



## The President's Report

It has been a very social month, as swimming is not just about fitness, it is also the opportunity for fun and friendship, even as we head into the colder months.

We are already halfway through the year, passing the shortest day on Monday 21<sup>st</sup> June and consequently the annual Solstice Swim that was held on Sunday 20<sup>th</sup> June at Henley Beach. It was the perfect beach day – sunny skies, flat seas, no wind – if you ignore the water and atmospheric temperature. We had a record attendance of about 90 swimmers braving the water for a dip or a swim ranging from 100m to 4km. After the exhilarating experience, coffee and cake was enjoyed in the sunshine overlooking the beach.

Early this year when I was asked to join a group of like-minded Masters members to swim the Whitsunday Islands, I couldn't refuse. The Whitsundays Cruise provided not only respite from the cold Adelaide weather, but a variety of great swims along the beautiful Whitehaven beach, over coral reefs and among the amazing marine life: turtles, but not sharks. Everyone thoroughly enjoyed it and I would certainly recommend the adventure.

At the same time, the club also had 3 swimmers head to Cairns to compete in the incredibly challenging Ironman event. They are to be congratulated as they all did exceedingly well and enjoyed a well-deserved recovery holiday after the event.

With the Olympic trials here in Adelaide in mid-June, a group of club members thought it was a great opportunity to seek guidance and encouragement from the professionals for the approaching 2<sup>nd</sup> interclub on 18<sup>th</sup> July. We were privileged to see records set, many PBs and the announcement of the Olympic swimming team. We should keep the Olympic enthusiasm going and enter the 2<sup>nd</sup> Interclub. As a thank you for entering the Interclub, we are offering free training the following week to those who compete. Entry details are at the end of the newsletter or speak to me at training if you are unsure how to enter.

It is also good to end a busy month with a relaxing drink and meal after the last Friday's training session. We are looking at trying some different venues so mark it on your calendar.

Finally, if you have not yet renewed your membership for 2021 or know someone interested in joining the club, now is a perfect time, with the 6-month option now available on the MSSA website. Click on the link below to join or renew.

<https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>

Betty "La Presidenta" Reinboth

## The Winter Solstice Swim 2021



*Worshipers of the Midwinter Solstice preparing for the celebration*

Somewhere in the Northern Hemisphere, druids and tree huggers got up early to dance round stones and feel at one with nature, but here in the Southern Hemisphere we didn't have to get up quite so early as it was (almost) the shortest day. A small crowd of dedicated water worshippers gathered on the foreshore at Henley Beach for the annual celebration of the winter solstice. Some clad themselves in the ritual neoprene robes whereas others decided that (almost) au naturale was the true way of worship. For some it was only a brief indulgence with the cold water, but others needed a longer period of worship and self reflection to allow the cold waters to wash the mind and body clean for another year.



## Oceanfit Whitsundays swim cruise



*Ready for the 5km Whitehaven Beach swim*

It all started in January when Marin (Henley Masters) floated the idea of a Whitsundays swimming cruise at a beach swim. Within a week, four Masters Clubs (Adelaide, Atlantis, Henley and Noarlunga) combined and 20 swimmers had paid their deposit. Adelaide had Betty and Greg, Peter and Alison, Michael and Isobel, Shirley (former Adelaide now Victorian), Kent and Leanne (really a Noarlunga). So, 8 out of 20 a good contingent of some of our finest, if I do say myself.

So we all decided on the touring shirt and the mandatory bathers. All very subtle (blame the Noarlunga Cranleys) and seriously great outfits! I continue to wear mine with pride.

We were booked on the Solway Lass, a 1902 sailing boat on its second ever swimming cruise. It was a five day/four night fully catered cruise. Bedrooms were cosy (could not get a cat in to even try and swing it) but you only slept there. Everyone thought it was excellent value and thoroughly enjoyable.

Each day would start at 6am with the first breakfast, then a swim and then the second hot breakfast. Most days we would have two swims, each different and each with variable distances. The swims weren't competitive; rather you swam with someone around your pace and enjoyed the company. No swim was without detours of swimming over reefs and following turtles, fish and even a shark.

Highlights were a plenty:

- Pre Party at Airlie Beach
- Whitehaven Beach 5km swim, the purest sand in the world. The sand is so pure it doesn't get hot. The swim was breath taking. Later we hiked around the outlet to the lookout and saw the most photographed tree in the Southern Hemisphere.
- Snorkelling with thousands of fish and swimming with turtles

- Variety of swims: along rocky outcrops, shallow reefs, around another tall ship. All supported by little runabouts.
- Warm water and no stingers (or at least serious ones)
- Two very enjoyable hikes
- Sitting on the net on the bow and chatting away
- Each meal sitting and chatting with different people with a cocktail, wine, beer....
- Games at night at which Adelaide excelled
- So many laughs and great memories and new friends
- Magnificent crew who were very entertaining
- Going to bed before nine because you were stuffed.

Kent Nelson



*Overlooking Whitehaven Beach*

*Heading off for another swim!*

### AM Olympic Swimming Trials Excursion



On Thursday 17<sup>th</sup> June, 18 budding Olympians from the Adelaide Masters Swim Club attended the final night of trials at the State Aquatic Centre at Marion. It was great to see founding members Mary and Di along for the night.

Results:

200M women backstroke Kaylee McKeown won in a national record time with South Australia's own Emily Seebohm coming second.

100M mens butterfly Matthew Temple also set an Australian record in winning this event.

Arianne Titmus set an Australian record in winning the 800M womens event.

The women's 50M free was tight with Emma McKeon beating Cate Campbell by 0.01 seconds, whilst in the men's 50M free, the first 7 finished within 0.4 seconds of each other.

Australia's own event, the 1500m for men, was the last of the evening with Jac McLoughlin winning in 14.52 and Sam Short finishing second in 14.57. Sam did not quite swim fast enough to qualify for the team, despite the best efforts from the crowd. These times would have put Sam 10<sup>th</sup> fastest at the Rio Olympics and both in the medals at the Barcelona Olympics and back when many Adelaide Masters were kids (1980) 15 minutes was considered unachievable.

After watching the presentation of the Olympics Team we all went home and dreamed of things that could have been.

Peter Clements



## Ironman Cairns - 6<sup>th</sup> June 2021

In early June Alex Quibell and Brian McManus headed to Cairns to compete in the Ironman event while Alex Carter entered the half Ironman event. The 3.8km swim, 180km bike ride and the 42km run took Brian 10hrs 45min and Alex Quibell 11hrs 08min, while Alex Carter took 5hrs 09min to complete the half Iron man, coming in 2<sup>nd</sup> in her age category. These were amazing results for all 3 of our members. Here are the Alexs' reflections on the event.

## Alex Quibell's Ironman

### Overview



On 6<sup>th</sup> June 2021 I undertook the challenge of completing an Ironman in Cairns. This consisted of a 3.8km swim, 180km bike and a 42.3km run. With an average air temperature of 26 degrees and water temperature around 23 degrees, the conditions were perfect for a full distance triathlon.

In preparation for this event, I followed a 15-week online training programme to ensure I maintained consistency throughout. The total amount of training hours equated to approximately 179 hours over the 15-week period. This can be further broken down to 24 hours of swimming, 70 hours of cycling, 55 hours of running and roughly 30 hours strength and conditioning. Overall, I was happy with the number of hours accumulated, especially when trying to juggle training and 12-hour shifts (days and nights) working as a Paramedic.

### Swim.

The starting point for the race was Palm Cove Beach. The swim was a rolling start, based on swimmers estimated swim times followed by a two-lap course totalling 3.8km. I decided to start in the 1:07hr – 1:15hr category in the hope of finishing under a 1:15. Probably one of the most nerve wracking and quietest moments of the race was everyone inching their way closer to the start line, only hearing the buzzer beep every 5 seconds for the next 4 competitors to start. I entered the water at 07:50 and a little choppy but not too damaging. I sort of relaxed and managed to get into a good rhythm early on. My plan was to stick on the outside initially until everyone spread-out enough and focus on sighting each buoy to ensure I stayed inline. According to my Garmin, I swam 3,802m with a moving time of 1:13:34, Avg Pace 1:56/100 Avg stroke rate 32 SPM.

### Bike.

The 180km bike course consisted of a two-lap route between Palm Cove and Port Douglas, followed by a final leg down into Cairns CBD. Total elevation approx. 1100m. Setting off on the bike I felt strong following the swim. I ensured I maintained approx. 90g of carbohydrates per hour whilst on the bike which was a mix of fluids and gels. The beautiful scenery made the bike course almost enjoyable, but the brutal headwinds made it a challenge. I managed to finish the bike in 6:12:59 with which I was happy considering the headwind.

### Run.

The 42.2km run consisted of a 4-lap course of Cairn's esplanade. I started the run at 4:50 min per km. I was concerned the pace was too fast, but my heart rate maintained a manageable pace. I aimed to consume a caffeinated gel every 40 minutes, along with Gatorade and diluted Redbull: it's

true, it really does give you wings! Completed the run in 3hrs 28mins with an average pace of 4:58 per km.

### Conclusion.

Having completed the event in a total time of 11:08:19, I was certainly happy. Next time I will ensure to park closer to the event. Hopefully, my hobble/walk/crawl back to the car wasn't detected on CCTV.

### Alex Carter's Ironman



The Cairns 70.3 half Ironman didn't go exactly as I had planned. I ended up injuring my right knee two days before the event. The swim and the bike went well despite choppy water and a strong headwind, however sadly my run was significantly slower (and more painful) than I was hoping! I still managed to place a remarkably close second in my age group. Other than the sore knee it was a fabulous event and beautiful location! I'll absolutely be back to give it another crack!

## Dr Christina Boros- (1966-2021)



Even though Christina had only been with the club for a relatively short time, joining in Feb 2018, she enjoyed all club activities and enthusiastically attended training 2-3 times every week. Her fitness and swimming improved dramatically and in 2020 she was confident enough to enter the MSSA Interclub series, winning medals in State Cup events.

Outside of swimming Christina was a paediatric rheumatologist, heading the department at the Women's and Children's Hospital. She was passionate about improving paediatric care through her practice and

research, contributing to over 80 publications in international medical journals. She was also a talented musician playing the violin and concert harp, and enjoyed glass blowing.

Unfortunately, early this year Christina had a recurrence of leukaemia and passed away on 31<sup>st</sup> May. At her funeral her family expressed how much she enjoyed her swimming and how proud she was of her medals. Her coffin was covered in beautiful flowers with her medals draped over the front and she parted this world wearing her Adelaide Masters bathers.

Our condolences to Christina's family and friends and we will hold fond memories of Christina's time with the club. RIP Christina.

### Swimmer Profile: Kim Lau

#### How old were you when you started swimming?

I was about 6 years old when I went to swimming lessons at Clovercrest (David Urry's) Swimming Centre with a friend. My friend's mum suggested that we go together. My friend stopped but I continued from there going once a week then twice a week. Some days when my mum worked at our Chinese takeaway, my grandpa would take me. Then I graduated to the swimming squad which was each weekday morning at 5:30am to 7am and Saturday mornings 7am to 8:30am. We only lived 15 minutes' drive away from Clovercrest so I only had to get up at 5am and get dressed for swimming, Mum would drive me there and after the swim we would drive home for breakfast then I would ride my bicycle to school.

### Why did you start swimming?



Originally, when I was a kid, I was a busy and energetic kid, so swimming would tire me out a bit. I still feel like I sleep best after a good swim. It was also a good sport for me because I would always pull muscles or strain ankles with other sports throughout my adolescence. Later I found that I have extra mobility in my ligaments so keeping the muscles strong stops me from straining myself easily and swimming is great at exercising lots of your muscles and is not so much a weight bearing exercise.

### How long have you been swimming?

I have been swimming for most of the last 44 years. There have been times when I have stopped swimming for a bit but not for more than a few months. I have swum by myself at various pools around the world but mainly with the Adelaide Masters in my adult life.

### What motivates you to swim?

I love swimming because I love the feel of the water over me. Sometimes it feels like I am flying. Afterwards my muscles feel warm from the exercise and there is an adrenaline rush from a good workout. I feel better after a swim.

### Have you always swum or is it something you have dipped your toes in now and again?

When I was young it was hard to keep me away from the water which is probably another reason my mum made sure I could swim when I was young. I even managed to embarrass my brother at his 6 years old birthday party by doing a beautiful swan dive into the lake at Thorndon Park Reserve while trying to retrieve a toy boat.

Whenever we go travelling, I always pack my bathers because I am always looking for places to swim. This has included the sea with the seals in Port Lincoln, Port Elliot Horseshoe Bay in winter in a wetsuit, in the sea at Shark Bay WA, Mataranka and Bitter Springs in NT, Gunlom Falls in Kakadu, Dalhousie Springs, Karajini NP Hammersley Gorge WA, Manning Gorge on the Gibb River Road and various other springs and pools throughout SA, WA and NT.



I have swum in the water in Sydney, Melbourne, Perth, Alice Springs, Darwin, Kingscote rock pools, Sarawak and Singapore's Changi airport. I even went for a swim in the Lake of the Pregnant Maiden, Malacca, Kedah, Malaysia where the fish nibble your toes. When I was about 34 years old, we were away on a houseboat holiday near Mannum, so I swam for fitness behind the houseboat when we went up and down the Murray River.

**Do you prefer swimming short distances or long distances and why?**

I am not a fast swimmer, so I have rather liked swimming longer distances but I do get bored when swimming really long distances. I have considered doing the swim from Perth to Rottnest Island, but I think it would be quite boring.

**Do you prefer swimming in the pool or at sea and why?**

I will and have swum anywhere. There are advantages to swimming in either place. In a pool I feel safer, but I have a chlorine intolerance so swimming in the sea is better for me. I like the way that I am more buoyant in the sea and that I can look down and see fish and other creatures under the water, but I do sometimes get fearful of sharks.

**How do you fit swimming into your routine?**



kind of meditation for me.

I stopped training daily when I was in year 11 because I had trouble getting up so early. Then when I was able to drive myself and had finished school, I would try to go at least 3 times a week to keep fit.

**Which do you prefer: swimming in a group or own your own?**

I feel safer swimming in a group. It makes the session more interesting but sometimes I like having down time where it is quiet, and I can just swim. Swimming up and down the pool is a

**What does swimming mean to you?**

It is a great form of fitness. I swim to exercise. If I did not swim, I would not be able to do lots of other strenuous activities over the years. I would not be so active in the CFS for one thing.

**What is your greatest swimming achievement?**

There are lot of swimming achievements that I really have enjoyed. Each year when I was working for ANZ Bank I would participate in the Swimming Competition against other banks. In 1987 I was given the opportunity to go on the Mean Machine Team Swim Camp where elite Olympic swimmers teach you tips and techniques for swimming better in competitions. When I was 34 years old, the Masters Games was being held in Adelaide, so I entered a few events.

**Who has inspired or influenced you and how / why?**

I have lots of swimming influences from watching the Commonwealth and Olympic games swimming when I was young, including Grant Hackett, Kieran Perkins, Susie O'Neil, Phil Rogers, and the Mean Machine Swimming Team in about 1984-7, but I was mainly inspired by Dawn Fraser and Cathy Freeman.

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

When I was learning how to swim, I found breaststroke the hardest stroke to learn. I would kick and go nowhere or even backwards. I nearly gave up because I thought it was too hard and I could not do it. It was a good lesson to me because eventually I learnt, and I know now that I can do things if you keep trying hard enough. So I would tell myself not to be so hard on myself and try things because you will be surprised what you can do if you give it a try and if you try hard enough.

**What are your interests outside of the water?**

I am extremely interested in the environment and animals. I am involved with the Country Fire Service, and I like teaching children literacy, numeracy, science, cooking and garden as an SSO educator in primary schools.

**Do you have any big swimming plans?**

At nearly 50 years old, I am hoping to continue swimming well into my senior years and maybe compete a bit more too. I am having trouble with my shoulder at the moment, so I am hoping to get over this by altering my stroke and exercises.

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

I like doing all the strokes. In fact I like doing the medleys because they consist of Freestyle, Backstroke, Breaststroke and Butterfly.

**If you could only swim in one place for the rest of your life, where would it be and why?**

I love swimming where there are harmless animals and plants in the water with me. My favourite place to swim was in Bitter Springs, Mataranka, in the Northern Territory where you can start upstream and float or swim all the way down for about 200 metres. Many people float down it on noodles then get out at the end and walk back to the start and float down again, but I would like to swim down it and back up a few times again.

There are other places that I have swum, and watching the fish or sting rays or sea animals swim near me is where I have got maximum enjoyment.

**Is there anything unexpected lurking in your swim bag?**

Money ☺

I have a small yellow fish shaped sinkie that has been in my bag for years from when my kids were young. They can throw it into the water and retrieve it.



## Dates for your diary

### July

Sunday 18<sup>th</sup>: Interclub 2, Short Course, Marion

[Enter here before 2<sup>nd</sup> July](#)

Friday 30<sup>th</sup>: Last Friday of the month after training drinks

At the Maid and Magpie

### August

Sunday 15<sup>th</sup>: Interclub 3, Short Course, Marion

[Enter here before 30<sup>th</sup> July](#)

Friday 27<sup>th</sup>: Last Friday of the month after training drinks

At the Maid and Magpie

### September

Sunday 12<sup>th</sup>: Interclub 4, Short Course, Marion

Online Entries close 27 August

Friday 24<sup>th</sup>: Last swim at St. Peters

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

### October

Sunday 10<sup>th</sup>: Long Course State Cup, Marion

[Enter here before 24<sup>th</sup> September](#)

### November

Sunday 7<sup>th</sup>: Long Course Long Distance Meet, Marion

[Enter here before 22<sup>nd</sup> October](#)

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](mailto:adelaudemastersswimming@gmail.com)