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JULY 2024 NEWSLETTER

President's Message

As many of you would know, but some may not, I am a big fan of Open Water Swimming. Most Sundays I swim with a group of like-minded people from the Grange Jetty at 8.30am, and on Saturdays I do the occasional swim from the Brighton Jetty. I do this for a number of reasons. Firstly, it gets me outdoors, which I love. Secondly, I get to have a coffee after with some great people and share stories about all manner of things. Most importantly, I do it because I am a fan of Cold-Water Therapy and at the moment, the ocean is cold. Last Sunday the water temperature was 10.8, which does make for a short, sharp swim. But it is so good for you. It helps boost your immune system, helps your body produce natural pain relief, it is good for your mental health and is an anti-inflammatory. I started by turning the hot water off in the shower for a few minutes every day and just built from there. Give it a try. It hurts to start with, but I can assure you it gets easier.

70 of Adelaide's finest braved the cold waters at Grange Jetty for the annual Winter Solstice swim in June. Well done to everyone and we hope to see more of you next year. By the way, the water was recorded at 11.8 degrees. Beauuuutiful. Also, thanks to the support crew of Ben, Maggie and Sarah O who all committed to swimming next year. Great stuff.



The 2024 Winter Solstice swim at Grange Jetty

Finally, a big thank you. While Stuart has been on a well-earned adventure holiday around Australia, our coaching team have been putting in the extra yards. To Mark T, Sandy, Aimee and Mark M, on behalf of the committee and the club, thank you. It is greatly appreciated.

Stay safe and keep swimming.

Marc Loader (President)

Membership

The club is pleased to welcome **Catherine McCarthy, Ahlanna Hayes, George Von Vogt, Meg Blogg Marquardt, Michael Whitford, Rosemary Jennings and Mark Morelli (2nd Claim Member)**. We now have 118 members which is exceptional.

Please remember if you know of anyone who wants to join the club that in lieu of the months since July, the person will receive a free training ticket per month. Please see Vicki Day for additional information if required. If you have any membership questions please contact Vicki Day (vickiday626@gmail.com or 0417 518 266)

Club Training

Winter training is going well, and those of you who have trained at Scotch College would all agree this is a fantastic facility. I for one have enjoyed the new venue for Marion Marlins and encourage anyone who hasn't trained at the Purrana Spencer Newton Centre to give it a go.

Remember, any masters members, no matter what club they belong to, is welcome to join us.

Please see below for the Winter Training schedule for times, venue and training tickets.

- Saturday – SAALC at 8.30-10.00am - \$6.00 ticket (1 hr), \$8.00 ticket (1.5hr).

- Thursday – SAALC at 9.00-10.00am - \$6.00 ticket
- Thursday – Scotch College at 6.00-7.30pm - \$6.00 ticket

Pool entry is required at SAALC and Scotch College and can be paid via a single entry or a multi pass. Concessional prices are available. Below are the links to each pool venue.

<https://www.purruna.ymca.org.au/visit/admission>

<https://saaquatic.ymca.org.au/visit/prices>

If you have any issues 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 and Upcoming Meets

[Cooly Classic - Sunday 14 April](#)

Weather 25.7 degrees, Wind 17km/h, Water at 25.78 degrees, Swell 0.93metre, Tide 1.14m

On **Sunday 14 April**, 4 Marion Marlins swimmers headed up to Queensland to compete in the Cooly Classic Open Water Swim. Part of the World Series Swimming event, the swimmers had the choice of competing in 4 swims; 5km, 3km, 2km and 1km. The day was beautiful at 25.7 degrees and water temperature at 25.78 degrees, there was no initial shock running into the water. The swell was at 0.93 meters, which for someone from Adelaide where the swells is not very high and limited open water experience, it was a bit of a change.

All swimmers competing received a Cooly Classic memorable hat and then had to catch a bus from the Kirra Beach Surf Life Saving to Snapper Rocks where the starting signs were. It was a battle against the waves and the strong current to start the race. Unfortunately, the beach was not closed for the start of the race, meaning that the swimmers were fighting their way out against the surfers. A couple of times there were a few near misses for the little pink hats that were bobbing against the waves.

Once we were past the waves, the swim was beautiful. The water was murky but very flat meaning that it was smooth sailing. I only swallowed a couple of mouthfuls of water as I was able to keep my 'pool stroke' going!

The run in was eventful. The swimmers could catch a wave in to get to the shoreline, but due to the strong current, we ended up about 50 meters away from the finish line. The supporters on the beach had to create a funnel down the coast, to show the washed-up swimmers where to go to finish. A few swimmers used dolphin dives to get to shore whereas others walked in.

Our Marion Marlins swimmers did an amazing job representing SA! Congratulations to Dean Guse who completed the 5km in 1 hour, 13 minutes and 47 seconds, finishing 4th in his age group, Robert Buchanan and Paul Victory both completed the 3km swim, finishing

36 minutes and 09 seconds, coming sixth in her age group.

A big congratulations to the swimmers and a big thank you to all those supporters who attended to look after the bags! A well deserved lunch was held at the Kirra Beach Hotel after, with some massive parmis on offer!

Do you have an event that you are competing in? Traveling locally, interstate or internationally to compete in any event? Please send through a write up that we can provide in the newsletter to show our community all our experiences and achievements. Address to: secretary@marionmasters.org



[Long Course State Cup](#)

Sunday 7 April our Long Course State Cup began the official start to the Winter Season. This competition was in the 50m format. However, after all the long course training we had done over the summer, we were all ready to take on distance.

This competition was a mixture of individual and relay teams. We had a total of 15

Some incredible swims were completed, with several people smashing their personal best times and achieving other milestones. Congratulations to Stephen Carthew who broke not only one but three SA State Records: 50m butterfly (42.83s), 200m butterfly (4m 14.07s) and 200m individual medley (3m 46.29s).

We also had 2 relay teams. Our women's 200 medley relay team consisted of (Maggie Evans, Maryann Hefferman, Sarah Osman-Walton and Sarah Langsford) came third in their age group. Our men's medley team (Stephen Carthew, Given Rowell, Ian Young, Dean Guse) won their age group.



We also welcomed our newest and youngest member Elijah Cowan who came and supported his mum Nicola Cowan and made everyone smile. We will need to invest in some mini t shirts for little Elijah.



Thank you to Stewart for all his efforts as the starter of the meet and to Aimee Carter who came down to assist with timekeeping for the morning.

[Interclub 1 - RELAYS!](#)

'Let's go Marion, Let's go!'

Sunday 19 May was the first of our Interclub Winter season competition and we started with a bang, going in with the relays.

For those of you who have never attended an Interclub relay carnival before, the day is fun

and 100m and can either be freestyle or medley. One person will be assigned either backstroke, breaststroke, butterfly or freestyle - in that order. (For those of you who wish to enter in the future, please contact your club captains, Gavin Rowell or Aimee Carter).

Marion came 3rd overall on the table, with four new team members competing for the first time. Congratulations to Michaela Battley, Blake Hribar, Sarah Jungfer and John Brouwer who absolutely smashed their first competition.

We also send a thank you to Mark Aller, who generously spent a few hours time keeping and helping ensure that we had someone covering our lanes throughout the meet. Given all the quick turnarounds that we have, we all really appreciate having someone that can take the added pressure of time keeping from us. He is really getting the hand of using the stopwatch and training others to timekeep.

Here we have Mark finishing the men 200 meter freestyle relay with Andrew Smith anchoring the team.





Barbara Pearce and Ian Young competing at the Australian Masters National Championships in Darwin in 3-7 May 2024

Results from Interclub 2 and 3 will be reported in the next newsletter.

Upcoming competition events

Interclub 4: 4 August 2024 SAALC

Short Course State Cup: 8 September 2024 SAALC

The full list winter pool series of swims is also here

<https://mastersswimmingsa.org.au/events/2024-mssa-winter-pool-series/>

To contact the Club Captains, please email: gavin.rowell@adelaide.edu.au or acarter241@hotmail.com

2024 National & International Pool Meets

Alice Springs Masters Games 12-19 October 2024: Alice Springs

Pan Pacific Masters Games 1-10 November 2024: Gold Coast

Social

The committee has been creating a social calendar for members to enjoy. In the next few weeks and months, you will see emails and posts about three social events.

First, there will be a club dinner on Sat 24th August. So, put that in your diary. More details will come to light over the next few weeks via emails and Facebook posts.

welcome to join in and enjoy a meal and a beverage from 7.30pm onwards. Stay tuned, as there will be emails and posts on Facebook as reminders.

Once the summer season commences and the Marlins return to the Marion Outdoor Pool, the Pub Night venue will change to a pub closer to MOP. Stay tuned for details.



The Edinburgh Hotel - 7 High Street Mitcham

The third item on the social agenda is the return of the Saturday morning breakfast. Keep an eye out for emails and Facebook posts for more details.

If you have a suggestion for an event, please speak to our Social Coordinator, **Meredith Ryan** (meredithryan@live.com.au or 0400 612 341).

THE LAST LAP

Adelaide Aquatic Centre, Jeffcott Street, North Adelaide

A joint initiative of



Government of
South Australia



CITY OF
ADELAIDE

ADELAIDE
AQUATIC CENTRE

Join us at the Adelaide Aquatic Centre to celebrate five decades of serving our city community.

Sunday 28 July | 11.00am to 4.00pm

with formalities taking place from 2.00 to 3.00pm



President	Marc Loader
Vice-President	Dean Guse
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar	Vicki Day
Coaching Coordinator	Mark Trenwith
Club Captains	Gavin Rowell and Aimee Carter
Safety Officer	Tony Fowler
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
General	Garth Hayter
General (Past President)	Ian Young
Non-Committee Officers	
Member Protection Officer	Michael Perkins
Recorder	Maryanne Heffernan



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secretary@marionmasters.org

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