

April 2024

Contributions to the newsletter are most welcome. If you can contribute an item, however small, please send it addressed to the Newsletter Editor to adelaidemastersswimming@gmail.com.

Change over to training at St Peter's College

Burnside Pool will close for the summer on Sunday April 28, so we will have our last training there on Friday 26 April. Training will start at St Peter's College on Monday 29th April.

President's Report

And then Autumn suddenly happened, and the Summer has gone. We have had the last open water meet and I know of a few people who have earned a towel by doing everyone. The shortened summer pool series is now just a memory. Very soon the clocks will change, our last few sessions at Burnside will end in darkness, and we will move our centre of swimming excellence to the shorter indoor pool at St. Peters.

Before we enter winter training there are still a few things left to do. Most importantly there is celebrating success. First, at the branch dinner, which we are organising this year, and then at our club presentation dinner where we will hand out awards to our very own club members to mark their achievements. Please do your best to attend one or both of these events and support the club.

Then it's time to take on a whole set of new challenges!

2024 Annual General Meeting

The 2024 Annual General Meeting was held at Burnside Pool after training on Wednesday 8 March.

Election of new Committee

The Committee for 2024 – 2025 was elected as follows:

President	Peter Holley
Vice President	Jeff Sheridan
Secretary	Peter Clements
Treasurer	Steph Palmer-White
Assistant Treasurer	Helen Bartsch
Club Captains (2 positions)	Steph Palmer-White, Lee O'Connell
Nominations Officer	Russell Anderson
Recorder	Steph Palmer-White
Coaching Coordinator & Fitness Director	Ilze Ostrovska
Publicity Officer	(vacant)
Safety Officer	Jeff Sheridan
Merchandise	Kay Johnston
General Committee Members (3 positions)	Geoff McConachy, Scott Goldie (one vacancy)

Non Committee members helping with various tasks:

Judith Gallasch, Betty Reinboth, Kym Lau - Merchandise
Elliot Smith – other tasks

President's Report to AGM

Have you all been enjoying your swimming over the last year? I hope you have; I know that I have enjoyed being a part of Adelaide Masters and joining in with the many activities that we have been involved with over the year. These range from the last Friday of the month drinks and the presentation meal though to being part of the Proclamation Day swim.

Last year I talked about the idea that everybody can play a part in the running of the club, it is not just the committee that does it, it is down to each and every one of us to help out where we can. Over the year we have tried to put that into practice by encouraging members to tackle some of the vital "little jobs" that keep the club running

To that end I have a few thank yous:

Alistair and Elliot, for helping with the signing in at training – it is a small but vital thing that needs to be done to keep us legal and could prove vital if there is ever an insurance claim

Charles, for organising the end of month after training drinks - If you have not been, you really should. It is a lovely way of getting to know the people you swim with and to find that the people in the other lanes are friendly too!

Judith and Betty, for helping Kay to sort out the club merchandise and more importantly being available at training. If we want to be a club, we should look like a club! And this starts with wearing the club uniform with pride whenever we are out and about

There are plenty of "little jobs" that need doing. Do not feel shy, all help to keep the club running is appreciated.

There are some people who go above and beyond for the sake of the club and without whom the club would be poorer. A lot of work goes on behind the scenes, a lot of it unnoticed but vital for the continued healthy functioning of the club:

First and foremost, I would like to thank Peter Clements, He does so much work behind the scenes to ensure that the club runs smoothly. His passion for the club runs deep and his boundless energy keeps everything on the right track

Jeff Sheridan - not only does Jeff ensure that the Proclamation Day swim goes off without a hitch, a task that could make a lesser man crumble, he is also heading the team that is putting on the Branch Dinner (tickets on sale, get yours now!). I am sometimes amazed at the energy of the man and his ability to form a subcommittee at the drop of a hat.

Michael Harry - his work on the newsletter, the mid-month e-mail and getting us to understand that having regular planned communications is so much better than random e-mails has been invaluable. He is standing down from the committee this year, though he is continuing as editor of the newsletter. His contributions to the club over the last year have been immeasurable and his input will be missed.

Scott, for his work with the club survey. This has given us insight into what the club really wants and over the next year will result in some concrete actions such as targeting a few swim events throughout the year as a goal of training and much, much more.

Steph and Lee, for dealing with the “fun” of organising relays. It is a thankless task made harder by the limited time they have to do it in

Finally, I would like to highlight two achievements of club members that show the depth and breadth of belonging to the best swimming club in Adelaide:

Firstly, Steph at the pointy end, gaining a national record at the recent Woodside meet and then Christopher Charles for his amazing swim in the 1.8K at Port Elliot. He may have come out of the water last, but his face was covered with the broad smile of achievement.

If I had a drink, I would raise it to toast us and to another year of being awesome!

Coach's Report to AGM

Adelaide Masters 2023/24 year had two seasons - The winter season with training sessions in the 25m pool at St Peters College from April to October, and the summer season with training sessions held in the Burnside 50m pool. Burnside pool provided an excellent training environment for long distance swims, including preparation for open water competitions. Winter season was mostly dedicated to pool competition preparation. The training programs were written according to these two seasons. In winter, the emphasis was more on speed, shorter distances, technique, turns and dives. The summer programs were designed to make sure that longer distances are not an obstacle for our swimmers and they could take part in open water swims if they wished to.

Stroke correction was, is and will be the big part of training routine. Of course we all know that pointing out the imperfections in someone's stroke is easier than for a swimmer to correct it. Our club was very fortunate that Peter Clements organized video analysis with Paul Johnson. 11 swimmers took advantage of this rare opportunity to be videoed above and under the water, and then receive feedback from Paul.

I have tried to cover some important topics in our monthly newsletter articles that could be beneficial for our swimmers – e.g. shoulder injuries, long distance swimming, streamlining, the importance of kicking and rotation in freestyle. I want to say thank you to all swimmers who attend Adelaide Masters training. I enjoy coaching you all, it is fun to chat with you and to get to know you better and most of all it is such a joy to see you improving – either in speed or in technique. Let us

put all our efforts to work in the State Cup competition. It is so nice to see that so many have entered following Peter Clements' initiative. Good luck and see you in the pool!

New Member Profile

Graeme Knowles

I enjoy the water and swimming but only started squad training in 2019 when my daughter was swimming with South Esk Swimming Club in Launceston. I swam with Launceston Masters (Launceston Lemmings) for 5 years before moving to Adelaide for work mid last year. I joined Adelaide Masters just a few months ago and have thoroughly enjoyed training with the club. Everyone has been very welcoming and encouraging and the coaching has been brilliant.

I work as a veterinary pathologist so swimming is a great way to take a break from cattle, pigs, sheep, dogs, cats, horses, oryx, trout, abalone, oysters etc. I enjoy swimming (of course), running, cycling, and hiking with the family (naturally, coming from Tasmania).

I worked, many years ago (20 years), in South Australia, and have thoroughly enjoyed returning to the state. I think it is one of the greatest places in Australia (along with Tasmania).

Thanks very much for welcoming me into the club.



Competition Reports

Port Elliot Open Water Swim – Saturday 2 March

The Port Elliot Open Water Swim was held in the afternoon in fine conditions, a moderate south easterly breeze and healthy swell assisting swimmers on the long inward leg from the Sisters. In the 900m, Steph Palmer-White finished 1st overall well clear of the field in 12m 50s. Pam Gunn also completed the course. In the 1800m, Sharon Beaver finished 1st female and 3rd overall in 27m 11s, and Peter Clements, Christopher Charles, Michael Harry, Pete Holley, Kim Lau, Matt Lockwood, Geoff McConachy, Remin Nath and Kent Nelson also finished. Well done to all! A number of our swimmers and family members met afterwards for an excellent dinner at the Port Elliot Hotel.



Steph Palmer White, overall winner of the 900m swim

Port Noarlunga Reef Swim – Monday 11 March

Although the weather was warm and lovely, we arrived at Port Noarlunga to find rough conditions inside the reef, but smooth outside. The swim is held completely inside the reef!

The brave souls who swam the 5km distance were heroes, or maybe just completely mad, but they all made the distance in one piece. Scott Goldie was the fastest Adelaide Masters swimmer, placing 3rd overall and 2nd fastest male, and even swam backstroke to the finish line! Sharon Beaver was our fastest female swimmer coming in 7th overall, which is amazing given that she has a very badly injured knee, so had great difficulty even walking after the race! Our other brave swimmers were Phil Behrens who won his age group, and Pete Holley who thought the distance was far too short, being in training for a much longer swim later in the month!

The 2.5km race was also brutal, but thankfully we only needed to face one lap not two. Steph Palmer-White won overall by a small margin, and Kent Nelson finished 9th overall winning his age

group. Peter Clements was not far behind Kent and 2nd in his age group. Paloma Isabel was 1st in her age group, not bad for her second swim (I think)! Kim Lau completed the rough swim well up in the placings, and Roman Zaika also completed the swim and continues to be a reliable swimmer for us. The short 1.5km race was no picnic either and we achieved great results in this too. Lee O'Connell was 9th overall and won her age group, her sister Pam Gunn was 2nd in her age group (now different to Lee's), and Geoff McConachy and Remin Nath also swam well finishing in the top half of the field. Well done everyone in the last open water swim of the season!



Rough water inside the reef, smooth outside!

Summer Pool Series Meet 2- Woodside Pool Sunday 17th March

The Woodside Summer Series Meet was held on St Patrick's Day, Sunday March 17th – not much green to be seen but lots of rainbow colours as Masters Swimming welcomed a new club of queer guys, Adelaide Dolphin Masters. Great to have them competing! Not sure if St Paddy had anything to do with ordering up the almost perfect weather – it was calm and warm out of the pool and, as usual at Woodside, toasty warm in the pool.

Congratulations to all swimmers for making the trip to Woodside and especially to the small but keen Adelaide Masters' team of Sharon Beaver, Bec Milton, Lee O'Connell, Steph Palmer-White, Amanda Ruler, Emily Pannell and Charles Gravier.

The highlight of the meet was Steph's National and State record in the 200 fly and State record in the 100 fly – huge congratulations, Steph. In her normal modest way Steph's comment was "I didn't expect to go that fast". I don't think the rest of us did any amazing times and we were told Woodside isn't a fast pool – a good excuse for some but certainly not the case for Steph. There were no relays in the program so it was all over and done with by midday.

This was the final meet of the Summer Interclub series in which there were only 2 competitions as the first meet in December was cancelled because of bad weather. It was an action packed meet with a number of very close results, Phoenix won the meet by 1 point from Noarlunga (325 to 324).

It didn't end there: a tie for 3rd place (204 points) between Adelaide Masters and Atlantis with Aquadome Otters very close behind on 201. With points added for the 2 meets, Adelaide Masters came 3rd overall in the summer series, a good result. We had 5 swimmers who swam in both meets and hence did well in their age group placings – Sharon Beaver and Emily Pannell 1st on 60 points, Bec Milton 2nd on 59 points, Charles Gravier 2nd on 27 points and Amanda Ruler 4th on 43 points.

Full results can be found at the following link: <https://mastersswimmingsa.org.au/wp-content/uploads/sites/12/2024/03/2023-24-mssa-summer-series-woodside24-results.pdf>

We look forward to seeing the great turnout of 25 swimmers who have entered the LC State Cup on April 7th. We also encourage as many as possible to enter the relay meet on May 19th – a fun event and a great way to celebrate our club spirit.

Lee O'Connell

A report on the Port to Pub 16 March

A long time ago the planets aligned and my wish to do this swim was given a push by the availability of a boat and a skipper. There were conditions, and at three weeks out it looked like all the training had been for nothing. The grey skies were not grey for long and within a few days I was searching for a paddler to be part of the team. Everything came together as I arrived in Perth. The swim was on, the longest swim of my life.

I stood in the holding area and looked out to sea. Somewhere out there was a buoy. I could not see it in the pre-dawn gloom. I was not the only one. Two or three other swimmers asked the official standing next to me to point it out and walked away none the wiser. I put my dark goggles on and that made matters worse. Even the vague shadow that might have been the buoy disappeared. It was too late to do anything about it, the paddlers had set off and the race was about to start. I had to rely on people in front having much better eyesight than me.

Once the welcome to country and national anthem had been performed, we headed for the water. Some ran, I walked. There was no point in getting in the way of the fast people. I found some legs that looked as if they knew where they were going and followed them. I looked up every now and again, but the buoy was being very elusive. It was not until I was less than 50 meters in front of it that I saw it. That came as a relief.

The next problem was to find my paddler. I had made sure to find him on the beach so that I could see him with my own eyes. Dark goggles change colours and make things look different. I have learnt from experience that the colour I see is not necessarily the colour someone else has described. As the field for the ultra-marathon event was quite small finding my paddler proved to be easier than expected.

I set off in wonderfully calm conditions for the first part of the course, a swim to Cottesloe and back to add an extra five kilometres to the crossing to Rottneest. As the sun rose over the beach my decision to wear dark goggles was justified. It was now hard to see my paddler due to the sun.

The problem with swimming in still, calm sea water is that jellyfish also like to hang around in it, draping their painful tendrils beneath them. The first sting was a shock. I unleashed a string of pain relieving expletives that would make a docker blush. The stings were akin to stinging nettle stings, they hurt at first and then slowly subsided. Unlike nettle stings I could not see them coming. I was battered by tendrils for most of the initial five kilometres, so much so that my bank of choice expletives was almost exhausted by the time we reached the end of the course extension and started heading for Rottnest Island.

My feeding strategy was simple: stop every thirty minutes or so and have one of either a gel, a tim tam or a custard in a pouch. I have previously fuelled exclusively on gels and found that they end up burning my throat. The chocolate biscuits and custard were an attempt to fix this and keep the taste of salt at bay.

We stopped for a feed at the icon vessel, a tugboat anchored fifteen hundred meters offshore. The team informed me that I had been too relaxed during the first five kilometres and that I needed to proceed with a little more urgency. I was allowed to wear a watch in this event and had set it to buzz every five hundred metres, giving me a rough indication of how fast I was going. Of course I was relying on the team to make sure I was going in the right direction. I felt that for the next few kilometres I'd got a bit of a move on, and the time limits were of no concern.

It is very hard to monitor conditions from the water. I could tell it was getting rougher, but I had expected that. All I had to guide me was my watch buzzing and whatever limited information I got at the feed stops, information that was more limited by the fact that I was wearing earplugs. What I did not know was that the wind had started four hours earlier than expected and had taken a lot of teams, including mine, unawares. We had started south of the Rhumb line and due to the wind, ended up far to the north of the line. To make progress west I had to swim south. The current and the wind also took me backwards every time I stopped for a feed. Each time I stopped I lost valuable meters and had to start the battle again.

I had a plan that I would reach the halfway buoy and then swim from buoy to buoy, mentally cutting down the swim into smaller sections. The plan would have worked had I been able to see the buoys. I saw the buoy three kilometres before the halfway buoy but that was the last. I had no conception of where I was or how fast I was going. Every now and again I looked at my watch and tried to work out whether I was on schedule. It was an impossible task.

When I took a feed I was given the bad news - it was unlikely that I was going to make the time cut on the next buoy. The team gave me a choice: get out now, or get out when the race director tells me to. Even though there was an impossibly small chance I could beat the clock I did not want just to give up. It was no choice really. I was going to swim until I was asked to leave.

I could see the boat circling before the inevitable happen. The marshal congratulated me on getting so far but told me I had missed the time limit. I stopped and let the weight of nearly nine hours swimming rest on my shoulders. One thing not to do in this situation is to idly wonder what the



bottom looked like and have a look. To the people in boats it looks as if you have passed out and causes a lot of panic. Suddenly, I had two boat and a jet ski rushing to offer assistance. I made my way to the boat, clambered on board, and slumped on the floor. I had done swimming for the day.

On the way back to shore after being filled with a chicken roll, I learnt that I had been only a few hundred meters from the buoy. It did not bother me. I had given the swim my all. I doubt that in those conditions I could have done better. Following the swim, many people have asked me if I will try again. It is far too early to make any decisions. I have learnt a lot and have a lot to think about before deciding. My first priority is, as always, to drink my bodyweight in beer and let the aches, pains and fatigue decline before committing myself!

Pete Holley

2024 MSSA Branch Dinner

This year’s Branch dinner, which our club is organising, will be held on Saturday 20 April at the Osmond Terrace Function Centre, Norwood Hotel. You can get your tickets at <https://mastersswimmingsa.org.au/event/2024-mssa-presentation-dinner/>

Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at adelaidemastersswimming@gmail.com requesting a Merchandise form. The form provides information about available items including images and prices. Goods must be ordered on the Merchandise form and paid for by EFT to the club bank account (which is on the form) before they will be ordered through our supplier.

Dates for your diary

Further information on the following events (including registration details when posted) and the calendars for the Open Water series and Summer Pool series are available on the [Masters Swimming SA website](#).

April

7 th	Long Course State Cup	SA Aquatic Centre
20 th	SA Masters Branch Dinner	Osmond Terrace Function Centre, Norwood Hotel

May

3 rd – 7 th	MSA National Championships	Parap Pool, Darwin
19 th	Relay Interclub	SA Aquatic Centre
	Entries close 3 May	

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