PCA News

November 2026

Porirua City Aquatics

December / January School Holidays:

Family Fun night, 14 December will be final session for the year for the Tadpoles and those who swim on Monday and Friday nights and Sunday morning swimmers

Swordfish and Seals final training will be Wednesday 16 December.

Orcas and Sharks last session will be Thursday 17 December at the Arena.

Orcas, Sharks, Swordfish and the Senior squad will be advised of their January training schedule by email.

Cannons Creek Pool is closed for maintenance from 21 December, reopening on Monday 1 February.

Normal club swimming will recommence the week beginning Monday 2 February, with Sunday sessions restarting 14 Feb.

There will be no squad or club swimming

- **Monday 25 January (Wellington Anniversary Day)**
- **Monday 8 February, (Public holiday for Waitangi day).**

Learn to swim will start Sunday 7 February, and there will be a club session on 8 to 9am that day.

Pelorus Trust:

A big **THANK YOU goes to** Pelorus Trust for a grant recently received to help with costs for the Senior and Orcas January Training Camp.

Remember their support deserves your support. Their local venues are Major T, Main Rd, Tawa and Blend N Brew Bar, Cobham Court, Porirua..

Family Fun Night:

Monday 14 December, Cannons Creek Pool, 6pm warm up 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
- piggy back race
- adults flutter board race
- three legged race swimmers need to find a partner
- family relays (teams of three from one immediate family)
- friends relays (teams of three)
- an adults 50m sprint for those who wish to re-live their swimming days.
- Food – swimmers need to be dressed

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.

College Sport Wellington Sports Awards:

This lavish event held at Te Rauparaha Arena recognised College students who had achieved great things over the year in many sports.

PCA's Nathaniel Wood won The Community Organisation Grants Scheme Athlete with a Physical Disability of the Year award.

Lauren Crawford (PCA) and Frederick Mills (Tawa club) collected the team Pennant for Aotea College who were the top co-ed college at College Sport's Swim Meet. Ther team included a number of PCA swimmers.

Conversion of Times for Meet Entries:

Questions are often asked about the difference between a swimmers personal best times and meet entry times shown on a meet program.

This arises when the PB was swum in a 25m pool and the meet being entered is being swum in a 50m long pool and vice-a-versa.

Swimming NZ has a conversion table that makes allowances for the advantage gained by the extra turns needed in 25m pools. In short, swimmers swimming at the same speed will normally record a slower time for

the same distance when swimming in a 50m pool because of the lack of turns.

Conversion table

Freestyle		Backstroke	
50m	0.85 sec	50m	0.85 sec
100m	1.70 sec	100m	1.70 sec
200m	3.40 sec	200m	3.40 sec
400m	6.80 sec	Breaststroke	
800m	13.60 sec	50m	1.00 sec
1500m	25.50 sec	100m	2.00 sec
Butterfly		200m	4.00 sec
50m	0.70 sec	Medley	
100m	1.40 sec	200m	3.40 sec
200m	2.80 sec	400m	6.80 sec

Explanation

If a swimmer's time for 50m freestyle was 45.30 and this was established in a 25m pool, when that swimmer enters 50m freestyle at a meet being swum in a 50m pool, then the entry time would show as 46.15 sec (that is 45.30 plus the conversion of .85sec).

Or the reverse – should a swimmer have a personal best time of 1m30.00 swum in a 50m pool for 100m breaststroke. That time would convert to 1m28.00 if the swimmer was to enter a 100m breaststroke race at a 25m pool (1m30 less 2seconds)

While it is a good idea for swimmers to record their Personal Best times, it is best to keep two lists, one for short course times (ie times swum in a 25m pool) and the other for long course (50m pool) times.

Housekeeping:

Late entries.

Swimmers often request late entries into meets and this needs to stop. Late entries will no longer be accepted. Meet entries normally open one month out from a meet and close on the Sunday prior to the meet, giving swimmers ample time to enter. Swimmers are advised NEVER to leave entering a meet until the last day in case you run into issues, as happened with database issues for the November Gold Coast Meet. Please remember everyone running Gold Coast and Club Meets are volunteers, often fitting their swimming 'work' in with their normal employment, and while we appreciate all they do for swimming, they shouldn't be asked to do extra because you forgot!

Swim Meet Entries

If you have a need to speak to someone about a meet for some reason, maybe a scratching or an error with an entry, please do not contact the meet organiser in the first instance. All club-to-club queries must go through the our race secretary Elouise Thomas on race@swimporirua.co.nz and she will contact the host club. Often Elouise will be able to answer the query, which will reduce the host club's workload.

Meet events

At the recent Gold Coast Meet PCA's team managers had a number of swimmers asking what they were swimming. With 52 in the team that meant many questions that could be avoided by parents discussing this prior to the meet. Writing the event numbers on the swimmer arm or giving them a list of their events, could reduce the number of questions

Coaching advice.

All PCA coaches are open to conversations from parents and swimmers who may have concerns or queries about a swimmer's training, a swim meet or what events to enter, but please limit these conversations and not distract coaches from r coaching.

If your child is in a squad and your query requires a lengthier conversation, please make an appointment with the coach.

Timekeeping

Often parents are thrust into timekeeping, with minimal training, when the key to our swimmer's road to success is accurate timing.

One thing to remember is how important it is for timekeepers to look down and watch for the touch and not to watch the swimmer coming into the wall and anticipating the touch. This often leads to a less than accurate time. Swimmers at NQ meets are chasing National Qualifying times and those at Gold Coast Meets may be chasing Regional Qualifying times, and deserve accurate times. A few split seconds over may result in a swimmer not meeting their goals.

Monday 9 November 100m handicap night.

A number of swimmers turned up on 9 November their normal sessions not realising the 100m handicap event was on. We can excuse new swimmers, but for others the 100m handicap event was mentioned in the October newsletter, reminders have been on Facebook and there has been a notice on the noticeboard at Cannons Creek for weeks. Notices also mentioned that all club and squad training was cancelled, therefore it was surprising to find some Sharks training at 5pm.

PCA does try hard to get messages out when they involve changes to our timetable, and we would urge parents to note these changes.

Meet Reports:

Wellington Junior Championships:

For the 8th time in the last 9 years Porirua City Aquatics was the top team at the Wellington Junior Championships held at Coastland Pool, over three sessions on the 17 & 18 October.

PCA amassed 1,670.50 points, Tawa was second with 930.50 points and Capital was the 3rd Wellington Club on 431 points (Half a point comes about when swimmers finish with the exact same times)

Points are earned by those finishing in the top 10 and while our medallist earn heaps of point, many valuable points are achieved by those finishing 4th to 10th.

PCA team of 34 was the biggest club team at the meet. With most of the 19 teams coming from Wellington, Manawatu, Wairarapa and Whanganui Areas, swimmers from Auckland and Blenheim also swum.

Certificates were awarded to the top swimmers in each age group. PCA was well represented in this line up. Congratulations to Eliza Au and Aiden Zhou 9yrs and under, Federika Shepeleva 10yrs, Sophie Dahiroc 11yrs and Anna Han 12yrs.

A big thank you goes to Sophie, Katrina and Catherine (PCA's team managers) coach Cliff and the many PCA parents who time kept and officiated. Thanks especially to Brent Harris the meet director, Elouise who worked at every session and Rose and Viv who ran the presentation area.

Surviving the heat in the pool was the biggest challenge for 'working' at the meet.

		Regional Medals				
		1	2	3	Top 10	PBs
Female	Wambui Mubea		1	4	1	5
9/u	Jocelyn Li		1	3	2	2
	Skyla Rushton				1	0
	Eliza Au	4	2		1	9
	Skylar Xue		1		2	2
Male	Aiden Zhou	6	1			8
9/u	Ray Liu	1	1		3	3
	Isaac Guo		5	3	1	5
Female	Federika Shepeleva	8	1		1	3
10yrs	Jade Wang	3	1	2	4	9
	Xi Wang		5	4	2	9
	Jessica Harris				1	3
	Jordyn-Leigh Jacobs				1	3
	Charlotte King					1
	Harper Gopperth					1
Female	Sophia Dahiroc	9		1	1	11
11yrs	Quinn Spalding			1		2
Male	Hugo Guo			2	5	7

		Regional Medals				
		1	2	3	Top 10	PBs
11yrs	Jackson Smith				5	1
	Tom Wakefield					2
	Lucas Zhang				2	3
	Dalton Nguyen				3	4
Female	Ella Au	1	6	1		2
12yrs	Anna Han	8				2
	Ella Rapson Bennett	3	1	2	1	3
	Annabelle Ossont					0
	Ruby Gopperth					0
Male	Alistair Bai	4	3	2		0
12yrs	Lincoln Thomas	3	5	1		3
	Lawrence Wang		2	2	8	8
	Edward Meng				3	0
	Kyle Sichampanakhone				1	5
	Isaac Cook					1
	Paxton Hammond				1	3

Wellington Relay Championships:

The Wellington Relay Championships held at the Kilbirnie Pool on Halloween night was an extremely successful meet for PCA's team of forty six. In keeping with the Halloween Theme lollies and chocolates handed around most of the night.

PCA won the Best Dressed Team Award with swimmers dressing up as fairies - tutus, white tees and fairy wings! A big thank you to the parents and swimmers who got behind this initiative.

Over the meet PCA girls 13 and under relay team of Sarah Choi, Anna Han, Elizabeth Yang and Ella Au broke two Wellington Relay Championship records. In the freestyle relay their time of 1m52.88 broke the previous record of 1m54.54 set by a PCA team in 2024. Their Medley Relay time of 2m07.85 just shaved .02 seconds off Tawa's record set in 2019.

Also to break a Wellington Record was the 9 and under Girls Medley team of Skylar Xue, Eliza Au, Jocelyn Li and Peiyi Tian. Their time 3m10.44 took a huge chunk off the previous record of 3m15.67 set in 2006.

Many of PCA teams received medals and some trophies. Congratulations to

Walker and Hall trophy, Gold Medal (5 swimmers, one of each age swimming 100m freestyle each) Aiden Zhoyu, Sophie Dahiroc, Sarah Choi, Camille Zhou and Felix Thomas. PCA's B team was 4th

Karori Shield (10 swimmers – a boys and girls from each age).
Gold Medal. Felix Thomas, Dannielle Rule, Cody Chen, Alyssa Bai, Tai Lewis, Sarah Choi, Hugo Guo, Sophia Dahiro, Aiden Zhou and Eliza Au.
Silver Medal. Lauren Crawford, Joe Rieher, Jackson Crawford, Camille Zhou, Alastair Bai, Anna Han, Xi Wang. Lucas Zhang, Isaac Guo and Jocelyn Li.
9 years and under.
Boys freestyle relay, Gold Medal. Aiden Zhou, Isaac Guo, Lay Liu and Henry Wakefield.
Boys medley relay, Gold Medal. Aiden Zhou, Ray Liu, Isaac Guo and Jimmy Liu
Girls, Gold medals in both freestyle and medley relays. Eliza Au, Jocelyn Li, Skylar Xue and Peiyi. Tian.

11yrs and under.
Boys freestyle relay, Silver Medal. Hugo Guo, Lucas Zhang, Tom Wakefield and Dalton Nguyen. PCA's B team was 5th.
Boys medley relay, Silver Medal. Dalton Nguyen, Hugo Guo, Lucas Zhang and Tom Wakefield. PCA's B was 8th
Girls freestyle relay, Silver medal. Sophia Dahiroc, Xi Wang, Shontelle Hautapu-Collins and Jade Wang.
Girls medley relay, Bronze Medal. Sophia Dahiroc, Xi Wang, Jade Wang and Myla Grimwood..

13yrs and under.
Boys freestyle relay, Gold Medal. Tai Lewis, Alistair Bai, Lincoln Thomas and Chao Wang.
Boys medley relay, Gold Medal. Lawrence Wang, Lincoln Thomas, Chao Wang and Edward Meng.
Girls Gold Medals in both freestyle and medley relays. Sarah Choi, Anna Han, Elizabeth Yang and Ella Au. PCA's B team was 7th in freestyle and 8th in the medley.

15yrs and under
Boys freestyle and medley. PCA's teams were exhibition teams as we didn't meet the meet rules. The medley team was 4th and the freestyle team 8th
Girls freestyle relay, Gold Medal. Alyssa Bai, Camille Zhou, Iite Alaifea and Sophia Nguyen
Girls medley relay, Gold Medal. Sarah Choi, Alyssa Bai, Camille Zhou and Iite Alaifea

Open Age
Men's, PCA's Men's freestyle team was 6th and Medley relay 5th
Women's freestyle relay, Bronze Medal. Dannielle Rule, Lauren Crawford, Maddy St Just and Sarah Choi.
Women's Medley relay, Bronze Medal. Lauren Crawford, Sofia Nguyen, Dannielle Rule and Maddy St Just. .

Golden Oldies. PCA's team of Todd Morton, Elouise Thomas, Zoe Yang and Blair St Just, won the Silver medal and the Bronze medal went our B team of Anthony Dowd, Jenny Yan, Bo Li and Andrea (from Pirates)

This was a huge meet to organise. Thanks to Race secretary Elouise Thomas for entering the team and PCA's three team manager who organised teams at the meet, and ensured they were dressed in PCA gear for medal presentations. Thanks also to PCA coaches and officials.

Photo is PCA Karori Shield teams after receiving their Gold and Silver medals. Tawa took out the Bronze medal.



PCA and Tawa NQ Meet:

PCA and Tawa jointly hosted this meet at Te Ngaengae Pool on 7 November.

Our team of 29 achieved 30 PBs and swum 19 new times, and there were 2 DQ's from 75 swims.

Most impressive was Isaac Cooks' 14 sec PB in 100 breast, Tai Lewis' 16 sec PB in 200 breaststroke and Charlotte King's 20 sec PB in 100 breaststroke.

This meet was a learning curve for many as it ran long course – meaning 50m lengths.

The $50.00 cash prize draw winners were Justin Wang, and Nicholas Javier, Tawa, Madeleine Gard'ner, Masterton and Jessa Gleisner (NTT)

A big thank you to the timekeepers and IOTs. PCA's team manager's Sophie and Zhen Zhen and coaches Cliff and Justin.

Also thank to PCA'S Senior officials Brent Harris and Graham Seagull and announcer Nathan Thomas.

PCA's 100m Handicap event:

Without a doubt this is one of the most exciting events on PCA's calendar, and this year was no exception.

Fifty-four swimmers entered each swimming a handicapped heat. Those finishing their heat in the top four then went on the swim in one of the 6 semifinals.

The winner of each semi-final made up the final. Each round was re-handicapped as swimmers improved their times.

Annabelle Ossont, who made a huge improvement on her time won the final. The other finalists were separated by just over 2 seconds in a very exciting race, Grace Hapeta took 2nd place, Matthrew Bleach was 3rd, Emelia Bleach 4th, Ella Rapson Bennett 5th and Oscar Willemsen 6th. The finalists received a rosette and a block of chocolate, while Annabelle walked away with the cup.

Those who dropped out of the heats and semi-finals were then put into relays teams. Teams swum for a time and later in a handicapped final. PCA has rules in place to stop teams swimming slow in the heat to get an advantage in the final. One team was disqualified for swimming more than 4 seconds faster in the final. The winning three relay teams each received chocolate bars for their efforts.

A big thank you goes to the timekeepers, the starter, marshals, announcer, runners and referee and especially to the administrators, Rose, Bridget and Viv for working out the handicaps etc.

Gold Coast Chocolate Carnival:

Fifty two PCA swimmers competed at this Chocolate Carnival held the Tawa pool on 15 November.

For many this was their first meet ever and while PCA did well with 69% of swimmers doing Personal Bests, Raumati won the PB trophy with 84% and Tawa was second with 81%

All those achieving a PB or establishing a new time receive a chocolate bar – over the meet just over 250 chocolate bars were given away!

Congratulations to those who swum, especially the new swimmers and those to record PBs more than 10 seconds – Isobel Dowd 50 breast 15.2sec and a massive 30.30 sec in 200 free. Isaac Guo 50 breast 13.26 sec. Harrison Cook 50 breast 12.24 sec. Anya Hammond 100 free 14.64 sec. Henry Wakefield 50 fly 11.52 sec. Myla Grimmod 100 medley 17.27sec. Eliza Yusf 50 free 10.39sec and Theo Cook 25free 16.40sec.

A big thank to our three team managers, coaches Cliff and Steven and the many PCA parents who officiated and covered PCA duties. Thanks also to those who continue to support competitive swimming even though their swimmers retired years ago – Graham Seagull, Brent Harris and Viv Morton.

Upcoming Events:

- **20 November** Race night Cannons Creek Pool.
- **21 November** Nga Tai Tuatea a Taraika NQ meet at 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@swmporirua.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
Newsletter		email

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