

The President's Report

Adelaide Masters will be celebrating its 45th anniversary next year and it's a timely opportunity to reflect on the formation of Masters Swimming and the history of the club. Michael Harry and Peter Clements have been compiling the history and achievements of the Club over the past 44 years.

Starting this month, they plan to publish monthly articles on the Club to share with members.

Appropriately, we begin with an article written by Kit Simons in 1998 detailing the establishment of Masters swimming in Australia and the formation of the Adelaide Masters Swimming Club in November 1977. Foundation club members Kit and his wife Di were awarded Life membership in 1992 for their outstanding service. Sadly, Kit died in March 2019 aged 85 but Di can still be seen at most interclubs, directing marshalling. Please read Kit's article at the end of the newsletter as it is fascinating reading and quite a few members will recognise some of the original names.

The last of the Interclub Series for 2021, the Relay Interclub, was hotly contested with so many National and State records being broken. Congratulations to Sharon Beaver, Mark Smedley, Steph Palmer-White and Scott Goldie who achieved a State record for the 200-239 Mixed 4 x 100 Medley, and, with the great swimming from all our other teams, we finished in 4th position on the day. However, we are glad to have still retained 3rd position for the Interclub series for 2021. Interclubs aren't always about winning, but just as important is the fun and friendship and this was obvious at the Relay Interclub, as shown in the photo gallery for the Interclub report.

The two remaining pool competitions are the State Cup on 10th October and the Long Distance Interclub on 7th November, just before we contemplate heading to the beach, although that is a chilling thought as the temperature plummets yet again to the low teens. Planning of the Open Water Series is well underway, and the Proclamation Swim on Tuesday 28th December will be bigger and better than ever, to make up for last year's cancellation. The Summer Pool Series is still being finalised and the Summer Open Water Series has been published so it is time to start planning your swimming summer.

Our last day of Winter training at St Peters will be Friday 8th October with Summer training commencing the following Monday 11th October at the Burnside pool. It will be great to be back in the beautiful 50m outdoor pool and, if you have taken a break from training over winter, now is the perfect time to return and, if necessary, renew your membership with the 16-month renewal option available via the link: <https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>

Bring on summer!

Betty Reinboth

Betty "Il Duce" Reinboth

Coach's Corner

What talent we have amongst us! Watching the relays last Sunday was a pleasure. There were so many wonderful surprises. Who would have thought that Brian Morris needs only one breath in 25m Free? I think we should all try sprinting like that. If we have to organise masterclass in dives, Vanessa should be the first to demonstrate as she makes it look so easy and effortless. As for the fast and streamlined turns, then Mairee and Brian McManus can run that masterclass as they do them perfectly, not just in competition but also at training. There are a few possibilities of who could run Fly, Back, Breast and Free masterclasses: can you guess? And it is not always the fastest swimmers.

Congratulations to all participants, it was a full on day, I was tired just from watching. Legends Sharon, Steph, Mark and Scott set a new State record of 5.03.43min in 4 x 100 Medley Relay (age 200-239). The couples' relay of Emily and Scott Goldie and Mairee and Brian McManus was an interesting set up. Why don't we continue this tradition for next year's Interclub Relay? We could have Alex, Michael, Chris and Mathew Carter in a family relay, and the Pam and Pete Holley with Elle Trahair and Alex Quibell couples relay too.

We are starting to prepare for the open water season, and that means longer distances in training to boost endurance without compromising on pace. There is also the long distance meet in November, where you can shine in your favourite stroke at the longer distances of 400, 800 or 1500m Fly, Back or Breaststroke. Just let me know your goal and we can work on it. Happy swimming all.

Ilze

New Members



Vanessa Lamarre



Matt Carter



Jane Thiele

Vanessa swam during her schooling before taking a break during University. She is now keen to get back to swimming with a group and competed in her first interclub last Sunday, impressing the coach particularly with her dives!

Matt is from a family of fast Adelaide Masters swimmers and he hasn't disappointed. It's good to see him in the pool challenging his sister Alex and Dad Chris, and we are looking forward to having the Carter relay soon.

Jane has recently moved back to Adelaide from Sydney and is interested in open water swimming and pool swimming to maintain fitness during winter. Jane is to be commended as she has a young family and still manages to fit in some training and beach swims.

Have a chat and get to know them!

Pool Coats

Navy with black Fleece Unisex Pool Coat. Ideal for beach or pool. \$80 each + cost of club embroidery

Email adelaidemastersswimming@gmail.com with your details, size etc **by 17th October 2021.**



Interclub 3



Swimmer Profile: Brian and Mairee



How did it all start?

Brian: I started swimming around 15 years ago in my mid-twenties. Mairee did her first sprint triathlon and I watched all these fit people doing the race and got super motivated as a result. I realized pretty quickly my thought of “I know how to swim” was really “I know how to not drown”! I spent weeks in a 25 yard lap pool swimming trying to swim more than a 25 without a 10-15 second break. I hacked my way through the next year, eventually working up to swimming 2000 yards straight and competing in a few triathlons. My biggest improvement came when I joined a local Masters group in Syracuse, NY. There were about 8 guys that were all collegiate swimmers who actually knew how to swim. I couldn’t come close to keeping up, but they pushed me hard, taught me to flip turn, and I even did my first and only Masters meet. It was an absolute blast.

Mairee: I started swimming when I was 11. I joined our school’s modified swim team. Like Brian, I quickly learned that swimming in my family pool was nothing like competitive swimming, but I liked it enough to stick with it and attended several summer swimming camps to refine my strokes. I improved enough to join our High School Varsity team in year 8. I grew up in a small rural town so the only option for swimming was 3 months each year during swim season. The big cities near us had a huge advantage with year-round swimming clubs. I swam through high school and still hold our school’s record for the 100 Fly, over 20 years later. I attempted to swim in college, but my studies were too demanding. I gave up competitive swimming but tried to swim now and then for fitness and so I wouldn’t forget how. When I was in my mid-twenties, I decided to do a sprint

triathlon and went back to swimming, but swimming in an entirely new way. I no longer needed to sprint but had to learn to swim long distances, and in open water, something I'd never done before. I fell in love with triathlons and have been competing in races ever since.

What motivates you to swim

Brian: I love the fact that I get beat by people way older than me, even in their 70s and 80s. It makes me realise I have lots of room for improvement and it's an activity I can enjoy for the rest of my life.

Mairee: Swimming will always be an important part of my life. It is something that feels natural to me. Like Brian said, we know it is something we can do for the rest of our lives and we want to instil that lifelong love of swimming with our children as well.

Do you prefer swimming short distances or long distances and why?

Brian: I really enjoy both. I like pushing the pace in the pool, but I also really enjoy the long distance swims in the ocean. I'm super fortunate to be here in Adelaide where I can do both throughout the year.

Mairee: I started out as a sprinter but transitioning to tri's I learned to swim long distance and came to really enjoy open water swims. For me there is nothing better than swimming in a crystal-clear mountain lake. Swimming in the ocean is a new experience for me since we moved to Australia. Back in America we are surrounded by lakes but many hours from the ocean. I am learning to enjoy ocean swims but admittedly I need more practice. Since swimming with Adelaide Masters it has rekindled my first love of pool swimming and at their encouragement, we competed in a Masters Meet. I was super nervous, my last meet was about 10 years ago, but we had so much fun! It brought back so many great memories from High School competing with my High School Team. It is something I definitely want to continue.

How do you fit swimming into your routine?

Brian: I have a good routine now with Wednesday Masters as my main priority Wednesday and Friday Masters if I can fit it in. If not Friday, I'll go to Burnside in the summer or North Adelaide in the winter for a Saturday or Sunday swim.

Mairee: We have 4 children and while I'm fortunate to not be working right now we are pretty busy with all our children's evening activities. Our daughter Olivia is a competitive swimmer with Payneham and just loves the team. Because of this I mostly swim during the day on my own and occasionally will make it to a Monday or Friday Masters. I'd love to swim with anyone available to swim weekdays.

Which do you prefer: swimming in a group or on your own?

Brian: In a group for sure – a group makes me push myself much harder than when I'm solo.

What does swimming mean to you?

Brian: When I first started dating Mairee and found out she swam in high school, my response was, "swimming isn't a sport!". I was snobbish on my baseball, basketball and soccer team sport

background. I have completely changed my tune on this! Swimming is such a healthy activity that can be maintained your whole life; I wish I had started when I was a kid! We've encouraged our children to try it out and I hope they take it up.

What is your greatest swimming achievement?

Brian: I was pleased with my 1:09 swim at Ironman Cairns. It was a PB for me despite being in less-than-ideal conditions. I really attribute my PB to Adelaide Masters.

Who has inspired or influenced you?

Brian: My 11-year-old daughter Olivia and her swim coach back home in Syracuse. I was fortunate to be able to swim in a free lane during her practices and watch her development and her coach's daily instructions was super inspiring. It made me realise proficiency in swimming is all about small adjustments over time, so there's still hope for me!

Mairee: My mother. As a child I'd watch her swim in our pool and thought she had such a beautiful stroke. It made me decide I wanted to swim like that.

When I was a child I watched the Ironman World Championship race in Kona Hawaii on TV with my dad. I had never heard of triathlons before, but I was so inspired by the incredible athletes I vowed someday I would compete in a triathlon.

If you could give your younger self one tip, what would it be?

Brian: Swim in high school!

Mairee: I got a little lazy near the end of high school, even though I was still swimming and swimming well it wasn't up to my potential. I can't help but look back and wonder what I could have accomplished had my heart truly been in it.

What are your interests outside of the water?

Brian: I love rounding out swimming with some cycling and running.

Mairee: In America I worked in general surgery but here I stay plenty busy as Mum to 4 children, swimming, biking and running.

Do you have any big swimming plans for the future?

Brian: Would love to fit in the next few SA Masters swim meets and do more open water races this summer. I'd love to break my Ironman swim PB at Ironman Western Australia this December.

Mairee: I've signed up for my first Full Ironman, Ironman Cairns next June. That will certainly be the longest ocean swim I've done so far. I am excited for more Masters Meets as well, to see what I'm capable of at this stage of my life.

What was your best swim?

Brian: I was super happy with my Interclub 2 50m free times both in the individual and relay events.

If you could only swim in one place for the rest of your life, where would it be?

Brian: Mairee and I swam the Ironman World Championship swim course in Kona, Hawaii in 2010 and 2012. The water was so clear and there were so many tropical fish around it was amazing. During race week they have a coffee boat about 500m out offering free coffee. I don't drink coffee, but I couldn't pass that up!

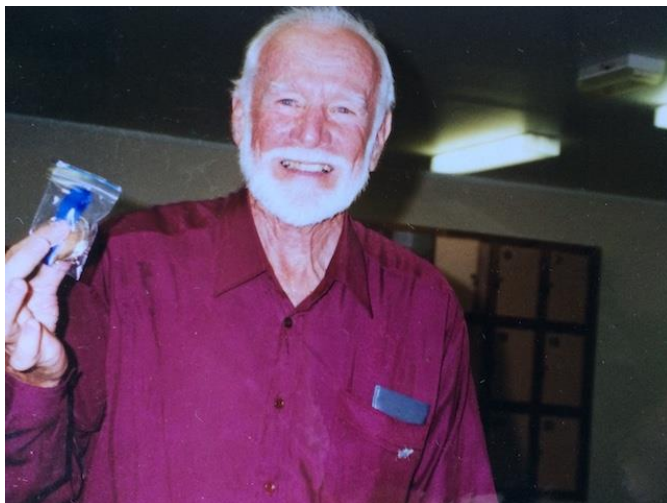
Mairee: Lake Placid NY has a special place in my heart. It's a beautiful crystal-clear lake surrounded by the Adirondack Mountains. I'd happily swim there forever, as long as it's always summer. Winters there are pretty brutal, always well below freezing, even the large lake freezes over.

Postscript: Farewell to Brian and Mairee McManus and family

Unfortunately, Brian and Mairee McManus who joined our club late last year after moving to Adelaide from the USA for work, must now return home due to the cancellation of the French submarine project. Both Brian and Mairee have been very active club members, regularly attending training and excelling in both the pool and open water competitions for the club; and they will be really missed. There will be a farewell in October so we can all catchup and wish them well before they return home.



The formation of AUSSI Masters Swimming and Adelaide Masters Swimming Club



In 1998 Kit Simons wrote the following history of the beginnings of Masters swimming in Australia and the formation of Adelaide Masters Swimming Club. The history was published in the Club newsletter. It gives a fascinating insight into the early days of the Club and the founding members to whom we owe a debt of gratitude.

AUSSI Masters Swimming - A Brief History

Masters swimming, as we know it today, was introduced from America in the early 1970s. Prior to AUSSI there were several organisations that offered competition to adults but none that catered for everyone. Sydney Leagues clubs, RSL clubs and Surf clubs organized swimming events, but mainly limited to males swimming free style. Amateur swimming clubs offered membership to adults, but not many grown-ups were fast enough or brave enough to compete with kids who would most likely dent their egos. Back in the 70s, Amateur Officialdom was extremely autocratic and was probably a factor against adult participation in Amateur swimming. *(Swim Australia is currently a much friendlier organisation than the old Amateur Swimming Association of the 70s!)*

Masters swimming as we know it today was most likely presented to Australia by an ex-Sydney lifesaver "Brusho" Brown, who had resided in America for some time. He had been involved in Masters swimming whilst in America and was returning home to Australia where he met up with some friends to extol the virtues of the Masters way of swimming that he had enjoyed in USA. Two of the friends that he conversed with were Brian Mortensen and John Ludlow, both Amateur officials in Sydney. They were sufficiently impressed by this concept to arrange a swim meet along the lines described by their old mate "Brusho".

That first meet was held at the Harbord Diggers Club in 1971 and attracted 30 or so swimmers, men only. A meet was planned for the following year, but unfortunately, Mortensen and Ludlow were not available to run the event. Jack Brownjohn was a swimmer who had participated in the first meet and was attracted to the Masters style of things and decided to run the event. The response was very poor indeed and the "Masters" plan was shelved with no follow up meet planned.

In July 1973, Brian Mortensen received a letter from a Dr Richard Rahe of the US Navy. The letter requested that a swim meet between his Navy swim team and a Sydney group be arranged as part of a tour of New Zealand that the Navy team was planning. The letter was passed onto Jack

Brownjohn who went on to arrange the first international masters style swim conducted in Australia. Brownjohn recorded the event in an article in the 1976 publication "A Guide to Adult Swimming".

Jack wrote ... *" On Saturday the 30th April 1974, the first Masters style International swim meet was held in Australia. The venue was the Heffron Park pool at Maroubra, Sydney, where fifty odd competitors attended. It wasn't so much the competition as the atmosphere of friendship and goodwill that prevailed. The visitors demonstrated to us that the spirit of Masters Swimming was to participate and not necessarily to win. They (the visitors) swam in all events regardless of their ability and stressed that their participation was for their health and not as an ego-trip."*

After the success of the Maroubra meet, a committee was formed to plan an Australian Masters Association. A follow-up meet was also organised and run at the Harbord Diggers Leagues Club on the 8th March 1975. Over 100 swimmers competed in the event, from N.S.W., Queensland and S.A., and heralded the birth of Masters Swimming in Australia.

The Australian Union of Senior Swimmers International, A.U.S.S.I. was officially born on the 22nd September 1975. The constitution of the body was formulated by a group known as the "Founders" and was accepted on that day by the new members.

In 1998, the body that started as A.U.S.S.I. became known as AUSSI Masters Swimming.

The Formation of Adelaide Masters

As stated above, the first Masters style National meet in Australia was held at Harbord Diggers Leagues Club in 1975. This became the first AUSSI Masters National swim meet. The second was held at the same venue the following year. This event is important in that three swimmers from SA attended that meet. They were Josie Sansom, Len Schenck and Stan Walker.

The next year, 1977, the third National Meet was held also at the Harbord 25M indoor pool. Once more, Josie Sansom and Stan Walker attended the swim accompanied by Pam Squire. The South Australians who attended the second and third National meetings were significant in that they were the nucleus of a group who were to form the first AUSSI club in Adelaide. Josie Sansom was the person with the drive and enthusiasm who was the prime mover in gathering enough swimmers together to start the club.

Josie was a charismatic person who dedicated her life to swimming. She was born in Holland in 1927, and after enduring the terrors of the war in Europe, displayed sufficient skill and swimming technique to be selected in the Dutch Olympic team preparing for the 1948 games. Personal tragedy struck Josie when she was diagnosed with tuberculosis prior to the 1948 games. She spent a long period of recuperation after having one lung removed. When she had fully recovered, she migrated to Australia and after a period, met and married Arthur Sansom. She resumed her swimming interests and became a member of the Payneham Chrysler Amateur Swimming Club where for many years she competed and coached. The next change in her career occurred when she joined a group of coaches and ex-champion state swimmers who had formed a club named "The Old Time

Swimmers League." Although the life of the "League" was short lived, it introduced Josie to Masters style of adult swimming, which she embraced with great enthusiasm. The "League" joined AUSSI as the first club affiliated in South Australia, and as a member of the "League", Josie swam at the Harbord Diggers National swim meets. 1976 saw the demise of the "League" when the Amateur Swimming Association declared the "League" a professional organisation. The "status" of Amateur swimmers and officials associated with the "League" was put at risk by this announcement and most withdrew their support. Josie was not so easily distracted from her ambitions to be a part of a Masters style organisation. During August and September of 1976 Josie joined a touring party of twenty Australian swimmers who competed at the US Masters National Long Course meet at St Louis, Missouri as guests of the National Masters Association. After winning a gold, three silver and a bronze medal she returned home fired with enthusiasm to get a club going in Adelaide that could form a team to enter in the AUSSI meet in Melbourne in 1978. During 1977 "The Amateur Swimming Union of Australia", after approaches from AUSSI, officially recognised AUSSSI as a legitimate swimming body and found no reason to exclude Amateur swimmers or officials from being associated with the activities.

On her return from the USA trip, Josie immediately set up a swim squad at the Parade Pool at Norwood, then managed by Ern Reddaway. She soon had a group of about twenty people who were training regularly under her supervision. Most were old associates from the now defunct "League", but new members joined the group as well.

On 2nd November 1977 on the lawn at the back of the Parade pool, Adelaide Masters was officially formed. The inaugural President of Adelaide Masters was David Morris, while his wife Patti Morris became the first secretary of the club. Josie naturally was elected as the coach of the club and her husband Arthur was the treasurer. Adelaide Masters was then affiliated with the National body, but to comply with the constitution, South Australia had to form a Branch Committee. As an expedient, David and Patti Morris were duly elected as SA Branch President and Secretary respectively.

Adelaide Masters club flourished, having over forty members with the approach of the fourth AUSSI Nationals. The club nominated twenty-six swimmers for its first ever competition at the Footscray pool out of Melbourne. The competition was held on Saturday 8th April and swimmers could choose nine individual swims. Some of course swam in all nine events, all in one day and with more luck than good judgement, all survived.

The results of the Nationals were a triumph for Adelaide Masters and Coach Josie Sansom. AM scored the second highest number of points after host club North Lodge. The team was awarded the Visitor's Trophy for the club that travelled a distance to the venue over 100km and scored the most points in that category.

The team who competed in Melbourne in 1977 was: (in order of youngest, female first):

Laurie Potter	Dorothy Brown	Lou Mundy
Brenda Bochman	Nabeel (Mable) Rasheed	Di Ross

Viki Murphy	David Morris	Di Simons
P. Gutzeit	Hugh Hamilton	Josie Sansom
Libby Taylor	Digby Habel	Kit Simons
Patti Morris	Arthur Foster	Mike Higgins
Tammy Rix	M. Gutzeit	Don Redpath
Joan Foster	Mark Gully	Stan Walker
Pam Squire	Rod Ross	

In that formative year, club attitudes, objectives, philosophies and regimes were put in place that would set the course of the club for many years. Certainly the greatest single influence on club members was the coach. Josie was oriented to competitive swimming and influenced most members to follow that theme. Many of the foundation members were ex-competitive swimmers who did not need much persuading by the coach to train hard for competition. Training at the Parade pool three times a week was well structured and catered for all levels of fitness ability and technique. Stroke correction was provided particularly for beginners, while time trials were conducted weekly for everyone. Josie was most persuasive in coercing most of the squad to participate in time trials and as a result could recall the time taken by any member in any stroke.

At the time, AM being the only local club, there was no other competition available except AUSSI National Championships. With the success enjoyed by Adelaide Masters at their first National meet, the members were not overawed by the competition at that level and continued to commit themselves to future national competition, with great success. The evolution of social activities started early in the club's history. The Parade Pool was the ideal venue to bond members both in training and socialising. The facilities at the pool included an outdoor barbeque area, a games room/gym, spa pool and of course the exclusive use of the 25m pool for training sessions. The manager Ern Reddaway (the club's first Patron) was most co-operative in supporting club activity at the pool, so it became the home and clubhouse of AM. Most social events were staged at the pool, all training was conducted there as well as meetings AGMs and later interclub meets. So, as membership numbers increased, new members were welcomed into a very friendly environment where all were equal and the AUSSI motto "fitness and fun" prevailed.

Kit Simons (1-7-1998)

Dates for your diary

All events may be subject to change or cancellation due to COVID restrictions

October

Friday 8th: Last swim at St. Peters

Maybe we should mark the event

Sunday 10th: Long Course State Cup, Marion

[Enter here before 24th September](#)

Monday 11th: First swim at Burnside

Don't forget to go to the correct pool

November

Sunday 7th: Long Course Long Distance Meet, Marion

[Enter here before 22nd October](#)

December

Sunday 5th Swimming SA OWS Championships, West Lakes

1.25, 2.5, 5, 7.5 & 10km

Sunday 19th Seacliff Swim, Seacliff

1.6km or one mile in old money

Tuesday 28th Proclamation Classic, Glenelg

1km, 2km & 5km

January

Sunday 9th Pub to Pub, Seacliff

1.6km

Sunday 16th MSSA State OWS Championships, Somerton

1km & 3km

Wednesday 26 Jetty to Jetty, Henley Beach

2.2km between Henley and Grange

February

Saturday 6th: Brighton Jetty Classic, Brighton

Mix with the Marilyns

Saturday 12th The Pink and Blue Swim, West Beach

200m, 400m, 700m & 1000m

Saturday 12 – Sunday 13 MS Mega Swim, Unley

Swim a long way through the night

Sunday 20th Henley Beach Swim, Henley Beach
1km or 2km

March

Saturday 5th Port Elliot Swim, Port Elliot
900m or 1.8km

Monday 14th: Noarlunga Reef Swim, Noarlunga
1.5k, 2.5k & 5km

For up to the minute news and last-minute changes:



Do you have something we can include in the newsletter? Mail it to
adelaidemastersswimming@gmail.com