

July 2023

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

President's Report

Hi from your acting Preso till August.

Well, winter solstice has come and gone with a keen 80 odd making the plunge. Hats off to Alice who managed to get her housemates to join and be immersed in this memorable experience. There were lots of satisfied Smurfs to be seen after the swim. Betty Reinboth has provided a report with photos below.

Now the home run heading to the warmer weather is upon us with coach Adrian stepping in for Ilze until mid July. By all reports coach and club members are enjoying the training and keeping fit. Adrain is keen for feedback so please approach him directly with your thoughts or have a chat to a committee member.

Projects update:

- A review of the **Club web site** is underway, with grant funding secured. A working group of Russell Anderson, Peter Clements, and Michael Harry is seeking input from members on content and design.
- Following discussion at the Committee about the **Christina Boros bequest**, Peter Clements, Michael Harry and Betty Reinboth, are working on a framework for managing the bequest and ideas for applying the income.
- We have been asked to organise the annual **MSSA Presentation Dinner** next year. A subcommittee of Jeff Sheridan, Lee O'Connell and Steph Palmer-White has been set up to start planning.

If you have any ideas to contribute, or better still, would like to be involved in some way, contact us via the Club email adelaidemastersswimming@gmail.com .

Many thanks to those members who have recently stepped up to help with these projects and also to welcome new members at training and beyond. Remember, the Club is your club to enjoy and embrace. With your support and involvement, your club will thrive!

Don't forget the end of month Friday dinner at the Maid and Magpie is a great way to catch up on all the latest.

Enjoy! Jeff

Winter Solstice Swim

The annual Winter Solstice swim was held on Sunday 18th June at Henley Beach, marking the shortest day of the year, Wednesday 21st June.

It was a typical winter morning, the air temperature very chilly, gale force winds and very rough, and almost freezing water. Kent did have trouble convincing the swimmers that the water temperature was 24°C. Despite the conditions more than 70 brave, some may say mad, swimmers congregated at the jetty at 9am, clad in their wet suit or bathing suit but no birthday suits, leaving that to the more adventurous Tasmanians. As the sun peaked through the clouds, the obligatory photos were taken, head count done, and everyone headed into the surf. For those just enjoying the atmosphere it was a “tea bag dip”, others frolicked in the waves, intermittent with a few strokes while the seasoned open water swimmers completed 1 or 2k.

Afterwards everyone warmed up with a hot drink and shared the fun and experience. An exhilarating and fun morning was had by all!

Betty Reinboth





Our intrepid plungers...Betty, Elliot, Helen, Alice and Kent



7 Million Metre Man



Betty the Brave!

History

The April 2023 newsletter featured an article by Pete Holley about a 16k swim from Semaphore to Glenelg he undertook following the example of Captain Frederick Cavill in 1880 (<http://www.adelaidemasters.org.au/sites/default/files/Adelaide%20Masters%20Newsletter%20-%20April%202023%20%20.pdf>). Part 1 of an article by Michael Harry about Captain Cavill and his visit to Adelaide is set out below. Part 2 will appear in the August newsletter.

Frederick Cavill and his 1880 visit to Adelaide (part 1)



Captain Frederick Cavill 1870

Known as the “Professor of Swimming”, Frederick Cavill was born in London on 10 July 1839. He joined the Royal Navy as a young apprentice, working initially on the royal yachts *Victoria and Albert* and *Fairy*, rising to become Assistant Paymaster. He served in the Royal Navy’s blockade of the Baltic Sea during the Crimean War and later in India around the time of the Indian Rebellion, where he won a medal for meritorious services.

An excellent swimmer, Cavill won the English 500 yards championship in 1862, aged 23. He took up professional swimming while still in the Royal Navy and became a swimming teacher, opening baths in London where his pupils reportedly included Princess (later Queen) Mary.

Preparing for an attempt on the English Channel, Cavill performed several marathon swims. The first was 20 miles from London Bridge to Greenhithe in July 1876, the longest swim in the Thames to that time. He followed this with a 16 mile swim from Southampton to Southsea, and the following month completed a longer swim from Dover to Ramsgate. One year after Captain Matthew Webb’s successful completion of the Channel crossing in August 1875, Cavill made his first attempt, swimming from England to France with Captain Webb in his supporting boat. Wearing an oiled marino shirt, he was in the water for over 11 hours, swimming breast stroke and side stroke. He was pulled out unconscious and exhausted several miles off the French coast.

Undaunted, he made a second attempt the following year, swimming from France to England. On this attempt, he swam for 15 hours, just failing to complete the crossing - either 220 or 50 yards short according to different accounts - as the sea was considered too rough for him to land safely. He suffered cramps, nausea, blindness and delirium. His swimming club, the Serpentine Club in London, recognised the swim and awarded him a certificate, however it was rejected by other all authorities.

Cavill left England with his family for a tour around the world soon after his Channel attempts, visiting Cape Town and San Francisco, where he performed exhibition swims. Arriving in Australia in 1878, they settled in Sydney where he set up swimming baths on Sydney Harbour and continued his career as a professional swimmer and swimming teacher. In May 1879, he swam from Parramatta to Sydney, and later swam 18 miles down the Yarra River in Melbourne. He also toured NSW and Victoria with his family giving "aquatic exhibitions".

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Dates for your diary

You can enter for the Interclubs and the other Masters SA events listed below at the following link:
<https://mastersswimming.sa.org.au/events/2020-mssa-winter-pool-series/>

July

Sunday 16th Interclub 2 (SC) SA Aquatic and Leisure Centre from 8.30am

Entries closed **30 June**

August

Sunday 13th Interclub 3 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **28 July**

September

Sunday 10th Interclub 4 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **26 August**

Sunday 24th SC State Cup SA Aquatic and Leisure Centre from 8.30am

Entries close **8 September**

October

Sat 7/Sun 8 Australian Masters Games Swimming. 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**



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