

MARION MARLINS MASTERS SWIMMING CLUB

AUGUST 2025 NEWSLETTER

PRESIDENT'S MESSAGE

2025 MSSA Pool Series

With winter well and truly upon us we turn our attention to the pool competition. At the time of writing this report we have completed the State Cup Long Course and Interclub 1, 2 and 3. See below for a wrap up of each event.

State Cup 1 (Long Course)

7 Marion Marlins competed at the State Cup Long Course earlier this year in April. They held their own with a credible 6th place finish overall.

Congratulations to **Judy Vowles** (1st 75-79), **Barb Pearce** (1st 85-89), **Maggie Evans** (3rd 55-59), **John Brouwers** (1st 18-24), **Ace Lewis** (1st 45-49), **Gavin Rowell** (1st 55-59) and **Ron Hardie**.

Interclubs 1, 2 and 3.

Interclub 1 Relays saw Marion Marlins take home the silverware ahead of Atlantis and Henley Beach with a record number of Marlins swimming. Some for the very first time. A big shout out to **Sarah O and Gavin**, our Team Captains for putting together a very formidable team. From me to everyone who competed on the day, thank you. It looked like everyone had a great day.

A special mention must go to **Ace, Gavin, Ben and John** for setting 2 state records in the 4 x 25 Male Freestyle Relay and the 4 x 50 Male Freestyle Relay. Well done gents.

Another thank you goes to the swimmers, namely **Rob Buchanan and Dean Guse** who filled in at the last minute when some of us fell ill in the days leading up to the event.



Interclub 2 saw Marion Marlins come in second place to be second overall after 2 meets.

Congratulations to **Natalie Rickers** (2nd 45-49), **Bernie Buchanan** (3rd 55-59), **Deb Wareing** (1st 65-69), **Judy Vowles** (2nd 75-79), **Ben Warr** (1st 35-39), **Ace Lewis** (1st 45-49), **Gavin Rowell** (3rd 55-59), **George Crowder** (2nd 65-69), **Ian Young** (3rd 70-74), **David Incher** (1st 75-79), and **Ron Hardie** (3rd 75-79).

Marion Marlins set 3 state records in IC2 being 4 x 100 Male Freestyle Relay 160-199 (**Gavin, Dean, Ace and Ben**), 4 x 100 Male Freestyle Relay 280-319 (**Ian, Ron, George, and David**), and 4 x 100 Female Freestyle Relay 240-279 (**Natalie, Bernie, Judy and Deb**). Congratulations to all 12.

Interclub 3 saw another very solid performance by Marion to finish 2nd on the day and place 2nd overall after 3 meets. 23 Marlins competed on the day which is a fantastic number. Well done to everyone who competed.

No state records this time but many of our swimmers placed in the top 3 for their age groups. Congratulations to **Lisa Miller** (3rd 45-49), **Deb Wareing** (1st 65-69), **Judy Vowles** (2nd 75-79), **Barb Pearce** (1st 85-89), **John Brouwers** (2nd 18-24), **Ben Warr** (1st 35-39), **Ace Lewis** (1st 45-49), **Gavin Rowell** (3rd 55-59), **George Crowder** (1st 65-69), **Ian Young** (3rd 70-74), and **David Incher** (1st 75-79).

Special thanks to **Sarah Langsford, Roger Pearce, and Mark** (Aimee's partner), who helped out with timekeeping.

MSSA Annual Dinner

On 3 May Henley Beach Masters hosted the MSSA Celebration Dinner at the Adelaide Sailing Club. Congratulations to Henley Beach Masters for putting on a great event. It was great to see the event supported by many of the Masters swimming community. 13 Marlins attended the dinner with many bringing their partners to join in the festivities.

Yours in swimming,

Marc Loader
President

MEMBERSHIP

As of 19 August we have 113 Active Members.
Since July we have had 3 Come & Try swimmers who all have completed 3 swims.

If you have any membership questions, please contact **Garth Hayter**
(garth.hayter@gmail.com or 0415905629)

CLUB TRAINING

Winter Training Schedule (Various Locations):

Monday 9.00am 1 hour @ SAALC*
 Tuesday 6.00pm 1.5 hour @ Scotch College
 Thursday 9.00am 1 hour @ SAALC*
 Thursday 6.00pm 1.5 hour @ Scotch College
 Saturday 8.30am/11.30am & 10.30am 1.5 hour @ SAALC/Unley Pool*

* Dealing with SAALC is complicated. Its pools are being relined, there is pressure on its lane-space because North Adelaide is being redeveloped, and SAALC is also apt to change its bookings at short notice for other reasons. This means that some of our Saturday morning sessions are at SAALC, some are at Unley Pool, and these and other bookings may change at short notice. **So, please check the Calendar (linked [HERE](#) and on Facebook), and keep an eye out for email messages from the Club about any changes to training.**

Summer Training Schedule (Marion Outdoor Pool):

MOP re-opens Mon 29 September, and the first Marlins training session of the season will be at 9 am that day. Stand by for further information closer to the time, including a decision on training ticket prices.

IOUs at training

The Committee has noticed an increase recently in the number of members handing in IOUs at training instead of tickets. We understand that people sometimes find themselves without training tickets, but IOUs are hard for our coaches and Treasurer to keep track of. If you want to swim but have no ticket, please try, if at all possible, to borrow a ticket from someone else at training.

CALENDARS

August 2025 Club Calendar						
The August calendar has updated.					Fri 01	Sat 02
						8:30 am @SAALC
Sun 03	Mon 04	Tue 05	Wed 06	Thu 07	Fri 08	Sat 09
	9:00 am	6:00 pm	Meeting	9:00 am 6:00 pm	Entry Closing For IC4 LC@SAALC	10:30 am @Unley
Sun 10	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15	Sat 16
	9:00 am	6:00 pm		9:00 am 6:00 pm		10:30 am @Unley
Sun 17	Mon 18	Tue 19	Wed 20	Thu 21	Fri 22	Sat 23
	9:00 am	6:00 pm		9:00 am 6:00 pm		8:30 am @SAALC
Sun 24	Mon 25	Tue 26	Wed 27	Thu 28	Fri 29	Sat 30
Pool Comp @SAALC LC Int Club 4	9:00 am	6:00 pm		9:00 am 6:00 pm		10:30 am @Unley
Sun 31	The August calendar has updated.					

September 2025 Club Calendar						
	Mon 01	Tue 02	Wed 03	Thu 04	Fri 05	Sat 06
	9:00 am		Meeting	9:00 am		9:00 am
		6:00 pm		6:00 pm		@SAALC
Sun 07	Mon 08	Tue 09	Wed 10	Thu 11	Fri 12	Sat 13
	9:00 am			9:00 am		9:00 am
		6:00 pm		6:00 pm		@SAALC
						Club Dinner
Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
	9:00 am			9:00 am		9:00 am
		6:00 pm		6:00 pm		@SAALC
Sun 21	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27
	9:00 am			9:00 am	Entry Closing	9:00 am
		6:00 pm		6:00 pm	For State Cup	@SAALC
					SC @TBD	
Sun 28	Mon 29	Tue 30	13th of September : Club Dinner at Brighton SLSC			
	9:00 am		Marion Outdoor Pool is OPEN from the 29th			
	@ MOP	6:00 pm				
	Is OPEN	@ MOP				

COACHES' CORNER

National Coaching Conference: report by Aimee

From Saturday 21 to Sunday 22 June, four Marion Master's coaches attended the National Coaching Conference hosted in Canberra. There was a great turnout from South Australia with four clubs represented by nine coaches making up at least 15% of total attendees. The coaching weekend was designed to develop our knowledge and skills as a Masters Coach. The days started off with theory sessions in the morning and practical pool sessions in the afternoon.



It was a great course with lots of interesting presentations, knowledge sharing and socialising with clubs across Australia.

The theory sessions included the following presentations: Peter Reaburn (Retired Professor and Head of Exercise and Sports Science, Bond University) on the Physiology of the Ageing Body and the Implications for Coaches, and on Coaching Masters Athletes; Yuriy Vdovychenko (Swimming Australia Advanced Coach, Head Coach Woden Valley Swim Club) and Greg Gourley (MSNSW Coach and Tuggeranong Club Coach) on Training to Race: Focus on 50 and 100 metres; Elena Nesci (MSWA Coach, Head Coach Claremont Masters, NCC Chair, MSA Coach Educator) on Endurance Swimming for Masters Swimmers and Coaches; and an Open Forum Q&A with members from the National Coaching Committee and NSW presenters. The practical sessions involved observing a coach, learning new techniques to teach the four strokes, dives and turns with demonstration swimmers in the water.

This course gave us the ability to look at strokes in a new way, learn new drills and try new equipment. Hopefully you will have seen your coaches using some of these in your sessions. The course has also provided us areas of focus for professional development so that we can improve the sessions that we provide to our members.

This course could not have been held without the hard work of Anne Smyth (MSNSW Coach Director, MSA Coach Educator, Tuggeranong Head Coach) and her team, so we would like to thank them for all the time and effort for such an excellent weekend. We would also like to thank the Marion committee and members for contributing to the course fees which enabled your coaches to attend.



If you have any questions or suggestions relating to our coaching or training programs, please forward them to our Coaching Coordinator, **Mark Trenwith**: Mark.Trenwith@outlook.com or 0408 262 540.

COMPETITION RESULTS

Ace at the World Aquatics, Singapore, 26 July – 22 August (report by Ace)

I arrived in Singapore for the World Aquatics Masters Championships on Monday night to help acclimatise but didn't start racing until Friday (800s were on Thurs and given you can only enter 5 events I was not choosing an 800!). Saturday was the Public Holiday for Singapore's National Day, their 60th anniversary, which saw lots of events, parades and fireworks throughout the weekend. So, with one event a day and the days without races, it felt like a long time to remain focussed and doing all the right things with recovery and rest. I balanced this with a little sightseeing and social time, making new friends and rekindling others from around Australia with many of us in the same hotel. We had two fantastic Aussie team celebrations on the final night, before I said goodbye to most and moved to another hotel for a holiday with my family. Now it's time for a different kind of pool time...

Some highlights/points of interest:

- Having no expectations of Top 10 results, but achieving 3 and almost a 4th
- Only being able to enter 5 events, but really focussing on those events resulting in PBs across the board
- Swimming in a different pool/location on alternate days (ie women in one and men in the other concurrently, then swapping location next day)
- Would have been great to compete in relays on the final day but need to have 4 people from the same club (hint hint for next time ...)
- Seeing ex-Marion swimmers, e.g. Ankhe and Sally
- Seeing a couple of world records live and hearing about others (eg Sally Hunter)
- Seeing a couple of ex-Olympians and having a beer with Geoff Huegill in an amazing rooftop bar post-event party

My results:

- Friday 100 BRS, seeded 16/49; ~3 sec PB, 9th
- Sunday 400 IM, seeded 11/15; ~6 sec PB, 8th
- Monday 200 IM, seeded 20/40; ~equal PB, 16th
- Tuesday 200 BRS, seeded 12/29; ~4 sec PB, 8th
- Wednesday 50 BRS, seeded 15/80; ~1 sec PB, 11th





State Cup 1 and Interclubs 1, 2 and 3: See the President's Message for a review. Here are some photos from Interclub 3 (27 July):



Some of the team: like coiled springs



A rare shot of some Marlins demonstrating their timekeeping technique, with Ian about to compete



They're off!



Gavin masterminding our strategy

UPCOMING MEETS

Interclub 4 (Long Course): 24 August, entries have closed (8 August).

State Cup 2 (Short Course): 12 October, entries close 26 September.

To contact **the Club Captains**, please email **Gavin Rowell** gavin.rowell@adelaide.edu.au or **Sarah Osman** sarahosman_55@hotmail.com

SOCIAL

The annual Winter Solstice Swim took place on Saturday 21 June at Grange. Photo of some participating Marlins below.



Upcoming social events

Mid-Year Marlins Club Dinner (Saturday 6 September):

This year the Marion Marlins Mid-Year event will be at Brighton Surf Life Saving Club on Saturday 6 September starting at 6 pm. Further information is on our Facebook page, where you can sign up using the comments box. Also, a sign-up sheet will be with the coach at all swimming sessions.



If you have any questions about our social events or a suggestion for an event, please contact our Social Coordinator, **Sarah Langsford** langsford6@bigpond.com

CLUB MERCHANDISE

A message from Lindsay Martin (Club Merchandise Officer)

Hi everybody. This is just a heads up – further announcements later. This spring a new Marion Marlins Club T-shirt will be available to buy. The club will run a 3-4 week campaign where it will be possible to buy the T-shirt with a \$10 discount subsidised by the club. After this period it will still be possible to buy the shirt but the \$10 discount will no longer be available. An image of the T-shirt is shown below. The shirt will be made here in Adelaide with the aim of supporting local businesses. The material is a breathable fabric and is UPF 50. The T-shirt will be available in long and short sleeve as well as male and female designs. The cost of the short sleeve shirt with the club subsidy will be \$50 and the long sleeve will be \$65. We'll let you know when the shirts are available.





MEMBER PROFILE: Natalie Rickers



1. Tell us a bit about your background. I grew up in an incredibly sporty family in Darwen, Lancashire. My brother and my cousin both ran 800M / 1500M / 5000M for England, my dad was one of the fastest half marathon runners for his masters age group. It was absolutely in our blood to do sport.

2. How did you get into swimming? My mum was a good swimmer and got me into swimming lessons at a very early age. Whilst my dad and brother were out running, I started swimming with my local club, Darwen Swimming Club from around 5 years old. I swam competitively until I was 16 then did a few triathlons in my 20s. I also ran competitively for most of my childhood.

3. What's your favourite swimming stroke and why? I always loved backstroke and butterfly and specialised in IMs as a kid.

4. What's your favourite swimming drill and training set? I love long sets, fins on, gliding through the water doing catch up drills and high elbows, or at the end of training on a hot, balmy night swimming outdoors, kicking on my back looking at the stars.

5. What's your favourite swimming event (pool or open water)? Definitely pool - I've never done an open water swim in the 21 years I've lived in Australia (I'm too scared of sharks).

6. Describe the top-ranked swimming race of your career so far. I made it to the British Nationals as a 16 year old for the 200m IM, but quit swimming in the lead up to the comp. I was sick of the early mornings and late nights and it's still to this day one of the biggest regrets of my life!

7. Who is/are your sporting hero or heroes? My daughter, Amelie. She came 2nd in the Australian National Gymnastics Championships last week. She has trained 20 hours a week for the last 10 years or so and has come so close to getting a medal for the last 3 years. She finally realised her dream last week and I couldn't be more proud of her. She's incredibly dedicated and determined.

8. What's your (swimming related) weakness? Anyone who swims with me knows that I hate pulling with paddles. The second I lose my legs I sink. Any tips are appreciated!

9. What are your interests outside of swimming? I'm a scientist by training - I have a PhD in molecular biology and have worked in genetics for the last 20 years in commercial sales / marketing / business roles. I'm currently working in environmental genetics which I love. I also love getting out into nature hiking and travelling. I've travelled to over 40 countries around the world.

10. What's the number one tip you'd pass on to other masters swimmers? To just get into the water. It doesn't matter how good you are or how fast you are - there is something for everyone. I had a long break for almost 16 years whilst I was bringing my kids up and its brought me so much joy getting back into the pool again. On the cold winter nights after a long day of work, it's sometimes hard to feel inspired to go training, but I always feel so much better after a good session in the pool.

COMMITTEE

President	Marc Loader
Vice-President	Dean Guse
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar/Membership	Garth Hayter
Coaching Coordinator	Mark Trenwith
Club Captains	Gavin Rowell and Sarah Osman
Safety Officer	Tony Fowler
OWS Coordinator	Ben Warr
Social Coordinator	Sarah Langsford
General committee members	Ian Young

Maggie Evans
Lindsay Martin
Charlie Roberts

Non-Committee Officers:

Member Protection Officer
Club Recorder

Mike Perkins
Maryanne Heffernan

Editor's note: We try to be as accurate as we can but sometimes get things wrong. If we make a mistake, please let us know and we'll see if we can correct it:

secretary@marionmasters.org