

July 2025

Contributions to the newsletter are most welcome. If you would like to contribute an item, however small or unusual, you can send it the Newsletter Editor via the Club email adelaidemastersswimming@gmail.com. It is your newsletter!

Announcements and Reminders

Bunnings BBQ Fundraiser

We are raising funds through a Bunnings BBQ at Bunnings Kent Town, 63-65 Rundle St, Kent Town at various dates over the next few months. The first one is **Saturday 5 July**. If you are nearby, drop in any time between 7am and 5pm and buy a snag and bread! We will be looking for volunteers to help out with future dates.

President's Report

After the 'Endless Summer' we experienced from November 2024 through to April 2025, it is fair to say winter has certainly arrived. Just ask those AM legends who participated in this year's Winter Solstice swim at Grange on 21 June 2025. They were invigorated! A bit like your new Adelaide Masters Committee. There is a lot of positive energy sweeping the club through 2025. The club is working on a range of new initiatives from the introduction of communication tools like WhatsApp, the building of a new club website, increased branding and exposure around pool deck and the implementation of more social and fundraising activities, all in an effort to make your Adelaide Masters Swimming experience as rewarding as possible. We hope to see you down at Bunnings BBQ on Saturday 5 July 2025 and make the club a dollar or two. We are fortunate to be able to continue to maintain stable swimming training offerings at the St Peters College pool over winter 2025 and recommence evening summer trainings at Burnside pool later in 2025. We kicked off the winter pool competition with some solid results in interclubs and had lots of fun had with the relay meet. Congratulations to all who participated. Don't miss our monthly pub night after training on the last Friday of each month, with everyone gathering for a hot meal at the Maid and Magpie Hotel.

Let's keep the momentum going and make this winter season a good stepping stone for the future success of the club.

Enjoy your swimming. Enjoy Adelaide Masters.

Scott Goldie
Acting Vice President

Coach's Corner

I hear you all are training hard. Thanks to Ross now I know that you really like the sets of 100s on very limited times, and what is even more surprising that now you enjoy kicking. But you are not the only ones I am working hard too. As you can see I am trying to advertise our club here. Unfortunately, all possible candidates give me the lamest excuse for not joining our club - apparently, it is too far to travel to training! See you in the pool soon.



Sveiki from Latvia!



Charlie's Angels! (redux)

Captains' Report

Relay Interclub 2 – Sunday 1st June 2025

Ten Masters Clubs competed in Interclub 2. Adelaide Masters came 6th with 216 points compared to Atlantis who came 1st with 586 points. We had 7 swimmers representing our Club. Emily Tsoutouras came 1st in her age group 45-49 scoring 3 PB's in her three events. Julie Bowman also came 1st in her age group 60-64 and scored 3 PB's in her 3 events, and Sharon Beaver was 1st in her age group 55-59. Charles Gravier was 2nd in his age group 30-34 and scored a PB in his 100m Free Event, while Peter Holley finished 3rd in his age group 69-74 also scoring a PB in his 50m Free Event. Lidia Alvino-Felquer came in 2nd in her age group 50-54 and Judith Gallasch 2nd in her age group 60-64. In the Women's 400m Freestyle Relay we finished 2nd with a time of 5.13.08. Congratulations to all of our swimmers for their excellent performances!

Judith Gallasch
Club Captain

Winter Solstice Swim – 21st June 2025



About 80 Masters swimmers turned out at 8.30am on the on a cold, fine, clear morning for the ritual Winter Solstice Swim at Grange Jetty. The air temperature was 10C and the water temperature was rumoured to be about 11C. A number of hardy Adelaide Masters swimmers were there, and some of them have shared their experiences!

Kim Lau

I arrived at the Grange Esplanade carpark just after 8 o'clock on a sunny, calm but cold morning of the winter solstice. A group of people were gathering, most of them dressed in thick layers of clothing and beanies. I wandered over to familiar faces and said hello. Some people turned up just in togs saying it was the best way to acclimatise to the cold. At about 8:20am, we walked down to the beach near the jetty. The sand was so cold that I could no longer feel my toes. They had gone numb before I had even got in the water! On the beach I

got dressed into my wetsuit. I had only worn it once before many years ago but luckily I could still manage to fit into it. After a photo on the beach everyone headed for the water. Some threw themselves in and went straight under while others walked gingerly waist deep for a while. The water was quite cool, but the waves were flat and it was as still as ice with very little wind, perfect conditions for a swim! When I moved into the water, my feet were suddenly hit with an ice-cold pain. When I tried to put my head into the water, I succumbed to an ice-cream headache (“a brain freeze”) so I spent the rest of the swim with my head above the water! Most people swam south to about the 400-500 metre mark then returned to the jetty to get dry, rug up, and head to the Grange Surf Life Saving club for a well-earned hot breakfast. It was fun to be there and enjoyable ... in a strange way!

Matt Lockwood

Let me just start by confirming: this was not the Hobart solstice nude swim. I checked. Twice. And having grown up in the ocean, with plenty of winters on a surfboard and an Easter swim this year in 2025 that was way warmer than normal, I figured — why not? I was in the area, the timing lined up, and so I rocked up. BAM...straight into the icy water. Honestly, it felt like getting slapped in the face with a wet fish. Here's what I learned: (1) You should wear a cap — unless you're into full-blown brain freeze (what is the scientific term for ice-cream-headache-agony, anyway?). (2) There's a weird kind of euphoria that follows — you feel about a foot taller after doing it. And then the bragging rights. (3) People from our Masters club just popped up unexpectedly like penguins in the mist — in between brain freezes- “Oh hi! You're here too?” (4) The event was free, fun, and stress-free. Big thanks to everyone who shouted it out and made it happen. (5) strongly recommend.

Jane Thiele

The Winter Solstice Swim

Water Temp: 11°C

Water Clarity: Medium

Vibes: High

Ocean swimming has to be the most energising, invigorating, and cobweb-clearing sport out there. Cold water ocean swimming takes it to another level—finishing a cold water swim feels like you've just pulled on a superhero cape. Your teeth are chattering, your hands stop cooperating, and your brain starts to fog... but the joy is infectious, the coffee hits different, and a bacon and egg roll has never tasted better. It was a blast taking part in this year's solstice swim. There's also a unique satisfaction in watching the A-lane speedsters—usually just a blur in the pool—let out more than a few colourful words as soon as they hit that icy 11-degree water. Proudly, the Adelaide Masters crew stayed in the longest—and were the last to get out. Now that's commitment.

Member Profile

Tom Goodman

I learnt to swim as a child but I hadn't swam for many years. In 2020 while living in Alice Springs, I started swimming as part of competing in local triathlons. When I moved back to

Adelaide in 2022 I began swimming with the Adelaide Masters to improve my endurance and technique as part of my efforts to qualify for the 2024 Paris Paralympics. I really enjoyed swimming with the Masters throughout 2023 and after a short break during 2024 as a result of lots of international paratriathlon racing, I am excited to be back and looking forward to the Los Angeles Paralympics in 2028.



Club Merchandise

If you are interested in purchasing Club merchandise you can visit the [Club Website](#) where there is a display of the items available and prices. Judith brings the merchandise to training on Wednesday nights with samples for people to try on and place orders. These include women's bathers, men's briefs & jammers, AM beanies, AM baseball caps and silicone swim caps which you can buy on the night.

Club Presentations – Part 2

Some more images from the Club Presentations on Friday 31 May....thanks again to the creators of the Pooligans Awards!



Pete, Lee, Scott and Steph

Winter Pool Series Trophy Winners



Julie and Steph

Summer Pool Series Winners



Dates for your diary

Further information on the following events, including registration details (when posted) and the calendars for the 2025 MSSA Interclub and State Cup series is available on the [MSSA website](#).

July

11 th	Entries for MSSA Interclub 3 (Short Course) close	
27 th	MSSA Interclub 3 (Short Course)	SAALC (8.30am start)

August

8	Entries for MSSA Interclub 4 (Long Course) close	
24	MSSA Interclub 4 (Long Course)	SAALC (8.30am start)

September

26	Entries for State Cup 2 (Short Course) close	
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October

12	State Cup 2 (Short Course)	SAALC (8.30am start)
24	Entries for State Cup 3 (Long Course) close	

November

9	State Cup 3 (Long Course)	SAALC (8.30am start)
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