

The President's Report

Welcome to 2022! Hopefully you've recovered from the New Year celebrations, you're not in isolation and you're relaxing at the pool or beach with a good book, after a refreshing swim.

It was great to end 2021 with the Club Christmas party, where swimmers could get to know each other outside of the pool and acknowledge some of their achievements. The Summer Pool Series 2020-21 towels were presented to Sharon Beaver, Helen Bartsch and Lee O'Connell for competing in all four pool events and the Open Water Series (OWS) 2020-21 towels were presented to Sharon Beaver, Deb Brown and Betty Reinboth for completing all the open water swims. Congratulations also to Mark Smedley for winning his age group in the MSA National Series (2021) with Barbara Pearce the only other South Australian acknowledged.

By now you are probably contemplating your New Year resolutions, challenges, or goals. Apart from renewing your membership and our weekly club training that recommences on Wednesday 5th Jan 2022, there are many safe outdoor options to challenge yourself and improve your fitness while distancing socially.

The summer events are well under way with the opportunity to collect the OWS 2021-22 towel or a T-shirt in the Summer Pool series 2021-22. The Seacliff OWS was rather bouncy and challenging but the Proclamation Day swim, hosted by the club was the perfect beach swim, whereas the Woodside pool is always beautiful. Don't forget the important fun events too, like the MS 24hr Mega Swim and the Pink and Blue swim to support great charities. Register your preferred swim time through the [MS mighty swim Feb 2022 sign up - Google Sheets](#)

Details and registration links for all OWS and pool events are listed at the end of the newsletter.

Membership renewals for 2022 are now due! This is important as Insurance coverage (which is included in the annual fees) is required to attend training sessions in January and enter MSSA events at the members' rates. As a bonus, if you renew your membership before 25th January 2022, you will receive a complimentary Adelaide Masters logo mask. Renew now:

<https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>.

See you all back in the pool on Wednesday 5th January 2022.

Take care, stay safe and keep swimming.

Betty "Die Präsidentin" Reinboth

Coach's Corner

It was really nice to see many of our swimmers at our Christmas party after training on the 22nd December. I really enjoyed the opportunity to relax and mingle with our swimmers outside the swimming environment and chat about things other than swimming.

Maybe you also enjoyed chatting and getting to know your team mates outside the pool? If so and if swimmers are interested, I'd like to suggest catching up this time for a lunch at the Latvian club in Wayville, on the 5th February, and I will organize the tables.

In the mean time, I hope you've had a wonderful Christmas and let's hope 2022 will be the best year yet!

Ilze

Towels

Some of us do it for the fun, some for the challenge but others do it for the towels. Enhancing their linen cupboards this year with the SA Masters Open Water Towel awarded for taking part in all the open water events last year were Betty, Deb and Sharon (not pictured).



And enhancing their towel collection with the coveted Adelaide Masters Summer Series Towel awarded for competing in all four summer series events were Helen, Lee and Sharon (still not pictured).

Summer Series 1: Woodside



This fine body of Adelaide Masters Members (plus a few more) attended the first round of the summer pool series held at Woodside in December. We finished a close third behind Phoenix and Tea Tree Gully. We could have been first if a few more members were willing to sign up and join in the fun.

There were some notable performances on the day with Tony Ward achieving a state record in the 80-85 age group for 100m butterfly, breaking his own state record. Pete Holley managed to finish the 100m butterfly without being disqualified which to him is the same as achieving a state record.

Erin, Steph, Sharon, Anthony and Tony all achieved maximum points by winning all three of their races in their age groups.

Our Relay teams won by a combination of beating off stiff competition and in one heat by being the only team in the age group.

Everyone agreed that it was a fun morning of swimming at the fabulous Woodside Pool. The next round is at Gawler on 30th Jan. Come along and join the happy band from Adelaide Masters and join in the fun of the summer pool series

[A full list of results can be found here.](#)

Steph Palmer-White (Captain)

Open Water: The Ruth Ziegler Swim



The main topic of conversation at the start of the Ruth Ziegler swim at Seacliff was the wind. It was whipping across the sea and creating waves. The officials huddled together and discussed wave height and wind strength before deciding that the race would go ahead but with a slightly shortened course.

The (not quite) 1600m race started first. There was a lot of bobbing in the water at the start line to let a small squall go through before they were off. Steph led us back, followed by Julie, Alexandra, Erin, Andrew, Pete, Remin, Brian , Pam and Roman.

Betty led the (not quite) Adelaide Masters 800m swimmers in with Greg, Debbie and Robert arriving in her wake.

The general opinion at the end of the race was that the conditions made the swim memorable and challenging.

[A full listing of results can be found here.](#)

Proclamation Day Swim



Brian and Roman "helping" with the packing up

This is our headline race and for Adelaide Masters it is much more about giving back to the Masters community in South Australia than actually competing. It all starts with endless hours of meetings and officdom that is ably navigated by the race committee. On race day a small band of helpers turn up and transform a small patch of sand on the south side of Glenelg Jetty into a race start.

Officals liaise with the life savers to ensure that the buoys are in the right place and, most importantly, that there are no hungry big fish with teeth in the vicinity.

Slowly swimmers arrive, they are checked in, given a timing chip and body marked by our volunteers before making their way to the water to do either one lap or two round the buoys.

The last swimmer is cheered in, the results are calculated and prizes are given before all of the race infrastucture is dismantled and put back on the trailer ready for the next race.

Even when the beach is cleared and a few beers are downed in celebration, there is still paperwork to do to finish the whole thing off.

Without you and all your hard work supporting our open water swim there would be no Proclamation Day Swim and South Australia would be poorer for it. Thank you all for your help throughout the year.

[The full list of results is here.](#)

Jeff Sheridan

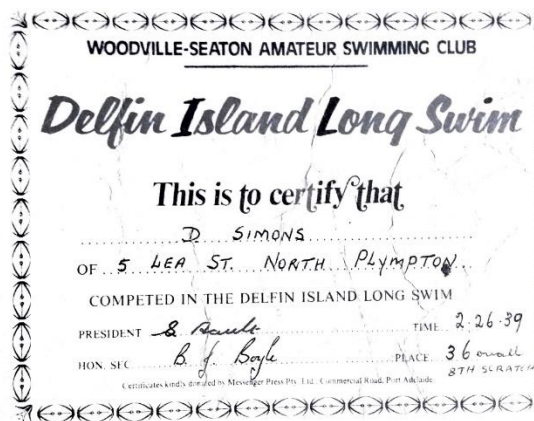
Eric Magill Swim (28/11/2021)



Suzie Fitzgerald admiring the coveted trophy she won by random draw after the Eric Magill fun swim. She was challenged by 29 other swimmers in near perfect conditions and Michael Harry, the 2020 winner presented her with the wooden trophy.

Adelaide Masters - the Second Year

To start off the year, five Adelaide swimmers completed the Delfin Island Long Swim in January 1979: Josie Sansom, Beau Lyons, Di Simons, Giles Carson and Stan Avngles. Di finished 36th across the line and 8th from scratch in 2 hours 26 minutes 39 seconds. She recalls the experience vividly – carefully avoiding sharp oyster shells going into the water, large jelly fish sliding under her arms while swimming, inhaling fumes from patrolling IRBs, anxious young amateur swimmers pleading “can I get out now?”. Josie Sansom suffered hypothermia after getting lost en route, swimming an extra 1500m!



Throughout the year, Adelaide Masters continued to develop its swimming program and consolidate its status in the AUSSI National movement in anticipation of hosting the 1980 Nationals in Adelaide. Patti Morris was invited to join the Committee because of her knowledge and AUSSI role at State and National level. Recognising the need to raise the Club's profile, Brenda Bochman was elected as Publicity Officer to liaise with media.

With numbers at training growing, the Committee discussed engaging a registered helper to support Josie Sansom so she could spend more time with individual swimmers. One problem was the high expectations of lane 1 swimmers seeking instruction. It was agreed to clarify that the coach was available to provide tips and self-help advice, but could not offer swimming instruction. A notice to this effect was issued.

It was decided to hold a demonstration of lifesaving and resuscitation in winter with assistance from Surf Lifesaving SA. This was arranged for a Saturday so as many swimmers as possible could attend.

The Committee set the annual membership fee at \$7.00, and cards with membership numbers were printed. Following concerns about non-members swimming and some swimmers not paying their 10c training fee, it was agreed to follow up with swimmers who had not joined or re-joined. Under 25s would be accepted, but not encouraged at the expense of older members.

At the AGM in July, the Committee was re-elected almost unchanged:

President:	Vicki Murphy
Vice-President	Kit Simons
Secretary/Treasurer:	Phil Williams
Members:	Eddie Stubing, Hugh Hamilton, Nick Thredgold, Kathy Gill, Josie Sansom, Norma Fowler, Brenda Bochman, Patti Morris

Reflecting on her first year as President, Vicki Murphy reported:

- Membership increased from 41 to 98 over the year from 1 July 1978. Up to 55 swimmers were attending on training nights.
- 23 swimmers - 16 men and 7 women - represented the Club at the Sydney Nationals held at the North Shore pool. Adelaide finished 2nd out of visiting clubs, an excellent performance going into the 1980 Nationals. There were concerns about overly strict rules, especially in breaststroke. A letter of protest was written to AUSSI.
- The Club had assisted with forming a new Masters club at Gawler and had run the first Masters Interclub in South Australia, with Adelaide, Gawler and Atlantis competing in March at the Sturt CAE pool.
- Roderic Ross had competed in the US Masters 1 hour swim, swimming 4185 yards and finishing 5th.



*Adelaide Masters Swimmers at the 1979 AUSSI Nationals, Sydney
(Kit Simons middle and Di Simons second from right in top row,
Mary Phin, second from left, second row)*

Di shines in ¹⁹⁷⁹ Aussie nationals

Di Symons of North Plympton turned in good results at the fifth national meeting of AUSSI swimming clubs in Sydney recently.

The SA squad of 29 from the Adelaide Masters Swim

Club (Norwood) and Atlantis club (Marion) came fourth overall in the meeting.

Di Symons, who was swimming in the 40-44 years section, was first in the 200 m I.M. (3:59.07), second in the

50 m breaststroke (50.70), third in 100 m backstroke (1:54.58).

Further information about AUSSI, which is an Australia-wide association of adult swimming clubs whose members swim to keep fit and have fun, can be obtained by phoning Patti Morris on 264 8798.

In the latter part of the year, the Club increasingly focused on planning for the AUSSI Nationals in March 1980. Josie Sansom attended a national AUSSI meeting in Sydney with support from club. 500 metal lapel badges were ordered, to be distributed nationally. Through the efforts of two special Committee meetings and a meeting in November of the State AUSSI branch comprising 2 representatives from each club, advance arrangements were made:

- The State Minister for Sport and Recreation accepted an invitation to open the event. Tom Herraman from the South Australian Swimming Association was also invited to speak but did not respond.
- The CWA had offered to provide snacks for swimmers, while the North Adelaide Pool would ensure there was ample food available for purchase.
- A Club wine bottling with an AUSSI label was commissioned to raise funds and promote the event. Hugh Hamilton arranged a barbecue and tasting on a Sunday afternoon at Richard Hamilton's at Willunga. The wine, purchased at \$6 a gallon, would sell at \$1.50 a bottle. A special Port was secured at \$1.70 a bottle, to sell at \$3.50 with individually numbered commemorative labels.
- Josie donated a trophy, to augment the National AUSSI prizes.
- other fundraising initiatives, including a progressive dinner, were held.

Such was the workload, the Committee decided at its final meeting for the year to postpone the Club Championships until after the Nationals so it could give priority to the preparations.

In two years, Adelaide Masters had built on its simple beginnings to become a strong, thriving Club, competing successfully at national level and preparing to host the National championships.

Michael Harry Peter Clements 30/12/21

Dates for your diary

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

January

Wednesday 5th First Training session of 2022

It's time to realise those New Year's resolutions

Sunday 9th Pub to Pub, Seacliff

1.6km

[Enter here before 6th Jan](#)

Sunday 16th MSSA State OWS Championships, Somerton

1km & 3km

[Enter here before 14th Jan](#)

Wednesday 26th Jetty to Jetty, Henley Beach

2.2km between Henley and Grange

[Enter Here before 23rd Jan](#)

Sunday 30th Summer Swim Series Round 2: Gawler Aquatic Centre

[Enter here before 14/01](#)

February

Saturday 6th Brighton Jetty Classic, Brighton

[Mix with the Marilyn's](#)

Saturday 12th The Pink and Blue Swim, West Beach

200m, 400m, 700m & 1000m

[Enter Here, it is for a good cause](#)

Saturday 12th Sunday 13 MS Mega Swim, Unley

Swim a long way through the night

Sunday 20th Henley Beach Swim, Henley Beach

1km or 2km

Sunday 27th Summer Swim Series Round 3, Strathalbyn

[Enter Here before 11/02](#)

March

Saturday 5th Port Elliot Swim, Port Elliot

900m or 1.8km

Monday 14th Noarlunga Reef Swim, Noarlunga

1.5k, 2.5k & 5km

Sunday 20th Summer Swim Series Round 4, Woodside

[Enter here before 04/03](#)

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