

**Editor's Note**

I hope everyone has enjoyed reading the newsletters over the past year and found them useful! Unfortunately this will be my last newsletter as I have moved away from Adelaide now. If you're interested in becoming the next newsletter editor, please attend the upcoming AGM and let the committee know. It's a good chance to get involved! Thankyou to all those who have contributed to the newsletters...you guys are awesome ☺

It sounds like a lot of members are getting involved in the open water swims...great job! Good luck to those competing in the Strathalbyn swim. I hope the training is going well! In this newsletter, we have some fantastic articles written by club members about their experiences with swimming...

Swim well

Namiko

**Monthly Friday catch up**

**Fri 22<sup>nd</sup> Feb – after training**  
(meet around 8.30pm at venue)

**The Place Next Door**

516 Glynburn Rd, Burnside

All friends and family welcome!

Rejuvenate after a hard training session,  
get to know your fellow swimmers  
outside of the pool or just come for the  
food...

**President's Cup**

17<sup>th</sup> March

10km, start and finish at Glenelg

If anyone is interested in making up a team please contact Robert Harris, 0407 023 823. The event may be swum either solo, in teams of two, (2x 5K) or in teams of four, (4x 2.5K).

Congratulations to Sue Graebner who was awarded the Marie Dingwall Award!

The Marie Dingwall Award is made annually in honour of Marie, a long-time member of the Marion Club, who passed away in 2010. It is essentially a sportsmanship award given to Masters SA Open Water Swimmer who embodies the spirit of fun, fitness and friendship. Nominations are received from SA Clubs and the winner is decided by a vote of the Marion Masters Committee.

Well done to the 400 odd swimmers that competed in the Jetty to Jetty swim  
Please see Masters SA website for results  
<http://www.aussisa.org.au/>

**Congratulations**

Stephanie Palmer-White on  
winning the State Open Water  
Swim Championships.

**From the Club President:**

Hi all, as you all know the Nationals are in Sydney this year from 17-20 April and entries close on March 8.

If you are planning on going please get your entry in so we can get teams etc organised.

It would be great if we could get a large number there and put up a good showing for Adelaide Masters.

It's over to you.....Rob Harris... :-)

**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](mailto:adelaidemastersswimming@gmail.com) for further details.



## 2013 Masters Swimming National Championships

17-20 April 2013

Sydney Olympic Park Aquatic Centre

Please see [www.aussisa.org.au](http://www.aussisa.org.au) for further details and full programme of events

This is a fantastic opportunity for some fast pool racing in a beautiful pool and a chance for a catch up with swimmers from around Australia!

### Adelaide Masters AGM

March 7<sup>th</sup> 2013, 7pm

Meeting Room at the Burnside Swimming Centre,  
Hazelwood Park

Everyone, this is your swimming club so please come along to the AGM to contribute and to help make sure that Adelaide Masters stays the best club in SA!

There are a number of committee positions on offer in 2013 so if you think you would like to play a larger role in club proceedings...please put your hand up!

## Training Times

Mon, Wed & Fri: 6.30-8pm  
Burnside Swimming pool  
Cnr Greenhill Rd & Howard Tce  
Hazelwood Park

## Sunday Sea Swims

Meet in the car park at Henley Beach every Sunday at 9am

Meet at 8.30am if the temperature is predicted to be above 35 degrees (temp is set on Sat night)

## New members

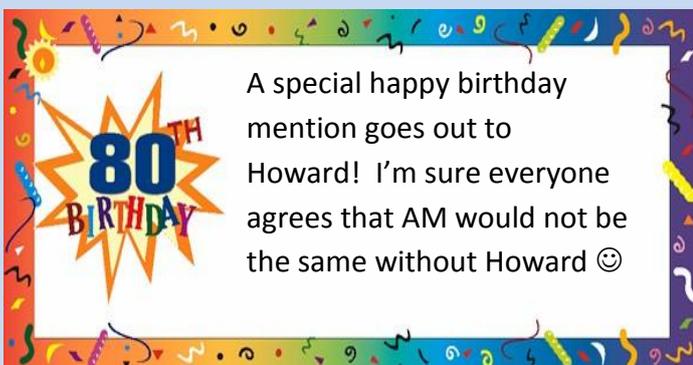
DEBBIE HARROP  
FIONA JARRAD  
KIMBERLY HURLEY  
RUSSELL ANDERSON

Re-registrations are now due for 2013  
Please go to [www.aussisa.org.au](http://www.aussisa.org.au) and renew via the memberships link



## February Birthdays

JOHN BARANOFF  
BERNICE COHEN  
BRIAN COPPIN  
DIANA FABIJAN  
SUSAN GRAEBNER  
DEBBIE HARROP  
KAY JOHNSTON  
ANDREW LOOSE  
DOUGLAS MASON  
HOWARD MULLER  
MARK SMEDLEY  
LAYTON WATERS  
ROMAN ZAIKA



### Busselton IRONMAN 2013



I arrived at the foreshore of Busselton early Friday morning and in one of the few instances in my life common sense prevailed, I did not dare enter the water as the water conditions levelled those of the 1998 Sydney to Hobart yacht race.

Saturday mornings conditions proved to be a lot better, the water was almost like glass and I performed what can only be described as a light 300 metre frolic to loosen up for the encounter that lay before me the following day.

As I entered the water early Sunday morning following in the footsteps of the superstars that have completed the iconic swim around the Busselton jetty, my mind drifted to conversations past with the aforementioned superstars. Everything I had been told was true, the water was crystal clear allowing me to see the sea bed floor and the abundance of marine life as I continually rolled my arms over for 3.8 kilometres for what would be my shortest leg of the day in both time and distance.

On completion of the swim I embarked on a 180 kilometre ride and I can without doubt say I had the time of my life out on the bike course.

Not to be out done, immediately following my joyful ride I set out on a Marathon run.

In the end I completed 226 kilometres in a total time of 11:15:06.

Such was the experience I have again signed up for the same event later this year, perhaps this is one of those instances where common sense has failed me.

I must express a huge thanks to all those I shared a lane with throughout the year and to those that I engaged in endless chatter at the shallow end of the pool you make my swimming enjoyable.

Daniel Milne

### Open Water Swims



Mention open water swimming in Australia to anyone from the UK and you can pretty much guarantee that their mind will turn immediately to one thing, sharks! I have to admit that as the start of the open water season approached, I did begin to get a little apprehensive. The few times that I had dipped my toe in Australian waters, it had always been accompanied (in my head at least) by that music... da dum, da dum, da dum. To ease the nerves, I decided to consult Google and get hold of some statistics. According to the Taronga Conservation Society, since 1791 there have been 48 recorded shark attacks in SA with just 18 fatalities. These stats did make me feel slightly better and, on the plus side, if I did see a great white, at least it

would probably make me swim faster.

So, it was with a renewed feeling of safety that I embarked on the first open water swim of the season at Seacliff. This was a 1.6k out and back course. The first 800m flew by and it wasn't until we turned around and I got hit in the face by a huge wave that I realised we'd been swimming with a stiff tail wind. I eventually made it back to shore and, more importantly, the pub for the presentations where everyone seemed to have their own tale from the race. Some having swallowed half the ocean, others having lost their goggles and one person apparently nearly swimming off to Kangaroo Island! This ritual post-race swapping of war stories over a beer has rapidly become my favourite part of the open water events. Other personal highlights have been a 3<sup>rd</sup> place in my age group at the Jetty-to-Jetty event (OK, so there were only four people in my age group but I'm still counting it) and managing to actually finish 5k in the Proclamation Classic.

Open Water swimming has also been a great way to get to know more people from Adelaide Masters and from other clubs – I'd recommend anyone to give it a go. And I haven't even seen a shark...yet!

Neil Titterington

**Why is regular physical activity important?**

Regular physical activity has been shown to confer a protective health benefit. Research studies have repeatedly demonstrated that 150 minutes of moderate intensity exercise/week significantly reduces one’s risk of developing a range of chronic conditions, particularly coronary heart disease, stroke, Type II diabetes, osteoporosis, colo-rectal cancer and breast cancer.

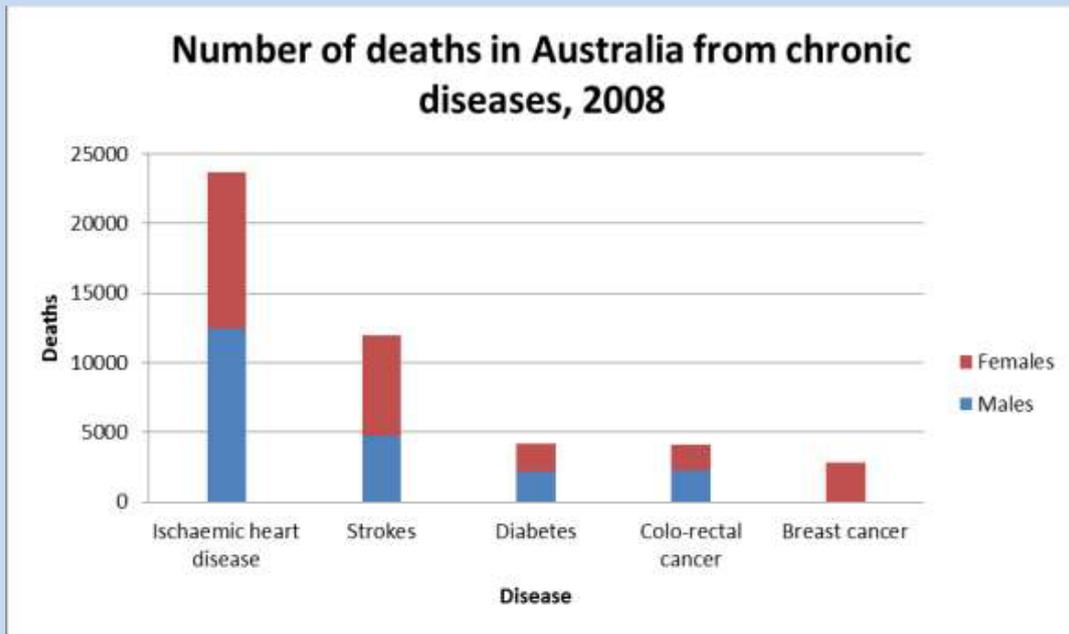


Figure 1. Causes of death, Australia, 2008 (adapted from ABS 2010)

The issue with ageing is not one’s total life expectancy, but how many years are lived in good health. The goal is to reduce the gap between the two life expectancy lines on the graph below [Figure 2].

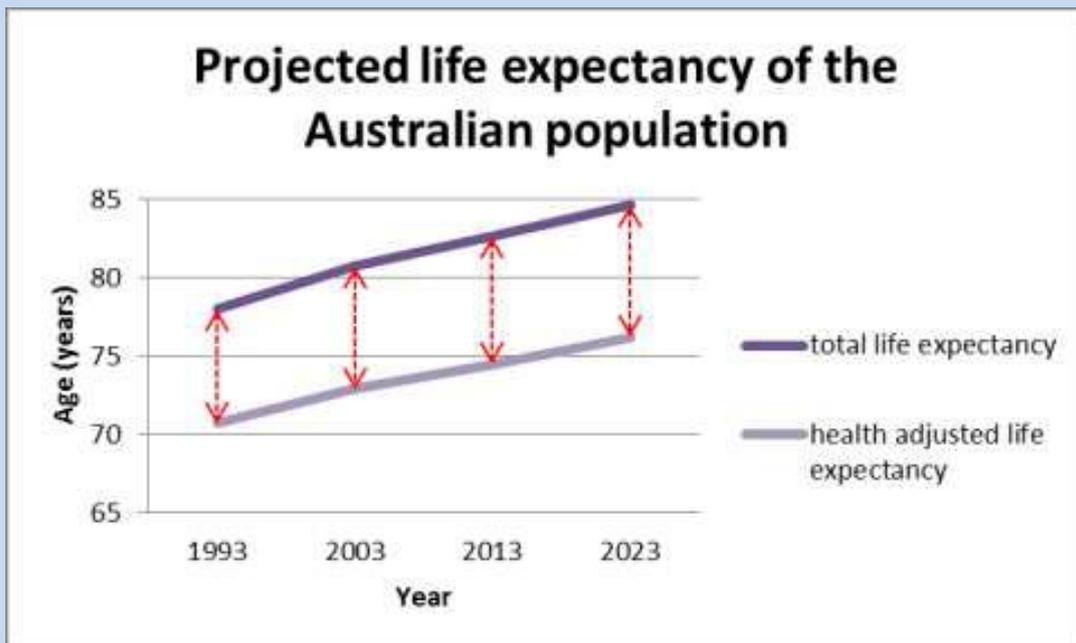


Figure 2. Projected mean total life expectancy and health adjusted life expectancy, from 1993 to 2023 (adapted from Begg et al. 2008)

**MAINTAINING BONE DENSITY**

It is important for swimmers to be aware of the difference between weight bearing and non-weight bearing exercise from the perspective of bone health. The body works on the 'use it or lose it' principle in many of its functions, and bone density is one of them. The skeletal system is stimulated to retain minerals within the bones when it is required to carry load, either in the form of weight bearing aerobic activities or weight bearing resistance training. With load or impact comes increased risk of stress on vulnerable joints.

**Pro's and con's of weight bearing vs non-weight bearing activities ...****weight bearing:** [e.g. walking, jogging, running]

- + helps maintain good bone density
- + facilitates weight loss
- impact forces cause increased stress on joints, especially in the ankles, knees and hips

**non-weight bearing:** [e.g. swimming]

- + minimises impact forces, resulting in reduced stress on joints, especially ankles, knees and hips
  - does not facilitate improved bone density
  - less effective in reducing weight
- If you choose to run, the sound of the footfall is an indication of the amount of force being transmitted through the feet and legs; therefore, *quieter is better*.
  - **If engaging in purely aquatic aerobic exercise, it is important to supplement with weight-bearing activities [e.g. walking etc., resistance exercises with weights] to maintain good bone health.**

**References**

Australian Bureau of Statistics 2010, 3303.0 - *Causes of death, Australia, 2008*, ABS, Canberra.

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Australian Institute of Health and Welfare 2010, *Australian trends in life expectancy*, AIHW, Canberra  
[http://www.aihw.gov.au/mortality/life\\_expectancy/trends.cfm](http://www.aihw.gov.au/mortality/life_expectancy/trends.cfm)

Begg, S, Vos, T, Barker, L, Stanley S & Lopez, A 2008, 'Burden of disease and injury in Australia in the new millennium: measuring health loss from diseases, injuries and risk factors', *Medical Journal of Australia*, vol. 188, no. 1, pp 36-40.

Department of Health and Aged Care 1999, Recommendations on physical activity for health for older Australians, DHAC, Canberra. <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-rec-older-guidelines>

Coach Kathy Heenan