

A word from Madame President

And exhale! It's finally time to breathe, and I hope by the time you are reading this that you have had a happy, relaxing Christmas catching up with your loved ones. Hopefully, you will also have a chance to take a break – either at home, the beach or holidaying at your favourite place over the New Year – as we certainly deserve it after 2020!

Since March I think we have all been stressed: not knowing whether the pandemic will flare up and re-impose restrictions, or what the effects will be on our economy etc. However, I think we are still the “lucky” country in many ways and, although the club has been affected by COVID restrictions, most weeks the club has had pool access for training, albeit with lane number restrictions. Hopefully in 2021 that may improve. A friendly reminder that membership registrations are now due and must be up to date to attend training and the Summer Pool series, and to qualify for the cheaper members’ Open Water Swim (OWS) registrations.

Whether you are relaxing by the beach, poolside or on the couch, I hope you are contemplating your New Year resolutions, challenges or goals. Apart from our weekly club training that recommences on Monday 4th Jan 2021, there are a few other outdoor options to challenge yourself and improve your fitness. Early December the beach swimming “kicked off” – or should I say “bounced off” – with the Eric Magill fun swim at Henley, with Michael Harry being the lucky draw winner of the trophy. This was followed by the first of the OWS competitions at Seacliff, with much better swimming conditions and maximum capacity attendance. Unfortunately, due to legal complications, the club’s Proclamation Classic OWS had to be cancelled, but there are a few other OWSs scheduled over the next couple of months to enjoy, plus Summer Pool competitions for those who prefer the pool. Please highlight the Australia Day Jetty to Jetty swim on your calendar, as this is the biggest of the OWSs and a great day for members to gather and swim for the Club Trophy, which is awarded to the club with the most participating members. The MS Swim and the Pink and Blue Swim are also 2 charity swims worth entering (links to all events are listed below).

On a personal note, the Club is deeply saddened to advise that Charlie Richards, a dearly loved, long-standing Adelaide Masters member, passed away peacefully on 27th December. Charlie was a well-known and respected swimmer among all masters clubs locally and some nationally, as he participated and made friends through ocean swimming. The Club would like to send its deep condolences to his family, friends, and fellow swimmers at this sad time.

This is your newsletter and if you have any feedback, articles/photos, or suggestions you would like to share or add to the newsletter, please email to: adelaudemastersswimming@gmail.com.

Look forward to seeing you swimming in 2021!

Betty “Madame President” Reinboth



The Coach's Corner

Traditionally this is the time of year to make resolutions to improve something. I'm hoping that some of you are thinking about how you can improve your swimming. It doesn't matter where you are on your swimming journey, there is always something that you can aim for. It might be beating a teammate, achieving a time, taking part in an event, learning a new stroke, or having more fun. It's all well and good making a resolution, that is the easy bit. Achieving it can be the hard bit. Let me tell you a secret: doing a little bit often is so much better than doing a lot infrequently. If you want to achieve something you need to make it part of your routine and make it regular. Consistency and hard work win every time, so if you want to improve, come to training consistently, regularly, and frequently.

Finally, I would like to wish you all a successful and happy New Year.

Graeme "The taskmaster" Brown

Membership 2021

Don't forget that it's now time to renew your membership. 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 Australia Day Jetty to Jetty Swim

The Jetty to Jetty is one of the longest running swims in South Australia and, more than that, it is simply good fun. Every year we like to encourage as many club members as possible to take part as it is a good opportunity to get together, have a swim and enjoy the water. There is also the matter of a trophy to take into account. Adelaide Masters has had its name on one of the trophies almost continuously and we would prefer our name to stay there. All it needs is for as many of us to swim as possible, so please, if you can, enter the swim and join your clubmates on Australia Day swimming between the jetties.

[Enter here](#)

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 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 Eric Magill swim



This year's Eric Magill swim took place on Henley Beach on Sunday 6th December in big waves and on a high tide. A hardy crowd turned up to be thrown about by the swell. Once the formalities of getting wet had been observed, the ceremonial draw took place. For a few brief moments James Smyth felt that he had done enough to be awarded the trophy, but the committee of popular opinion ruled that his nomination could not proceed on the grounds of having previously won. The master of ceremonies decided that this year's worthy winner was Michael Harry.

Summer Interclub Series: Woodside



Adelaide Masters had 8 swimmers compete at the Woodside Meet on December 13th, and we finished 2nd which was an amazing effort! We actually came 3rd but the winners were the "Guests" from Uni SA, who are not a real club yet. We are only 33 points behind Phoenix Masters so if we can just get an extra 2 swimmers next meet, which is in Gawler on January 31st, we have a good chance of overtaking them.

There were a few “firsts” for our swimmers at this meet. Helen Bartsch swam all three of her events for the first time (200 Free, 400 Free and 200 Back) so all PBs for her, and Pete Holley swam his first 50m butterfly, pretty impressive for only his second competition.

Other swimmers who won at least one of their events were Anthony Varvounis, Sharon Beaver, Julie Bowman, Stephanie Palmer-White, Lee O’Connell and Pam Gunn.

Although the weather was not as hot as it was supposed to be, and the pool itself was hotter than it should have been, it was a fun meet. Entries for the Gawler meet close January 15th and it would be great if we could get a good number of our club there for that.

Seacliff Sea Swim



The open water season kicked off this year, as it does most years, with the Seacliff swim. This year was slightly different owing to the COVID restrictions which meant that registration was on the beach and only swimmers could be inside a cordoned off area. None of that distracted from the fun of the swim that saw our hardy bunch of sea swimmers put in some wonderful performances and showing that disrupted winter training has not dulled their enthusiasm for the open water.

Pictures from the event can be found on our [FaceBook page](#).

A Tribute to Charlie Richards



Charlie with his late sister Jeanette who introduced him to masters swimming all those years ago.

Charlie was a friendly, enthusiastic, competitive, fun loving member of Adelaide Masters, who had a passion for swimming. He made many friends not just within Adelaide Masters but all the clubs locally and interstate. Below are some of the special times he shared with fellow swimmers and friends.

Always good natured and a true gentleman, he will be sadly missed.

A Memorial Service will be held at Henley Surf Life Saving Club at 1:00pm on Friday 8th Jan 2021. Numbers will be capped owing to COVID restrictions.



Alastair Murphy: My doctor made me do it



Tell us how it all started?

I don't really remember how I learnt to swim, I don't think I had lessons, I think I fell in and the alternative was drowning. I just remember always swimming. Mostly just messing around in rivers, ponds and occasionally the sea. Obviously, that's after breaking the ice, being English. I only started trying to improve my stroke in my mid 20's after repeated injuries stopped me playing rugby and squash. I asked the doctor, "Well what can I do?". And The doc said "swim". Some may say my stroke has not got a whole lot better.

What motivates you to swim

Fitness, friendship, general health. When I stopped swimming for the first COVID lockdown, I caught bugs, hurt more and generally felt older.

What are your swimming preferences?

I prefer long distance, mainly because I don't have a lot of speed. A previous coach told me "you don't just need power, you need to be streamlined, like a power boat. You, Alastair, are more like a tugboat". I enjoy the pool, mainly because I feel I am getting somewhere. It's a long way to the other end when you're in the sea. Also, I know what's below me in a pool, mostly. I find swimming in a group more motivating. There is always someone to chase, someone chasing you. Someone to chat to between sets (delaying the next one). In a group you can hide your unique stroke and kick from the coach.

How do you fit swimming into your life?

With difficulty, there always seem to be so many other critical things competing for my time. BBQs, beers with friends, bottle of red in front of the fire, sleeping. I usually get to training twice a week, Graham despairs, but hopefully, now, he can see how important my life is outside of swimming.



What does swimming mean to you?

Meditation, social, stress relief, relaxation.

What is your greatest swimming achievement?

I don't tend to compete, though I was the swim leg of a sprint triathlon team that won the Adelaide Corporate Triathlon 2 years running. We had an incredibly talented cyclist and runner in the team.

Who inspires you?

Anyone who is still putting in the lengths in their 70s, 80s and even 90s. I aspire to have the fitness and motivation that these people have. I would like to emulate them by just keeping on swimming and making sure it is a pleasure not a chore.

If you could give your younger self one tip what would it be?

Buy shares in Apple and Microsoft.

What are your interests outside of the water?

Rugby, playing music, photography, DIY and astronomy.

If you could pick one of fun, fitness and friendship what would it be and why?

The one starting with 'f', obviously stands out way beyond the other 2.

If you had the choice of doing one stroke well or all strokes badly what would you consider before choosing?

I swim to keep fit, burn up energy and feel better about life. If I become too good, efficient, and streamlined, I will not have to work so hard and reduce all these benefits. Therefore, I choose all strokes badly. Which is just as well.

What is your best swim?

Usually, the swim down. I feel I excel at this. Rarely recognised by the coach, which is disappointing.

What do you see in your swimming future?

Cramp, excuses, cold, whinging. No seriously, beer and airbeds.

Do you have a favourite swimming event, what is it and what makes it special?

The men's 4x100m relay. It is extremely exciting to watch on telly and I don't get wet.

If you could only swim in one place for the rest of your life, where would it be?
 The Old Spot pub in Gloucestershire, unfortunately they don't have a pool, but we can live in hope.
 Is there anything unexpected lurking in your swim bag?
 Sometimes I hope there is a Defibrillator lurking in there

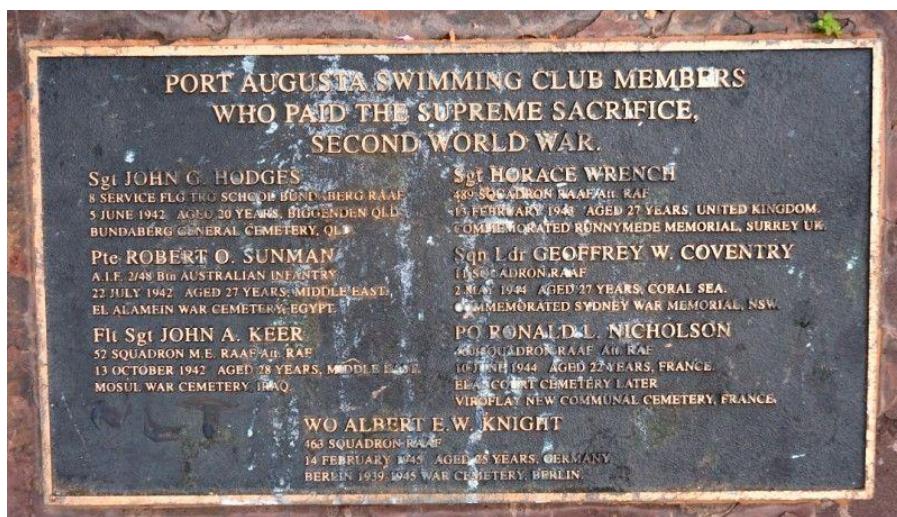
South Australian Swimming Memorials

This is the final article of a series 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.

Swimmers Memorial Garden, Port Augusta



The Swimmers Memorial Garden is on the foreshore at Port Augusta, at the top reach of Spencer Gulf. Spacious, simple, and dignified, it is built to last, like the Percy Jervis Arch at Gilberton.



Built in 1947, the Garden commemorates seven young men, aged from 20 to 28. All were members of the Port Augusta Swimming Club lost in the Second World War. Six were pilots or aircrew. Three of them have no known graves. The others are buried in Bundaberg, Paris and Berlin. The seventh, an AIF infantryman, is buried in the El Alamein War Cemetery in Egypt. The Gardens are a physical reminder of these young men whose final resting place is unknown or remote, far from the small country town where they lived.

The *Port Augusta Transcontinental* of 31 January 1947 records:

The Memorial Gardens, constructed at the beach by the Port Augusta Amateur Swimming Club to commemorate the memory of members of the Club who paid the supreme sacrifice in World War II, were officially opened prior to the Swim Through on Saturday afternoon by Cr. G.E. Haddy....Mr W.H. Keer, a strong supporter of the club for many years and father to a prominent swimmer who lost his life while serving with the RAAF, cut the ribbon...The Port Augusta Municipal Band rendered selections, and a moving picture of the ceremony was taken by Mr G. Matthews, who later took several films of the Swim Through.

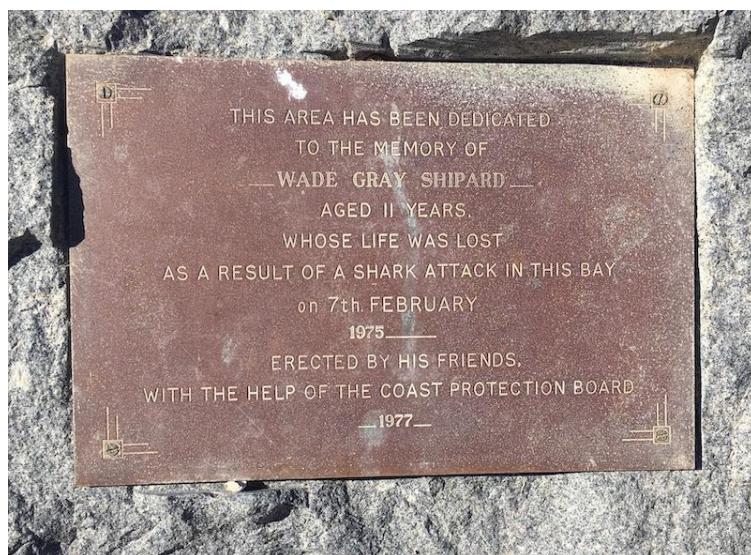
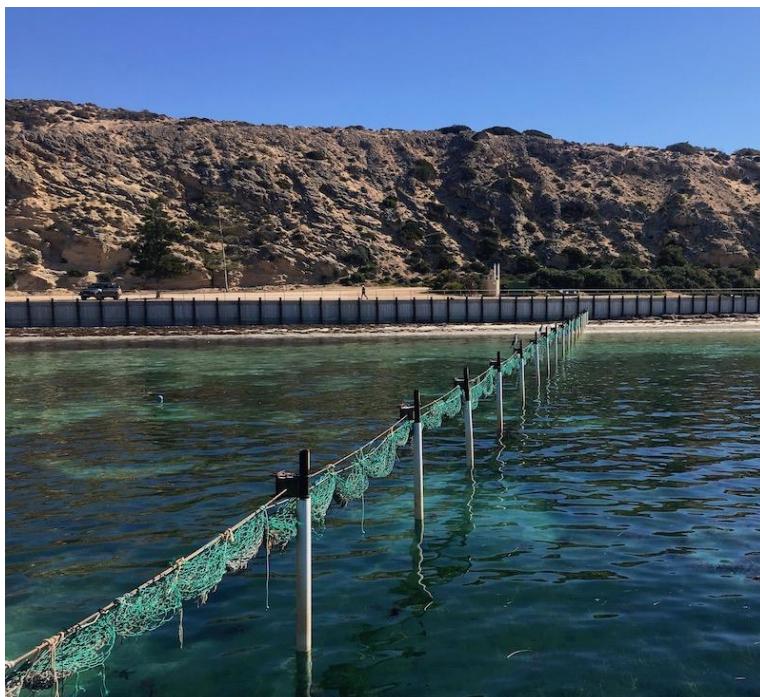


I discovered this quiet memorial when I came up for the Port Augusta Three Bridges Swim, hosted by the Port Augusta Swimming Club. The 5k swim starts at the top of the Gulf on the turn of the tide and finishes at the wharf. Swimmers pass the Garden as they complete the course, dodging local children doing somersaults off the jetty. It is a fitting place to remember and celebrate the spirit of the young men to whom the Garden is dedicated.

Wade Shipard Swimming Enclosure, Point Sinclair, Penong

A different but equally powerful memorial is located 540 kilometres west of Port Augusta, at Point Sinclair. Close to Cactus Beach, Point Sinclair is reached via a levee road from Penong lined by pink- and green-coloured lakes and glittering white sand dunes.

The memorial commemorates Wade Shipard, an eleven-year-old boy who was taken by a shark while swimming out to his father's fishing boat to collect the catch.



Generations of local children have learned to swim at Point Sinclair. In the early 20th Century, the local community held competitions, including swimming and beach events each New Year's Day sponsored by the Australian Gypsum Mining company.

Finding the memorial brought back a personal memory from 45 years ago. I happened to be staying in Ceduna on the evening after the tragedy occurred, on the way across the Nullarbor to see my older sister in Esperance. It is a deeply moving, functional memorial, in a stunningly beautiful place.

Eric Magill Memorial Swim

My final memorial is to another swimmer who died, an Adelaide Masters club member. In contrast to the others, it is informal, small, and obscure, yet it captures the essence of a memorial.



This trophy was created by our swimming club, Adelaide Masters, in honour of Eric Magill who collapsed and died one evening at training. As a youth living in Ireland, Eric was an outstanding swimmer. The trophy comprises a piece of carved, polished red gum mounted on a plinth, draped with one of Eric's medals as the centerpiece. The inscriptions on the medal read: *Irish Amateur Swimming Association Youths 100 Metres Free Style 1952 3rd*.

Each year in late November on the anniversary of Eric's death, swimmers are invited to attend a commemorative swim. It is not a competition, there are no rules, and it is open to anyone who swims. When I first swam, several of Eric's friends cast handfuls of petals into the sea. Afterwards over coffee, there is a random draw to decide who holds the trophy that year. It is a fine way to be remembered. I was fortunate enough this year to draw the trophy, a rare privilege.

Michael Harry

15 December 2020



Dates for your diary

January

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

1.6km – [Enter here](#) before 8th Jan

Sunday 17th: State OWS Championships, Somerton

1km & 3km = [Enter here](#)

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

2.2km – [Enter here](#)

Sunday 31st: Summer Series Swim 2

Gawler Aquatic Centre – [Enter here before 17th Jan](#)

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: Summer Swim Series Swim 4

Payneham or Unley

Sunday 21st March: Whyalla OWS, Whyalla Marina Wharf

1.6km handicap



April

Sunday 11th Short Course State Cup, Marion

May

Sunday 30th: Interclub 1, Short Course, Marion

July

Sunday 18th: Interclub 2, Short Course, Marion

August

Sunday 15th: Interclub 3, Short Course, Marion

September

Sunday 12th: Interclub 4, Short Course, Marion

October

Sunday 10th: Long Course State Cup, Marion

November

Sunday 7th: Long Course Long Distance Meet, Marion

For up to the minute news and last-minute changes:



Do you have something we can include in the newsletter? Mail it to
adelaudemastersswimming@gmail.com