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OCTOBER 2023 NEWSLETTER

President's Message

Although the weather hasn't been great this week it's wonderful to be back swimming outdoors at MOP! Also great that the season has been extended to the end of April. We hope you will consider purchasing either a 12 month membership or multi-swim pass as these options are likely to be cheaper and with a swipe card will allow quicker and easier access to the Centre. They will also encourage you to swim more often!

In this month's member profile series we feature **Maryanne Heffernan**. Maryanne joined our club in 1983 (two years after its founding) and is a Life Member of the club. She has assisted in a number of capacities over the years, most notably as Secretary and Club Captain and is currently our Club Recorder. She is a highly

another club we hope that she will make an occasional appearance at one of our training sessions to help motivate the rest of us!

Members

The club is pleased to welcome **Gregory Hutchins, Karen Guerts** and **Lisa Johns** as new members. We are also pleased to welcome back former members **Maxime Francois** and **Nicola Cowan**. This brings our current membership to 110.

Sixteen month memberships (to 31 December 2024) for new members opened on 1 September and cost \$160. Let your swimming friends know about our free Come and Try program and help us continue to build our membership.

Club Training

Please refer to the emails we sent in late September regarding the new entry and ticketing arrangements at MOP. We have attempted to minimise the inconvenience to members and would appreciate your assistance by following the guidelines provided.

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 or 0408 262 540.



Members enjoying brekkie at the Pancake House Restaurant after the last Thursday morning session at SAALC

Competitions

Interclub #4 was held at SAALC on 10 September with 13 Marlins competing. We placed 2nd in the meet behind Atlantis and maintained our 2nd place overall in the Series. Our best team result in many years!

The **Short Course State Cup** was held on 14 September with 12 members competing. Our Team finished 5th. A National record was set by **Ian Young** (400 Free) while State records were set by **Stephen Carthew** (400 Free, 50 Back) and

The finish off a very busy month of racing the **Australian Masters Games** swim meet is being held at **SAALC on 7 and 8 October**. Results to follow next month.

The final event in the “Winter” pool program at SAALC is the **Long Course Long Distance** meet on 5 November. There are distances of 400, 800 and 1500m to choose from so excellent preparation for the upcoming Open Water season. Entries on Swim Central close on 20 October [Events \(swimming.org.au\)](https://swimming.org.au).

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

Gavin Rowell - 0416 638 248, gavin.rowell@adelaide.edu.au

Deb Wareing – 0432 711 359, deb.wareing@gmail.com

Social

Come and join us at the free **Back to Marion Brekkie** at MOP on **Saturday, 21 October** commencing at 10:00 following (optional) training. Please RSVP by Monday 16 October by signing the sheet at MOP or by contacting **Meredith Ryan** at meredithryan@live.com.au



FREE!



Back to Marion Outdoor Pool Brekkie
Free bacon & egg roll (vegan alternative) and coffee
Saturday 21 October from 10:00
Would love to see you there.

To aid with catering please RSVP Meredith at meredithryan@live.com.au or sign sheet at the pool by Mon 16 Oct



Club Merchandise

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 or 0420 961 702

Women's Club Bathers

The final design for the club bathers has been decided so if you are interested in purchasing some club bathers please contact either: Deb Wareing (deb.wareing@gmail.com) or Kate Brereton (kate.brereton22@gmail.com) for additional information.

Bathers would be similar to the Jolyn ones - see link below:

Men's Club Bathers

If any men are interested in purchasing club bathers please contact Deb or Kate. The bathers will be similar to the ones in the link below.

[JOLYN Australia](#)

"Getting to know our Members" - Maryanne Heffernan

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1.How did you get into swimming?

I was attending an Austswim week at Brighton Beach, aged about 8, when an Unley Club swimming coach (Don Redpath) approached our mother and asked if we had considered joining a swimming club. My sisters and I all joined Unley Amateur Swimming Club and so my swimming life began.

2.What's your favourite swimming stroke and why?

I love fly but with a chronic shoulder injury I tend to favour breaststroke. I love the "glide" feel of it.

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

I love any drill which involves wearing fins but especially 6 beat rock and roll. As I'm not a sprinter, I like sets of middle to long distance for freestyle.

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

Managing injuries and other health issues which seem to take longer to recover from as one ages. Maintaining regular training is sometimes difficult with work and family commitments.

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

I love 200 Breast and any long-distance freestyle. I also like 50 Fly and 100 IM when my shoulder allows.

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

It would have to be the 1500 Free (not sure which year but in the last 5 years I think) when I broke 5 State records and 4 National records in the one swim. I swore that if I never did another thing with my swimming I'd be happy with that.

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

My swimming hero is Adam Peaty. His body is amazing and his breaststroke unbelievable. Jess Fox is also incredible to watch.

Another hero is my mother who took up triathlons at a late age and went on to be

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

Persevere with your stroke. Spending time to get that right will pay off in the end. I am still working on that aspect myself even after all these years as those who know me and my windmill arms will know.

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

Backstroke. How does one swim backwards, remain straight in the lane and not break an arm when coming into a finish.

POOL COMPETITIONS – MARK YOUR DIARIES!



2023 State Cup and Interclub Meets (all at SAALC)

Long Course Long Distance – Long Course

[5 November 2023](#)

2023-2024 National & International Pool Meets

FINA World Masters Championships

[Doha, Qatar, 23 Feb- 3 March 2024](#)

Australian Masters National Championships

[Darwin 3-7 May 2024](#)

Alice Springs Masters Games

[Alice Springs, 12-19 October 2024](#)

Pan Pacific Masters Games

[Gold Coast, 1-10 November 2024](#)

2023 Open Water Swim Dates

- Seacliff Swim
- Proclamation Classic

Seacliff Hotel
Glenelg Jetty

17 December 2023
28 December 2023

**2024 Open Water Swim Dates**

- Pub to Pub
- State OWS Championships
- Jetty to Jetty
- Brighton Jetty Classic
- Pink & Blue Swim (Fundraiser)
- Henley Beach Swim
- Port Elliot Swim
- Noarlunga Reef

Seacliff to Brighton
Somerton SLSC
Henley to Grange
Brighton SLSC
West Beach SLSC
Henley Beach
Port Elliot
Port Noarlunga Jetty

7 January 2024
14 January 2024
26 January 2024
4 February 2024
10 February 2024
18 February 2024
2 March 2024
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

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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

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