



July 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.

President's Report

Now is the winter of our discount tents (apologies to the Bard!).

Winter might be here but that does not stop the swimming! The shortest day of the year was celebrated in grand style on Sunday 23 June at Grange jetty with members from many Masters clubs gathering to partake of the waters in the traditional Winter Solstice Swim. Some took to the water covered head to foot in neoprene whilst braver souls wore nothing but a pair of briefs. There were no reports of anyone being arrested for indecent exposure, the icy water made sure of that.

Meanwhile, in the relative warmth of the pool many members were doing remarkable things at the second interclub. The club had a good representation and managed to score enough points to come second overall. This was a marvellous achievement for all involved.

The Short Course State Cup is coming up on 8th September (entries in by 23rd August). After winning the Long Course State Cup, it feels only right that we should get as many members as possible to attend so we can dominate like we did last time. Make a note in your diary, tell your partners you will be unavailable that day and start thinking about which events you are going to do. Ilze will be more than happy to guide you through to winning ways so make sure that you have a chat with her.

Looking forward to summer, there is some discussion about forming a relay team to enter the Rottnest Channel swim in February next year. Send us a message on the Club email adelaidemastersswimming@gmail.com if you are interested. While we are thinking about the future, the Nationals are in Melbourne next year, between 8th and 12th April. Everybody who went to Darwin this year had a wonderful time, and it would be lovely to repeat the experience next year. Entries open in January, so there is plenty of time to plan your training and all the other logistics that go with a trip to Melbourne. More details can be found here: [2025 National Championships | Masters Swimming Victoria](#).

Stay warm and happy through the winter months, but above all, enjoy your swimming!

Cheers, Pete

Coach's Corner

Last month we had presentation night. Unfortunately not all swimmers could attend that, including our nominated most improved female and male swimmers – Kim and Alastair. So, I take this opportunity here and now to point them out and to congratulate them.



I would say Kim Lau is a seasonal swimmer. During the summer season she was swimming up and down that Burnside pool, working hard on all of her strokes. And I mean all – she is one of few swimmers who is not afraid of butterfly. So, she can swim anything and any distance. She made big improvements in her swimming strokes, in her results and in her endurance. We hope to see you soon, Kim!

The most improved male swimmer award goes to..... yes, we all recognise his unusually snaky freestyle and his ability to complain about kicking sets. It is Alastair Murphy. I don't think Alastair will ever get rid of that freestyle – that is his signature. But it has become quite obvious that Alastair's style is not a disadvantage to his swimming speed. He is not competing for the club, but he is competing for his own PBs and has broken a few of them this past year. Alastair mainly competes with his old squad mates in England. He recently returned from his travels back home and apparently had left them all for dead. So, congratulations, Alastair for becoming an internationally recognised swimmer and continuing to improve. Maybe we will get you into a competition yet!

All the best, Ilze

Captains' Report – Interclub 2 Sunday 16th June

Wow that was close! Atlantis Masters won the day with 651. From there it got very tight with 3 points separating 3 teams. Adelaide Masters eventually came 2nd on 501 and very close behind, tied for 3rd were Marion and Phoenix on 498. After this great turnaround from the previous interclub where we were 6th, Kent sent a message to Steph the next morning saying “there was plenty of discussion by Marion and Phoenix this morning claiming if they had one more swimmer they would have been second. Not a happy lot. My goggles filled with tears??!!”. There's a lesson for us that it's all about showing up and a good reason to thank Steph in particular for making the effort to come despite her Mum's 90th Birthday the day before and her sister visiting from England.

You can see the full results [here](#). Well done to every one of the 15 members of our Adelaide Masters team who made the trek down to Marion. Louise Guy swam in her inaugural Masters meet and got maximum points in her age group. Well done Louise, we hope you enjoyed yourself and will be back for more! Emily Goldie was surprised to break the State record for her 50m breaststroke. Great swim Em. Our other women were Steph, Sharon Beaver, Julie Bowman, Judith Gallasch, Lee O'Connell, Bec Milton and Amanda Ruler. Our men were Kent Nelson, Mark Smedley, Ashley Everton (back for his 2nd meet swimming for us), Scott Goldie, Charles Gravier and Pete Holley.

A special thanks to those who could stay and swim in the relays – the results of those certainly contributed to our impressive second place overall. Pam and Pete again did a great job of marshalling. Pete not only marshalled but swam 3 individual events and 2 relays. Special thanks to Julie's husband Pete who was our time keeper for the whole morning. He missed his normal partner in crime, Steph's husband John, who had other commitments, but Pete certainly relieved the pressure so only a few of us needed to time keep as well as swim. As Interclub 1 was the relay meet, this was the first interclub where individual points were awarded – congratulations to those who earned the maximum 30 points for their age group: Louise, Emily, Sharon, Steph, Scott and Mark.



Louise and Judith



Pete and Julie



Ashley and Charles

Entries for the next Interclub close on June 28th – a Long Course meet on Sunday July 14th
Please come and enjoy a fun morning. The day is Steph's 60th birthday so come and give her something to celebrate with another good result.

Lee O'Connell and Steph Palmer White
Club Captains

Winter Solstice Swim

Over 60 swimmers, including 9 or 10 Adelaide members, turned out on a fine, cold morning at Grange for the ritual Winter Solstice swim. The water temperature was 11.6 degrees, the air temperature 10 degrees. At least half of the group swam 'naked', while less brave and thermally deprived swimmers suited up. Everyone chose their distance and time in the water, most lasting for 15 minutes and others much longer. Afterwards we descended on Coastal Delicatessen which did a heroic job with hot soup and a production line of coffee. Geoff Fuller from Henley Masters produced a thermos of port to help wash down breakfast. The event just gets bigger and better each year!



The cold and the brave...



...thawing out at Coastal Delicatessen

Member profile – Amanda Ruler

Hi, Amanda Ruler here! I turned 65 in late March this year and have been a member of the Adelaide Masters Swimming Club since the early 1990s. I first learnt to swim in Brisbane where I grew up with my family in the 1960s. At that time many of the schools had swimming pools on their grounds and learning to swim was a necessity for everyone. I recall my first lessons as a five-year-old at Wilston State School and later competing at that school and interschool events throughout my primary and secondary school career. My first trophy was for backstroke as a 10-year-old, and I still have this trophy proudly sitting in my home cabinet to remind me of those happy times!

My family loved going to the beach, and in Queensland at that time, the famed “shark nets” were quite endemic to the coastlines. As a child, I ventured out fearlessly, believing that sharks and other ‘nasties’ were securely held back by the nets. We eventually moved to SA in about 1972, and at this stage, I competed in swimming at high school events. At Norwood High School I met Lee (now) O’Connell and we were in the same sports team. I started my nursing career then studied at University, and managed to integrate swimming and exercise as best as possible into my lifestyle. Over the years, I have had to work a lot of shift work, particularly the night shift in the last 8 years, in rural and remote communities. This has meant that I have not been as available for swimming as much as I would have liked. However, I hope to start making up for this soon!

I enjoyed catching up with Club members at the presentations evening on May 31st and hearing about their amazing feats and noteworthy contributions. Thank you to all who have made me welcome to return after being away often in the recent past.

Here is a photo of my wins in the Short Course State Cup this year in the 50, 100, and 200 m backstroke events, my first trifecta ever!.



MSSA news

6 Months Registration

The 6 month membership is now live on the MSSA website and costs \$95.00.

Updated Swimming Rules

The Masters Swimming Australia – Swimming Rules have been updated as per the MSA Autumn Spring General Meeting 2024 and are now on the MSA website. They are found under the Competition Rules tab under <https://mastersswimming.org.au/rules-and-policies/>. There is a dedicated page so if you link directly to this page it will be updated as the Rules change: <https://mastersswimming.org.au/rules-and-policies/msa-competition-rules/msa-swimming-rules/>

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 MSSA 2024 Pool Series and other events is available on the [Masters Swimming SA website](#).

July

14 th	Interclub 3 – Long Course	SA Aquatic Centre
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August

4 th	Interclub 4 – Short Course	SA Aquatic Centre
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September

8 th	Short Course State Cup	SA Aquatic Centre
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For up to the minute news and last-minute changes.