the hands of the team leaders and the team culture they create and encourage. Thank you to our amazing team leaders – Team 1, Laren Crawford, Livvy Andrews. Team 2, Joe Reiher, Kathryn Sivyer, Maddy St Just. Team 3, Jackson Crawford, Daniel Turetsky. Team 4, Asher Thomas, Cody Chen. Team 5, Asher Thomas, Minh Anh Nguyen. Team 6 Nathaniel Wood and Patrick Reiher.

Thank you to the judges – at times some races were very close, almost requiring a photo finish! Thank you to the administrators for keeping track of the points, and the officials and the announcer Nathan Thomas for keeping everyone informed throughout the meet.

Upcoming Events:

Upcoming Meets

- 27 Sept to 1 October New Zealand Short Course Meet for 13 /O Christchurch.
- 10 October Pirates NQ meet, Te Ngaengae
- 17 & 18 October Wellington Junior Champs (12yrs & Under) Coastlands Pool. *Swimmers should check out PCA's website to see if they qualify to swim at this meet.*
- 31 October – Swim Wellington Relays Champs, WRAC (Kilbirnie) *PCA will be selecting teams for this meet.*
- 7 November Tawa/PCA NQ meet. Long Course, Te Ngaengae.
- 9 November PCA 100m Handicap Meet – Cannons Creek pool 6pm warm up for 6.20 start. *Watch the noticeboard for details.*
- 15 November Gold Coast Chocolate Carnival Tawa Pool
- 20 November Race night Cannons Creek Pool.
- 21 November Nga Tai Tuatea a Taraika NQ meet WRAC.
- Swim Wellington Long Course Champs, 12 and over at WRAC. *Swimmers should be checking the eligibility reports on our website and using the above meets to add or update their times to qualify.*

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 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 [email](#)
Vice-President (Oliver Bennett) [email](#)
Secretary (Rose Crawford) [email](#)
Treasurer (Sonja Maharaj) [email](#)
Race Secretary (Elouise 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](#)
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