

PCA's Girls Relay Team breaks two Wellington Records in one swim!

Congratulations to PCA's team of Sarah Choi, Alyssa Bai, Rebecca Yu and Camille Zhou who swam a time of 1m47.25 in the 4x50m freestyle relay at the NZ Short Course Champs held in Christchurch recently. The team placed a very credible 6th in the race against teams of much older swimmers.

Their time broke Swim Wellington's 15 and under record of 1m56.07, set in Feb. 2014 and Swim Wellington's 18 and under record of 1m51.06 set in Aug 2022. *Congratulations girls!*

Labour weekend - reminder

All club and squad swimming is cancelled on the Sunday and Monday of Labour weekend.

Cannons Creek Pool renovations.

Over the next few months renovations will be carried out at the Cannons Creek Pool to move the entrance to the back, replacing PCA's storeroom the club built in 1992.

The council have provided two containers to store our gear during the renovations.



A big thank goes to those who moved the gear. From left Doug, Viv, Elouise, Nathan, Oliver, Mia (front) Ella, Angus, Rose, Blair & Lauren

The existing entrance will be shelved out to become PCA's new storeroom.

The changes will see PCA's whole operation changing ends with coaching done from the front end of the pool.

Noticeboards will eventually be moved along with fittings for the starting blocks.

Once finished, access to the pool will be along the new path constructed to access the library, with another path to be built at the back of the pool from the existing carpark.

As we know parking is always tight and with these changes, parking behind the Cannons Creek shops may be more appealing.

To get to the stage where PCA are happy with the plans and terms of the new lease, as well as relinquishing the current lease has taken hours of work. Thank you to the committee.

New Swimming Caps

PCA have recently introduced new caps with different coloured lettering. These are incentive caps that can be worn at training, but NOT at competitions.

It is hoped swimmers will strive to earn their cap and wear them proudly to show the level they have achieved.

Gold Caps – for swimmers qualifying and attending for NZ Champs.

Blue caps - these are for swimmers achieving qualifying Swimming NZ events. (National Age groups and NZ Short Course Championships) These will be presented when swimmers qualify.

Pink Caps are for those who qualify and swim at a Swim Wellington Championship Meets not including the Relay Champs. These will be presented either at the meet or prior, once entries have closed.

Swimmers are entitled to one cap per year which will be replaced on production of the cap if it rips.

PCA's 100m Handicap Trophy Meet

Monday 9 November 2026, Cannons Creek Pool, 6:00pm warm up for a 6:20pm start.

This replaces all Squad training.

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

Entries close on Monday 2 November

To enter swimmer's need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle. Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top placegetters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. *(We are awake to those who think they can swim slow in the heats to win the final!)*

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To run this event, three timekeepers are needed on each lane. Parents and caregivers of those entering must be available to help on the night if required.

To enter

- write your name on the list on the noticeboard.
- email president@swimporirua.co.nz
- enter through this [link](#)

Late entries cannot be accepted.

PCA Race Night - Friday 20 November

Cannons Creek Pool.

6:00pm warm up, 6:30pm start

Note; Maximum of 4 swims per swimmer.

Race night is open to all club members, especially those who swim on Friday and Monday nights, Sunday morning or are in our Junior Squads. Entries will be taken on the night. This meet is not about winning - it is about "Having a Go", learning to race, learning race rules, trying new events and establishing a club time. Times will not be official and can't be used as entry times for other meets. Because of race night Friday Tadpoles and Seals training is cancelled. Swordfish training will be held as normal. Swordfish are welcome to join race night after training – 200m medley is on the programme as event 1, especially for those who may like gain valuable medley racing experience. Any queries, please

Speak to your child's coach or email president@swimporirua.co.nz

As with all swim meets, volunteers will be required to help run the meet, especially with time keeping – we will call for help on the night.

If timekeeping is not your thing, we will require a couple of BBQ cooks! Email president@swimporirua.co.nz if you can help with this!

IMPORTANT

- **only new swimmers and those 8 years and under may enter the 25m backstroke and 25m freestyle.**
- **Parents of those entering MUST make themselves available to assist at the meet as required.**

For those keen to race the next step after Race Night is for swimmers to enter the Gold Coast Carnivals. These are very relaxed, official meets, and another great place to learn about racing.

Housekeeping

Punctuality

It is extremely frustrating for both club and squad coaches when swimmers join the training session late requiring the warmup instructions to be repeated. Often swimmers are at the pool on time and then are distracted chatting or stretching. Those who wish to stretch before swimming need to arrive at the pool earlier.

Signing-in

Monday and Friday night swimmers are reminded they must sign-in when they arrive at the pool.

Updating your details on Fastlane

All club members have a log-in for Fastlane (Swimming NZ database). Please remember to update your profile if you change your phone number or email address. Please also send an email to info@swimming.co.nz that you have changed your details.

Sunday club session 11 October.

Those who turned up to swim will be pleased to know PCA have received an apology for the pool's oversight in not providing pool staff to cover this booking. PCA will also receive a credit.

Tadpoles (Thursday) Vacancies

Tadpoles is the first squad in PCA's competitive pathway, Tadpoles is a technique focusing on skills and turns in all four strokes. Like all our squads Tadpoles must be prepared to compete at In-house events and the local Gold Coast Meets.

Cliff, our Junior Squad coach takes the Friday Tadpoles (6 – 6.45pm) while Justin, our Senior Squad coach takes the Thursday Tadpoles at Cannons Creek from 5-5.45pm.

Tadpoles do pay an extra coaching fee to help with the coaches wages.

Currently there is space in Thursday Tadpoles for a few extra swimmers – anyone interested should contact Viv president@swimporirua.co.nz

PCA's 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 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 \$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.

Junior Squad Camp 3 October.

Fourteen swimmers from the Orcas, Sharks and Swordfish squads enjoyed a one day 'camp' during the holidays.

The day began with a training session at Te Rauparaha Arena, followed by fun time on the water slide and in the leisure pool. Then the group headed to the Plunket Rooms for a nutrition talk and team building games. There they made their own pizza's for lunch. Thanks to Luke Lee for providing the Pizza oven, then it was off to Upper Hutt for rock climbing. A fun day all round!

Thanks to the organisers Sophie Khun-Hammond and Oliver Bennett, and coaches Justin and Cliff Roberts.

Distance Swimming during the school holidays

A number of swimmers challenged themselves during the school holiday to swim for distance badges and/or do a one-kilometre timed swim. Their results were amazing often surprising themselves and their parents. Thanks to all those who counted the lengths!

Well done to,

25m, 50m & 100m, Albert Mills, **25m, 50m, 100m & 200m**, Liam Woodward, Marcus Fozard-Smith, Honor Avei. **Previous plus 400m**, Harrison Cook. **Previous plus 800m**, Charlotte Ryan, Isabel Dryden, Erica Duncan, Kyle Zheng, Keira Omeri, Max Sheehy. **Previous plus 1500m**, Angelina Muollo, Theo, Ariana & Isaac Bradley, Erica Costigan, James Nichai, Charlie &

Sawyer Pidcock, Levi Willis. **200m & 400m**, Georgia Price. **200m, 400m, 800m**, Ruby Woodward, Alexandra Bennett. **400m**, Jesse Price. **400m & 800m**, Zoe Siave. **400m, 800m & 1500m**, Mason Gallen. **800m**, Zoe Mitchell, Lucy Frisby, Theo Cook. **1500m**, Theodore Young, Skylar Garthwaite, Elias Hasse, Tessa Hasse, Oliver Newton, Anya Hammond, James Frisby, Theo Young.

Timed One kilometre

Theo Young – 30m.47

Under 28 minutes, Jacob Brunton. **U/27m**, Felix Brunton, Skylar Garthwaite. **U/25m**, Emeilia Muollo, Skyla Ruston. **U/24m**, Sam Sivyer. **U/23m**, Fergus Conroy, **U/22m** Harrison Boyte. **U/20m** Nathan Halvorsen. **U/19m** Kathryn Sivyer, Olivia Mitchell. **Under 18m** – Emil Rimer.

MEET REPORTS

AIMs Games 5 to 8 September 2026

The AIMs Games is an annual event held in Mt Maunganui for Year 7 & 8 students. This year 14,500 competitors took part, representing 457 schools in 27 sports.

Seven PCA swimmers entered, representing their schools, doing extremely well amongst tough competition.

	No of events	Gold	Silver	Bronze	Top 10	PBs
Ella Au	9			1	4	8
Alastair Bai	10			2	4	6
Anna Han	10	4	1		4	6
Lincoln Thomas	11				6	10
Chao Wang	11		1	1	3	9

Ella Rapson Bennett swum a PB in every one of her seven races while Peixin Tian swum 4 PBs in 8 events. *Congratulations to you all.*

Chocolate Fish Carnival (NQ Meet)

PCA and the Tawa club jointly hosted a National Qualifying meet at the Te Ngaengae Pool (Naenae) on 12 September. This was a huge meet with 220 swimmers taking part, including 35 from PCA. Many older swimmers were chasing qualifying times for the NZ Short Course Championship – hence the variety of events on the programme and large number of entries.

Over the course of the meet swimmers were randomly given lucky lane prizes, proving no one is too old to enjoy a Chocolate Fish!

Congratulations to the following who all achieved PBs in excess of 10 seconds. Matthew Bleach, Jessica Harris, Maddy St Just and Daniel Turetsky

A big thank you goes to the Tawa club and all those who officiated and covered the extra duties that come with being the host club.

Thanks also to our team managers (Rose, Katherina and their team) and coaches Cliff and Justin.

Semi-automatic timing was used at the meet - meaning, the stop watches start automatically, then are stopped manually and the times drop in to the computer (magic!). A big thank you to Marty from Swim Zone Racing for running this system.

INTER-SCHOOLSPORTS.

Interest in the Inter Primary Schools Swimming Sports for student's years 4 to 8, went up a notch this year as swimmers strived to get to the next level.

In our last newsletter we reported on the local Parumoana Interschool, Sports. From there the top 2 swimmers in each individual event plus the top school relay team went on to swim at the Northern Inter Zone Sports held at Te Ngaengae Pool on 18 September. The Northern Region includes Lower Hutt, Upper Hutt and Kapiti Zones, while other Wellington Schools swum at the Southern Interzone meet at the Wellington Regional Aquatic Centre in Kilbirnie.

At the Northern Zone meet 190 swimmers from 39 schools took part. Many were club swimmers and hopefully the excitement of the event will encourage others to join their local clubs.

Wellesley College topped the points table with 492 points. Papakowhai was second with 413 pts, with Plimmerton 3rd, Adventure 7th, Discovery 8th, Pauatahanui 15th, Whitby Collegiate 19th, St Theresa's 21st, Paremata 29th and Pukerua Bay 37th. It should be remembered Whitby Collegiate only have years 7 & 8, and St Theresa only yrs 4 to 6.

A big thank you goes to Anne Bunton, from Papakowhai school for co-ordinating the local entries and to all the parents who transported swimmers and managed teams.

Also thanks to Swim Wellington and Easyswim Swim School, the organisers of most Zone meets and all the Interzone Meets. President Viv did the entries/programmes for a number of meets and helped run them.

The Northern Zone meet run extremely well due to the assistance provided by PCA parents, from announcing, officiating, collating the times, presenting to ribbons. – A big thank you goes to you all, and especially Tom Wakefield, the runner. With races only being 25 and 50m, Tom hardly had time to draw breath!

SNZ's NZ Short Course Championships

During the first week of the October school holidays PCA took a team to Christchurch for the SNZ NZSC Championships.

The team, who all had to qualified to enter, was Alyssa Bai, Asher & Felix Thomas, Camille Zhou, Dannielle Rule, Elizabeth Yang, lite Alaifea, Joe & Patrick Reiher, Lauren & Jackson Crawford, Nathaniel Wood, Sarah Choi, Rebecca Yu, Daniel Turetski, Tai Lewis. Bronson Lloyd (Raumati) and Eric Yuan (who studies in Australia) met us there.

PCA sent two Team Managers - Rose Crawford and Elouise Thomas, and coach Justin

This was a 7-day trip with most of the team staying together, at St Andrews Boarding School. There were 10 sessions across 5 days, with all events swum as timed age group finals in the morning then the top 30 in the country regardless of age racing again the in the A, B and C finals in the evening. This meant for very long sessions.

PCA had some wonderful results including 12 top three age group placings, including 3 gold, 5 silver and 4 bronze medals. Another 33 top 10 placings and 41 PBs.

PCA also had 20 swims in the finals in the evening, 4 in the A finals, 6 in the B finals and 10 in the C finals. Nathaniel also swum in 5 multi class finals.

It was great to see the relationships between the swimmers and across clubs grow over the week. A big thanks Rose and Elouise for supporting the team.

Rose and Elouise, Team Managers.

Results were

Age	Swimmer
13	Sarah Choi 1st 50 Fly (10th B Final), 1st 50 Free (10th C Final), 2nd 100 Fly PB (16th), 1nd 100 Free PB (26th), 4th 100 IM PB (34th), 6th 50 Back (62nd)
	Elizabeth Yang 2nd 50 Breast PB (8th C Final), 3rd 100 Breast PB (30th, R1), 4th 200 Breast PB (32nd), 10th 50 Fly (73rd), 17th 100 IM (74th), 12th 50 Free (89th), 9th 200 IM (70th)
	Tai Lewis 10th 100 Free (120th), 9th 200 Free PB (97th)
14	Rebecca Yu 6th 100 IM PB, 8th 100 Fly (36th), 11th 50 Fly PB, 13th 200 Free (73rd), 7th 100 Free (64th), 9th 50 Free (66th)
	Jackson Crawford 16th 400 Free (67th) with an amazing 8 sec PB! 50 Back PB (relay)
15	Camille Zhou 11th 50 Fly (68th), 6th 50 Free (10th B Final)
	lite Alaifea 2nd 50 Breast (9th C Final), 3rd 100 Breast (9th C Final), 18th 100 IM (71st), 16th 50 Free (82nd)
	Alyssa Bai 1st 100 Fly PB (7th), 1st 200 Fly (7th A Final), 3rd 50 Fly PB (17th), 5th 100 Free PB (23rd), 2nd 50 Free (10th B Final)

Age	Swimmer
	Asher Thomas 200 Breast (DQ), 7th 50 Breast (7th B Final), 6th 100 Breast PB (2nd C Final PB), 24th 50 Free PB (74th)
	Patrick Reiher 5th 200 Breast (3rd C Final), 8th 100 Breast PB (40th), 10th 50 Breast PB (57th)
16	Lauren Crawford 13th 200 Back PB (41st), 14th 100 Back PB (49th), 14th 50 Back PB (52nd)
	Felix Thomas 8th 50 Free PB (34th), 10th 50 Breast PB (50th), 11th 50 Fly PB (8th C Final), 16th 100 Free (88th)
17/18	Daniel Turetsky 11th 100 Breast PB (55th)
	Eric Yuan 13th 100 Back (39th), 4th 200 Fly (6th A Final), 5th 100 Fly PB (4th B Final), 8th 50 Fly PB (5th C Final), 9th 100 Free PB (54th), 17th 50 Free (64th)
	Dannielle Rule 47th 100 Fly, 60th 50 Fly, 66th 100 Back, 96th 50 Back
19+	Joe Reiher 5th 200 Breast (7th A Final), 11th 100 Breast (9th A Final), 14th 50 Breast (6th B Final), 53rd 50 Free PB
	Nathaniel Wood (multiclass) 7th 100 Back, 13th 100 IM, 8th 400 Free, 4th 200 Back, 10th 50 Breast, 11th 200 Free, 10th 50 Back, 8th 100 Breast, 7th 200 IM

RELAYS

Men 4 x 50 Free: PCA A – 9th (Joe, Eric, Felix, Asher), PCA B 15th (Daniel, Tai, Patrick, Jackson) ;
Women 4 x 50 Free: PCA A – 6th (Alyssa, Sarah, Rebecca, Camille), PCA B 16th (Dannielle, Lauren, Elizabeth, lite) ;
Men 4 x 50 Medley: PCA A – 11th (Joe, Eric, Felix, Asher)

PCA B - 22nd (Daniel, Tai, Patrick, Jackson);
Women 4 x 50 Medley: PCA A – 11th (Lauren, lite, Alyssa, Camille), PCA B - 15th (Dora, Dannielle, Elizabeth, Rebecca)

Over the Champs a massive 24 club records were broken, while Nathaniel Wood broke/set 10 Multiclass records.

All records are an achievement – of note some long standing records were broken at these champs. Sarah Choi broke 100m medley record set in 2004, Alyssa Bai broke a 50 fly record set in 2017. Lauren Crawford broke a 50m backstroke record set in 2018. Felix Thomas broke a 50 free record with an amazing time of 23.88 set in 2009. Eric Yuan broke a 50m fly record set in 2007 and 100m fly record set 2011.

Eric also broke one of the oldest records in our record book for 100m fly record set way back in 1996 by Oliver Young - Congratulations.

Pirates Grit & Glory NQ meet 10 Oct.

Eighteen PCA swimmers took part in this meet gaining valuable Long Course racing experience.

On a positive note, 47% of the times were PBs, 15% were new times and there were no Dqs – *Amazing!*

Congratulation to Isaac Cook for 200m freestyle and Dalton Nguyen in 100 free for achieving PBs in excess of 10 seconds.

Thanks to team managers Katrina Smith and Sophie Khun-Hammond, coach Cliff and all who officiated.

Upcoming Events:

Upcoming Meets

- 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. *This is a great opportunity for swimmers to gain some long course experience, as the pool will be set up as 50m.*
- 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.
- 4-6 December. Swim Wellington's LC Champs, 13 and over WRAC. *Swimmers should be checking the eligibility reports on our website and using up-coming meets to add or update their times to qualify.*
- 14 December Family Fun night Cannons Creek. *Final club night for club swimmers.*

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

The 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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