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## FEBRUARY 2024 NEWSLETTER

### President's Message

With summer weather having finally arrived we have been getting record attendances at some of our training sessions, in particular the Monday and Thursday morning ones. Please be considerate of others when lanes are crowded.

Our **2023 AGM** will be held in the Marion Outdoor Pool meeting room on **16 March**, commencing at 10:15 after training. Please mark your calendars. Free coffee and brekkie roll on offer for those who attend. The meeting notice and nomination form for positions on the committee will be forwarded soon.

An important announcement regarding our **Winter training program** will be made shortly.

Our member profile series resumes this month with **Lyndsay Martin** telling us about her swimming career. Lyndsay is a very keen open water swimmer and has completed some very unusual events overseas. She has been training very hard recently because later this month she will be doing the famous Rottneest Channel crossing with Marlin team-mates **Marc Loader** and **Charlie Roberts**. Good luck!

### Membership

The club is pleased to welcome **Clive Robinson, Marcie Ross (nee Ragless) and Ingrid Genikas** as new members. Marcie was one of our coaches in the late 1990s -welcome back!

**If you have not already done so, PLEASE renew your membership for 2024 asap! The MSA insurance coverage included in the fee is required to train with us.** Log in to **Swim Central** <https://swimcentral.swimming.org.au/> and go to "Store"

## Club Training

Our morning sessions continue to attract large numbers (38 swimmers on 22 January!). With other groups' training sessions partially overlapping ours we have not been able to secure an additional lane for our entire session. However, we will be able to book a fourth lane from 11 March until the end of the outdoor season. Until then please be considerate of your fellow lane mates.(Refer to the ["Training Rules"](#) on our website)

**Sandy Bennett** and **Mark Trenwith** have been filling while **Stewart Galliford** recovers from recent cataract surgery. Stewart will be back on deck from 13 February.

If you have any issues or suggestions related to coaching and our training programs please forward them to our **Coaching Coordinator, Mark Trenwith** at [Mark.Trenwith@outlook.com](mailto:Mark.Trenwith@outlook.com) or 0408 262 540.



Jetty to Jetty Open Water Swimmers  
28 January 2024

## Competitions

Well done to all the Marlins who swam at the **Jetty to Jetty OWS** on 28 January! Although the water was a bit dirty, the seas were calm and with the outgoing tide the times were relatively fast. Our club won the Marjorie Muller Team Trophy (Average Points per Swimmer) for the third consecutive year. Congratulations to top three place getters and trophy winners **Aimee Carter, Deb Wareing, Heather Carbone,**

Big thanks to **Max Yates** and his team for handling the registrations on the day.

The next event in the **2023-24 Open Water Swim Series** is the **Henley Beach OWS** on 18 February with distances of 1 and 2km. Entries close on Friday 16 February: [www.webscorer.com/register?raceid=338633](http://www.webscorer.com/register?raceid=338633)

The next pool meet is a long course meet at **Strathalbyn** on 25 February, with entries closing on 9 February. This is a fun meet in a lovely park like setting. Enter here: [Events \(swimming.org.au\)](http://Events.swimming.org.au).

Finally, best of luck to **Marc Loader, Lindsay Martin, Charlie Roberts, Tess Lang** and **Christie Dorgan** who will be doing the Rottneest Channel swim on 24 February. And best of luck to **Ian Young** who will be heading to Doha later this month for the World Masters Swimming Championships

If you have any questions please contact one of our Club Captains:

**Gavin Rowell**- 0416 638 248, [gavin.rowell@adelaide.edu.au](mailto:gavin.rowell@adelaide.edu.au)

**Deb Wareing** – 0432 711 359, [deb.wareing@gmail.com](mailto:deb.wareing@gmail.com)

## Club Merchandise

### Club (Named) Caps

Swim caps have now been ordered and should be available shortly .

### Club T Shirts

We still have quite a few club T-shirts of various sizes available so if you would like one (or another one) have a word with Ben. Payment (\$10) by cash or by deposit to the club bank account. Please email or call **Ben Warr** if you have any questions.

[Marionopenwaterswim@gmail.com](mailto:Marionopenwaterswim@gmail.com) or 0420 961 702



### Women's Club Bathers

The design of the ladies Marion Marlin bathers has been finalised.

Price is expected to be ~\$100. Orders will be made directly with Jolyn.

Please contact Wareing

([deb.wareing@gmail.com](mailto:deb.wareing@gmail.com)) or Kate Brereton

([kate.brereton22@gmail.com](mailto:kate.brereton22@gmail.com)) for additional information.



Ryan ([meredithryan@live.com.au](mailto:meredithryan@live.com.au) or 0400 612 341).

The Branch's annual **Presentation Dinner** will be held on 20 April at the Osmond Terrace Function Centre in Norwood. Tickets (not yet available) will be \$65.

## Club History

Our club History project has been completed and the final document, entitled **Marion Marlins Masters – The Early Years 1980-2005** has been loaded onto our website, [Microsoft Word - Marion Marlins History Document\\_Final\\_DEC23.docx](#) ([marionmasters.org](http://marionmasters.org)).

Enjoy reading about how the club came to be and all the achievements of members during this early period. A big thanks to **Meredith Taylor** for collating all the information, **Vicki Day** for formatting the document and to members who supplied images and information. This was a very large undertaking!

If any current or past members spot any errors or have additional information they would like to have added, please contact Vicki Day ([vickiday626@gmail.com](mailto:vickiday626@gmail.com)). Hopefully we can eventually prepare a report on the last 20 years.



**"Getting to know our Members"**  
**Lindsay Martin**

### 1.How did you get into swimming?

I love sport in general but in particular used to do a lot of trail running. I would go for a half hour swim, usually about 1.5km during the week to stretch out the body. The first time we went to a Marlins training session, I still clearly remember coach Robyn Brown telling us at 7pm for the last half hour to complete 20 X 50m. That was certainly a bit of a shock and an eye opener into pool training.

particularly enjoy breast stroke.

**3.What's your favourite swimming drill and training set?**

Anything with variety.

**4.What do you see is the major challenge for masters swimmers?**

I think perhaps finding the time to fit in regular training. Everyone has so many demands on their time. Swimming is also so technical. There are so many things to learn especially if your swimming instruction was limited when you were young. The great aspect of that however is swimming is a good challenge and I love learning something new.

**5.What's your favourite swimming event (pool and open water)?**

Definitely open water. Every swim is different. It feels like a small adventure in your normal week. You never know what you might see on the swim – although of course it is sometimes too murky to see anything. I also swim with a fantastic group of open water swimmers at Brighton and never realised swimming could be so social.

**6.Describe your top-ranked swimming race of your career so far.**

We did a Ruby Island swim 2 years in a row in Lake Wanaka in NZ and loved that. It was 3.8km of freshwater and mountain scenery twice round Ruby Island. I also did a novelty pub to pub swim with my family in Devon, UK. We swam from one pub, across a bay, part way up a river and ended up in the bar of the second pub in our wetsuits for a pasty and beer. All part of the event. The pub was closed to anyone not in a wetsuit. We then had to swim back across the river later that night to get back to my brother's place – lucky it was still light at 10pm.

**7.Who is/are your sporting hero or heroes?**

So many everyday people involved in sport. In the Marlins this includes Roger Pearce, Dean Guse and Marc Loader.

**8.What's your number one tip you'd pass onto your swimmers?**

Keep going. Keep learning from different people and have fun. Have as many laughs with it as you can fit in without the coach telling you off.

**9.What's your (swimming related) weakness?**

The list is too long to write here!

**2024 State Pool Meets**

Swim 2 – Long Course  
Swim 3 – Short Course

Strathalbyn Pool, 25 February 2024

Woodside Pool, 17 March 2024

**2024 National & International Pool Meets**

FINA World Masters Championships  
Australian Masters National Championships  
Alice Springs Masters Games  
Pan Pacific Masters Games

Doha, Qatar, 23 Feb- 3 March 2024

Darwin 3-7 May 2024

Alice Springs, 12-19 October 2024

Gold Coast, 1-10 November 2024

## OPEN WATER COMPETITIONS – MARK YOUR DIARIES!

**2024 Open Water Swim Dates**

- |                                 |                      |                  |
|---------------------------------|----------------------|------------------|
| • Pink & Blue Swim (Fundraiser) | West Beach SLSC      | 10 February 2024 |
| • Henley Beach Swim             | Henley Beach         | 18 February 2024 |
| • Port Elliot Swim              | Port Elliot          | 2 March 2024     |
| • Noarlunga Reef                | Port Noarlunga Jetty | 11 March 2024    |



### MARION OUTDOOR POOL TRAINING SCHEDULE

Monday	9.00 – 10.00am
Tuesday	18.00 – 19.30pm
Thursday	9.00 – 10.00am
Thursday	18.00 – 19.30pm
Saturday	8.30 – 10.00am

## Committee

President	Ian Young
Vice-President	Marc Loader
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar	Vicki Day
Coaching Coordinator	Mark Trenwith
Safety Officer	Tony Fowler
Club Co-Captain	Gavin Rowell
Club Co-Captain	Deb Wareing
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins
Webmaster (Acting)	Gavin Rowell
Recorder	Maryanne Heffernan
Newsletter	Vicki Day



Our mailing address is:

[secretary@marionmasters.org](mailto:secretary@marionmasters.org)

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