

AUGUST 2022

The Vice Report

It might be winter and it might be cold, but there is still plenty of swimming to be done. Some of you are taking advantage of Ilze's training program to maintain or improve your fitness and strokes. Some are still braving the icy waters of the Gulf for a regular bracing weekend swim, and a few are taking on greater challenges, such as Julie Bowman's completion of the 20k Swim Around Keppel Island and David Gardner's successful crossing of the English Channel last week. It just goes to prove how varied the sport of swimming can be and the many avenues that can be pursued.

We are a club with a great history. David is the 5th Adelaide Masters swimmer (in a total of 9 South Australians) to conquer the Channel. Traditionally we have done well in interclub competitions. Some detractors will say that this was due to us being a big club and able to field numbers at the events. This, of course, is sour grapes! It's because Adelaide members *wanted* to be part of the Club and do things together. Winning was never the objective, it was just a nice side effect of having a fun time. This is why I would like to encourage you all to enter the State Cup on 23 October. I can't think of a better way of celebrating the start of our forty fifth year by as many of us as possible participating, cheering and being part of an interclub. Winning would be a bonus!

Adelaide Masters is forty five years old in November, and we are having a celebration to mark a significant birthday. Pencil **Sunday 27th November** into your diary (or tap it into your phone). We will be having a party and we want you to be part of it!

Pete

Coach's Corner

Congratulations David Gardner, what an epic achievement! A solo swim from England to France, in a curved line (overachiever), soaking in the water for 11 hours and 47 minutes.

We started watching the English Channel swimming news on 21st July because David was given the window for his swim from England to France from 21st to 26th July. I had sparkling shiraz in the fridge, ready to be consumed while thinking of David's leisurely swim in the warm and calm summer waters of the Strait of Dover. Guess what? He ended up swimming on the 26th July and completed his swim at 8.18 PM. David's result is recorded on the Channel Swimming Association's web site: <https://www.channelswimmingassociation.com/swim/5439/david-gardner>



Now we are expecting you, David, back at training with the same enthusiasm as before. OK, you might have a few days off!

Ilze

Captain's Report – Interclub 2

A small but enthusiastic contingent of 8 Adelaide Masters swimmers braved the chilly atmosphere of the SAALC for the 2nd Interclub of the winter series on Sunday July 17. Scott and Emily Goldie, Pam and Pete Holley, Charles Gravier, Sharon Beaver, Helen Bartsch and Lee O'Connell all contributed to Adelaide Masters coming 7th with 254 points, with Atlantis in 1st place on 899. Aggregate scores for Interclubs 1&2 have Adelaide Masters 6th on 542 points with Atlantis leading on 1617.

Pam, Lee, Sharon and Emily all scored the maximum of 30 points for their 3 events and special mention to Emily who swam her first 100 butterfly event for 22 years.

Thanks again to Pam and Pete who singlehandedly marshalled the whole event as well as swimming their own races. Also thanks to Erin and Lia Brown who, even though not swimming, came and time kept for the entire morning. It was the first event we have entered using the new Swim Central portal – a special thank you to Helen Bartsch for helping navigate the very complicated system for relay entries.

Interclub 3 will be held on August 14 at SAALC – it would be great to see more of our swimmers taking up the challenge of entering the pool competitions.

Steph Palmer-White and Lee O'Connell

Club Captains

45th Anniversary Anniversary Lunch

The Club is holding a lunch on **Sunday 27 November 2022** at the Adelaide Bowling Club to celebrate its 45th anniversary. More details will follow. Please put the date in your diary!

No strings attached in AMS's 45th year, FREE swimming training at St Peters:

Through random draw these are the lucky 5 members that will be able to train at St Peters for free:

Week of the **18th July 2022**

Alistair Will
Julie Bowman
Julianne Goode
Peter Clements
Alice Ashby

Week of the **25th July 2022**

Kent Nelson
Michael Harry
Timothy Le Poidevin
Sharon Beaver
Bernice Cohen

Week of the 1st Aug 2022

Samuel Lungerrshausen
Diana Fabijan
Diana simons
Stephanie Palmer-White
Christopher Charles

Week of the 8th Aug 2022

Kathy Watson
Jeffrey Sheridan
Michael Ross
Mathew Carter
David Gardner

Look out for next month's lucky swimmers right here!

New Members

Tom Goodman



My name is Tom Goodman and I have been swimming with Adelaide Masters for 6 months. I first learned to swim like all Australian kids at age 6 in school but didn't stick with it, opting to play soccer and run competitively for most of my twenties instead.

In March 2021 while living in Alice Springs I decided to try triathlon. Initially I struggled to complete a 300m swim in the super sprint distance event. I began training semi-regularly on my own in Alice Springs, but since moving back to Adelaide I have started dedicating my Monday, Wednesday and Friday nights to training with the Adelaide Masters group. Not only have I become more confident in the water, I'm seeing positive results in my endurance, technique and speed.

I am looking forward to challenging myself with some sprint distance triathlons towards the end of the year and continuing to build my skills in the water.

Dates for your diary

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

August

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

Online Entries close 29 July 2022

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

September

Sunday 11th – MSSA Interclub 4, SAALC

Online Entries close 26 August 2022

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

October

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

Sunday 23rd – MSSA LC State Cup, SAALC

Online Entries close 24 September 2022

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

Online Entries close 28 October 2022

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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