

The President's Report

Last AGM after the 2020 COVID year, I felt confident that 2021 could only get better; but I was wrong! Throughout 2021 we have continued to face challenges: although SA was lucky to escape the long lockdowns of the other states, we regularly updated our COVID plan, implemented QR check-ins, and masked up to allow safe training sessions, interclubs and open water competitions. On top of this, club coach Graeme Brown retired at the end of summer training, giving us a further challenge to recruit a replacement coach. During this period, we were very fortunate to have Frank Lindsay, the Branch coaching coordinator and an excellent coach, lead our training sessions. In July Ilze Ostrovoska accepted the coaching position and with her understanding of the club culture, the members and her passion for coaching, the club has continued to flourish.

The club has continued to grow in 2021 with our membership last December being 106 compared to 83 at the same time last year and the highest it's been since 2017. Winter training attendance average for this year was 46 down from 62 last year whereas summer training average is 48/49 consistent with last year's average. Sadly, we have lost a few members with Brian and Mairee McManus returning home to USA for work and the untimely passing of Christina Boros due to illness. Christina only joined Adelaide Masters in 2018, enthusiastically attending training 2-3x every week and in 2020 entered the MSSA State Cup, winning a medal. The club experience, competing and winning a medal meant the world to her and in her Will she made a bequest to the club for \$50,000. The Club is truly appreciative of her generous donation and will ensure an appropriate legacy will be established in her honor.

Competitively the club had a good year finishing 3rd in both the Winter and Summer Interclub Series. Club members also recorded an amazing 6 FINA Top 10 in the 2021 SC: Steph Palmer White (4), Sharon Beaver (1) and Tony Ward (1) and 6 relay teams also achieving FINA Top 10 ranking. It is so good to see so many of our swimmers achieve this fantastic ranking.

All the Open Water Swims were successfully held this summer with many enthusiastic swimmers competing. After last year's cancellation, the Proclamation swim on 28th December was a great success with 164 entrants, despite no late entries. Thanks to Jeff Sheridan and Geoff McConachy for all their hard work coordinating the event and the many club members for assisting on the day. The club was rewarded with a \$2000 profit. Adelaide Masters also succeeded in retaining the Club trophy at the Jetty to Jetty swim.

Although the club hasn't been able to resume fundraising activities through the Bunnings BBQ, we have managed to accumulate surplus funds allowing the members to purchase club merchandise and bathers at cost price. Merchandise orders will be processed twice yearly, and we encourage all swimmers to "gear up".

A comprehensive, informative and up to date website is critical in the current environment to attract new members and keep current members informed. As our current website is over 15 years old, two

grants have been submitted to MSA and Burnside Council to hopefully assist with funding this project.

As always, the club would like to acknowledge Burnside Council's continued support, generously sponsoring the lane hire for all our summer training and allowing the use of their Club room for the First Aid course and our AGM.

Finally, thanks to all the committee: you have all contributed to supporting the club and without you we couldn't have achieved what we have this year. Thanks also to all our members, as it is you who make Adelaide Masters: representing the club at training, interclubs and open water events and reflecting the Fun, Friendship and Fitness motto of the club.

As I step down as President and from the committee, I'd like to wish the future committee well.

Betty "Die Ex-Präsidentin" Reinboth

Coach's Corner

I have been coaching Adelaide Masters since July last year and it has been an interesting, challenging and exciting time.

The training year is divided into two parts – winter season with training sessions in the 25m pool at St Peters College from April to October. During the winter season, there are 6 pool competitions. The summer season training sessions are held in the Burnside 50m pool. The main emphasis during the summer season is on Open Water competitions (12), though there are also 4 pool competitions.

The training programmes were written according to those two seasons. One concentrates more on speed, shorter distances, technique, turns and dives. And the other one was to make sure that longer distances are not an obstacle for our swimmers and they could take part in OW swims if desired. So, the sessions were aimed to improve swimmers' endurance and 400, 800 and 1500 time trials were included in our training sessions.

We were really lucky to have Catherine Aldrete-Morris come before our Friday training sessions and show us some excellent techniques to help release the muscle tension. These exercises were effective and simple enough for swimmers to continue to do them independently at home. Thank you to Catherine and best wishes for her studies. When Catherine completes her studies, there are some ideas about organizing something on a regular basis – will keep you posted.

In one of the newsletters, I have also included some easy to do stretching exercises for our swimmers to do before or after training.

In the end, I have to say thank you to all swimmers who attend Adelaide Masters training. You all bring something different to the sessions, you all contribute to the club's atmosphere that makes the coach's, my job, interesting – Henry is keeping the top lane on the task and time, Alistair's humour and jokes help overcome hard parts in training for the middle lane and Chris O'Brien makes sure that everybody in his lane is included and understands the programme.

All new swimmers – congratulations, you have made visible improvement – Kathy, Mat, Gus, Chris, Suzie, Miloš, Judith, Alison are now confident and competent swimmers. And congratulations to those who made the list of FINA top 10 swimmers for 2021.

Latvian Evening

If you want to take part in a once in a lifetime opportunity, please join us at the Latvian club - 23 Clark Street, Wayville, SA 5034, on 30 April for a Latvian lunch at 12.00.

The two-course meal will cost you \$18.00. At the bar, you will be able to purchase Australian wine and beer for a very friendly price and some special alcoholic beverages from Latvia. There will also be beer available that is made in Robe by a Latvian brewer.

The menu I will know closer to the date. If you have any questions, please talk to me.

Ilze

FINA top 10

Congratulations to everyone from Adelaide Masters who featured on the FINA Top 10 list for 2021.

No.1	Stephanie Palmer-White (55-59)	200 Fly	2.38.88
No.8	Stephanie Palmer-White	100 Fly	1.16.15
No.6	Stephanie Palmer-White	200 Back	2.47.61
No.10	Stephanie Palmer-White	200 IM	2.51.51
No.5	Sharon Beaver (50-54)	400 IM	6.02.50
No. 8	Tony Ward (80-84)	100 Fly	2.02.60

No.2 Women's 400 IM Relay (160-199)
Sharon Beaver, Emily Goldie, Stephanie Palmer-White, Rebecca Muller -5.22.18

No.10 Men's 400 IM (200-239)
Scott Goldie, Mark Smedley, Peter Holley, Brian McManus -5.46.75

No.10 Women's 400 Free (240-279)
Betty Reinboth, Pamela Gunn, Helen Bartsch, Leonie O'Connell – 6.34.20

No.2 Mixed 400 Free (100-119)
Anthony Varvounis, Alyce Dowling, Hai Nguyen, Rebecca Muller – 4.57.28

No.7 Mixed 400 Free (160-199)
Brian McManus, Mairee McManus, Yovanni Mahecha, Emily Goldie – 4.46.69

No.5 Mixed 400 IM (200-239)
Sharon Beaver, Mark Smedley, Stephanie Palmer-White, Scott Goldie – 5.03.45

[See the full list here](#)

Adelaide Masters Awards and Trophies 2021

This is the time of year when we award club members for their outstanding achievements during the past year. This year the prestigious awards go to...

Andrew Weldon (Service to club):	Anthony Varvounis for setting up UniSA swim club whilst still swimming with Adelaide Masters Peter Holley (tenacity with swimming competitions, help with Proclamation Swim and Newsletter publisher)
Marj Muller Trophy /Presidents (Outstanding service to club):	Jeff Sheridan for organising the Proclamation Day Swim Steph Palmer White for managing club finances, club captain and outstanding swim performances.
Most Outstanding Male	Tony Ward (FINA Top 10 in age group for Fly 100m)
Most Outstanding Female	Lee O'Connell (state records for age group)
OWS Male Trophy 20/21	Chris Carter
OWS Female Trophy 20/21	Sharon Beaver
OWS Long Distance Champion	Not awarded
Josie Sampson Trophy (most interclub points)	Charles Gravier for most points in the Winter Series
Most Improved Male:	Remin Nath
Most Improved Female	Kathy Watson

Adelaide Masters Committee 2022

The new committee was voted in at the AGM, there are a few vacant positions. If you feel that you can bring your considerable talents to any of the positions, please see any of the committee members.

Position	Nomination
President	Vacant
Vice President	Vacant

Secretary	Vacant
Treasurer	Steph Palmer-White
Club Captains	Steph Palmer-White, Lee O'Connell
Nominations Office	Russell Anderson
Recorder	Steph Palmer-White
Fitness Director Coaching Coordinator	Ilze Ostrovska
Newsletter Editor	Pete Holley
Safety Officer	Jeff Sheridan
Merchandise	Kay Johnston, Pam Holley
General Committee	Geoff McConachy, David Gardiner, Deb Brown, Peter Clements , Helen Bartsch

Open Water: Port Elliot

To some, the conditions were perfect, with a rolling swell coming into Horseshoe Bay from the Southern Ocean. To others, the conditions were less than ideal for exactly the same reason. There were two races on offer, a one-lap race, and a two-lap race. The organisers are always a little cagey about the exact distance as buoys move and get placed in not exactly the correct place.

Stephanie Palmer-White and Sharon Beaver took first female in the one and two lap races respectively after some close racing. Further down the order there were some excellent results from Pam Holley, Helen Berry and Debbie Brown in the one-lap and Erin Brown, Troy Williams, Pete Holley, Kent Nelson, Milos Karapandzic, Remin Nath and Roman Zaika in the two-lap race.

[Full results of the Atlantis Port Elliot Open Water Swim 2022 Here](#)

Open Water: Port Noarlunga

It was a cracking day for a swim, the sun shone, and the water was calm. You couldn't wish for a better day to take on one of the distances on offer. The talented women of Adelaide Masters made it a clean sweep of firsts in all the races with Stephanie Palmer White coming first in the 1.5km, Erin Brown being first female in the 2.5km and Sharon Beaver being the leading female in the 5km event. Michael Carter made it a fourth first with his win of the 2.5km race.

[Full results of the Noarlunga Reef Swim 14th March 2022 here](#)

Pool: Summer Series 3, Strathalbyn



What a glorious pool for a summer series event

Seven swimmers from Adelaide Masters made their way to the beautiful town of Strathalbyn to swim in the third meet of the Summer Series. The conditions were unexpectedly chilly at first but became warmer towards the end of the meet. Adelaide Masters came 4th, very close behind Noarlunga, but we are 3rd overall for the Summer Series so far. With one more meet to go of the series it is probably unlikely we will overtake Tea Tree Gully for 2nd place but we will certainly have a good try!

Although we didn't break any records this meet, most of us won at least one of our races in our age group. These were Erin Brown, Sharon Beaver, Mark Smedley, Steph Palmer-White, Pete Holley and Pam Gunn. Amanda Ruler was third in one of her races in a very competitive age group and was very pleased with her swims as she did at least one PB.

Our mixed medley relay team (Sharon, Mark, Steph and Pete) won their age group over Phoenix fairly easily, and our women's freestyle relay (Amanda, Pam, Steph and Erin) came fourth but not very far behind the other teams. That said, as far as relays are concerned, it doesn't matter what their placing is, what is more important is that everyone gets to participate in a relay, and this we achieved very well!

[2021-2022 Summer Series Strathalbyn Results](#)

Pool: Summer Series 4, Woodside



Our wonderful female relay team

The Woodside meet was the last of the Summer Series and was attended by 6 of our swimmers, Erin Brown, Sharon Beaver, Steph Palmer-White, Pam Gunn, Lee O'Connell and Peter Holley. All the women won all their races, gaining perfect point scores, and Pete Holley achieved a first and a second place. Unfortunately, a 10K swim the day before meant that he wasn't successful in completing the 100m Fly, but at least he tried.

The women's medley relay (Lee, Sharon, Steph, Pam) easily won their race in the 240+ age group and were only a few seconds off the state record.

Adelaide Masters came 6th in this meet but retained the third placing overall. Unfortunately, there ain't no third prize, to almost quote Jimmy Barnes, the trophies being given to the winning club and runner-up club.

Summer Series Meet Medal Winners:

Erin Brown – Gold

Sharon Beaver – Gold

Steph Palmer-White – Gold

Pam Gunn – Silver (only 1 pt behind gold)

Anthony Varvounis – Silver

Peter Holley – Gold

Mark Smedley – Silver

Tony Ward – Silver

Well done to all our swimmers!

Building on Success - 1981 and 1982

After successfully hosting the AUSSI Nationals in 1980, Adelaide Masters continued to achieve at the highest level in swimming while working hard to strengthen its structure and developing a vibrant social program.

1981

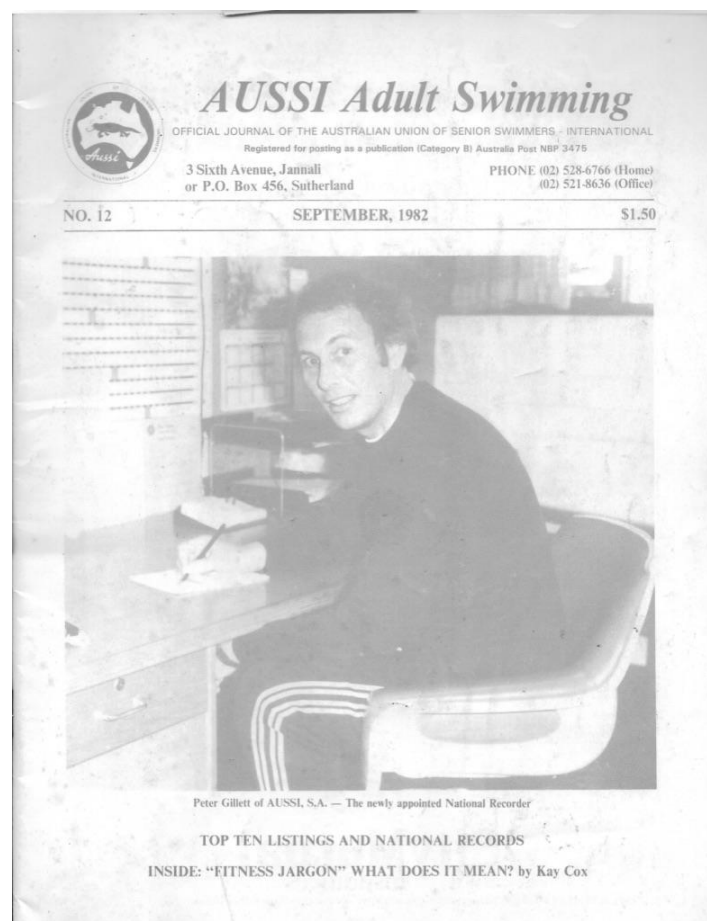
The AUSSI Nationals were held in March in Perth at the Beatty Park Aquatic Centre, site of the 1962 Commonwealth Games. Having raised \$3524 for the Perth account over the previous year, the Club was able to support a large group of swimmers. They were rewarded by winning the Visitors Trophy for the top visiting team, the third major trophy in 4 years.

Adelaide again won both the Interclub competition and State Winter Cup. The State report in the September issue of AUSSI Adult Swimming noted: *“The second Interclub meeting for the year was held at the Norwood indoor pool on June 20 hosted by the Adelaide Masters Club. The host club are to be congratulated on the organisation of the meet, which ran as smoothly as any yet held in SA, also the time and effort by their members in arranging the magnificent spread of soups and hot dishes for the get together after the swim. The top club at the end of the day was Adelaide Masters with 293 points, followed by Atlantis 116 points...”*

In the same report, Peter Gillett gave a colourful account of an expedition by 5 Club members to compete in a carnival at Bordertown against the host club, Dolphin Masters: *“We five gallant survivors of the “Save Adelaide Masters from Humiliation Campaign” set off one Saturday afternoon to represent our club at a carnival in Bordertown. Morale was high, despite the three hour trek through unchartered terrain...”. After finding the appointed meeting hall with some difficulty, the team was greeted with country hospitality and “surrounded by the enemy on all sides”. “Rather than go down fighting, we decided to infiltrate their ranks and join them at the local pub for a beer and counter tea. We were soon joined by the host for the weekend, Tom Kruger and his wife Margaret, and it was not long before we realised that the natives were friendly. After our feast Tom*

invited everyone back to his place to view the battleground for the next day. 6km out of town in an old converted shearing shed seemed an unlikely place to find a heated 17 ½ metre pool you might say, but there it was, complete with lane ropes, black lines on the bottom and bore water (large pigs in those parts)... Exercise for the next day then got underway and jaws were flexed continuously for hours and arms were raised and lowered energetically.” Before swimming began on the Sunday morning, there was “a most splendid BBQ and wine and beer followed a lot faster than we were going to swim after all that lot.” The weekend ended with Peter presenting AUSSI badges to their hosts, and driving back to Adelaide “feeling like it was another victory for human endurance and dedication”.

Pictured below as National Recorder in 1982, Peter Gillett was elected President of the South Australian Branch of AUSSI in 1981. After leaving Adelaide Masters, he and his wife Jean founded Tea Tree Gully Masters.



At the Annual General Meeting on 21 November, Kit Simons and Don Will were re-elected as President and Vice-President, Don also taking up the new role of Social Convenor. Graham Ormsby was elected Secretary. Kathy Heenan and Di Simons were appointed to the newly created positions of Club Captain and Assistant Captain.

In his report, Kit wrote that the year had been a *“very active and rewarding period”*. The Club had been organized into four divisions: coaching, social, swim meet organisation and administration. It had also taken a major role in State and National AUSSI. He acknowledged the work of the Committee and volunteers: *“In the few words I have written it is difficult to relate all the Club activities that have been tackled by the Committee to give members an insight into how much has been achieved. I am reluctant to name individuals for their efforts...lest I omit some to whom credit is due. I wish also to warmly thank those people, not on the committee, who have offered their assistance unstintingly in helping the club in many ways”*

Don reported on the work of the separate 4-member Social Committee. Activities included a film night and dinner, a tennis BBQ and a theatre evening, all successful fundraisers and enjoyable social functions.

The Treasurer’s report reflected the energetic and capable management of the two committees. The General Fund showed cash flow of \$6004, \$755 in net income and a balance of \$3,348, and the Fund Raising Fund \$2,892 in receipts and \$2892 paid out, 90% in travel subsidies.

1982

In February, 6 members competed as “non-registered swimmers” in the ASC Woodville-Seaton Delfin Island Long Swim: Neil Venn, Michael Brennan, Sue Needham, Eddie Stubing, Kevin Smith, and Stan Aungles. Adelaide also entered a 4-member relay team.

The AUSSI Nationals, held at the Warringah Aquatic Centre in Sydney, were a highlight. 32 Adelaide swimmers competed, each receiving a \$90 subsidy towards registration and travel costs. Such was the demand on the Fundraising Fund, it was decided that in future only those who assisted with fund raising would be supported. The Sydney swimmers were asked to organize a club carnival for non-Sydney swimmers at the next time trials.

Performances were up to Adelaide’s high standards. The Club retained the Visitor’s Trophy, and Josie Sansom, Dieter Loeliger and Don Redpath won silver medals in their age groups.



6.

Adelaide Masters take home the Visitors Shield presented by Peter Theodore of City Mutual.



Adelaide Masters swimmers at the 1982 Nationals – (Mary Phin and Di Simons on the right)

Adelaide maintained its success in the Interclub competition, winning each interclub and the overall competition comfortably. In the final interclub, Gordon King, Dieter Loeliger, Di Ross and Kaye Williams broke National records, as did several of the Club’s relay teams.

In his President’s report at the AGM, Kit Simons identified reasons for the success. *“As well as numbers of members, [there are] three other factors. We have the finest coach in Australia. We have a stable and effective executive who have worked diligently throughout the year to organize the running of the club conducive to the ideals of AUSSI. We have benefited socially, financially and you could say culturally from the imagination and initiative of our resourceful social committee led by Don Will. Although we have enjoyed a very successful first five years as an AUSSI club, we must avoid complacency and strive to maintain excellence in all endeavors in future.”*

Graham Ormsby reported in his Secretary’s report that the club had finished the 1982 financial year with 144 financial members, commenting *“we are quite lucky they do not all attempt to train at Norwood on a Wednesday.”*

The extraordinary vitality of the Club was most evident in the tireless work of the Social Committee headed by Don Will. Don wrote in his report: *“Emphasis this year has been a little less on pure fundraising and more on a variety of activities to involve as many members as possible”*. These included a movie and slide evening at the German Club, two evenings at Q Theatre and the “Billabong Crawl”, a bush dance in July where members from the other Clubs and the delegates for the AUSSI National Conference joined many Adelaide members. The Club’s 5th Anniversary was celebrated with a banquet at Lims. *“This was a fitting occasion to present Josie with her Life Membership and Joanne Baker was named Member of the Year. Neil Venn ably organized a special bottling of an Anniversary Port which sold out in record time and happily boosted our fundraising efforts.”* The social year finished with The Plastic Xmas Party, members responding enthusiastically to the invitation to come “dressed in their Gladbags, not glad rags.”





Michael Harry Peter Clements

Get Well Soon

Di Simons has recently been in the wars after taking a tumble that resulted in her ending up in hospital. Everyone at the club wishes Di a speedy recovery

Dates for your diary

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

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)

June

Sunday 5th – MSSA Interclub 1 (relays), SAALC

July

Sunday 17th – MSSA Interclub 2, SAALC

August

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

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

September

Sunday 11th – MSSA Interclub 4, SAALC

Saturday 17th – Sunday 18 MSNT LC Championships (Darwin)

October

Saturday 15th – Sunday 16 MSNSW LC Championships (Canberra)

Sunday 23rd – MSSA LC State Cup, SAALC

Sunday 23rd – Stadium Masters LC Livelighter CC (Perth)

November

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

Sunday 13th – 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