

The President's Report

This will be my last Presidents Report as I will be stepping down at the approaching AGM after two challenging but eventful years. Despite the challenges the club has continued to grow with our membership at the end of 2021 being the highest it has been since 2017. Now is the time to renew your membership for 2022 if you haven't already use [this link to renew](#)

March is the business month of the year with quite a few activities outside of the pool. Our AGM will be held on Wed 23rd March, and we encourage swimmers to be active in not just swimming but also taking an interest in the operational side of the club and acknowledge the achievements of our members. You could be one of the winners! Formalities will be brief, followed by presentation of club trophies and awards for 2021, and winding down with pizza and a drink. There is also the opportunity to attend the accredited First Aid course on Saturday 19th March at the Burnside Pool Club room; the MSSA Presentation Dinner is also scheduled for the following Saturday 26th March at the Grange SLSC and is always a fun night; and the 24hr MS swim at the Unley pool has been rescheduled to Sat 9th -10th April. Those that have recently purchased a pool coat, this will be the ideal event to put it to good use.

I can't believe that we are already heading into autumn, with the last of the OWS and Summer Pool series this month and coordinating the transition to winter training. Our last session at Burnside will be Friday 22nd April and Winter training at St Peters will start on Wednesday 27th April. Remember there is no training on any public holidays.

Training sessions or open water swimming can earn you great prizes. Two of our members have just collected a bundle of goodies from the Vorgee Million Meters program. It is easy to join the program via [this link](#)

With the relaxing of state boarders' swimmers can now consider competing nationally in any of the Masters Australia Series 2022 or the Perth Masters Games. The dates of the events are in the diary section.

Goodbye! Keep swimming

Betty "Die Präsidentin" Reinboth

Notice of Adelaide Masters Annual General Meeting 2022

The Annual General Meeting of the Adelaide Masters Swimming Club will be held:

- **Date:** Wednesday 23rd March 2022
- **Time:** 7:15pm – 8:00pm (after early training)
- **Venue:** The Burnside Pool Club Room
- **Food:** Pizza and drinks will be provided

NB: Training will be 6:00pm - 7:00pm with no coaching fee on this night.

Open Water: Henley Swim



What a charming bunch of swimmers

The weather was almost perfect for the Henley Swim, not too hot, not too cold. The water was nice a calm. If you ignored the strong southward current it would have been completely perfect. The 1k swimmers faced the current once before swimming alongside the jetty for the in water finish. Our own Sharon Beaver took the overall win after an epic tussle with the mens winner. She was followed in by Milos Karapandzic, Alastair Will, Pam Gunn, Brian Morris, Betty Reinboth and Greg Cooper.

The 2k swimmers battled against the current twice before joining the other on the beach. In this race Steph Palmer-White was pipped at the post to take second place with Julie Bowman, Erin Brown, Alexandra Carter, Pete Holley and Remin Nath following in her wake.

A special mention has to be made of Julie Bowman and Pete Holley both of whom swam to the Grange jetty and back as a “warm up” before the race, or maybe as training for upcoming long distance events

[Full results here](#)

Pool: Summer Series 2, Gawler



Sharon Beaver with her Summer Series 2021 Towel, presented at the Gawler Meet

The weather was perfect for the first swim meet of 2022 at Gawler and it was great to compete in a lovely outdoor pool, even if some of our swims weren't quite as fast as what we would have wanted. That said, Adelaide Masters managed to come third with only 7 swimmers so we must have done better than we thought.

Although we weren't amongst the record breakers for this meet, we were definitely amongst the winners. Our swimmers were Sharon Beaver, Pam Gunn, Peter Holley, Stephanie Palmer-White, Erin Brown, Anthony Varvounis and Mark Smedley, all of us winning most, if not all our swims in our age group.

Our relay teams also won their age groups. The women's medley relay team (Sharon, Erin, Steph and Pam) held off a fast-finishing Phoenix team to win their race, while the mixed freestyle relay team (Mark, Sharon, Erin and Pete) were narrowly beaten by a younger Aquadome Otters team. Very exciting finish but it didn't matter in the end as they were in a different age group.

Adelaide Masters is sitting in third position at the moment halfway through the series, the next two being at Strathalbyn and Woodside.

Vorgee Million Meters



Congratulations to Jelle Lahnstein and Diana Fabijan who have received their awards for achieving Five million and Twenty Five million metres

What is the Vorgee Million meters?

It is a program run by Masters Australia to encourage members to strive for greater fitness and acknowledges the progression from the "learn to swim" beginner to the distance swimmer. The sponsor, Vorgee, provides certificates, prizes, trophies and clothing awards for everyone who clocks up an incredible number of meters in the water.



How do I enter?

It's easy, all you have to do is to keep a log of all your meters and when they reach a milestone in the scheme submit the record to Masters Australia, all the details are on the [Masters Website](#)

Is there an App

Of course there is an App, you can download it from the [Masters Website](#). It allows you to enter your meters on poolside before you forget! Best of all you can transfer your paper records to the app so that all your records are in the same place

First Aid Course



- HLTAID009 - Provide cardiopulmonary resuscitation
- HLTAID010 - Provide basic emergency life support
- HLTAID011 - Provide first aid
- HLTAID012 - Provide First Aid in an education and care setting

On: Saturday 19th March, 9:00am – 5:00pm

At: Burnside pool boardroom

Cost: \$150

This is an accredited course through Healthcorp. Please register your interest asap by emailing adelaidemastersswimming@gmail.com , advising Betty Reinboth on 0403328502 or poolside and enrolment details will be emailed to you.

The Perth Masters Games



The WA border is opening, and you have the opportunity to compete in Australia's premier multisport festival

Together with our partners, the Confederation of Australian Sport and the Western Australian State Government, we are delighted to inform you that **WA's border is reopening on 3 March 2022** and the **2022 Australian Masters Games will be going ahead** as planned from 23-30 April 2022.

Our priority is to deliver a safe and memorable multisport festival for our passionate masters community. We remain excited to deliver the Games in Perth for the first time since 1993, and excited that our interstate friends will be able to join us for #PlayTimeInPerth.

To celebrate, we have extended the Early Bird entry period to **Friday 11 March 2022!**

In addition to this, we're offering **\$20.00 off** the Games entry fee to the first 100 participants who register using the coupon code **AMG20OFF**. That's a total discount of \$50.00 off the Standard Games entry fee. All you need to do is simply enter and apply the coupon code **AMG20OFF** prior to finalising payment.

We're also offering all participants registered by the end of Early Bird (**11.59pm AWST on Friday 11 March**) the chance to **win a \$1,000 voucher** to their choice of the following unique stays in WA:

- Crown Perth
- The Ritz-Carlton Perth
- Rottnest Samphire Resort

Check out the Ts & Cs [here](#).

We hope you'll share this information with your members - what a great opportunity for them to represent your club at a national event and get active, social, and adventurous in Perth this April!

For more information on WA's Safe Transition Plan, [click here](#).

1980 – Adelaide are National Champions!

Early 1980 was devoted to preparing for the 6th AUSSI National Swim and Club Championships in March.

The Club's full 14-member Committee met with representatives from Atlantis, Central Districts and Tea Tree Gully over a dinner meeting in January after Wednesday evening training at Ashley and Maryanne Llewelyn's home. To ensure good publicity, press releases were sent out to print, TV and radio a fortnight before event, focusing on personalities. The Opening Ceremony and the last heat of the 100M Freestyle would be shown on television.

The News, Friday, February 22, 1980—67

●Titles held here

South Australia will host the AUSSI (Australia Union of Senior Swimmers International) national swimming titles on March 7-9.

It is the first time the national meet has been staged in Adelaide, and the sixth in Australia.

Swimmers aged between 25-85 years will come from all over Australia and New Zealand.

AUSSI is an Australia-wide association of adult swimming clubs whose members swim regularly for fitness and fun. It is part of the world-wide Masters Swimming Movement.

The Recreation and Sport Minister, Mr Wilson, will officially open the meet at 2 pm on March 8, at the North Adelaide pool.

*Sportsfront with
Lawrie McCauley*

Swimming

Entries from New Zealand will compete here in the AUSSI national swimming titles at the weekend.

SA will host the titles at the Adelaide Swimming Centre, North Adelaide for the first time in the six-year-old competition.

Notable swimmers competing are 28-year-old Greg Bush, a finalist in the 1974 Commonwealth Games; Jeff Petherick, a bronze medallist in the 1973 nationals and veteran Josie Sansom, who last year won three gold and two silver medals in the Toronto World Masters swim.

Responding to SA AUSSI's requests for help, the South Australian Amateur Swimming Association (SAASA) agreed to supply 25 officials to assist, with AUSSI to providing recorders, referees, and an announcer. Catering and social arrangements were finalized well in advance.

South Australia hosted the Nationals for the first time since the founding of National AUSSI in 1975. Held at the North Adelaide Swimming Centre from 7 - 9 March, the event was a huge success.

ADELAIDE MASTERS

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AUSSI Adult Swimming

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NATIONAL SWIM — ADELAIDE 1980



Left to Right: Josie Sansom, Tom Herriman (Hon. Sec. S.A.A.S.A.) and Patti Morris (State Sec. S.A. A.U.S.S.I.).

A record of 310 participants attended, up from 301 in Sydney in 1979. Electronic timing was used for the first time at the Nationals, taking advantage of the Swimming Centre's state of the art technology. Freestyle and medley relays were introduced and were a highlight of the event.

Adelaide Masters emerged as the champion club out of 31 competitors, winning the Founders Trophy by scoring 475 points ahead of runners up North Lodge, the foundation AUSSI club in Victoria, with 451 ½ points. Atlantis came 6th, Central Districts 11th and Tea Tree Gully 20th, highlighting SA AUSSI's emergence.



AUSSI - JUNE 1980 - 23

Josie Sansom of Adelaide Masters receives 'The Founders Trophy' for the top point scoring club.

At an individual level, two Adelaide swimmers excelled, Kathy Heenan (Gold 25-29F, 5 national records) and Laurie Potter (Gold 30-34F, 3 national records). Other Adelaide swimmers to perform outstandingly were Vicki Murphy (Gold 35-39F), Josie Sansom (Gold 50-54F), Rod Ross (Silver 45 - 49M), Gerhard Schueller (Silver 50-54M), Di Ross (Bronze, 40-44F), Don Redpath (Bronze 50-54M) and Harold Cilento (Bronze, 60-64M). Di Simons swam in six events (400m Freestyle, 100m Backstroke, 100m Breaststroke, 100m and 50m Butterfly and 200 IM) and Mary Phin in two events (50m Freestyle and 50m Breaststroke). Adelaide won 7 out of the 20 relay events: the 55 years+ and 35 years+ Mixed Freestyle relays, the Women's 25+ and 35+ Freestyle and Medley relays and the Men's 45+ relay. For a Club early in its 3rd year, this was an extraordinary performance, particularly by its female members.

Adelaide also excelled in the social program. The June 1980 AUSSI Adult Swimming journal reported: *"After the Sunday session finished, competitors and officials adjourned to the nearby Estonian Hall where they were greeted by two bunny girls. Several ladies were heard to comment that they found Rod Ross the wine waiter far more to their taste"*. Noted vigneron Hugh Hamilton hosted the function, introducing Tom Herraman, Secretary SAASA: *"In a very warm mood, Tom congratulated*

everyone on the success of the meet and then presented the trophies to the top scoring clubs...".
 Clearly, any early tensions between SA AUSSI and SAASA had been resolved.

Following its success in the Nationals, over the remainder of the year the Club continued to consolidate its development, take up opportunities and manage challenges.

While the rapid growth of membership was a measure of success, coaching support for Josie was needed urgently. It was agreed at the March Committee meeting that other people would take lane 1 for the last half hour of each session. Kathy Heenan was engaged to take coaching once a month when Josie was absent and to write up session cards when neither Josie nor Kathy were available. Later in the year, a coaching subcommittee was set up. Patti Morris was appointed Assistant Coach to provide support on Wednesday evenings when 70 or more swimmers were attending training. To deal with the congestion, training was introduced on Friday nights from 6 – 7pm. In November, the Club took up Hartley College of Advanced Education's offer of its pool at Magill for training on Monday evenings for \$9 per hour.

Social activities and fundraising remained an important focus. The Club dinner was held on 21 June at the Buckingham Arms. The cost was \$9 per head, including a \$1 booking fee going to the Club. A "Trash and Treasure" fund raiser was held in July.

The Annual General meeting was held at the Parade Pool on 26 July, President Vicki Murphy and Secretary/Treasurer Maryanne Llewelyn presenting reports.

- Vicki acknowledged the outstanding success of the National Swim, noting the strong participation by members and the outstanding work of many uninitiated volunteers. She reminded the meeting of the growing competition from its rivals - Atlantis had beaten Adelaide at a combined meet 3 weeks after the Nationals.
- The Club was building strongly, with membership of 122 at 30 June. The financial position was sound, investments and cash amounting to approximately \$2600. It was decided that the Club membership fee would go up to \$12 from 30 June, being \$6 for the Club component and \$6 for AUSSI affiliation.
- A new committee was elected. With Vicky Murphy, Eddie Stubing, Hugh Hamilton, Nick Thredgold, Brenda Bochman and Patti Morris not seeking re-election, a new President, Vice-President and Secretary/Treasurer and several new Committee members were elected:

President:	Kit Simons
Vice President:	Don Will
Secretary/Treasurer:	David Potter
Asst Sec/Treasurer:	Maryanne Llewelyn
Committee members:	Norma Fowler, Kathy Heenan, Carrie Hastwell, Michael Mee, Pam Squire, Libby Taylor; Digby Habel and Kerry Habel (State delegates), Josie Sansom (coach).

Later in the year, attention turned to preparing for the 1981 Nationals to be held in Perth. 38 members had expressed interest in attending. A Swimathon at Hartley College and a Trash and Treasure at Elizabeth Drive were held to raise funds. The Swimathon was poorly supported, and it was decided that swimmers who had not participated would not be eligible for travel support. Another fundraising social gathering was held in December, on the condition that members going to Perth would help organize and participate. It was decided that the Club would pay for entry and the cost of lunch for the Perth participants, subject to successful fund raising.

Michael Harry & Peter Clements

Dates for your diary

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

March

Saturday 5th Port Elliot Swim, Port Elliot

900m or 1.8km

Monday 14th Noarlunga Reef Swim, Noarlunga

1.5km, 2.5km & 5km

[Enter Here](#)

Sunday 20th Summer Swim Series Round 4, Woodside

[Enter here before 04/03](#)

Wednesday 23rd Club AGM, Burnside Pool

Have a say in the running of your club

Saturday 26th The Branch Dinner

April

Saturday 2 – Sunday 3 MSA State LC Championships (Perth)

Wednesday 20 – Sunday 24 April MSA National SC Championships {Sydney}

May

Sunday 1st MSSA SC State Cup, SAALC

Friday 20 – Sunday 22 MSQ SC State Championships (Cairns)

Sunday 22nd MSSA Interclub 1 (relays), SAALC

July

Sunday 17th MSSA Interclub 2 SAALC

August

Sunday 14th MSSA Interclub 3 (National Swim Series) SAALC

Saturday 21 – Sunday 22 MST SC Winter Championships (Launceston)

September

Sunday 11, MSSA Interclub 4, SAALC

Saturday 17 – Sunday 18 MSNT LC Championships (Darwin)

October

Saturday 15 – Sunday 16 MSNSW LC Championships (Canberra)

Sunday 23, MSSA LC State Cup, SAALC

Sunday 23, Stadium Masters LC Livelighter CC (Perth)

November

Friday 4 – Sunday 13 Pan Pacific Masters Games (Gold Coast)

Sunday 13, MSSA SC Long Distance Meet, SAALC



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Do you have something we can include in the newsletter? Mail it to

adelaidemastersswimming@gmail.com