

A Year in Review – The President’s Report

March was the month for AGMs and the presentation of trophies, both within the club and the Branch. I would like to say thank you to the 2020 Adelaide Masters committee members, those who have been re-elected for 2021 and to new members. I would also like to congratulate all the club and state trophy and medal winners; these are the results of all the hard training. Full details of the 2021 committee members and trophy winners are listed later in the newsletter.

Now, for those who missed it, here is my report at the AGM that summarizes 2020, the year that nearly was:

Firstly, a big “thank you” to the committee for their invaluable support in running the club during the COVID year, with no training for nearly 4 months and then reduced training capacity due to lane number restrictions. The pandemic had an impact on all aspects of the club.

At the 2020 March AGM, club membership was 68, which then remained static until training resumed, and new members joined in the second half of the year giving us a total of 83 members by December. In comparison our current 2021 membership is now 76 and we are aiming to build this to more than 90 by December.

During the lockdown period the club committee continued to meet monthly via Zoom, providing updates to members through monthly newsletters, Facebook, and emails. Meanwhile, swimmers from all clubs connected at the beach and embraced the cooler open water swimming to maintain their fitness levels and mental health. Consequently, a record number of swimmers participated in the annual Solstice open water swim on 21st June.

Once the club’s COVID Safety Plan was in place, training recommenced at St Peters on 7th July, with record attendance at most sessions. Swimmers were glad to be back in warmer water and coach Graeme Brown was just as keen to rebuild swimmers’ fitness levels and correct any stroke misdemeanors developed during lockdown. Training sessions remain on Monday, Wednesday, and Friday evenings at Burnside Pool during Summer and St Peters College during winter. Graeme continues to provide excellent programs and advice for the varying levels of swimmers, with Karen assisting poolside at the busier sessions. There has been an improvement in training attendance over the last 12 months, where the 2020 winter weekly average was 62.3 compared to 44.1 in 2019 and 2020 summer average is currently 45 (summer average attendance is not as accurate due to the COVID closures).

The Inter-club series was restricted to 3 events in 2020, with Adelaide Masters winning the Back to Racing Inter-club and the State Cup, enabling us to win two of the trophies at the Presentation Dinner on 26th March. Thanks to all swimmers who participated in the various events, with some of our swimmers setting National and State records. Well done to many of our swimmers who also won age group medals at the State Cup.

Congratulations also to 4 of our members – Steph Palmer-White, Mark Smedley, Charlene Smith, and Sharon Beaver – for achieving FINA World Top 10 rankings in 2020, as did the 200-239 Female 200m Free Relay team of Sharon Beaver, Steph Palmer-White, Lee O’Connell and Erin Brown.

Comprehensive results for all swimming events can be found on <http://mastersswimmingsa.org.au>.

Adelaide Masters also had good representation at all the swims in the State Open Water Series. Unfortunately, 2 of the 8 swims had to be cancelled: The Proclamation Swim coordinated by our club was cancelled due to legal complications. This was very disappointing as Jeff Sheridan, our Open Water coordinator, invested a lot of time coordinating the event. The Jetty to Jetty was also cancelled due to contaminated water after heavy rain the previous evening.

Adelaide Masters joined with the Adelaide Triathlon club to enter a team once again in the 24hr MS swim. Thanks to Lee O’Connell for coordinating the overall event and Peter Clements and Lee Byars, from the Tri club, for coordinating our joint team. Thanks also to the swimmers, helpers and those who donated towards a great cause with \$134,000 raised.

The club would like to acknowledge Burnside Council’s continued support, generously sponsoring the lane hire for all our sessions over Summer training, awarding the club with a small grant to purchase an iPad and square reader to enable cashless transactions, and allowing the club to use the Burnside Pool’s Club room for our AGM.

Thanks to all our members, as it is you who make Adelaide Masters: representing the club at training, inter-clubs and open water events, and reflecting the Fun, Friendship and Fitness motto of Masters Swimming.

Betty “Madame President” Reinboth

The Coach’s Corner

The winter inter-club series is almost upon us and with it the fun and excitement of racing at the SA Aquatic Centre. I’m sure that it is no secret that I enjoy these events. I love sitting in the grandstand and watching my swimmers excel in competition. Winning is wonderful but knowing that you have done your best is even better. It fills me with pride when any of you are competing. I want to see the results of all the time you put in at the pool culminate in your best performances.

With all this in mind I would like to give you two pieces of advice:

1. “If you want to go fast you have to go fast”: this is my mantra for training for competition. There is no point dawdling up and down the pool in training if you want to go fast in competition. The speed fairy will not visit you the night before and magic you a faster stroke. Train fast to go fast, it is not a secret, it is simply hard work.
2. Enjoy: Doing an inter-club is fun. There is nothing like the team spirit that goes with competing for your club. It is so much more than just doing three or four of your favourite events. It is supporting your teammates, sharing in their highs and lows, watching others perform and most importantly having fun.

I implore you all to enter at least one of the winter series swims. If you are unsure, come along to one as a volunteer timekeeper or marshal, the rest of the swimming community will thank you and you will get to join in from behind the safety of a stopwatch.

Graeme "The taskmaster" Brown

Annual General Meeting 2021

There have been some changes on the committee with some people stepping down and others taking on new roles. Here is the list of who is doing what.

- President: Betty Reinboth
- Vice president: Peter Clements
- Treasurer: Karen Brown
- Secretary: Vacant
- Club Captains: Steph Palmer-White / Lee O'Connell
- Nominations Officer: Russell Anderson
- Recorder: Steph Palmer-White
- Fitness Director: Graeme Brown
- Safety Officer: Geoff Sheridan
- Committee members: Roger Harvey, Alyce Dowling, Geoff McConachy

If you have any issues / suggestions / observations etcetera, please approach anyone on the committee and they will take it to the next committee meeting in April.

Club Awards

The following trophies were presented at the AGM:

- | | |
|--|----------------|
| ○ Services to the club | Lee O'Connell |
| ○ Marj Muller Trophy | Karen Brown |
| ○ 2020 Male Outstanding Swimmer | Mark Smedley |
| ○ 2020 Female Outstanding swimmer | Charlene Smith |
| ○ 2019/20 Open Water Swimmer (Male) | Michael Harry |
| ○ 2019/20 Open Water Swimmer (Female) | Erin Brown |
| ○ 2020 Long Distance | Not Awarded |
| ○ 2020 Josie Samson (Most points in interclub) | Sharon Beaver |

COACHES AWARDS

- | | |
|-----------------------------|-----------------|
| ○ 2020 Male most improved | Charles Gravier |
| ○ 2020 Female most improved | Alyce Dowling |



Alyce Dowling being awarded the most improved Female trophy by Betty and Karen



Charles Gravier being awarded the most improved Female trophy by Betty and Karen



Erin Brown being awarded the OWS female trophy by Betty and Steph



Karen Brown being awarded the Marj Muller trophy by Betty



Lee O'Connell being awarded the Andrew Weldon Trophy by Steph



Michael Harry being awarded the OWS Male trophy by Steph

FINA Top 10:



Congratulations to Steph Palmer-White with 10 events, Sharon Beaver with 3 events, Mark Smedley with 5 events and Charlene Smith (not pictured) with 4 events



Congratulations to the Adelaide Masters 220-239 Female 200m Free Relay team: Lee O'Connell, Sharon Beaver, Erin Brown and Steph Palmer-White (in order of photo)

Branch Dinner 2020

The delayed Branch dinner was held on Friday 26th March at Sunny Brae. Our part contingent was there in full force to enjoy the evening and to pick up the awards that we had gained during "The COVID year". We received two large lumps of silverware: Aggregate Point Score Aussie OWS Series and the Short Course State Championships- Top Scoring Club.



The following members picked up towels to mark their participation in all the 2019-20 open water swims:

- Deborah BROWN
- Erin BROWN
- Sue GRAEBNER
- Pam GUNN
- Michael HARRY
- Peter HOLLEY
- Lee O'CONNELL
- Mark SMEDLEY

Welcome to...



Alex Quibell and Elle Trahair

Summer Series 2: Gawler

Nine Adelaide Masters swimmers made the trip to Gawler Pool on a lovely sunny afternoon on 31st January. Although we came second at this meet, Tea Tree Gully made an extra special effort and have now overtaken both ourselves and Phoenix Masters to be on top of the point score for the series. Maybe it is because they did not have as far to go as the rest of us! Anyway, we are currently in third place but less than 50 points behind them, so anything is still possible with only two meets to go!

The star of the meet for our club was Mark Smedley with an amazing National Record for the 200 IM and a State Record for the 50 Breaststroke. Not to be outdone, Lee O'Connell produced two State Records of her own in the 200 and 400 Backstroke.

Undoubtedly the gutsiest swim would have to go to Pete Holley's 100 butterfly. Pete could not even do butterfly before he started training under Graeme Brown, but he had a go at it and finished the race. The fact that he also got disqualified has only made him more determined to try it again and get points on the board next time.

All our other swimmers (Helen Bartsch, Pam Gunn, Scott Goldie, Sharon Beaver, Anthony Varvounis and Steph Palmer-White) won at least one of their events, gaining valuable points for the club. That said, Adelaide Masters values all members of our club equally. It does not matter if you do one, two or three events, or whether you contribute to the club in other ways, it is all appreciated.

After the meet some of us had a well-deserved feast at Fasta Pasta in Gawler!

[Full results here](#)

Summer Series 3: Strathalbyn

In what must be one of the most picturesque pools in SA, Adelaide Masters performed admirably, coming third. It was fabulous to see some of the club's legends compete for the club once again, namely Tony Ward and Paul Gaertner. It was a sublime performance from Tony who achieved three State records. Mark Smedley also obtained another State record, this time in breaststroke. There were many other great performances – one of note was Helen Bartsch's 200m freestyle which was perfectly executed with a negative split. Also – to keep Coach Brown happy and as agreed by both parties – Roger Harvey successfully executed his first and last tumble turn for the season.

[Full Results here](#)

Summer Series 4: Woodside

The last of the summer series was held in the same place as the first, Woodside Pool. There was a fine mist over the pool when we arrived showing that the water was warm even though out of the water in the shade it was a little on the cool side. Adelaide Masters took up their positions on the mound ready to compete and support a wonderful morning's racing. Up at the sharp end Steph Palmer-White achieved a possible national record with her 400 butterfly. Charlene Smith (50 Butterfly, 50 Back Stroke) and Lee O'Connell (200 freestyle, 400 Backstroke, 50 Butterfly) achieved state records.

Everybody put in magnificent performances with Erin Brown, Pam Gunn, Sharon Beaver, Mark Smedley, Betty Reinboth, Helen Bartsch, Anthony Varvounis, Steph Palmer-White, Charlene Smith and Lee O'Connell coming top in their age groups for one or more events to give us enough points to win the meet. Everybody except Pete Holley who managed to get himself disqualified in the 100 Butterfly yet again.

[Full results here](#)

Port Elliot Swim



Conditions made this year's Port Elliot Open Water Swim memorable. The strengthening afternoon southerly created a big swell on the long leg, sweeping swimmers from the break water, past the Sisters and on to the far buoy at Commodore Point which appeared and disappeared, tilting one way then another. Swimming back toward the beach into the bright sun was a real challenge. The best strategy was to look for the pink and yellow caps and flailing arms on either side and hope for the best. Atlantis and the Port Elliot SLSC kindly altered the course to avoid risk of collision with the pontoon, while extending the distance to a solid 1K for one circuit and 2K for two. Adelaide was well represented with 10 swimmers, 5 in the 1K and 5 in the 2K. Steph Palmer-White easily won the 1K in 15m 30s, and most appropriately also received Atlantis' award for the swimmer who best represents the spirit of Masters swimming. Congratulations, Steph! Betty Reinboth, Deb Brown, Stephen Phillips and Greg Cooper also completed the 1K. Sharon Beaver finished 3rd female and 5th overall in the 2K in 31m 44s with Mark Smedley 8th male and 14th overall in 33m 19s. Geoff McConachy, Michael Harry and Sue Graebner also completed the 2K. An excellent swim, and well done to everyone who made the trip.



A few Adelaide Masters swimmers enjoying a recovery drink with retired member Peter McFarlane:
L>R: Greg Cooper, Geoff McConachy, Michael Harry, Deb Brown, Peter McFarlane, Sue Graebner and Betty Reinboth.

[Full results here](#)

Noarlunga Swim



Adelaide Masters made a good showing at this year's Noarlunga Reef Swim, this year with the added bonus of a 5k event. The conditions were variously described as "interesting", "challenging" and "turbulent" by most and "excellent" by one regular and some say slightly deranged ocean swimmer.

The start of the 5k was a courteous affair compared to the start of the 1.5 and 2.5k races, which started together. Everyone left the water with a big smile which is really what counts.

Selected Results 1.5k

Position	Name	Time
2	Stephanie Palmer-White	21:38.1
8	Alexandra Carter	24:43.2
12	Lee O'Connell	26:24.5
25	Christopher Carter	29:14.7
32	Michael Harry	30:52.0
33	Suanne Fitzgerald	30:57.4
36	Pam Gunn	31:16.1
66	Brian Morris	36:55.2
70	Betty Reinboth	37:26.9
82	Greg Cooper	39:46.1
89	Debbie Brown	42:13.2

Selected Results 2.5k

Position	Name	Time
2	Julie Bowman	39:37.7
6	Mark Smedley	43:18.6
13	Philip Behrens	44:52.9
28	Iain Wright	50:29.1
30	Pete Holley	50:56.6
54	Roman Zaika	58:57.9

Selected Results 5k

Position	Name	Time
3	Sharon Beaver	19:54.8

Merchandise Sale

Ladies: (\$30:00)

Navy Blue Bathers with thin straps (Sportique- Nova)

Sizes: 2 x 8 2 x 10 2 x 14
 2 x 16 1 x 18

Aqua/Blue/White bathers with wide straps (Togz Aust Sprint)

Sizes: 5 x 10
 1 x 14



Mens: (\$20:00)

Navy brief style: (Nova)

Sizes: 2 x 12 3 x 14 2 x 20

Aqua/Blue/White brief style: (Togz Aust)

Sizes: 6 x XS 2 x L

Aqua/Blue/White trunk style: (Togz Aust)

Sizes: 2 x XS 2 x S
 1 x L 1 x XL



Adelaide Masters Navy Jackets

1 x Medium 1 x X-large

Track Pants

1 x X-large

If you are interested in any bathers, please email Kay Johnston: kayjohn62@outlook.com

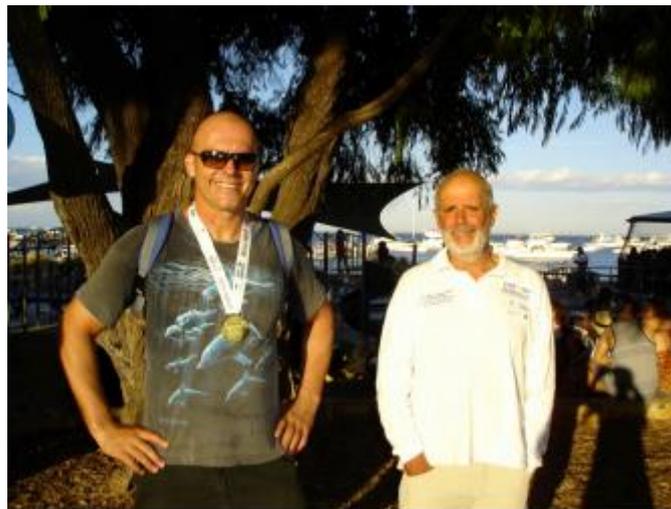
Roman Zaika: Hook, Line and Sinker

Back in 1997 or was it 1998, I was a keen Harriers runner and wanted to do a Jetty-to-Jetty swim and, upon doing my research, I found out that at the time you had to be a Masters Club member to do the event. My plan was to register with Adelaide Masters (I knew of the Adelaide Masters Swimming Club through a friend of a friend), train for a short while, swim the event and then get on my merry way. Once I got going swimming with the club, I realised there were all these other wonderful Open Water Swims and then the winter Inter-clubs, Well ... I became totally immersed into the swimming groove, truly Hooked, Line and Sinker (excuse the pun, ha ha).

One of my favourite swimming excursions was in 2008 when Grant, Trevor and I drove to Alice Springs for the Masters Games there. We booked rather late, so the only accommodation we could get was at the local Backpacking Hostel. That ended up a big bonus as we made a lot of wonderful international travelling friends there. One person who comes to mind in particular is an Irish lass named Paula, always so happy, bright & bubbly and a fantastic supporter. When I was falling back to 2nd place in my 400 IM Swim, she cheered me on so enthusiastically and loudly, I lifted my game and came in at 1st place by a good 8 seconds. While travelling the world in 2016, I stayed as a guest with

her for 3 months in beautiful Belfast NI, an example of how, through our swimming adventures, we can form new friendships that are deep and wide.

My biggest swimming challenge was my Solo Rottneest Channel Crossing (19.7Km from Cottesloe to Rottneest Island) in 2014, which I did in 7:15. I'm so honoured that my first coach and good friend, Dieter, said yes when I asked him to be my paddler. Below is a happy memory on the Island after the swim.



Swimming with Dieter as a paddler made me feel safe and secure the whole way; his kind nature, experience, and wisdom were truly felt. Time is precious, as 3 years after that Dieter passed away, but, not just speaking for myself but for many of our long-term Adelaide Masters Members and indeed the whole swimming community, he'll always be remembered as a true Legend.



More recently, when I was staying at Clearwater Beach, Florida in 2019 (which is a beautiful beach on the Gulf of Mexico), I randomly decided to do an ocean swim. Getting in the warm ocean water

just before dawn, I swam from the Pier (Jetty) to the breakwater and back under the Pier where I came across about 30 swimmers. I asked, "who are you?"; reply was "We're Swim Clearwater". After some talk, I was informed that if I swam with them to Guard Tower 7 (about a mile away) they would make me an honorary member of their club. Naturally, I obliged ... a great swim morning.

I was also lucky enough to do an official Open Water Swim in Richardson Bay, near Hilo on Big Island Hawaii. I have stayed as a guest with Sam, a Hawaiian friend of mine who I met while swimming between the Henley and Grange jetties in a mid-week fun swim. Sam is so fit, she is not only an ocean swimmer, which is incredibly challenging in itself over there, but also a Hawaiian boat paddler in an all-female team, a true Pacific Island fitness Legend. She has introduced me to some other local swimmers and surfers, so when I stay on Big Island, I always have people to swim and surf with.

Overall, I find the ocean more fun than the pool, but both are good.

People and location are just as much a part of swimming as the swim itself.

Swimming has been and will continue to be a big part of my life: enjoyable and beneficial on so many levels and, with the special moments, an absolutely beautiful journey.

Dates for your diary

April

Friday 2nd, Monday 4th: No Training – Easter

Open eggs and eat chocolate, it is the thing to do at this time of year.

Sunday 11th Short Course State Cup, Marion

You should have entered by now!

Friday 23rd April: Last swim at Burnside

And possibly a meal afterwards, watch your e-mail for details.

May

Monday 3rd May: First Swim at St. Peters

Remember to go to the correct pool this evening!

Sunday 16th: Interclub 1, Short Course, Marion

[Enter here before 1st May](#)

July

Sunday 18th: Interclub 2, Short Course, Marion

[Enter here before 2nd July](#)

August

Sunday 15th: Interclub 3, Short Course, Marion

[Enter here before 30th July](#)

September

Sunday 12th: Interclub 4, Short Course, Marion

Online Entries close 27 August

Friday 24th: Last swim at St. Peters

There may be a meal afterwards to celebrate the end of winter training.

October

Sunday 10th: Long Course State Cup, Marion

[Enter here before 24th September](#)

November

Sunday 7th: Long Course Long Distance Meet, Marion

[Enter here before 22nd October](#)

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