

ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER

FEBRUARY 2014

I'm back. After serving my three year ban for upsetting the coach with what I call humour (which is not that good), I now return for a once off special. It won't be long as I normally get sacked. My record stands at six months before getting sacked and then seven months the second go.

A PRESIDENTIAL ADDRESS.

There is no Presidential Address as Ley Ley unlike his mini me Hewitt has retired. Rumour has it Layton Waters is now cycling with Cadel. Cyclists are different to swimmers, they are a lot more community orientated. They donate a lot more organs.

On a serious note Layton has done a wonderful job and we now need a replacement. Send your applications no more than forty pages please.

Neil Titsandthong appears to have also joined the cyclists. So we need a newsletter writer because otherwise you get me on occasions and that isn't good.

Our current coach Joe Daniele is loved by all. He is good. He gave Desi a couple of wise tips last time I trained. He has a good eye. Possibly because he is a lot closer to the water level. Programmes are great too. If you haven't been for a while definitely give him a go.

Now the AGM is in March and we urgently need Committee members. We need a secretary and a few other positions to be filled. Not a lot of work, bit of fun and you tick off your community service badge. More importantly you make Marj happy. And that's what we want. So seriously consider doing your bit.

DID YOU KNOW?

Sue Graebner, an open water swimmer extraordinaire, a Henley Beach jetty regular swimmer went to Antarctica to swim. Sounds okay till you read that again. The crew of her board would only let her swim 20m with a rope around her. Disappointed with this as she secretly wanted to circumnavigate the continent, she went off to South America to swim in Lago Grey, Patagonia, Chile. Just so she could have a decent swim. So the crowd is thinking clearly in a wetsuit. The crowd is wrong !!! Just your basic Adelaide Masters bathers. Now that's worth applause.

The photo below shows Sue, the glacier in the background and all the other people silly enough to join her. I'm no expert but it looks cold and lonely. That is the photo of the year !!



Can't wait for someone to say the water at St Peters is a bit cool after seeing this.

When you speak to Sue she does come across quiet normal.

THE SEASON (The Match Report)

Well we are into the real swimming season. No lane ropes. And does Adelaide Masters perform well. The results in themselves a little bit boring but just check who beat you and eyeball them at training. If you don't do open water, give it a crack there are plenty in your lane doing them.

SEACLIFF

First race for the season and didn't we come out in force.

1. Damion Burrage 25m46s

The number one draft pick and sure glad he is on our side.

4. Michael Carter 26m27s

Youth, can't stand youth being wasted on the young.

5. Seb Carboncini 26m39s

12. Ryan Cox 28m54s

21. John Baranoff 30m53s

27 Peter Ironman Clements 31m55s

32 Christopher Carter 32m49s

33 Roman Zaika on the same time. Interesting finish

36 Mark Drew 33m13s
 44 Annalise Nicholls 35m11s Fastest Adelaide female
 49 Iain Wright 35m59s
 55 Michael Harry 37m31s
 61 Geoff McConachy 38m35s
 64 Sue Graebner 39m2s
 68 Pam Gunn 39m54s
 71 Rebecca Healy 40m31s
 74 Brian Morris 40m54s
 79 Lara Shean 41m55s
 97 Rob Harris 47m13s
 101 Bernice Cohen 48m19s
 113 Betty Reinboth 51m53s
 118 Deborah Brown 54m 6s
 120 Shirley Smith 55m15s

PROCLAMATION SWIM

Well this was our swim and the results are below for the 2km. No analysis except that Michael Carter is damn quick

| Pos | Name | Time |
|-----|---------------|---------|
| 10 | Lee O'Connell | 0:26:06 |
| 49 | Pam Gunn | 0:33:07 |
| 78 | Deborah Brown | 0:45:50 |
| 75 | Shirley Smith | 0:43:43 |
| 58 | Kay Johnson | 0:36:41 |

| Pos | Name | Time |
|-----|--------------------|---------|
| 1 | Michael Carter | 0:23:03 |
| 8 | Scott Healey | 0:24:58 |
| 14 | peter clements | 0:27:05 |
| 22 | Christopher Carter | 0:28:57 |

The 5km race results also show that Damion is really damn quick. Please note if an Adelaide Masters woman had entered she would have been the fastest Adelaide Masters swimmer.

| | | | |
|----|------------------|-----|---------|
| 1 | Damion Burrage | 127 | 1:09:35 |
| 8 | Kent Nelson | 139 | 1:20:03 |
| 14 | Charlie Richards | 142 | 1:26:00 |
| 17 | Roman Zaika | 149 | 1:29:50 |

Presidents Cup

Well the waves were 10m high, the wind howled through and the course was altered. Instead of 4 x 2.5km it was 8 x 1.25km. So four extra laps.

Regardless some argued the buoys were not in the right spots and the race may have been a bit short. Personally I think the swimmers swam at least 12km in conditions not unlike Hawaii's Surf beaches.

With all that said Damion completed the race in a time that would of seen him collect a Gold Medal at the London Olympics. All swimmers got a Personal Best for swimming the distance and all believe they are that quick.

| Hr | Min | Position | | |
|----|-----|----------|---------|----------|
| 1 | 37 | 1 | Damion | Burrage |
| 2 | 2 | 7 | Kent | Nelson |
| 2 | 14 | 8 | Charles | Richards |
| 2 | 31 | 12 | Roman | Zaika |

In the 5km relay team we saw the Carters take it out.

Other Adelaide Masters swam in mixed relays and being brutally honest they really carried their non Adelaide Master team mates. Brain Rowdy Morris had to step up in the relay due one of his teammates being on Jetty Rd eating bacon and eggs

PUB TO PUB

This is a handicap race which saw Shirley cross the line in 5th spot, her sprint to cross the line was impressive, I saw it from the start line. Julie Astley was fastest female and Kent Nelson received floaties for second fastest male. They always pick on the quiet ones.

| Place | Min | Sec | First Name | Last Name |
|-------|-----|-----|------------|-----------|
| 5 | 42 | 6 | Shirley | Smith |
| 16 | 40 | 12 | Betty | Reinboth |
| 19 | 36 | 8 | Robert | Harris |
| 20 | 41 | 33 | Tony | Ryan |
| 26 | 44 | 11 | Deborah | Brown |
| 32 | 31 | 35 | Iain | Wright |
| 44 | 32 | 47 | Kerry | Owens |
| 50 | 32 | 13 | Pamela | Gunn |
| 53 | 34 | 33 | Lara | Shean |
| 55 | 33 | 41 | Brian | Morris |
| 73 | 27 | 53 | Mark | Drew |
| 78 | 31 | 37 | Michael | Harry |
| 97 | 33 | 19 | Mike | Brennan |
| 100 | 28 | 53 | Roman | Zaika |
| 108 | 25 | 40 | Kent | Nelson |
| 111 | 24 | 47 | Julie | Astley |
| 117 | 27 | 45 | Samantha | McKinlay |
| 119 | 26 | 56 | David | Mayfield |

Marion State Cup

Tough Race, Hard going up, easy coming back.

| Last Name | First Name | Event | Time (min) | Time (sec) | Overall Position in Event | Gender Position in Event | Masters Age Group Rank |
|-----------|-------------|-------|------------|------------|---------------------------|--------------------------|------------------------|
| Harris | Robert | 1km | 25 | 9 | 27 | 20 | 4 |
| Smith | Shirley | 1km | 27 | 23 | 37 | 12 | 3 |
| Reinboth | Betty | 1km | 28 | 41 | 42 | 16 | 3 |
| Brown | Deborah | 1km | 29 | 28 | 49 | 20 | 1 |
| Burrage | Damion | 3km | 42 | 42 | 2 | 2 | 1 |
| Carter | Michael | 3km | 43 | 51 | 4 | 3 | 1 |
| Astley | Julie | 3km | 45 | 51 | 8 | 3 | 2 |
| Nelson | Kent | 3km | 49 | 13 | 15 | 10 | 2 |
| O'Connell | Lee | 3km | 49 | 56 | 18 | 7 | 1 |
| Richards | Charlie | 3km | 53 | 40 | 25 | 14 | 1 |
| Zaika | Roman | 3km | 55 | 59 | 32 | 18 | 3 |
| Carter | Christopher | 3km | 56 | 20 | 37 | 22 | 5 |
| Nicholls | Annalise | 3km | 60 | 35 | 50 | 21 | 1 |
| Harry | Michael | 3km | 60 | 59 | 53 | 32 | 4 |
| Wright | Iain | 3km | 65 | 18 | 58 | 36 | 3 |
| Gunn | Pam | 3km | 66 | 41 | 61 | 24 | 3 |
| Morris | Brian | 3km | 67 | 5 | 63 | 38 | 3 |
| Owens | Kerry | 3km | 70 | 52 | 71 | 45 | 8 |

Jetty To Jetty

What a great event. Adelaide Masters took the points trophy out, making it 13 in a row. We are damn good.

| | | | |
|-----|------------------------|----|---------|
| 5 | Michael CARTER | 3 | 0:30:13 |
| 7 | Julie ASTLEY | 2 | 0:30:33 |
| 17 | Stephanie PALMER-WHITE | 2 | 0:31:59 |
| 19 | Scott GOLDIE | 2 | 0:32:19 |
| 21 | Kent NELSON | 2 | 0:32:31 |
| 25 | David MAYFIELD | 5 | 0:33:27 |
| 38 | Lee O'CONNELL | 2 | 0:34:35 |
| 42 | Charlie RICHARDS | 1 | 0:34:55 |
| 43 | Peter CLEMENTS | 2 | 0:35:11 |
| 45 | John BARANOFF | 3 | 0:35:14 |
| 51 | Mark DREW | 7 | 0:35:41 |
| 69 | Roman ZAIKA | 7 | 0:37:12 |
| 70 | Alec TOWNSEND | 4 | 0:37:17 |
| 74 | Christopher CARTER | 13 | 0:37:25 |
| 77 | Brian COPPIN | 8 | 0:37:31 |
| 84 | James EDWARDS | 15 | 0:37:56 |
| 121 | Annalise NICHOLLS | 5 | 0:40:16 |
| 134 | Amanda HAYES | 6 | 0:40:58 |
| 141 | Geoff MCCONACHY | 8 | 0:41:16 |
| 150 | Iain WRIGHT | 8 | 0:41:35 |
| 154 | Tony WARD | 2 | 0:41:42 |
| 163 | Michael HARRY | 11 | 0:42:09 |
| 170 | Steven HILL | 13 | 0:42:38 |
| 183 | Brian MORRIS | 21 | 0:43:16 |
| 188 | Kerry OWENS | 27 | 0:43:47 |
| 192 | Pam GUNN | 3 | 0:44:00 |
| 193 | Sue GRAEBNER | 4 | 0:44:03 |
| 203 | Rebecca HEALY | 5 | 0:44:24 |
| 210 | Doug MASON | 14 | 0:44:29 |
| 222 | Greg CATES | 29 | 0:45:20 |
| 239 | Jason HATZIMIHAIL | 5 | 0:46:07 |
| 251 | Michael BRENNAN | 18 | 0:47:32 |
| 288 | Matt SCHOLAR | 8 | 0:49:52 |
| 291 | Robert HARRIS | 19 | 0:50:00 |
| 317 | John FOOTE | 2 | 0:53:13 |
| 318 | Betty REINBOTH | 9 | 0:53:18 |
| 319 | Shirley SMITH | 3 | 0:53:36 |
| 321 | Bernice COHEN | 4 | 0:53:58 |
| 325 | Christopher CHARLES | 21 | 0:54:19 |
| 348 | Angus NETTING | 45 | 0:57:09 |
| 357 | Debbie BROWN | 17 | 0:59:19 |
| 372 | Bosljka KESIC | 4 | 1:04:53 |
| 373 | Garry HISKEY | 11 | 1:07:02 |

Congrats to the list below who each got in the first three for their age group. Charlie Richards using his home ground advantage cleaned up his age group and most of the field.

| |
|----------------------------|
| Michael CARTER |
| Julie ASTLEY |
| Stephanie PALMER- WHITE |
| Scott GOLDIE |
| Kent NELSON |
| Lee O'CONNELL |
| Charlie RICHARDS |
| Peter CLEMENTS |
| John BARANOFF |
| Tony WARD |
| Pam GUNN |
| John FOOTE |
| Shirley SMITH |

POOL

MONDAY FEBRUARY 3RD, 6.30 - 8 PM MAGILL CAMPUS, CNR ST BERNARDS RD
& BUNDY ST

WEDNESDAY FEBRUARY 5TH, 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.

NEW MEMBERS TO THIS GREAT CLUB

LEWIS CARTER

ROY CHESTERS (he's been here before)

JAMES EDWARDS

AMANDA HAYES

Magnificent to top up our already strong list with these fine good looking athletes.

QUOTE

If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles
away, I'd still swim. And I'd despise the one who gave up.

Abraham Maslow