

Editor's Note

Welcome to another packed edition of the AM Newsletter. A lot has happened since the last edition in February, including a change in the editorial hot seat of this publication. I'd therefore like to start by paying thanks to our previous editor, Namiko, who did a fantastic job in getting the newsletter out each month and ensuring that it was always of interesting and inspiring articles. It is going to be a big ask to follow in Namiko's footsteps but I will give it my best shot.

Congratulations to everyone who has competed in some way over the last two months (and there have been lots of you), be it in the surf or in the pool. I have tried to cover most events here but I apologise in advance if I've missed anyone.

Finally, I'd like to say a personal thank you to our coach, Malisa Lavis, who will be leaving us this month to try her luck coaching up in Queensland. Good luck Mal!

Neil

April Training Times

Wed 3rd & Fri 5th – 6.30-8pm
Burnside Swimming Centre, Hazelwood Park

Week commencing 8th April:
Mon, Wed & Fri: 6.30-8pm
Adelaide Aquatic Centre, North Adelaide

From 15th April onwards:
Mon, Wed & Fri: 6.30-8pm
St Peters College Swimming Pool, enter via
Hackney Rd opposite the Botanic Gardens

Sunday: 9am (variable)
Henley Beach jetty (please confirm with Marj
Muller for time and place)

Please contact the club directly with any
questions:
adelaidemastersswimming@gmail.com
(08) 8353 3568

Social Night – Fri 5th April after training

We will be saying good bye and good luck to Mal with a social farewell after training on 5th April at the Place Next Door Cafe in Burnside (516 Glynburn Road). RSVP ASAP for booking purposes.

Please come along and say thanks to Mal for everything she's done for us, even those timed 1500s!

Club Sponsorship

If your business or a business you know is looking at reaching a large and varied target population, sponsorship of Adelaide Masters may be what you are looking for.

Adelaide Masters has over 100 active members from all walks of life with regular swim meets that attract extensive community involvement. Please contact adelaidemastersswimming@gmail.com for further details.

New Members

Bev Wake
Katie Cameron-Murphy
Catherine Hilditch
Lara Shean

A warm welcome to you all!

April Birthdays

Jeanette Ashton
Carlos Assumpcao
Tim Franklyn
Louise Garland
Marj Muller
Matthew Scholar
Mardi Webber

Upcoming Events

Pink 750m Swim @ West Beach Surf Club,
06/04, 4pm, registration from 3pm

Long Course State Cup @ Adelaide Aquatic
Centre, North Adelaide, 07/04, entries closed

Masters Swimming National Championships,
Sydney Olympic Park Aquatic Centre, 17-
20/04, entries closed

Interclub 1: short course @ SA State Aquatic
Centre, Marion, 26/05/13, entries close
08/05/13

Interclub 2: long course @ SA State Aquatic
Centre, Marion, 23/06/13, closes 05/06/13

Interclub 3: short course @ SA State Aquatic
Centre, Marion, 07/07/13, closes 19/06/13

Interclub 4: long course @ SA State Aquatic
Centre, Marion, 11/08/13, closes 24/07/13

Short course State Cup @ SA State Aquatic
Centre, Marion, 15/09/2013, closes 28/08/13

Results*

A huge number of events in the last 2 months
and some great results for AM members:

Open Water

George Copley Challenge – 03/03
2km - 40-44F – 2nd – Debbie Brown
2km - 55-59F – 1st - Pam Gunn

5km - 45-49F Roman Zaika

Noarlunga Reef - 11/03
1.5km - 1st M - Seb Carboncini
1.5km - 2nd M – Mark Smedley
2.5km - 2nd M – Michael Carter

Ironman**

Ironman New Zealand – 01/03
Tim Franklyn - 10:48

Ironman Asia-Pacific Championship,
Melbourne
Peter Clements – 11:51
Marko Lahnstein, 12:30
Daniel Milne – 13:30

A great effort by all of our AM Ironmen!

*If you want to guarantee that a particular result
gets a mention in the newsletter please let me
know directly at training or via email:
neil.titterington@googlemail.com

**Ironman Triathlon is a long-distance triathlon
combining a 3.8km swim, a 180km cycle and a
42.2km (marathon) run. Not for the faint-hearted!

AGM and Club Presentations

In spite of a disappointing turn out at the AGM, business was brisk and most positions were filled on the night meaning that those who were there could enjoy the excellent pizza, beer and wine that was on offer.

The Club Presentations were also held. Results below.

Most Outstanding Male Swimmer:	Mark Smedley
Most Outstanding Female Swimmer:	Charlene Margrison
President's Trophy:	Namiko Kobayashi
Open Water Swim Trophy:	Lee O'Connell and Pam Gunn
Josie Sansom Trophy for Highest Individual Points:	Carlos Assumpcao
Andrew Weldon Memorial Trophy for Services to the Club:	Brian Morris
Most Improved Male Swimmer:	Daniel Milne
Most Improved Female Swimmer:	Nora De Bono



Brian Morris (right) receives his gong from Coach Kathy Heenan

The suggestion of holding next year's AGM on a training night was broadly welcomed by those present.

Minutes from the AGM are available on the website:

<http://www.adelaidemasters.org.au/sites/default/files/AGM%20Minutes%202013.pdf>

Branch Summer Pool Swim – Strathalbyn



The Strathalbyn Community Swimming Pool

The Branch Summer Pool Swim at Strathalbyn proved to be a great meet. Unfortunately numbers were down but those who did attend were impressed by both the venue and the event. A lovely outdoor 50m pool with 6 lanes and great views across the park. Even though there were not a great number of competitors, there was a good number of clubs represented.

With only 5 swimmers in the event, the AM team were always going to be up against it and so it proved. A 5th place finish not being what our great club has become accustomed to.

The overall team results were: Marion 138, Noarlunga 112, Aquadome Otters 95, Atlantis 95, **Adelaide Masters 76**, Western Districts 15, Onkaparinga 14 and Tea Tree Gully 9.

Let's try and get more numbers down there next year and enjoy a nice day out in the sunshine.

Neil Titterington

President's Cup 2013

Hi all, well we had another great day at the beach, not too hot or cold, but pleasant.

Thanks to all the volunteers who were still rubbing the sleep from their eyes at 6.45am for the early Sunday morning set up, of the 7.30am registrations, to be ready for the 8.30am start in the water.

Groups of swimmers on the day and weather conditions were:

- Solo 10KM Swimmers
- 2 x 5KM Relay Swimmers
- 4 x 2.5KM Relay Swimmers
- At 8.00am the water temp was 21 °C
- Air temp 17 °C expected for the day of 24 °C
- Slight seas

The course was set in a 2.5km loop. From Glenelg Jetty, heading south to the kiosk at South Esplanade and just after, then out to sea 50m, turning north with the bright yellow buoy always on your right, then back to the jetty again.

The 10 Km swimmers set a cracking pace to round the 4th buoy for the first time at the same time as the front runners of the 5km & 2.5km swims.

Simultaneously, there were 25 swimmers in the water with others awaiting their turn to swim, so one could either have a coffee or BBQ egg and bacon sandwich, or just mingle around with other people and have a few laughs until your turn in the relay came up.

The first leg heading south was slightly tougher (even with the tide going out) than the 3rd leg heading north, which in comparison seemed a lot easier, if one can say that after swimming 1.2km south to the first turning buoy.



Congratulations to all the Adelaide Masters Swimmers who entered.

Special mentions to 10KM Swimmers: Charlie Richards, Kent Nelson, and Roman Zaike *AWESOME*

Winners of the 4 x 2.5KM Relay Swim: Michael Carter, Andrew Loose, Chris Carter and Neil Titterington

Once again, thanks to all who volunteered to help, and enter.

Chris Carter (left) & Neil Titterington – And no, we didn't drink them all at once.

Rottnest Island Swim 2013

If you have ever done any open water swimming in Australia, you would know that to participate in the Rottnest Island swim is a huge honour and an event that many people aspire to. Four Adelaide Masters swimmers, Kym Rundle, Andrew Loose, Jasi Watson and I swam the event this year as a team. In the lead up to the event, one of the team members decided an appropriate name for our team would have been 'Overworked and undertrained' as this pretty much summed up our preparation for the 20km team event! Whilst the boys continued to train in Adelaide, the girls in the team moved interstate and unfortunately there were no team training sessions before the big day so we were all a bit nervous as well as super excited about how things would go!

The Rottnest Island swim crosses the channel between the mainland to Rottnest Island in WA and starts at the iconic Cottlesloe beach. It is 20km of unpredictable conditions which end at the shores of Rottnest Island. The main event is for those doing the solo crossing and there are also opportunities to swim as a duo or as a team of four where swimmers alternate and cross the channel in a relay type fashion. Each swimmer is accompanied by a support boat and a paddler who are not only compulsory but also vital for a successful crossing.

Having committed to do the swim as a team back in November 2012, we all arrived into Perth a few days before the event into sweltering summer heat! The water at Cottlesloe beach was a beautiful 25 degrees and we were all pumped for a great, fast swim. This enthusiasm was somewhat dampened once a few of the team got stung by jellyfish and a storm rolled over Cottlesloe bringing chop and swell. Our competitive spirit also kicked in seeing other swimmers preparing, looking fit and carbo loading before the event!

The Rottneest Island swim is huge...on the day of the event, there were over 1400 boats in the water to support over 2000 swimmers! With 9 waves of swimmers leaving the shores of Cottesloe beach from dawn, we were all amazed at the organisation of the event and drawn into the 'Rottneest' atmosphere!

Our team was in the 6th wave and Andrew Loose started us off in record time. Thanks to the pre-planning of our skipper and paddler, we were able to meet up with Andrew fairly quickly and commence our relay changeovers. The water was choppy the whole way for us and it was a struggle to get a good swimming rhythm but the water temperature was a balmy 25 degrees and the sun came up and warmed us up between swims. After a few changeovers, it dawned on all of us that 20km really is a long way to swim! Our skipper and paddler were invaluable in helping us swim straight and stay on course. I made special note of the shark helicopter that followed the swimmers along and we had our shark shield attached to the kayak as an extra deterrent! We finished the swim in 5hrs 22mins which put us first in our age category in the mixed teams. It was a great feeling to finish all together and to now say that we have participated in the Rottneest Island swim.

I think all of us were extremely grateful to our skipper, Jim who not only provided a boat as well as gave up his day for us...but also gave us excellent guidance and logistical support and made sure that we had smooth, safe changeovers and swam the shortest route possible. We are also eternally grateful to Lindey, our paddler who made sure we didn't veer too much off course and guided us through the maze of other swimmers and boats. Adrian (Jasi's partner) was our spotter, timer and general support person who gave up his day to pull each of us into the boat every time we had a changeover...he made sure that we saved our strength for the actual swim and contributed to our fast time. We would not have completed the swim without their support!

Of course, anyone that has participated in open water swims will know that we would also like to thank all the people who helped organise the event, the officials, the medics, the volunteers and the supporters on the day. What a great event and I hear that there is already talk about next year...the 2014 swim is on the 22nd of Feb ☺

Links

- Adelaide Masters
www.adelaidemasters.org.au
- Masters Swimming SA
<http://www.mastersswimmingsa.org.au>
- Masters Swimming Australia
www.mastersswimming.org.au
- Swimming Australia
<http://swimming.org.au>

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If anyone has suggestions or contributions for the newsletter, please let me know either at training or via email as above. Thank you!