

ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER

MARCH /APRIL 2014

See what happens when you don't show up to the AGM. You get galahs like me writing the newsletter. And as there appears no budding editor waiting in the wings, I've got a free reign except I can't upset Marj. General club rule, don't upset Marj.

If you are unaware of my style, I sledge everyone. Well everyone I like. No one should take offence. In fact you can't take offence if you don't read the newsletter. So those delicate people shouldn't read it. In fact, the newsletter is only loosely based on fact with a heavy dose of embellishment.

If you feel that someone should get a sledge or you need a mention let me know. I will do my best to please.

Newsletters will come out when I have time to write them, someone to sledge or Marj yells at me, so bear with me.

If you would like to write the newsletter, please go right ahead. It takes me some time to write this much dribble and I'd much prefer to swim in the ocean.

COACH

Our previous coach, Joe Daniele was brilliant (his last night tonight). The club and the swimmers are so grateful for his time, enthusiasm and effort. He's off to tend his roses and coach the Aquadome Otters. So if you want a Sir Walter Raleigh just let him know. Come down and give him a big hug and kiss. Pucker up Joe !

So Adelaide searched long and wide to find a coach. It took some time but they were determined to find the best available coach and a good fit for all members of the club. And due to Geoff, Marj and Ilze diligence and persistence we have struck gold !!

Adelaide Masters is pleased to announce our new coach, Lee MacDonald.

Now he is a real big unit, he is Scottish/English (but we can understand him), he is knowledgeable, friendly, sense of humour and bossy. I can hear what you are already saying "Is he any good ? He's from England and they sent all the best sportsmen over to Australia 225 years ago". Which is true, just look at the cricket however I reckon they are still sending their best down under.

So I did a bit of research to see whether Lee could swim. The stuff so far.

- Could do 100m and have a cup of tea in under 50 seconds.

That is scary quick. That's the equivalent of doing 200km down North Terrace at 5pm.

I was going to stop but there's more.

- Ranked no 1 swimmer in Scotland and number 3 in England
- Was going to Athens not for a holiday but the Olympics in 2004 as a competitor
- I believe he blew his shoulder in a secret mission with the British SAS (imagine Rambo crossed with Sean Connery) and was unable to compete at top level again
- Trained under guru Bill Sweetham (He's an Aussie so that's how we claim him)
- Swam with and against swimmers such as Hackett, Klim, Thorpe
- Rebecca Adlington (2 time Olympic Gold Medalist) asked him for his autograph

Seriously an excellent coach. His coaching style brilliant. He goes along to all swimmers and provides such good swimming tips. He doesn't focus on one style rather the individual swimmer. I watched him give a different tip or challenge to each and every swimmer during the night he came out just to get a feel. Imagine how much you could improve.

Now I realise some of our swimmers do virtual swimming on the couch, others do a few quiet laps at North Adelaide and others go to different squads but you won't get too many opportunities to be coached by a coach with this quality and insight. So if you want to swim more efficient or beat your rival, or go faster or just get back to chat with the crowd now is the time to return to training. News of his appointment is going around the other clubs like wildfire. Life is about taking opportunities when presented as this is an opportunity.

So we will see you all at training.

I'm already scared of him because he is my average height and wants the right to sledge back !!

MASTERS NATIONALS

Adelaide Masters are sending their finest up to Rockhampton to compete.

Our representatives are Carlos "First in Line for Food" Assumpcao, Mark "Far too quick" Smedley and Rob "Prez" Harris.

No doubt they will serve our club proud.

Strong chance in they have a $\frac{3}{4}$ relay event.

STATE CUP

13th of April at State Aquatic Pool at 9am.

Entries are closing this weekend. Its long course so less tumble turns.

This is the start of the winter pool season.

INTERCLUBS

The Interclub series is looming and the other clubs are excited. For those unaware Adelaide Masters has won every event since 5 BM (Before Marj) except for last year where those nasty Atlantis people got huge participants and large numbers.

Atlantis winning is something that is not a pleasant experience. I was as miserable as the fifth act of a tragedy.

Our previous domination of the interclub only falls behind Heather McKay and Walter Lindrum in consecutive sporting wins. In an effort to end this domination the State Branch moved the Interclub to Marion and succeeded. The branch has stated that this is because it is bright and new and really shiny, and there will be hardly any pee in the pool but it was to dethrone us. The move has favoured Marion and Noarlunga to dominate and the evil mob at Atlantis. But lets be honest they needed some advantage, but we cannot relax and let them get use to victories.

Swimming at training is great but don't you want to know how fast you can go ? Don't you want to beat that annoying person in the next lane and then gloat ? Don't you want to swim in a state of the art pee free pool ?

The first one is May 18th. Everyone is expected to enter and thus it will occur.

Remember as a wise sage (Mark Jansan) once said "you don't feed a hungry bulldog porridge!"

POOL

MONDAY, 6.30 - 8 PM MAGILL CAMPUSS, CNR ST BERNARDS RD & BUNDY ST

WEDNESDAY AS ABOVE,

FRIDAY FEBRUARY 7TH UNLEY SWIM CENTRE 6.30- 8PM

ENTRY COST FOR MAGILL IS \$3.00 + \$8.00 POOLSIDE, \$6.00 CONCESSION

MONDAY APRIL 14TH WE RETURN TO ST PETERS COLLEGE POOL FOR WINTER TRAINING.

AGM

The Adelaide Masters AGM is the pinnacle of social glitterati. There has never been a finer collection of Australian athletes in one place since Sydney 2000. Seriously just for a second, we definitely need some of our swimmers put up there hand and do a bit. None of it hard, mone of it too time consuming. We all should give a bit back to the community. And believe it or not some of it is fun. Let Marj know you want to help. It will make her day and we want a happy Marj !!

In a highly fought out battle for positions, the winners were:

President:

Geoff "Fracking" McConachy

Vice-President: Marj “we all love Marj”

Secretary: Contact Marj and say you will do it!!
 Seriously, it’s about time you gave a little bit back to the club

Treasurer: Tony Ryan

Club Meet Captains : Steph Palmer White (one of my
 favourites especially at Chess games)

Nominations/Registrations Officer: Marj again

Recorder (including aerobics): Contact Marj and say you will do it!!
 Seriously, it’s about time you gave a little bit back to the club

Publicity Officer/Newsletter Editor: Desi Renford

Safety Officer: Contact Marj and say you will do it!!
 Seriously, it’s about time you gave a little bit back to the club

Committee Members Peter Ironman Clements, Brian
 Rowdy Morris
 As appointed by Committee:

Coach: Lee MacDonald

Social Committee:

Merchandise Officer:

Open Water Swim organisers:

Branch delegate: Brian Morris .

2014 AWARDS

Most Outstanding Male Swimmer: Sebastian Carboncini (Champ)

Most Outstanding Female Swimmer: Lee O’Connell (purely on warm
 water swimming only)

Josie Samson Trophy for highest individual points: Carlos Assumpcao (Big night for
 Carlos)

Andrew Weldon Memorial Trophy for services to the Adelaide Masters Club Brian
 Rowdy Morris

Open Water Swimmer Trophy: Pam Gunn & Roman Zaika

PETER GILL

There is an Open Water swimmer named Peter Gill who is currently not a member of Adelaide Masters swimming club like ourselves. He reads the newsletter, he sits and socialises with Adelaide Masters, he even participated in the Adelaide Masters relay at Glenelg, he loves Adelaide Masters company and humour. Admittedly he was halfway through bacon and eggs on Jetty Road when the swimmer rang to find out where he could tap him in, but I digress. Now Peter appears to be a decent bloke (I know we shouldn't trust people with beards but he could be the exception). There are rumours on why you haven't joined but I dismiss such untruths. I realise that you just haven't got around to it. However the time is now. Peter Gill we need you and you need us. Its time !!

SWIMMERS' STATEMENTS

Michelle Benison recently has stated that she will compete in the Seacliff and Glenelg Open Water Swims in December 2014. She hasn't competed in Open Water but having witnessed her graceful stroke I'm sure she will do well, even though she is Canadian. It's a big statement and she now feels obliged as it's in print.

As a community service to the club, any swimmer that wants to declare their intentions feel free to advise me. Clearly it's a Canadian thing but we could adopt it.

BBQ FUND RAISER

There is a BBQ fund raiser at Bunnings tomorrow. Come on down for an hour and turn a snag. Not too late to volunteer.

ROTTNEST

Four Adelaide Masters Swimmers competed in the 19.7km Rottnest Swim. For those unaware it's a swim from Cottesloe to Rottnest Island. Its only one lap but it is a hell of a lap. Adelaide had four swimmers in the event. Conditions were good except for the over friendly stingers for 19km of it. The club already has a number of Rottnest Legends and the number increases each year.

Updating our swimmers

Julie Astley did 5hours 52mins flat out and didn't even get warm. That is so damn quick. Evidently she swam that fast so she could get a blanket. Julie also raised \$3,265 for Novita Children Services (that's why we like Julie). So basically she got \$165 for each km she did. Julie was voted best looking Adelaide Masters swimmer doing Rottnest 2014. It was a very strong field.



My good mate, Kent Nelson (who can stain a shirt quicker than most) did 6hrs 26min and true to form got in trouble with the officials for losing the boat. Boat was at 1.5km mark, Swimmer at the 2.5km mark. WA officials no sense of humour either. Kent was ably assisted by the Rottnest Legend and Club Member Angus Netting (pictured below, they look like twins). Angus greatest ever crew member was able to access a vanilla slice and pie from Rottnest Bakery for Kent within ten minutes of completion.



Roman Zaika did 7hrs 15min and wasn't even tired. Roman who is known for animated celebrations at the basic suburban race stepped it up for Rottnest. He immediately started celebrating with a shower with his loyal attractive support crew member, Denise. Roman has stated it was just to remove the wool fat. Desi does not doubt Romans word but the queue outside the shower has doubts on whether the activity was wool fat removal or just fat removal. Enough said on that topic.

Now Roman pictured below is with the paddler and former Adelaide Masters Legend, Coach, Mentor Dieter. Dieter as you can tell by the shirt has swum Rottnest over a dozen times and holds the record for the oldest crossing at 79 years.



Karsten Oelkers (back and centre) also completed the course in a team of four in 7hrs 30min. Desi has been reliably informed that Karsten was knackered from having to do the lion's share of the work. Lucky he had strong shoulders to carry the team. But looking at the photo it would appear that the team is carrying him. Desi will investigate.



Peter Gill didn't compete at Rottnest this year but is intending to form an Adelaide Masters team in the near future, once he joins.

THE LAST OF THE OWS RESULTS

Here's the latest extracts. As you would know Adelaide Masters swimmers love the Open Water. And the season is now over. Hopefully I got everyone results, if not sorry if I like you and it was deliberate if I don't. Please note Peter Gill your results don't show as you're not a member yet. They will appear next month, wont they ?

PORT ELLIOT

Its true ocean swimming with some decent waves. Adelaide performed well at the race and the bakery and the celebrations included the traditional singing of happy birthday to Roman. Non-Member Peter Gill enjoyed the race.

Port Elliot 800m

Charles was the fastest Adelaide swimmer in the 800m and looked like a champion on the day. Charles looked in such fine form, observers believe he may be intending to do the 1600m next year.

Overall Place	Min	Sec	First Name	Last Name	Age	Gender	Distance	Masters Swimming Club
30	29	49	Charles	Gravier	22	Male	800	Adelaide

Port Elliot 1600m

In the 1600m premier event, Pam cleaned up Brian by six seconds and he didn't look that happy about it. Brian vowed to come back fitter and faster next season. Pam didn't look out of breath. Six seconds Brian, that's all I'm saying, six lousy seconds.

Overall Place	Min	Sec	First Name	Last Name
7	29	35	Kent	Nelson
15	31	58	John	Baranoff
22	34	9	Roman	Zaika
38	36	52	Geoffrey	McConachy
41	38	21	Doug	Mason
51	41	9	Pam	Gunn
52	41	15	Brian	Morris
81	51	0	Angus	Netting
82	51	10	Shirley	Smith
85	57	25	Deborah	Brown

NOARLUNGA

Nineteen Adelaide Masters swimmers and Peter Gill ventured down to Port Noarlunga. Hell of a drive but glorious beach and conditions. It is a great event and we should encourage others.

Noarlunga 1.5km

Mark Smedley turned up for a rare open water appearance and promptly took second place. Shirley, Betty and Bernice had the elbows flying as they went around the last buoy. Nothing like seeing a three way close finish. Good to see John Baranoff with a top ten finish. Rumour has it that he has his sights set on next Open Water season.

Pos	FirstName	LastName	Race No	Finish Status	Time
2	Mark	Smedley	32	Finished	0:19:40
10	John	Baranoff	167	Finished	0:21:57
28	Iain	Wright	133	Finished	0:26:06
32	Pam	Gunn	28	Finished	0:26:27
34	Michael	Harry	166	Finished	0:26:49
52	Shirley	Smith	25	Finished	0:31:46
53	Betty	Reinboth	27	Finished	0:31:46
54	Bernice	Cohen	36	Finished	0:31:48
72	Deborah	Brown	24	Finished	0:36:37

NOARLUNGA 2.5km

Oh the young, it really is wasted on the young. Michael Carter was showered and eating two bowls of wedges and a lasagne in the café by the time the second person crossed the line. Thank goodness for electronic timing as no one saw him cross the line with all the splash he generated

1	Michael Carter	0:36:09
4	Kent Nelson	0:38:53
8	Lee O'Connell	0:40:45
11	Alec Townsend	0:42:31
12	Roman Zaika	0:43:49
23	Annalise Nicholls	0:47:26
27	Steven Hill	0:48:32
29	Sue Graebner	0:48:55
33	Brian Morris	0:49:59
37	Doug Mason	0:51:53

PORT AUGUSTA

The usual contingent went up there to eat, drink, dance, party and swim. As per usual Adelaide dominated in all five categories (although Tea Tree Gully always provide a strong contingent in the drinking and partying). The race has the best finish as it is a true wet water finish. The finishing strait is along the wharfe and Debbie Brown managed to whinge to the barrackers about the distance and conditions rather than swimming. But Adelaide Masters swimmers did swim well with 6 age group winners. Age group winners were Michael Harry (5km), Kent Nelson (5km), Pam Gunn (2km), Shirley Smith (2km), Deborah Brown (2km), Roman Zaika (2km).

Port Augusta 5km

1	Nelson	Kent	1:05:04
20	Harry	Michael	1:18:42

Port Augusta 2km

3	Zaika	Roman	00:51:46
8	Gun	Pam	01:02:16
10	Graebner	Sue	01:02:21
15	Smith	Shirley	01:21:03
19	Brown	Deborah	01:39:36

NEW MEMBERS TO THIS GREAT CLUB

I better see Peter Gill's name here soon !

Karin Monego
Karen Vered
John Emsley

Three magnificent athletes to add to our magnificent collection of athletes.

HUMOUR



QUOTE

In honour of Rottnest swimmers, an extract out of Open Water Swimming:

Training can be harsh and is always conducted without fanfare.

Swimmers face the solitary walk to the shoreline, countless hours swimming alone, shivering and muscle soreness afterwards.

Their ability to persevere is what defines them at their very core. They possess the uncommon ability to focus on the positive, ignore the discomforts they face and readily accept sacrifices.

Passion helps push marathon swimmers through the pain, boredom and difficulties.

The immense joy and satisfaction of touching the ground and finishing by walking - crawling on to shore is a feeling they cherish for the rest of their lives.

THE END AT LAST

If you have any complaints about the newsletter, please forward them to Peter Gill.

Hope the newsletter provided a smile and some information, if you don't hear from me again, I may have been sacked for a third time.

Desi Renford

POSTSCRIPT:

SUMMER INTERCLUBS

I failed to mention in the previous pages the three summer interclubs where Amanda Ruler, Debbie Brown, Di Simons, Mary Phin, James Edwards, Paul Gaertner, Brian Morris and Rob Harris competed in one or more. I did this deliberately as we lost. But in the order of fairness and to keep the former Prez happy, I will mention summer interclubs. But let it be known that cricket doesn't get much of a run in papers in footy season and thus interclubs won't get much of a run in real swimming season otherwise known as Open water swimming.