

A word from Madame President

2020 has been a year like no other, with our way of life and training evolving to meet the COVID challenges. It has been another month of restrictions, lockdowns and cancellations of both training and events. Thankfully, yesterday it was announced that swimming training can recommence immediately. Please continue to register for the days you wish to attend training, via the booking spreadsheet link below.

[Adelaide Masters session booking form 2020 BURNSIDE - Google Sheets](#)

A ruling still has not been released for competitive sports, but members will be advised as soon as this information becomes available.

The Presentation dinner was also a COVID casualty, which will hopefully be rescheduled in early 2021.

Membership renewals for 2021 are now due! With a membership fee reduction for 2021, great training programs and coaching from Graeme, and fun and friendship with fellow swimmers, there has never been a better time to renew your membership.

At the recent Long distance interclub, Adelaide Masters gave Phoenix a taste of winning but we look forward to the competitions in both the pool and the sea in 2021 and hopefully we will once again become the club to beat!

For many of us, summer and the open water swimming season is the best time of the year. There are a variety of swimming options available to be enjoyed: this weekend, Sunday 6th Dec, there is the Eric Magill swim at Henley Beach, which is a fun swim to commemorate the life of a jovial, Irish, Adelaide Masters legend, followed by the first of the OWS series at Seacliff on the 20th December. Information for all the sea swims and the Summer pool series are listed below. One of the highlights for our club is the Proclamation swim, at Glenelg beach, on 28th December, which the club coordinates and we encourage you to enter and/or volunteer to help run the event.

The 24-hour MS swim at the Unley pool, on the 13th and 14th February is also a fun weekend to enjoy with fellow swimmers, while also raising money for a great cause. This year we are joining forces with Adelaide Triathlon Club to form an awesome team.

Finally, I would like to wish all our members and their families a happy, relaxing, and safe Christmas and holiday season and looking forward to a safer, less restrictive 2021.

Betty "Madame President" Reinboth

Burnside training update

Great news! The COVID training restrictions have now been lifted and we will resume training at Burnside pool from tomorrow evening 2nd Dec at 6:30pm. There will be a limit of 8 swimmers / lane as previously. Please continue to book in through our booking sheet below:

[Adelaide Masters session booking form 2020 BURNSIDE - Google Sheets](#)

Each swimmer will be required to scan the Burnside pool QR code upon entering the facility and complete the Adelaide Masters contact tracing register.

See you in the pool soon.

The Coach's Corner

I'm writing this as the State is going through another set of COVID restrictions and I'm unable to stand on the side of the pool to guide you to your desired swimming outcomes. It has given me time to reflect on the journey that the club has taken over the last year or so and the importance of having a team around you.

Regardless of your swimming prowess there will always be room for improvement. That is what I'm here to point out for you. However, to take full advantage you need a friendly and supportive team around you. That is what I've been trying to encourage. If you are not having fun whilst you are swimming, you are never going to reach your potential and the people around you are not going to reach theirs. I'm not fooled by all the complaining at the beginning of sessions about it being too hard or the dark mumbling after a session about aching muscles. I know that is all part of the shared experience and what makes a swimming club great.

Having club sessions abruptly pulled away brings into sharp focus how important swimming is to all of us. I'm sure most of you will have found a way to get one or two swims in, but what I want you to think about are your teammates. Please make sure that they are doing alright during these tough times, check in with them, have a chat, have a swim, make a call. Teammates are not just for swimming.

Graeme "The taskmaster" Brown

Membership 2021

It's now time to renew your membership. The MSSA membership portal is open from 1st December ready for you. Membership is a mere \$120 (\$100 concessions).

Click this link and follow the instructions: [Membership | Masters Swimming](#)

Whilst you are there, please check that all your details are correct, especially the bit about receiving communications from the club.

The Mighty MS Swim

This year we are joining forces with Adelaide Triathlon Club to enter a team for the mighty MS swim. Lee Byars from ATC is doing in the co-ordination so please email her at Byars.lee@gmail.com to register interest. You can join the team at www.teammsant.org.au/join/adelaidetriathlonclub but don't forget to tell Lee who you are and when you are available to swim.

The Proclamation Day Swim – 28th Dec

We are still unsure of the fate of our Proclamation Day Swim as currently we are not sure what restrictions are going to be in place. However, at the moment we are planning as though it is going to go ahead so that we are prepared. As always, putting on this event requires that we pull together as a club to make it successful. I will, over the following few weeks, be putting a roster of volunteers together. Please help us by contributing to making the event a success.

Jeff

The Eric Magill swim

Sunday 6th December; 9:00am at Henley Beach

This is a fun swim to commemorate the life of a jovial, Irish, Adelaide Masters legend. You can elect to splash in the shallows or swim a km or 2; with the lucky trophy winner decided by a raffle draw of all participants.



Back row: Dieter Loeliger; Karen Reid, Shirley Smith

Front: Eric Magill

Short Course, Long Distance Interclub Meet

Adelaide Masters had 12 swimmers participating in the Long-Distance meet and, although we came third, it was a very successful meet for most of those involved.

Undoubtedly the highlight of the meet was Pam Gunn's state record in the 800m Freestyle (65-69yrs), her very first individual state record, a well-deserved result for her hard work and the great coaching from Graeme Brown. In a day of firsts, it was her husband Pete Holley's first ever pool competition, the first of many we hope.

Other good results were national records for Mark Smedley in the 200m IM (60-64yrs) and Stephanie Palmer-White in the 800m Free (55-59yrs).

Sharon Beaver won both her events but was unlucky to miss out on a national record in the 800m Backstroke by a fraction of a second. Other winners were Shania Morgan, Erin Brown, Emily Goldie, Lee O'Connell, Betty Reinboth and Peter Clements. Roger Harvey swam a couple of very impressive freestyle swims beating Pete Holley who now has something else to aim for.

As I am writing this the pools are closing again so we can only hope that the Summer Pool Series goes ahead starting on December 13th!

Charles Gravier: For the love of swimming



Tell us how it all started?

I learned to swim in Melbourne then in France from the age of 3 years old. My GP recommended swimming as an excellent way to strengthen the whole body and maintain fitness and flexibility. When I was 13 years old, I swam with Child's Play (hydrotherapy). In 2013 I started swimming with Adelaide Masters Swimming Club. I was one of the youngest members. My work as a baker unfortunately stopped me from swimming between 2014–2018 and I really missed it. When the bakery closed, I took a break from baking and that allowed me to start swimming again. From 2018, when I restarted to swim with the Adelaide Masters, I have swum regularly except for the times I have had surgery for ingrown toenails.

What are your swimming preferences?

I prefer swimming in the pool because I find a lot harder swimming in the sea especially because of the tide and i hate swallowing a belly full of salt water. It also means that I can swim in a group and that is hands down better than swimming alone.

For competitions I prefer swimming short distances (50 and 100 metres) because I haven't worked on my endurance. However, during training, I can do a 400m or 500m warm up without any difficulty. But coming back after a holiday or a long break is a different story.

What motivates you to carry on swimming

Lots of things motivate me to swim particularly improving my fitness, meeting lovely people, getting stronger (big muscles) and Howard's lollies. Swimming is a great way for me to keep fit and be part of a welcoming, friendly, and supportive group of people. That is why I make it a priority to swim 3 times a week.

What do you feel are your swimming achievements so far?

My best swim was in 2018 when I came first in one of the interclub 100m breaststroke because Graeme complimented me on my time and my stroke. I felt good winning with a PB.

My greatest swimming achievement was in 2019 when I won my first gold medal for interclub competition for my age group. I was initially shocked and surprised, then happy, and proud of myself.

Who has influenced you in the swimming world?

Julie Astley (Bowman) supported my interest in swimming in a squad and in hydrotherapy made sure that I had the skills to do well once I started. She was very helpful in finding the right club and coach.

I met Kyle Chalmers 103 days before the Rio Olympics started and his gold medal swim was astounding.

Aside from swimming what else do you do?

I love watching a variety of sports: AFL, cricket, soccer, tennis, car racing and rugby. I love animals particularly tigers, Australian native animals, and reptiles. I am currently training to be a zookeeper.

What do you see in your swimming future?

In my swimming future I see me swimming regularly and improving my freestyle stroke and my endurance. I really enjoy the interclub competitions so I will be doing plenty more of them.

Do you have anything strange lurking in your swimming bag?

No! I have nothing lurking in my swimming bag.

South Australian Swimming Memorials

This is the third in a series of articles on swimming memorials in South Australia. The author wishes to express appreciation to the State Library of South Australia and the South Australian Maritime Museum for their archival photos.

Starting Blocks, Henley Pool

On the south side of the Henley Surf Lifesaving Club, three weathered starting blocks mark the site of the Henley Olympic Pool.



There is minor controversy about whether the blocks are originals or facsimiles. Regardless, they are a fitting memento, looking much as they would have when the Pool closed thirty-five years ago. Some old photos and a brief history of the Pool are displayed nearby.

Built in 1934, partly in response to Adelaide's interest in hosting the 1938 Commonwealth Games, Henley Pool was maintained in a constant battle against the elements for fifty years. The Pool was closed to the public when it became unsafe in the early 1980s, and eventually demolished in 1985 despite a determined community campaign to save it.

The stories of the Pool, its resident swimming and water polo clubs and the Henley to Grange Long Swim are told beautifully in *Salt in Our Blood*, published in 2012 on the centenary of the Henley and Grange Swimming Club. The book includes wonderful photos, personal accounts of swimming memories and characters and detailed records of the clubs and the Long Swim.



Henley Pool 1945

This exquisite photo was taken from the RSL Building at the corner of the Henley Square. A competition, perhaps a diving exhibition, is in progress. Notice the cars, the diving tower, the children, and young men perched on the outside of the railings and the roof, the sundial at the bottom right.

Learning to swim at Henley Pool in the early 1960s was an unforgettable experience. It was a unique environment, very different to the other suburban pools. The Pool opened in November, early in the season. The water was painfully cold until summer arrived. Depending on weather conditions, water clarity varied from slate blue to silty green, as the pump and filters were old and inefficient. On a stormy day, it was better to be in the water than outside where the sea spray shot up through the wooden decking. On a warm summer day, however, there was no better place to be.

The legendary A A (Bill) Renfrey taught young children at the pool for many years, applying highly effective if unorthodox methods. Bill was deeply tanned, a massive figure with a personality to match. Parents loved him or - very occasionally - left quickly. He gave his pupils rapturous smiles or fierce frowns according to their progress, pursuing his mission to teach them to swim well with unwavering determination. After several years of lessons, keen swimmers, encouraged by parents, graduated to the Junior Penguins Swim Squad. The Squad trained for two hours three or four afternoons a week, whatever the weather. As well as proficiency awards, there was expert

instruction in diving, duck diving - retrieving a brick from the bottom of the pool - and lifesaving and resuscitation techniques. Next to Bill's praise, free time after training was the greatest reward.



Here is the Junior Penguins Swimming Squad in December 1964. The author is the shy, skinny twelve-year boy old next to Bill Renfrey.

Kitty Whyte Memorials, Brighton

Twelve kilometers south of Henley, on the Brighton Jetty landing, there are two related memorials on either side of the Jetty. Both are dedicated to Kitty Primrose Whyte. Kitty was the daughter of the Rector of St Jude's in Brighton. She was a prominent social figure who served as nurse in the Voluntary Aid Detachment during the First World War. Described as "a crack swimmer", Kitty was a devoted teacher of swimming and lifesaving, credited with several solo rescues. In 1919 she became the first woman to achieve the Grand Diploma of the Royal Life Saving Society, lifesaving's highest award. Soon after, she married a pastoralist, Ernest Primrose Whyte, and moved to Wirraminna Station, near Lake Hart, north of Port Augusta.



Miss Kitty Macully Honoured.
 Mrs Kitty Macully, of Brighton, has many times brought herself prominently before the public by reason of her natorial exploits. In addition to her instructional work with the kiddies, she earned fame on several occasions by rescuing drowning persons, and resuscitating them. Her work has now been recognised, and the honour of being the first person in South Australia to gain the R.L.S.S diploma is hers. The diploma will be framed, and placed on view in Rundle street, prior to being handed over to the Brighton mermaid. South Australia has every reason to be proud of this natorial artiste.

The Journal 14 October 1919

On her regular summer holiday at Brighton in January 1926, Kitty dived into the water off the jetty after giving a swimming lesson and was taken by a shark.

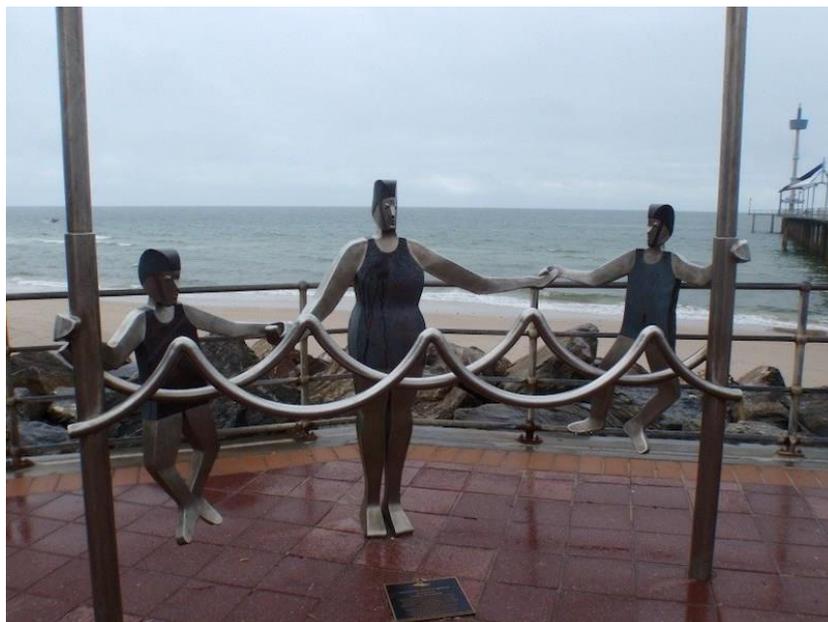
The following year, a memorial water fountain funded by the community was completed.

News (Adelaide, SA), 16 March 1927.

"To perpetuate the memory of Mrs. Primrose Whyte who lost her life when a shark attacked her at Brighton last summer, a drinking fountain is being erected on Brighton Esplanade on the north side of the arch. The work, which is in the hands of Mr. John Tillett, will be completed today. The Committee has decided not to hold any unveiling ceremony, as it does not wish to recall the manner in which Mrs. Whyte met her death. It wants it to stand for what it is, a tribute to a noble woman."

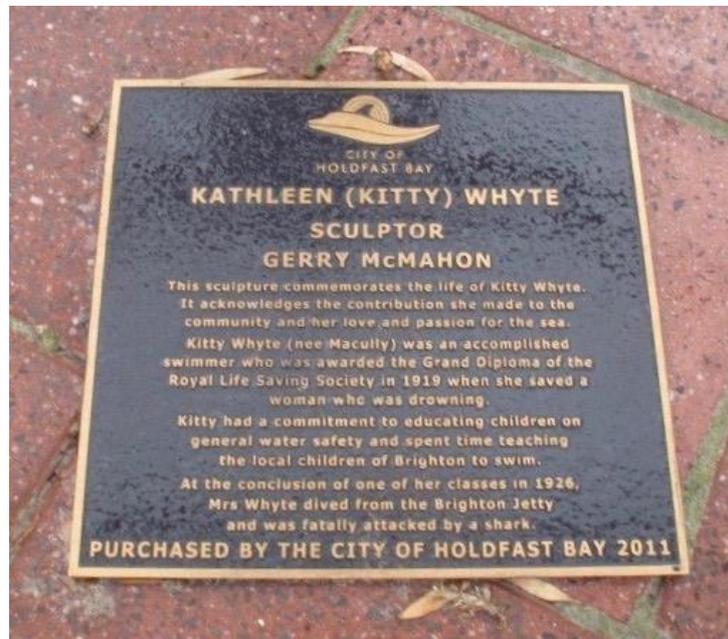


As memorials are, aesthetically it is an expression of its era, large and ornamentally heavy. The plumbing has gone, and it looks a little strange, resembling a baptismal font. Before the Brighton Jetty precinct was renovated ten years ago, the memorial was in poor condition, leaning, filled with rubbish and surrounded by weeds. It is good to see it has been restored and moved to a prominent position.



75 years later, the City of Holdfast Bay commissioned a second memorial, made by Adelaide metal sculptor Gerry McMahon. A striking contrast to the original memorial, it is also unusual and

distinctive. Three sturdy figures holding hands, representing Kitty and her charges, are breasting the waves, rising, and falling in the swell.



Kitty Whyte was a strong contributor to her local community cherished by her family, friends, and all those she taught to swim. The memorials do her justice and ensure that she is not forgotten.

Michael Harry

22/11/20

Dates for your diary

December

~~Sunday 6th: SA State Open Water Championship, West Lakes POSTPONED~~

1.25km, 2.5km, 5 km, 7.5km & 10km

Sunday 6th Eric McGill Swim, 9:00am Henley Beach

Come for a dip or a swim, stay for a coffee, and maybe win a trophy

Sunday 13th Summer Series Swim 1 (On Hold Pending COVID restrictions)

Adelaide Hills Swim Centre (Woodside)

Sunday 20th: Seacliff Swim, Seacliff Hotel

1.6km

Monday 28th: Proclamation Classic, Glenelg Jetty

1km, 2km & 5km

January

Sunday 10th: Pub to Pub, Seacliff to Brighton Hotel

1.6km

Sunday 17th: State OWS Championships, Somerton

1km & 3km

Tuesday 26th: Jetty to Jetty, Henley Jetty to Grange Jetty

2.2km

Sunday 31st Summer Series Swim 2

Gawler Aquatic Centre

February

Sunday 7th: Brighton Jetty Classic, Brighton Jetty

100m, 400m, 1.5km

Sunday 13th: Pink and Blue Swim, West Beach

200m, 400m, 700m & 1km

Saturday 13th and Sunday 14th MS Mighty Swim

24 hours of team swimming at Unley Pool

Sunday 21st: Henley Beach Swim, Henley Beach

1km, 2km

Saturday 27th: Port Elliot Swim, Port Elliot Surf Life Saving Club

900m & 1.8km

Sunday 28th: Summer Series Swim 3

Strathalbyn Swimming Pool

March

Monday 8th: Noarlunga Reef Swim, Pt Noarlunga Jetty

750m, 1.5km & 2.5km

Sunday 14th March: Port Pirie OWS, Pirie River

400m Scratch, 2km Scratch, 2km Handicap

Sunday 14th: Summer Swim Series Swim 4

Payneham or Unley

Sunday 21st March: Whyalla OWS, Whyalla Marina Wharf

1.6km handicap

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