

## The (Vice) President's Report

I can see signs of autumn everywhere: the summer open water swims and summer pool series are just a memory, the sea is starting to cool and winter training has restarted at St. Peters. I always think of this little period as the time to sit back and reflect on the successes of the last swimming year and plan for next year. As a club we have achieved a lot in the last swimming year. We have been well represented in the open water swims and interclub competitions, some of our members have achieved state and national recognition and, most importantly, we have had a lot of fun in and around water.

Looking forward I'm sure there is a lot that we as a club can achieve. We have the winter series starting up in June with the relays event. If you have ever fancied taking part in a pool competition, this is the one you should do. It is a riot of organised chaos and an opportunity to swim with your clubmates. It doesn't matter how fast you can swim; the whole point is to be part of a team and enjoy the experience of swimming with everyone else. If the relays give you a taste for competition, you then have the whole interclub series to hone your prowess.

Winter is always a time to brush up on your skills, and attending training under the watchful eyes of our coach Ilze is a wonderful way of doing that. If you are not a regular, why not add it to your weekly routine? Come along and join the rest of us as we laugh, giggle or curse through another of Ilze's well crafted sets. I have no doubt that a regular appointment to swim works wonders as motivation to get into the water on a cold winter's evening.

On a more official note, you may have noticed that the club is lacking a president. If you feel that this is a role that you could fill, please approach any of the committee members for more details

## Coach's Corner

Training has now moved from Burnside to St. Peters for the winter. We will be swimming double the number of laps at the same time!

## Interclub 1: relays

The first Interclub this year is the Relays Interclub and will be held on June 5th. This is always a fantastic event and a chance to swim with your clubmates and for your club. It is always good fun, and the inter-event banter is something to behold. There is also the après swim at the pub after the event to look forward to, where all swims become epics and heroes are born.

There is a little admin to do:

[Please use this link](#) to a Google spreadsheet which is the entry form for all our swimmers to use to enter this meet. Entries close with the club on **Thursday midnight May 12th**, which will give the club captains a week to work out the best combinations to then upload to SA Branch. This process takes

many hours to do, so a week is not very long when you also work full time. The club will pay for the entries for this meet.

Please enter times for all swims that you are capable of doing, and don't enter times for the swims that you can't do. It doesn't matter what format you enter your times, as long as it can be recognised as a time, that will be fine. Please note that you might need to put a full stop after a 0, e.g. when entering a 1,10, otherwise the 0 doesn't register. The fly and back are up the top, then scroll down to the bottom for the breast and free.

Please let Steph know if you have any issues with the link or if you have any queries.

### Whales, Dolphins and Me

Our very own Mike Bossley has written a book which gives an insight into his passion for marine conservation and covers his excellent work in this area. You can find more information on [Facebook](#) or you could chat to Mike after training.

### MS Swim

Finally, after months of planning the MS Mighty Swim took place on 9/10 April.

This was originally planned for 12/13 February but was postponed due to the uncertainty created by Covid restrictions.

Our lane was originally planned to be a combination of Adelaide Masters and Adelaide Triathlon Club swimmers. However,

the new date clashed with the annual Murray Man Triathlon in the Riverland which is organised by the Adelaide Triathlon Club, so we lost half our potential swimmers. Still, we were able to muster up 22 from Adelaide Masters.

Thanks to all who contributed either in swimming or donations to the MS Society.

Our club raised over \$1000 and the whole event raised over \$137,000 for the Multiple Sclerosis Society with over 450 contributing swimmers and donors.



Each year there are some incidents and stories worth telling and this year was no different.

Recently enlisted club member Remin Nath said he would do an hour during Saturday evening. Due to difficulty trying to get our full 24 hours covered, he was talked into doing 2 hours with his children Thomas and Annie making up what time Remin could not do. His mistake, however, was having his children start the family stint, which began at 7pm. Remin planned to take over when the kids got tired, expecting this to be about 7.30, so he would swim for 90 minutes. But the hours of trying to convince Thomas and Annie to take up swimming lessons/squad training finally hit the mark as they swam non-stop for the whole 2 hours leaving poor Remin swimless when their designated time finished at 9pm.

Thanks must go to Ilze for providing a program that swimmers could follow if they lacked motivation or ideas during their swim. I know at least someone followed this.

The event was blessed with most perfect weather, great for those swimming during the daylight hours as the sun was not too intense, and the overnight temperatures were not so cool for those getting in and out during their stint.

Please Clean Screen After Use

MS MIGHTY SWIM - 9&10 APR '22

Teams	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
1 Team MS	66	129	214	284	384	389	421	475	506	541	571	613													
2 Red Hot Dompok Loomphs	24	41	61	79	94	112	124	145	162	184	202	216													
3 The Resistor	22	46	74	99	125	150	176	198	225	256	281	307													
4 The Fins/RLSSA	24	44	67	92	113	138	158	182	209	242	271	292													
5 All 15 Sports	28	51	77	106	127	151	175	208	232	264	283	302													
6 The Mighty Sharks	33	62	90	117	142	165	187	217	244	273	301	331													
7 Zo and Co	25	50	75	101	121	154	184	207	237	260	288	307													
8 Blink and you'll MS Us	32	56	81	108	145	174	199	243	275	307	340	367													
9 Monkeys	19	46	64	82	105	123	151	176	203	217	233	267													
10 Adelaide Masters & Tri club	20	43	70	110	156	197	231	265	293	322	346	375													
11 TTA Kingfishers	28	56	75	101	122	157	180	214	246	281	301	327													
12 Posidons Pool Party	30	59	83	108	131	154	170	199	222	268	281	301													
13 Sunday Coffee club	30	58	88	108	128	154	175	215	244	279	304	334													
14 UniSA Swimming Club	38	72	106	134	161	188	231	267	300	333	361	390													
15 St Johns Sea Eagles	35	54	85	107	123	157	177	247	250	276	301	347													
16 Swim 4 Life	32	61	85	109	127	138	0	0	54	178	201	226													
17 Swim Rocky Swim	23	42	63	91	119	142	160	187	214	264	288	291													
18 Alexs Snorkellers	35	72	107	140	171	201	231	247	305	344	379	415													
19 Plus Swimmers	20	43	70	97	129	158	184	214	268	272	303	329													
20 MS Missiles	16	30	45	59	72	85	105	121	141	154	171	191													

The event is not a competition but a fundraiser – having said that, the scoreboard at the halfway mark of the swim is shown here, with Adelaide Masters having covered the 4th highest number of laps. We ended the 24 hours having swum 668 laps or 66.8 kilometres which is about 2.8 km per hour!

## Upwards and Onwards – 1983 and 1984

During these years Adelaide Masters continued its local dominance and its position as one of the strongest clubs in Australia at this time.

Club membership rose to over 160 and, due to the demand for training space, Adelaide Masters was required to offer training at several venues at separate times including the unroofed Adelaide Aquatic Centre at North Adelaide (this pool was roofed over the summer of 1984/5), the Parade Pool

in Beulah Park, the Parks Swimming Centre, Hartley Pool at (then) Murray Park Teachers College, Magill, as well as at the George Bolton Swimming Centre at Hazelwood Park. Training times were offered over all seven days of the week at various stages through the two years, and even at one stage twice a day, to cater for the large numbers wishing to train. Numbers at the key training sessions on some evenings were in the 50s and even 60s on occasions. Monthly committee meeting agendas continued to discuss the high numbers at training, the possibility of securing another coach to help at training, and especially to offer extra training opportunities for those wishing to compete at National and International competitions. None of this is surprising really, as at the time Adelaide Masters was the largest AUSSI club in Australia.

As of 23/1/1984 Adelaide Masters held 86 Individual National Records for different age groups and different strokes. The most prolific of these record holders were Josie Sansom and Dieter Loeliger, but records were spread among 16 swimmers from our club in total.

At this time AUSSI was open to those over 20 years of age, compared to now for those over 18. However, Adelaide Masters would not allow those under 25 to swim on Wednesday evenings due to overcrowding of the lane space that we were able to secure.

At this time, other than Adelaide Masters, SA AUSSI clubs included Atlantis, Marion, Tea Tree Gully, Central Districts, Western Districts, Largs and Blue Lake (Mt Gambier). A number of these clubs were initiated by ex-Adelaide Masters members. There will be more about this in coming articles.

In his President's Report, 1983, Graham Ormsby stated that winter pool competitions in Adelaide were dominated by Adelaide Masters despite vastly improved competition from other clubs within SA, winning the State Cup, Relay, and Interclub Trophies. Dominance at these events is highlighted in this newspaper article.



We also performed creditably at the Nationals in Brisbane in 1983, coming in third position.



This photograph shows members of Adelaide Masters who attended the Brisbane Nationals.

Dieter Loeliger also swam a world record time in the 200m breaststroke at the Pan Pac event at the Warringah Aquatic Centre in Sydney.

## Local breaks world record

**A St Peters swimmer has broken the world record in the 200 metres breaststroke in the 50 to 54 year age group.**

Dieter Loeliger sliced almost half a second off the previous world record at the Pan Pacific International swimming meet in Sydney.

Loeliger, 50, competed against swimmers from Canada, New Zealand, West Germany, Japan, England and the United States, finishing with a fine haul of five gold medals and one silver medal.

He won the gold medals in the 100 and 200 metres backstroke,

the 100 and 200 metres breaststroke and the 200 metres medley.

Loeliger was beaten in the 50 metres breaststroke by Jonathon Davies of Atlantis, but together they completed the quinella for South Australia.

Loeliger and the 12 other members of the South Australian contingent put in a creditable performance taking 50 medals overall.

In preparation for the Pan Pacific International Loeliger trained four times a week until three weeks prior to the event, when he increased the number of training sessions to two a day.

Loeliger said his next aim is to compete in the World Championships to be held in New Zealand next year.

A motion was passed at the April 1983 committee meeting that "the club pay for entry fees for members who compete at Interstate Swim Meetings as representatives of the club". These fees were paid for from funds raised during the monthly social events held by the club. These events included progressive dinners and bush dances in addition to monthly Friday night get togethers after training.

This success continued in 1984 with the club winning the Interclub Trophy, the State Cup, State Relay and Delphin Island Long Swim Trophies at the local competitions. Again, this is well documented in this newspaper article.

We were also successful at the AUSSI Nationals in Melbourne collecting the Runners Up Trophy, the Travellers Trophy and the Under 120 years Relay Trophy.

In addition, club members set 4 World Records in Relay events and won a number of medals at the first World Masters event in New Zealand.

In his President's report 1984, Graham Ormsby stated that this

## Records tumble – Masters triumph

Adelaide Masters' battle to retain the State Cup and the Relay Trophy saw 24 national and 42 state swimming records broken at the third annual Australian Union of Senior Swimmers state meet on August 6.

Held at the Parks Community Centre Pool, Angle Park, the events provided entertainment and enjoyment for competitors and spectators alike.

Adelaide Masters, based at the Norwood Swimming Pool, dominated the competition through its strength of numbers and greater experience.

Old favorites Dieter Loeliger and Josie Sansom thrilled the crowd by setting six national records between them.

Loeliger, who swims for Adelaide Masters and is the holder of the world record for the 200m breaststroke in the 50 — 54 year age group, set national records in the 100m butterfly, 200m medley and 50m breaststroke, as well as state records in the 50m backstroke and 100m breaststroke.

Sansom, another Adelaide Masters swimmer, set national records in the 100m butterfly, 50m and 100m breaststroke and clocked 37.72 seconds in the 50m freestyle to set a new state record in the 55 — 59 year age group.

Adelaide Masters' younger swimmers didn't let the side down either.

Vicki Murphy clocked 1:14.70 seconds to set a new national record for the 100m freestyle in the 35 — 39 year age group. In the 100m breaststroke, covering

the distance in 1:33.60 seconds.

In the 40 — 44 age bracket, Gordon King swam 1:00.95 seconds in the 100m freestyle and this was a national record time.

Janet Waterhouse, who retired from competitive swimming when she was 14, set national records in the 50m butterfly and 50m freestyle and in the 100m breaststroke in the 20 — 24 age division.

The State Cup result was a clear win for Adelaide Masters, with Western Districts just beating Atlantis for second place.

Adelaide Masters easily retained the Relay Trophy, with Atlantis second, two points ahead of Western Districts.



A break between races for supporters and competitors at the State Cup Meet.



success was a monument to the dedication of members and to Josie Sansom's enthusiasm and efforts. He went on to state that the increasing number of 'lower lane' swimmers who competed at interclub swim meetings

contributed to the fellowship of the club and of course, the large numbers helped with point scoring at swim carnivals.

The club was also fortunate to have the services of Kit Simons who was nominated and accepted as the Carnival Director of State AUSSI competitions as well as Di Simons who represented Adelaide Masters on the interclub Programming Committee.

Kit and Di were of course instrumental in the formation of Adelaide Masters and their legacy

cannot be overstated both in and out of the pool. Although both enjoyed swimming, they also were quite fond of the social side of the club, as illustrated here at an America's Cup party in the 1980s.

The next article is from the official National AUSSI journal. It rounds up the 1983/4 summer series of beach swims and again shows that Adelaide Masters performed well, individually and as a club, and not just in the pool swims.

### SOUTH AUSTRALIA

Over the last three months South Australia's A.U.S.S.I. members have been busy competing in the long swim series.

The first marathon attempt was on Proclamation Day (S.A.'s Birthday) when the hardy group of swimmers pounded their way through 3,000 metres of surf, adjacent to Glenelg Beach.

John Rice, from Adelaide Masters, lead the field to the finish in 42 minutes and 2 seconds.

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Trailing behind were Mark Nicholson (Atlantis) and Ted Geary (Adelaide Masters) who swam together for the full length of the course with only 8 seconds separating them at the finish. Nicholson swam 37:37 to Geary's 37:45.

Traditional winners of the 'Fastest time trophies' Sue Needham and Neil Venn (both from Adelaide Masters) carried home these awards once more.

Presentations were made after lunch and refreshments, at the St. Leonard's Inn on the foreshore of the Patawalonga Boat Haven.

Five days later, on January 2, many of the same faces turned up to celebrate Largs Bay's Centenary by completing the 1600m 'between the jetties' from Semaphore to Largs Bay.

The commencement of the race was planned for 2.00 p.m. which was low tide, and left the competitors less than a metre of water to swim in. To compensate for the lack of water, the swimmers were assisted by a strong tail wind, leading to fast times being recorded.

Jane McNamara (TTG), Alice Swanson (Ad. Masters), and Ingo Steppat (CDS) were the first across the finish line, while Sue Needham continued her reign as 'Fastest Woman' and her Adelaide Masters team mate Steve Walker won the 'Man's Award'.

The stage was set for a classical encounter in the 'Fastest Man's Award' at the next event.

It was a fitting clash to be the feature of SA's first independent A.U.S.S.I. swim.

The race was to be 1700m in length in West Lakes. The course was identical to that used the previous year as the 'Swim Through Adelaide' when the race was transferred from the River Torrens, because of doubts over water cleanliness.

Steve Walker and Neil Venn were given the back mark of 14 minutes and swam together along the course, with Walker pulling clear at the finish to win the award by seconds.

Line honours in the prestigious event went to Diane Rogers (Ad. Masters) who completed the course in the smart time of 31 minutes 18 seconds. This time was also the fastest time swum by a woman, but because of policy that a swimmer should only receive one trophy, the fastest woman award remained with Sue Needham.

To complete a hat-trick for Adelaide Masters A.U.S.S.I. stalwarts Vicki Murphy and Dieter Loeliger filled the minor placings, and assisted

Adelaide Masters to the inaugural cup trophy for the 'First Five Swimmers from One Club to cross the finish line'.

The day was rounded-off pleasantly with a social afternoon on the lawns by the finish line.

Disappointment for the hordes who are clamouring to enter the prestigious event of the Swim Around Delphin Island, came in the form of a cancellation because of the presence of jellyfish in West Lakes. It was considered too risky to conduct the 6,000 metre race. If the weather is warm the lake is a bank-to-bank carpet of jelly, and if cold enough for the jelly to sink the swimmers would have difficulty surviving the distance in the icy water.

Still to look forward to the Henley to Grange 2,000 metre swim, West Lakes 1,500m event, and another A.U.S.S.I.—only swim, at Pt. Elliot. This has been designed as a fun swim with many people camping at the site for the weekend. The course will be rectangular in shape and approximately 1200m in length, finishing at the Pt. Elliot S.L.S.C. for the final wind-up (down).

Following from our involvement in distance events the South Australian contingent attending the National meet should give the rest of the competitors a shake, so ... BEWARE South Australia is coming!!!

Jane McNamara  
Publicity Officer



### A.C.T.

A.C.T. A.U.S.S.I. held its Australia Day Invitation Carnival and Lake Swim over the long weekend in January. We appreciated the efforts made by the swimmers from Victoria, Queensland, Tamworth, Ettalong, Campbelltown, Hunter and the six from Sydney Clubs who travelled to Canberra for the weekend.

The Carnival was sponsored by City Mutual and the Lake Swim by the National Heart Foundation. A great deal of assistance was given by both organisations including information packs and souvenirs for visitors, certificates and publicity. The Australia Day Council donated medals as prizes for the relay event and the Lake Swim.

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Peter Clements & Michael  
Harry

## Dates for your diary

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

### May

Sunday 1<sup>st</sup> – MSSA SC State Cup, SAALC

Friday 20<sup>th</sup> – Sunday 22 MSQ SC State Championships (Cairns)

## June

Sunday 5<sup>th</sup> – MSSA Interclub 1 (relays), SAALC

Entries via google spreadsheet – see above for details

## July

Sunday 17<sup>th</sup> – MSSA Interclub 2, SAALC

## August

Sunday 14<sup>th</sup> – MSSA Interclub 3 (National Swim Series) SAALC

Saturday 21<sup>st</sup> – Sunday 22 MST SC Winter Championships (Launceston)

## September

Sunday 11<sup>th</sup> – MSSA Interclub 4, SAALC

Saturday 17<sup>th</sup> – Sunday 18 MSNT LC Championships (Darwin)

## October

Saturday 15<sup>th</sup> – Sunday 16 MSNSW LC Championships (Canberra)

Sunday 23<sup>rd</sup> – MSSA LC State Cup, SAALC

Sunday 23<sup>rd</sup> – Stadium Masters LC Livelighter CC (Perth)

## November

Friday 4<sup>th</sup> – Sunday 13 Pan Pacific Masters Games (Gold Coast)

Sunday 13<sup>th</sup> – MSSA SC Long Distance Meet, SAALC



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[adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com)