



October 2023

Contributions to the newsletter are most welcome. They should be addressed to the Newsletter Editor and sent to adelaidemastersswimming@gmail.com. Past editions are available on the Adelaide Masters web site: <http://www.adelaidemasters.org.au/content/newsletter-archive>

President's Report

And then all of a sudden it's October

I know a few people who think that the October long weekend heralds the first foray into the salty water. It is certainly time to start preparing for the open water swims that start in December. The start of that preparation is moving from our winter venue at St. Peter's to our summer venue at Burnside. I know that for some the extra twenty five meters before the turn will be challenging for a start, but after a few sessions I know you will all be powering up and down the pool as if it were second nature.

The next milestone to the open water competition is the Long Course Long Distance Meet at the beginning of November. I would encourage as many of you as possible to participate. It's a wonderful chance to test your long distance credentials in a pool environment and to understand where you are in your training. It is also an opportunity to meet up with like minded club members and support them in their journey.

See you in the pool or in the sea.

Pete

Training dates

Training will continue at St Peter's College until **Friday 13 October**. The first day of training at Burnside Pool will be Monday **16 October**.

Coach's Corner

No, this is not one of my serious talks about swimming improvements, I am sure you have had enough. So, here are some fun facts about swimming that you can throw into conversations and sound very important and smart ha, ha. They are collected from "serious and reliable sources" –maybe do not bet on their accuracy.

1. In one hour, swimming burns about 40% more calories than biking.
2. Swimming burns about 30% more calories than running per hour.
3. Swimming strengthens the heart and lungs.
4. Swimming lowers stress and depression.
5. Swimming in saltwater can detoxify the skin and promote new cell growth.
6. Aerobic activities like swimming can reduce inflammation.

7. **Oldest competitive swimmer**

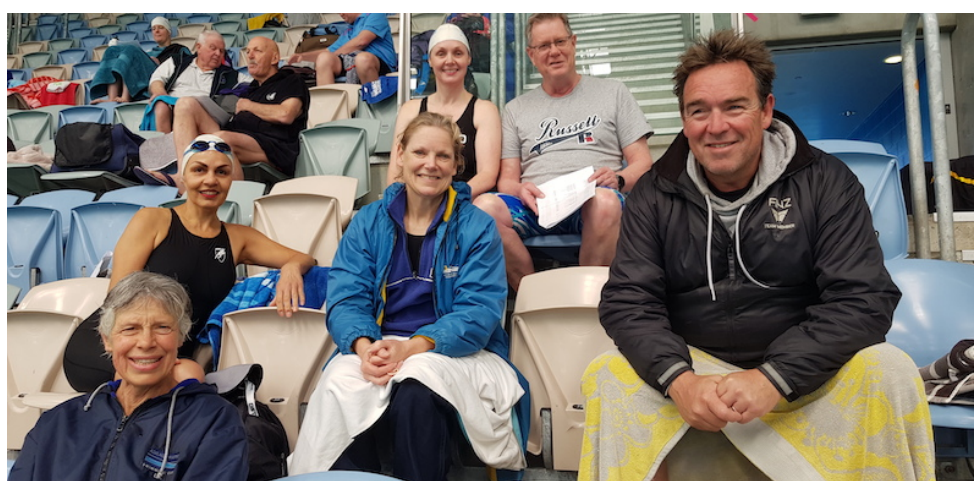
Japanese woman Mieko Nagaoka set a record in 2015 for being the first 100-year-old to complete a 1,500m freestyle swim in a 25m pool. This was an amazing feat given that Nagaoka only started swimming when she was 80 years old, in order to help recuperate from a knee injury. It's never too late to learn how to swim!

8. Breaststroke is the oldest known form of swimming stroke.
9. The first topless male swimming suits were worn in America in 1935.
10. The first bikini was invented in Paris in 1946.
11. Swimming was known to be a noble skill for Japanese samurai.
12. The first swimming races were held in Japan in 36 BC.
13. Swimming became an Olympic sport in 1896.
14. The **average freediver can hold their breath** for a total of approximately 10 minutes. This is far longer than the average healthy and fit human being can hold his or her breath for. Yet, this average falls far short of the Guinness World Record time of 22 minutes.
15. The **odds of making it to the Olympics are very slim**. Approximately 2000 swimmers try out for the Olympics at any given time. However, only about 50 of that amount will actually make it. Hey, but, do not give up – you might be amongst those 50!

Ilze

Captains' Report

A small band of enthusiastic Adelaide Masters swimmers and support crew made their way to the SAALC for the 4th and final Interclub of the 2023 winter series on September 10th. Adelaide Masters finished a very respectable 4th behind Atlantis, Marion and Tea Tree Gully.



Between races at Interclub 4

We had 12 swimmers entered, but unfortunately Jock Dean was unable to swim having sustained a minor head injury when he was hit in the head by a golf ball in the previous week. However, true to the Masters spirit he still showed up and along with Julie's husband Pete Bowman "manned" our

time keeping seats for the entire morning – thanks heaps to them both. Pete was so inspired by the experience he also returned to do the time keeping for State Cup. In contrast Russell Anderson's time keeping experience in Interclub 3 was either so inspiring or boring that he entered and swam in Interclub 4 and State Cup – it was good to see him back competing! As always we appreciate Pam and Pete Holley's commitment to marshalling and Pete also juggling his swims around that.



Our ever reliable marshalls



Checking events



The timekeepers

It was great to welcome Sharon back for Interclub 4. She missed Interclub 3, as after returning from the World Masters in Japan she then very sadly needed to attend her Dad's funeral in Foster NSW – deep condolences to Sharon on her Dad's unexpected passing.

We entered 4 relay teams, 2 in the 4 x 50m Mixed Medley with the team of Sharon, Charles, Steph and Pete coming in 3rd in the 200+ age group and Lee, Judith, Scott and Russell winning the 240+ age group. In the Men's 4 x 50 freestyle relay Charles graciously filled in for the injured Jock, teaming up with Pete, Scott and Russell. They came 3rd in the 200+ age group. In the women's 4 x 50 freestyle relay Julie, Emily Pennell, Steph and Emily Goldie won the 200+ age group - well done to all our swimmers.

Adelaide Masters finished the Winter Interclub Series in 5th position. This was a creditable result and many thanks to the small contingent of swimmers who participated in any or all of the Interclub series – Pete Holley, Russell Anderson, Jock Dean, Charles Gravier, Scott and Emily Goldie, Bec Milton, Emily Pennell, Steph Palmer White, Julie Bowman, Sharon Beaver, Judith Gallasch and Lee O'Connell. Well done to all those swimmers who placed in the aggregate points for their age group: Bec Milton (2nd), Emily Goldie (1st), Steph (1st), Judith (2nd), Lee (3rd), Charles (1st) and Scott (1st). A complete list of results can be found here <https://mastersswimmingsa.org.au/wp-content/uploads/sites/12/2023/09/2023-MSSA-Interclub-4-Results.pdf>

Short Course State Cup

There was only a 2 week break before it was back to the SAALC for the Short Course State Cup on Sunday September 24th. Our group of Interclub swimmers, minus the “Goldies” finished in 7th place overall. We missed Emily and Scott who decided that swimming after Em’s brother’s 50th birthday on the Saturday night was not a good idea.



Resting between races at the SC State up

Many of our swimmers (Charles, Bec, Pete Holley, Judith, Julie, Jock and Lee) scored the maximum 30 points for the meet. Our one relay team of Bec, Sharon, Jules and Judith blitzed the field in the 4x25 women’s Medley Relay. Steph ducked out early to go to the SANFL Grand Final, but unfortunately missing her last race didn’t help Sturt win the flag. Overall it was an enjoyable meet which ran to time and as Bec said, participating in these competitions isn’t just about the swimming but appreciating the team spirit and the special conversations that we have in the stands, on pool deck or when time keeping.

The World Top 10 certificates for **2021** were given out – it was a bit difficult to remember back that far as to what they were for.



Our 2021 World Top 10 swimmers, with admirers



We encourage people to enter the last pool meet of the 2023 season, the Long Course Long Distance Meet on November 4. This meet is a chance to test your long distance skills before the open water season starts in December.

All the results for State Cup can be found here <https://mastersswimmingsa.org.au/wp-content/uploads/sites/12/2023/09/2023-MSSA-SC-State-Cup-Results.pdf>.

Steph Palmer White and Lee O'Connell
Club Captains

Fin Swimming

Finswimming is making its debut at the Australian Masters Games at the SAALC on Monday 9 October. Pete Holley will be competing in this new and growing form of swimming. There will be a report on Pete's experience and more information about Finswimming in the November newsletter.

Dates for your diary

2023-24 Open Water Swim Series Calendar

Masters Swimming SA has released the schedule for the 2023-24 State Open Water Series. We look forward to strong participation by our swimmers in these events, particularly the Jetty to Jetty where we will be aiming to retain our position as the premier Masters club.



2023-24 STATE OPEN WATER SWIM SERIES

Day/Time	Event	Venue	Distance	Organisers	Contact
Sunday 3 December 2023 TBC	SA State Open Water Championships*	West Lakes Rowing Centre West Lakes	1.25km 2.5km 5km 7.5km 10km	SwimmingSA sa.swimming.org.au	SwimmingSA (Leanne Beames) 7123 0848 events@sa.swimming.org.au
Sunday 17 December 2023 8.30am Rego 10.00am Start	Seacliff Swim	Seacliff Hotel	800m 1.6km	Atlantis Masters www.atlantismastersswimming.org.au	Brian McDermott 0479 196 769 bmcd01@gmail.com
Thursday 28 December 2023 1 or 2km 8.30am Rego 10.00am Start	Proclamation Classic	Gleneilg Jetty	1km 2km	Adelaide Masters www.adelaidemasters.org.au	Jeffrey Sheridan 0418 224 806 Proclamationclassicswim@gmail.com
Sunday 7 January 2024 8.30am Rego 10.00am Start	Pub to Pub	Seacliff Hotel to Brighton Hotel	1.6km	Atlantis Masters www.atlantismastersswimming.org.au	Brian McDermott 0479 196 769 bmcd01@gmail.com
Sunday 14 January 2024 8.30am – 9.30am Rego 10.05am Start	State OWS Championships	Somerton	1km 3km	Marion Masters Marion Masters	Ben Warr 0428 300 131 marionopenwaterswim@gmail.com

* Non-Masters Swimming SA or SwimmingSA event (not part of the MSSA Open Water Series)



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October

Sat 7/Sun 8 Australian Masters Games Swimming SA Aquatic and Leisure Centre
Information and entry details at:

<https://australianmastersgames.com/sport/swimming/>

November

Sunday 5th LC Long Distance Meet SA Aquatic and Leisure Centre from 8.30am

Entries close **20 October**. Information and entry details at:

<https://mastersswimmingsa.org.au/events/2020-mssa-winter-pool-series/>



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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